

Senior News

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Shelter serves homeless veterans in Winder!

Story on page 6

Taking Care

Is it moving time? Boomers and seniors relocate for many reasons!

by LISA M. PETSCHÉ

As people age, and especially if they have one or more chronic health conditions, there's a good chance that at some point their home will no longer suit their lifestyle or their needs. The following are common reasons for relocating.



Lisa Petsche

Reasons for Moving

Freedom – To reduce responsibilities associated with home ownership – particularly property maintenance – to allow more time for recreation and leisure activities, such as engaging in a hobby, spending time with family, volunteering or traveling.

Independence – To offload as many responsibilities of daily living as possible, in order to continue to live independently in spite of decreased physical functioning.

People in this situation may wish to eliminate not only property maintenance tasks but also housecleaning, laundering and meal preparation.

Climate – Desire for a moderate climate (not too hot and not too cold), for health and safety reasons or for

comfort and convenience – for example, to be able to engage in favorite outdoor activities year-round.

Home design – To increase the accessibility of one's home – specifically, to make it easier and safer to enter and exit, access all areas and use rooms for their intended purpose. A one-floor, open concept plan is typically desired. Some people (those who use a wheelchair, for example) may need a setting designed for the physically disabled.

Finances – To reduce expenses associated with shelter, including mortgage or rent, property taxes, utilities and maintenance. Another reason some people move is that the cost of home adaptations to improve safety and accessibility is beyond their means or is not a wise investment from a real estate perspective.

Socialization – To increase opportunities for social contact. Specifically, the goal might be moving closer to family members, especially children and grandchildren, or relocating to a community of peers.

Security – To reduce the risk of victimization. For example, those who are anxious about answering the door, leaving their home unattended or coming home to an empty house may experience increased peace of mind living in a gated community with security patrol or an apartment building with a security desk and

locked mailboxes.

Community Access – To improve access to shopping and other businesses, medical resources, places of worship and other amenities such as parks and recreation centers. Those with a driver's license who live in the suburbs or a rural area may seek a more central location to reduce travel time.

Those who don't drive – or who anticipate being unable to drive in the foreseeable future – may desire a home with easy access to public transit or within walking distance of various amenities.

Health – To ensure ongoing health care needs are met. Needs may include one or more of the following: medication management, medical monitoring, a special diet, skilled nursing care, personal care (assistance with washing, dressing and grooming) and supervision or assistance with mobilizing.

Residence Options

There are many possibilities for alternate living arrangements, depending on a person's needs and preferences. Options include: moving in with a relative or friend for companionship and perhaps also practical assistance, and to share expenses; moving to a similar-sized home with a more suitable design; downsizing to a smaller house or a condominium or apartment (some seniors apartments

may be geared to income and have disabled units); moving to an adult lifestyle community; and, moving to a long-term care setting such as an assisted living facility or nursing home (also known as a skilled nursing facility).

If you are considering a long-term care residence, it's important to go beyond location, curb appeal and advertisements and take personal tours. Plan to visit several places, and take a relative or friend along for a second opinion.

Planning Ahead

Because a move in mid to late life usually involves downsizing, it's wise, if you anticipate changing residences in the next few years, to begin now to sort through your possessions and sell or give away unneeded items. Typically it takes much longer than expected to go through this tedious and emotion-laden process.

If you intend to relocate in the near future, consider hiring a professional organizer to assist with the paring-down process, or a senior move specialist who can help with everything from planning to setting up in your new residence.

Lisa M. Petsche is a social worker and a freelance writer specializing in boomer and senior health matters. She has personal and professional experience with elder care.

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*Amount of federal rent assistance varies. Must meet age and income qualifications set by the Department of Housing and Urban Development (HUD). Assets are not considered income, but can be used to pay for supportive services. Call 404.751.2255 for details.



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The Briar Patch

by SUSAN LARSON

The Briar Patch is a fictional nebula in sector 441 in the Star Trek universe. It was first introduced in the 1998 film Star Trek: Insurrection. The Briar Patch is a region of space that starships usually avoid; various radiation sources and energy fluctuations impair communications systems, making it difficult for vessels inside the nebula to make contact with those outside the nebula. Cloud pockets of "metreon gas," a highly volatile substance of unknown composition, make travel through the nebula difficult as well; warp drives cannot be used, and even impulse drives are undermined.

The planet featured in Star Trek: Insurrection is a class-M world; it is unusual for its possession of an intricate planetary ring system. The Ba'ku have established a colony on the surface, where the colonists rejected most forms of advanced technology and attempted to create a utopian society. Some time after their arrival, the colonists discovered that "metaphasic radiation" from the Briar Patch has become concentrated in the planet's rings, continually rejuvenating their genetic structure; unbeknownst to the outside universe, the Ba'ku planet is effectively a

fountain of youth.

Briar Patch in Star Trek: Enterprise

The Klingon system Klach D'Kel Brakt is also given the designation "Briar Patch" by Dr Arik Soong in the Star Trek: Enterprise episode "The Augments." At least two inhabitable planets exist there;[3] Soong and his band of Augments attempt to reach the system and use it as a hideout. In 2272, it was also the site of a dramatic Romulan/Klingon confrontation, which was led on the Klingon side by the future Dahar Master Kor, who frequently re-enacts the battle with his fellow veterans and Dahar Masters, Koloth and Kang.[4]

One and the same?

According to the non-canon Star Trek Star Charts, which was released well before Enterprise's first season, and is based on official production materials and on-screen diagrams, the Briar Patch seen in "The Augments" and later mentioned in "Blood Oath" the two areas are distinct. The Briar Patch of Insurrection is located in Federation space a few hundred light years from the Klingon border, while Klach D'Kel Brakt is

positioned on the far side of Klingon space, near the Romulan border.

Delphic Expanse

Susan Larson is a writer from Lilburn. E-mail her at susanlarson79@gmail.com.

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Senior News & Views of Georgia

Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

SLEEP ON SILENT AMERICA

by Dot A. Jones

Silent Americans will awake one morning to a different beat and wonder what happened while they were asleep.

Many heard a great change was coming to our nation, so they went to the polls in droves to vote, while silent America stayed home and groaned.

Now, the silent Americans are told to be politically correct and keep quiet, it's the right way to go, no matter the woe.

Silent America has kept quiet too long. They are finding the way is set. They are told what they want for our nation is all wrong.

The third world and other countries are laughing at us. We gave them so much of our money we are "bust." In time, we could be one of them. The promised change is coming for sure. Sleep on America, if that's what you want.

Silent America, awake before it's too late and we reap our fate for not

standing up. Don't wait!

There's still hope, a tiny flame to ignite. Influence good leaders to enter the race and get out and vote, don't hesitate. All Americans, who really care, can make a change to show that the right goals across a great nation will roll.

Wake up silent Americans. Cherish our freedom and America can have another "INDEPENDENCE CELEBRATION."

FREE WILL

by Paul R. Goniea, Sr.

God offered me a snow white gown. I laughed at Him... and turned it down.

I put on filthy rags, and followed the crowd. And, left Him to wear a blood stained shroud.

He's given Himself... and given us Grace.

We give Him nothing... but disgrace. He's picked us up, and wiped off our tears.

We knocked Him down, and spat in His face.

God shows me how... but I run amuck.

He gives me Grace... and I call it my luck.

Did God offer you a snow white gown?

Did you laugh at Him... and turn it down?

Put on filthy rags and followed the

crowd?

And, leave Him to wear a blood stained shroud?

The crowd is on the broad road to destruction.

Jesus offers a narrow way.

Turn down our Savior, for Satan's seduction.

Embrace black or white, there is no gray.

We have a choice... and we choose today.

We can wear His white gown... or just walk away!

GOD'S UNFAILING LOVE

by Henry Newton Goldman

He hears me, times at night I pray, And in morn's quiet dawn. His love embraces me through day, And all my fears He calms.

Each wayward path I sometimes take, His love will beckon me, To turn from sin's destructive wake, And from these paths to flee

If sorrows of this world besiege, In some sad hour of day, For love of me, He will not leave, For long these sorrows stay.

When often thoughts of doubt assail, And I lose sight of Him, His love will catch me, without fail, And draw me back again.

The times my world is dark as night, And cares are crushing me, His gracious love will lift my fright, And from these cares set free.

2015 Georgia Golden Olympics dates set

Special to Senior News

The 2015 dates for the 33rd Georgia Golden Olympics have been set for September 16-19, 2015. The games will be held in Warner Robins, Georgia and hosted by the Warner Robins Recreation Department.

Information about the games, registration forms and schedules will be available by early May. The form will be emailed to past participants and mailed to others. Complete information will also be available on the website as soon as final. The website is www.georgiagoldenolympics.org. On the website you'll also find information about volunteering for the event, making a financial contribution and a media kit for use by athletes and others interested in promoting the event. Also, follow the Georgia Golden Olympics on facebook and twitter for additional information

and updates.

2014 Georgia Golden Olympics

The 2014 Georgia Golden Olympics was held September 17-20, 2014 in Warner Robins. Over 650 athletes competed in over 20 sports and hundreds qualified for the 2015 National Senior Games to be held in Minnesota.

2015 National Senior Games

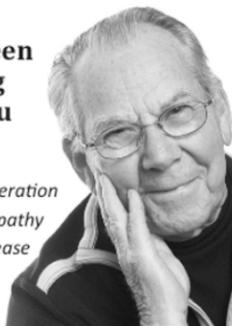
The National Senior Games, presented by Humana is scheduled for July 3-16, 2015 in Bloomington/Minneapolis/St. Paul, Minnesota. For more information about the National Senior Games please go to www.nsga.com.

To make a tax deductible contribution to the Georgia Golden Olympics please find more information on the website: www.georgiagoldenolympics.org or send to GGO, P.O. Box 958, Winder, GA. 30680.

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Out & About

Philadelphia Winn Chapter NSDAR participates in the Memorial Day 2015 Gwinnett Fallen Heroes Memorial

Submitted by Lee Schermerhorn

Philadelphia Winn Chapter National Society Daughters of the American Revolution were honored



Sergeant Major Patrick C. Amos
Keynote Speaker

to participate in the Memorial Day 2015 Gwinnett Fallen Heroes Memorial. The event was held at the Gwinnett County Justice Center in Lawrenceville, Georgia. Chapter members handed out nearly 300 bottles of water to thirsty participants and guests (the largest number of attendees, so far).

Glenn P. Stephens, County Administrator, officiated with several Gwinnett County government officials including Congressman Rob Woodall from the 7th District of Georgia. The Keynote Address was delivered by Sergeant Major Patrick C. Amos. This was the second time Sergeant Major Amos addressed this group with his inspiring story.

The program concluded with the Laying of the Wreath, 3-Volleys and the playing of Taps.

The Gwinnett Fallen Heroes Memorial is an annual event.



Philadelphia Winn NSDAR

Seated: Second Vice Regent Ann Story, Mary Ann Owens, Ruby Craft, Tommy Moore. Back row: Elizabeth Jaeger, First Vice Regent Kitty Watters, Lee Schermerhorn, Vanessa Wynn, Mary Ann Grube, Tracy Jones, Valerie Craft, and Mary Lou Godbey.

HODARS (Husbands of DAR) present: Sid Watters, Paul Owens, Karl Jaeger. CDAR (Children of DAR) present: Alex Jaeger.

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On the Cover

Shelter serves homeless veterans in Winder

by SUSAN LARSON

ON THE COVER

Veterans Shelter supporters thank Change 4 Georgia and AT&T for their generous gifts

No veteran should go homeless; so in 2013, under the direction of Pastor Fawn Alexander and retired Army Veteran Norman Lloyd, a flag ceremony officially opened the Northeast Georgia Homeless Veterans Shelter in Winder.

“Great, great, great is all I can say,” said Gladstone Everard, an employment representative who helps veterans find jobs and obtain training.

The shelter works at being accessible to veterans and helping to connect them with various resources to suit their needs. Veterans have been referred there by way of the Georgia Department of Veterans Services in Athens and some find it by way of the Internet.

The shelter is of particular importance to many veterans because having a mailing address is necessary for them to receive bene-

fits.

“We have a tradition of overlooking the homeless veterans, Lloyd said. “When they talk about a veterans' home like a Naval home, that's a regular home for them – like a hospital. But for the transient population you would have to come to a shelter.”

While the Christian-based shelter's main priority is to provide transitional housing for veterans, it also serves indigent men and recently released prisoners who are working to re-enter society. Only those with a no history of violent or sexual crimes are admitted.

Although people applaud the efforts of the shelter staff, funding for their operations is very limited. The state's re-entry program provides funding for a maximum of three months for each participant. To supplement these funds, the board raises money through local fundraisers, grants and donations from local churches.

The shelter is registered as a 501c(3) not-for-profit, so donations are tax-deductible.

Alexander, an honorably discharged veteran of the U.S. Army

and an ordained pastor said, “The words 'veteran' and 'homeless' should never be in the same sentence. As we continue to build and understand available services to veterans, we foresee a larger number of them in our region coming here. There are a lot of homeless veterans in this

region. They just don't know we're here yet. We need to get networked in so any homeless veterans in the Northeast Georgia area can tap into our services.”

Their website neghvs.org lists various ways people can help those who served.



US Congressman Jody Hice visits with a resident of the North East Georgia Homeless Veterans Shelter.



The Northeast Georgia Homeless Veterans Shelter is in Winder, GA.

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The Arts Council is proud to present its 2015 SUMMER MUSICFEST

Special to *Senior News*

THE ARTS COUNCIL proudly announces its 2015 Summer MusicFest line-up! This summer's outdoor music fest offers the absolute best music viewing experience in this area! You are going to see your favourite performers, you are going to dance like there is no tomorrow. Come spend evenings on our lawn meeting hundreds of people who share your love of music, turn the rest of the world off and give your brain an evening off. Make the Arts Council Smithgall Arts Center your timestamp this summer! This year's Summer MusicFest line-up includes The Atlanta Symphony Orchestra (June 19th), The Northwinds Symphonic Band in a Patriotic Pops Concert (July 3rd), Back in Time (August 8th) and Mike Farris and the Roseland Rhythm Revue (August 28th). For tickets call 770.534.2787 or visit www.TheArtsCouncil.net

THE ATLANTA SYMPHONY ORCHESTRA will perform outdoors at The Arts Council Smithgall Arts Center on June 19th at 8pm. Our gates will open at 6pm for picnickers. In Gainesville, the symphony will celebrate its 40th Anniversary with The Arts Council. The Atlanta Symphony Orchestra is internationally renowned for its excellence in live performances, presentations, choruses, and its impressive list of GRAMMY® Award-winning recordings. This orchestra is a force - a globally championed and cheered symphony! This concert is guaranteed to be a stimulating musical parade of textures and styles. Listening under the stars makes this an unpretentious yet sophisticated evening of exactitudes of tone, complex harmonies, subtle counterpoints and a passion and virtuosity that is inherent to the Atlanta Symphony Orchestra. Its music will be a glamorous amalgam of silk, silver and steel - classical and contemporary, played with rapacious energy. The warmth and richness of the playing is always exceptional, with every department contributing its share of complex timbres and holding them together in a finely achieved soundscape will be a world-class ASO conductor. Grab your lawn chairs and cozy blankets, picnic baskets, beverages of choice and candles or reserve tables and ENJOY the Orchestra's many layers. Let the music flow effortlessly from one dynamic meter and tempo to another, eloquently and compellingly. Tickets: \$35 Adult; \$32 Senior; \$28 Student; Tables of 8 (up front) \$320. Series tickets \$90 each. 7% tax will be charged to all ticket sales. For tickets call 770.534.2787 or visit www.TheArtsCouncil.net

THE NORTHWINDS SYMPHONIC BAND will perform on the brick-paved outdoor patio at The Arts Council Smithgall Arts Center on July 3rd at 8pm. Our gates will open at 6pm for picnickers and socializers. The Northwinds Symphonic Band was organized in 1984 as a performance outlet for adult musicians, primarily music educators, in the North Georgia area. It occurred to Ron Evans, founder of the ensemble that many

band directors and music teachers in the area were performing musicians on the instrument they studied. The ensemble has performed for the Georgia Music Educators on five different occasions, and it continues to perform a series of concerts throughout the year. Last year was a sad one for the band with the loss of their leader, mentor and friend Ron Evans. This band's concerts are always a tribute to the legacy Ron Evans has left behind and the numerous people he has touched, encouraged and gifted the love of music!

The Northwinds Symphonic Band is now led by former band director Mercer Crook and the roster includes other band directors, both active and retired, music teachers, college students, professional musicians and several players who pursue an occupation outside the field of music. Patriotic selections will honor our country and the people dedicated to preserving our freedom! You will be exposed to the winds and strings in fascinating interplay beautifully performed with technical brilliance and abundant flair. Musical selections will encompass a grasp of every artistic and patriotic nuance within an overall aesthetic devoid of fussiness. In the finale, Crook will lead the orchestra through dynamic valleys and scales, to new peaks with masterful control in a spirit of freedom, vigor and all things red, white and blue! You will leave us with a true sense of patriotic pride and loyalty... heroic images of troops fighting for freedom, Martin Luther King Jr. speaking for civil rights, and George Washington crossing the Delaware... Bring the entire family and kick-start your fourth of July holiday with us! Picnic baskets, lawn chairs, beverages of choice, blankets are all welcome! Tickets: \$18 Adult; \$15 Senior/Student; Tables of 8 (up front) \$184. Series tickets \$90 each. 7% tax will be charged to all ticket sales. For tickets call 770.534.2787 or visit www.TheArtsCouncil.net

BACK IN TIME (Presenting Sponsor Peach State Bank) is a 9-piece rock-n-roll band featuring a 4-piece horn section. This band performs at The Arts Council Smithgall Arts Center on August 8th at 8 pm. Our gates will open at 6pm for picnickers. Band members hail from cities and towns all over northeast Georgia Marietta, Gainesville, Athens, Duluth and Braselton. They range in age from 30 to 60 but are all young at heart and have a passion for playing classic rock-n-roll, soul and East Coast Beach Music. Band members include: Jonathan Jackson - Lead Vocals, Guitar; Bob Cowles - Alto, Tenor, & Bari Sax, Vocals; Tom Wallace - trumpet, Vocals; Michael Crook - Trumpet, Percussion, Vocals; Rory Crook - Trombone, Percussion, Vocals; Mercer Crook - Keyboards, Percussion, Vocals; Glenn Brown - Lead Guitar, Vocals; John Harriman - Bass, Vocals; and, Chuck McKissick - Drums, Percussion. Back in Time is a musical tour de force of talent combining incredible musicianship, vocal precision and a stage presence that has garnered them much regional acclaim. Prepare for

your shoes to be shucked as you and the crowd pop to their feet to sing along and dance. These musicians provide an all ages, family friendly show weaved into a powerful rock-n-roll concert experience. The crowd will stay until that last note is played and then beg for more. The perfect entertainment package! Come enjoy some finger-licking good peach ice-cream, courtesy of Peach State Bank! Tickets: \$20 Adult; \$18 Senior/Student; Tables of 8 (up front) \$200. Series tickets \$90 each. 7% tax will be charged to all ticket sales. For tickets call 770.534.2787 or visit www.TheArtsCouncil.net

MIKE FARRIS AND THE ROSELAND RHYTHM REVUE will perform at The Arts Council Smithgall Arts Center on August 28th at 8pm. Our gates will open at 6pm for picnickers. Mike Farris became the first artist to receive a Grammy Award for Best Roots Gospel Album, for his Shine for All the People. Farris was presented the award by the National Academy of Recording Arts and Sciences at the 57th annual Grammy Awards ceremony held on February 8, 2015 in Los Angeles. Best Roots Gospel Album is a new Grammy Award category that recognizes 'roots' gospel albums, the heritage of this music, and the growing interest and support of these genres. Farris has made history as the first recipient for this prestigious award in addition to it being the first Grammy win for the

artist.

"This is a unique musical heritage here in America," he said. "And this is my mission to shine a light on it, to show the world this music, and to bring it out of the attic. There are two basic seeds of western music: old Black spirituals, where it all began, and old Appalachian music." "I'm from Tennessee," he continued. "I was born and raised with it. That is the beauty of being raised in the South, it is so fertile. This ground is so rich with all this music we all know. Blues, rock, jazz, R&B - we wouldn't have had any of that without the ground that I walk on." Asked what the impact of winning this Grammy would have on his career, he said, "You have a Grammy-winning Mike Farris forever and ever, and you carry it with you for the rest of your life. It brings more people to the table, and opens more doors, opens more hearts, more ears. It is not easy for a white guy to do this music. And it's true the word 'Gospel' is a wall that stops a lot of people. So anything I can do to show music has no boundaries, music breaks down all walls that matters."

Together with a great band and a fired up audience, the effect is explosive! Tickets: \$35 Adult; \$32 Senior; \$28 Student; Tables of 8 \$320 each. Series tickets \$90 each. 7% tax will be charged to all ticket sales. For tickets call 770.534.2787 or visit www.TheArtsCouncil.net

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The Next Chapter

Recommendations by
ANNE B. JONES, PhD

- *Sweeter Roots*; Lyn Froehlich, Froehlich, 2015
- *The Whites*; Harry Brandt, Henry Holt, New York, 2015

Lyn Froehlich's specialty is adding unexpected ingredients to change old standard recipes into gourmet. In *Sweeter Roots* she shares her expertise and cooking secrets in a beautiful cookbook. Its cover, a masterful still-life of vegetables painted by its Georgia author/artist, hints at the fresh and inviting concoctions within. The work is an example of Froehlich's talents in both painting and the culinary arts, but *Sweeter Roots*' succulent recipes are also accompanied by Joshua O'Neil's richly rendered photography.

Self-described as having cooking in her DNA, Froehlich admits to a craving for intense flavor with its

accompanying inviting aromas. Freshness and quality are her mantra as she provides desirable dishes ranging from Sweet Cornbread to Grand Marnier Soufflé. She developed her competency and passion with her mother as her muse. "I grew up in a home where we ate around the seasons. The desire to eat, healthy along with being a vegetarian, have given me the desire to be creative with incorporating fresh fruits and vegetables." Examples include Blueberry Oatmeal Pancakes, Cherry Almond Banana Muffins and Gorgonzola Potatoes. Her French Onion Soup is especially intriguing, containing a teaspoon of Dijon Mustard and 3/4 cup pale ale or stout beer. The recipes are inviting and worth the extra time it may take to prepare them.

Readers can learn more about Lyn Froehlich and her recipes at www.sweeterroots.com. A former technology professional and missionary, she teaches at Brenau University in Gainesville, GA., is married to an

anesthesiologist (Jim) and has two children (Stephanie, an ICU nurse, and Jake, a college student).

Known for eight previous novels, including *Clockers*, Richard Price assumes the pen name Harry Brandt for his latest release, *The Whites*. A police procedural with an ethically questionable edge, the plot revolves around a fatal shooting at Penn Station. But, this work is much more than a whodunit. The story is as much about the dynamics and changes that affect those who work in law enforcement as it is about catching killers. The book's title, *The Whites*, is a term that refers to those who have slipped through the cracks in the criminal justice system, those who not only get away but haunt their pursuers with unrelenting perseverance. These are the elusive cases that leave a poisonous residue that eats away at a cop from the inside out; the cases that can affect the life of the pursuer as much as the life of the pursued.

The novel's main character is Manhattan Detective Billy Graves, a man whose marriage and family is threatened by his wife's long-held secrets. Adding complexity are the stories of his comrades from earlier days. Case by case scenarios provide insight into the demons besieging each of them. They, too, hold secrets, secrets that test not only Billy's friendship but his loyalties.

Brandt has captured the essence of police life, the ins and outs of day and night routines, the wear on body and soul. Gifted with an uncanny grasp of "cop talk," he seasons the novel with sizzling dialogue. The book grips reader attention while interweaving a number of subplots, realistic in their portrayals and the issues they raise.

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

Data shows that women are primary caregivers of family

Women inquired for home health services 73% of the time.

By Brandon Carroll

For years, women have been perceived as the ultimate caregivers. From mothering children to taking care of their elderly parents, women have always been caregivers. In fact, women represent the majority of informal care providers in this country, especially when families don't stay together. According to census data, 82.2% of mothers are single parents compared to 17.8% for fathers.

In the last 30 years, women have transformed the corporate world. According to the US. Bureau of Labor Statistics, in 1975, only 47% of women worked full-time, whereas in 2011, over 70% of women work full-time. We've seen a fundamental shift in how women spend their time, but women still remain steadfast on their commitment to take on the role as primary caregiver within a family.

For the past 25 years, Options for Senior America has screened 38,281 care providers and fielded over 47,778 inquiries from people looking for home health care services for their loved one. As a result, they have compiled some research that tells an interesting story.

Research produced by Options for Senior America, Corp, a home health care group which started in April 1989, and now has branches and franchises in eight different states along the east coast, GA, FL, NC, VA, MD, DC, PA and OH shows that women are typically the primary caregivers of a family.

When Options for Senior America received an inquiry from children who are looking for home health care services for their parents, 73% of the time it came from a daughter or daughter-in-law. And, these statistics have been consistent over time, year after year.

Does this mean that women care more than men? Not necessarily "Women are typically able to convey the needs of a family more clearly than men when it comes to health care options for their family. However, the entire family is typically involved with the decision to utilize home health care services," said Ramzi Rihani, President & CEO of Options for Senior America.

It is important to note that this data came only from Georgia, Florida, Maryland, DC, Virginia, Ohio, and Pennsylvania.

- The research report uncovered some other interesting statistics:
- 77% of the time the care recipient currently lived with family.
 - 87% of the people who needed services were over the age of 70.
 - When spouses inquired about home health care services, 68% of the time women were calling for their husbands.
 - 49% of all people inquiring were the children inquiring for their parents, while 16% of all inquiries were by individuals who requested home health care for themselves.

The industry continues to grow, as approximately 12 million people in the U.S. now require some form of home health care. And, as baby boomers enter the later stages of their lives, the industry will continue to grow.

And, the data shows that even as women's roles expand in our society, future inquiries of health care services will mostly continue to come from women.





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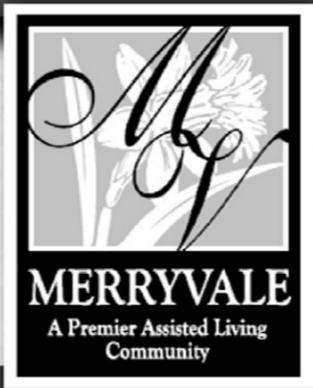
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What to do after a data breach compromises your identity

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

Tens of millions of Americans could be victims of the latest corporate data breach, this one at Anthem Insurance. Unknown hackers apparently stole personal identifying information (PII) from current and former Anthem customers, including names, addresses, Social Security numbers, dates of birth and other information that can be used for identity theft.

Anthem has set up a separate website with information on the breach, but the Better Business Bureau recommends that consumers always go to a company's main website first and follow links from there. Scammers often take advantage of data breaches and subsequent confusion to set up spoof websites and send phishing emails.

BBB offers the following suggestions for consumers concerned that their personal information has been stolen (also available at bbb.org/breach):

Do not take a "wait and see" approach as you may have done with breaches involving credit card data.

You must act quickly. Breaches involving Social Security numbers have the potential to be far more detrimental to victims, and the damage can be difficult to repair.

Consider taking a preemptive strike by freezing your credit reports. This will not impact existing credit cards and financial accounts, but will create a roadblock for thieves seeking to create fraudulent accounts using your personal information. Security freezes should be completed with each of the three credit reporting agencies, Experian, Equifax & Transunion.

At a minimum, if you know your Social Security number has been compromised, place a fraud alert on your credit reports. While less effective than a freeze, this will provide an extra layer of protection.

Take advantage of the free credit monitoring services Anthem will be offering to breach victims. While this is not a preventative measure, this will alert you to new accounts or inquiries using your Social Security number so that you can act quickly to repair the damage.

Vigilance is key. Regularly check your credit reports at annualcreditreport.com for unauthorized charges or

other signs of fraud. (NOTE: This is the only free credit report option authorized by the Federal Trade Commission.)

For more information and complete step-by-step guidance on repairing the damage caused by identity theft, visit the FTC's identity theft resources page under the tips and advice section of ftc.gov.

Expect that scammers will take advantage of this data breach to send out phishing emails and other messages that appear to be from Anthem, a credit bureau or other legitimate companies. Do not click on links from any email, text or social media messages about this or any other data breach.

For all businesses that collect customer information:

Make sure you protect your customers' data. If a data breach can happen to a major corporation with significant data security measures in place, it can happen to any business.

Check out BBB's updated online guide bbb.org/data-security for free information on how to create a data security plan.

We have to face the fact that data breaches are now a part of our lives

and prepare for them early because it isn't a question of "if" you're affected but of "when" you're affected.

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

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Don't fall for fake promises of lower property taxes

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

As the economy improves, property prices are rebounding... and so are property taxes. Most municipalities mail tax assessments each spring. Scammers are often close behind, posing as government programs that claim to lower your taxes for a fee.

Here is how this scheme works. You get a letter in the mail that appears to come from a government agency with names that include "tax adjusters" or "tax reassessment." It's really a private business, and it promises to get your property taxes reduced by disputing your tax assessment. For this, the business charges from \$30 to hundreds of dollars. A typical letter reads:

"The XYZ County tax authorities may have made an error when they recently assessed your property. The mistake means you may be over taxed by \$2,000. For 10 minutes and a one-time fee of less than \$100, it's well worth the potential savings of \$2,000."

As always, several variations of the scam exist. Sometimes, scammers simply pocket the fee. Other times, it's more a case of misleading advertising. The businesses file the paperwork on your behalf and/or provide you with a government report. However, in most cases, the business is simply doing something homeowners can do themselves for free.

Finally, some scammers use filing a property tax assessment dispute as a pretense to collect personal information for use in identity theft.

Ways to Spot a Property Assessment Scam:

Reputable businesses are available to help you dispute your tax assessment, but watch out for the following warning signs. It may be a scam if the business:

- Poses as a government agency
- Requires an upfront fee instead of billing you after the service is rendered.
- Guarantees it can lower your property assessment and/or taxes. You can file a dispute, but the local government needs to approve it.
- Requests a certified copy of your property deed and charges you more than a few dollars for it.
- Asks for your Social Security number or other personal information.

Scam artists look for opportunities to generate money for themselves and if they can create a sense of urgency or perceived savings for you, then they stand a much better chance of separating you from your hard earned money.

For more consumer tips you can trust, visit 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: bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

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~ NOTICES ~

Atlanta Scrabble Club

Meets the 2nd Sat. each month, 10 a.m.-noon, Centerville Community Center, 3025 Bethany Church Rd., Snellville. Bring Scrabble games and dictionaries. Cost \$1 per person per game (in cash – exact bills, please). For details call 770-557-1343 or email doc2barbara@earthlink.net.

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Hospice Volunteer Opportunities

Seasons Hospice is looking for angels who can make a difference by providing companionship for hospice patients and their families. Volunteer selection begins with an application and an interview in which potential volunteers may express their personal goals, availability, interests and talents. Our volunteers are carefully screened through a criminal background check, motor vehicle report, and personal references. Volunteer training gives volunteers an opportunity to learn new skills and become aware of skills they already possess. Volunteering for hospice can enrich your life by enriching the lives of others. If you are ready to make a commitment to caring for others, we would love to hear from you. Please email Janice Danford at jdanford@seasons.org or call 404-250-4950.

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continued on page 11

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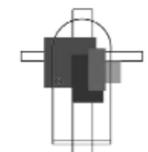
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NOTICES from page 10

the most painful and stressful experiences they've ever faced. It's a confusing time when you feel isolated and have lots of questions about issues you've never faced before. DivorceCare groups meet weekly to help you face these challenges and move toward rebuilding your life. Each session has two distinct elements:

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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.

Heritage Day... Visions of the Past

June 13, 9 a.m.-4 p.m. Presented by The William Harris Homestead Foundation, Inc., 3636 Georgia Hwy. 11, Monroe. For details visit www.har-rishomestead.com.

Running with the Monks!

Sat., June 13, 8:30 a.m., Monastery of the Holy Spirit, 2625 Highway 212, SW, Conyers. Monastery 5K Run/1.5 K Fun Run. More info: www.trappist.net.

The "House of Joy" Black Tie Gala

June 26, the Hilton Hotel, 5993 Peachtree Ind. Blvd., Peachtree Corners. The "House of Joy" is a soon to open emergency homeless shelter for women and children, a 501c3 Faith Base nonprofit organization. \$75 per person. More info: www.houseofjoynorcross.org or call 404-513-5683.

2015 Georgia Writers Museum Creative Writing Contest

Deadline: August 7. More info: www.georgiawritersmuseum.com.

Additional Senior Services & Events Information Available at www.seniornewsga.com

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More than 500 Atlanta community leaders gather in support of IDF's women soldiers

FIDF Atlanta Gala Dinner raises more than \$500,000 for educational and wellbeing services

Submitted by
Ryan Greiss, Puder PR

Photos by Gregg Mooney

More than 500 community leaders gathered Tuesday night at the Georgia Aquarium for the Friends of the Israel Defense Forces (FIDF) Atlanta Gala Dinner, raising more than \$500,000 to support the brave men and women of the Israel Defense Forces (IDF).

The evening, one of the Atlanta Jewish community's largest events, which has grown in attendance by almost 100 people over last year or 25 percent, saluted the women soldiers of the IDF who served during last summer's Operation Protective

Edge in Gaza – several of whom attended the gathering.

The event featured keynote speaker Brig. Gen. (Res.) Gila Klifi-Amir, a 30-year veteran of the IDF who served as the Chief of the General Staff's advisor on women's affairs and handled all matters relating to women's service in the Israeli military.

"As a woman officer, I often found myself trying to break the glass ceiling," said Brig. Gen. (Res.) Klifi-Amir. "Up until 20 years ago, women in the IDF served in a narrow range of administration and support roles. Today, 95% of the jobs in the IDF are open to women, but there are still barriers impeding women's success. For future generations we have the power to break barriers and allow tomorrow's women to rise to leadership roles with less difficulty."

The gala also honored Consul General of Israel to the Southeastern United States Ambassador Opher

Aviran and his wife, Talyah.

"Tuesday night's gala was especially meaningful," said FIDF Southeast Region Executive Director Seth Baron. "It presented a great opportunity for us to show our love and appreciation to the brave young men and women of the Israel Defense Forces who served in Operation Protective Edge, including a number of our Lone Soldiers from the Atlanta community."

All proceeds will go

towards FIDF's wellbeing and educational programs for Israeli soldiers, including: the Adopt a Brigade Program, which supports soldiers in need and funds rest and recuperation weeks for the FIDF Southeast Region's adopted brigade, the IDF Combat Intelligence Corps; the IMPACT! Program, which grants full academic scholarships to combat veterans; the Lone Soldiers Program, which supports soldiers with no immediate family in Israel; and the Wounded Veterans Program, which provides wounded veterans with physical, social, and psychological services and special prosthetics.

Co-chairing the event were Rachael and E. Jay Abt and Dorit and Natan Mordel.

Distinguished guests included several active-duty IDF soldiers; FIDF National Board Member and Southeast Region Chair Garry Sobel; Co-Founder of Home Depot and Founder of the Georgia Aquarium Bernie Marcus and his wife, Billi; FIDF National Director and CEO Maj. Gen. (Res.) Meir Klifi-Amir; and FIDF Southeast Region Executive Director Seth Baron.

About Friends of the Israel Defense Forces (FIDF): FIDF was established in 1981 by a group of Holocaust survivors as a 501(C)(3) not-for-profit organization with the mission of providing and supporting educational, social, cultural, and recreational programs and facilities for the heroic men and women of the IDF. Today, FIDF has more than 120,000 loyal supporters, and 15

regional offices throughout the U.S. and Panama. FIDF proudly offers its support to the IDF soldiers and their families through a variety of unique and innovative programs. These opportunities reinforce the vital bond between the communities in the United States, the soldiers of the IDF, and the State of Israel. For more information, please visit: www.fidf.org.



(R to L): Consul General of Israel to the Southeastern United States Ambassador Opher Aviran and his wife, Talyah, who were honored at the FIDF Atlanta Gala Dinner.



Women IDF soldiers at the FIDF Atlanta Gala Dinner.



(L to R): Co-Founder of Home Depot and Founder of the Georgia Aquarium Bernie Marcus and his wife, Billi, with FIDF National Director and CEO Maj. Gen. (Res.) Meir Klifi-Amir and keynote speaker Brig. Gen. (Res.) Gila Klifi-Amir.



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