

Senior News Georgia

Providing Helpful Information for Mature Adults in GEORGIA!

*Flowers Are
Blooming in May!*

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*Dollie Horton
Celebrates
82nd Birthday!*

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May 2024
Volume 38, No. 5

Let Us Entertain You

by Claire Houser-Dodd, Columnist

Just reading over notes from the Study Club where Delise Knight and husband Paul presented the program. It was all about this year's "Flower Fantasy." This is its third year of being held. This year's theme was "Flowers Around the World!" The unusual beautiful tour of their home and gardens were held on Saturday and Sunday the 19th and 20th of April.

The pictures of last year's Flower Fantasy were gorgeous and this year even more spectacular. The first flower fantasy setting we walked through represented Mexico and it was extremely colorful. Delise let us know there were 1,000 tulips delivered from Miami the morning of the show and arranged one by one. Another interesting point of the show was the 600 butterflies hanging from the ceiling in another part of the historical home. This is a once a year spectacular event not to be missed.

It was well advertised, so we hope you made arrangements to attend. The show was held inside and out and couldn't have been more perfect or stupendous. You could not have seen a more sophisticated presence of flowers in New York or Paris. The bedrooms in the historical Bassett home had lovely comforters and spreads embellished with beautiful blooms. I wanted to run and jump right in the middle of them. Delise held me back and was the perfect host and guided me through her home. One of the original owners of the home had a daughter, Patsy, who was there; and, Paul's mother was there, as well as Delise's sister. Many people from all over came to admire the unbelievable talent of Delise and the Garden Club helpers.

And with everything going on here at home I missed the Wesleyan Alumnae Week-end. I was in the last class to graduate from the Wesleyan Conservatory but I knew many of us would not be attending. Joyce Hall Pelphrey and I have been trying to plan for a while how we could get around, and up and down steps, to sign in. Then, as we were talking on the phone, Joyce fell to the floor! So, the decision was made for us! We had already been laughing about falling down the steps on top of each other. We can both drive, but neither of us can walk worth a toot.

This area of Middle Georgia has really had the entertainment lately. What with the Macon Cherry Blossom Festival, the Dogwood Festival in Perry, and the Strawberry Festival in Reynolds, we have been more than busy.

Did you know that strawberries are in the rose family and they have 200 seeds all on the outside, whereas most have seeds on the inside. Delicious they are!

After April showers lets hope that May brings more flowers and events. Mother's Day is the 12th. Daughter and I are already celebrating. Hope you are doing the same!!!



Marilyn Tucker, wife of *SeniorNewsGeorgia* Publisher, Billy Tucker, enjoys a look at the "Garden" during her visit to this year's "Flower Fantasy!"

Easter Season is not Over,
In fact it is only Beginning



Did you know ...

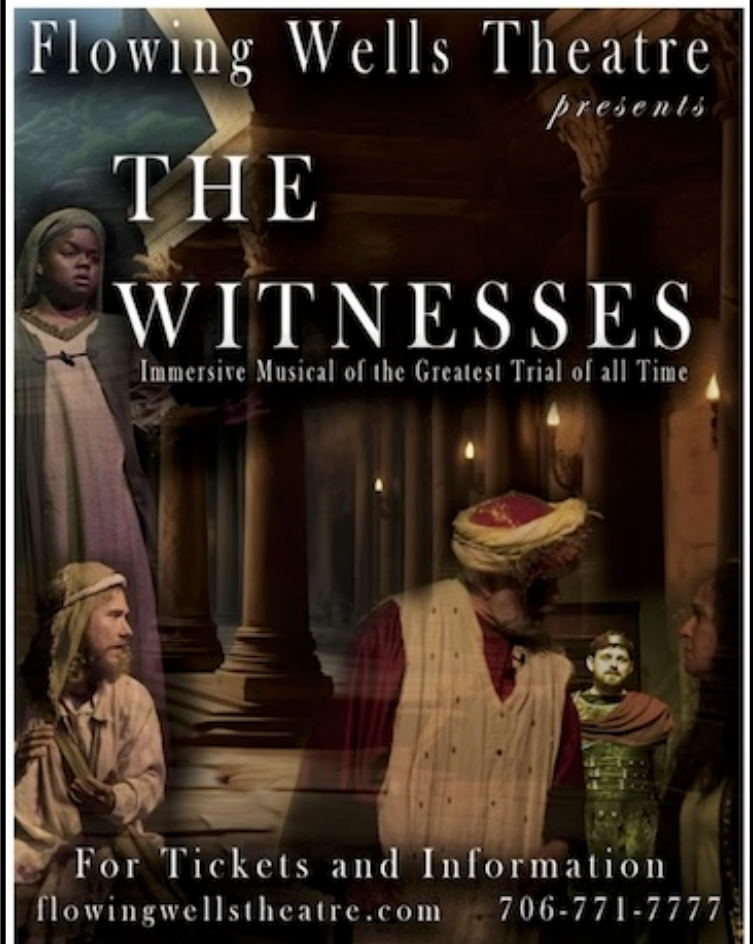
...That the Easter Season began
on Easter Sunday
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First Responders & Military enjoying their lunch on the Janice Overbeck Real Estate Team patio.

Firefighters attending the appreciation lunch at the Janice Overbeck Real Estate Team office.

Appreciation Lunch for All First Responders & Military Honoring our local heroes!

Submitted by Janice Overbook
janiceoverbeck@janiceoverbeck.com

Marietta, GA (April 22, 2024)

On Wednesday, April 24th, from 11:00 a.m. - 2:00 p.m., The Janice Overbeck Real Estate Team held an appreciation barbecue lunch to honor local police, firemen, EMT's and military. This appreciation lunch gave local citizens and businesses a chance to voice a much needed "thank you" to some of the hardest working men and women in our community. PrimeLending served up BBQ with a variety of sides sponsored by other local partners... Arrow Exterminators, Amerispec, All Atlanta Inspection Services, American Home Shield, First American Home Warranty, and Chick Fil A East Lake.

Attendees were welcome to use the back patio to enjoy their meal or to take it on the road. Local Cobb County and surrounding area first responders, police, fire, detective units, and military were all invited.

For more information on community events at the Janice Overbeck Team office, visit: www.JaniceOverbeck.com/events.

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Taking Care!

Stroke Affects the Whole Family!

By Lisa M. Petsche – Imepetsche@gmail.com

Stroke is the leading cause of long-term adult disability in the USA. Twenty-five percent of those affected are left with minor impairments, while 50 percent experience moderate to severe disability. Stroke can result in not only physical impairment but mental deficits as well. Paralysis or weakness on one side of the body is the most obvious sign of brain damage, but mobility, personal care, communication, mood, memory and problem-solving ability can also be affected.

Without a doubt, stroke is a life-altering experience – not only for survivors but also for their loved ones.

Without a doubt, stroke is a life-altering experience – not only for survivors but also for their loved ones.



Lisa Petsche

Like the survivor, family members initially experience a wide range of feelings. These may include shock, relief, denial, fear, anxiety, anger, sadness and frustration. It's a time of grieving losses, since life may never return to the way it used to be.

In the midst of such upheaval, it's common for relationships within a family to become strained. Impaired speech or language comprehension can make it difficult for the survivor to successfully communicate with relatives. Chemical changes in the brain can also cause sudden, uncontrollable crying.

In addition, some people undergo a personality change following a stroke. Depression is also common, manifested by irritability or indifference and withdrawal.

Such changes can lead family members to feel that they no longer know their relative. Furthermore, they may feel that no one else understands what they and their family are going through. This can make for a lonely time.

Uncertainty about the future – for example, how much functioning their relative will recover and whether they'll be able to return home – also contributes to stress.

Spouses or adult children may be overwhelmed by the number and type of decisions that need to be made, such as those regarding rehabilitation options, equipment purchase, home modifications and other discharge planning considerations. They may have to take over practical tasks such as managing finances, preparing meals and housekeeping. In addition, they may be expected to assume the role of hands-on caregiver, assisting with dressing, grooming, bathing and toileting. Feelings of doubt and resentment may surface, closely followed by guilt.

Reducing Stress

The following are some strategies for keeping stress manageable.

- Learn as much as possible about stroke and educate family and friends.
- Include your relative in conversations, even if their ability to participate is limited. If communication is difficult, ask the hospital speech-language pathologist for suggestions.
- Attend some therapy sessions with your relative, to show support and learn what they are and aren't able to do.
- Focus on progress made, however small the steps, and encourage your relative to do the same.
- Continue to involve your relative in family activities and community events. If they rely on a wheelchair for mobility, register them with the accessible transportation service in your area.
- Take things one day at a time so you don't get overwhelmed.
- Find at least one person you can talk to openly, who will listen and empathize. Consider joining a support group for families of stroke survivors.
- Look after your physical and mental health; the latter includes staying connected to friends and outside activities. Schedule a regular break from visiting in the hospital or caregiving at home.
- Ask other family members to help out. If your relative will be returning home or is already home with you, find out about available community support services and make use of them.
- Be patient. Allow plenty of time to adjust to the changes in your lifestyle and your relationship with your loved one.
- Look for ways to include laughter and joy in each day. This will enhance your relationship and help foster a positive outlook.

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

Opinion

DEMONSTRATIONS

By Daniel W Gatlyn, USN Retired – Minister/Journalist

I am Ninety-Four and I'm aware of both the scripted and unscripted privileges of the American Citizen; but, I have never in all my years "marched, assembled, or Demonstrated for a cause; always opting for a much better course of action. I mean you can vote, you can write letters, you can become a candidate for office, you can attend orchestrated gatherings (and sound off) – all without becoming a drag or menace to the "civilized world!"

So why should one yell, scream, and threaten? Most of those who would huff, puff, and shuffle toward the town square generally have no logical reason for what they advocate. One can appreciate the freedoms we have without becoming a "pain in the vein!" In addition to showing ignorance and disregard for others, a vast number of Demonstrations become violent with antics beyond legality. There exists a good number of statutes, duly enacted, that stipulate times, locations, and process of registering complaints or disagreements.

In the past weeks, there have been multiple occasions where obvious violations are in the mix!

In recent days, hideous groups of dysfunctional individuals have blocked bridges, Interstate Highways and Airport thoroughfares irrationally, and illegally, with minimal correctional course while insisting on a reverse procedure thousands of miles away. Their ability to do so, does not stimulate liberties, but speaks volumes on the twisted ethics of both "violators and Leadership." As a nation, we have labored continuously toward efforts of a consensual fix within Administration and Judicial Circuits. Articles of rationale are aptly inscribed, formulated, and emphasized, as to violations and corrections thereof. Failures to displace those violating basic rules – in a timely manner – speaks to the flawed methodology of authorized personnel. An alternate course of action should be considered.

Within the realm of possibilities lies the contribution of other parties... such as Journalists. I am greatly appreciative for the Liberties we have "Of The Press;" but, an undisciplined camera can render damage a thousand miles away.

First of all, Ethics demand that the entire world does not need to be aware of "all that goes on!" Secondly, the "frantic antics" of unreasonable souls generally subsides when the cameras are shut down. That is the NATURE OF THE BEAST! WHEN THE MUSIC STOPS, THE DANCERS TAKE A SEAT (Check it out). A very simple fix, with calming effect for the Golden Gate and the University system, WOULD BE TO SIMPLY INTERRUPT THE NEWS SESSION!

It takes two to Tango... or to mangle all sensibilities of all citizens. Knowing what tool to use under varied circumstances is the mark of a professional.

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Dollie Horton Celebrates 82nd Birthday!

by Clair Houser-Dodd, Columnist

I am so blessed with good neighbors. The one on my left is letting me share her 82nd birthday with you. It was yesterday and you should have seen the family, friends, students, and church members prancing by all day yesterday and today. And to top it off, son Rod flew eleven hours from Rio to Atlanta. That is approximately 5,000 miles. Rod teaches corporate English and is an independent professor, flying in to wish his mom a Happy Birthday, as well as a Happy Mother's Day!

Other son, Al, and his family live here and visit all the time, birthday or not as they are only a five-minute drive from Dollie's house.

Dollie had a visit from her oldest uncle, John Schofield, better know as uncle Bo. He came bearing gifts and a student from years ago who is retired from the military and had not forgotten her birthday in all

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L-R: Al Horton, Alisa Horton, Tisa Horton and Dollie Horton



L-R: Nigel Talton and Dollie Horton



L-R: Carlos Martinez, Anderson Lima, Al Horton, Rod Horton and Dollie Horton

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those many years. She also got a card from another student from San Antonio, Texas; and, many, many more wishes on Face Book.

Another visitor is Anderson Lima from Brazil who is an International Events Coordinator and a Wedding Planner. He is here in the U.S. to do a wedding in Atlanta at the Historical SCAD Ivy Hall for a bride from D.C.

One of Dollie's high school classes had their 50th anniversary from FVSU and they are walking with this year's graduation class in the honor of their anniversary, the graduates, and to honor Dollie as well.

The loves of Dollie's life are her grand children, Nigel and Alisa. Nigel retired from the Atlanta Braves as the ICONIC FREEZE. Alisa is a pro-gymnast and in her second year at Texas Southern University in Houston, Texas.

I have known Dollie most all her life and she is as beautiful inside as out. She was always a good student as well as a wonderful teacher. She is the first black woman in Georgia to own and operate a radio station; as well as fourth in the nation. After teaching Dollie served in administration at FVSU until she started teaching at the DUI School she opened.

Happy Birthday, Dollie! Also congratulations on a long, healthy, and purposeful life. I am proud to call you friend!



L-R: Anderson Lima, Dollie Horton, Rod Horton, Debbie Tummings and Trevor Tummings



L-R: Rod Horton, Al Horton and Dollie Horton



L-R: Anderson Lima, Al Horton, Rod Horton and Dollie Horton



John (Uncle Bo) Schofield and Dollie Horton

Flowers are Blooming in May!

by Carolyn Brenneman, Columnist

Cover: The beautiful poppies!

Yes, with all the rain around for the last several months, flowers are now blooming everywhere! In Georgia, azaleas are a common sight in many landscapes, as these plants are a deciduous shrub with clusters of colorful blooms. Another flower, the petunia, is one of the most common flowers grown in Georgia gardens. These colorful fennel-shaped flowers produce seeds that are relished by sparrows. Then there are the zinnias, a heat-tolerant, low-maintenance flower that flourishes in Georgia's summer weather. Available in various shades of red, orange, pink, yellow, and white, they bring a heavenly sight to our gardens!

But today, we are taking a trip out west to visit one of the largest and most spectacular fields of flowers in full bloom. Here we see 55 acres of giant

tecolote ranunculus flowers with rows after rows of gorgeous colors of reds, pinks, oranges, yellows, and whites. Yes, they are a beautiful sight and we will delight in the viewing of millions of these Persian buttercups, as well as poppies, and a host of sunflowers in bloom.

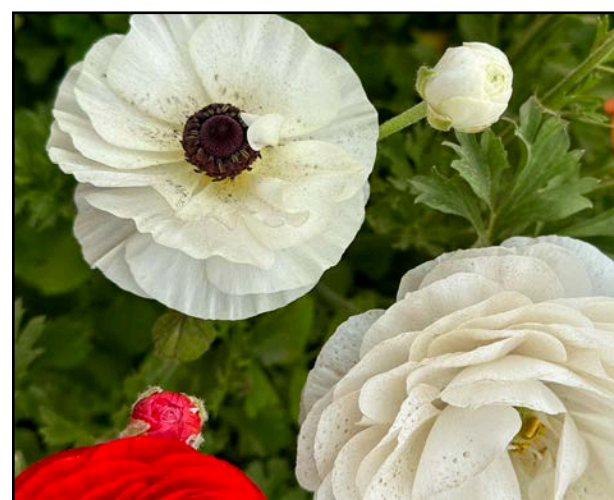
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The delightful colors are awesome.



Soft and beautiful pink poppies.



Soft and white ranunculus.



Here I am enjoying the fields.

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Well, what exactly are these magnificent beauties? The ranunculus flowers, known as the Persian buttercups, have beautiful glowing corrugated petals. These attractive flowers have petals that have mirror flat cells that bounce light back. And this feature of the flowers helps attract bees. Each flower has between 100 to 130 petals, making it voluminous and abundant in appearance. The delicate petals are paper thin and resemble the texture of crepe paper as they open one by one, slowly revealing a dark colored center.

Ranging in colors from light pinks to fiery reds, to yellows and light oranges, to snow whites and creamy golds, the ranunculus was first introduced to Europe around the 16th century. An interesting fact is that when it is cold, the flower keeps itself warm by forming its petals into a cup shape to collect sunlight. How fascinating is the ranunculus.

Now let's look at the poppy flower. Poppies have lobed leaves and a milky sap. The buds are often nodding and exist on solitary stalks. The flowers have four to six petals with numerous stamens surrounding the center called the ovary.

As the petals unfold, the two sepals drop off and the center makes into a spherical capsule topped by a disk. And when the wind is blowing, the seeds can escape from the pores. We have all seen this. And of interest, the poppy has long been used as a symbol of sleep, peace and death.

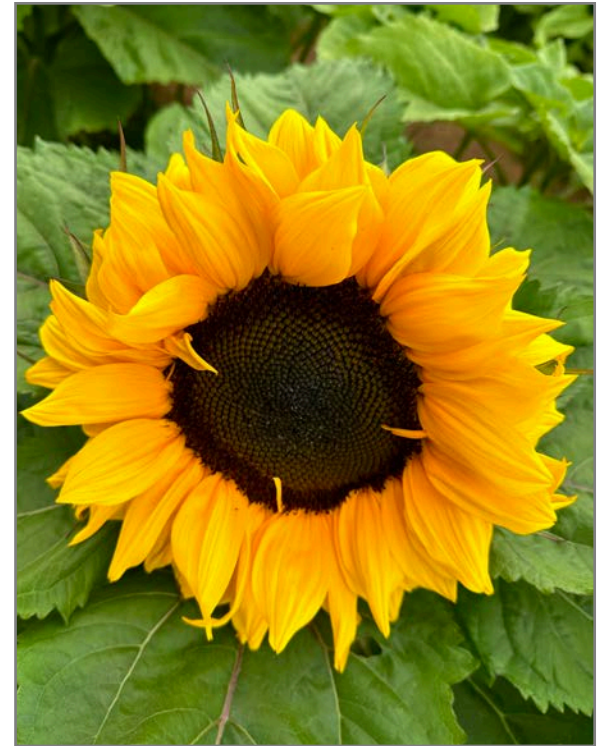
And why is this? Sleep because the opium extracted from them is a sedative, and death because of the common blood-red color of the red poppy in particular. In Greek and Roman myths, poppies were used as offerings to the dead. And peace, because they are appealing.

Interesting fact: the wearing of a poppy is a show of support for our veterans. And the poppy became a symbol of remembrance and hope for a peaceful future in the aftermath of the First World War.

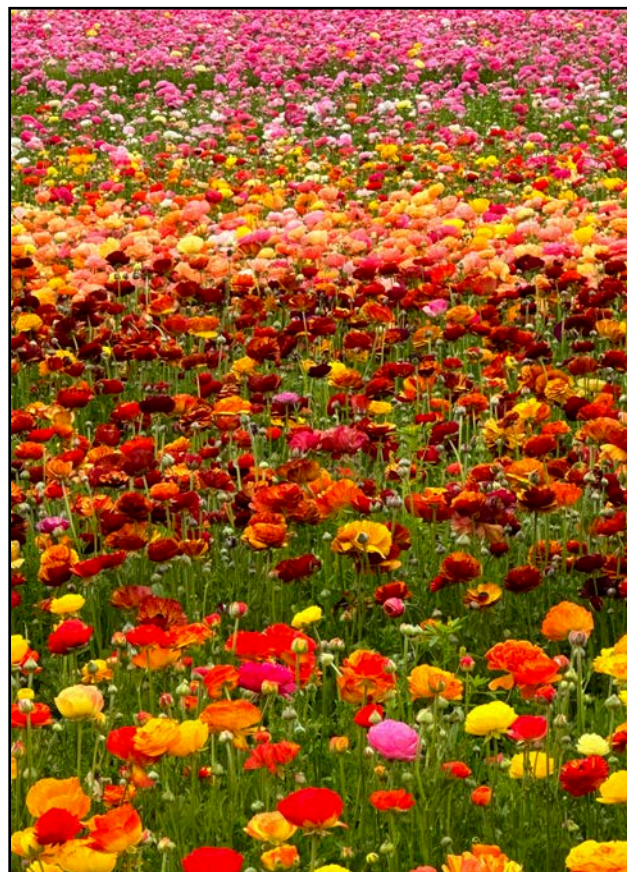
Now the last flowers to see today are sunflowers, a favorite of mine. Tall, gorgeous, yellow or multi-colored, the sunflower plants have a behavior called heliotropism which means that the flowers will face east in the morning and follow the sun as the earth moves during the day.

Sunflowers also have a history of healing and in Mexico the flowers were thought to soothe chest pain. Also the Cherokees utilized an infusion of sunflower leaves to treat kidney issues.

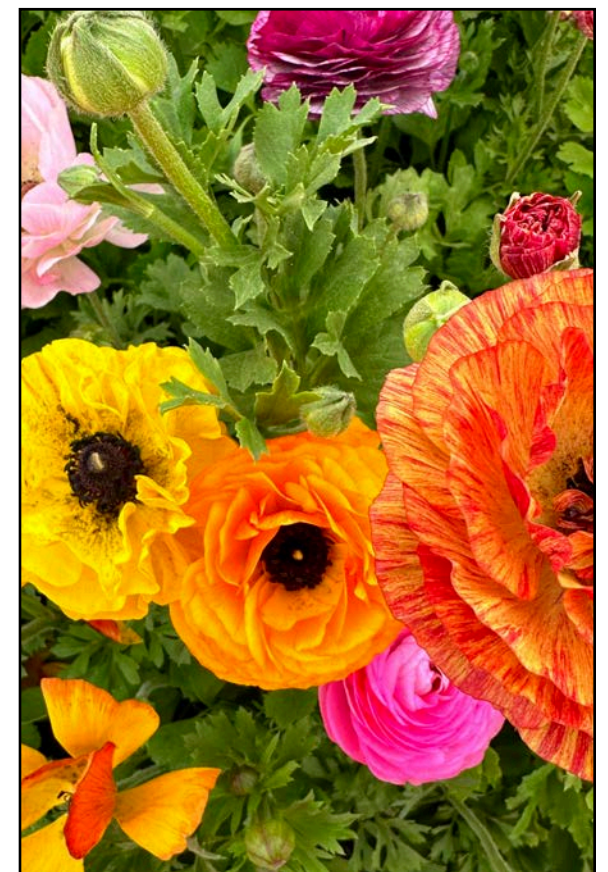
So, now when we see our Persian buttercups, poppies, and sunflowers, we will have a greater appreciation of these beautiful flowers. So let's enjoy!



The healing sunflower.



Rows upon rows of colors.



Multi-colored, yellow and orange ones.



Wagon ride for visitors to the fields.

7 Tips On How To Stop Constant Worrying In Your Life!

by Stan Popovich, Author: <http://www.managingfear.com>

Do you find yourself worrying about everything that is going on around you? It can be very tiring and depressing to constantly worry about your family, your job, your health, and everything else that is happening. Having things out of your control is very scary.

As a result, here are 7 tips on how to overcome the cycle of worry and fear in your life.

1. Focus on the facts of your situation; not your thoughts: When people are stressed out, they rely on their fearful and depressing thoughts. Your fearful thoughts are exaggerated and are not based on reality. When you are anxious, focus on the facts of your current situation and not on what you think.



Stan Popovich

2. You can't predict the future: Remember that no one can predict the future with one hundred percent certainty. Even if the thing that you are afraid of does happen, there are circumstances and factors that you can't predict which can be used to your advantage.

For example, you miss the deadline for a project you have been working on. Everything you feared is coming true. Suddenly, your boss tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything.

3. Take a break: Take a deep breath and try to find something to do to get your mind off of your anxieties and stresses. A person could take a walk, listen to some music, read the newspaper, watch TV, play on the computer, or do an activity that will give them a fresh perspective on things. This will distract you from your current worries.

4. Take it one day at a time: Instead of worrying about how you will get through the rest of the week or month, focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems.

5. Learn how to manage your thoughts: Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense.

6. Things change over time: Regardless of your circumstances, your current situation will not stay the same. Everything changes over time. Knowing that your situation will improve will help give you the confidence that things will get better.

7. Get some help: Sometimes, it helps to be able to talk to someone about your stressful situations. Talking to a trusted friend, counselor, or clergyman can give you additional advice and insights on how to deal with the fear of the unknown. Remember that there is nothing wrong in asking for assistance.

BIOGRAPHY

Stan is the author of "A Layman's Guide to Managing Fear" which covers a variety of techniques that can drastically improve your mental health. For more information, please visit Stan's website at <http://www.managingfear.com>.



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BBB Scam Alert: This phishing scam claims a process server is looking for you!

Submitted by Kelvin H. Collins, President/CEO, Better Business Bureau

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Many scams start with an intimidating phone call. A “debt collector” needs you to pay immediately. Or a “police officer” claims to have a warrant for your arrest. The latest variation involves a phony process server and a non-existent court case against you. [BBB Scam Tracker](#) has gotten numerous reports of this new twist.

Here’s how the scam works. You receive a call from an unknown or blocked number from a person claiming to be a process server. They might say there is a lien on your home, or someone is taking you to court over unpaid medical bills. In other cases, the scammer may be secretive, saying they can’t reveal details until your papers are served.

Next, they’ll ask you to “confirm” sensitive personal information, such as your date of birth and Social Security number. When you’re hesitant to give out this information, they stress the urgency of the matter – after all, you’re being taken to court! If you ask too many questions about who is making a complaint or what company the process server works for, the scammer will get angry and demanding.

Sometimes, the “process server” may be phishing for information about your family members. According to [one target](#), “I received a call from some lady who... stated that my phone number was provided to them by my mother, and they wanted me to verify her Social Security number and date of birth. I refused and asked her what the phone call was about. She stated that there was a lawsuit pending against my mother, but she declined to state who the complainant was and said there would be a process server coming through to serve papers. They refused to provide my mother with any information regarding a lawsuit against her. We waited for a process server, and of course, none showed up.”

In reality, the people behind this scam don’t have any legal papers to deliver, they want to get their hands on your personal information to commit [identity theft](#).

How to avoid phishing scams

- Be wary of scare tactics. Scammers love to threaten people with legal action or hefty fines, scaring them into giving up their personal information. They hope fear will make you act without thinking. Always remember representatives of a reputable business or legal office will be polite and civil, even in a serious situation. They won’t pressure you to act immediately “or else.”
- Search your local court website. If you think there’s a chance someone has filed a lawsuit

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continued from page 11

against you, check your local court's website. Search your name to see if any lawsuit has been filed. If nothing comes up, you're in the clear.

- The scammer may have some personal information. Don't give them more. Scammers may have some of your personal information already from a previous phishing scam, a **data breach**, or some other source. They may use these stolen details to get even more information from you. For example, they might read your Social Security number and then ask you to "confirm" your date of birth. Even if someone already has a few details, don't give them any further information unless you are sure you're dealing with someone you trust.
- Talk it over with someone. Research shows that having someone to talk things over with is vitally important. Take the time to reach out to a family member, trusted friend or the BBB so you don't allow fear to influence your decisions.

For more information on **phishing** and **impostor scams** visit www.BBB.org. You will also find **BBB's Spot a Scam page** for tips on recognizing scam tactics.

If a scammer contacts you, report your experience to BBB.org/ScamTracker. Your report can help us boost consumer awareness and make scammers' tactics less effective.

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). 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 or E-mail: info@centralgeorgia.bbb.org.

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