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Virginia Linch...

staying focused!

Story on page 6

July 2015
Vol. 29, No. 7

Taking Care

How to Combat Summer Cabin Fever

by LISA M. PETSCHE

When we think of summer, we usually envision spending plenty of time outdoors, at home and visiting at friends' homes as well as in parks and other public places.

Lisa Petsche Unfortunately, allergens, poor air quality, intense heat, rain showers and thunderstorms can end up keeping us indoors more often than we would like.

The following are some ideas for warding off cabin fever for you and the person you care for, when the weather is less than favorable.

Ideas for Enjoyment

- Prepare or purchase special summer treats to enjoy – for example, lemonade, iced tea, strawberry shortcake and blueberry pie.
- Buy colorful, acrylic dishes and matching placemats for serv-

ing food and beverages. You don't need to spend much: check out the offerings at the local dollar store or discount department store.

- Snack on fresh fruit and vegetables from your garden or the local farmers' market. Or pick up pre-sliced, ready-to-serve watermelon, pineapple and other refreshing offerings in your supermarket's produce section.
- Enjoy ice cream novelties, such as popsicles and ice cream sandwiches, purchased in bulk from the grocery store or individually from the local convenience store. Or make your own ice cream floats and sundaes.
- Order take-out food for a change of cuisine. Try something different, but not too heavy, such as an apple pecan chicken salad, for example.

- Bring a bit of nature into your home: nurture some plants, keep vases filled with flowers from your garden or buy fresh flowers.
- Burn candles with novel summer scents, such as raspberry lemonade and peach Bellini.
- Read a magazine about a

favorite summer pastime – gardening or golf, for example.

- Listen to relaxation CDs that feature your favorite summer sounds – for example, waves lapping at the shore, a babbling brook, a waterfall, birds or other wildlife.

- Look through photo collections or watch home movies from past summers. Reminisce about family traditions, special people and places and humorous moments.

- Read a new book or reacquaint yourself with an old favorite you have on hand.

- Start a daily journal.
- Watch a summer-themed movie.

- Try out a new recipe.
- Work on a jigsaw puzzle or word puzzles.

- Play card games or board games together. Go with classic board games such as checkers or chess, or be adventurous and try one of the latest offerings on the market. For even more fun, invite friends over for an afternoon or evening of games and socializing.

- Start a new hobby, such as sketching or scrapbooking, or revive an old pastime – for example, knitting or crocheting.

- Get a bird feeder and seed, binoculars and a bird watching guide.

- Go to the mall, even if you're not looking to buy anything. Window shopping and people watching can be enjoyable pastimes. Have a snack or a meal while you're there.

- Plan an outing to a favorite restaurant or an indoor concert or play. Take a taxi – or book accessible transportation if necessary – to ensure door to door service.

Practical Activities

Accomplishment, especially when it involves tackling long-postponed projects, brings satisfaction and a sense of renewal. Involve the care receiver as appropriate.

Some ideas for projects

- Organize your collection of photos, music or movies.
- Do some de-cluttering around your home (kitchen drawers, closets, spare rooms, basements and attics are typical hot spots). Pack up unwanted items for donation to a local charity.
- Organize paperwork – bills, medical documents and so on – in portable file boxes or three-ringed binders equipped with dividers.
- Rearrange the furniture in one or more rooms, or swap furnishings and accessories among rooms. Or start planning a major room redecorating or home renovation project.
- Make an extra effort to look after your health, including exercising regularly – good for both your physical and mental well-being. A stationary bike or treadmill is a good choice – you can use it year-round, regardless of the weather.
- Research community support services, including respite care options, and begin to take advantage of them. Information can be obtained from the local office on aging.

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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Downsizing can sometimes be uplifting

by SUSAN LARSON

It was hard leaving our home in Lilburn after all the love we put into it. In 1988, we'd found the perfect lot. Three acres of woods with a creek surrounded by ten acres of wetlands at the end of a cul-de-sac in the heart of Old Town Lilburn. We spent a year pouring over architectural magazines and finally came up with the perfect home. A few tweaks to fit the terrain and our lifestyle and being at the bottom of a 400 foot driveway about the same slope as Stone Mountain made it exclusively ours.

The first thing my husband did was build some bluebird houses and a tree house for our three boys. I designed a meandering nature trail, about a quarter mile long, which we padded with wood chips and lined with liriope. It was the scene for neighborhood Easter egg hunts and our Halloween haunted forest. For my 50th birthday party, I decoupage 50 of my favorite poems and nailed them to the trees.

Here we were, in a house not visible from the street, yet with the police department visible from our deck. We were within walking distance of the library and several restaurants. I could take my car to the mechanic, walk home and then walk back when it was fixed. We were surrounded by wildlife, yet within 10

minutes of I-85 and Hwy. 78. For 23 years our home was perfect. Well, except for the last year after a coyote showed up. We wanted him gone, but after talking with several professional coyote killers, they all sadly assured me that even if they bagged that one coyote, others would soon take his place. So we just had to tolerate him.

When it came time to downsize, my only hope was that we could sell our Heaven on Earth to someone who loved it as much as we did. And wouldn't it be cool if they had three boys to enjoy all that work we put into the woods?

The first agent we contacted told us we'd practically have to give it away. No one wants to live in a hole in the ground. It's stucco and not brick. And worst of all, no granite counter tops!

But then my husband's barber, Junior Haygood, recommended an agent who sold it in four months to a couple – with three boys! – who felt it had been custom built for them.

Shortly after we moved to Lake Oconee, I touched base with a neighbor. She said as she was pointing out to the new owner all the charms of the cul-de-sac, she noted that the lady across the street had seen a deer in her yard.

"Deer?" he replied. "Everyone has deer! But I have my own coyote! Can you believe that? My own coyote!"

Yes, I can believe that. What I can't believe is that there is someone living in "my" house who loves it more than I did.

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.

ONCE UPON A TIME

by Mary Elliott

*Once upon a time, I was at wits end.
You came to comfort me; you were
my friend.
Then, as time went on, we became
more,
I let you in; I opened a door.
Not the kind of door you walk
through.
It's a door to my feelings I opened
for you.
Will I be sorry I let my feelings out?
I guess taking chances is what life's
all about.
So this is the end of this fairy tale
of mine.
This is what happened once upon
a time.*

MY PRAYER

by Paul R. Goniea, Sr.

Dear God...

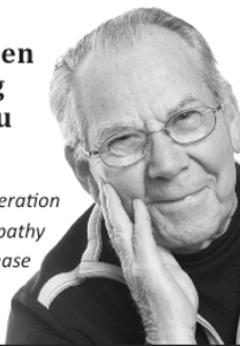
*I deserve hell, you give me salvation.
How dare I to ask, that you save this
nation.*

*You gave your blood, to sanctify me.
Many have bled for this land, from
sea to sea.*

*Let not your sacrifice, or theirs,
be in vain.
Help us, to be on your side, and
always remain.*

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*Many of us have wandered, and lost
our way.*

*Correct, lead, and guide us, I
fervently pray.*

*And, may we forever, in your loving
arms, stay.*

THE GOLDEN YEARS

by Dot A. Jones

*Have you ever wondered why they
are called our golden years?*

*Perhaps it's because we are blessed
with the gift of each day. A gift
from God to use in our own way.*

*We have been promised three score
and ten; and, each extra day is a
precious win.*

*We can be happy, smile and give
love to family and friends; or, we
can whine, frown and groan all the
while.*

*These dear gifts are to be treasured
each day, so don't wish the time
away.*

*May others look at you and say,
"She's a beautiful treasure of life
to behold." She is molded in God's
perfect mold.*

*Then when you are called to your
heavenly home, family and friends
will remember a life of gold, years
of beauty and faith untold.*

*Each year remains a golden
treasure. You have used the gift of
the day in a special way. The
golden years are blessing our lives
and dear beyond measure.*

AMERICAN MOTHERS

from The Writings of EMM
aka Elizabeth Magdalene Murray
Poetess

This poem is written for parents,

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 are available at 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

*grandparents, guardians and anyone
else that has influence in the life of a
child.*

*We are the American Mothers
Giving birth to the free and the
brave
Our seeds sown in the goodness of
God
And may thrive where-ever they lay*

*The young will rest upon our knee
And when older upon our hearts
Their success in life means the
world to us
And a solid foundation is their best
start*

*As the mothers of this nation
We will never cease to share
The bonds of unconditional love to
any child
That lives in physical and emotional
despair*

*We will continue to search for ways
to cure our children's ills
By not allowing an idle mind to
shorten their lives
With bullets and cheap thrills*

*As true mothers, we can never say,
"This child cannot be loved"
For there is nothing that money
can buy
To take the place of just one
sincere hug*

*We light the path that leads
To their prosperity and self-worth
A strong back they'll need
A clear head to heed
And full breasts upon which to nurse*

*The present of love, hope, and glory
Some cherished honors we bear
Blessed with the throne of mother
And ever our duty to care*

*To the Mothers of America
And mothers throughout the earth
Patience and time to listen is forever
giving birth.*

EMM©91

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.

Out & About

Philadelphia Winn Chapter NSDAR visits Washington, DC for 124th Continental Congress

by Lee Schermerhorn, Chairman
Philadelphia Winn Chapter
NSDAR, Lawrenceville, Georgia

Philadelphia Winn Chapter, National Society Daughters of the American Revolution visited Washington, DC June 22-28, 2015 to attend the 124th Continental Congress.

This year marks 125 years of



Sara Rawlins, National Second Place Winner, Dolls of American Heritage Contest.

service to our nation for the NSDAR. The focus of the non-profit organization continues to be on education, historical preservation and patriotism. The goal for this 124th Continental Congress is to raise \$1,250,000. What our founders built, we must preserve (statement from President General, Lynn Fourney Young). The goal of the NSDAR during the three year Young administration is to log 1,000,000 volunteer hours in the Celebrate America! campaign. The total number of combined Celebrate America! service hours from 2013, 2014 and the first 6 months of 2015 have been announced; the grand total is: 9,963,711! The official day to commemorate Celebrate America! across the nation is, October 11, 2015.

Philadelphia Winn Daughter Sara Rawlins was recognized for her National



Left to right: Past Regent Peggy Freeman; First Vice Regent Kitty Watters; Chapter Junior of the Year Valerie Craft

2nd place for Dolls in the American Heritage Contest. Georgia Chapters won nine awards.

Six Daughters from Philadelphia

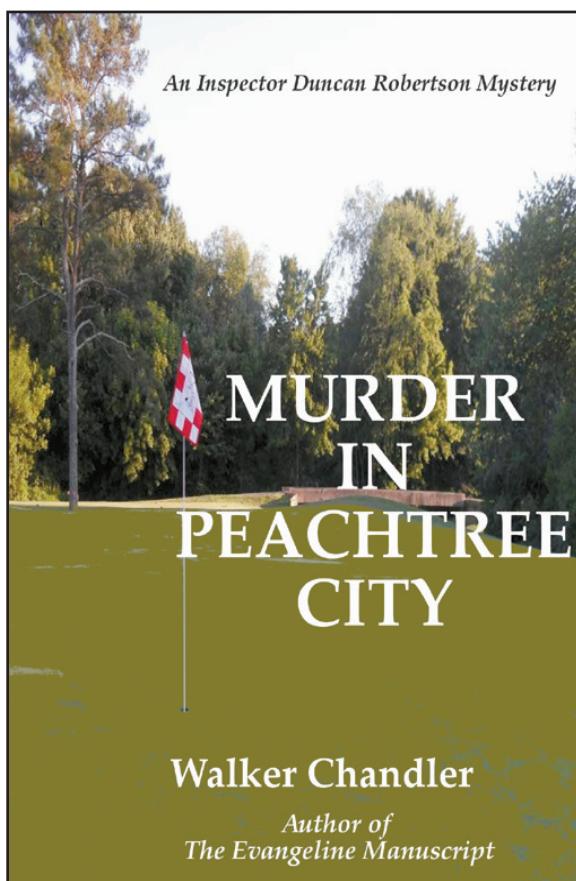
Winn Chapter in Lawrenceville, Georgia were in attendance with approximately 100 Georgia Daughters in Washington, DC.

Lawyer, inventor, writer published new book

Submitted by Taylor Oneal

Lawyers, the old joke goes, are people who write 50-thousand word papers and refer to them as "briefs."

Despite that reputation, though, many lawyers are not only writers of novels, but often very popular novels.



Joining those ranks of author-lawyers is Middle Georgia's own Walker Chandler, now semi-retired as attorney to spend more time writing.

Although he is also spending part of that time as an inventor – he has, among other things, patented a new type of boat, called a *Sectional River Boat* [patent no. 8474393] – writing is his major activity.

He has already published a time-travel and historical-fiction novel, "The Evangeline Manuscript," a book of poetry, "The Gift," and has now e-published his mystery, "Murder in Peachtree City."

Chandler said this venture into e-publishing is merely his first, with other completed novels, including a re-publishing of "The Evangeline Manuscript," to be uploaded as quickly as they can be edited and formatted.

"Writing for e-publishing is not different from writing for paper books," Chandler said, "but the – call it typesetting is, and there are technical differences that have to be dealt with."

Chandler said he had the services of a former Zebulon resident, Michael

Morrison, for the editing and formatting, and, for the cover art, local artist Kay Alexander.

"Each of them had to learn a new skill," Chandler said, "and having their services available to me makes being a writer a lot easier.

"I can spend my time and energy writing and creating new stories," he said.

Chandler said studies and surveys have shown a growing popularity of electronic readers, with Amazon's Kindle seeming to be in first place.

"My editor told me he was in conversation recently with a lady

there in Los Angeles, in a thrift store, ironically in the book section, and the lady said she preferred electronic readers to paper books. And in some ways, it might be better for authors as well as the reading public."

"Murder in Peachtree City" is, as the title suggests, a mystery, with aspects of the occult, terrorism, drugs, and of Walker Chandler's other activities, bagpiping.

It's available from Amazon at www.amazon.com/dp/B00Z5B18M S and from Smashwords at www.smashwords.com/books/view/544275.



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On the Cover

Virginia Linch... staying focused

by SUSAN LARSON

Cover Photo by Dr. Jennifer Beth Proctor, DVM

Staying focused is of utmost importance for Virginia Linch when she performs her duties as a magistrate judge in Putnam County. No detail can go unnoticed. One might think that in her spare time she would just chill out and let her mind wander. But her mind is just wired for details. As demanding as her job can be, Linch has always found time for gardening, a passion instilled in her by her mother, a Master Gardener. But while her blooms were beautiful, Linch noticed some details were missing.

"While looking for subjects for my growing photography hobby, I realized how few butterflies were in my garden," she said.

This frustration led to focused research through which she learned that larval host plants are necessary for the reproduction of butterflies. By replacing non-native plants in her garden with larval host plants, she said the appearance of butterflies was almost immediate. But she didn't

stop with her own backyard.

"I have been raising and releasing native butterflies for years now, giving different stages of caterpillars, chrysalides and larval host plants to girl scouts, friends, family, school groups and others. The magic of this transformation into a creature of beauty always seems to touch each who is able to witness it," she said.

She also started spreading the word about the importance of butterflies as pollinators.

"We usually just associate butterflies with ornamental flower gardens. Butterflies are also pollinators who visit tomato, watermelon, and other crops. Unfortunately, the native plants butterflies require to reproduce are usually considered weeds and are diligently removed from gardens, fields and road banks where they used to thrive."

So Linch, being a judge and knowing all the details of zoning and land use, masterminded a butterfly garden, Butterflies and Blooms in the Briar Patch, in the heart of Eatonton. With the help of volunteers, including her husband Ronald who diligently cultivates the weeds, this garden has also earned the title of Certified Monarch Way Station



On Easter Sunday, for the Garden Blessing, each person had some words to share that turned the moment into a beautiful time of celebrating the power of God and our hope & belief that each person who comes to the garden to visit or work will be blessed.

#9045, meriting visits from Meredith Mays, president of the Georgia Chapter of the North American Butterfly Association and Jeff Zablow, nationally known butterfly photographer.

Local artist, Peyton Proctor is creating sketches to identify the plants and which butterflies they host. Lowes in Madison and Lavender Farms have made generous donations and volunteers from Ritz Carlton erected a cedar arbor. Butterflies and Blooms in the Briar Patch is also an official site for Geo-caching, a world-wide treasure hunting game that uses a GPS to locate the "caches."

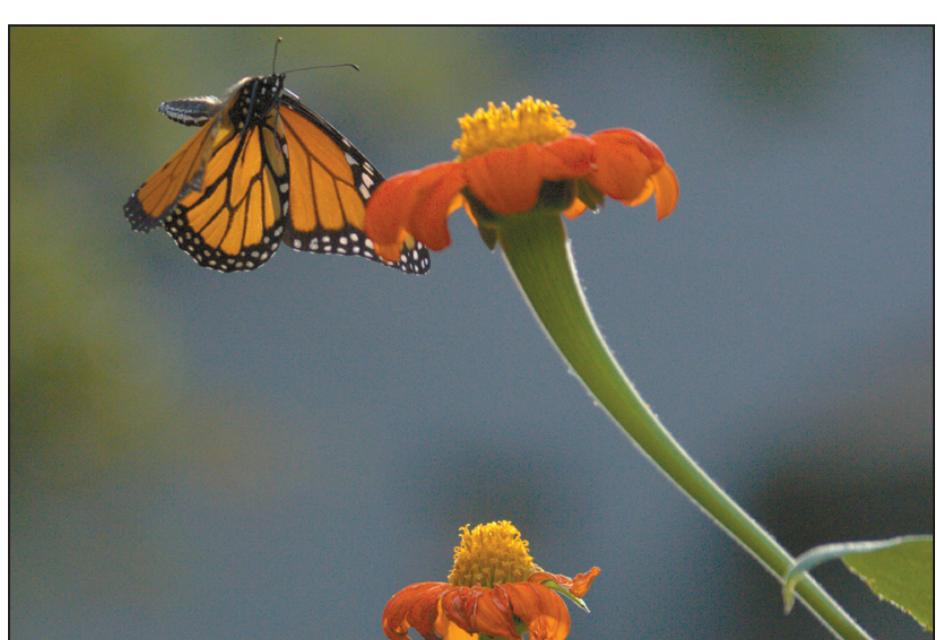
Last month, Linch presented her case to the Department of Natural Resources and Monarchs Across Georgia proposing to create butterfly/pollinator habitats in all 65 state parks. And the verdict is in. Starting September 2015, Linch will be working with Georgia State Parks, Friends of Ga. State Parks and US Fish and Wildlife to install

the gardens.

Even with all these major projects going on, Linch continues to focus on educating the public to let some weeds grow in their gardens for butterflies so they can spread their wings everywhere. For more details visit www.naba.org or e-mail Linch at virginialinch@aol.com. To just focus on some her fabulous photos, visit Butterflies and Blooms ion the Briar Patch on Facebook.



A Hackberry emperor perches on finger of NABA Georgia Chapter President Meredith Mays.



One of many butterflies at Butterflies and Blooms on the Briar Patch

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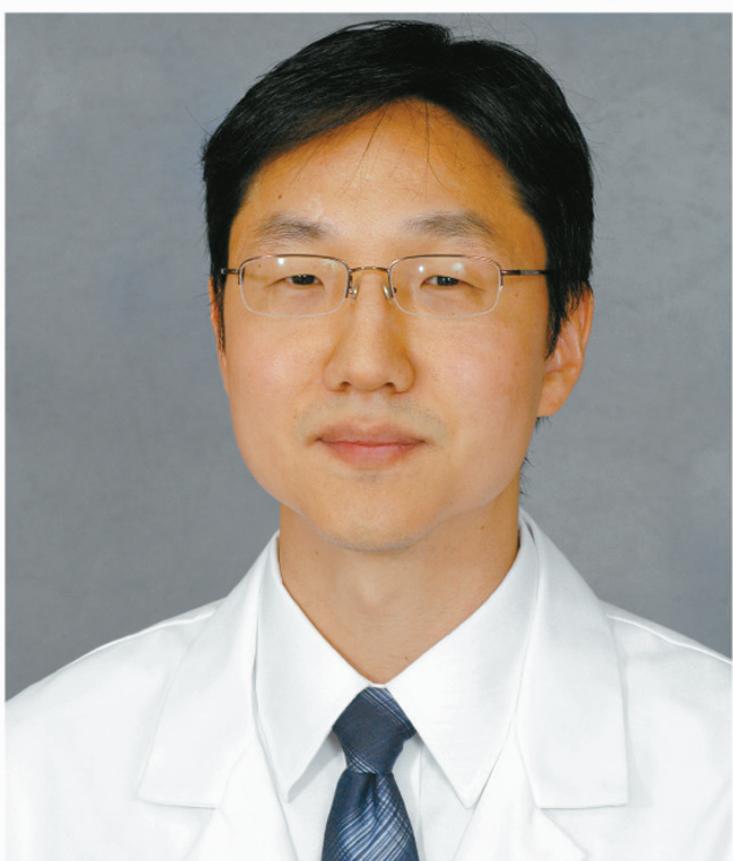
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The Next Chapter

Recommendations by
ANNE B. JONES, PhD

- *Killer*, Jonathan Kellerman, Ballantine Books, 2014
- *Unexpected Insights*, D. Craig Rikard, Tiger Iron Press, 2015

Killer is classic Kellerman, one of his best. After a particularly thorough analysis of a child custody suit, psychologist Alex Delaware is given a lucrative offer to enhance his practice with the role of expert witness in designated cases. He accepts, then finds the case that sparked it all has come back to haunt him. Learning his decision is questioned, he faces a deadly situation involving threats to his life and a series of murders.

Delaware, who also works as a crime consultant for police, joins forces with his longtime friend Detective Milo Sturgis to determine the killer and stop him before he, or she, acts again.

Kellerman is a master of plotting, character building, setting and drama. A real life psychologist, he is also an excellent writer who has published best-selling crime novels and numerous non-fiction works. His wife Faye and son Jesse have followed in his footsteps, becoming popular writers in their own right.

My husband's minister friend, Rev. Bill Brannon, is a popular chaplain at Atlanta Motor Speedway and pastor of Fellowship Baptist Church in Riverdale. When we learned he was about to undergo heart sur-

gery, we tried to think of something we could do or give that might let him know how much we care. Right before he was to go into the hospital we came across a book that seemed perfect. *Unexpected Insights* is a collection of stories written by Methodist Pastor D. Craig Rikard. The book is an entertaining companionable read written in a conversational tone. In it, Rev. Rikard reveals simple yet enduring lessons he's learned from his years as a preacher.

Rather than being filled with thunder and lightning, hellfire and brimstone, startling and sometimes doubtful religious events, this work is rich in its simplicity. In it are revelations of the everyday work of those who have a steadfast and unre-

lenting commitment to God. Some stories are humorous (I found myself laughing out loud). Some stories will pull at your heartstrings. All of them present a brutally honest portrait of their storyteller, someone who experiences life as do the rest of us, with all its challenges. Of the stories contained in this work, my favorite is "She Wrote it Upside Down but it Was Right." A tale that includes suffering, depression and redemption, it reminds us God is with us even during times of doubt.

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

Jury Duty Scams continue to rise

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

Being picked for jury duty can be stressful. Receiving a call from someone claiming to be with the local police department or district attorney's office who says you missed jury duty and are facing arrest is downright terrifying. Reports from consumers suggest that this type of fraud is again on the rise.

The scam works like this: a consumer receives a phone call or voice mail from someone claiming to be with their local police or sheriff's department, district attorney's office or the county courts. The caller states that the consumer has missed a jury duty summons and could be arrested if they don't pay a fine. The caller may even claim that a warrant has already been issued for the consumer's arrest.

If the consumer responds to the caller; they are instructed to send money to the scammer to pay a fine in order to avoid arrest. The consumer is asked to provide a bank account number, wire money, or put cash on a prepaid debit card like a Green Dot MoneyPak or similar card and send it to the scammer. In some cases, the scam may be used to trick a consumer into providing sensitive personal information such as a Social Security Number, date of birth, or credit card or debit card number.

This scam preys on consumers' fear of law enforcement and unfamiliarity with how the jury duty summons process works. The caller may appear to be very legitimate -- with Caller ID showing a local number with police department information and an official-sounding voice on the phone. To help consumers see through these tricks, here are some red flags to spot these scams:

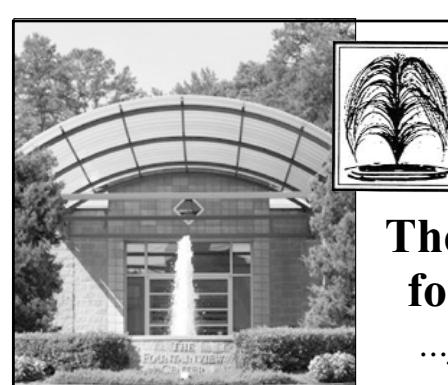
- Courts almost exclusively contact consumers about jury duty or

missed jury duty by postal mail, not by phone or email;

- Court officials or police departments will never shake you down for payment or personal information over the phone;
- If the call comes in the evening or at night, it's a red flag. Real court-related calls should only come during normal business hours;
- If the caller claims to be part of a "warranty amnesty program," it's likely a scam. Such programs typically require consumers with outstanding warrants (such as for failure to appear for a court date) to reach out to the courts on their own;
- Asks to pay via wire transfer or prepaid debit card (such as MoneyPak, Reloadit or similar cards) are almost always a sure sign of fraud.
- Concerned that you may have missed a jury duty summons or court date? Contact your local courts directly by looking up the phone number online or in the phone book and calling them yourself.

Consumers should be aware that the jury duty scam is not exclusive to phone calls, either. Scammers have been known to send threatening emails or texts, purportedly from the local court, in an effort to get a consumer to send money, provide sensitive personal information (which can lead to identity theft) or install malware.

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.



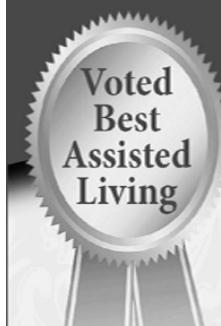
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Don't fall victim to bogus "Tech Support" calls

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

Many residents have reported to your BBB that they have received a telephone call from someone claiming to be with tech support from well-known software companies. Microsoft has been a very popular claim, but there have been others as well – and even some claiming to be with federal law enforcement agencies, such as the FBI.

The Scammers may know your name and other personal information, which they get from publicly available phone directories. They might even guess what computer operating system you are using.

The caller tells you that your computer is sending error messages, and they've detected a virus on it. He says that only a tech support employee can remove the virus, but first you must grant him access to your machine. If you give the OK, the caller will run a scan of your files and actually point out how the virus has infected the computer. The scammer then offers to remove the virus... for a fee. Of course they need your credit card information first.

You might think that this is another form of telephone fraud designed to get your credit card information, but there are actually two twists. It is possible that if you allow the caller to access files on your computer, they can access banking information by using your computer to log into your banking programs.

In addition, they could download spyware onto your computer, which could allow them to monitor your key-strokes. Many people reporting this crime to the FBI's Internet Crime Complaint Center indicated that if they allowed the caller remote access to their computers, whether they had paid for the virus to be removed or not, they had difficulties with their computers afterwards. Some said their computer would not turn on or that certain programs/files were inaccessible. Some victims even reported taking their computers in for repair and the technicians confirmed that software had been installed.

What to do if "Tech Support" calls?

- Be wary of answering calls from unknown numbers. Instead, let the call go to voice-mail and if it's important, they will leave a message.
- Don't rely on caller ID; scammers have the ability to spoof their caller ID numbers to appear legitimate.
- Never give control of your computer to a third party unless you can confirm that it is a legitimate representative of a computer support team with whom you are already a customer and you initiated the support.
- Never provide your credit card or financial information to someone claiming to be from tech support.
- If a caller notifies you that he or she has detected a virus or other threat to your computer, hang up.
- Take the caller's information down and report it to the BBB, local authorities or the Federal Trade Commission.

If you did allow a caller to access your computer:

- Change the passwords for your computer, email and online banking and credit card accounts.
- Be sure to update your antivirus software and run a

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virus scan.

- Consider placing a fraud alert on your credit report if you shared personal and banking information with the scammer or if you suspect that malware was installed.
- Find a trustworthy computer repair company to ensure that all malware has been removed.

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

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~ NOTICES ~

Volunteers Need for Meals on Wheels

Senior Connections needs volunteers to deliver hot, nutritious meals to homebound seniors in your area. Three convenient pickup locations in Chamblee, Decatur and Lithonia. Call 770-455-7602 or register to volunteer online at www.seniorconnectionsatl.org. Call for new class offerings.

New Neighbors League Club

Prospective member orientation, first Wed. each month at the New Neighbors Welcome Center, 479 S. Atlanta St., Roswell. Luncheon and program second Wed. each month at various locations. Volunteer orientations are conducted every Monday at 1 p.m. For complete details call 770-993-7886.

Volunteers Need for Meals on Wheels

Meals on Wheels volunteers needed in DeKalb neighborhoods. Deliver hot, nutritious meals to homebound senior neighbors in your area. Three convenient pickup locations including Chamblee, Scottdale and Lithonia. Call Senior Connections at 770-216-2574.

VOLUNTEER OPPORTUNITIES FOR 55+

The Metro Atlanta RSVP program, sponsored by the Atlanta Regional Commission, Area Agency on Aging, is currently accepting applications for volunteers to help educate older adults about issues that are important for remaining healthy and independent in their communities. Join a force of talented volunteers, age 55 and over, whose members are utilizing their unique life experiences and

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skills to share important information with older adults. RSVP volunteers play a critical role in providing education and outreach in the community so older adults can make informed choices about available programs and services. Free training is provided for all volunteers and flexible schedules are available. Volunteers 55+ are eligible to receive mileage reimbursement and supplemental insurance.

For more information, please call 404-463-3119 or email mnewton@atlantaregional.com.

Alzheimer's Support Group

4th Thurs. of month, 6:30-8:00 p.m., GoldenCrest Assisted Living, 2160 Lake Harbin Rd., Morrow. For details call Gery Saunders at 770-961-2200.

Grandparents on the Move Meeting

Every 3rd Thurs., 10 a.m.-12 noon, Helene Mills Center, 515 John Wesley Dobbs Ave., Atlanta. Everyone invited. For details call 678-938-6649.

N.A.R.F.E.

All federal civilian employees and retirees are invited to join N.A.R.R.E. (National Active and Retired Federal Employees Association). Call T. Jerry Samples at 770-973-2834.

Volunteers Needed by CASA – Court Appointed Special Advocates

Be a positive influence and help provide stability

and leadership in a child's life. Consider volunteering with CASA. For complete details call 770-345-3274 or visit www.casacherokee.org.

Newnan-Coweta Habitat for Humanity ReStore

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Volunteers Needed

Court Appointed Special Advocates (CASA) connects qualified, compassionate adults to advocate for children in the foster care system, one child at a time. You will be trained and equipped to advocate for a child's right to be safe, to be treated with dignity and to learn and grow in the security of a loving family. Connect with CASA by calling 770-345-3274, email at info@casacherokee.org or visit www.casacherokee.org.

Hospice Volunteer Opportunities

Seasons Hospice is looking for angels who can

continued on page 11

Jitterbug5 is the phone for my friends and I

Submitted by Brenda VanOsdol

All my friends have new cell phones. They carry them around with them all day, like mini computers, with little tiny keyboards and hundreds of programs which are supposed to make their life easier. Trouble is, my friends can't use them. The keypads are too small, the displays are hard to see, and the phones are so complicated that my friends end up borrowing my Jitterbug when they need to make a call.

I don't mind. I just got a new phone too. The new Jitterbug Plus. Now I have all the things I loved about my Jitterbug phone along with some great new features that make it even better!

GreatCall® created the Jitterbug with one thing in mind – to offer people a cell phone that's easy to see and hear, simple to use and affordable. Now, they've made the cell phone experience even better with the Jitterbug Plus.

It features a lightweight, comfortable design with a backlit keypad and big, legible numbers. There is even a dial tone so you know the phone is ready to use. You can also increase the volume with one touch and the speaker's been improved so you get great audio quality and can hear every word. The battery has been improved too—it's one of the longest-lasting on the market—so you won't have to charge it as often.

The phone comes to you with your account already set up and is easy to activate.

The rate plans are simple too.

Why pay for minutes you'll never use? There are a variety of affordable plans. Plus, you don't have to worry about finding yourself stuck with no minutes—that's the problem with prepaid phones. Since there is no contract to sign, you are not locked in for years at a time and won't be subject to early termination fees. The U.S.-based customer service is knowledgeable and helpful and the phone gets service virtually anywhere in the continental U.S.

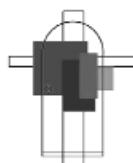
Above all, you'll get one-touch access to a friendly and helpful GreatCall operator. They can look up numbers, and even dial them for you! They are always there to help you when you need them.

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NOTICES from page 10

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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.

2015 Georgia Writers Museum Creative Writing Contest

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Georgia Division of Family and Children Services needs Adoptive Families

Approximately 200 Kids Need Permanent Homes across Georgia

Special to Senior News
Atlanta, Ga.

The Georgia Division of Family and Children Services (DFCS) is looking for adoptive families for approximately 200 children in its care. On June 3, DFCS launched a marketing campaign to recruit adoptive parents throughout Georgia for those children who have been permanently separated from their birth families. There is a particular need for "forever families" for sibling groups and teenagers.

Each week for the next six weeks, DFCS will highlight a child or sibling



Katy, Kansas and Karina are looking for an adoptive family. They are currently in DFCS care.

group that is looking for a family in the hopes that not only they will find an adoptive family but that it will also lead to the adoption of other children in foster care. DFCS believes that all children have a right to a family and a safe home of their own.

"Adoptive parent recruitment is an important initiative for the Division of Family and Children Services," said DFCS Director Bobby Cagle. "We have so many deserving children that can spend years waiting for a family. We hope that by building awareness of the need for permanent families that Georgians will open their hearts and homes to these children."

The Three K's: Sweet Sisters... Karina, Katelyn and Kansas

Karina, Katelyn (Katy) and Kansas are sisters who enjoy spending time with each other and look forward to becoming part of a permanent family soon.

Sixteen-year-old Karina is an expressive, outgoing, silly, respectful and funny teen who enjoys shopping, playing tennis, socializing and trying new things. She also enjoys playing volleyball, swimming, cooking, reading, sleeping, playing Monopoly, rooting for the Miami Heat, and watching the movie "Tangled." Her favorite foods are vanilla ice cream, apples, broccoli and, of course, candy. At school, she enjoys learning about math and participating in drama class. Karina looks forward to decorating her new room when she gets adopted. When she gets older, she hopes to make a difference for foster children and, possibly, work in the field of criminal justice.

Katy is a smart, outgoing, silly, caring, well-behaved, funny, upbeat, responsible and mature, but sometimes goofy, 10-year-

old. Katy strives to do well in all that she does. She is a go-getter who enjoys learning about math, excels in all of her subjects, consistently makes the honor roll and enjoys playing guitar in her music class and singing in the chorus. Katy loves to play cards, especially Go Fish. She also enjoys watching the movie "Frozen" with her sister, participating in gymnastics and volleyball, cheering for the Georgia Bulldogs, playing chess and checkers and watching TV. Her favorite foods are corn, strawberries, ice cream and cake. Katy hopes to someday meet her favorite singer, Ariana Grande. She also wants to attend law school and become an attorney.

Four-year-old Kansas is a happy, perky, goofy, caring, well-behaved and lovable little girl who interacts well with her peers and is a pleasure to be around. She enjoys playing outside, learning at school, getting attention and being active. She also enjoys watching the movie "Frozen" with her sister, playing basketball, and watching "Curious George" on TV. Kansas' favorite foods are corn, vanilla ice cream, grapes, apples and candy. She dreams of having a family.

Karina, Katy and Kansas need a loving adoptive family who will provide them with the attention, support and nurturing environment they need to continue to thrive and reach their goals. For more information about the "Three K's," the adoption process and other children looking for an adoptive family, call 877.210.KIDS or visit www.itsmyturnnowga.dhs.gov.

About Georgia Division of Children and Family Services

The Division of Family and Children Services (DFCS) investigates child abuse; finds foster homes for abused and neglected children; helps low income, out-of-work parents get back on their feet; assists with child care costs for low income parents who are working or in job training; and provides numerous support services and innovative programs to help troubled families.



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Georgia Writers Museum sponsors third annual contest

by SUSAN LARSON

The Georgia Writers Museum is accepting entries for its third annual amateur creative writing contest through Aug. 7. Entries must be original, unpublished literary works in the genre of a short story, flash prose, essay, biography or memoir. No poetry will be accepted. Entries, limited to 750 words, must be in the form of a word document, not a PDF. The fee is \$20 per entry, with a limit of three entries per author.

Detailed rules and entry forms are available online at www.georgiawritersmuseum.com.

When registration and payment are received, authors will then

receive information on where to forward an electronic copy of the work(s) as an attachment to email. This year submissions, payments, and entries can be made online. Rules are listed on the Web site under "EVENTS."

First prize is \$125 with publication in *Lakelife* magazine and *The Eatonton Messenger*. Second prize is \$75 and third prize, \$25, with gifts awarded to the honorable mention. An awards reception is set for 6 p.m. Oct. 9 at the temporary home of the Georgia Writers Museum, 109 S. Jefferson Ave., Eatonton.

Last year, several *Senior News* readers placed in the finals. Let's hope that this year our senior population is represented at the awards reception.

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