

Senior News

Georgia

Providing Helpful Information for Mature Adults in GEORGIA!

*It's April...
and Time for
Outdoor Marketing!*

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April 2025
Volume 39, No. 4

Leadership Columbia County Applications Now Open

Submitted by Jamie Miller, Communications Manager, Columbia County Chamber of Commerce
jamie@columbiacountychamber.com

Evans, GA

The Columbia County Chamber of Commerce is now accepting applications for its next Leadership Columbia County (LCC) class. Business and area leaders are encouraged to apply for the prestigious program before the April 18th deadline. LCC is designed to expose participants to the opportunities and challenges facing our community while promoting and fostering the development of leaders who are committed to shaping the future of our Region.

The Class of 2026 will be led by program Chair Rhonda Banks (LCC '10), Interim Associate Vice President at Augusta University, and program Vice Chair Alex Griffin (LCC '23), Assistant Vice President of Innovation at the Medical College of Georgia Foundation.



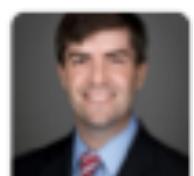
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Rhonda Banks
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Introducing Shelf Love: Metro Atlanta's Newest Romance-Only Bookshop

Submitted by Leah Taylor – shop@shelfloveatlanta.com

Austell, GA

Leah Taylor, two-time USA Today bestselling romance author and founder of the Romance Atlanta Writers and Readers Signing Event, is thrilled to announce the upcoming launch of Shelf Love, a unique romance-only bookstore set to open its doors in Austell, Georgia, on May 10, 2025.

Shelf Love is more than just a bookstore – it is envisioned as a vibrant community hub where romance readers can gather to explore, celebrate, and connect over their favorite stories. With a dedication to highlighting indie authors and fostering a supportive environment, Shelf Love aims to combat the stigma surrounding romance literature and create a welcoming space for all.

"In my journey as an indie author, I've discovered the true power of community among romance readers," said Taylor. "Shelf Love is about creating a home for everyone who believes in the magic of love stories. We're here to celebrate romance in all its glorious forms."

What Shelf Love Will Offer:

- A Cozy, Inviting Space: Designed for browsing, reading, and relaxation.
- Community Events: Hosting book clubs, author signings, writing workshops, and social gatherings.
- Support for Indie Authors: A platform to promote new-to-you talent and their stories.
- Expand her charity signing event for the Georgia Police k-9 Foundation.
- Why Now? As the bestselling fiction genre in North America, romance deserves its own dedicated space for readers to celebrate and share their passion. Leah is not only building a bookstore but also joining a growing movement to uplift romance literature and its community.

Join Us:

For additional information, please contact Leah Taylor at shop@shelfloveatlanta.com or 770-883-1639.

Thank you for believing in our dream and for being part of Shelf Love's story. Together, we can build a community where everyone deserves a love story.



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Senior News & Views of Georgia

Taking Care!

Living Well with Parkinson's is Possible!

By Lisa M. Petsche – lmepetsche@gmail.com

Parkinson's disease (PD) is a chronic, progressive disorder involving damage to nerve cells in the brain that control muscle movement. According to the Parkinson's Foundation, approximately 250 Americans are diagnosed with PD every day, amounting to 90,000 new cases per year. Incidence increases with age and the majority of cases develop after age 60.

The main symptoms of PD are shaking (known as tremors), slow movements, rigidity (due to muscle stiffness) and balance problems. Other symptoms may include low energy, loss of coordination, loss of facial expression, difficulty initiating or continuing movement (“freezing”), stooped posture, a shuffling walk, decreased speech volume, apathy, anxiety (especially when medication is wearing off and symptoms are not controlled) and depression. Early symptoms are subtle and may be overlooked.

While no cure exists, medications are available that alleviate the symptoms. In cases where medication doesn't work, surgery may be considered. Lifestyle modifications are an important part of any treatment plan.

Upon diagnosis of a progressive condition such as PD, patients typically experience shock or disbelief. Once they accept the reality of the disease, they can focus on taking control of their situation.

If you have been diagnosed with Parkinson's disease, here are some ways to empower yourself.

Mental and Spiritual Well-being

- Learn all you can about PD and educate family and friends.
- Find role models: people who are living well with PD, from whom you can draw inspiration.
- Accept that how you feel and what you can do will fluctuate, and be flexible with plans and expectations.
- Be open to learning new ways of doing things.
- Keep a positive attitude. Concentrate on what you can rather than can't do. Don't let your disease define you.
- Enjoy life's many simpler pleasures.
- Allow yourself plenty of time to adjust to your situation.
- Stay connected to people who care. Let family and friends know how you wish to be treated and keep communication lines open.
- Find an outlet for expressing your thoughts and feelings. Consider attending a support group.
- See your primary physician if you continually feel sad, angry, overwhelmed or unmotivated. Depression is treatable.
- Set aside quiet time each day to nurture your spirituality and help keep you grounded.
- Do things that provide you with meaning and purpose, such as volunteering.
- If applicable, turn to your faith for comfort and strength.

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Tips for Daily Living

- Because PD is not curable, the goal, from a medical perspective, is to achieve the highest possible level of functioning and prevent or minimize complications. The following are some strategies that can help.
- Find a neurologist with PD expertise, whom you respect and trust.
- Follow the prescribed management plan, which might include medication, diet changes, exercise, rest, adaptive aids, stress management techniques and regular check-ups. Because treatment (especially medication dosing and scheduling) is individualized, it may involve trial and error, so be patient.
- Join an exercise class for people with PD. To locate one in your area, call the Parkinson's Foundation toll-free at 1-800-473-4636 or go online to www.parkinson.org.
- Use a cane or walker when recommended, to minimize the risk of falls. If mobility issues prevent you from getting around in the community, obtain a mobility scooter or wheelchair.
- Set up a record-keeping system to organize your health information. Ready-made products can be found at bookstores.
- Do as much for yourself as possible. Set priorities, simplify tasks and learn to settle for less than perfection.
- Find substitutes for enjoyable activities you can no longer engage in. Just don't overdo it.
- Make your home as safe as possible.
- Accept offers of help and ask for assistance as needed.

Lisa M. Petsche is a social worker and freelance writer specializing in boomer and senior health matters. She cared for a close relative with Parkinson's disease.



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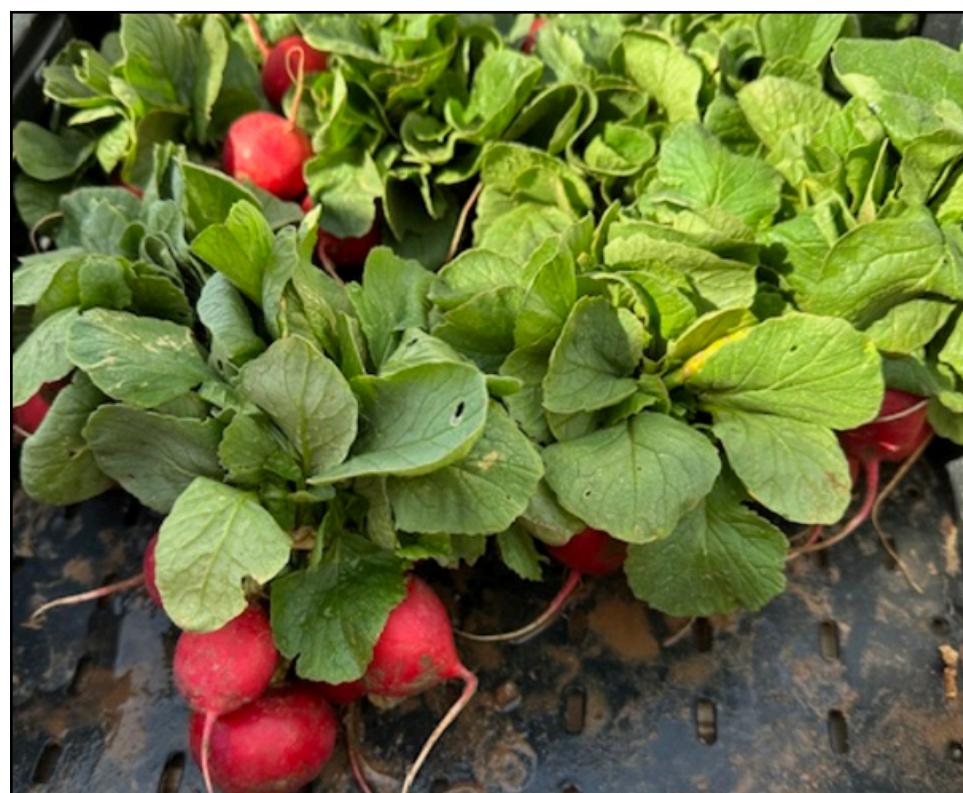
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Helen is excited about the market!



Sheila enjoying a snack!



A beautiful radish plant!

It's April and Time for Outdoor Marketing!

By Carolyn Brenneman, Columnist

COVER: A beautiful lemon tree and gorgeous large lemons!

Well, it's already April and the weather is nice for outside activities. We are ready to explore. This month, there are several outdoor markets all around Georgia where we can find entertainment, fun, fresh fruits, vegetables, flowers, herbs, homemade desserts, breads, raw honey, jellies and hand-crafted items. Today, though, my group of friends are visiting a small family-owned outdoor market that is delightful. The family owned business has many fresh fruits and vegetables as well as unusual baked breads and sweet pastries. There are also giant peppers, tomatoes, red onions, varieties of lettuce, very yellow lemons, tangerines, apples, radishes, and giant Brussels sprouts.

We want to get some of everything, it's so fresh. Then there are freshly made breads, rolls, and apple muffins, which are a real treat. What a great atmosphere for our small market. There is a nice shaded seating area with lots of wooden tables, surrounded by small lemon trees and plants to create a most pleasant environment. Enjoying the afternoon with friends, we are

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Baked breads!

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having mango ice cream cones! This is a splendid way to spend the day with friends.

Now, there are many outdoor markets for everyone to explore, but one of my truly favorite markets in the Atlanta area is the Alpharetta downtown Saturday market. It is part of the cornerstone of the community, and the market has the scent of freshly baked bread mingling with the fruity fragrance of local flowers. Walking through downtown Alpharetta, there are old-fashioned cobblestone streets that lead us to the Town Green, the heart of the market. It all starts early Saturday morning, around 8:30 am, and individuals and families gather to start their weekend with purchasing fresh, local produce. The artists are out to show displays of watercolors, acrylics and oils as well as the musicians delighting us with rhythm, melody, and harmony. The sound of acoustic guitar music is setting the perfect tone for the morning.

The market bustles with energy and many people are roaming the rows of vendors' stands draped with colorful canopies displaying piles of fresh produce. The farmers come out to sell the ripe heirloom tomatoes, the green peppers, and baskets of apples, lemons and colorful melons - cantaloupes and honeydews.

There is a stand overflowing with local honey, as there are many different varieties that produce several different colors. The vendor tells us that the honey is harvested from hives just a few miles outside the city. Tasting the honey, it is so sweet and rich.

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Apples, apples and more apples!



A swirl mango ice cream!



Brussel sprouts are so large!



Very large red onions that smell wonderful!



Bees and honey are so sweet!

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The next stall has handcrafted soaps, lavender, rosemary, and eucalyptus, their fresh scents blending with the natural surroundings. The vendor shares the story of how she started making soaps as a hobby, and now it has become her full-time passion.

We can enjoy the serenity and beauty and pick up some fresh items – local honey, bread, flowers, and even handmade soaps.

For more information on the Alpharetta Market, visit the website www.alpharettafarmersmarket.com. This market is every Saturday until November 15th. Or visit one of the other many outdoor markets this April! It's worth it.



A view of the Alpharetta market!

BBB Study: Imposter scammers target consumers and businesses!

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

Serving the Fall Line Corridor, Inc. • BBB.org/central-georgia • Office: 478.742.9034 (Direct)

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Buying an automobile or heavy equipment of any kind is a major purchase. Don't let scam groups fool you into handing over your cash. Since 2022, Better Business Bureau (BBB) received over 200 reports of consumers attempting to purchase a vehicle or other heavy equipment online, only to run into a scammer impersonating a reputable seller.

Additionally, BBB collected another 140 complaints reported directly to us, to attorneys general, tip lines and other sources. When pooled together, the reports revealed a pattern of fraudulent websites, where scammers claim to sell all kinds of vehicles -sedans, trucks, SUVs, classic cars, boats, ATVs and even farm equipment -at attractive low prices.

These websites can look especially legitimate by cloning the original websites of real business in the auto and equipment sales industries. Businesses may have their pictures, design and products copied wholesale, with only the contact information swapped out with the scammer's information.

Those who are in the market for one of these vehicles need to be extra vigilant, as these supposed sellers always claim their vehicles and equipment must be shipped, not allowing buyers to check the legitimacy of the vehicle or equipment in person. And once money is handed over, the fraudsters disappear.

Scammers organize, create convincing fakes

Many of the reports to BBB show scammers creating increasingly realistic, believable websites. And many of these websites appear to be tied together, indicating organized groups may be behind these frauds.

By examining the scam websites and registration, BBB was able to track clusters of websites with shared domain name servers. One server, located in Lithuania, was home to nearly 30 different websites reported to BBB. These fakes claimed to be located throughout the United States, impersonating businesses in Alabama, Minnesota, North Dakota and Ohio. They claimed to be typical auto sellers as well as purveyors of classic and vintage cars, farm equipment and general agricultural machinery.

Another name server, located in Iceland, was home to almost 20 more fraudulent sites, with additional locations in Tennessee, Nevada and South Carolina. While many of the websites appeared to sell similar products, some also claimed to sell heavy machinery and construction equipment.

When a shopper stumbles upon one of these sites, the losses can be significant. Greg in Wyoming told BBB he was planning to buy an RV online from a seller in Minnesota. The vehicle was for sale for a great deal at \$14,000, and the seller, calling himself Marcus, promised to ship the vehicle across the country for free. Greg paid half of the price, planning to pay the other half upon delivery, which was never made.

Business reputations can suffer as scammers thrive

As people may lose thousands of dollars to scammers, business reputations are at equal risk. The impersonation can lead to poor reviews from customers who believe that the legitimate business is stealing. Over the last few years, businesses have spoken out about being impersonated, recounting the harsh effects it can have on their livelihood.

One business owner, Doug, whose business was impersonated recounted his experience with BBB. In September, Doug and his wife, who repair and sell parts for motor homes, received messages from people who said they were showing unusual inventory online compared to what Doug's business usually stocked. The couple realized that someone was impersonating their business, stealing pictures of the shop, their address and nearly everything else about their business.

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Doug reached out to search engines in an attempt to stop the website from showing up when customers looked for his business, but he struggled to get the website taken down.

In the following months, Doug received thousands of emails from frustrated customers who believed he had scammed them. The scammers also inundated him with threatening messages and calls.

Doug said it is impossible to calculate the loss of business and is now planning to close the business, in large part due to the stress and difficulties related to the incident.

Know the red flags of vehicle and equipment seller scams:

- The price is significantly below market value
- Owner cites an overly personal reason they need to get rid of a vehicle
- A seller will not allow you to see the vehicle and insists upon vehicle delivery
- Money must be sent to a third-party recommended by seller

BBB tips to avoid vehicle and equipment seller scams:

- Be wary of too-good-to-be-true prices
- Pick up a vehicle yourself whenever possible
- Call a business and ask if you can see the car in person
- Resist high-pressure tactics urging quick action
- Use secondary sources to research a business' legitimacy
- Avoid sharing **personal information** with unknown sources

Visit BBB.org to check out a business or register a complaint, or to report a scam and BBB.org/scamstudies for more on this and other scams.

Kelvin Collins is president & CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the International Association of Better BusinessBureaus (IABBB). The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthybusinesses. 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 Email: info@centralgeorgia.bbb.org.

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Opinion

THE UPPER CLASH! —

by Daniel W. Gatlyn, USN Ret, Minister/Journalist, dangatlyn@gmail.com

It is not the "Upper Class... but the UPPER CLASH" that we are presently concerned about! It is not the first, nor will it be the last, where big heads are made smaller with a "huff and puff!" We would also point out that differences between the branches of Government have entered the arena within numerous instances; and, only with marginal winners becoming apparent! The badge to become chief around "dodge and pace" has obviously been designed as ambiguous among contestants for win, place, or show!!!

Extensive efforts to rationalize "seniority" between the Executive, Legislative, and Judicial branches of Government have been an ongoing task since '76; and, has yet to validate the Superior venue. Whether by accident, or design, it would appear that results have been advantageous. There cannot be two figures in line for a final voice! That argument has etched its journey from the household to the ballroom. Impertinent review, the Supreme Court may ultimately determine who has a final Word!

The present matter before the Nation is the validity of a Presidential Executive Order. Just how far can an E.O. reach before a submission can be questioned, or countermanded, by the Courts? It may not "ring the bell" for many, but the question is not settled in moments; and, in fact, may remain "in the air" for years. While the Orders by our present Chief Executive may have "scuttled the muddle" of a thousand prerogatives; some are being seriously challenged. Right or wrong, there will be an eventual opinion by the world... at large!

In a practice of futility, there will be a wholesale pontification by the Electorate; but, will not pass muster. Dissent can be heard from all quarters; and, indeed this impact of proliferation may never find unification of voice or edict.

But be assured of this fact, the sun will rise again, and we shall move on to deed or doubt. That's "the crumble of a National Cookie!" And that is the dreams and screams of the Upper Clash!

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