



# Senior News

Serving **AUGUSTA** & the CSRA  
Information For Ages **50 PLUS!**

*February  
is Perfect  
for Visiting  
the Zoo!*

Story on page 5

February 2018  
Vol. 33, No. 2



## Taking Care

# Beat The Cold and Pamper Yourself

by LISA M. PETSCHKE

**T**he cold temperatures and limited daylight of winter keep many people indoors and at home more often than they would like. The



Lisa Petschke

result for some is a case of the winter blues.

Here are some tips to help you get past them.

• Find little things that cheer you

• Treat yourself to new flannel pajamas, a polar fleece robe or a cozy, comfortable pair of slippers. Just be sure any footwear has a non-skid sole.

• Keep throws draped over chairs and across the foot of beds for easy access on chilly days and nights. These come in many fabrics, colors and prints to suit any décor, doubling as attractive home accents.

• Invest in quality flannel sheets.

• Soak in a hot, fragrant bath.

• Stock up on gourmet coffee, tea and hot chocolate mix. And don't forget spices for hot apple cider – a perfect treat for long, wintry nights.

• Order take-out food for a change of cuisine. Try something festive and colorful – like Mexican food, for example.

• Warm And Brighten Your Décor

• Evaluate your lighting and change it where necessary, using higher wattage bulbs. Also, relocate lamps or bring spares out of storage.

• Try using warm, rich colors, such as burgundy and gold, for cushion covers, tablecloths, place mats, a mantel scarf, and so on. Brass accessories are also a winter favorite because they reflect light.

• Add texture with warm fabrics like velour, chenille and fleece – the softer, the better. Needlepoint cushions can help, too. And for even more texture, try a bowl of pinecones or potpourri, embossed candles or a grapevine wreath.

• Make generous use of candles, especially substantial pillar types. Place them in clusters and use scented varieties to increase the sensory impact. Note: Always take precautions against starting a fire – place candles where they can't be knocked over and extinguish them before going out or going to bed.

• Keep blinds and curtains open during daylight hours; close them

after dark.

• Bring a bit of nature into your home: nurture some plants or buy fresh flowers.

• Keep Busy

• Accomplishment brings satisfaction and a sense of renewal. Try new things or tackle a long-postponed project.

• Start a daily journal.

• Try some new recipes.

• Borrow or buy movies, music CDs and reading material, or reacquaint yourself with old favorites you have on hand.

• Work on some challenging jigsaw puzzles or word puzzles.

• Play card games or board games with others in your household. Go with classic games such as checkers or chess, or be adventurous and try one of the latest offerings in stores.

If you live alone, invite friends over for an evening of games and socializing.

• Start a new hobby, such as sketching or scrapbooking, or revive an old pastime – for example, knitting or crocheting.

• Peruse gardening magazines and catalogs and plan this year's garden.

• Get a bird feeder and seed, a pair of binoculars and a bird watching guide.

• Organize your collection of photos, music or movies.

• Do some de-cluttering around your home (kitchen drawers, closets, spare rooms and attics are typical hot

spots).

• Donate unwanted items to a local charity.

• Rearrange the furniture in one or more rooms, or swap furnishings among rooms. Or start planning a major room redecorating or home renovation project.

• Do something nice for someone. It will take your mind off your own situation and make you feel good, too.

• Make an extra effort to look after your health, including exercising regularly – good for both your physical and mental well-being. A stationary bike or treadmill is a good choice – you can use it year-round in your own home.

• Make Special Plans

• Plan an outing to a restaurant or cultural event. Take a taxi to ensure door to door service; you won't need to be concerned about parking or bundling up to stay warm.

• Plan a party, if you enjoy entertaining and feel up to it. Consider a tropical theme and enlist help from friends.

• Start planning a summer vacation or, better yet, a mini getaway for the near future – perhaps a weekend stay at a resort or country inn.

\*\*\*\*\*

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

**Georgia Dermatology**

Jason Arnold, MD - Lauren Ploch, MD  
Johnathan Chappell, MD  
Chris Thompson, PA-C - Caroline Wells, PA-C

**(706) 733-3373**  
2283 Wrightsboro Rd - AUGUSTA

**Skin Cancer Removal - Mohs Surgery**  
**Routine Skin Exams - Mole Removal**  
*Botox, Fillers & Cosmetic Dermatology now available*  
**New Patients, Patient Referrals & Most Insurance Plans Accepted**

**GaDerm.com**

## FUNdraiser to benefit the Friends of the Augusta Library

Special to Senior News

**W**hether single, searching, or long-married, the Augusta-Richmond County Public Library System (ARCPLS) invites the young at heart to join us for a celebration of love featuring heavy hors d'oeuvres, lively music (plus a few slow dances!), and entertainment. Dress is semi-formal. Tickets are \$15 per person and must be purchased in advance at any Richmond County library branch or online at [bit.ly/sweetheart18](http://bit.ly/sweetheart18).

The FUNdraiser event will be held February 9th from 7 p.m. to 10 p.m. at the Headquarters Library, 823 Telfair St., Augusta

This event is sponsored by the Friends of the Augusta Library, Georgia Libraries for Accessible Statewide Services,

and AARP Georgia.

Proceeds to benefit the Friends of the Augusta Library, which provides supplemental funding and support to ARCPLS.

\*\*\*\*\*

**About ARCPLS:** The mission of the Augusta-Richmond County Public Library System is connecting the community to knowledge by providing information to people.

The six libraries in Richmond County serve a population of almost 300,000, containing within them over half a million items. All libraries are equipped with computer access to the statewide PINES catalog of materials, and have public-use computers for Internet access and office applications. Friendly staff make customer service a priority.



## Agency Alert

# By learning how scammers ask you to pay, find out how to spot – and stop – scams!

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



Kathleen  
Ernce

One of the top questions we get from people: Is this a scam? Whatever the "this" looks like, here's our best answer to that question: Did someone say you can only pay by wiring money, putting money on a gift card, or loading money on a cash reload card? If they did, then yes: that is a scam. Whether someone tells you to pay to claim a prize, help someone out of trouble, or deal with tax issues from the (so-called) IRS: nobody legitimate is ever going to say you have to pay by wiring them money, getting iTunes cards, or putting money on a MoneyPak, Vanilla Reload, or Reloadit card.

You can visit [FTC.gov](http://FTC.gov) to learn more about scammers and how they "make you pay" or watch a short video of some of the scam scenarios they see – and what you should do about them. If anyone ever insists you pay in one of those ways, tell the FTC. Because that will be a scam we want to know about.

### Scammers impersonate the Social Security Administration January 26, 2018

Your Social Security number is an important key for an identity thief. Scammers want it, and they think of all sorts of ways to trick you into giving it away.

The Federal Trade Commission is getting reports about calls from scammers claiming to be from the Social Security Administration. They say there's been a computer problem, and they need to confirm your Social Security number.

Other people have told the FTC that they have come across spoof websites that look like the place where you would apply for a new Social Security card – but these websites are actually a setup to steal your personal information.

If you get a phone call or are directed to a website other than [ssa.gov](http://ssa.gov) that is claiming to be associated with the Social Security Administration, don't respond. It's most likely a scam.

### Here's some tips to deal with these government impostors:

- Don't give the caller your information. Never give out or confirm sensitive information – like your bank account, credit card, or Social Security number – unless you know

who you're dealing with. If someone has contacted you, you can't be sure who they are. And remember if Social Security is calling you or your bank is calling you – they have your number. If they ask you to confirm your Social Security Number or your bank account number – tell them if you are who you say you are, you already have my number and you need to confirm it with me I do not need to confirm it with you!

- Don't trust a name or number. Con artists use official-sounding names to make you trust them. To make their call seem legitimate, scammers use internet technology to spoof their area code – so although it may seem they are calling from Washington, DC, they could be calling from anywhere in the world.

- Check with the Social Security Administration. The SSA has a warning about these scams and suggests you contact them directly at 1-800-772-1213 to verify the reason for the contact and the person's identity prior to providing any information to the caller.

If you come across one of these scams, please report it to the Social Security Administration's Fraud Hotline at 1-800-269-0271/1-866-501-2101(TTY) and then tell the FTC about it.

(Information from [FTC.gov](http://FTC.gov) Articles written by: Lois C. Greisman, Associate Director, Division of Marketing Practices, FTC and Ari Lazarus Consumer Education Specialist, FTC.)

\*\*\*\*\*

From March 1 - March 5, 2018 The Senior Citizens Council will be closed to all visitors because we are moving! Our new address as of March 1, 2018 will be 307 - 309 11th Street, Augusta, Georgia 30901. The days between March 1 and March 5 we will be unpacking and finding our stuff that goes back into our offices. Please come to see us after March 5, 2018 and we will welcome you with open arms! Thank you for being a friend to The Senior Citizens Council!

We do not know if our telephone number will still be working during these days also.

## Health & Wellness World WOWED by Fiber Supplement from the creator of Gatorade®

Special to Senior News  
SAINT PETERSBURG, FL -

Many people know that over 50 years ago Dr. J. Robert Cade created Gatorade® for the long, hot football practices, and problems of dehydration, experienced by the University of Florida football team. The invention of which is often credited as one of the key factors that helped the Florida Gators go on to win their first Orange Bowl in 1966 (a win that also helped a young Steve Spurrier win the Heisman Trophy that same year). Years later, Dr. Cade sold the rights to Gatorade™ to Stokely Van Camp (now a subsidiary of PepsiCo, Inc.) raising over 280 million dollars for the University, and the rest, as they say, is history.

What many people don't know is that Dr. Cade was a tremendous researcher, whose curiosity was unending. After experiencing cholesterol problems himself, Dr. Cade carried out extensive clinical studies exploring the effects of Acacia fiber on LDL (bad) and HDL (good) cholesterol in the human body. This research would lead to the development of the formula for his next big product Cholesterade™.

In clinical trials, Cholesterade™ consistently showed that it had the

effect of lowering LDL (bad) cholesterol by 21.4%, and raised HDL (good) cholesterol by nearly 13% over an eight week period. Additionally, this 100% vegan, gluten-free supplement supports digestive health, promotes probiotic function, aids in digestion, and helps to curb appetite to safely promote weight loss! Sadly, though, Dr. Cade was unable to bring Cholesterade™ to market before his death in 2007, and the formula for this amazing supplement languished in obscurity for several years.

All of that changed in June of 2016, when Leone Asset Management (LEON) acquired the rights from Dr. Cade's estate and began to market and improve this amazing product. Current clinical trials being led by Go Epic Health's Medical Director, Dr. Richard Goldfarb, MD are not only replicating Dr. Cade's original clinical studies, but exceeding them!

"Cholesterade™ is a natural alternative to statins and other drugs that can cause many types of unnecessary health problems," says Dr. Goldfarb.

For the first time, Dr. Cade's original formula Cholesterade™ is available online and in stores across the United States. For more information, or to place an order, call 727-217-4051 or visit [www.gocholesterade.com](http://www.gocholesterade.com) today!

## Vintage Gardens At Sweetwater



Senior Living at its best! Enjoy the quiet gazebo with flowers, individual gardening areas, and a community center with planned activities for everyone.

Independent living for residents 55 years of age and older.

### Apartment Features

- Washer/Dryer Connections
- Spacious Sunrooms
- Fully Equipped Kitchens
- Oversized Bathrooms
- Large Walk-in Closets
- Water and Sanitation Included
- Garbage Disposal
- Mini Blinds
- Single Story, No Stairs
- Handicap Accessible

### COME ON HOME!

Section 8 vouchers accepted and transferable from Georgia to South Carolina!

Equal Housing Opportunity

### Community Features

- Community Center w/Planned Activities
- Individual Gardening Areas
- Gazebo with Flower Gardens

## Vintage Gardens At Sweetwater

3 Murrah Road Extension  
N. Augusta, SC 29860  
(803) 819-3139

Monday-Thursday, 9 a.m.-4 p.m.  
Saturday by appointment



# Senior NEWS

Serving Augusta & the CSRA

## Website

www.seniornewsga.com

## Publisher

Billy R. Tucker  
478-929-3636

Email: seniornewsga@cox.net

## Advertising Sales

Billy R. Tucker, Publisher  
478-929-3636

seniornewsga@cox.net

Carolyn Brennenman

706-407-1564

seniornewsga@att.net

## Columnists

Carolyn Brennenman

Kathleen Ernce

Lisa Petsche

\*\*\*\*\*

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.

\*\*\*\*\*

## CORPORATE OFFICE

Billy R. Tucker,

President/Publisher

Phone/Fax: 478-929-3636

www.seniornewsga.com

E-mail: Seniornewsga@cox.net

Copyright 1987

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.

\*\*\*\*\*

## Three Cheers for Hope

by Paul Gray

*Like a song bird perched upon  
his bough,  
Sharing love songs with his voice,  
Clinging fast to hope he believes  
somehow,  
There's a chance he'll be her choice.  
Now he's just a bird and his song's  
the same,  
Like all others, non-unique,  
But it's hope itself keeping hope  
alive,  
And a song upon his beak.*

\*\*\*\*\*

## Valentine's Day

by Sandy Straughan

*Soon it will be Valentine's Day,  
You are my Sweetheart, that is  
the way  
My life will be full and happy  
always!*

*I have given you my heart  
You now are a Special Part of  
my life!*

*Your family is my family,  
My family is yours...*

*Your friends are now mine,  
My friends are yours!*

*I never thought this would happen  
late in my life,  
I am very proud to be your wife!*

*Love is the Key...  
...the Love of God,  
...the Love of People!*

*Happiness is being together...  
You and Me!*

\*\*\*\*\*

## Say I Love You

by Shirley Glisson

*A cheerful, "Hello,"  
A friendly smile  
Gives strength to go  
That extra mile.*

*Sometimes we're up,  
Sometimes we're down,  
A friendly word  
Turns things around.*

*So brighten the day  
For one who's blue.  
Wear a warm smile,  
Say "I Love You."*

\*\*\*\*\*

# Opinion

## An ever present tragedy and remedy

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

**T**ragedy and chaos grips our nation and the world! There is a surplus of both "bad and good" — the good in possession of people who think and act in knowledge and wisdom. The bad with those "across the road!" Consider the events of the past hour, and you have some idea of what I speak! Millions are dying prematurely; Millions more are ill; primarily because of a chosen course or lifestyle. Properties worth billions are summarily trashed, burned, or damaged. The treasure of innumerable banks or institutions change hands daily in illegal fashion.

Accidents across the planet snuff out lives hourly; as we cringe and wrestle with the formula for reversals. Adultery, addiction, and other immoral acts place blemish on multitudes who aspire to wholeness.

Disease and flagrant violations invade the camp of personal hygiene, as we continue toward a path of annihilation. Hate, discontent, and depression brings on a constant turmoil and condemnation; while we pose questions surrounding a cure. Is there any fashion, recipe, or solution whereby we may escape? There is if you face facts, and practice resolve!

Obviously, and statistically, there are alternate paths which one may pursue for the more successful journey of life. The first consideration, without question, is to satisfy spiritual requisites.

You will never really realize a healthy heart, mind, and frame until the "the inner being" (soul, if you will), is saddled with a compatible

tenure. You will walk, talk, and live the decent standard; or, forever nurse an afflicted deficit. And that choice is made available, as remedy for wholesale heartbreak. That will not be questioned!

And there is more: Aside (or in addition to) spiritual qualifications is the unthinkable road traversed in habits, addictions, or adverse activities. For the alcoholic (along with the obvious dangers), do be apprised that you may well expect cirrhosis of the liver and untimely demise! For the servants of tobacco products, you can reasonably expect lung cancer (and a score of other possibilities). For the thief, count on spending a good portion of your life incarcerated. For the unfaithful mate, a danger of homicide. For the drug addict, surely you know that overdose is a common occurrence. For the homosexual, the suffering from personal condemnation, and chances of Sexually Transmitted disease (STD's)! All this not to mention the presence of family separations, suicide, and communal disenfranchisement.

Is there an answer or solution to the moral, physical, and mental impairments! You bet there is! For those who "drag bottom" spiritually, repent, believe, work on expanding relationships with people of like mind and pursuit! For those with a disconcerted lifestyle, one that is diametrically opposed to acceptable standards and health, STOP IT! STOP the habits and course which has you imprisoned!

Separate your self from those who are a wreck less influence and who lead astray! Change your mentality and lifestyle. The Remedy is (for the most part) in your corner! You can be an asset, to yourself, and to others!

## High Cholesterol? The creator of Gatorade® can help.

**Gainesville, FL** - If you're one of the millions of Americans that have been diagnosed with high cholesterol, "Natural" help is now available for the creator of Gatorade®! The highly regarded late Dr. Robert J. Cade, while at the University of Florida did extensive clinical trials utilizing a special formula he developed containing soluble fiber (Acacia Gum).

This formula "CholesterolAde" proved to lower cholesterol in the human blood by over 17% during an 8 week period. Not only is this special soluble fiber proven to lower cholesterol naturally, but other positive effects showed weight loss and improving bowel functions which can help reduce the chances of many forms of cancer.

Dr. Richard Goldfarb, the medical director for the company states, "Statins and other drugs can create as many health problems as what they were developed to cure. Soluble fiber is one of the most important natural ingredients you can consume for overall good health." For the first time, Dr. Cade's original delicious tasting formula "CholesterolAde" is now available at your local Barney's Pharmacy or call 877-581-1502.

www.drinkcholesterade.com



8 convenient locations in Augusta, Grovetown, Wrens, and Louisville.

www.BarneysRx.com



## On the Cover

# February is Perfect for Visiting the Zoo!

by CAROLYN BRENNEMAN

**H**ey everyone! This February is a great time to visit the Riverbanks Zoo and Gardens in Columbia. Now is the time to see the home to more than 2,000 magnificent and fascinating animals. The weather is crisp and the animals are active, energetic and waiting to create a show for visitors. Also the zoo has one of the nation's most beautiful and inspiring botanical gardens. The lush 170-acre site features dynamic natural habitat exhibits and scenic river views. The zoo is home to African animals including the African lion, Hamadryas bamboo, the ostrich, Plains zebra, giraffe, and to Asian animals like Amur (or Siberian) tigers, Komodo dragon, Malayan tapir, and Siamang apes as well as other magnificent creatures. Koala Knockabout is home to those adorable koalas, and also to the red kangaroo, lorikeet birds, and red necked wallaby!

Don't forget to see the elephant exhibit at Ndoki Forest and as well as the slender-tailed meerkat, and gorillas. Riverbanks has recreated this part of Africa as a sanctuary for gorillas, elephants and meerkats, giv-

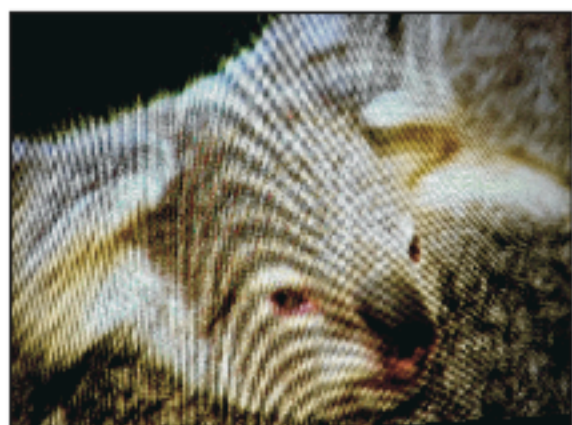
ing visitors the opportunity to see these wonderful animals and learn more about them and their natural habitat. Of course, Ndoki Forest would be amiss without some native birds. A stork, ground hornbill, cinereous vultures and cranes reside in the neighboring African bird yard, enhancing the authentic appeal of this exhibit.

Did you know that giraffes are the tallest living land animals and can reach up to 20 feet tall and that each giraffe has unique pattern spots? My 8 year old grandson, Christopher, can't wait to visit the zoo!

Take a look at the zebras! Zebras have a narrow, mostly vertical black and white striped coat. The patterns of their distinctive stripes are as individual as a human fingerprint. My granddaughter is excited about these creatures.

Of course, we can't miss the live demonstrations that occur on a daily basis. There are daily penguin demonstrations at the Penguin Coast exhibit inside the birdhouse at Riverbanks, and aquarium dive demonstrations several times a week at the Indo-Pacific Coral Reef Tank inside Aquarium-Reptile Complex. Check out and watch the gorilla

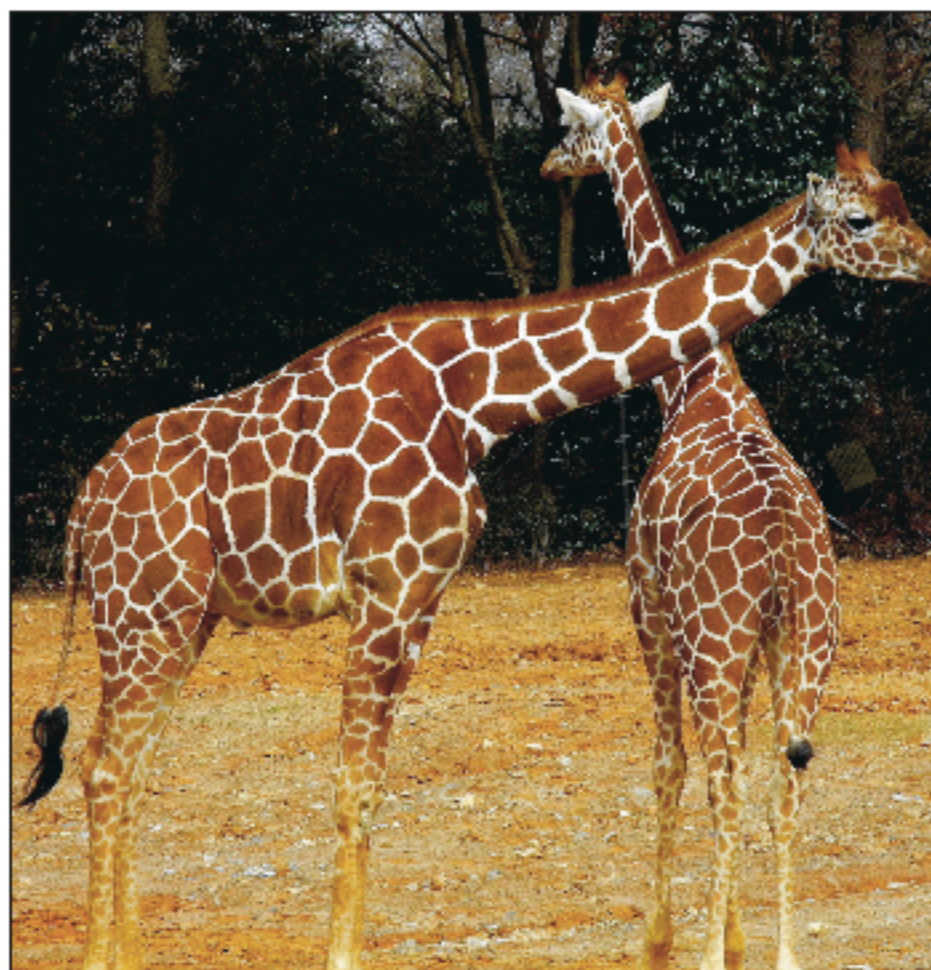
feeding demonstration at the Gorilla Base Camp. There is the sea lion show we won't want to miss. These are all free events with the zoo admission and occur once or twice a day. So let's all head out for a day trip to the Riverbanks Zoo and Garden. It is located at 500 Wildlife Parkway, Columbia. You can call (803) 779-8717 for more information. Hours are from 9:00 am to 5:00 pm.



The koala lives in the tree



The elephants roam around in a natural habitat



The giraffes are good friends



## THE LEDGES APARTMENTS

- Quality, Independent Living For Seniors
- Must Be At Least 62 Years Old
- Rent Based On Adjusted Income (HUD Guidelines)
- Utilities Included In Rent
- One Bedroom and Efficiencies (Perfect For One)
- Smoke-Free Building
- Service Coordinator Available
- Added Safety Features In Bathroom
- Elevators For Your Convenience
- Coin Operated Laundry Rooms On Each Floor

**INDEPENDENT RETIREMENT LIVING IN THE HEART OF NORTH AUGUSTA WITHOUT LEAVING FAMILY, FRIENDS, COMMUNITY AND CHURCH AFFILIATIONS**

Applications Taken at 550 Sikes Hill, North Augusta, SC

**803-279-1776**

[theledges@comcast.net](mailto:theledges@comcast.net)





## Additional Senior Services & Events Information Available at [www.seniornewsga.com](http://www.seniornewsga.com)

**AUGUSTA/CSRA METRO AREA Senior Services & Events Directory**  
For additional Services & Events listings, please visit our website at: [seniornewsga.com](http://seniornewsga.com).

\*\*\*\*\*

**The Senior Citizens Council**  
4210 Columbia Road, Suite 13A,  
Martinez, GA 30907; 706-868-0120  
[www.seniorcitizenscouncil.org](http://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 Life Enrichment Centers

Over 60? Do you enjoy socializing, parties, cards, crafts, Bingo and travel? Are you interested in staying healthy and active? Are you tired of eating lunch alone?

If you answered YES to these questions, check out a Center near you!

- **Blythe Area Recreation Department**  
Patricia Strakosch, Brenda Buck  
3129 Highway 88, GA 30805; 706-592-6668
- **Carrie J. Mays Recreation Center**  
Kristy Banks, Tammy Olive  
1015 11th Ave., Augusta, GA 30901; 706-821-2831
- **Henry H. Brigham Senior Center**  
Heather Koons  
2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456
- **McBean Community Center**  
Dana Pettigrew, Willamae Shaheed  
1155 Hephzibah/McBean Rd., Hephzibah, GA 30815; 706-560-1814
- **Sand Hills Community Center**  
Brandi Robertson, Linda Taylor  
2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916
- **McDuffie Woods Community Center**  
Frank Booker  
3431 Old McDuffie Rd., Augusta, GA 30906; 706-771-2656

- **New Bethlehem Community Center, Inc.**  
Sheridan Glaze  
1336 Conklin Ave., Augusta, GA 30901; 706-722-0086
- **Columbia County Senior Center**  
Christie Lowe  
5913 Euchee Creek Drive, Grovetown, GA 30813; 706-556-0308
- **Burke County Senior Center**  
Jackie Brayboy, Sherry Moody  
717 W. 6th St., Waynesboro, GA 30830; 706-437-8007
- **Glascok County Senior Center**  
Anita May  
568 Brassell Park Ln., Gibson, GA 30810; 706-598-3050
- **Betty Hill Senior Citizens Center**  
Knakia Huff  
330 Waters Work Rd., Sparta, GA 31087; 706-444-7532
- **Harlem Senior Center**  
Sabrina Threet  
405 B West Church St., Harlem, GA 30814; 706-449-8400
- **McDuffie Senior Center**  
Kimberly Ivy  
304 Greenway St., Thomson, GA 30824; 706-595-7502
- **Jenkins County Senior Center**  
Errand Drake  
998 College Ave., Millen, GA 30442; 478-982-4213
- **Jefferson County Leisure Center**  
Tammie Bennett  
1841B Highway 24 West, Louisville, GA 30434; 478-625-8820
- **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**  
Velma Harris  
119 Commerce St., Crawfordville, GA 30631; 706-456-2611
- **Warren County Senior Center**  
Porsha Johnson  
48 Warren St., Warrenton, GA

- 30828; 706-465-3539
- **Washington County Council on Aging**  
Lynne Beal  
466 Maurice Friedman Rd., Sandersville, GA 31082; 478-552-0898 (Mon., Tues, and Thurs.); 478-552-0013
- **Wilkes County**  
Diana Hall  
108 Marshall Street, Washington, GA 30673; 706-678-2518
- **Shiloh Comprehensive Community Center**  
Elizabeth Jones  
1635 15th St., Augusta, GA 30901; 706-738-0089

\*\*\*\*\*

- **Aiken County Parks, Recreation & Tourism**  
902 Vacluse Rd., Aiken, SC 29801; 803-642-7559;  
[www.aikencountysc.gov/tourism](http://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

\*\*\*\*\*

- **Academy for Lifelong Learning, USC-Aiken**  
Information: 803-641-3288

\*\*\*\*\*

### Hearing Loss Association of Augusta

Meetings are normally held on the 3rd Saturday, 11 a.m.-1 p.m., September-April except for December, at University Hospital, 1350 Walton Way, Dining Rooms 1-3. For information on the organization please contact Gayle Tison at

continued on page 7

# General Business Directory For Seniors



**TrueCare Personal Care Home**  
*We provide peace of mind*  
Welcome to a place you'll truly love to call home.

**Services Provided:**

- Can provide assistance with everyday tasks
- Full meals
- Fully trained caregivers
- 24-Hour monitoring
- Transportation to Doctor Appointments
- Weekly Activities

We accept private pay and Medicaid.  
**We Speak Spanish.**  
1909 Central Avenue • Augusta, Georgia 30904  
**706-364-1412**

## Goodwill NEEDS YOU!



**YOUR DONATIONS**  
When you donate your clothing and household items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment.

**YOUR TIME**  
Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.



CALL: Mid GA: 478-475-9995  
OR CSRA: 706-650-5760

To find a location near you, visit  
**[www.goodwillworks.org](http://www.goodwillworks.org)**

## BIBLE BY PHONE

**FREE DAILY BIBLE READINGS ~ NKJV**  
**706-855-WORD**

Augusta 706-855-9673  
Aiken 803-442-9673  
Thomson / Lincolnton 706-541-3639  
Daily Word • P. O. Box 1234 • Evans, GA 30809

## Do you Need Glasses, Dentures or Dental?

If you have Medicare, Call me.  
I Might be able to Help.



**Bill Phillips**  
**706-284-1635**

**~ ADVERTISING INFORMATION ~**

**Carolyn Brenneman**  
706-407-1564 • [seniornewsga@att.net](mailto:seniornewsga@att.net)

\*\*\*\*\*

**Billy Tucker**  
478-929-3636 • [seniornewsga@cox.net](mailto:seniornewsga@cox.net)



## EVENTS

from page 6

g.m.tison@wowway.com.

### 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](http://www.the-morris.org).

### Caregiver Support Group

Are you caring for a spouse or parent? Join other caregivers to share experiences, gather practical resources and find the support you need. The group meets the 3rd Monday of each month at 6:30 p.m. at the Friedman Branch Library located at 1447 Jackson Road in Augusta. For more information contact Georgia Jopling, Caregiver Specialist, Area Agency on Aging, 706-210-2000 or 888-922-4464.

### Augusta Museum of History

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

• *Local Legends: Susan Still* Feb. 5  
• *Brown Bag Series: The Business History of the Golden Blocks*: Corey Rogers, Curator, Lucy Craft Laney Museum of Black History: Feb. 14

### Lucy Craft Laney

Museum of Black History  
[www.lucycraftlaneymuseum.com](http://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 an evening of fun and fellowship!

### 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.

### Service Corps of Retired Executives

The Service Corps of Retired Executives (SCORE) provides counseling and mentoring to business people who are starting up a new business or who are expanding one that is ongoing. SCORE is a non-profit, public service organization, affiliated with the SBA. There is never a charge for our services. Call 706-793-9998, Mon. - Fri., from 9 a.m. - 12 noon.

### 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 welcome. For additional information call 803-648-7833.

### DBSA (Depression Bi-Polar Support Alliance)

Meets the 3rd Tues. of every month at 6:30 p.m., First Baptist Church of Augusta, Walton Bldg., Room 105., 3500 Walton Way Ext., Augusta. Call 706-722-0010 for complete details or the Friendship Center (see Augusta phone book for number).

### Pieceful Hearts Quilt Guild

Meets on Monday nights, 7-9 p.m., and Thursday mornings, 10 a.m.-2 p.m., at St. Bartholomew's Episcopal Church, Martintown Rd., North Augusta. For details call 803-279-6456 or 706-790-4975.

### Augusta Chapter Of The Embroiderers' Guild Of America

Meets First Mon. each Month, 6:30 p.m., St. Augustine's Episcopal Church, 3321 Wheeler Rd., Augusta. Additional information - Call Diana Parfitt at 706-513-5458 or email: [dianalparfitt@gmail.com](mailto:dianalparfitt@gmail.com).

### 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

30-minute aging services information session, 3rd Thursday each month, 1 p.m. KROC Center Augusta, Senior Lounge, 1833 Broad Street. Registration not required. Contact April Young, Resource Specialist, 706-210-2022 or 706-210-2018.

### Harmony River Chorus of Sweet Adelines International

Women of all ages are invited to attend. "Resolve to Have Fun" singing Barbershop music. Weekly rehearsals will follow each Thursday thereafter. For additional information contact: Karen Klimka at 803-507-4406.

## Tired of Retirement?



## Want Some Extra Spending Money?

Senior News newspaper is adding to our team of advertising sales representatives!

Work Full or Part-Time calling on businesses in the Augusta & CSRA Metro Area. Excellent communication and organizational skills, creative thinking, positive attitude, and being computer savvy a must. Advertising sales experience preferred.



Attractive Commission Based Plan!

Send Resume To  
[seniornewsga@cox.net](mailto:seniornewsga@cox.net)

# General Business Directory For Seniors

## COMPASSIONATE Home Care Services, LLC

*We Know Nursing & We Are On Call 24/7!*

We believe in family-centered care and education and it is our intent to be a blessing to you and our community. Our belief is that every human life has worth and is deserving of love, dignity and compassionate care. Our mission is to provide care that is affordable and without compromise.

### ~ SERVICES ~

- Skilled Nursing
- Live-In (Sleep Over)
- Home Management
- Companion/Sitter
- Respite Care
- Personal Care
- Transportation
- House Keeping



227 South Belair Road  
Martinez, GA 30907

706-650-6613

[www.compassionate3.com](http://www.compassionate3.com)

### ~ ADVERTISING INFORMATION ~

Carolyn Brenneman  
706-407-1564 • [seniornewsga@att.net](mailto:seniornewsga@att.net)

\*\*\*\*\*

Billy Tucker  
478-929-3636 • [seniornewsga@cox.net](mailto:seniornewsga@cox.net)

### The Errand Runner Co.

*"Here to help when you can't do it yourself"*

All Errands... Groceries,  
Doctor Appointments, Pet Walking, etc.  
Home: 706-760-0725 Cell: 678-599-6028

Maria Riddle Owner  
[Riddle.Maria@yahoo.com](mailto:Riddle.Maria@yahoo.com)



## We are Comfort Keepers



**Comfort Keepers**

## Comforting Solutions for In-Home Care®

Comfort Keepers® provide in-home care such as:

- Companionship
- Meal Preparation
- Personal Care
- Transportation
- Your Local EEOICP Provider

Services are provided for as little as a few hours a day up to 24/7. Call today to schedule a complimentary in-home assessment.

803-279-7100

Independently owned and operated since 2002

[WWW.COMFORTKEEPERS.COM](http://WWW.COMFORTKEEPERS.COM)



# BBB Study: Tech Support Scammers bilk millions from U. S. victims

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

**A** Better Business Bureau (BBB) report says it's not a matter of if you will become a target of computer technical support scammers, but when these scammers will try to victimize you. Thieves, most of whom are located in India, are using sophisticated advertising and carefully crafted sales techniques to scare consumers into buying phony fixes for their home and business computers. BBB warns consumers to remain on guard, so they can combat these fraudsters.

The report – “Pop-Ups and Impostors: A Better Business Bureau Study of the Growing Worldwide Problem of Computer Tech Support Scams” – says that anyone who owns or uses a computer is a potential target. Complaints about the fraud continue to mount as Microsoft, a software company whose name is routinely used by the scammers, reports it receives more than 12,000 complaints worldwide every month.

The report recommends a tougher, more-coordinated effort by U.S. law enforcement, including the filing of civil and criminal cases against the scammers. It urges law enforcement in India and other foreign countries where the scammers originate to make computer tech fraud a high priority. It also asks search engine companies to carefully vet, set strict standards and consider eliminating sponsored links for tech support firms that do not meet standards.

**Among the report's key findings:**

Consumers typically are lured into the scheme by four ways – by either a pop-up ad on their computer; an unsolicited phone call from a “technician” claiming to have detected problems with the user's computer; via ransomware attached to an email; or by Internet

searches for technical support on sponsored links. Most people lose money through use of credit cards or debit cards (55 percent). Checks (36 percent) are the second most-common form of payment.

The problem is worldwide with U.S. residents accounting for 33.6 percent of victims. The scam is also popular in Australia (25.4 percent of victims) and Singapore (22.4 percent).

Studies show that 85.4 percent of the scammers come from India. Less than 10 percent of the scammers operate inside the U.S.

According to the FBI, U.S. consumers lost more than \$21 million to the scheme in the first nine months of 2017.

**BBB offers tips for consumers to avoid being caught in a computer tech support scam:**

Research tech support companies before you decide to do business with them. Go to [bbb.org](http://bbb.org) to search for BBB Business Profiles.

Double-check all the details. If you're directed to an official company website, make sure that it's the real company's site by double-checking the spelling of the company's name in the website address. Anything that claims to be from “Microsoft,” for example, is a scam.

If a caller claims to work for a reputable company, ask them to tell you their name or their employee ID, and in which department they work. Then look up and call that company's official customer service line and ask to be directed to that employee. Do not use a phone number provided to you by the caller.

If your computer has been compromised, don't panic. You may still be able to get your machine fixed. Scammers are relying on you to make hasty decisions, you'll be better able to avoid their traps if you slow down and don't rush.

Make sure you're using a quality, up-to-date antivirus

software and are running the latest version of the software.

Change your passwords. First change the password to any account or machine the scammer has or could access. Then change the passwords on any account that you were logged in to on your machine, as well as any accounts for which you use the same or very similar login credentials.

Call your credit card company. If you made a payment by using your credit card, the company will help you to appeal any unauthorized charges and to get a new card.

Find a trustworthy computer repair company to ensure that all malware has been removed.

Victims are encouraged to report the scam to BBB's Scam Tracker.

To find a trustworthy computer repair company or for

more consumer tips, visit [bbb.org](http://bbb.org).

\*\*\*\*\*  
*Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 83 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 by visiting [bbb.org](http://bbb.org), by emailing [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org), or by calling 800-763-4222.*

WYMBERLY

by **JENSEN communities**<sup>®</sup>  
*Get in on the good life!™*

**A retirement community of affordable manufactured homes located in Martinez, Georgia.**

☒ Clubhouse with exercise room, library and game room

☒ Pool

☒ Fishing lakes

☒ 9 Hole Par 3 golf course

**Some homes available:**

☒ 202 Independence Dr., 3 bed/2 bath..... \$72,900.00

☒ 4612 Dever Dr., 2 bed/2 bath..... \$39,900.00

☒ 4622 Wymberly Dr., 2 bed/2 bath..... \$39,900.00

**OPEN HOUSE** – February 10, 2018 • 11 a.m. to 1 p.m.  
Contact Valerie or details.

**For more information and listings please call Valerie Greene at 706-863-2390 or Email: [v.greene@jensencommunities.com](mailto:v.greene@jensencommunities.com) [www.jensencommunities.com](http://www.jensencommunities.com)**