

### Taking Care

## Visiting a newly disabled friend

by LISA M. PETSCHE

pending time with a friend or relative with an acquired disability — such as a speech disor-

der 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

Lisa Petsche

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 interrupt 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 mes-
- 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 o 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.

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

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### Let us entertain you

#### by CLAIRE HOUSER-DODD

Age is not a number and Knowledge is what matters!

We love a good quote and noticed this one by Charlene van Der Beek in Westmag, Wesleyan College, Summer 2019. It was a write up about Charlene as an attaché' for the Prominent Mission of Austria to the United Nations in Geneva, Switzerland. She grew up in Luxembourg, graduated Magna Cum Laud.

all has finally arrived, and we are having a Fall Festival!

Frank Freshwater and Connie Rainey hosted the Fort Valley Gourmet Club down on the Farm in Macon County last Friday. It was a Fish Fry up on the hill at their beautiful country home deep in the woods. What a Get-Away. You feel like you've really gotten away from it all. So relaxing and the sunset through the pines was exquisite. Everybody commented on it.

The guys were outdoors grilling and deep-frying fish while the girls were inside

setting up the buffet with all the goodies they brought from home. The hor'sdourves were Chips and Dips, Streak-of-Lean, Streakof-Fat, stuffed mushrooms with Crab Meat and covered with cheese. There were probably others, but we can't get around to everything. We did not need Tid Bits as the actual dinner was so abundant; not only Fresh Fried Catfish and Shrimp, Slaw, Salad, French Fries, Rolls, Pickles, Black Olives, Lemon Slices, plus stuff we didn't even get to! Dessert was also top of the line. Leigh Giles made the best Pecan Pie opened faced casserole we have ever tasted and Annette and Chelle Brennan brought every kind of Cheesecake you have ever heard mentioned. A fabulous time was had by all, and our guess is everybody slept like a baby!

Betty Cleveland, an artist with the Jail House Alley Art Show, spoke to us at Study Club to give us a heads-up about the November 2nd Jail House Alley Art Show and Sale at the Methodist Church on West Church Street in Fort Valley from 9 o'clock till 2 o'clock. Margaret Matthews also spoke about

the origin of the club and why it was called Jail House Alley Art because it originated in the alley by the jailhouse in Downtown Fort Valley. It has a very long history. Pam Perry of Roberta told us about her history with the club and brought some wonderful pictures to show. A most enjoyable program at Joyce Huckabee's lovely home out on Norwood Springs Road. The refreshments mirrored the upcoming Halloween Season with Pumpkin Pie on Cake topped by a dollop of whipped cream. Delicious!

We noticed we have the Hostess Deal coming up next year in April. Reckon we can get our Dining Room table cleared by then? Let's hope!

When we say we will read anything, we are not kidding. As a child going to the doctor in Atlanta, Daddy would notice what we were reading and ask, "Claire, are you considering becoming a farmer (or whatever)?" We would always say, "No, but it is interesting." Once at the University, we were reading about Bugs. An entomologist said, "Hey, you're an entomologist. Why are you reading about Bugs?" Our answer was a bit different.

"Cause we hate them." And we do, but still read about anything, and everything. Not that we retain much, but we do enjoy reading and taught it for at least thirty years. You do know, "there is no difference from those who can't read and those who don't.?" We tell this to Grand along with "If you don't start reading everything you are going to poison yourself!" Don't worry, the worm has turned!

Think we've given this warning before, but since we got a reminder, thought we would pass it on. It is the Frugal Alarm System. Keep your car keys with you at all times. Even take them to bed with you so when you hear somebody rummaging around outdoors, you can hit your auto alarm button. All the neighbors will start looking out their windows and lighting up their yards, and anybody or anything will take off. It is a brilliant idea, and it costs nothing extra. It works and will scream until number One; YOU, turn it off or number Two, your car battery, goes dead. What could be better? CHEAP and efficient. Don't knock it; it's FREE!

## Federated Garden Clubs of Macon presents Savoring the South on November 7th

Special to Senior News

he Federated Garden Clubs of Macon, Inc. will present Savoring the South on Thursday, November 7, 2019. The Speaker for this event will be Vera Stewart, Southern author, caterer, mentor and host of the "The VeryVera Show" seen on WMAZ-TV on Saturdays at 12:30 p.m.

Doors open at 11:00 a.m. with lunch at noon. Cost of \$65 includes luncheon, lecture and Vera's latest cookbook: \$40 for luncheon/lecture; and, at the door, \$45 for

luncheon/lecture and \$35 for book. Come early to have your books signed and to visit with vendors.

Savoring the South will be held at Mable White Baptist Church at 1415 Bass Road., Macon. For reservations please visit www.fgcmacon.org.

### Holiday Marketplace

Sponsored by the Federated Garden Clubs of Macon, Inc. and will be held at 730 College St. Shop in one of Macon's most beautiful historic homes for handcrafted wreaths, swags, jewelry, ornaments, plants and home decor and delicious culinary delights (cakes, pies, cookies, candy, jams and jellies). Gifts for the entire family. Free admission.

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- Sunday, November 17, 1:00 p.m. to 5:00 p.m.

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#### Website

www.seniornewsga.com

#### Publisher

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Published monthly on our online website at www.senior newsga.com. Business Office is located at 214 Wilsons Creek Bend, Bonaire, GA 31005. Editorial and advertising copy deadline is the 15th of the month prior to desired month of publication. Preference is given to editorial copy submitted earliest. Publishers do not accept any liability whatsoever for any material supplied by advertisers and/or editorial organizations including the use of trademarks, logotypes, slogans, or any 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 and/or in the content of any editorial presentations, maximum liability shall be limited to the cost of the advertising space in which the error occurred. Publishers reserve the rights to edit and/or reject any materials submitted for publication. Editorial information you would like considered for publication should be emailed in "text" format to: seniornewsga@cox.net.

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Senior News & Views of Georgia

# **Opinion**The Score Card!

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

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 marquee, 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 forgone 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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## Black Nativity: A Gospel Christmas Musical Experience returns to the Macon City Auditorium December 21st

Special to Senior News

ominion

Entertainment Group is ecstatic to announce that its hit holiday musical, Black Nativity: A Gospel Christmas Musical Experience returns to Macon City Auditorium December 21. Black Nativity is a transformative, MUST see holiday production, which will prove to be a joyful experience for the entire family.

Tickets on sale online through ticketmaster.com or in person at the Macon Coliseum box office. Groups of 10 or more can receive \$5 off per ticket. Email MCP-Info@spectraxp.com or call 478.219.9640 for more information.

Black Nativity: A Gospel Christmas Musical Experience, is produced and directed by Robert John Connor, with musical direction by Keith Wilson, and choreography by Dawn Axam is a soulstirring adaptation of Langston Hughes' original Black Nativity (song-play). This powerful rendition of the Christmas Story fills the theatre with thrilling voices, exciting dance and glorious gospel music. Black Nativity tells the bible story of Mary and Joseph's journey to Bethlehem via a modern-day church through powerful worship songs, dance, and toe-tapping gospel numbers. As a special bonus, the Black Nativity Soundtrack featuring songs from the live stage production and other Black Nativity merchandise will be available for purchase so that audience members can take the holiday spirit home with them. The Black Nativity Soundtrack is also available online on all digital outlets. \*\*\*\*\*\*\*

### About Dominion Entertainment Group

Dominion Entertainment Group is an Arts and entertainment organization founded by Robert Connor. Its mission is to provide high quality Arts and entertainment to the global arts community. More info at: info@dominionent.org.

### About the Creative Team

Robert John Connor (Executive Producer/Director) award winning actor/singer/producer and director, has worked in the arts and entertainment industry for over 30 years as an actor, singer, writer, director and producer. A graduate of Morehouse College, Robert studied music, radio, film and television. Robert went on to pursue acting and music.

Keith Wilson (Musical Director) has spent nearly 20 years as a music director, instructor, pianist, and vocalist, creating wonderful music around the world. He has been continuously noted for his strong conviction to bringing a high quality of contemporary and standard music to his audiences. He received his formal training at Georgia State University in voice performance. His background in classical, theater, gospel, and spirituals has set him in the forefront of the music community.

Dawn Axam (Choreographer)
has been choreographing for over
30 years. Dawn received a BFA in
Dance and theatre Tisch School of
the Arts at New York University
and a MA from Lesley University
in Arts and Education. While an
undergraduate student, she pursued extensive study in the areas
Ballet, Horton, Graham, Jazz,
African Improvisation, theatre and
voice.

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### On the Cover

## Annette's Art!

by CLAIRE HOUSER-DODD

COVER:

Creatively Polished by Annette Independent Color Street Stylist

ur good friend Annette King Brennan takes us along with her on many of her trips to distribute her beautiful handmade cards and tags to Scott in Macon at Travis Jeans on Cherry Street right across from the Rookery. While she and Scott Mitchell do business, we enjoy looking at her cards and exploring his magnificent store. Each and every item is an unbelievable find. Last trip. besides ordering her fabulous cards, he ordered 200 gift tags for gift baskets. Everything in his store is as individualized as Annette's artwork.

Later that week we were at a friend's gathering, where Annette had just delivered her order of 50 absolutely gorgeous invitational cards for a fabulous dinner party.

Annette hails from Ogden, Utah and visits often as her daughter, Jamie, lives in Salt Lake City with her grands, Madison and Jackson. Daughter Stephanie lives much closer in Cookeville, Tennessee with her three dogs.

Annette owned an Ace Hardware store in Ogden where she added an adorable tearoom for the locals to meet and chat while shopping with a nice cup of hot tea. She also decorated her front windows to appear warm and friendly. Don't you know Annette was the favorite citizen? It could be below zero weather outside, but warm and cozy on the inside. Can't you see people passing by and just having to come in and see friends, visit, get warm, and of course, buy things.

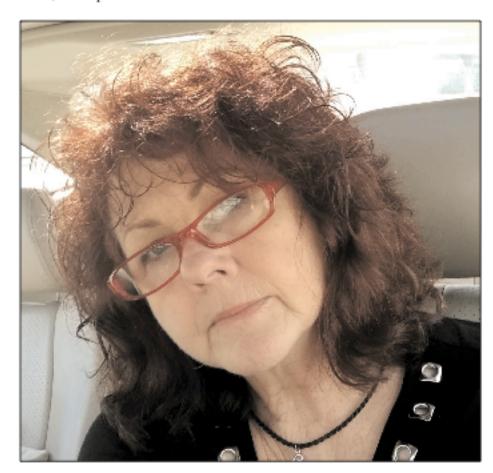
Now she is more or less retired. (Ladies are never really retired!) Annette first got into the card game. Even got a trip to Greece last summer when a co-worker in the business earned a trip and invited her along. She orders and sells all sorts of adorable stamps and papers and cuts and pastes and glues and draws and paints her exquisite cards.

Not busy enough, Annette has now added a new business, Creatively Polished by Annette, Independent Color Street Stylist... and we were hooked! She shows you a booklet of a hundred or more nails: Solids, glitters, Clear Nail Art Designs, French and Fancy Nail Art Designs. Guess which we chose? Oh yes, the fancy designs. And we were on the way five weeks ago to Amelia Island, Guess what? They are still on. We can't believe it. We have filed and filed our nails and added silver polish to match the base color to the cuticle. They look great; and, the little peaches still show. We live in Peach County, you know!

This weekend we're going to a fancy party and will peel and use nail polish remover to get these nails off and replaced with something way more glamorous like Interstellar, Northern Wonder or Underground Magic. We're having fun and so is Annette in her new retirement entertainment, "Independent Color Street Stylish."

- FB: "Creatively Polished with Annette"
- E mail: creativelypolished@ yahoo.com
- Website: Http://www.creativelypolished.com

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Annette King Brennan





Annette King Brennan's Art!

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

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

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

FOR ADVERTISING ASSISTANCE!

Please Call Billy Tucker at 478-929-3636 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 con-

firm 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.

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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. \*\*\*\*\*

### **General Business Directory For Seniors**



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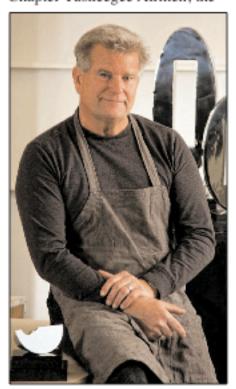
## Local sculptor unveils new work, African American WWI Hero Eugene Bullard

Special to Senior News

(GAINESVILLE, GA)

n Wednesday,
October 9th, internationally recognized sculptor Gregory
Johnson unveiled a new work, a
larger than life bronze figure of
Eugene Bullard, World War I
hero, at the Museum of Aviation
near Robins Air Force Base in
Houston County, Georgia.

Bullard, nicknamed The Black Swallow of Death," escaped the Jim Crow South in the early 20th Century. He played drums in a jazz band in Paris, fought for the French Foreign Legion, served as a French spy, and became the world's first African American Fighter pilot. Unveiled by Georgia's Wold War I Centennial Commission and commissioned by the Atlanta Chapter Tuskeegee Airmen, the



Gregory Johnson

Department of Georgia Veterans of Foreign Wars; Gulfstream Aerospace and Epps Aviation, this 6'3" bronze finally recognizes a man who was not accepted by the U.S. Army in his time because of his race.

Johnson is a prolific, awardwinning, Georgia-based artist who has been creating contemporary sculptures for nearly thirty years. This particular work features fine details like a pinkie ring, military uniform complete with medals and military braids. A Cumming, Georgia resident, Johnson has created commissioned pieces throughout the United States, and seven countries internationally. His works are represented in more than 200 public collections, and 50 unique public spaces, many of which feature monumental works. Over his life, Gregory has created and sold approximately 800 sculptural works of art.

Johnson is well known in North Georgia for the largest tiger in the country (and possibly the world.) Measuring 7 feet 6 inches tall and 14 feet long, "Lucile," a 2,200-pound Golden Tiger, was welcomed to the campus of Brenau University in Gainesville, Georgia in 2012 and, more recently, the Quinlan "Q," a stainless steel contemporary work, unveiled at the Quinlan Visual Arts Center last month.

With a portfolio of nearly a thousand commissioned works worth millions of dollars installed on three continents in 9 countries, his art has been viewed by hundreds of thousands of people each day – most notably, his 3-story stainless steel Peach at the Georgia World Congress Center which every day is broadcasted on CNN.



Eugene Bullard, World War I hero, at the Museum of Aviation located at Robins Air Force Base in Warner Robins, Georgia.

### Free Net Therapy Veterans Tennis Event To Be Held On November 9th

Special to Senior News

Submitted by VECTR

he Macon Tennis Association is having a free Net Therapy Veterans Tennis Event on Saturday, November 9, 2019 for veterans, active-duty members and reserve/guard members.

This event will be held at the South Bibb Recreation Center 7035 Houston Road, Macon, GA 31216 from 9:30 a.m. to 12:30 p.m.

### Activities include:

- Tennis Skills Clinic
- Veteran & Wheelchair Tennis

- Speaker
- · Run/Roll Demonstration
- · Giveaways & Door prizes
- BBQ lunch

Space is limited and you can use this link to register: Net Therapy Veterans Tennis Event

Tennis anyone?

Disclaimer: This information is provided as a service to those who gave us their email address. This email does not depict endorsement of a product, service or organization by the Georgia VECTR Center, Central Georgia Technical College or the Technical College System of Georgia.

### New research shows low financial literacy, social isolation increase scam risk

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

ew fraud research shows that people who live alone or have low financial literacy levels are more likely to lose money to fraudsters. The research also shows that the highest engagement and victimization rates involve online purchases and social media – outpacing telephone, mail and email fraud.

The report, "Exposed to Scams: What Separates Victims from Non-Victims," comes from the BBB Institute for Marketplace Trust, the FINRA Investor Education Foundation, and the Stamford Center on Longevity and was released in recognition of World Investor Week (September 30-October 6).

During the study, researchers surveyed more than 1,400 Americans and Canadians who were targeted by scammers and reported the fraud to the Better Business Bureau via BBB Scam Tracker. Nearly half of those surveyed did not engage with the fraudster. However, nearly a quarter did, losing an average of \$600.

### Some key findings include:

When phone and email were used by scammers to target consumers, relatively few consumers engaged with the scammer or lost money. However, when exposed to a scam on social media, 91 percent engaged and 53 percent lost money. Similarly, 81 percent of consumers who were exposed to a fraud via a website said they engaged with the scammer, and 50 percent lost

Consumers were more likely to be victimized if they did not have anyone to discuss the offer with. Consequently, those who engaged scammers and lost money were less likely to be married and more likely to be widowed or divorced. Generally, those who engaged, and those who lost money, reported significantly higher feelings of loneliness. Social isolation appears to play a role in fraud victimization.

The likelihood of victimization for this sample is greater for individuals who are under financial strain, are younger adults, or have low levels of financial literacy.

Research showed that 51 percent of people who reported a thirdparty intervention were able to avoid losing money. Cashiers, bank tellers, employees of wire transfer services and other financial services companies where consumers were about to send money to a scammer, served as an important last line of defense.

Nearly half of those surveyed said the news media was their primary source of information about scams. Word of mouth was the next best form of protection and awareness.

Prior knowledge of fraud helps decrease the chances of victimization. One-third of consumers who were targeted by a scammer, but did not engage, already knew about the specific type of scam. In addition, consumers who understood the tactics and behaviors of scammers did not engage with the fraudsters. For the full study, go to BBB. org/ExposedtoScams. To learn how to avoid scams, go to BBB.org/ AvoidScams. To report a scam, go to www.BBB.org/Scam Tracker.

Your experience can help others to recognize suspicious behavior and stop scammers in their tracks.

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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In the end, we believe *kindness* can be the best medicine.



When conventional medical treatments can no longer cure a disease, hospice provides the support that is needed. Pine Pointe at Home professionals can help control pain, reduce anxiety and offer kindness and emotional support to patients and their families.

Pine Pointe at Home, Navicent Health is focused on serving and comforting patients and their families. We offer a wide range of specialized care in the home environment that's most comfortable to *your* loved one.



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