

# Senior News

Georgia

*Providing Helpful Information for Mature Adults in GEORGIA!*



*A Magical Day  
at the Georgia  
Renaissance  
Festival!*

*page 6*

June 2025  
Volume 39, No. 6

# Boys & Girls Clubs of Central Georgia Upcoming Events!

Special to *SeniorNewsGeorgia*

**J**oin Us for an Inspiring Evening! We are excited to announce the **2025 MVP Salute to Youth Dinner**, hosted by the Boys & Girls Clubs of Central Georgia. Mark your calendar for July 11th, 2025, from 6:00 p.m. to 8:30 p.m., at The Buck Melton Center.

This year, we have the honor of featuring Buffalo Bills Safety Damar Hamlin as our celebrity guest speaker. Join us for an evening filled with inspiration as Damar shares his compelling journey and insights. Celebrate the achievements of our outstanding youth and see the meaningful impact our programs have on their lives.

Secure Your Spot today! Don't miss the chance to be a part of this memorable event. Sponsorship opportunities and individual tickets are now available. By participating as a sponsor or purchasing a ticket, you help empower the young people in our community and support the ongoing success of our programs. Our sponsorship packages offer great benefits and visibility for your business or organization.

## Event Details

Date: July 11th, 2025  
Time: 6:00 PM - 8:30 PM  
Location: The Buck Melton Center  
Special Guest: Damar Hamlin, Buffalo Bills Safety

continued on page 3



**Darryl Hodson, MD - Mark Bonner, MD - Russell Harris, MD  
Misty Banknell, PA-C - Tamika Chester, NP - Jim Lekas, PA-C  
Kelly Miller, NP - M. Huntley Sanders, PA-C**

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## **UPCOMING EVENTS**

A ticket stub for the "MVP Salute to Youth Dinner" held on July 11, 2025, at 8:30 PM. The ticket features the "MVP Salute to Youth Dinner" logo and the text "2025" and "11 JULY, 2025". A QR code is also present. A blue arrow points to the text "Tickets and sponsorship opportunities are now available." at the bottom right.

Continued from page 2

To learn more about sponsorship levels and benefits or to purchase tickets, visit our website at [www.bgccg.org](http://www.bgccg.org) or reach out to our Director of Special Events, Breyanna Johnson, at [bjohnson@bgccg.org](mailto:bjohnson@bgccg.org).

Your involvement would significantly contribute to the futures of the young people we serve. We hope to celebrate with you at this unforgettable event.

This is an event you don't want to miss! Click the link below to get your tickets to the MVP Salute to Youth Dinner happening on July 11th!

We invite everyone to join these remarkable organizations in supporting our mission. Every donation, big or small, helps us achieve our goals and provide essential services to our community's youth.

To contribute, please visit our website at [www.bgccg.org](http://www.bgccg.org) and make a donation today.

Thank you for your unwavering support and commitment to enhancing the lives of our community's children. Together, we are building a brighter, more sustainable future for all.

## Boys & Girls Clubs of Central Georgia

150 Sessions Drive  
Macon, GA 31204



**MVP Salute to Youth**

**GUEST SPEAKER**  
**DAMAR HAMLIN**  
**BUFFALO BILLS SAFETY**

**FRIDAY, JULY 11, 2025**  
**BUCK MELTON CENTER**  
**150 SESSIONS DR, MACON, GA 31201**

**\$50**  
**PER SINGLE TICKET**  
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Senior News & Views of Georgia

## Taking Care!

# Simplify Car Travel With Older Loved Ones!

By Lisa M. Petsche – [lmepetsche@gmail.com](mailto:lmepetsche@gmail.com)

If you are planning to take an older relative on a vacation that involves car travel, thorough preparation is the key to success, especially if the person has special healthcare needs.

Follow these tips for a safe and enjoyable experience.



### Planning

- Set realistic expectations. Consider your relative's needs and limitations.
- Make plans and start necessary preparations well in advance. Create checklists to reduce stress.
- Include your loved one in the preparations to the best of their ability.
- Research the accessibility of accommodations and attractions you wish to visit. If you are planning to stay at a motel or hotel, make reservations, especially if you will need specific features such as a suite with handicapped facilities or a ground-floor room.
- Learn the location of the nearest hospital in any areas you plan to visit. Avoid destinations where a hospital is far away.
- Arrange for your relative to visit the doctor pre-trip. Share your travel plans and any health-related concerns, such as motion sickness, bladder issues or circulation problems.
- If your loved one has trouble walking long distances, rent a wheelchair or ensure that the places you plan to visit have some available.
- Have your car checked and serviced before departure.
- If you are going to an unfamiliar area, plan your route in advance. If you belong to an automobile association, take advantage of its route-planning service.
- Plan to do as much driving as possible during off-peak traffic times. Or choose the scenic route if time and your loved one's sitting tolerance permit.

### Packing

Include the following items when drawing up a packing list:

- Loose-fitting, breathable clothing, comfortable walking shoes, a wide-brimmed hat, and a cardigan for air-conditioned environments and cool evenings
- Sufficient prescription and over-the-counter medications to cover the time you plan to be away, plus several extra days' worth in case your return is delayed for any reason
- Sunscreen, insect repellent, antihistamine and motion sickness tablets
- A list of all health conditions and medications in case of a medical emergency, along with medical insurance information
- Any necessary medical equipment and supplies, such as a walking aid, food supplements, incontinence pads and diabetic supplies
- A cushion or two for comfortable positioning in the car
- An extra pair of eyeglasses and spare hearing aid batteries
- Sunglasses and umbrellas (the latter primarily for instant shade)
- A pillow and a nightlight
- Snacks and a cooler containing sandwiches and beverages
- Favorite music or audiobooks for the car ride

**continued on page 5**

continued from page 4

- Emergency roadside and first aid kits
- Cell phone (charge it in advance and bring a recharging unit)
- Disabled parking permit

### Driving

- Top off the gas tank at frequent intervals.
- Stop approximately once per hour for stretch breaks or short walks.
- Choose stops that have clean, well-lit restrooms with good accessibility.
- Wear seatbelts and, if your relative is in the front seat, ensure that the headrest is centered at the back of their head.
- Encourage your loved one to shift their weight often and to do neck and shoulder stretches and foot flexes.

### Lodging

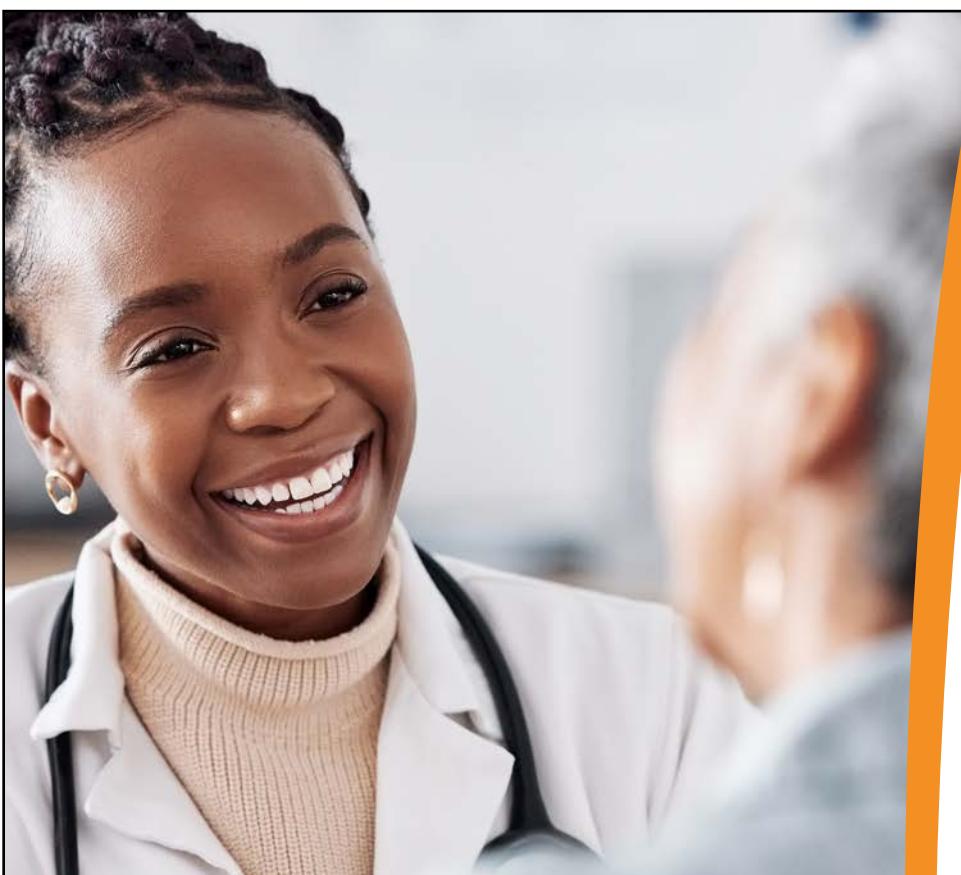
- When checking in, ask for a room close to the lobby or elevator. A ground-floor room is ideal in case of an emergency in which elevators become inoperable.
- If your relative has a back problem, request a room with a recently replaced mattress.

### Recreation

- Space out activities and allow ample time for each.
- Schedule outings for the time of day when your relative's energy level is normally at its highest. Stick to regular meal, medication and sleep times.
- Have a flexible itinerary. Take things one day – and one activity – at a time.
- Ensure plenty of time for rest and relaxation!

\*\*\*\*\*

*Lisa M. Petsche is a social worker  
and a freelance writer specializing in elder care.*



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Great entertainment!



Beautiful costume of Lady of the Lakes!

# A Magical Day at the Georgia Renaissance Festival!

By Carolyn Brenneman, Columnist

COVER: Dressing up is so much fun!

**Y**es, it certainly was magical! On a bright Saturday morning in May, my sister, her son and his wife and their two children, piled into their new 2024 Ford SU buzzing with excitement. I came too, and it was the first time we were attending the Georgia Renaissance Festival near Fairburn, Georgia.

As we pulled into the grassy parking area, I could hear the sound of lute music and I smelled turkey legs. We knew this was going to be a day to remember forever. After we parked, we literally jogged to the entrance gates with our online tickets in hand. Upon entering the gates, we knew we were on our way to being transported into the 16th century.

Almost immediately, Gina, my grand niece, was drawn to a shop selling flower crowns and fairy wings; and, before long, she was draped in a garment with lavender crown with ribbon streamers. Christian, my grand nephew, was drawn to the felt-like knight's tunic with a wooden sword. Ah, how appropriate for entering and enjoying a day in the "golden age."

continued on page 7



The Mummers Dance costume!

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Strolling around, mesmerized by the beauty of the many costumes, the decorations surrounding the stages, and the musicians, singers, actors, entertainers and courts, we made our way to the jousting arena. The World Famous Hanlon-Lees World of Joustering showcased thrilling jousting matches. It was amazing as real horses thundered across the field and knights in armor clashed with wooden lances. Wow.

We were all enthralled with the many live jesters, the inspiring musicians, the thrilling magicians, and the comedic storytellers performing throughout the festival. And on the royal stage we watched a fire juggler who danced and joked while juggling blazing torches to everyone's delight. Then, Tuey, the comic juggler, who has been providing laughter and awe for many years, had us laughing, gasping and applauding as we all watched his skillful display.

Of course, one of my favorites was the Barehead Bards performing pub songs and playing classic fiddle tunes for our musical entertainment.

**continued on page 8**



**Many beautiful costumes!**



**Daryll all dressed up for the fun!**



**Attendees and the stage!**

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The sights and attendees' costumes were all magnificent. It was all so creative, so exquisite, and so 16th century.

And the food was varied and delicious. The food courts were expensive but worth it. I could smell that smoked turkey leg and headed right toward getting one. The adults shared a steak-on-a-stick and each one had a giant pretzel with cheese, while Gina and Christian tried the mac and cheese bites with icy lemonade. And for dessert? A shared funnel cake topped with powdered sugar.

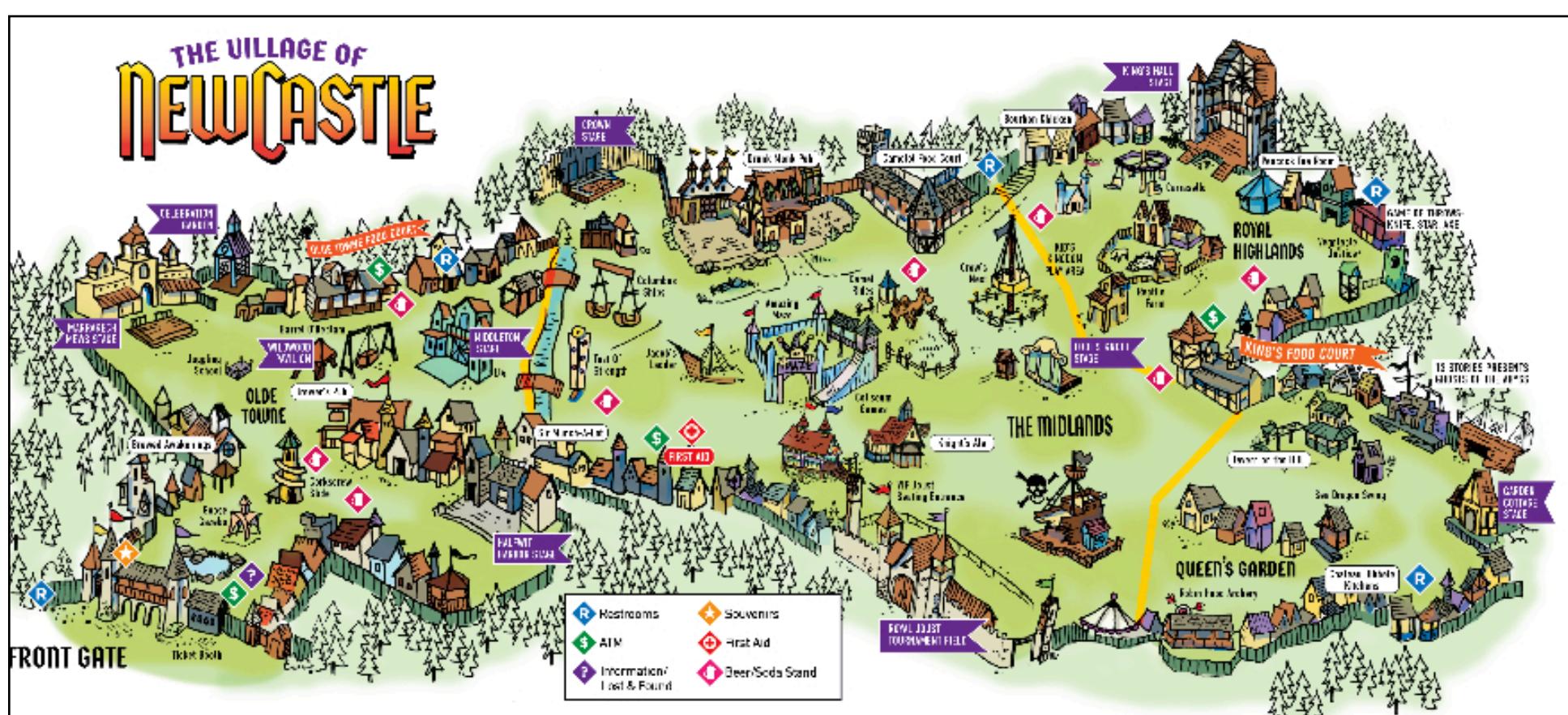
It was the best day ever! Everyone enjoyed every event and can't wait to come back next year. It's now a new tradition with the family.



Beautiful display for lemonade!



The tallest entertainer!



Map of NewCastle!

# The Janice Overbeck Real Estate Team Headlines 5K Challenge to Support Emory ALS Research Center!

**Championing Hope: Raising Funds and Awareness for ALS Research at Emory University!**

Submitted by Hailey Markovsky – [hailey@janiceoverbeck.com](mailto:hailey@janiceoverbeck.com)

Marietta, GA

**T**he Janice Overbeck Real Estate Team was the proud Title Sponsor of the recent **Fiesta 5K Challenge** in Cumming, GA. An inspiring annual event benefiting the Emory ALS Research Center. Organized by **Cure for ALS**, the race united nearly **400 participants** in a shared mission: to raise critical funds and awareness for the fight against **Amyotrophic Lateral Sclerosis (ALS)**.

**Janice Overbeck** had the proud honor of **co-hosting the awards ceremony**, celebrating the accomplishments of runners and walkers who showed up rain or shine in support of this life-changing cause.

The Emory ALS Research Center is recognized as a national leader in ALS research and clinical care. The center is at the forefront of uncovering the causes of ALS, pioneering innovative treatment strategies, and advancing clinical trials that offer new hope to patients and their families. Thanks to these efforts, many ALS patients are living longer, higher-quality lives, but the urgency for continued research remains.

“We are honored to support such a meaningful cause and contribute to groundbreaking research that offers hope to so many,” said **Janice Overbeck**, founder of The Janice Overbeck Real Estate Team. “It was incredible to see our community come together to run, walk, and stand in solidarity with those affected by ALS.”

The **Fiesta 5K Challenge** has become a beacon of community spirit and advocacy, with proceeds directly benefiting the continued efforts of Emory’s researchers and clinicians.

To learn more about the **Emory ALS Research Center**, current clinical trials, or to make a donation, visit: <http://www.neurology.emory.edu/ALS/research>.



From left: **Janice Overbeck, Chandley Overbeck, Jane Knowles, Aiden Seidell and Katherine Knowles.**



From Left: Beth Piazz, Hailey Markovsky, Janice Overbeck and Katherine Knowles.



Janice Overbeck and Meraida, recently retired from Emory ALS clinic, handing out awards.

# Update Software to Help Prevent Ransomware!

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

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**T**he Cybersecurity and Infrastructure Security Agency (CISA) and the FBI recommend that consumers and businesses take steps to protect electronic devices against cyber attacks. Ransomware attacks are becoming a regular occurrence. They lock computers and networks using file encryption software, with hackers demanding payment by Bitcoin or other non-traceable crypto-currency to release the data. The attack typically enters through a phishing email and then spreads to other machines on the same network.

**BBB joins with the National Cyber Security Alliance in suggesting the following cyber hygiene defenses:**

- Enable automatic updates. Turn on automatic updates for your operating system, applications, and security software. This ensures that your devices are always running the latest security patches and fixes that protect against vulnerabilities ransomware attackers might exploit.
- Don't click on links from unfamiliar sources. Even if you think you know the sender, be cautious about clicking on email links. When in doubt, delete it. Be especially wary of messages requiring you to act quickly, asking for personal information, or threatening you in any way.
- Keep clean machines and stay up-to-date with software: Prevent infections by updating critical software as soon as patches or new operating system versions are available. This includes mobile and other internet-connected devices.
- Use strong authentication, requiring **more than a username and password** to access accounts, especially critical networks, to prevent access through stolen or hacked credentials.
- Conduct regular system backups: Systems can be restored in cases of **ransomware**, and having a current backup of all data speeds the recovery process.
- Make better passwords: In cases where passwords are still used, require long, **strong and unique passwords** to better harden accounts against intrusions.
- Enable popup blockers. Scammers regularly use popups to spread malware. Adjust your browser settings to prevent them from appearing.

Businesses must take special precautions to protect their customers' information. One of the **BBB Standards for Trust** is "Safeguard Privacy: Protect any data collected against mishandling and fraud, collect personal information only as needed, and respect the preferences of consumers regarding the use of their information."

BBB recommends the following **cybersecurity tips for U.S. small businesses**.

Consumers can learn more about avoiding scams and fraud at **10 Steps to Avoid Scams**, and learn more about ransomware at [www.cisa.gov/stopransomware](http://www.cisa.gov/stopransomware).

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**Kelvin Collins is president & CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the International Association of Better Business Bureaus (IABBB). The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: [BBB.org](http://BBB.org) or Email: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org).**

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# BBB Tip: Choosing a Mortgage Lender!

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

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**T**he housing market is constantly changing. Whether it's competitive or slow, if you want to buy a home, you need to be prepared. As a prospective buyer, you can make your offers on homes more competitive by [getting pre-approved for financing](#) from a mortgage lender before even bidding on a house. This lets the seller know you're a serious buyer and provides reassurance that the sale will close without issues.

Fortunately, shopping around, comparing prices, and negotiating deals can save you thousands of dollars on a mortgage. To get the best deal, compare all the costs, and understand how mortgages work.

If you are buying a home, [refinancing your home](#), or taking out a home equity loan, follow these tips to help make your [search for a mortgage lender](#) a success.

## How to shop for a mortgage lender

- **Know how much you can spend upfront.** Before you ask for information from a lender, it's a good idea to know how much you can spend on a loan and the maximum monthly payment you can afford. This information will be crucial to your home search and negotiations, so review your [budget](#) beforehand. Get familiar with interest rates, too. Depending on the economy and if [mortgage loan interest rates are high or low](#), this may impact how much you can spend on a home.
- **Get to know your loan options.** [Loan options](#) include loan terms, interest rates, and the loan type. The loan term refers to the length of the loan, which may be 15 or 30 years. Shorter loans usually have higher monthly payments with lower interest rates. Interest rate types may be fixed or adjustable. Fixed-rate loans are lower risk but carry higher interest rates. Adjustable-rate mortgages (ARMs) have lower interest rates, but the rates can change over time. Loan types may be conventional or part of a government program. A trustworthy mortgage lender can help you understand your options and choose the best loan for you.
- **Understand the difference between a broker and a lender.** According to [ConsumerFinance.gov](#), a lender is a bank or other financial institution that loans money directly to you. A broker acts as a middleman, comparing loan options on your behalf. The [Federal Trade Commission](#) adds, "It might not always be clear if you're dealing with a lender or a broker, so if you're not sure, ask." You'll want to know who you're working with since brokers usually pay a service fee separate from the lender's fees. There are brokers and lenders, so evaluate those differences and see what works best for you.
- **Get information from multiple lenders and brokers before making a decision.** The [FTC](#) advises getting as much information from each lender as possible. Keep your options open since different lenders may offer different rates. Ask about interest rates, loan types, annual percentage rates, points, down payments, mortgage insurance, and all other fees. This will help you get a clear view of the actual cost of the mortgage.
- **Understand whether you should pay points.** Your mortgage lender will likely give you the [option of paying for discount points](#). Mortgage points are fees you pay a lender to reduce the interest rate on a mortgage. Typically, one discount point equals 1% of the mortgage amount and will reduce your interest rate by .25%. Depending on how long you plan to keep your home and your mortgage, this extra cost may or may not make sense. This calculator will help you figure that out.
- **Be prepared to negotiate the best deal.** Loan officers and brokers can keep some or all of the overages (the difference between the lowest available price and any higher price you agree to) of a loan as extra compensation. This means you can negotiate a price lower than what they initially offered. The best way to negotiate is to have the broker or lender [give you a written list](#) of all the costs and fees of the loan. Then, ask if they will reduce or waive completely one or more of the fees. You can also show them a competitor's offer to see if they will give you a better deal.
- **Watch out for scams.** Shopping around for a mortgage lender will help you get a general idea of how much a loan costs, which will help you spot and avoid any offers that seem too good to be true. Be wary of unsolicited calls and emails offering you great rates on a mortgage or "no-cost" loans. Never give in to high-pressure sales tactics. [ConsumerFinance.gov](#) [warns about phishing scams](#) where con artists attempt to divert your closing costs and give in to high-pressure sales tactics. [ConsumerFinance.gov](#) [warns about phishing scams](#) where con artists attempt to divert your closing costs and down payment by suggesting you wire the money into a fraudulent account right before your loan closes. Never wire money until you verify the closing instructions in person with your trusted loan representatives.

For more information, visit [BBB.org](http://BBB.org) to review [BBB's Home HQ](#) for information on buying, selling, building, and where to find help for improving the inside and outside of your home. You can also visit the Consumer Finance Protection Bureau's mortgage page to learn more about how mortgages work.

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## Opinion

# FIFTY YEARS AGO —

by Daniel W. Gatlyn, USN Ret, Minister/Journalist, [dangatlyn@gmail.com](mailto:dangatlyn@gmail.com)

**T**he year of 1975 will be succinctly remembered by multiplied thousands in Southeast Asia, especially in the regions closest to Vietnam. My wife and I had completed twenty years with the U.S. Navy, retiring in 1967; in addition to Pastoral duties of six churches, in multiple states.

When we checked in with Immigration in Bangkok, Thailand, we were beginning our first tour as Missionaries to the U.S. Military contingent at Utapao, the B52 Base located two hours south of the Nation's Capital. Our oldest son, Danny, accompanied us — our younger one, Don, was attending college.

I had spent a tour ten years earlier with Fighter Squadrons on board the Carrier Hancock; and, the War was still going on in 1975. Most anything can happen in a War Zone; and, from Day One, we were made aware. While our tasks at the Service Center were many, survival was on our minds 24-7. Due to complexities surrounding Missions by Active Duty Warriors, the shifting of Personnel... the agonies (and loss) during Raids... and, senseless activities on the periphery; I will limit my commentary, at this juncture, to the daily events.

We will long remember the forced exits by Immigration to Cambodia... to Hong Kong (Via North Vietnam)...Malaysia... Singapore... Journey north to the River Kwai... perilous moments at The Vine (Service Center next to Utapao); and, the final moments as "the entire Smear" fell apart, with us departing through Pattaya (jungles) at midnight... witnessing a baht bus blown to bits and scattered bodies littering the highway.

Oh yes, we were there as hostilities were elevated, Cambodia capitulated, the U.S. Ship Mayaguez captured by renegades, the C5 crash with numerous fatalities in Saigon and the entire area flooded with refugees! Many were plucked from futile jungle settings; or, from atop the U.S Embassy, as South Vietnam lost all hope for victory. There were many who did not survive!!! Conditions were far past civility!

This war was the worst of matters; and, **IT SEEMED THE WORLD HAD LOST ALL RATIONALE AND SANITY.**

We had been ordered out by the Church, due with circumstances, and was making our way to Taiwan. What a relief to land in Taipei and have some assurance of safety. Coming down mentally was not easy; and, it took a while! To breath peaceful air was a "Godsend!" We were grateful to be alive.

**IT ALL HAPPENED FIFTY YEARS AGO AND WE REMEMBER THE CATASTROPHIC LOSS OF LIFE AND THE FIFTY EIGHT THOUSAND PLUS AMERICANS WHO CAME HOME IN BODY BAGS... OR, NEVER!**

**WAR, IN ANY FORM, IN THIS LIFE, IS THE ULTIMATE FLAW OF HUMANITY!**

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