

Senior News

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*Summer and
Fresh Fruits
Go Together!*

Story on page 5

July 2018
Vol. 32, No. 7

Taking Care

Help A Caregiver Enjoy The Summer!

by LISA M. PETSCHKE

Many people look forward to the mild temperatures and increased daylight of summer, which positively affect their mood and allow new opportunities for enjoyment. Unfortunately, however, those who care for an ill, disabled or physically frail loved



Lisa Petschke

one may find it difficult to reap the benefits of the season.

The good news is that there are numerous ways to help a relative in this situation, and also, in many cases, the person they care for, partake of summer's pleasures. Of course, the following tips could also apply to a friend or neighbor who is in a caregiving role.

Provide Practical Help

- Prepare extra foods or beverages to share with them – for example, homemade lemonade or iced tea, pasta salad, sliced watermelon, strawberry shortcake or blueberry pie.
- Offer to help with gardening or lawn care.

- Take them out to the mall for shopping – perhaps for a new summer outfit – and lunch. If the care receiver uses a wheelchair, investigate accessible taxi options or help get them registered with the local accessible transportation service. If they can get in and out of a car and walk short distances, arrange to borrow a wheelchair from the mall's customer service kiosk.

- Let the caregiver know when you are heading out to the grocery store or on other errands, and ask what you can drop off or pick up to make things easier.

- If they don't drive, offer the caregiver transportation so they can get their hair done, do banking or attend a special event. If the caregiver drives, offer to stay with the care receiver while they go out for a while.

Do Some Pampering

- Share fresh fruit, vegetables or flowers from your garden or the market. Include a vase with the latter, so they're ready to display.
- Buy them some toiletries or home fragrance products in a summery scent.
- Get them a box of favorite ice cream treats the next time you're at the grocery store. Or take them out to

the local dairy for an ice cream cone or sundae.

- Buy a seasonal outdoor gift for them to enjoy – for example, wind chimes, a hanging plant, decorative flower pots, a bird feeder or solar garden accents.

Ideas For Activities

The following are some ideas for enjoying quality time together:

- If your home is accessible, invite them over for a barbecue or to watch a favorite summer-themed movie.
- Have a picnic in their backyard or yours, or at a nearby park.
- Go for a stroll around the neighborhood.
- Take them to the local farmers' market for fresh fruits and vegetables, as well as favorite meat, cheeses and baked goods.
- Go to a park or other outdoor public space and people-watch.
- Take them to an outdoor concert or summer arts festival.
- Go for a drive in the country.
- Take turns reminiscing about summers from your youth.

Heatwave Hints

- Make daily checks during heat waves to ensure both the caregiver and care receiver are eating and especially drinking sufficiently. Buy them precooked foods that only require warming, and arrange for more groceries as necessary. Seek immediate medical attention if you have concerns about either person's physical or mental state.
- If they don't have central air conditioning, ensure they have – or help them to obtain – fans or window air conditioners. Encourage them to stay

on the lowest possible floor of their home, preferably on the shaded side, and to open windows in the evening if there's a breeze.

- If their cooling system breaks down, arrange during a heatwave for them to stay with someone (you, a relative or a friend) whose home is climate controlled. If that is not feasible, provide transportation to a cool public place so they can get relief during the hottest part of the day.

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

Chamber After Hours Scheduled

Special to Senior News

The Columbia County Chamber of Commerce will host the next installment of its Chamber After Hours on Monday, July 16 at 5:00 p.m.

SpringHill Suites Augusta, located at 1110 Marks Church Road in Augusta, will serve as the event sponsor. The event, which begins at 5:00 p.m. and runs until 7:00, is a members-only event.

For more information, contact Sabrina Griffin, Events & Programs Manager for the Columbia County Chamber, at programs@columbiacounty-chamber.com, or call the Chamber office at 706-651-0018.

2018 Georgia Golden Olympics Registration Is Now Open

Special to Senior News

The Georgia Golden Olympics Registration is now open. The registration form can be printed from the GGO website and is online for participants who have previously competed in the games. If you have not competed before, please print the form and mail with age verification (copy of driver's license, or birth certificate or military ID). Please submit your registration form by August 1, 2018 to avoid late fees. Please read the form carefully and complete all areas correctly.

Also, please note that the location of the Pickleball Tournament has changed this year. Due to park and facility upgrades and construction in Warner Robins the Pickleball Tournament was moved to the Spalding County Pickleball Complex at Wyomia Tyus Olympic Park in Griffin, GA. The facility is beautiful and has all the amenities one could ask for. The location is approximately 1.5 hours north of Warner Robins.

In August confirmations will be

sent to each registered athlete. For questions please call 770-867-3603, go to the website: www.georgiagoldenolympics.org or email goldenolympics.ga@gmail.com.

Join us for the fun and competition. Follow us on Facebook and Twitter.

Donations

If you are interested in making a contribution to the Georgia Golden Olympics you may make the contribution online or mail your contribution to Georgia Golden Games, Inc, PO Box 958, Winder, GA 30680. All contributions are appreciated and used to provide a quality event. Thank you for your support!

National Senior Games

The 2018 Georgia Golden Olympics is a qualifying site for the 2019 National Senior Games scheduled for June 14-25 in Albuquerque, NM. For more information on the National Senior Games, you may go to the website: nsga.com.

See YOU in SEPTEMBER for the Georgia Golden Olympics Games!!!

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Agency Alert

Sightseeing, Sunbathing, Skiing!

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

Sightseeing, sunbathing, skiing – who doesn't like a good vacation? But don't relax just yet. Whether it's promising free or discounted trips, posting phony rental listings, or telling timeshare sellers they've got a buyer lined up, scammers are working to get a cut of your hard-earned travel money.

Did you really win a "luxury vacation?" Can you trust that travel company? Scammers sometimes make exaggerated claims about sightseeing, sunbathing, skiing. Finding out how to know when you're dealing with a travel scam by learning what these scams are:



Kathleen Ernce

Signs of a Scam

Scammers may call or use mail, texts, faxes or ads promising free or low-cost vacations. In reality, those vacation offers may end up charging poorly disclosed fees or may be fake, plain and simple. Here are some tell-tell signs that a travel offer or prize might be a scam:

You "won a free vacation" – but you have to pay some fees first!

A legitimate company won't ask you to pay for a prize. Any company trying to sell you on a "free" vacation will probably want something from you – taxes and fees, attendance at mandatory presentations, even pressure to buy "extras" or "add-ons" for the vacation, etc. Find out what your costs are before you agree to anything.

The prize company wants your credit card number!

Especially if they say it's to "verify" your identity or your

prize, don't give it to them.

They cold-call, cold-text, or email you out of the blue!

Before you do business with any company you don't know, call the Attorney General and local consumer protection agencies in the company's home state to check on complaints; then, search online by entering the company name and the word "complaints" or "scam" and read what other people are saying.

They don't – or can't – give you specifics!

They promise a stay at a "five-star" resort or a cruise on a "luxury" ship. The more vague the promises, the less likely they'll be true. Ask for specifics, and get them in writing. Check out the resort's address; look for photos of the ship.

You're pressured to sign up for a travel club for great deals on

future vacations

The pressure to sign up or miss out is a signal to walk away. Travel clubs often have high membership fees and limited choice of destinations or travel dates.

You get a robocall about it!

Robocalls from companies trying to sell you something are almost always illegal if you haven't given the company written permission to call you. That's true even if you haven't signed up for the national Do Not Call Registry.

If you think you may have been targeted by a travel scam, report it to the FTC at ftc.gov/complaint. For more on travel scams, visit ftc.gov/travel.

source: ftc.gov/travel

Next month we will discuss charter packages.

Vintage Gardens At Sweetwater



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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.

What Is The Soul?

by Henry Newton Goldman

*In all the corners of the earth,
I've oft this question asked,
In all the vaults of treasured books
Sought answers from the past.*

*To search the minds of wisest men,
My quest has taken me.
Yet, no one seemed to know the
answer,
Just what the soul might be.*

*In solitude of prayer I asked
The highest power above;
Scriptures revealed, I'd find it in,
Earth's mortals that God loves.*

*I contemplated what this meant,
And now how clear it seems –
The soul is God's own treasure,
That one day He redeems.*

Borrowed Time

by Marion Jones

*We don't know when we're going
to die,
In youth, old age, we know not why.
The ones we leave feel only pain,
And wonder who's the one to blame.*

*Did we treat him like a brother?
Or we're we finding fault with each
other.
Make the most of this borrowed time,*

*Love one another, who's next in
line.*

I Need The Lord

by Mrs. Mildred Carter

*I need the Lord.
I need the Lord.
In my life, oh, yes!
In my life!*

*I need Him to show me the way.
Oh, yes, every step of the way.
I need the Lord to lead and guide
me,
And always stand beside me.
And, oh, yes, I need the Lord in
every way,
And each and every day of my life.
I need Him in my life.
Oh, every day of my life!
Oh, yes, Every day of my life!*

Corelli Camerata to perform at the Augusta Museum of History

Special to Senior News

The river region's newest

ensemble, Corelli Camerata, will be performing at the Augusta Museum of History on Saturday, July 7th at 1:30 p.m. The concert is Free!



Weekly Programs at Wedges & Woods and Monthly 9-hole Golf Tournaments at First Tee of Augusta and South Carolina

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Wedges & Woods, 3731 Wrightsboro Road, Augusta, GA 30909

The Corelli Camerata is a newly formed Chamber orchestra comprised of string players.

The group features the best of the community orchestra of musicians in the region. They are dedicated to perform Baroque, Classical and contemporary classical music in a variety of venues throughout the area, fostering a sense of community. The Corelli Camerata is under the direction of Dr. Martin D. Jones.

The concert at the Augusta Museum of History is the debut for the ensemble and will feature music written during the American revolutionary era, including a piece by Mozart and the Chevalier de Saint-Georges, as well as other string favorites.

Come and join us... the Augusta Museum of History Rotunda; Saturday, July 7; 1:30 p.m. Cost: Free!

Letter-to-Publisher

Special to Senior News

Dear Publisher,

I want to thank you for having this paper and for publishing my mother's poems. My mother, Sandra Schwamlein Moore Straughan, passed away April 29, 2018. She took great pride in that she had her poems published. She would cut them out and mail them to me. Thank you for doing this and making my mother happy.

Sincerely,
Alice M. Jones

On the Cover

Summer and Fresh Fruits Go Together!

by CAROLYN BRENNEMAN

Hey everyone! Now that summer is upon us, we can enjoy many fresh fruits including, strawberries, boysenberries, blueberries, and of course, our favorites, blackberries and cantaloupes.

So if you are in the mood to try your hands at picking your own berries, head on out to our favorite farm, Gurosik's, in North Augusta. They have an extremely large and amazing u-pick strawberry patch as well as blackberry patches. But wait! If you would just like to pick up already picked berries and other fruits, now is the time to go to get sweet and delicious peaches, Georgia cantaloupes, or hybrid blackberries. The fruits look beautiful and taste so sweet and are so fresh, you will definitely want to take the grandkids and head on out to the farm. It is an amazing experience for the kids to see the rows and vines of fruits. Also there are many fresh flowers, ready for purchase or, if you want, we can try out the pick-your-own flowers. Before heading on out to the planta-

tion, be sure to check in on the info line at 803.278.0594. The farm is located at 345 Briggs Road, North Augusta, 29860.

So you say, you would rather take the grandkids out to a local roadside market for these delicious berries and cantaloupes? Or just looking for fresh flowers? Then let's head on out to one of the several roadside stands in our area. A most popular one is Fury's Ferry located at the corner of Fury's Ferry Road and Mulliken Road. You can't miss this popular stand at the corner of Fury's Ferry. Rather go down to the river? Try the Riverwatch stand near the corner of Riverwatch Parkway and Baston Road. We may encounter the manager, on any given day, who will give us some great tips on cooking with berries.

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 roadside market where we can get freshly picked fruits and vegetables and plants. 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.

And wherever we go, let's not miss this great adventure this July! We can have a grand experience with our grandchildren and friends, enjoy

the sweet fruits, and sip on an icy cold refreshment. So let's spend some family time and create our summer memories together with our children and friends. Also, be sure to check out Blake's website, www.pickyourown.org.

Photo of the young child is provided by Blake.



Giant sunflower blooming at a farm



"Let's have fun with the grandkids!"



Berries getting ready to be picked



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BBB Tip: Identity Theft

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

Scams are designed to either steal your money now or steal your identity now in order to steal your money later. Scammers have all kinds of techniques to collect personally identifiable information. Once they have it, they can effectively become you, using your identity to open accounts, file taxes, or obtain medical coverage.

With enough information about you, a scammer can also take over your identity to commit a wide range of crimes. Scammers can make false applications for loans and credit cards, withdraw money from your bank account, or obtain services. They can also sell your information to others.

Identity theft may take a long time to detect. Scammers typically ensure that bills and statements for new accounts are not sent to your address. You may not notice what is happening until the scammer has already inflicted substantial damage on your assets, credit, and reputation.

If you believe you are a victim of identity theft, it is very important to act quickly. You can visit www.identitytheft.gov for information on how to stop and recover from identity theft.

Tips to spot Identity Theft

Look for unexplained withdrawals, charges, and accounts. Review your bank account and credit card statements regularly. Look for unfamiliar charges, accounts, or withdrawals. Know when your bills are due; one tip-off for identity theft is when you stop receiving certain bills. This can happen because scammers have changed the address associated with your bank account or credit card. If bills don't arrive on time, follow up with your creditors. Debt collectors may call you about debts that aren't yours. You can also set up automatic alerts on your accounts, so you are

notified every time a transaction is made.

Check your credit reports regularly for unauthorized inquiries and accounts. You have the right to check your credit report with each of the three major credit bureaus once per year at AnnualCreditReport.com. This is the only free crediting reporting service authorized by the Federal Trade Commission. Space these checks out across the year, and you will know fairly quickly if something is wrong.

Protect yourself against Identity Theft

Be careful with your personal information. Treat your personal information like the valuable commodity it is. Make sure you shred any documents that have your bank account information, Social Security number, or other personal information. These include credit card applications, insurance forms, financial statements, health forms and billing statements from utilities and phone service. Cut up expired credit and debit cards, making sure to cut through the numbers, before you dispose of them.

Secure personal documents at home. If you have roommates, employ outside help or have contractors in your home, make sure personal documents are in a safe place – preferably under lock and key – and not lying out in plain sight. Minimize personal information on checks. You don't need to include your Social Security or drivers license numbers.

Be alert to phishing attempts. Scammers are sophisticated, and their phishing attempts may come via email, text, social media message, even phone calls. Be suspicious of any unsolicited communication asking you for personal information. Whether it's a supposed tech support call, an offer for a free cruise, or a charity plea, they may really be after your personal information.

Protect Yourself Against Hackers

- Use strong passwords. Avoid using your birth date, child's name or birth date, mother's maiden name, the last four digits of your Social Security number, or really obvious ones like "123456" or "password."

- Change your passwords frequently
- Use different passwords for each online account or website

- Be careful about the types of information you share online, especially if it is information that could be used to get past security questions on your accounts (things like your first car, first pet's name, city where you were born)

- Shred outdated documents with personal information. While you can keep your tax returns forever, you should shred supporting documents for your tax returns after seven years. After one-year, shred bank statements, pay stubs, and medical bills (unless

you have an unresolved insurance dispute). Shred utility bills a month after they have been paid.

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.

Fireworks on the Patio... Join us for a dazzling time!

Special to Senior News

Join us for Fireworks on the Patio this Fourth of July at 8:30 p.m. at the Headquarters Library (823 Telfair Street, Augusta).

Attendees will enjoy light snacks and dessert with a deluxe ice cream bar while enjoying a spectacular view of downtown fireworks display from the Headquarters Library third floor terrace!

Tickets are \$20 each. All proceeds will benefit the Friends of the

Augusta Library. Tickets must be purchased in advance online at arpls.org/fireworks or at any Augusta-Richmond County Public Library System branch. This event will be held rain or shine, and tickets are nonrefundable.

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Opinion

"Through Tears and Sugar Cubes"

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

RMFGF Minister Linda Gibson has just released her new Book through Amazon entitled *Through Tears and Sugar Cubes*, an expose' of the national dilemma surrounding sexual abuse among women and children. While much has been publicized in conjunction with widespread assault on the feminine gender, *Through Tears* reiterates vast statistics; and, brings forth a view from personal experience. There is no debate, child (especially feminine) sexual abuse in America (and including the globe) is an acute and accelerating problem. Linda breaks this down to the lowest common denominator and offers a fix from the theological base.

Rapists, pedophiles, and porno junkies pursue their victims on an hourly basis.

First of all, the public must be made aware of the scope and grim tactics utilized; and, must be made to believe that such is fact.

Secondly, if all we present is the problem, then nothing is gained. The world must come to grips with the absolute crime that we are facing.

The proven numbers of both criminals and victims is astronomical. While the crime happens on all, eighty two percent of victims are female with an average age of thirteen; and, well over half attempt or commit suicide.

Every ninety six seconds someone in America is assaulted! It is estimated that since 1998 some eighteen million females are victims of rape in the United States. Only the victims realize the trauma induced by sexual crimes... a trauma that generally lasts a lifetime.

Obviously, many of those who have been assaulted are directed to therapists, or abuse counselors, who all too often retain feelings of guilt, minimal self esteem, or revenge. A very large percentage of victims, out of fear or guilt, withhold information... which means that many offenders are never indicted. Even when charged, most offenders receive minimal punishment, or none at all.

The prime passage of Linda's publication deals with absolute deliverance through Biblical practice. Victims are encouraged to accept their purpose and worth through Jesus Christ, as being created for a much larger and virtuous role in life. They are to conclude that being assaulted was not their fault; and, that a personal condemnation must be reversed. After working for years in Crisis Ministry, this writer can attest to the spiritual proposition and inner healing presented by Reverend Gibson, as being a completely valid and accurate option for victims of sexual abuse. In fact, an innumerable host are found to harbor emaciating memories for decades; and, finding a positive

reversal through prayer and faith in Jesus Christ! This publication

can prove to be a very useful tool for Counselors in Crisis Ministry.

Living Long, Safely, and Well in Georgia: A Community Conversation

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

Older adult? Individual with a disability? Caregiver? Pre-retiree? Veteran? Service provider? The Division of Aging Services at the



Jeanette Cummings

Georgia Department of Human Services wants to hear your experience and learn from your insights as we design a strategic plan to address our communities' needs. We are hosting 12 sessions around the state to gather your input on the priorities and strategies in your community.

Invest two hours. Join the conversation. Influence the future.

CSRA State Area Plan
Public Hearing: Wednesday,
August 22, 2018; 10:00 a.m. -
12:00 p.m.; KROC Center, 1833
Broad Street, Augusta, GA
30904.

Register on line at: <https://aysps.wufoo.com/forms/living->

long-safely-and-well-in-georgia/
Contact for questions: Nicole
Hodge, 404-656-4568; nicole.hodge@dhs.ga.gov or Jeanette Glenn
Cummings, Director, Area Agency
on Aging (AAA), 3626 Walton Way
Extension, Suite 300, Room 115,
Augusta, GA 30909; 706-210-2013;
1-866-552-4464; jcummings@csrarc.ga.gov;
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Shag with Johnny Hensley July 28th and help Prevent Suicide

JOIN LOCAL PARENTS TO FIGHT SUICIDE

Special to Senior News
Submitted by Diane Jarrett
Volunteer, Augusta, GA

As Grandparents we have experienced a lot of happiness with our kids and grandkids. But there is a sad trend that needs to be bent away from our local families. It's the shadow of suicide.

Imagine walking into your living room and finding your teen has committed suicide.

Every 4.5 days a CSRA young person commits suicide.

The Centers for Disease Control (CDC) reports suicide rose sharply in 49 U S States in 2016. In fact suicide was more likely than homicide to claim a life in the US.

Who cares? Natalie's Light (natalieslight.org). Natalie's Light is a local non-profit started by a mom whose teen took her own life. The aim of the charity is to provide support for young adults suffering from depression, social media bullying, or who may be thinking suicide might be the course to follow.

Natalie's Light is reaching out to educators, ministers and others who come in contact with families with training to recognize a youth tilting towards suicide. It is also reaching directly to pre-teens, teens and young adults. Training when offered for free is not without cost. Plus Natalie's Light connects troubled youngsters to resources to help them through a crisis. So of course Natalie's Light requires donations to continue its good work against depression and Cyber-bullying.

Augusta Rock 'n Roll icon Johnny Hensley has stepped forward. His final appearance with his long time band, The Red Hots, is at 8 pm July 28 2018 at the Imperial Theater. He has a fun flag-waving, dancing in the aisles evening planned for all. Johnny is donating ad sales from the concert program as well as profit from the performance ticket sales to Natalie's Light.

You should join Johnny Hensley and local parents in supporting CSRA suicide pre-

vention. If you are a business owner or manager, buy an ad in the concert program. It's easy. Call 706-829-9120 or email info @natalieslight.org. The ad form will be sent to you; or, you can arrange to have your check picked up at your place.

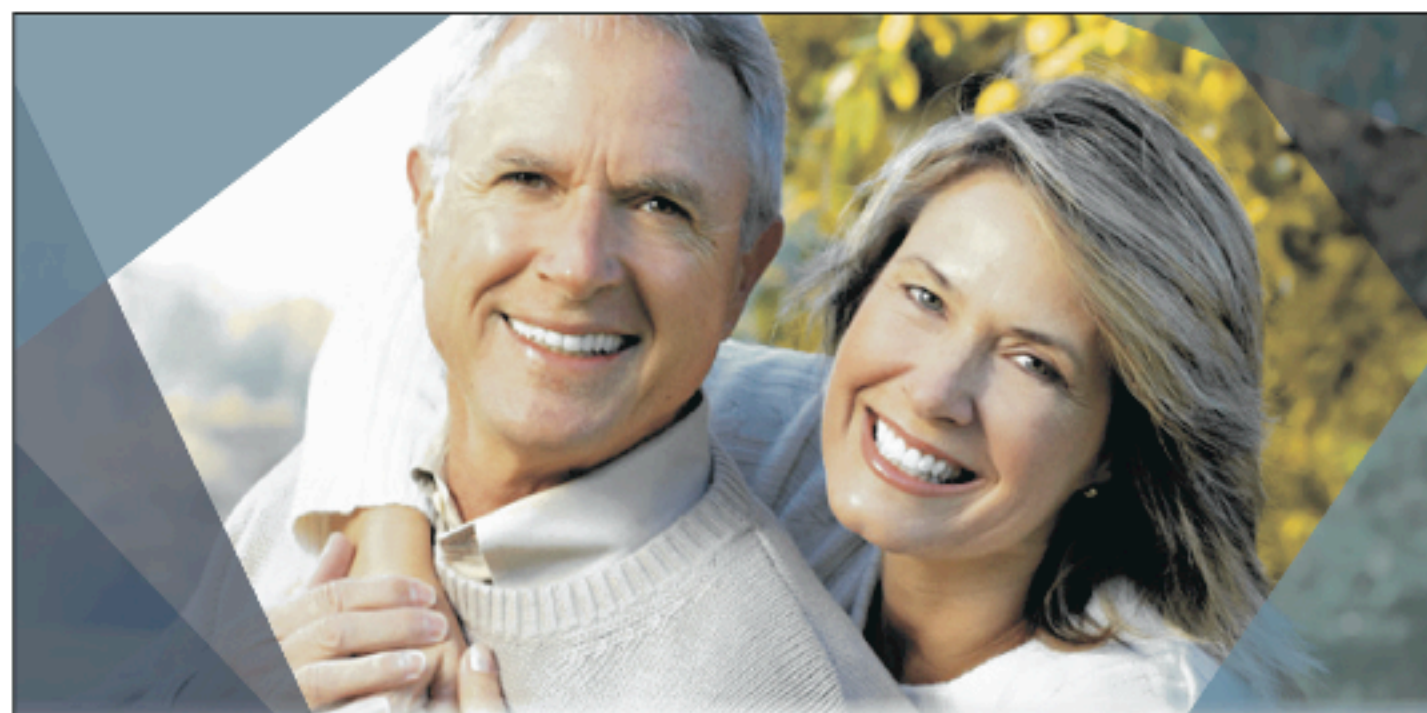
You can, of course, purchase a ticket or a row of tickets to the final Johnny Hensley & the Red Hots' concert at 8 p.m. on July 28th. Tickets are available for purchase online at imperialtheater.com or at the Imperial Box Office (706-722-8341).

Help save our young peo-



ple from the lure of suicide. You have 3.5 more days to

prevent a death. The clock is ticking.



Finding the right resources, information and assistance you need to remain healthy and happy in your home and communities can be confusing and frustrating...

BUT IT DOESN'T HAVE TO BE!

The CSRA Area Agency on Aging, a designated Aging and Disability Resource Connection (ADRC), can connect seniors, persons with disabilities, family members, caregivers and professionals with the resources and information they need.

Trained, friendly counselors are ready to answer calls for information or assistance with:

- Transportation
- Meals on Wheels
- Home Care
- Tai Chi and other Wellness programs
- Options & Counseling
- Help for People with Disabilities
- Home Modification, such as wheelchair ramps
- Caregiver Programs
- Diabetes Education & Prevention
- Volunteer Opportunities

Services are provided through private pay and government-funded options. The ability to pay privately offers an alternative to being placed on a waiting list.

Contact the CSRA Area Agency on Aging by dialing
(866) 552-4464 or (706) 210-2018.

