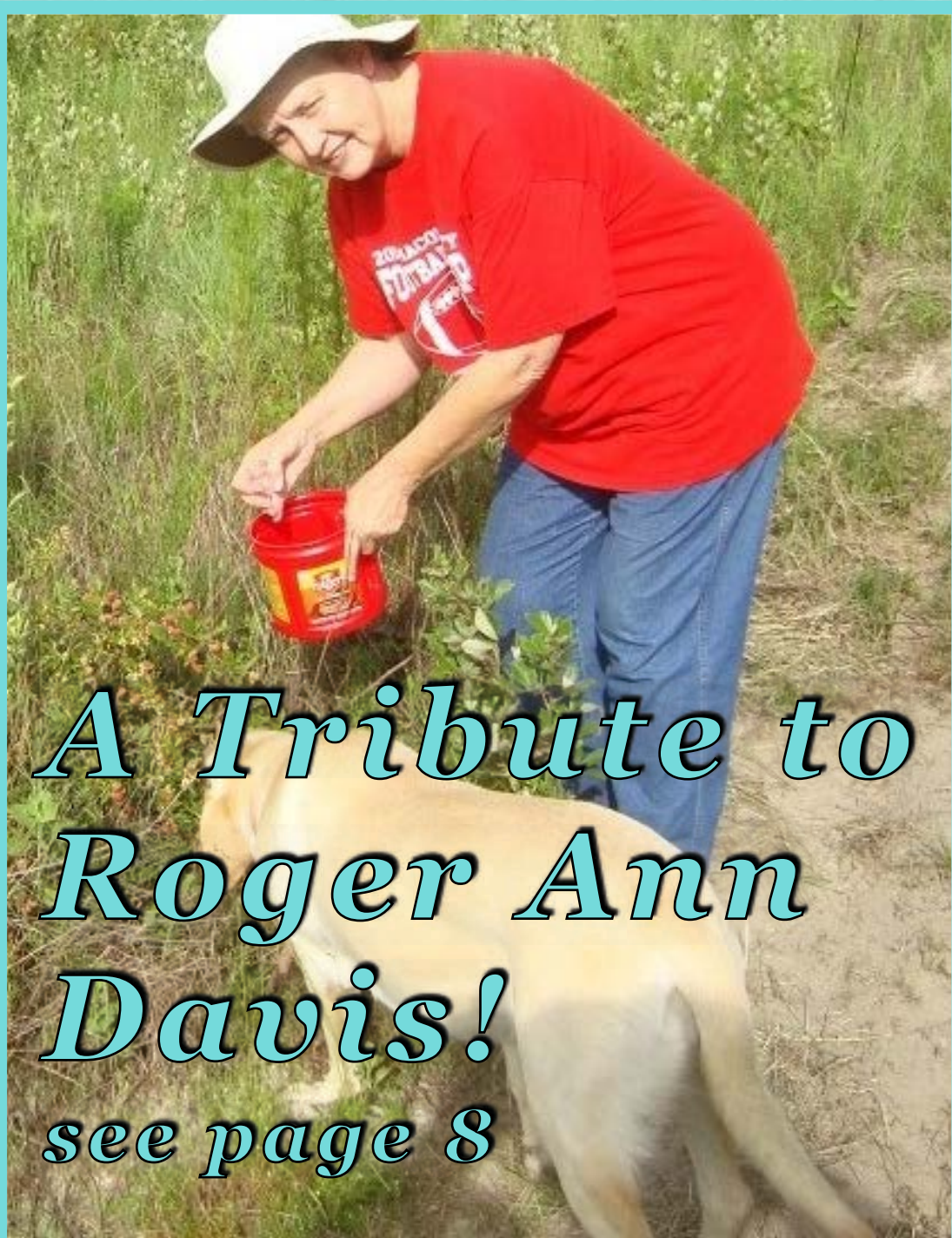


# Senior News

## Georgia

*Providing Helpful Information for Mature Adults in GEORGIA!*

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*A Tribute to  
Roger Ann  
Davis!*  
see page 8



August 2023  
Volume 37, No. 8

# BBB Tip: Still working remotely? Here's what you need to know!

Submitted by Kelvin H. Collins, President/CEO, Better Business Bureau  
Serving the Fall Line Corridor, Inc. • [BBB.org/central-georgia](http://BBB.org/central-georgia) • Office: 478.742.9034 (Direct)

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People were working from home before the pandemic, but the events of 2020 made a perk into a necessity. Teams made the shift; now, not everyone wants to go back. For many, remote work makes sense. It's not a fad, it's here to stay. Here's what you should know whether you're an [employer](#) or an employee.

### Who is still working remotely?

A Gallup Panel tracked employees from late 2020 to April 2021 and found remote work was highest among groups that worked in offices or behind computer screens. As much as 80 percent of white-collar workers reported telecommuting at least some of the time. Younger workers, ages 25 to 54, were more likely to telework than other age groups. Women were more likely to work remotely than men because of the pandemic. However, the numbers of remote workers were much lower when job responsibilities included manual work or physical labor. Some jobs always have to be done completely in person. If you are a dog groomer or dental assistant, or public transportation driver, you have to show up for the work to be accomplished. It's impossible to install a new roof or perform surgery via an internet connection. However, many workers found they could accomplish at least some of their work from alternate locations. Doctors provided more telemedicine, while engineers, computer science workers, and finance companies switched to almost completely remote.

### Benefits of working remotely

- **Improved work-life balance** – People spend less time commuting. They have more control over their schedule, so they can more effectively juggle personal and professional tasks.
- **Fewer work-related expenses** – Workers save on transportation costs. They can prepare food at home rather than eating out and may need less work related attire.
- **Reduced stress** – Healthier eating, no racing to work in heavy traffic, and a more balanced schedule can mean better physical and mental health.
- **Increased productivity** – Not everyone fits in the same nine-to-five cubicle. Remote work allows staff to pick their own most productive schedules and environments. Improved autonomy can lead to [increased engagement](#).

### Problems reported by telecommuters

Some workers found themselves surprised by some harsh realities of remote work. While most people envisioned laid-back hours working from the beach or cozy on the couch while the dog napped at their feet, the reality was something very different. Remote workers started reporting high levels of stress and signs of impending burnout for many reasons.

- **Work schedules blurred.** Because employees had flexible schedules, some felt they needed to be available for longer hours.
- **Personal interaction became scarce.** Video meetings don't provide the same level of interaction as seeing co-workers face to face daily.

### Drawbacks for employers

Companies can also need help when staff shifts to part or full-time remote work. Communication is more complicated when everyone is rarely together in one place. Company culture is more challenging to maintain and convey when [onboarding new employees](#). Security is more challenging because employees access data using off-site networks and devices. Bosses trying to manage teams with disparate schedules can become overworked and exhausted. And while some employers save money because they don't have to maintain as much office space, others spend more because they have to divert resources to multiple locations.

### Tips for managing remote staff

- If your teams will continue to work remotely going forward, maximize productivity and engagement with these tips.
- **Set clear communication rules.** Document and review precisely when and how staff members should keep in touch.
  - **Clearly define job responsibilities.** Many roles changed over the past year. Make sure tasks and pay are still appropriate.
  - **Check in frequently.** Managers should [ask how their employees are doing](#) and provide feedback at regular intervals.
  - **Create connections between co-workers.** Have virtual coffee breaks or regular team huddles. Take time for [team-building activities](#). It may initially feel artificial, but social connections are crucial for long-term engagement.
  - **Provide the right tools for the job.** Give them the hardware, software, office supplies, and other equipment they need to do what you're asking of them.
  - **Review data security procedures often.** It's easy for workers to forget [cybersecurity](#) concerns when they're in their living room's privacy or a coffee shop's cozy corner.
  - **Celebrate achievements.** [Recognize individuals and teams](#) that reach goals or create growth.

Read more [consumer tips](#) and [business tips](#) from BBB.

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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 International Association of Better Business Bureaus (IABBB). 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: [BBB.org](http://BBB.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org).*

# Let Us Entertain You!

By Claire Houser-Dodd, Columnist

Actually, this article may not be as entertaining to you as it was to us! It’s about our trip to take my Great-Grand, Matthew, who wanted to go to the mountains, to the beach. He was pretty sure he did not like the beach because he had been before as a very small child, just learning to walk and trying to speak. Very small! I had taken him along with his mother and daddy to Tybee. You know how hard it is to get a parking place at the beach! I put them out at the pier and drive to find a parking place... at least a mile away. I walked back with all my beach necessities. When I saw Matthew falling down and looking so distressed, I was heart-broken. A very small wave had knocked him over; he saw me, held his arms straight up and said something like POO – POO. Although he couldn’t say it, I knew immediately what he wanted. So, I picked him up and told the others to pick up the beach stuff. “We’re going to the Pool!” No problem, found a nice motel on I-95 with a pool at rear door and many good restaurants. Matthew was so thrilled and had such fun walking and jumping into the water. It made us all happy as we were busy laughing and playing with him.

Now we are at Fernandina Beach. We came in on A1A, took a right on Atlantic Avenue and headed toward our condo which is about two and a half blocks from the ocean. As soon as we stop Matthew heads for the ocean; and, comes back with jeans wet to the holes in the knees. He changes and we head out for the Beach Club where you can eat inside, upstairs, on the porch or on the sand. He chose the sand. We had a wonderful Shrimp Feast, and he found a friend to chase and run around with in the sand. Yuck! I hate that sand! This time, I was the one who could hardly walk!

The condo comes with a club house and private pool. Matthew was in it when not at the beach. He was tireless, never stopped; or, wanted to. He even wanted to play Putt-Putt Golf... but, not I! Too hot! Daughter and Son-in-Law volunteered. (Much to their chagrins later.) Turns out it’s hotter on that course than anywhere in town. Walking around in the old city, visiting stores, eating in restaurants and peeking in the country’s oldest saloon was comfortable and even cool. Matthew really enjoyed seeing the old Pippy Long stocking house not far from downtown. We enjoyed all the seafood, especially shrimp presented in every way possible. The Salty Pelican was our favorite, and so was a ship looking restaurant the last night where Matthew ordered the Seafood Extravaganza with six huge Crab Legs. He was in hog-heaven.

For a guy who didn’t want to go to the beach, only the mountains, I’d say he was thoroughly entertained; and, we hope you were too.

Post Script: After being home for a few days, Matthew phoned to say, “You know, Gammie, I had so much fun, I’d like to go back!”

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# Senior NEWS

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## Taking Care

# Social Connections Are Good For Your Health! Relationships Matter At Every Age!

By Lisa M. Petsche; lmpetsche@gmail.com

Research has shown that healthy relationships help to maintain physical, mental and emotional well-being, not only enhancing quality of life but also contributing to longevity. As people age, however, their social network typically diminishes, due to retirement, relocation and friends moving away or passing on.



Lisa  
Petsche

Preoccupation with health issues or caring for an aging relative may also cause relationships to slide. All too easily social isolation may result. This separation from others can foster loneliness and precipitate depression.

It's important in spite of life's changes to nurture relationships – a vital source of pleasure, validation and practical support – and forge new ones if needed. Here are some ideas for how to go about this.

## Get Busy

Get out around people every day. To combat isolation, join a dinner club, fitness center or bowling league. Or head to an indoor mall that has a morning walking program.

Sign up for an adult education course or lessons that interest you. Be sure to check out available programs at the local senior center or recreation center as well as those offered by educational institutions. Learning something new will energize you and boost your self-confidence, and you might make new friends in the process.

Get involved in your community. Volunteer for a charitable or environmental cause, animal shelter, political campaign or, if applicable, church ministry.

Attend school, workplace and other types of reunions whenever an opportunity arises. Better yet, offer to help organize such an event. You might rekindle some old friendships.

## Reach Out

Take the initiative and invite friends over. Don't wait for them to call or drop in. Some ideas for activities: Try out a new recipe, watch a movie, work on a challenging jigsaw puzzle, or play card games or board games.

Organize among your friends a weekly coffee time (at a centrally located coffee shop or rotating in participants' homes) or a monthly lunch or dinner date (for example, the first Friday of every month).

Keep in touch with out-of-area loved ones though phone calls (find a good long-distance savings plan), letters, e-mail or instant online messaging.

If it's hard to get out or you're shy, meet new people with similar interests through Internet social networking sites aimed at seniors.

Get to know neighbors. An evening stroll is one way to do this. Another is to volunteer for a neighborhood association or condo board.

Do nice things for others, especially those who are going through a difficult time. This takes your mind off your own situation, boosts your self-esteem and strengthens relationships.

If you are recently widowed, join a support group to connect with others who understand what you're going through. Information on relevant groups can be obtained from the local community information service or office on aging. If it's hard to get out or you prefer anonymity, Internet message boards, chat rooms and discussion forums are some alternatives.

## Further Tips

Get a pet. Cats and dogs provide companionship and affection and give you a sense of purpose. A dog also ensures you'll get out of the house. And while walking it, you might meet new friends.

If you don't have grandchildren or they live far away, find out from your local office on aging if there's an Adopt-a-Grandparent program.

Cultivate some solitary pastimes. Hobbies not only enable you to enjoy your own company but also give you something to talk about in social situations.

If you live alone and don't like it, consider taking in a boarder, sharing accommodations with a relative or friend, or moving to a senior living community.

\*\*\*\*\*

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

Opinion

Lest We Forget

Daniel W Gatlyn, USN Ret. – Minister/Journalist

**THE WALL...** “CARVED ON THESE WALLS IS THE STORY OF AMERICA, OF A CONTINUING QUEST TO PRE-SERVE BOTH DEMOCRACY AND DECENCY, AND TO PROTECT A NATIONAL TREASURE THAT WE CALL THE AMERICAN DREAM.” Fifty Eight Thousand, Two Hundred and Sixty Seven young Americans would die... the price we paid to undergird the world in peace... politicized by an enormous host... ignored by millions... misunderstood by more millions. Most who perished were men; but, the names of EIGHT WOMEN ARE ALSO LISTED ON THE WALL!

Hostilities ended almost half a century ago; and, America has “moved on” and almost forgotten! I was there; and, I will never forget! Names on **THE WALL**... some who were friends... including those who were added in 2010.

The First known casualty was Richard B. Fitzgibbon of North Weymouth, MA, who is listed as expired on June 8, 1956. His name is listed on **THE WALL** with that of his son, Richard B. Fitzgibbon III, who was killed on September 7, 1965. There are three sets of Fathers and Sons **THE WALL**! Of those listed, 39,996 were just 22 years old, or younger. Twelve were just Seventeen. Five were just Sixteen. One, PFC Dan Bullock, was only 15! Nine Hundred and Ninety-Seven were killed on their first day in Vietnam! Unfortunately 1,448 were killed on their last day in Vietnam; 31 sets of brothers are on **THE WALL**; and, 54 soldiers listed attended Thomas Edison High School in Philadelphia. The town of Bealsville, Ohio, with a population of only 475 lost SIX OF HER SONS.

West Virginia had the highest casualty rate... losing 711 from the State. Nine graduates of Morenci High School in Arizona, members of a robust sports team, enlisted together. Their service began on July 4, 1966. Only three returned home!

The Buddies of Midvale, Utah, boyhood friends living on consecutive numbered streets, all died within sixteen days... Leroy Tafoya on the date of John F. Kennedy’s assassination... Jimmy Martinez on Thanksgiving; and, Tom Gonzalez on Pearl Harbor Day.

The most death casualties took place on January 31, 1968 when 245 died in one day! The most KIA’s experienced in one month was in the month of May 1968... 2,415 died in that one month!

Many Americans who read this will only see statistics of war. But, those who survived the conflict, and the families who lost members, will see the faces and feel the pains of sorrow for a lifetime... because they were friends, husbands, fathers, sons, and daughters.

**THERE ARE NO NOBLE WARS...  
...JUST NOBLE WARRIORS!**

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# Let’s Visit the Petrified National Forest!

By Carolyn Brenneman, Columnist

Cover: Here I am enjoying the Petrified National Forest!

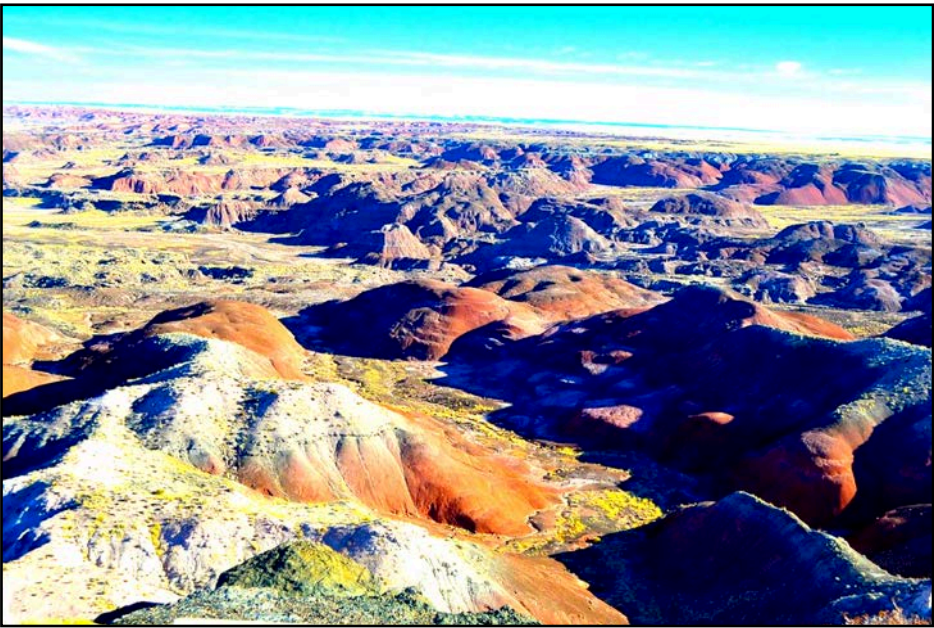
This is the perfect place to walk around, explore and enjoy the magnificent scenery and paved trails. On our travels out west, we spent the day at the Petrified National park. This is the only park that contains a segment of the more historic Route 66 alignment.

Well, what kind of park is it? It is full of petrified wood that is millions of years old thus making many pieces of the wood unique glass-like structures.

Wood becomes petrified when a log has all of its original plant materials infilled, or replaced by minerals. So around 216 million years ago, the trees died and fell into a river. They were then buried beneath layers of silt, mud, sand, and volcanic ash, which protected them from any decay. Water percolated through the layers, carrying silica from the volcanic ash and other trace minerals. The dead wood became saturated with these minerals. Then the silica crystals slowly bonded with the cells of the tree replicating the organic material. Then the silica replaced the wood material. So that left the petrified forest made of stone, not trees anymore.

The petrified logs have brilliant colors in them. This is due to the trace elements that seeped into the wood along with the silica. The iron provides rich yellows, oranges, bright reds, browns and some black. They form many unique fern like patterns that are gorgeous.

The forest stretches north and south between Highways 40 and 180 in Arizona. There are two entrances to the park with visitors’ centers, and the  
**continued on page 7**



**Incredible view of the area!**



**A long piece of the wood/rock!**

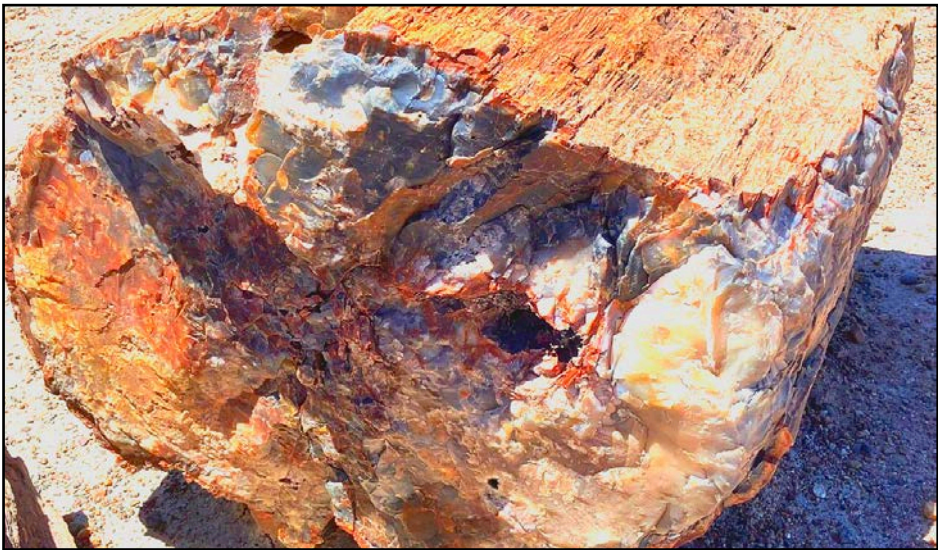


**A cross section of the wood at the museum!**

**Petrified National Forest, from page 6**

northern entrance displays the Painted Desert visitor center with many unique artifacts. The southern entrance displays the petrified log fields, the Rainbow Forest Museum and the Giant Log Trails. We traveled from the north entrance, stopping at many of the marked sites, and we were able to park at each of the pull-offs to get better views of everything. As we traveled to the southern entrance, we spent more time at the Rainbow Forest Museum and walked the incredible Giant Forest Trail. There are signs that tell all about the different colored layers of rock. The visitors' centers has information about the rocks, the history and a gift shop, and information about dinosaur bones found in the area. Take a look at this area, as the grandkids would like the skeleton of a large dinosaur in the information center.

So the Petrified Forest is a must see when you come to Arizona for a visit. Plan on at least half a day for easy walking and bring your senior park pass for free entrance. It's worth it.



**A different view of the magnificent wood/rock!**



**Top view of the large log!**



**Desert flowers in bloom!**



**More views of the national park!**

# A Tribute to Roger Ann Davis

By Claire Houser-Dodd, Columnist

**COVER: Ann picking blackberries with Daisy the dog... Daisy picked blackberries also!**

We had heard so many wonderful things about Roger Ann Davis and her unbelievably lengthy newspaper career. She has written everywhere in Middle Georgia and even up to Atlanta with the Atlanta Journal and Constitution. How do I know all this? From daughter, Emily Griffin, Managing Editor of the Citizen Georgian who admires Roger Ann immensely and is forever talking about her and her brilliant past, plus her columns she still writes now for the Montezuma paper.

You can see for yourself how we were seeing these 60 years of newspapering prowess! We see a bronzed older woman – for some reason in a big hat and Bermuda shorts, and maybe even a rifle along with her camera. Are we seeing “Out-of-Africa” or some such? Anyway, something like, “Rode hard and put up wet!”

Oh, No! Emily sends us an article about Roger Ann in their paper. Lo and behold, a lovely blonde real Southern Lady appears on the front page. No Safari hat or burnt up skin, a lovely lady in a dress of all things. Then we phone her for an interview and are even more impressed. She is a jewel, fun to talk to, with a plethora of great stories.

Roger Ann started at 16 typing for the Taylor County News and babysitting the editor’s two children. And, for 50 cents per hour!

She graduated from Butler High School in Taylor County and earned a Bachelor of Arts degree from the University of Georgia. She studied Journalism and Public Relations with a double minor in Business Management and Political Science.

Mrs. Davis served as the Managing Editor of the Macon News and the Columbus Enquirer and for 18 years she was Publisher and Manager of Mitchell Newspapers Inc., which included The Camilla Enterprise and The Pelham Journal. She has also been Editor and General Manager of the Citizen Georgian in Montezuma, but she now operates her own publishing company, producing Real Facts News, an e-mail publication. She covers Macon County... and it is FREE. All you have to do is subscribe for this good and professional paper. Real Facts News is widely read; but, Mrs. Davis worries that it is not as good as she would like it to be. She has 3,000 readers! She may worry, we will not! Her reputation precedes her. She should have no worries at all.

**continued on page 9**



**Roger Ann Davis**



**Roger Ann playing at a Macon County Kiwanis Club meeting!**



**Roger Ann stretched out to read...  
...she is an avid reader!**



**Roger Ann reading to children at the Macon County  
Elementary School during Dr. Seuss Week!**

**Roger Ann Davis from page 8**

Roger Ann has won many honors over the years. The Camilla Journal has received many awards over the years. She said, “However, our best moment came in 2001 when the newspaper won a national award... First Place for the Best Breaking News Story, Non-Daily Division, Circulation 3,000 to 5,999, in the National Newspaper Association Butler Newspaper Contest. The award was for the coverage of the 2000 Tornado which killed 19 people in our area.”

In 2002 she won a Certificate of Honor from the Georgia Women’s History Month Committee to the Georgia Commission on Women, honoring “women who have made pioneering or noteworthy contributions to the field of print journalism.”

Roger Ann is a member of the Macon County Kiwanis Club, and is known as “The Pancake Lady” as she makes the pancakes “from scratch for fundraisers. She has performed this trick for 34 pancake suppers.

She not only goes to the Ideal Baptist Church; she is the church pianist and leads the Youth Choir. In the past, she sang in the choir, operated the sound room, and participated in their theater productions.

Roger Ann and her husband, Jimmy Davis, together have 5 children, 12 grands and 15 great-grands; and, we would certainly love to see them all together in the same house she has lived in since childhood. She used to have chocolate cakes and candies, but not since she suffered a diabetic scare a year ago. She is one smart lady to correct her diet, bring sugar down to a perfect level and go from 160 to 125 pounds in weight. She told her doctor, “I’m too old to have Diabetes.” So, as she has done all her entire life, she took the news and ran with it! We are proud to know this strong lady who can evermore “take charge!”

Of her many titles she says, “The best title ever is ‘Grandma!’ I like it better and it is more important than any other,” she shared. With all her titles and accolades, she knows what is the most important thing... her church and family life.

We salute you, Roger Ann, for all you’ve done by sharing your God given writing talent and for your free gift of the “Real Facts.”



**Roger Ann and her husband, Jimmy Davis!**



**Roger Ann Davis in the cubbyhole she calls her Real Facts News office!**



**Roger Ann – the pancake lady!**

# BBB Tip: A shopper's guide to premiumization!

Submitted by Kelvin H. Collins, President/CEO, Better Business Bureau  
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Premiumization is when [companies offer higher-end products and services](#) for a premium price. Airlines selling both business class vs. economy seats are a classic example. Another is car manufacturers offering a standard model and one featuring heated seats and leather trim.

While these two examples have been around for decades, premiumization has expanded since the Covid-19 pandemic. Now, businesses selling everything from [beauty products](#) to [booze](#) are adding new premium options and services. As a consumer, evaluating premium options can be tricky. Here are BBB's tips for weighing new premium options and ensuring you get the promised value.

## Tips for navigating premiumization as a shopper

- **Do your homework.** Brands that offer premium products or services may look like luxury, but as with any purchase, doing some research is vital. Before paying a premium price, ensure the vendor is a trustworthy business with a reputation for good customer service. Look up businesses on [BBB.org](http://BBB.org) to review business ratings and comments from customers.
- **Understand what makes a product premium.** Many business owners are working to [maintain profit margins](#) by offering their clients added value in a premium package. However, if a product or service claims to be premium, find out why. Specifically, what makes it better than the basic option? If a vendor can't give you a good answer, skip the premium price and shop elsewhere.
- **Comparison shop.** To get the best deal on anything, comparison shopping is a must. This is also true when considering a company's premium offerings. Find out what similar companies offer and their price point to see if you are really getting added value for the higher price.
- **Watch for "greenwashing."** Many companies promote [premium options as more sustainable, lower waste, or all-natural](#). But be wary of [misleading green marketing claims](#). The Federal Trade Commission advises consumers to look for specific information on packages and products that explain why the product is green.
- **Keep track of subscriptions.** Many companies offer premium services in the form of a [subscription](#). This might mean paying a monthly fee for quicker delivery, exclusive content, or access to superior products. If you purchase a subscription, and especially if you purchase multiple subscriptions, keep track of them. [Review paid subscriptions](#) regularly and cancel any you no longer need to avoid unnecessary spending.
- **Don't want premium? Explore new brands.** While some companies are leaning into new premium offerings, others are filling the lower-price space with cheaper options. For example, [make-up brands](#) are creating new products similar to high-end options but sell for a fraction of the price.
- **Stick to your budget.** A [good budget](#) can do wonders for your financial health, but only if you respect your spending limits. If your budget only allows you to purchase the basic version of a product or service, skip the premium offerings to keep your finances in the green.

For more information: See BBB's tips on creating a budget, keeping costs down during inflation, and smart online shopping at [BBB.org](http://BBB.org).

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*Kelvin Collins is president & CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia, and Western South Carolina. This tips column is provided through the local BBB and the International Association of Better Business Bureaus (IABBB). 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: [BBB.org](http://BBB.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org).*

# Metro Atlanta Nonprofit Christian City Awarded \$600,000 Grant from U.S Administration For Community Living

*Funding will support efforts to arm Atlanta’s seniors with the tools needed to self-manage chronic diseases*

Submitted by The Wilbert Group, Allie Cyr, Account Coordinator; acyr@thewilbertgroup.com; www.thewilbertgroup.com

ATLANTA ( July 13, 2023)

**C**hristian City, Inc., a local nonprofit with a 500-acre campus designed to uplift vulnerable children, adults and seniors, today announced the organization has received a \$600,000 federal grant to provide older adults living in the metro Atlanta area with the resources and support they need for chronic disease self-management. The grant was awarded by the U.S. Administration for Community Living (ACL), which funds programs that allow older adults and those with disabilities to be active members of their communities.

As part of the ACL’s Chronic Disease Self-Management Education (CDSME) Grant Program, Christian City is one of only eight organizations across the country that have received this funding, which will be used to engage older adults and those with disabilities in evidence-based programs to manage their chronic conditions, including diabetes, heart disease, arthritis, chronic pain and depression. The program is overseen in conjunction with the National Council on Aging (NCOA). The help will be provided to older adults living in metro Atlanta, including residents at Christian City’s campus in Union City and members of the Metro Atlanta YMCA and the National Church Residences.

“We are thrilled to receive this grant that will enable us to expand Christian City’s existing services for older adults. It’s important to empower our older adults and those with disabilities to take control of their lives and live fuller, healthier and more vibrant lifestyles as they age — especially following the impact of the pandemic,” said Tyler Garcia, project director and Director of Campus Recreation at Christian City.

The grant will primarily support seniors in underserved populations or geographic areas. Christian City’s goal is to engage 970 participants across three evidence-based programs by May 2027. The programs offered include Better Choices, Better Health, Enhance Wellness, and Geri-Fit. Descriptions of each evidence-based program are below:

- **Better Choices, Better Health** is an online program that provides support for people with chronic conditions and gives them the tools to have better health and emotional support.
- **Enhance Wellness** connects participants with a personal health and wellness coach to improve physical, social, and emotional well-being.
- **Geri-Fit** is a health promotion and chronic disease self-management support program that is designed exclusively for older adults to help rebuild strength that’s been lost through the aging process.

“There’s a crucial need for supportive programming that prepares our aging adult population to enter a new, unfamiliar life stage and retain their independence,” said Keith Horton, CEO at Christian City. “As we raise awareness about the chronic diseases that overwhelmingly impact this demographic, we are emphasizing agency by providing them with the knowledge they need to self-manage these illnesses on their own terms.”

Chronic diseases are the leading cause of death in America, with six out of 10 older adults living with at least one chronic disease. According to a recent report from the National Library of Medicine, the number of the adult population aged 50 or older with at least one chronic illness is projected to increase by 99.5% by 2050.

Christian City’s fast-growing, multigenerational campus is home to an affordable active senior living community for adults age 65+, which includes 287 subsidized apartments and 212 life-lease patio homes. An on-campus healthcare facility, operated by PruittHealth, features 150 assisted living units and a 200-bed skilled nursing and rehabilitation facility.


To learn more about Christian City, visit [www.christiancity.org](http://www.christiancity.org).

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# Chamber Unveils Leadership Columbia County Class 2024

## 35 community leaders slated to participate in 9-month long program

Submitted by Olivia Reich, Communications Manager, Columbia County Chamber of Commerce; [olivia@columbiacountychamber.com](mailto:olivia@columbiacountychamber.com)  
EVANS, Ga.

The Columbia County Chamber of Commerce is pleased to announce the Leadership Columbia County Class of 2024. This program is presented by TaxSlayer.

The 9-month long leadership program is managed by the Columbia County Chamber of Commerce. A highly informative and engaging program, it is designed to expose businesses and area leaders to the opportunities and challenges facing our community, promote and foster the development of leadership, and educate and prepare community leaders who are committed to shaping Columbia County's future.

Each month, the participants experience topics concerning our community, including county operations, economic development, education, media, healthcare, government, non-profits, military and law enforcement.

The Leadership Columbia County Class of 2024 includes: **Jen Baggett**, ADP, Inc.; **Kimberly H. Barker**, Hull Barrett Attorneys, PC; **Lindsay Black**, Doctors Hospital; **Julie Blackenbeckler**, Card My Yard Augusta; **Andrew Boley**, SRP Federal Credit Union; **Amber Brantley**, Columbia County District Attorney's Office; **Kelli Cody Brookins**, Alzheimer's Association; **Katie Cason**, Columbia County PAC; **Ashley Coxwell**, Peak Talent Capital Solutions; **Ehrin Fairey**, Southeastern Residential; **Lani Frost**, Rhodes Law Firm, P.C.; **Eve Gallo**, GraniteArch Wealth Mangement; **Bob Gibson**, GFL Environmental; **Brandon Headrick**, John Deere; **Dat Hoang**, SRNS; **Kayla Hogan**, Meybohm Real Estate; **Chris Horton**, SRNS; **Chris Hughes**, Columbia County School District; **Angela Sorapuru-Lopez**, REMAX True Advantage; **Sarah Lusk**, WRDW-TV; **Robert Mize**, Queensborough National Bank & Trust; **Deanna Moultry**, Georgia Power Company; **Marshall Myers**, United Way; **Abby Muehlfeld**, Golden Harvest Food Bank; **Marcy Nelson**, ADP, Inc.; **Andy Passmore**, Security Federal Bank; **David Perry**, South State Bank; **Alisha Pollard**, JANUS Research Group; **Alan Rabun**, Colony Bank Mortgage; **Craig Smith**, TaxSlayer; **Nichole Spencer**, Augusta Technical College; **Lisa Story**, Brandon Wilde; **Laura Walker**, BHHS Beazley, Realtors; **Will Walker**, SD Clifton Construction; **Jeremy Wilson**, Morgan Stanley

Each Leadership class collaborates on a project to address a specific concern in our community. Last year's class sponsored a toy drive for Hope House and collected over 100 toys. In addition to the toy drive, the class raised over \$10,000 in cash donations that were used in much needed renovations to the Hope House facility.

The chair of the 2024 Leadership Class is Susan See, with Nothing Bundt Cakes, and a Leadership Class of 2020 graduate; vice chair is Logan Banks, with Brandon Wilde, and a graduate of the Leadership Class of 2021. For more information about Leadership Columbia County, contact Beth Frits, Leadership Programs Manager, at [beth@columbiacountychamber.com](mailto:beth@columbiacountychamber.com) or 706-651-0018.

For information on the Columbia County Chamber, visit [columbiacounty-chamber.com](http://columbiacounty-chamber.com).

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