

Senior News

The background of the entire page is a photograph of the Statue of Liberty. The statue is shown from the waist up, holding the torch in its right hand. The background behind the statue is a vibrant display of fireworks exploding in the night sky, with streaks of orange, yellow, and red light. The bottom of the image shows the stripes of the American flag, with red and white waves.

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“My Country ‘Tis of Thee!”

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

“My Country ‘Tis of Thee, Sweet Land of Liberty, of Thee I Sing!” I have not been recipient of any awards for my words, my song, or my philosophy; but, I do know who I am, where I am; and, I have a fairly decent idea of what this country is about! With all it's flaws and fancy; it is without a doubt, the most prized real estate on planet earth. It has not escalated to such because of perfection of process, or conditions of virtue, but rather in response to some very ambitious and caring men and women... visionaries, if you will, of what a rational republic should be.

First of all, the actuality of an Intelligent Design of the earth was embraced, elevated, and circulated!

Continued on page 4

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,



Lisa Petschke

which positively affect their mood and allow new opportunities for enjoyment. Unfortunately, however, those who care for an ill, disabled or physically frail loved 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.

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GaDerm.com

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!!!

Let us entertain you

by CLAIRE HOUSER DODD

Always pray to have EYES that see the best in people, a HEART that forgives the worst, A MIND that forgets the bad, and a SOUL that never loses FAITH in God.

We're always searching for good day trips to tell about. Last week, when invited to ride down to Cordele with a friend, we jumped at the chance. Oh boy, a day trip to the Cordele Farmers' Market during the Watermelon Festival.

It was an easy ride down; forty-five minutes to an hour drive. Got off at the first Cordele exit which states "Farmers' Market." You can't miss it, an arrow at the end of that road directs you left to the market. Be sure to look on your right at what was an adorable 1950's brick motel. All grown up now, but you can see

the separate cabins, and enjoy the nostalgias of the moment.

Then on your left, the remnants of another 50's motel, and, oops, you're there. On your right is the big Cordele Farmers' Market with many open-air warehouses selling all kinds of produce. One or two seemed to be all cantaloupes. When we pulled up to one, a tall skinny blonde guy waved us on, he was buying the entire load! We drove on over to another vendor and bought our cantaloupes. They were sweet and delicious.

On to another part of the market. We found most everything. The fresh okra was tender and delicious... just boiled. The tomatoes were South Georgia tomatoes, better than Florida; but, not as good, acid or crisp as ours and North Georgia tomatoes can be. Gobs of peanuts were for sale. The fried ones suited us best. The white corn looked fantastic; and every type of pea was

offered in huge bags – already picked out for you! The cherries were unbelievable. So fresh and tasty. Cordele has just celebrated its 69th Watermelon Festival through June 30th. Best watermelons in the World!

After our sojourn at the market, and on the way back, we hopped off I75 at Exit 109, Vienna, to shop at Ellis Brother's Pecans, owned and operated by the Ellises since 1944. It reminds us of Stuckey's of Barnesville. Suggest something in the line of nuts, pecans mainly, and it is there..., and it was all delicious. We bought lots of chocolate covered nut stuff and enjoyed tasting others. We left with ice cream cones. It's worth the trip to have a praline pecan ice cream cone. If you are a sweet-tooth like we are, you know what we mean. So good!

Officially, Summer started June 21st, we thought we were already having it; but, no, as soon as the

thermometer went up to the 90's, we knew Summer had really started. Get the Sun Hats out, don't forget the sun screen, and keep that Sun Screen on. The mugginess of Middle Georgia has our front door practically glued shut and we're afraid someone is going to break our antique screen door, as it is stuck on the bottom.

The City of Warner Robins and the Air Force Reserve invite you to attend the Jeff Smith Automotive Independence Day Celebration scheduled for Tuesday, July 3rd, at McConnell-Talbert Stadium on South Davis Drive. Entertainers for this year's concert are Hunter Hayes and Betty Cantrell. Gates open at 6:00 p.m. No ticket required! Bring your family to enjoy the free concert followed by the Firework Extravaganza!

Whatever you do... try to keep cool. Enjoy your summer!

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 informa-

tion on checks. You don't need to include your Social Security or driver's 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.


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Senior NEWS

Serving the Macon Metro Area

Website

www.seniornewsga.com

Publisher

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Advertising

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

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Senior News & Views of Georgia

Poets' Corner

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!

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.*

*To leave this world and enter a
place,
Where nobody's yet been.
But it could be your face that meets
the ones already gone,
You know that you will not be
alone.*

*So do all you can to bring
happiness,
Try your best to rid loneliness.
For those out there who are all
alone,
Share your life, you'll be glad*

*when you're gone.

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.*

Country

from cover page

Next, it was the conviction of our forefathers that all citizens should enjoy the freedoms of speech, of press, and of religion. The

documentation of projected rights and responsibilities were carefully written out in a treasured Constitution – a proclamation which has weathered many storms to guide affairs of men to our present day. The Preamble to this Constitution

itself, prolifically penned, is an introduction to those aspired conditions for America. Though periodically troubled, it essentially remains as originated!

Take note: "We the people of the United States, in order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America. (Effective March 4, 1789)

Drafted at the Philadelphia Convention in 1787, and ratified on June 21, 1788, the lengthy document delineates the National framework of Government. Multiple Amendments have been added over the years and it remains the supreme law of the land. It is a historical miracle that the seventy individuals chosen (appointed) to draft the original tenets were able to capture the desires, ethics, and judicial milestones necessary for the continuity of a nation. Minor differences of interpretations have arisen intermittently; but, most were admirably resolved.

The practical side of governing principles for this great nation is that Americans have stood together through peril, war, and adversary and have managed to survive both the good and bad.

There has been an innumerable company with abstract motive and with minimal understanding – all of which have been dispensed with in forthright manner. None have been able (as yet) to destruct the beauty and bounty of America's spacious scenes, or glorious potential! I have viewed the warp and woof of distant lands – and we remain the best worldwide – the land of the Free and Home of the Brave!

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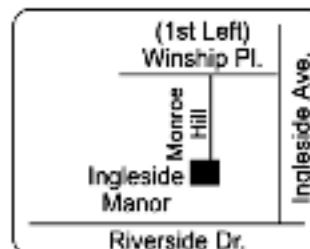
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Robins is a force today and will be tomorrow... Here's why!

by U.S. Senator David Perdue (R-GA)
June 24, 2018

Since 1941, Robins Air Force Base has played a key role in our nation's national defense. Growing up in Warner Robins, I remember watching B-52s and KC-135s take off to fly around Cuba during the Cuban Missile Crisis.

To say Robins Air Force Base is important to the Middle Georgia community and our nation is an understatement. Maintaining Robins' ability to meet the changing needs of the Air Force has been a personal priority of mine since the day I came to the United States Senate.

For almost three decades, the E-8C Joint Surveillance Target Attack Radar System (JSTARS) has

been critical to Robins and our troops in battle. These planes are the most in-demand piece of equipment at Robins, flying over 125,000 combat hours in support of our troops in five geographical combatant command areas.

Today, JSTARS is still our nation's premier intelligence and battle management asset. I have always supported JSTARS and still do today. In this year's defense bill, we've ensured the full fleet of JSTARS will be manned, maintained, and funded. We have also secured upgrades needed to keep the fleet viable well into the next decade.

However, to avoid a capability gap, we must think about the future. That is why the U.S. Senate defense bill requires the Air Force to show real progress toward its future sys-

tem before retiring any of the JSTARS fleet.

We've seen Russia and China modernize their air defenses to keep our specialized capabilities farther from potentially contested locations. As a result, there are vast areas of the globe the current JSTARS fleet cannot penetrate today or in the future. Our military needs a system that can provide the key capabilities of the JSTARS platform into these anti-access areas.

This is where the Advanced Battle Management System (ABMS) comes into play. This month, the Air Force announced the ABMS mission is coming to Robins Air Force Base. This mission will be focused on a new approach to intelligence, surveillance, and reconnaissance and battle management. It will be the first of its kind

in the military. It will be an important part of reinvesting in our military and ensuring our technological superiority.

What does this mean for Robins? It means the Robins first-in-class facilities and workforce will continue to play a major role in America's national defense. It means Robins will continue to build on its legacy of service for years to come.

As a member of the U.S. Senate Armed Services Committee, it is my responsibility to make sure the Air Force can effectively do its part to protect our nation. In that regard, this move with the Advanced Battle Management System is a strong step forward. This is truly exciting, and I could not be prouder that this is happening in my hometown.

BBB Study: Sweepstakes, Lottery, Prize Schemes devastate older victims with Evolving Tactics

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

A new report by Better Business Bureau (BBB) says sweepstakes, lottery and prize schemes are devastating victims financially and emotionally with ever-evolving methods. These frauds concentrate on seniors, targeting them by direct mail, cold calling, social media, even text messages and smartphone pop-ups. BBB warns consumers to be on guard against these serious and pervasive frauds and their perpetrators.

The report – "Sweepstakes, Lottery and Prize Scams: A Better Business Bureau Study of How 'Winners' Lose Millions Through an Evolving Fraud" – notes these scams bilked \$117 million out of half a million Americans and Canadians in 2017 alone, with actual victims and losses likely numbering much higher. BBB received 2,820 sweepstakes and lottery scam reports in Scam Tracker in 2017, with a median loss of \$500. Seniors are the most frequent target and suffer the largest losses by far in these scams, which the report found commonly originate in Jamaica, Costa Rica and Nigeria.

The report recommends stronger law enforcement efforts on three fronts – in Jamaica, which has seen an upswing in violence related to lottery fraud profits; in the U.S., where law enforcement is urged to step up extraditions and prosecutions of overseas fraudsters operating in the U.S.; and globally, as law enforcement agencies worldwide are encouraged to take steps toward holding deceptive mailing organizations accountable and stopping fraudulent mail. It also urges Facebook and other social media platforms to take steps to weed out fake, fraudulent profiles and make fraud reporting easier.

The law requires you to purchase a ticket to play the lottery, but a legitimate lottery or sweepstakes will never ask its winners to wire money to claim the prize. It's heartbreaking that these fraudsters are continually finding new ways to prey on older people who are dreaming of a big win or a financial

windfall in their final years.

Among the victims is a man in his 80s who was told in a 2015 phone call that he had won \$60 million. He began sending money to get his "winnings," as callers insisted that he needed to pay transfer fees and taxes on the money. In multiple instances, he was informed that an armored truck awaited him with the money if he would first pay taxes on the funds. Fraudsters even showed up at his house to collect funds in person. A successful businessman, he did not need the "winnings," but hoped to donate them to worthy causes such as the university he had attended. Ultimately, he lost nearly \$8 million.

Among the report's key findings:

- The majority of lottery or sweepstakes scam victims are between 65 and 74 years old. Among that age group, people who recently experienced a serious negative life event, and who expect their income in the near future to remain steady or decline, are even more likely to be victimized.

- Sweepstakes/lottery fraud can strike through many channels – phone calls, text messages, pop-ups on a smartphone's Internet browser, social media and mailings.

- In 2017, 2,820 individuals reported sweepstakes and lottery scams to BBB Scam Tracker. These reports show a median loss of \$500, with wire transfer as the most frequent method of payment.

- Jamaica is a major source of "cold calls" to victims who are told they have won money. Although similar calls come from Costa Rica, the scam has had a major impact in Jamaica, where the amount of money generated by lottery fraud has resulted in gang wars between rival fraud groups, leading to a dramatic spike in violence. More than 95 percent of reported fraud in Jamaica involves lottery or sweepstakes scams.

The report was written by C. Steven Baker, BBB International Investigations Specialist. Baker is the retired director of the Federal Trade Commission's Midwest Region. In his role with BBB, Baker is analyzing and reporting on some of the most pervasive fraud issues that impact American consumers. Studies on puppy scams,

tech support scams, and romance scams he authored were met with worldwide media coverage.

BBB offers the following tips for consumers to avoid being caught in lottery or sweepstakes fraud:

- True lotteries or sweepstakes don't ask for money. If they want money for taxes, themselves, or a third party, they are most likely crooks.

- Call the lottery or sweepstakes company directly to see if you won. Publishers Clearing House (PCH) does have a sweepstakes but does not call people in advance to tell them they've won. Report PCH imposters to their hotline at 800-392-4190.

- Check to see if you won a lottery. Call the North American Association of State and Provincial Lotteries at 440-361-7962 or your local state lottery agency.

- Do an internet search of the company, name, or phone number of the person who contacted you.

- Law enforcement and government agencies do not call and award prizes.

- Talk to a trusted family member or your bank. They may be able to help you stay in control of your money in the face of fraudster pressure.

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.

Coliseum Health System welcomes new Chief Financial Officer

Special to Senior News

Coliseum Health System welcomes new Chief Financial Officer, Scott Anderton, CPA, who will begin his new role on July 9. Scott's responsibilities will include executive oversight of the financial affairs for the hospital system, which includes Coliseum Medical Centers and Coliseum Northside Hospital.

Scott has been the Assistant Chief Financial Officer for HCA Virginia's Chippenham & Johnston-Willis Hospitals, a 758-bed, two-campus organization in Richmond, Virginia. He joined the leadership team in August 2016 after spending more than five years in the Internal Audit department at HCA's corporate office.

A native of Shelbyville, Tennessee, Scott received his bachelor's degree and master's in accountancy from the University of

Alabama. He will be relocating to Macon with his wife Kristin, and their two children, Grayson and Evie. He currently serves as Treasurer of Substance Abuse Free Environment and previously served on the young professional board of the Special Olympics of Tennessee.



Scott Anderton

MACON METRO AREA Senior Services & Events Directory

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Coliseum Northside Hospital,
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H2U Activities

For information call 478-765-4116

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Central Georgia Rehabilitation Hospital

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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

Free Legal Services

Available to Seniors

The Macon Office of Georgia
Legal Services provides free legal
services to seniors (60 and over) as
resources allow. We interview clients
in the following counties BY
APPOINTMENT ONLY: Bibb,
Baldwin, Crawford, Houston, Jones,
Monroe, Peach, Pulaski, Putnam,
Twiggs and Wilkinson.

Call the Macon Office at 478-
751-6261 for an appointment.

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 posi-
tive 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 volun-
teering, 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

Houston County Council

Of The Blind

The Houston County Council of
the Blind meets the first Saturday of

each month at the Centerville Lions
Club located on Houston Lake Road
voicing state and local concerns for
the blind or visually impaired.
Fellowship and membership are wel-
comed.

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help
at DivorceCare.

DivorceCare is a special weekly
seminar and support group for peo-
ple 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 vol-
unteers 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.

Mid Georgia Orchid Society

Meets 2nd Tues. each month from Jan.
through Nov., 7 p. m., Houston Lake
Baptist Church, 2300 Houston Lake Rd.
(2300 GA Hwy 127 E), Perry. Meetings
include social gathering and fellowship
period, business discussion, "orchids"
program, refreshments, show & tell and
raffle (members only please). For addi-
tional information please email:
rwfaber1@gmail.com.

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How to avoid digital wallet scams

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

Digital wallets such as PayPal, Venmo, Zelle, and Apple Pay become more popular each year. They come in handy when you need to pay a coworker for lunch or send money to a friend. They let you pay for goods and services online. And they let you check out at stores with a simple tap of your phone against a register.

A digital wallet links consumer bank accounts, credit cards, and debit cards to an app. So while they can be great for convenience, they can also be tempting to scammers who can use one app as a gateway to all of your banking and credit information.

Scammers have been targeting digital wallets and executing variations on old schemes, including phishing and check cashing schemes tailored to the new technology.

Loss or theft of the device containing a consumer's mobile wallet is another common problem that may arise and sensitive information can be compromised. Access to a digital wallet on a device can be prevented with a strong password or using biometric security devices available on some current smartphones.

Lastly, another risk involved in digital wallet adoption is one that, unlike more traditional banking systems, many digital wallet vendors will not shoulder the cost of fraud. This means that some consumers who have paid scammers using a digital wallet may not be successful in getting the company

to reimburse them for their losses to the fraud. Consumers should be aware of any liabilities they may assume before choosing to use a digital wallet service.

BBB advises consumers to look out for the following scams when using digital wallets:

- **Fraudulent payment methods.** In one common scheme, scammers will connect a stolen credit card to their digital wallet account. They then look for people selling big ticket items (such as a computer, tablet, or car) on Craigslist or another online service. The scammers will offer to pay for the product using their digital wallet. The seller accepts the payment and sends the item, but soon discovers that the payment sent is not legitimate, and the money is removed from his or her account. The seller is then without either the item or the money. Because of this problem, digital wallet services often advise that you do not accept payments through their service if you do not know the sender.

- **Canceled payments.** Some digital wallet apps take several days to process a transaction. Scammers take advantage of this by setting up transactions and canceling them before they go through. By the time victims realize they've never received the money, the scammers are long gone.

- **You've been paid.** Some fraudsters try to trick you into thinking that you've received a payment. They want what you're selling for free. Before you ship anything, log into your digital wallet account and check that you were actually paid.

- **You have been paid too much.** Fraudsters may try to convince

you that you've been paid more than you were owed. For example, a spoofed email says that you've been paid \$500 for a camera you listed at \$300! The sender asks you to ship the camera in addition to the extra \$200 you were "paid" by mistake. In this example, the scammer wants your camera AND your money, but hasn't actually paid you at all. Don't fall for it! In another version of this scheme, scammers overpay for items with a stolen credit card. The stolen funds will be removed from your account, and if you send the scammer money they "overpaid," you will that money, too.

- **Fake official emails.** Many fraudsters send spoofed emails warning that an account is about to be suspended, and that the account holder must enter their password in a spoofed webpage. Generally, digital wallet vendors will never ask you to enter your password unless you are on the login page.

- **Sweepstakes scams.** If you receive an email stating you've won a sweepstakes or lottery you did not enter, it is most likely a scam. Typically, fraudsters will ask you to send some smaller amount for processing fees before they can send you your prize.

- **Fake charities.** Scammers use disasters to trick kind-hearted people into donating to fake charities. This usually happens when there is a refugee crisis, a terrorist attack or a natural disaster. Thoroughly check the background of any charity to make sure your donation goes to real victims.

Protect yourself when paying with a money transfer app by following this advice:

- **Use money transfer with friends:** Protect yourself from scams by only using money transfer apps for their intended purpose -- sending money to people you personally know.

- **Link your money transfer app to a credit card.** As with many other purchases, using a credit card will help protect you if you don't get the goods or services you paid for. Linking to a debit card or directly to your bank account does not give you that added protection.

- **Check your account to be sure that the money transferred:** It takes a few days for some digital wallet payments to transfer. If you have any concerns that a payer didn't really send the money, be sure to check your account directly.

For more consumer tips, you can trust, visit www.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@central-georgia.bbb.org.

General Business Directory For Seniors

Home Inspection Service

Planning to Buy or Sell?
Need a Home Inspection?
Call:

David R. Von Almen
Home Inspector
(478) 213-5986
VAMktPub@aol.com

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Emory Wilson selected to be a Grande Marshall in Perry's Independence and Freedom Parade

by CLAIRE HOUSER DODD

Emorey Wilson received a call from Perry's City Council Member Randall Walker stating that the Perry Chamber of Commerce had selected him to be one of the two Grande Marshalls for the July Independence and Freedom Parade scheduled for Sunday, June 24, 2018. He thought for a few seconds and said, "there is probably a local veteran who is more qualified." Councilman Walker stated that they had picked him not only for serving our country in the Army for over 29 years, but also for his leadership in prison ministry and community service. Emory thanked him, stating, "I am humble, honored and grateful. Please thank the Chamber of Commerce for me."

Emory was born and raised in Fort Valley, Georgia, and graduated from Fort Valley High School in 1946.

World War II was ending and the World War II G.I. Bill was going out on October 1, 1946. Emory and seven of his classmates joined the Army for a two year commitment. After basic training he spent the balance of his tour in Japan.

When he returned home, he enrolled at Mercer University. He graduated in 1952, receiving a commission in ROTC as a 2nd Lieutenant. The next week after graduation, he married his college sweetheart, Anne Stanley, and went on active duty with the Army for a three-year tour. He served his country for 29 years and retired at the rank of Colonel. After he returned from the Army, a friend introduced him to the Bill Glass Ministries, the largest prison ministry in the World. He began to attend Bill Glass Prison Weekends and soon felt the call to prison ministry. Emory has been associated with the Bill Glass Ministry for 35 years.

In 1984, he became a coordinator, being responsible for carrying a group of 50 to 100 men into the largest penitentiaries and prisons in the country. Since then he has visited over 300 prisons in 42 states and has attended 361 prison events, including 20 death row prisons. In 1992 Emory was asked to serve on the staff of the Ministry. Anne, Emory's wife,

traveled with him, visiting women's prisons until her health began to fail.

Emory's influence brought to Perry two eight-day Bill Glass city-wide crusades, one in 1988 at the Perry High School Football Stadium and one in 2008 at Perry's Ag Center. Also, he was responsible for eight three-day prison events called the "Weekend of Champions," ten one-day prison events called "Day of Champions," and eight school programs in Middle Georgia. Each of these events brought hundreds of teammates and their families to our city, all of which were a real plus for Perry's economy.

In 2016, Anne and Emory were inducted into the Bill Glass Ministry "Hall of Fame." Then in 2017, Emory was elected to serve on the Bill Glass National Board of Directors that meets in Dallas, Texas three times a year.

Emory is President of the Houston County Interfaith Jail/Prison Ministry, which visits the county jails in Middle Georgia. He is a member of The First Baptist Church, a member of the Jimmy Teresi Sunday School Class, and is presently

serving on the Board of Deacons.

He has also been a member of the Rehoboth Baptist Association Planning Committee for over 30 years. During these years this committee has started 16 new Baptist Churches in Middle Georgia. Six of these have already had to expand. Quite an event.

Emory said, "God has blessed me, while many friends are gone and others suffering and in wheelchairs, my mind and heart are good. I found early in life... if you stand up for the Lord, He'll stand up for you; and, not to worry about anything, pray about everything, but don't forget to thank the Lord for answering your prayers."

Thanks, Emory for a wonderful thought. One we should heed every day. And congratulations for this honor.

So Emory, what have you planned for the rest of your life?

"Well, I have always wanted to play the piano and have been told I have the long fingers to do it. So, on May 5th, my 90th birthday, I decided to start. They say it takes 8-12 years to really learn to play. I figured I had bet-

ter get started. I bought a piano and just finished my 6th lesson with Margaret Watson, friend of the family... a real nice person who really knows the piano. It's harder than I expected, but I'm having a ton of fun and I love it."

Congratulations on the award, praise the Lord for all He has done, and continue on with your Happy Life!

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

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we believe *kindness*
can be the best
medicine.



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