

# Senior News

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Information For Ages 50 PLUS!



*Time for  
Fun and  
Celebration!*

Story on page 5

November 2019  
Vol. 33, No. 11



# Taking Care Visiting a newly disabled friend

by LISA M. PETSCHÉ

**S**pending time with a friend or relative with an acquired disability — such as a speech disorder or mobility impairment from a stroke — can be awkward at first. You may not know what to say or do.



The following guide can help to ensure a positive visit.

## Speech impairment

- Choose subjects of special interest, to motivate the person in case they are self-conscious about engaging in conversation.
- Encourage them to slow down if necessary, in order to pronounce each syllable.
- Be patient and remain calm, allowing extra time for the person to get their words out. Don't inter-

rupt or try to finish sentences unless they become visibly frustrated.

- Be attuned to non-verbal language that can give clues to the factual or emotional content of the message.
- Summarize the message to check if you heard it right.
- Ask them to repeat or rephrase the message if you could not make it out. Don't pretend you understood.
- Ask questions that require a Yes or No answer so they can simply nod or shake their head.
- Don't correct every error.
- If the person is able to write, have a notepad and pen handy as a backup.
- Keep in mind that your understanding of their speech will improve with repeated contact.

## Hearing impairment

- Pick a location with good acoustics — rooms

with carpeting and curtains are best.

- Choose a quiet area to minimize background noise.
- Limit the number of participants. One-to-one conversations are ideal.
- Ensure you have the person's full attention before initiating conversation. Sit close by, facing them.
- Sit with your face to the light and be careful not to cover it with your hands.
- Ask if one ear is better than the other and speak to that side.
- Lean in when it's your turn to speak.
- Use a low-pitched, loud voice but avoid shouting. Speak slowly and clearly, but don't exaggerate.
- Be succinct about expressing yourself and use short sentences.
- Read the person's non-verbal expressions, since some hearing-impaired people are hesitant to ask others to repeat themselves. If it looks as if they didn't pick up what you said, rephrase it.

## Low vision

- Let the person know when you are entering or leaving the room.
- Offer a hat or visor (to reduce glare) when accompanying them outdoors on a sunny day.
- When you're on an outing together, describe the view as you're driving, as well as unfamiliar environments you enter. Ask what the person can and cannot see; don't make assumptions. If they're nervous about navigating in public, suggest they hold on to your elbow and walk half a step behind you (never grab their arm).
- When planning to eat out in a restaurant, choose a place with good lighting. Otherwise, offer to read the menu aloud.
- While visiting their home, leave doors fully open or closed, and put items back where they belong. Don't rearrange furniture or other possessions.
- Hosting tips: Before the person arrives at your home, ensure walkways are clear indoors and out. Turn on lights in relevant rooms, hallways and stairwells, as well as outdoors if it's past sunset. Minimize glare from reflective surfaces — for example, draw curtains or blinds on sunny days and place decorative cloths on glass tables. Employ color contrast to make objects easy to distinguish — for instance, use a dark tablecloth if you have light-colored dishes.

## Altered mobility

- Act natural with someone in a wheelchair. Don't treat them as if they are mentally impaired or as if their use of a wheelchair is something to be pitied. The chair is an aid that increases their mobility and, in many cases, independence.
- Keep in mind that the mobility of wheelchair users varies. Some can walk short distances while others don't have the necessary strength or balance. Others can walk a few steps, or at least stand long enough to do a pivot transfer, while others cannot bear weight. Some can self-propel, at least for short distances, while others cannot. It's important to become familiar with a particular wheelchair user's capabilities. Inquire if you're unsure.
- If you plan to talk with the person at length, pull up a chair to get on the same level.
- Treat the wheelchair as an extension of the person — don't lean on it, and ask permission before pushing it. Don't sit in the chair, either, without consent.
- Be careful not to move the wheelchair out of the owner's reach; or, if you must, make sure you put it back. The same goes for other mobility aids, such as walkers and canes.

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






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## Grandparent Scams still targeting Seniors – Do you know the Red Flags?

by **KELVIN COLLINS**

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

**T**he Better Business Bureau is warning well-meaning seniors about “emergency” scams designed to fool them into thinking that their grandchild is hurt, has been arrested or is stranded, and in need of money.

According to recent FBI reports, the “Grandparent Scam” has been around since 2008, but they continue to plague well-meaning seniors. Retirees are an attractive target for financial scammers since they may have more disposable income and they are less likely to report being scam victims. Emergency scams play off of peoples’ emotions and strong desire to help others in need. Scammers impersonate their victims and make up an urgent situation – “I’ve been arrested,” “I’ve been mugged,” “I’m in the hospital” – and target friends and family with urgent pleas for help, and money.

One victim reported sending four transactions totaling \$4,400 over a two-day period. She was duped after receiving calls alleging that her grandson had been arrested after being in an accident. The money was initially to cover fines and representation to get the grandson released. Soon, the caller needed money to cover the medical bills for a person injured in the accident. The victim claims that the scammer not only knew details about her grandson but also allowed her to briefly speak with someone that sounded like her grandson.

We also see this scam target families with loved ones deployed overseas, claiming to need the money to get back from a weekend pass. If you don’t send the money, they face being arrested for being absent without leave (AWOL).

The BBB offers the following tips to avoid the Grandparent Scam:

- **Communicate.** Loved ones should share travel plans with family members before leaving the state or country. Also, discuss this scam with older family members so they are aware of how the scam works.
- **Share information.** Loved ones should provide the cell phone number and email address of a friend they are traveling with in the case of an emergency. Family members should remind students to be cautious when sharing details about travel plans on social media.
- **Know the red flags.** Typically, the grandparent receives a frantic phone call from a scammer posing as their grandchild or a so-called “officer of the court”. The caller explains that the grandchild has gotten into trouble and needs help, perhaps caused a car accident or was arrested for DUI or drug possession. The “grandchild” pleads to the grandparents not to tell his or her parents and asks that they wire thousands of dollars for reasons of posting bail, repairing the car, covering lawyer’s fees or even paying hospital bills for a person supposedly injured in a car accident.
- **Ask a personal question, but don’t disclose too much information.** If a grandparent receives a call from someone claiming to be

their grandchild in distress, the BBB advises that the grandparent not disclose any information before confirming that it really is their grandchild. If a caller says, “It’s me, Grandma!” don’t respond with a name, but instead let the caller explain who he or she is. One easy way to confirm their identity is to ask a simple question that the grandchild would know such as their middle name or what gift they gave the grandchild for Christmas.

- **Discuss with family members.** Even though the scammer will plead with you to keep this a secret from the parents, discuss the situation with someone and chances are you will find that your grandchild is safe and secure at home.

For anyone victimized by this type of distressed loved-one call, BBB recommends reporting the incident immediately to your

local police department and BBB Scam Tracker. For more consumer tips you can trust or to report a scam, visit [bbb.org](http://bbb.org).

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*Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the Council of Better Business Bureaus. The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: [www.bbb.org](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org).*

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## Opinion

# The Score Card!

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

**I**n every contest known to man, the finale of each critical juncture is the score (or result) of the matter. It would be utter folly to argue this scenario, for every conscious soul awaits the credible announcement as to who crossed the finish, made the mark and has earned the banner.

This astute evaluation has no equal. One would think that our nation of two hundred (plus) years would have gathered sufficient steam to catalogue a prime voice in every office. At this writing, such is not the case, for what we are witnessing on the Beltway, is a circus of unprecedented scale... where confusion over the Constitution and the content of Administrative and Judicial jurisprudence is patterned after weather conditions in "Timbuktu!"

Oh, for a voice of authenticity, one that has been duly established after basic protocol and patterned in sectors of excellence, practicality, and ethics. That scope of ethics

would dictate that such elevated parties be justly selected through a predetermined (and legitimately approved) process. Let me be brave enough to soundly announce that such edicts and foundation has been thoroughly furnished!

And, sufficient in scope to render absolute authority in EVERY SINGLE DIMENSION! Somebody has to have an ultimate word! The Score Card is based on "leadership and decision;" now tardy through timidity. Someone in authority must proclaim standards of win, lose, or go home! For whatever reasons, that channel has been obliterated. Surely there exists a hand that can "ring the bell!" What has muddled the endless question of "who is keeping the store (and score) has been settled at the ballot box... Nationally. DONALD TRUMP has made the mar-quee, and sits in the big chair! The decision to grant the President an unbridled option in formulation of Policy and Standard for this nation is not up for grabs!

And, this decision has been challenged continually since

day one. No one has sought to proclaim Trump's personal status a perfected one; but, surely sound minds have to agree that no National Leader of our country has ever been more transparent.

The citizens of this great nation are completely aghast at the illegality of process in Congressional circles; and, are searching for formulas to halt the hideous flow. It is a for-gone conclusion that Senate members will prevent the expulsion of our Chief Executive; therefore, the ongoing squabble of impeachment is a waste of time and energy; an indication of incompetence; serving only to "discourage and delay" progress.

While uncertainties exist as to what judgements and solutions are forthcoming by mature leadership, the Score Card will be summarily validated in positive fashion by the 2020 electorate. The Democratic Party has firmly established the stance and reputation of irrational form; and, The Score Card will indicate that America is not ready to accept atheism, socialism, and immorality. Take it to the bank!



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## On the Cover

# Time for Fun and Celebration!

by CAROLYN BRENNEMAN

**H**ey everyone, let's join in on the fun with the many events that are happening here in our town this November! Of course, one of the most fabulous events, is the annual gift shop event and Holiday Open House at Sacred Heart Cultural Center. This year it will be held on November 21, from 10 am to 4 pm. During the open house, we can enjoy baked holiday goodies, savory treats and specialty breads, while shopping in the gift shop. There will be cooking demonstrations, and delicious refreshments. The Sacred Heart Gift Shop is famous for their beautiful wall plaques, wreaths and nativity set, homemade jams and jellies, limited edition prints, original art pieces, and hand-crafted gift items. The event is free with complimentary gift wrapping. So, are you looking for something unique to gift to your friends or family? Then come to this fabulous open house on November 21st. Mark your calendar! For more information, call 706.826.4700.

Wait there's more fun! Our own Augusta Museum of History will present a delightful experience with the annual Holiday

Gingerbread Village. The rotunda of the museum is transformed into a confectionary village showcasing the whimsical interpretations of architecture by bakers throughout Augusta's River Region. And each historic-themed gingerbread creation will be available for us to purchase, through silent auction, with proceeds benefiting Museum programs and exhibitions. The displays are open from the 21st of November through December 1st. So let's take a journey to the museum with our grandkids! This will be a great adventure and learning experience.

Speaking of grandkids, Thanksgiving is this month and it is one of my favorite holidays because I get to spend time with the grandchildren, family and friends. This is a time where we gather and remember all of our blessings and express our gratitude in life. It is a good reminder that amidst of all the stresses and hardships in life for the year, joy is easy to find and acknowledge. Serenity and being appreciative of everything in life brings on feelings of joy and happiness. And Thanksgiving is our time to give thanks to everything that we have been given in life.

Happy Thanksgiving!



Friends and family celebrating gratitude



Sacred Heart Gift Shop



One of the Museum's Gingerbread Village



## The Day After A Christmas Carol continues through Dec. 21

Special to Senior News

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

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

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

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

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



Every role in our company is essential with the sole purpose of bringing the truth of God's Word to our audience.

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

Joel, Actor with Enopion Theatre Company

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

### Daytime Cast

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

### Evening Cast

- Friday, Dec. 6 at 7 p.m.

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

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

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# Governor Brian Kemp has declared November 3, 2019 as Retired Educators Day in Georgia

Special to Senior News

**G**overnor Brian Kemp has declared November 3, 2019, as Retired Educators Day in Georgia and encourages our citizens to recognize the lasting contributions of Georgia's retired educators on that day. Governor Kemp commends these individuals for their time and commitment to bettering our country.

Currently there are more than 130,000 Georgia retired educators who have touched and influenced the lives of generations of young people, motivating and inspiring them to use their innate talents and abilities to the fullest extent and prompting them to become responsible, contributing citizens.

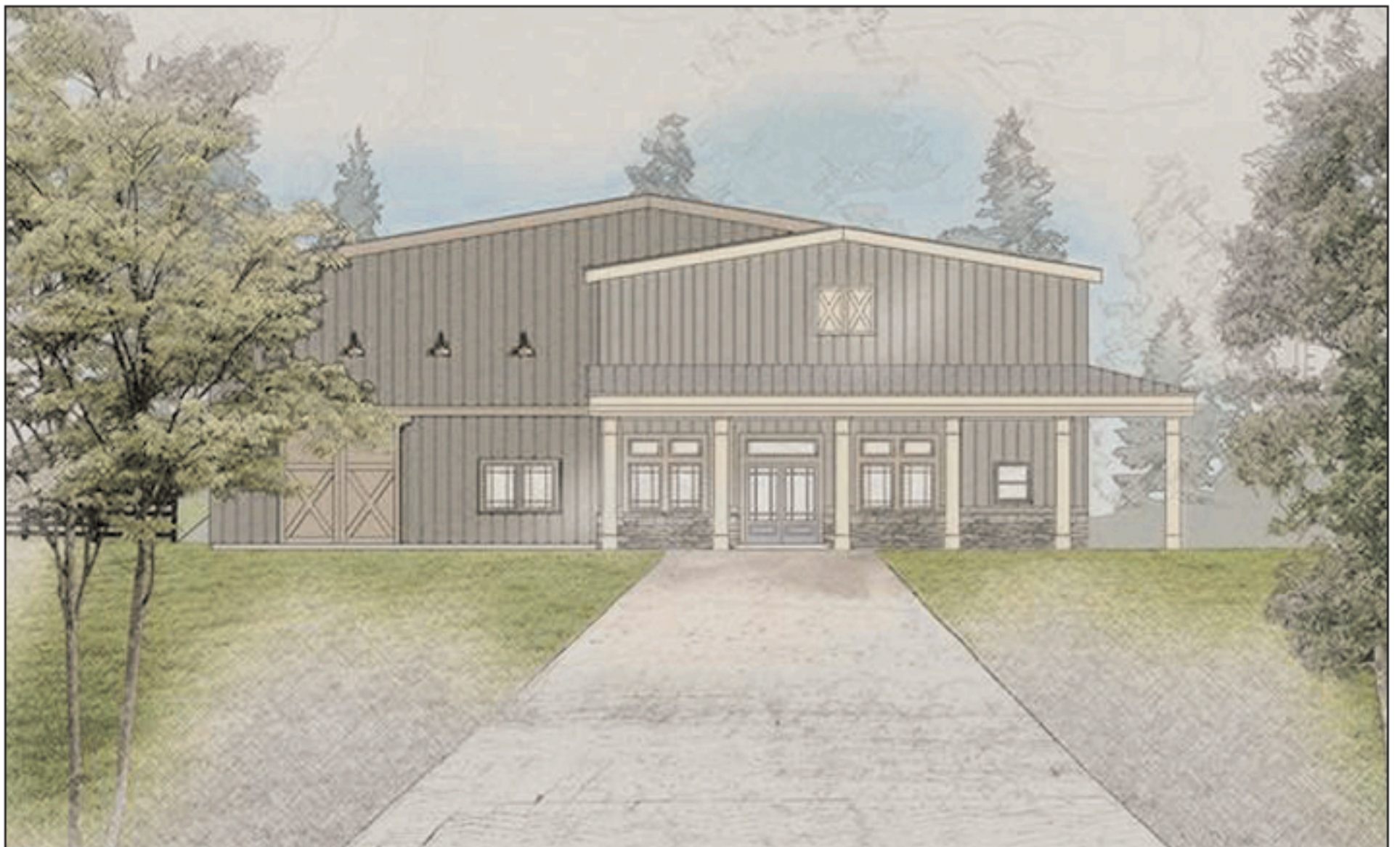
Sixty-one years ago, the Georgia Retired Educators Association was cre-

ated and now has over 31,000 members throughout the state. GREA is the only state organization dedicated to improving the welfare of retired educators. The Association takes an active role in preserving retirement benefits, not only for retirees but also, for current educators by sponsoring a liaison who monitors legislation that affects retirees. GREA provides opportunities for the membership to remain active in educational and civic affairs in Georgia.

Locally, Richmond County Retired Educators Association, a subsidiary of GREA, has over 450 members and is led by President Joseph E. Moore. The organization meets 6 times a year for well-attended luncheons with interesting, and up-to-date programs and outstanding fellowship. Each year, two \$1,000 scholarships are awarded to deserving Richmond County classroom

teachers who are furthering their education. RCREA supports the Golden Harvest Food Bank and local veterans through hands on activities. In addition, donations are made annually to three local agencies that serve the CSRA community.

RCREA has dedicated its efforts for 50 years to render service to all members, to promote their welfare, to serve the community, and to maintain interest in the profession of education. Membership is composed of retired teachers, supervisors, allied professionals, administrators, office and other support personnel, friends of education and those who agree to support the mission and objectives of education. For information about joining the Richmond County Retired Educators Association, contact Membership Chair Almeta Samuels, (706) 832-0542.



## ENOPION Theatre Company's new 150 seat theatre

ENOPION Theatre Company is Georgia's only premier Bible Theatre Company. Now in its 21st season ENOPION will develop a one-of-a-kind theatre space in Martinez Georgia, with a 150 seat theatre, walking paths, and outdoor performance spaces. A groundbreaking ceremony was held on October 17th at 290 Flowing Wells Road, Martinez GA. For more information visit [www.enopion.com](http://www.enopion.com) or call 706-771-7777.



# Don't let these Scary Cyber Safety Risks creek up on you

by KELVIN COLLINS

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

**Publisher's Note:** This column was received too late to include in our October informative offerings, but we want to share this important information with you, our readers.

**O**ctober was National Cybersecurity Awareness Month, and the Better Business Bureau is scaring up the latest on cyber security risks and ways to avoid them. Watch out for these spooky dangers lurking in the corners of our everyday digital lives.

**They're here.** Scary scammers can get to you right through that small screen in your hand – your smartphone. Consumers tend to be less wary in social media channels and scammers are taking shocking advantage of that fact. A new scam report based on BBB Scam TrackerSM data shows that of consumers who said they were exposed to a scam on social media, a whopping 91% engaged with the scammer and 53% of them lost money. Security analysts reported this month that over half of all social media logins are fraudulent, and one-fourth of new account applications are fake.

**Social media platforms are full of suspicious characters.** Be especially careful if you spot offers in your social channels that look too good to be true – scammers often lure victims that way.

**Hacked "smart" devices could haunt your house.** The "Internet of Things" is on the rise. A wide array of inventive devices can now interconnect your home and your world: your car, your fridge, your baby monitor, your doorbell, your air conditioner – even your window blinds. In exchange for convenience, consumers are putting trust in all kinds of online smart devices, opening up new threats to security and privacy and creating points of entry for sinister hackers to exploit. Did you hear a strange voice in your house? It could be the voice of a hacker who has taken over one of your internet-connected devices.

**Evildoers in disguise are on the prowl.** Sneaky phishers can gather information about you and make convincing fake email accounts to pose as your boss, lawyer, realtor, or someone else you trust. Typically, they target people and organizations that may be involved in high-dollar transactions, so the risk of major monetary loss is high, too. It's more important than ever to double-check the identity of your online contact before you transmit payments or provide personal information.

**Crypto keepers may ghost you.** Highly unregulated and rapidly growing, cryptocurrency markets are rich in treats for tricksters. Cryptocurrency or "crypto" is an online form of payment that can fluctuate in value. Crypto trading platforms can be high-ticket playgrounds for hackers and "pump and dump" schemers who vanish into the night after they take your money. Crypto scams can spread through – you guessed it – social media. Between Halloween 2018 and today, BBB ScamTrackerSM received 263 reports from cryptocurrency scam victims. Of these, nearly half reported losing \$1,000 or more, and 15% lost \$10,000 or more.

So what can you do to protect yourself from such ghoulish tricks?

## BBB offers these tips:

- In social media, don't be too quick to click on ads that offer improbably good deals. Research companies with BBB.org and other online sources before you buy.
- Secure your smart devices and consider

installing anti-malware on your smartphone. Configure and monitor app settings for privacy, encrypt your WiFi, name your router, and keep your software up to date. Ask the manufacturer or seller about smart device set up and vulnerabilities.

- Learn the warning signs of dangerous Business Email Compromise (BEC)
- Get the facts before you consider investing in cryptocurrency. Tips: BBB.org/crypto
- Use multifactor authentication to secure your logins—everywhere. However, using your private phone number for that purpose could expose you to some risks. Consider creating an Internet phone number for online authentication instead.
- Change passwords often and keep them long and strong. Pass phrases are more complex and may be more secure.
- Never download or install files from unverified sources.
- Check out the 2019 National Cybersecurity Awareness Month interactive toolkit.
- Manage a business or a nonprofit? See BBB

tips on the 5-step approach to strengthen your cybersecurity.

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

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*Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the Council of Better Business Bureaus. The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org.*

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