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*Lisa Wise  
helps weave  
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*Story on page 7*

February 2015

Vol. 29, No. 2

# Home Contractors: Tip-offs to potential rip-offs

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

**B**elieve it or not, spring will be here before long. This is a time when many peoples' fancies turn to home improvement! Whether you are planning a small repair project, like repaving your driveway, or a more extensive project, like adding a family room to your home, it pays to look beyond the lowest bid when selecting a contractor. And, you should definitely refrain from considering a contractor's advertisements to be an assurance of the quality of work you can expect. The largest ad does not always equate to the best contractor.

Home remodeling complaints continue to rank high on the BBB's listing of top complaints. Right from the start, you can eliminate what are likely to be less-than-reputable contractors by considering a list of traits common to rip-off artists. While there may be exceptions, the Better Business Bureau has found the following to be indications that a contractor may not be interested in satisfying customers:

- Solicits door-to-door: Be suspicious of contractors who attempt to gain business by visiting door-to-door. Good contractors usually do not need to drum up business by making "cold calls." However, if you are contacted, be sure to check them out with the BBB

and obtain additional quotes to compare. Additionally, never allow anyone to distract you allowing another person to sneak into your home to steal your belongings.

- Has materials left over from a previous job: It is not your lucky day when a contractor shows up on your doorstep offering a cut-rate price on a project because they have materials left over from a recent job at your neighbor's house or the house "down the street." This is a common ploy of fly-by-night operators or handymen who are based out-of-state and use their pick-up trucks as their place of business.

- Asks you to get the required building permits: This could be a sign that the contractor is hoping to avoid contact with the local agency that issues such permits. Perhaps he is not licensed or registered, as required by your state or locality. He also knows that the person signing for the permit is the person responsible for ensuring that all work meets local codes. A competent contractor will get all the necessary permits before starting work on your project.

- Pressures you for an immediate decision: A reputable professional will recognize that you need time to consider many factors when deciding which contractor to hire. You will want to check references; look into the contractor's standard of work and his professional designations and affiliations; verify his insurance; check to see if he

needs a license (and if so, that it is valid); get written estimates from several firms based on identical project specifications, and, contact the Better Business Bureau for a copy of their Business Review.

- Asks you to pay for the entire job up-front or demands only cash: Whatever the reason, never pay for the entire project upfront. Payments should be by credit card or check so that your credit card statement or cancelled check can provide proof of payment, if needed. Do not pay anything until after the first day of work, and then only pay up to one-third. Make additional payments during the project contingent upon completion of a defined amount of work. Do not make the final payment or sign an affidavit of final release until you are satisfied with the work and have proof that the subcontractors and suppliers have been paid. Don't be afraid to request a written statement confirming that all subcontractors and suppliers have been paid.

- Suggests you borrow from a particular lender: Don't succumb to high pressure to finance through your contractor or someone he suggests. Many people have been ripped off when they agreed to use the suggested lender; sign a lot of papers in a rush; and find out later that they had agreed to a home equity loan with a very high rate, points and fees. Secure financing on your own by shopping around and comparing loan terms.

The BBB has Business Reviews on more than 100,000 general contractors across North America, available for free at bbb.org.

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*Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. 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; E-mail: info@centralgeorgia.bbb.org; or, info@csra.bbb.org.*

## Correction Notice

**O**ur cover article (*Pharmacist helps seniors extend life, save money!*) in last month's edition (January 2015) of Senior News Atlanta did not contain correct website and email information for contacting Dr. Neel. To contact Dr. Neel, please visit [www.medicationxpert.com](http://www.medicationxpert.com) or email him at [ABNEE@aol.com](mailto:ABNEE@aol.com). We apologize for any inconveniences this may have caused.

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## Spreading our wings for the sake of science

by SUSAN LARSON

A few years ago while Googling around trying to identify a strange bird in my yard, I found myself clicked in to [www.gbhc.bird-count.org](http://www.gbhc.bird-count.org), a Web site posted by the Cornell Lab of Ornithology.

It's not just pages of pretty pictures of birds and their habitats. It's all about ways we as bird lovers can get involved with actual ornithological research. It lists about a dozen citizen-science projects anyone can participate in. Like a real scientist doing real research. OK, so you don't get paid for it like a real scientist would. But my masters degree in science and math education, which never landed me a paying job, does keep my appetite whet for science and statistics. And if I were still a Cub Scout leader, I know this is something I would do with my den. And I'm sure I'll get my new grandson Magnus involved when he's old enough.

The various projects include Celebrate Urban Birds, Nest Watch, Feeder Watch and a photo contest. There are now even apps for iPhones and iPads to help birders more easily identify species and collect data. But the easiest project of all is the Great Backyard Bird Count which runs from February 13-16 this year. All you have to do is create an online account and for at least one of those days count birds in your backyard – or anywhere – for at least 15 minutes.

That's it! That's all it takes to be a scientist and contribute to this worthy cause. The more sightings you submit, the better your chances of going down in posterity as one of the top 100 e Birders in your geographic area. If you really get into it, there is an option to record your sightings all year long. So far, worldwide, nearly 18 million birds have been spotted by citizen scientists and their data had significantly contributed to Cornell's research. This year there are several educational events at Harmony Grove Church in Acworth, the Gwinnett Environmental and Heritage Center in Buford and Skidaway Island State Park in Savannah to help participants become better acquainted with birds in their area (More info: [www.bird-source.org/gbbc](http://www.bird-source.org/gbbc) under Local Events)

Susan Coker of Lilburn is an avid bird watcher and counter.

"It's fun, and I wish more people would get involved," Coker said.

"I think it's very educational and entering your observations on the computer is a good learning experience for kids - and adults."

And especially grand kids! I can't wait until Magnus is old enough to join us in the Great Backyard Bird Count. We might even keep him for the weekend and let his mom and dad fly the coop for a few days!

\*\*\*\*\*

*Susan Larson is a writer from Lilburn. E-mail her at [susanlarson79@gmail.com](mailto:susanlarson79@gmail.com).*



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Atlanta's Senior Newspaper

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## Poets' Corner

**"GREATNESS"**

by Brenda G. Partridge-Brown

*Take the time and look around, you might be surprised at what's been right before your very eyes; For we are surrounded by greatness! They once lived very productive lives at one time or another.*

*They are someone's father, mother, brother, sister, Grandmother, grandfather, because of father-time many are unable to see, hear, walk or talk;*

*They may not remember their name, or the names of their own children, family members or closest friends.*

*Many need assistance with feeding, taking a bath and combing their hair While others may need total care!*

*For we are surrounded by greatness!*

*Please, don't ever forget when they had to do these same loving things, for me and for you!*

*Who are these special people? I'm glad you asked!*

*They are homemakers who raised their children and many others... teachers, preachers, doctors, lawyers, nurses, cooks, actors, trash men, the mailman, business men and business women, bus drivers, dancers, singers or everyday dreamers!*

*They gave much of themselves in*

*order to help build greatness in each of us, So you see, we are truly surrounded by greatness!*

\*\*\*\*\*

**MAKING MEMORIES**

by Mary Elliott

*As I walk down this road of life with all its ups and downs, curves and straight-aways, it occurs to me, as I get older, that memories are our wonderful gifts. God has given us the ability to look back. I am amazed at the things our minds can remember. This is God's legacy.*

*The older we get, the more we have to look back on. Some things we love to look back on, and some we don't. But God has given us the choice to reflect on the funny, happy, restful things or the unpleasant. I wonder if creatures other than man have this gift. I hope so.*

*As I sit here in the today, I realize this is a memory I'm creating for tomorrow. So, regardless of what this day brings, will I remember the love and wonder of this day, or perhaps there too is a lesson in it that I'll cherish. That is my choice, to be able to create my memory for tomorrow.*

*Even though there are things beyond my control, I can choose to turn them into whatever I can that is pleasant or not. Sometimes I think we don't realize how important today is to our future thoughts.*

*God. Help me to make today a good memory for myself and others.*

\*\*\*\*\*

**"LONELINESS"**

by Dot A. Jones

*Everybody needs somebody. There are lonely people everywhere.*

*A CHILD needs a mother and father to care. Often sad eyes reach out for somebody to love and care. Do you have a little love to spare?*

*The WIDOWED SPOUSE may lose hope, as in loneliness they try to cope.*

*A hug by family and friend would bring a smile and help a heart to mend. Do you have a little love to lend?*

*The SERVICE MAN OR WOMAN away from home, as they long for family and being with them as they have known.*

*Just say, I'm proud of you and give them a smile. Let your love go an extra mile.*

*The HOMELESS MAN doesn't ask for much, maybe a kind look when he passes by.*

*We cannot know what brought his plight, but you may help him feel he's not a blight. Will your love be a bright light?*

*Let's remember to share our love and spread it all around. Everybody needs somebody. There are lonely people everywhere. Do you have a little love to share?*

\*\*\*\*\*

**KINDNESS**

by Frankie Lee

*Words can make your day Or break your heart It's all in what you say*

*Think carefully before you speak Take time to think it through Words can determine how you look In all you say and do*

*It's not always who is right or wrong Or to make a point to shine It's more about the words that remain A long, long time*

*Why cause hurt in someone's eye Just to make a point On who is wrong or who is right Think before you speak... or don't.*

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## Taking Care

# Keep spirits up to prevent burnout

by LISA M. PETSCHKE

**C**aring for a chronically ill, disabled or elderly relative can offer many rewards, but it also typically involves physical, psychological, emotional and financial demands. It can be particularly challenging when the care receiver has heavy hands-on needs, a difficult personality or mental impairment.



Lisa Petschke

Caregivers may experience a variety of distressing emotions along the way, including frustration, guilt, resentment, anxiety and sadness.

If you are a caregiver, read on for suggestions on how to keep your spirits in day-to-day life, which can reduce the risk of "burning out."

### Emphasize the positive

- Limit your exposure to the news.
- Use positive self-talk. Emphasize phrases such as "I can," "I will" and "I choose."
- Be generous with praise and encouragement and cautious with criticism, giving only the constructive type.
- Cultivate a healthy sense of humor. Read the comics, watch a TV sitcom or rent funny movies.
- Accept realities you cannot change and concentrate on those you can influence.
- Focus on your relative's abilities rather than any disabilities, and build on those strengths.
- Recognize that no matter what happens, you always have a choice about how to respond when the going gets tough.
- Stay connected to people who care. Minimize contact with individuals who are critical or self-centered.
- Find an outlet for expressing your thoughts and feelings, such as talking with a friend or keeping a journal.
- Pick your battles; do not make a major issue out of every concern.
- Do not dwell on past mistakes, hurts or other unpleasant events.
- Look for the good in people and situations. Demonstrate empathy; give others the benefit of the doubt and

practice forgiveness.

- Do something you enjoy every day: read, listen to music or take up a hobby, for example.
- Identify sources of stress in your life then eliminate as many as possible and learn to manage the rest.
- Practice relaxation techniques, such as deep breathing, meditation or yoga.
- Learn to be flexible about plans and expectations. Take things one day at a time so you do not become overwhelmed.
- Set priorities and stick to them. And let go of the need for perfection.
- Be receptive to learning new ways of doing things and try new activities. Encourage your relative to do the same.
- Be open to learning skills that will help you in your role, such as proper transferring and bathing techniques. Not only will this make caregiving safer and easier, but mastering these tasks will also give your self-confidence a boost.
- Find out about community services in your area that can help maximize your relative's quality of life and assist you with necessary tasks. Potential sources of information include your relative's doctor and other participating health professionals, the Internet, the non-profit organization associated with your relative's health condition (for example, the Parkinson Foundation) and your local Area Agency on Aging.
- Develop a partnership with involved healthcare professionals. Share relevant information about your relative's needs, abilities and preferences, and any other information that may help with care planning. Ask questions, seek advice and offer opinions and suggestions as appropriate. Never forget that you are an important member of your relative's care team.
- Start a book of inspiration: collect quotations, positive articles, heartwarming stories and inspirational photos and keep them in a binder or scrapbook.
- Connect with other caregivers. Join a community support group or an Internet group if it is hard to get out.
- Do not neglect your physical health: eat nutritious meals, get adequate rest, exercise and get regular medical check-ups.
- Seek help from your primary physician or a counselor if you continually feel sad, angry or overwhelmed. Such emotions may be symptomatic of clinical

depression, which is a treatable illness.

- Set aside some quiet time each day; it nurtures your spirituality and helps to keep you grounded.
- Schedule regular breaks from caregiving duties and plan to do something fun. This helps to recharge your batteries.

• Finally, count your blessings and learn to live in the moment, enjoying life's simpler pleasures.

\*\*\*\*\*

*Lisa M. Petschke is a social worker and a freelance writer specializing in boomer and senior concerns. She has personal and professional experience with elder care.*

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# Out & About

## Established Children's Consignment Sale looking for interested consignors, volunteers and shoppers

Special to *Senior News*

**T**he Roswell United Methodist Church Preschool and Kindergarten (RUMCK) will host its semi-annual children's consignment sale on Friday, March 6, 9 a.m.-2 p.m., and Saturday, March 7, 8 a.m.-noon.

The sale will be held in the fellowship hall of Roswell United Methodist Church located at 814 Mimosa Blvd. in historic Roswell, and will benefit the church's preschool and kindergarten. Donated items which are not sold will be given to the Foster Care Support Foundation.

There will be three overflowing rooms with more than 200 consignors and great prices on gently worn spring and summer children's clothing and accessories (newborn - size 14), as well as maternity clothing, baby equipment, nursery décor, play sets, books, videos, DVDs, toys, and much more. The sale is now accepting all major credit cards with a \$3 processing fee.

Strollers are not allowed on Friday morning, and many of the

items are half price on Saturday. All consignors must pre-register, even those who have consigned before.

Click on [www.rumc.com](http://www.rumc.com) to register to consign or volunteer.

About Roswell United Methodist Church Preschool and Kindergarten (RUMCK):

RUMCK is a ministry of the Roswell United Methodist Church

and aspires to promote a loving, Christ-centered environment which pre-pares each child for school readiness. The program seeks to nurture souls and skills through a guided journey of discovery. RUMCK is accredited through the Southern Assn. of Colleges and Schools (SACS). The school is certified as a "Preschool of Excellence" from the United Methodist Preschool Assn. of

the North Georgia Conference.

About Foster Care Support:

The Foster Care Support Foundation, a non-profit, volunteer-driven organization, gives free clothes, toys, and safe infant-care equipment to some of Georgia's 13,300 foster children. The organization serves about 3,000 children in Georgia each year.

## France honors twelve WWII Veterans from Georgia with Highest Honor

Special to *Senior News*

**I**n order to express France's eternal gratitude to those who liberated it from oppression from 1944-45, the Consul General of France in Atlanta, Denis Barbet, bestowed the Legion of Honor upon 12 American WWII Veterans from Georgia during a ceremony to be held on January 27, 2015 at 2:30 p.m. at the Floyd Veterans Memorial Building in Atlanta.

Founded by Napoleon Bonaparte in 1802, the National Order of the Legion of Honor is the highest honor

in France. It recognizes eminent services to the French Republic. Foreign nationals who have served France or the ideals it upholds may receive a distinction from the Legion of Honor. American veterans who risked their lives during World War II and who fought on French territory qualify to be decorated as Knights of the Legion of Honor. Veterans must have fought in one of the four main campaigns of the Liberation of France: Normandy, Provence, Ardennes, or Northern France. Recipients of this honor are designated by the President of the Republic, François Hollande.

The following veterans received this award in recognition of their courage:

- Farish C. Chandler, Jr. from Sandy Springs, GA (Lieutenant Colonel, 8th Air Force)
- John Martin from Stone Mountain (Major, 829th Amphibious Truck Company)
- John F. Bales from Good Hope, GA (Capitan, 492nd Bomb Group, 859th Squadron)
- Lloyd E. Pittman from Sandy Springs, GA (1st Lieutenant, 492nd Bomb Group)
- Harry T. Catchpole from Bogart,

GA (Technical Sergeant, 9th Traffic regulation Group, 3rd Army)

- Frank W. Blackston from Dunwoody, GA (Staff Sergeant, Company B, 36th Tank Battalion)
- Arthur Mohor from Hartwell, GA (Staff Sergeant, 302nd Infantry Regiment, 94th Division)
- Frank G. Bond from Fayetteville, GA (Technician 5th Grade, 106th Cavalry Reconnaissance Squadron)
- William B. Johnson from Atlanta, GA (Technician 5th Grade, 340th Field Artillery Battalion, 89th Division)
- Bert R. Sadler from Morrow, GA (Marine Stocker/Landing Craft, 652 LCM Flotilla, 32RM Battalion)
- Henry R. Petree from Bethlehem, GA (Private First Class, 1306th Engineer General Service Regiment)
- In addition, Ms. Janice Sears accepted the award on behalf of her late father, Michael Doi from Stone Mountain (Private First Class, 100th Battalion, 442nd Regimental Company Unit, Company C).

## Romeo & Juliet at The Dancing Goat Theatre

Special to *Senior News*

**P**erforming Arts North presents Shakespeare's Romeo & Juliet. The Prince is a tyrant who manages to keep the city together only through sheer force, while the warlords, Capulet and Montague, stir their gangs to cause terror in the streets. Our Verona is not a sleepy town, our Juliet is not a timid flower, and Romeo is a war weary soldier who looks for peace in the arms of his enemy.

The Dancing Goat Theatre; 10700 State Bridge Road Johns Creek, GA 30022.

Showtimes: Fridays and Saturdays, Feb 13-28 at 7 pm; Sundays, Feb 15-Mar 1 at 2 pm

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***On the Cover***

# Lisa Wise helps weave better lives

by SUSAN LARSON

Photos Courtesy of Ann States

**ON THE COVER**

Lisa Wise

**W**eaving one's way out of poverty can be quite a struggle. And with this in mind, re:loom, a program of Initiative for Affordable Housing (IAH), a nonprofit 501(c)(3) organization in Decatur, provides hands-on opportunities for homeless and low-income families to do just that.

Founded in 1990, re:loom provides paid on-site job training and leadership opportunities. With the help of dedicated volunteers, weavers design and produce hand-made rugs, mats, purses and other products "re-loomed" entirely from donated materials. With a stable salary, 100% healthcare coverage, and opportunities to engage in the operation of the weavehouse, employees gain leadership skills along with a sense of purpose as they pursue their goal of "weaving a better life."

The diverse backgrounds of weavers Damber Pulami from Nepal, Lahk Khanal and Dibya Khanal from Bhutan, Fred Brown, Leila Wright and Robin Upshur bring added richness to their products, which are becoming more visible in the mainstream market.

Spanx®, an Atlanta based company known best for its slimming apparel, recently recognized re:loom as part of its Leg Up® award program. Spanx® founder Sara Blakely, the world's youngest, self-made female billionaire and one of TIME's 100 Most Influential People, wanted to "pay it forward" and created the Leg Up program to spotlight female entrepreneurs.

Recently this award went to Lisa Wise, executive director of re:loom.

Blakely said re:loom's mission of helping homeless adults transfer

into full time work is a compelling message for customers.

"It's inspiring to see how art and need were woven together into a business that is changing lives," Blakely said. "I love shopping with a purpose, and with such a unique selection, there are so many reasons to shop!"

Wise said the award belongs to the hard working men and women at the weavehouse who are putting their lives back together.

"The Leg Up will allow re:loom to expand our audience for more support for our weavers," Wise said. "The award will support our mission of breaking the cycle of poverty and homelessness. We wish to thank Spanx® for this opportunity to grow re:loom."

Blakely is so committed to "shopping with a purpose" that she has commissioned a large rug for the new Spanx® corporate office space in Buckhead.

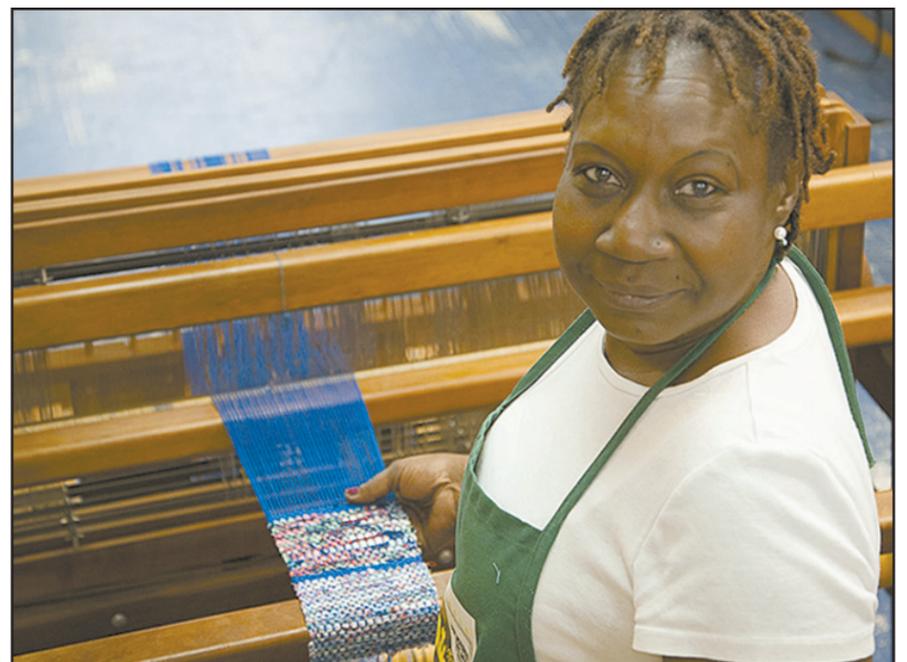
re:loom welcomes volunteers of all ages, but if time or transportation is a factor, weaving one's way into this worthy cause takes no more effort than packing up a bag of cast-offs. Almost any textile can be woven: knits, jeans, old towels, linens, uniforms, even neon safety vests. Materials with stains, rips and holes are welcome, too. They only ask that all donations are clean.

The weavers can also use yarn, thread, plastic bags, buttons and decorative clasps, big-eye needles, shears, sergers, upholstery sewing machines and heavy duty fabric steamers. And re:loom is always looking for new venues such as craft fairs and boutiques where customers can shop with a purpose and help those in need to "weave a better life."

(More info: [www.re:loom.org](http://www.re:loom.org), 404-299-9979 or visit on Facebook)



**Dibya Khanal of Bhutan is glad to know that her three children will have more opportunities for a better life in the US.**



**Leila Wright, who had never seen a loom before starting at re:loom, is inspired by seasonal colors.**

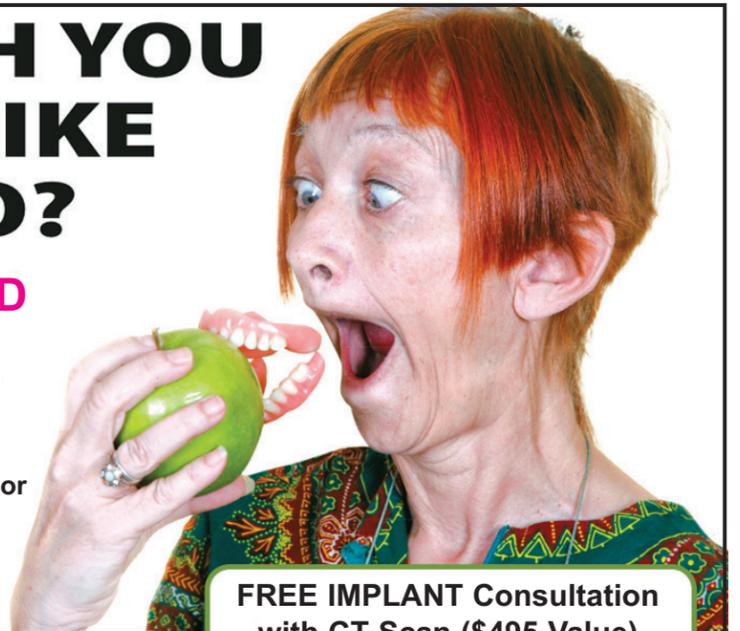


**Robin Upshur enjoys the detail work of weaving.**

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## The Next Chapter

Recommendations by  
ANNE B. JONES, PhD

- *Random Acts of Kindness by Animals*; Stephanie Leland; Conari Press, 2008
- *Eastern Airlines: A History, 1926-1991*; David Lee Russell; McFarland & Company, 2013

What a precious book! Stephanie Leland's *Random Acts of Kindness by Animals* is a fascinating journey through tale after tale of amazing animal, bird and insect connections with humans and other creatures. From chimpanzees who communicate in sign-language to life-saving dogs, cats and birds, this book is filled with true and unusual acts that defy explanation. I was so riveted I took it wherever I went. Every five available minutes allowed the reading of more stories.

Arranged in 1-2 page "sound bite" chapters, the book makes a reader do a double-take. How could an unprompted circus elephant sense a tightrope walker was in peril, know how to save him, and do it? How did a seagull know to alert a woman's sister that she had fallen from a cliff? Or a dog manage to rescue its owners' two-year-old daughter from a third-story ledge? Stephanie Leland spent four

years researching and documenting these stories. She credits her cat, Yoko, with having saved her from suicide.

No city has a richer history associated with Eastern Airlines than Atlanta, Georgia. David Lee Russell's *Eastern Air Lines: A History, 1928-1991*, provides insight and perspective into early aviation history and the advancement of commercial aircraft while giving a look into the development, success and demise of this unique corporation. As Russell states in his Preface, "Eastern Airlines was not just an airline, It was a vision, an idea, dreams, plans, time schedules, routes, terminals, procedures, rules, aircraft, crashes, business and dedicated people. While it came to an unfortunate end. It took to the skies every day on a mission for its passengers to take them on their journeys from town to town in comfort and safety aboard the best aircraft in the world."

Among the most interesting personalities included in this book are the adventurous World War I war hero Eddie Rickenbacker and Apollo 8 astronaut Frank Borman. Also included are heart-rending stories of accidents, including the legendary crash of Flight 401.

To this day, there are arguments about Eastern. Some blame its end on unions, basing their beliefs on what union members claim was misinformation fed through the media. Our metro population consists of many former employees of the airline, their loyalty still intact as exemplified by yearly, and in some cases weekly, reunions. The book is an eye-opening account of human and corporate challenges and decision-making, and contains an important piece of our country's airline history. That said, there will be people who may disagree with some of the book's conclusions. Eastern is a controversial topic of discussion even today. Many former Eastern employees believe that in the end, Lorenzo took over the airline in order to destroy the unions and bleed off its assets. They also insist when the issue was finally addressed by the court system, information came out that would have led to the prosecution of those who had falsified maintenance records and the case was squelched.

\*\*\*\*\*

You may contact Anne at [annebjones@msn.com](mailto:annebjones@msn.com)... (*Tides of Fear, Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart*).

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# IRS Phone Scam Demanding Money or Jail Time

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

**A**s we start gearing up for the busy tax season, the Better Business Bureau (BBB) is again warning consumers about a phone scam that is demanding money and threatening jail time.

The BBB is still receiving phone calls from local consumers who have been contacted by the "IRS" saying they owe money and it must be paid promptly. Consumers are instructed to buy a preloaded debit card or wire transfer funds to pay the debt. If the victim refuses to cooperate they are threatened with arrest, deportation or suspension of business or driver's license. The caller often times becomes very demanding, hostile and insulting.

The BBB wants consumers to know that the IRS will never ask you for credit card numbers over the phone or request a pre-paid debit card or wire transfer. The IRS will most likely contact taxpayers via mail in regards to tax issues.

These callers are simply trying to scare consumers into paying them money they don't owe. Consumers should not be threatened into making any payments they are not certain that they owe. The scammers use these strong arm tactics because they know many people will pay the money to avoid being arrested.

Some other characteristics of this scam:

- Scammers use fake names and IRS badge numbers
- Scammer may actually have the last four digits of your Social Security number.
- Scammers can spoof IRS phone numbers making it appear the call is really from the IRS
- Victims can hear background noises of other calls being conducted to mimic a call site.
- After threatening jail time or deportation, scammers hang up and soon call back pretending to be from the local police, to help support their claim.

Never trust callers who use threats and hostility to bully their targets into doing what they want. This is a scare tactic many scammers use.

The BBB recommends the following if you receive a similar type call:

- If you know you owe taxes or think you might owe taxes, call the IRS or your accountant.
- If you know you don't owe taxes, call and report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484 or treasury.gov.

- If you've been targeted by this scam you should also contact the Federal Trade Commission and use their Complaint Assistant at FTC.gov.

- Also report your experience to the BBB so we can track the activity and warn others.

- If you are not sure if the call is legitimate or not, contact the BBB at 1-800-763-4222 or at bbb.org.

\*\*\*\*\*

*Kelvin Collins is president-*

*CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better*

*Business Bureaus. 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; E-mail: info@centralgeorgia.bbb.org; or, info@csra.bbb.org.*

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## AARP Georgia announces introduction of Family Care Act in Georgia House of Representatives

Special to Senior News

Recently Representative Tommy Benton (R-31), Chairman of the Human Relations & Aging Committee, introduced HB 92, The Family Care Act, with co-sponsorship from Representatives Matt Hatchett (R-150), Katie Dempsey (R-13), Margaret Kaiser (D-59), and Sharon Cooper (R-43).

The Family Care Act (HB 92) is critical to Georgia's working population as it would allow employees to use their earned sick leave to care for loved ones. This legislation will also reduce health risks and control taxpayer-funded health costs without requiring employers to provide any additional sick days.

"AARP lends its continued and unequivocal support to this initiative," said Melissa Sinden, Associate State Director-Advocacy, AARP Georgia. "Caregivers in Georgia work tirelessly to ensure that their loved ones receive the care they need. They deserve workplace flexibility which affords them the ability to use their earned time off to meet their care responsibilities without losing income – or their employment."

Reports say 48% of family caregivers who have to take time off to meet their care responsibilities lose income. Nationwide, 23% of workers have lost a job or have been threatened with job loss for taking time to care for a personal or family illness. The Family Care Act would provide greater flexibility for Georgians and help keep working people in their jobs.



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## Ealer to run in the Asics LA Marathon 2015

Special to Senior News

Mary Ealer will run the LA Marathon in March in memory of her husband George to benefit the John Ritter Foundation for Aortic Health. To read her story and to contribute to her fund goal please visit: [www.crowdrise.com](http://www.crowdrise.com).

### 2014 GGO Ruth Gaylor and Barney Ochs Award Winners

The late George Ealer, spouse of Mary Ealer, was awarded the Barney Ochs Sportsmanship award posthumously at the 2014 Georgia Golden Olympics. Mr. Ealer participated in the Georgia Golden Olympics with his spouse, Mary for many years before his death in 2013. Mr. Ealer was truly a "champion" at being the best he could be and never lost sight of sportsmanship on and off the field. He looked forward to games every year and if couldn't compete he was always the encourager, treated others with utmost respect and was there to cheer them on or to help out. We miss Mr. Ealer and appreciate the support he gave to the games and the athletes for so many years.

Ms. Nancy Horne from Moultrie, Georgia was awarded the Ruth Gaylor Spirit Award. Ms Horne is a long time participant in the games and organizer of the Moultrie ladies who attend the games each year. She is a true role model to her friends and other athletes is always happy full of spirit and fun.

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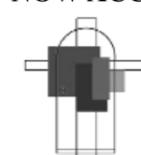
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# ~ NOTICES ~

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We'll be starting our 13-week series Tuesday evening, Aug 5 in the Education Building in the Library (Room 313) from 6:30-8:30 pm. at McKendree United Methodist Church, 1570 Lawrenceville Suwanee Rd, Lawrenceville, 770-339-9801. All are welcome and invitation is considered an open door arrangement... meaning you can join us at any time.

For additional information, contact Susan Rowe, Director of Christian Education, at 770-339-9801, ext. 26 or facilitators, Jay & Nancy Rowland, at 678-618-8735 or [nancy.m.rowland@gmail.com](mailto:nancy.m.rowland@gmail.com).

\*\*\*\*\*

### Tu B'Shevat Celebration

Chabad of Gwinnett will present a free luncheon featuring the seven fruits of Israel (wheat, barley, grapes, olives, figs, pomagranates, dates). Feb. 7, 12:30 p.m., 3855 Holcomb Bridge Rd., Suite 770, Norcross. All are welcome, but reservations are necessary. Call 678-595-0196 or visit [www.chabadofgwinnett.org](http://www.chabadofgwinnett.org).

\*\*\*\*\*

### Monthly Sacred Harp Singing

Thurs., Feb. 5, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Awake My Soul*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details and directions call 404-892-6836 or visit [www.atlantasacredharp.org](http://www.atlantasacredharp.org).

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**Some plans include:**

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-  **Hearing Coverage**  
Routine hearing exam and low copay for hearing aids
-  **Vision Coverage**  
Routine eye exam as well as an eyewear credit for glasses and contacts



If you are a Medicare member and you have Medicaid, you may qualify to enroll in a Care Improvement Plus plan at any time during the year. Call today.

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The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the state Medicaid program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare. Premiums, co-pays, co-insurance, and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details.