

Senior News

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*John Marshall
and the Methodist
Church!*

story on page 8

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Vol. 32, No. 8

Taking Care

Don't let inclement weather get you down. How to combat summer cabin fever.

by LISA M. PETSCHÉ

When we think of summer time, we usually envision spending plenty of time outdoors, at home



Lisa Petsché

and visiting at friends' homes as well as in parks and other public places.

Unfortunately, allergens, poor air quality, intense heat, humidity,

rain showers and thunderstorms can keep us indoors more often than we would like.

The following are some suggestions for warding off cabin fever when the weather is less than favorable.

Ideas for enjoyment:

- Prepare or purchase special summer treats to enjoy – for example, lemonade, iced tea, strawberry shortcake and blueberry pie.
- Buy colorful, acrylic dishes and

matching placemats for serving food and beverages. You don't need to spend much: check out the offerings at the local dollar store or discount department store.

- Snack on fresh fruit and vegetables from your garden or the local farmers' market. Or pick up pre-sliced, ready-to-serve watermelon, pineapple and other refreshing offerings in your supermarket's produce section.

- Enjoy ice cream novelties, such as popsicles and ice cream sandwiches, purchased in bulk from the grocery store or individually from the local convenience store. Or make your own ice cream floats and sundaes.

- Order take-out food for a change of cuisine. Try something different, but not too heavy, such as an apple pecan chicken salad, for example.

- Bring a bit of nature into your home: nurture some plants, keep vases filled with flowers from your garden or buy fresh flowers.

- Burn candles with novel summer scents, such as raspberry

lemonade and peach Bellini.

- Read a magazine about a favorite summer pastime – gardening or golf, for example.

- Listen to relaxation CDs that feature your favorite summer sounds – for example, waves lapping at the shore, a babbling brook, a waterfall, birds or other wildlife.

- Look through photo collections or watch home movies from past summers. Reminisce about family traditions, special people and places and humorous moments.

- Read a new book or reacquaint yourself with an old favorite you have on hand.

- Start a daily journal.

- Watch a summer-themed movie.

- Try out a new recipe.

- Work on a jigsaw puzzle or word puzzles.

- Play card games or board games with others in your household, if applicable. Go with classic board games such as checkers or chess, or be adventurous and try one of the latest offerings on the market. For even more fun, invite friends over for an afternoon or evening of games and socializing.

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

- Get a bird feeder and seed, binoculars and a bird watching guide.

- Go to the mall, even if you're not looking to buy anything. Window shopping and people watching can be enjoyable pastimes. Have a snack or a meal while you're there.

- Plan an outing with a friend to a favorite restaurant or an indoor concert or play. Take a taxi to ensure door to door service.

Practical activities

Accomplishment, especially when it involves tackling long-postponed projects, brings satisfaction and a sense of renewal. Involve others in your household as appropriate.

Some ideas for projects:

- Organize your collection of photos, music or movies.

- Do some de-cluttering around your home (kitchen drawers, closets, spare rooms, basements and attics are typical hot spots). Pack up unwanted items for donation to a local charity.

- Organize paperwork – bills, medical documents and so on – in portable file boxes or three-ringed binders equipped with dividers.

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

- 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, regardless of the weather.

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

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VA announces Interim Chief of Staff in Dublin

Special to Senior News

DUBLIN VA

The Department of Veterans Affairs (VA) is pleased to announce the temporary appointment of Dr. Amin M. Elamin as the interim chief of staff for the Carl Vinson VA Medical Center (CVVAMC). Dr. Elamin will provide clinical oversight to ensure appropriate and compliant patient care for more than 37,000 Veterans who visit the medical facility every year.

"I can't think of a better person to fill this spot," said David VanMeter, interim director at the CVVAMC. "He has a vast knowledge of medicine and the VA."

Throughout Dr. Elamin's medical career, he has completed multiple fellowships and his residency in Illinois. He is certified by the American Board of Internal Medicine and the American Board of Critical Care Medicine as well as the Egyptian Board of Surgery. He has extensive expertise in medical, burn and neurosurgery critical care. Dr. Elamin's appointment as CVVAMC interim chief of staff began Monday, July 16.

Dr. Elamin is a Professor of Medicine at University of South Florida. In addition, he is the Assist Chief of Medicine and Chief, Pulmonary, Critical Care & Sleep Section at the James A. Haley VA Hospital in Tampa, Florida.

Qualified candidates for the position are being interviewed.

Let us entertain you

by CLAIRE HOUSER DODD

I've also tried to be aware of what I say in my films, because all of us who make motion pictures are teachers – teachers with very loud voices.

George Lucas

While reading a magazine from North Carolina, about "Leaving a Legacy," we were thinking, leaving memories of your own for grands and great-grands when the phone rang, and daughter laughingly said, "Guess what Matthew just told Denver about you?" Course we didn't know, but guessed it was NOT good. Last time he told something about us, he said, "Gammie scares me." Well, he asked why the T-Bird was a sports car or a muscle car, and we said, "Hold on," and popped a passing gear. Rest assured we were on a safe road, no traffic, and just for a second, we were thrown back in our seats. Not speeding, just showing what muscle cars can do, if necessary. We got by that one, what now?

Matthew said, "My Gammie loves me best and she'll cook anything I want to eat for me." And he's right. We get up early to put on the grits and fry the bacon in the morning or whatever. He is a skinny little boy talking about playing football. He needs all the good wholesome

food he can get. And you bet your boots, that's what Gammies are for. 'Sides that, Gammies like to eat too!

Soooo, there's a good chance somebody was not volunteering to cook something or other that he had decided he'd like to eat. Never-the-less Matthew is opting to stay with Blake and Denver. Think the 4-wheeler has anything to do with his decision? We suggested swimming down here, Rigby's Water Slide in Warner Robins, etc., but no... the 4-wheeler won.

Now, if you could have gotten Connie Rainey's grands to go along, we suspect all would have changed! They're having fun with Frank and Connie running all around in Fort Valley and down on the farm.

As usual, we like to find new places to tour.

Mother Nature has certainly smiled on Georgia. From mountains and rivers, it is located just off the coast between Savannah and Brunswick. Gray's Reef is a 22-square mile area equivalent to a national park underwater. It is designed to be a national marine sanctuary and is federally protected. You may have been over it in a boat, but you would not have noticed as Gray's Reef lies 65 feet below and is not visible from the surface.

"What I was most impressed with was the incredible diversity of organisms that are on the bottom – a bed of sponges, several species of

corals, lot's of sea squirts," says Daniel Gleason, director of the James H. Oliver, Jr. Institute for Coastal Plain Service at Georgia Southern University in Statesboro, Georgia. "The other thing I noticed is that the fish populations are very good. There are many different species, abundant and large. These are just things you don't see often these days!"

Sarah Russell stated in "Under the Sea" in the May issue of Georgia Magazine, "This diversity of species is because of the Gray's Reef habitat, which is literally one of a kind. From 2 million to 10,000 years ago, Gray's Reef was 'customized by Nature.' Sometimes the reef was underwater. Sometimes it was dry land with shifting coastlines. The result is a unique marine area composed of multiple sand and 'live bottom.' The latter is called that because there are a multitude of marine residents living on the bottom."

Michelle Riley, communications and public outreach coordinator at Gray's Reef said, "What our divers find is that sharks don't want to eat us any more than we want to eat them."

Some how we find this statement a fantasy. But, not to worry, we have no desire to dive 5 feet down, much less 65 feet to check this out and

swim with sharks – tiger, bull and even white sharks. One has been seen here and estimated to be 17 feet long and weighs about 3,000 pounds.

A multitude of rare and protected endangered species either live here or are passing through. Some are Atlantic sturgeons, loggerhead turtles and North Atlantic right whales. For every safety, do not touch, feed, crowd, net or spear... take pictures for your bragging rights.

Except for the designated research areas, Gray's Reef is open to the public year round for recreational boating, fishing and diving. Yes, you may take your catch home, but no other marine species. This is tournament level fishing. In 2004, Georgia's current title holding King Mackerel was a resident of Gray's Reef.

If you would like to plan a trip, go to gray's reef. noaa.gov-no and do your homework so you won't get lost, use your GPS, and do all your homework at home. It is world's better than on a rocking boat.

It's Charlotte Bradford's notion that schoolteachers petition for higher salaries at the wrong time of year. If they'd wait 'til the beginning of August to make their plea, parents would give anything they asked on the first ballot.

Boys and Girls Clubs of Central Georgia "Shell and Scales Clay Shoot" scheduled for August 10th

Special to Senior News

Join us, The Boys & Girls Clubs of Central Georgia, for the relaunch of our annual Sporting Clays Tournament on August 10th. This year's tournament, being sponsored by Cox Communications and Vein Specialist of the South, will be held at The Meadows Gun Club and Shooting School in Forsyth, Georgia. Participants will enjoy a fun filled morning rotating through 14 challenging sporting clay sta-

tions, bidding on exciting silent auction packages and participating in a special gift raffle to win a Meadows Gun Club Individual Membership! We will dine on a delicious Fish Fry provided by Bonefish Grill.

Registration will start at 9:00 a.m. The competition will begin at 10:00 a.m. Lunch and Awards at Noon.

Bring your gun (12 or 20 gauge), ammo, eye & ear protection, golf cart or ATV (limited number available to rent and advance reservations required).

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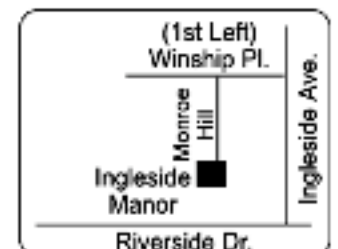
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Senior News & Views of Georgia

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.

Kindness Came and Knocked on my Door

by Mrs. Mildred Carter

Knock, knock, who is it? It is kindness! Oh, say friend, what can I do for you? Oh, first of all, you can be more kind to your friends and neighbors. OK, I can do that! And, when you do that, don't give yourself a pat on the back. Let the Lord do that!

God's Paintbox

by Sherry Johnson

*Autumn is a paintbox of purple, red, and gold.
No one but God has such an array of colors bright and bold.
And though I sit with pen in hand, I know it is for naught.
For I can only say, BEHOLD!
The works that God hath wrought!*

Oh, No, I Didn't Know

by Sidney M. Carter, Sr.

No, I didn't know sin depletes the Spiritual nutrients that nourish and renew your heart and mind. So that you will not be able to truly worship the Father in Heaven... in Spirit and Truth. Oh, sin is like any other antibiotic... it is antilife. So, friend, choose life... and live!

Your Words

by Debra Schultz

*What can you change with your words?
Will time stop?
Will the rain not fall?
Will the Sun not warm your face?
Will your heart keep beating?
Will the beauty of the world be created?
All have happened without the voice of Man.
The Creator has done all this.
When you speak, what do you change?
Do you change the atmosphere around you?
Do you say something the world needs to hear?
Do your words bear fruit, encourage and uplift?
Can joy be heard in your voice?
I will listen to this person.*

Letter-to-Editor

Special to Senior News

Dear Editor,

As a graduate student in the field of social work and background as a former mental health specialist working with vulnerable populations, I feel it is important to continue the dialogue on the national issue of sexual abuse that is ever present and continuously recycling its poisonous wounds through our society in real time. By shining a light on sexual assault awareness, it's important to advocate for not just our women and children affected at the highest rates, but for older adult victims who are equally affected, and not widely acknowledged. By extending the discourse to older adult victims of these violent crimes, we can provide a listening ear and a helping hand that recognizes the dignity and worth of these individuals

whose voice is just as important.

National studies and reports indicate that 1 in 6 older adults will experience some form of abuse in their lifetime. With psychological, financial, and physical abuse ranking the highest occurrences of abuse among this group, sexual violence is ranked the lowest, but is still very much prevalent and considerably underreported due to a host of factors and increased vulnerabilities surrounding the social, physical, and mental conditions of these individuals.

Keeping an open mind about who is affected means having an understanding that sexual violence does NOT discriminate, and speaks to the intersectionality of older adults who deal with rape, molestation, incest, and all other forms of sexual abuse that violate one's body and one's choice.

As agents for change we must acknowledge the reluctance for

these people to speak out without shaming or blaming victims. The internalized feelings of blame, shame, guilt, or fear, are commonalities across the age gap, and older adults need to know that they are not alone and that their voice is important too. We must emphasize their value by engaging in conversations that push for reform and call to action the retraining, re-evaluation, and redistribution of how we serve and protect our elders from perpetrators that take advantage, and commit these unspeakable crimes. The individualized needs should be met by avoiding a one size fits all approach, and will hopefully spark the flame on both micro and macro level systems, where policy makers and caretakers will be competent, trustworthy, reliable, and respectfully care and protect our elders rather than harm them.

Sincerely,
Jennifer Sauer

Coliseum Health System names new Director of Emergency Services

Special to Senior News

Coliseum Health System welcomes Michael Dykes, MBA, BSN, RN as the Director of Emergency Services. In this role, Dykes will provide direct oversight of emergency room services for Coliseum Health System.

Dykes has 18 years of experience in critical care and emergency nursing. He has been with Coliseum Health System for over six years, serving most

recently as Director of the Emergency Department at Coliseum Northside Hospital.

He graduated from Georgia Southwestern State University with an Associate of Science in nursing, Middle Georgia State University with a Bachelor of Science in nursing and earned his Master of Business Administration from Ohio Christian University. He is a board member for The Friends of the Library. He and his wife Lauren have three children.



Michael Dykes

Is that really Microsoft calling? Helpful tips to avoid Tech Support Scams!

by JUSTIN LAVELLE
Chief Communications Officer
BeenVerified.com

Needing tech support for your computer or other digital device is very common, so common that people have started taking advantage of the situation to scam you by pretending to be tech support to gain access to your device. Justin Lavelle, Chief Communications Officer for BeenVerified, is here to discuss what you need to know to prevent yourself from falling victim to these scams.

Justin's article is available to share with the below credit given, along with a link back: Don't be fooled by a scammer who calls you claiming to be from Microsoft or Apple.

Despite warnings that come year after year about tech support scams, fraudsters continually find new and more effective ways to trick consumers into giving up their personal and financial information.

Microsoft recently reported that tech support scams are up 24 percent since last year. The tech giant received 153,000 reports of customers encountering or falling for a fraud attempt, with 1 in 10 actually losing money from those scams. Microsoft customers paid an estimated \$3 to \$6 million to criminals

— all because they didn't know how to spot a hoax.

The typical tech support scam involves the fraudster calling or emailing a customer claiming to be from a legitimate technology company. The scammer says there's something wrong with the customer's computer, and uses a lot of tech jargon to confuse them. They then ask for passwords, remote desktop access, and even payment so they can "fix" the non-existent problem.

Savvy internet users know that no corporate tech support representative would ever contact them about a device issue unless the customer reported it first and asked for a call back. However, if you're not particularly knowledgeable about technology, it can be very easy to be fooled by a convincing-sounding scam artist.

Here are a few steps to take if you suspect someone is trying to pull a tech support scam on you.

1. Verify The Source

Because of the sophisticated technology fraudsters have access to, it's very easy for someone to create a convincing-looking scam email, or fake a caller ID to make it look like a phone number is coming from a specific area code or geographical region. If you were actually expecting a call from a tech support agent, you can run a reverse phone search or look up the listed

tech support number to see if it's an exact match for the company that's supposed to be contacting you.

If it's an email or browser pop-up, verify the logo, email sender address, signature, etc. The differences between a real and fake email or ad can be very subtle and easy to miss, so look at it with a very scrutinizing eye. More importantly, do not click on any links or call any phone number listed in these suspicious emails and pop-ups.

2. Never Give A Random Caller Your Password Or Desktop Access

No matter how convincing the call, email, or pop-up seems, you should never give out your account passwords or allow someone else to take control of your computer remotely. If you're having trouble with your computer, it's best to bring the machine in to a tech repair shop or official device retail store, or have a tech support professional come to your home to look at it in person.

3. Keep Your Browser, Programs, And Security Software Up To Date

Don't ignore those messages on your computer that remind you to update your software. Software companies and device manufacturers are constantly working to patch security flaws and bugs, so failing to update at the advised time could leave your machine vulnerable to

hackers.

4. Stay Vigilant

To avoid becoming the next victim of a tech support scam, it's important to be vigilant about computer and internet safety. Never respond to a message or phone call from someone claiming to need access to your PC if you didn't previously report an issue. If you are really having a tech support problem, contact your device manufacturer or a trusted tech support professional directly using the info listed on their website.

Most importantly, keep yourself educated and informed about the latest fraud tactics and the warning signs of any new scams. Arming yourself with this knowledge could save you from a sneaky data thief.

Justin Lavelle is the Chief Communications Officer for BeenVerified.com. BeenVerified is a leading source of online background checks and contact information. It helps people discover, understand and use public data in their everyday lives and can provide peace of mind by offering a fast, easy and affordable way to do background checks on potential dates. BeenVerified allows individuals to find more information about people, phone numbers, email addresses and property records. www.beenverified.com.

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The Wellness Center
3797 Northside Drive, Macon 478-757-7817
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478-633-9090
Central Georgia Rehabilitation Hospital
3351 Northside Drive; 478-201-6500
Cancer Life Center
Information and Reservations: 478-633-8537; www.cancerlifecenter.org

Alzheimer's Association
886 Mulberry St., Macon
478-746-7050 or 800-272-3900
www.alz.org/georgia or
msmith2@alz.org

Central Georgia Regional Area Caregivers' Support Groups Baldwin County

• 4th Thurs., 5:30 p.m., Holiday Express, 2600 N. Columbia St., Milledgeville, 478-452-2511
Bibb County
• 2nd Tues., 11:30 a.m., Alzheimer's Association, 886 Mulberry St., Macon, 478-501-7426
• 1st Wed., 10 a.m., Martha Bowman UMC, 500 Bass Rd., Macon, 478-746-7050

Houston County

• 4th Tues., 7 p.m., Houston Health Care, Classroom #1, 1601 Watson Blvd., Warner Robins, 478-923-2532
• 4th Thurs., 6:45 p.m., Centerville Library, 206 Gunn Rd., Warner Robins, 478-397-4669

Dodge County

• 3rd Wed., 6 p.m., Dodge County Hospital, Education Building, Eastman, 478-410-2685

Putnam County

• 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-473-5051

Upson County

• 3rd Thurs., 1 p.m., Upson Senior Center, *Care Partner Memory Café-PWD*, 302 S. Bethel St., Thomaston, 478-745-9629

Meals on Wheels of Middle Georgia, Inc.

Meals on Wheels of Middle Georgia, Inc. needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We're currently needing volunteers Mondays and Fridays. Meals on Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

If you are interested in volunteering, please contact our Volunteer Department at 478-745-9140.

Macon-Bibb County Parks & Recreation Department Senior Center

1283 Adams Street Macon, Georgia 31201; Phone: 478-751-2790, 478-751-9238; Daily activities 9:00-2:00

Warner Robins Senior Citizen Services (50+ Years Old)
Warner Robins Recreation Department - Felicia Wright, Director. Email: FWRIGHT@wrga.gov; 478-293-1066
Senior Activity Center
152 Maple Street, Warner Robins
Office: 478-293-1066

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

DivorceCare is a special weekly seminar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-9319.

Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and

abuse. Must be computer savvy. Rewarding volunteer work. Call Carol Cannon, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: ccannon@mg-rc.org for details.

Houston County Council on Aging/Meals on Wheels

Houston County Council on Aging/ Meals on Wheels is a non-profit that delivers meals to home bound seniors. We have openings for seniors in need of meals and for volunteers able to distribute meals. Please call Alesha Mathis, Meals on Wheels Coordinator, at 478-328-

6070 for more information, to sign up for meals, or to volunteer.

The GeorgiaCares Program

The GeorgiaCares Program helps people with Medicare understand their benefits, make informed decisions about health care options and provide ways to protect themselves from Medicare fraud, error and abuse. Call 1-866-552-4464 (option 4) or (478) 751-6489 to schedule an appointment at a counseling station in Baldwin, Bibb, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson Counties. Visit www.mygeorgiacares.org for counseling site locations and hours.

Coliseum Medical Centers acquires urology practice

Special to Senior News

Coliseum Medical Centers is pleased to announce the opening of Coliseum Urology Specialists, a physician practice featuring urologic specialty care for men and women. Previously called Southeastern Urology Associates, Coliseum has affiliated with board-certified urologists Dr. Joseph Bear, Dr. John McGill and Dr. Lancing Patterson. Coliseum Urology Specialists is

located at 380 Hospital Drive, Building A, Suite 320 in Macon.

Coliseum Urology Specialists provides a collaborative team approach offering services for patients including incontinence, kidney stones, bladder surgery, vasectomies, and enlarged prostates. They also provide surgical care for patients with urologic cancers.

To learn more or to schedule an appointment, call (478) 742-5331. Previous Southeastern Urology Associates' patients will not experience a disruption in service.

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Utility bill collection scams increasing!

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

Have you paid your utility bill? Chances are that you have but that isn't stopping scammers from taking advantage of businesses and consumers by impersonating electric, water and cable company employees looking to deactivate for nonpayment. Utility companies across the area are warning their customers of this scam. Scammers will impersonate utility company employees with threats of deactivation of service... unless they pay up immediately.

Victims report receiving calls where the person on the line identifies themselves as a representative from your local utility company deactivation team. He or she tells you that you are late on your bill and you need to pay immediately, or your utilities will be shut off.

However, in addition to accepting payment by credit card, the caller sometimes wants you to pay by using a prepaid debit card. The scammer instructs you to obtain one and call them back. This is a huge warning sign. Prepaid debit cards are like cash. Once you transfer the money, you will be unable to retrieve it.

Prepaid debit cards are becoming an increasingly popular method of payment for scammers. Wire transfer services have tightened their security, so crooks have turned to these prepaid cards instead. The cards are difficult to trace, and you do not need photo identification to collect or spend the money. Be sure you treat a prepaid debit card like cash and remember that transactions cannot be reversed.

Scammers are also using other ways to prey on utility customers. Some will claim that the meter is not working properly and must be immediately replaced – at the customer's expense – or the service will be shut off. Other scammers are using email and door to door visits to reach customers. Watch out for emails disguised as overdue notices from your utility company.

Tips for Spotting a Utility Scam:

Because local utility companies do sometimes contact their customers by phone, it can be difficult to tell a scammer from a real agent. Here are some tips:

- Prepaid debit cards are a red flag:

If a caller specifically asks you to pay by prepaid debit card or wire transfer, this is a huge warning sign. Your utility company will accept a check or credit card and will usually direct you to one of their payment locations.

- Don't cave to pressure to pay immediately: If you feel pressured for immediate payment or personal information, hang up the phone and call the customer service number on your utility bill. This will ensure you are speaking to a real representative.

- Remember that meters are usually the property of the utility company and would be the responsibility of the utility to replace or repair.

- Never allow anyone into your home to check electrical wiring, natural gas pipes, cable or appliances unless you have scheduled an appointment or reported a problem. Also, don't get lured outside to view broken meters, wires or point out property lines. This usually results in a second person robbing your house while you're out.

- Always ask utility employees for proper identification. Utility companies provide their employees with identification and won't mind if you call to verify their identity.

There is never a shortage of ways for scam artists to try to separate you

from your money but with a little knowledge and a few questions, you might just be the one that gets away.

For more tips you can trust, visit bbb.org.

Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is

provided through the local BBB and the Council of Better Business Bureaus. The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org.

Adventures in the Old Folks Home

by **CAROL NETZER**

I'm a 93 year-old retired psychologist residing in an assisted living facility. My new book, "Adventures in the Old Folks Home" is a collection of anecdotes about the characters and situations I encountered in two different assisted living facilities. They are often funny, sometimes sad, and always about real people. This print-on-demand publication is available through Amazon. Here's the link: Adventures In The Old Folks Home; and, following is a brief excerpt from one of the anecdotes:

In our assisted living residence there are a few octogenarians who have managed to escape major illness, dementia, and lethargy. A small miracle because some of the very old are sunk into themselves.

I said this to Rifka, aged 102, and she scoffed. "I'm a healthy person because I ate what I wanted – think soups and chocolate – then a cinnamon babka now and then. To tell you the truth, I could eat a whole one by myself. I slept till noon a lot."

"And you were never sick."

That's a miracle!"

"No, never sick. Maybe a belly-ache every ten years. When TV first came on, I couldn't get over it, a picture telling me a story right in my own house. I ate Hershey's Kisses and watched movies all night. I liked horror movies. Bela what's his name?"

"Bela Lugosi?"

"And anything scary. But here's another thing. I'm sick of telling everybody how come I lived so long because I really don't know, and believe me a lot of it is boring. Very boring. I'm tired of it. I could go now, believe me. Think of brushing your teeth day and night for a hundred years or so, or being married to the same husband for 70 years!"

My previous book, "Assisted Living: An Insider's View" has provided thousands of people considering a move into assisted living (for themselves, for their loved ones or for people in their care) with unique insights into what it's actually like to reside in such a facility, from a perspective that is not readily available in the existing literature.

I also maintain a blog on the subject where you can read selections from both books: <http://www.assistedlivingresident.net>

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1902 Stained-Glass Window



John Marshall with stained-glass windows in background

Cover Story

John Marshall and the Methodist Church

by CLAIRE HOUSER DODD

Cover: Charlie Lauderdale and Dr. David Marshall.

Almost everybody in the area of the county knows the First United Methodist of Fort Valley for its beautiful stained-glass windows. They are comparable to any in the World. The afternoon sun shining through the West and North windows is a sight to behold. And no jet ride and no jet lag. Just a short trip to Fort Valley for a wedding, funeral or any of a number of happenings at this most beautiful church which our Grandparents and many kinfolks started.

While having lunch with our Methodist Pastor Emeritus, Jim Hamlin, one Sunday not long ago, he was telling us of the hardships of redoing those beautiful old stained-glass windows. Some of the glass is so old and is not manufactured anywhere anymore. Thus presenting the problem of locating any pieces we can, in England and abroad to finish the windows. Quite a challenge for a little town in Georgia.

As Jim said, "We've had a miracle." And it came in the form of John Marshall who happens to be a nurse at South Alabama Children and Women's Hospital in Mobile, Alabama. John has been here with his father, Bill Marshall, recently deceased. John and his brother David, who is also a nurse at Northside Hospital in Cummings, Georgia have been close by, especially these last few years. A wonderfully close family.

Now, back to the Church.

Anybody who passes by misses the stained-glass windows. They have been out since September 2017 and it had been discussed long before that something had to be done to save Fort Valley's outstanding stained-glass windows.

An artist from Perry, Charles Lauderdale of American Creations, was found who would take on this tremendous task.

That's when the miracle

occurred. John and Bill Marshall, regular members of the Methodist Church, heard of the dilemma; and, as John is a past master of stained-glass, he volunteered to help Mr. Lauderdale. What a blessing! Help was badly needed for this arduous task.

We heard that all were frantic thinking that John would have to return to Mobile, but no, he has taken a sabbatical in order to stay

here, settle his father's estate, and help finish the stained-glass. We love a story that smacks of a miracle, and this is one if there ever was one. We're so proud to be in on the know. We feel almost as though we are in the Italian Renaissance and have met people in the 15th and 16th centuries building the chapels that we travel miles and miles to visit. Still standing, still visible.

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we believe *kindness*
can be the best
medicine.



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