

# Senior News Georgia

*Providing Helpful Information for Mature Adults in GEORGIA!*



*I'm  
Going  
To Get  
Pickled!*

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**August 2025  
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Opinion

WASTE, FRAUD, AND ABUSE!

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

It is probable that the electorate has grown weary with this triad of values accentuated around leadership in the oval office; and, periphery! Nevertheless, I would have you "read it again... for the first time!" It is true, again and again, that both "lass and lad have added a pad to a personal purse... with revenue designated for the "Company!" Say it a thousand ways, but do be aware that "the Ark never sets sail, without Pork aplenty!" That an investigation was set forth and carried out by Musk and Trump, with untold sums of "Ratholed Revenue" being discovered, should not have been a surprise. And, the same has rained on the parade of innumerable opportunists! Hands down, billions of dollars have been earmarked as **WASTE, FRAUD, AND ABUSE!** That this could happen is beyond the scale and pale of possibility! But it did, **AND DOES**, with a reaping process in the wake!

It is heart-rending, to say the least, that in a Nation that is assumed to be the pinnacle of global virtue, that inordinate and unlawful ventures could surface to this extent! Not only has it become a reality; but, the act has been extended as common-place and a blatant privilege!

An unreasonable number have risen in outrage... a response that is considered rational and valid by more than you care to know! A lengthy reiteration of cost, cause, and course would have minimal effect; but, to remain silent is to neglect responsibility.

While a constant rumble is being sounded throughout the region, it is probable that only a handful will ever be indicted, tried or convicted; if any! It is unconscionable that we make this mention... but, remains the "muse of the cruise in the Twenty First century!"

In the midst of such intrepidity, millions hunger, thirst and suffer... reduced to a lower standard by a throng of selfish, and incontinent, individuals who have traded a lifetime of flavored existence for a mess of pottage! Making mention of "America being the best" does not sell well on the open market when such defects and flaws reside perpetually in our midst!

While we lift the National Banner high, do be advised that a proficient and commendable dispatch remains adrift!

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## **Taking Care!**

# **Develop a plan for medical emergencies. Being prepared can help reduce stress!**

By Lisa M. Petsche – lmepetsche@gmail.com

**C**hances are good that your aging parent or spouse will require urgent medical attention at some point, especially if they have a chronic illness. Trips to the Emergency Department are stressful at best, and can be frightening.

If you are a caregiver, there are numerous ways you can prepare for a medical crisis. Should one arise, you will be ready to assist your relative and the hospital staff, and manage your stress in the process.



**Lisa  
Petsche**

### **At home – advance planning**

- Maintain a log of your relative's medical diagnoses, medications, specialists consulted and hospitalizations.
- Be ready with the following paperwork to bring to the hospital: a list of current medications; health insurance information; and a copy of your relative's advance directives or living will and power of attorney.
- Prepare a list of relatives and friends who should be notified in an emergency. Regularly review information to ensure it's up to date.
- Keep the above information organized in a file folder or binder. Store it in an easily accessible place and bring it to any hospital visits.
- Get a cell phone if you don't have one, and become comfortable with its basic features.
- Prepare an emergency kit of essential items to bring to the hospital. You may wish to include the following supplies: a notebook and pen for jotting down questions and recording information provided to you and your relative; a change purse with coins and small bills for parking, pay phones and vending machines; a spare cell phone charger; reading material and reading glasses; and, non-perishable snacks. Attach a note reminding you to bring your relative's medical file.
- Keep electronic devices charged so they are ready to use in a crisis.

### **At the hospital**

- Let staff know if your relative has hearing or vision challenges, language impairment from a stroke or dementia, or a limited command of English.
- Be prepared to share your relative's health symptoms and medical history multiple times, with a variety of healthcare professionals, and exercise patience.
- Give your full attention when medical professionals are speaking. Don't interrupt unless you need to correct information. Ensure before they leave that you are clear about examination and test findings and next steps.

### **Coping tips**

**The following are some suggestions to help you through this unsettling time.**

- Initially take things an hour at a time so you don't get overwhelmed.
- Call, or ask staff to call, a supportive person in your social network, especially if you don't cope well with crises. If no one is available, ask for a visit from the ED social worker or a chaplain (also known these days as a spiritual care practitioner).
- If you anticipate significant waiting periods, purchase a newspaper or magazine from the hospital gift shop. Or, if you own a tablet or iPad, arrange for someone to deliver it to help you pass the time and manage stress.
- Make it easy to keep others informed by identifying a key contact person who can fan out updates from you.
- Encourage your relative (if able) and close family members to share in decision making. Don't unnecessarily shoulder all of the responsibility, especially for major decisions.
- Look after yourself. Step away from your relative's bedside periodically to stretch your legs, and get nourishment at regular intervals. If your relative's stay is expected to be prolonged, arrange for family members or friends to spell you off so you can go home to rest and freshen up.
- If you don't feel prepared when your relative is being discharged, ask to speak with a social worker. He or she can discuss options and share information about community supports.

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***Lisa M. Petsche is a social worker and a freelance writer. She has extensive experience with elder care.***



# BBB Scam Alert: “Free solar panels” can cost you big time! How to spot a phony offer and find a trustworthy business!

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

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

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If you want [solar panels](#), be very careful when evaluating installation offers. Con artists use misleading sales tactics and lies to trick homeowners out of money and personal information. If you've received an offer for "free solar panels," it could be a scam. Always look for businesses you can trust - like Accredited Businesses using the BBB Seal.

## Here is what you should know:

### How the scam works!

Someone contacts you through email, phone, social media, or even in person, as in cases reported to [BBB Scam Tracker](#). They are pretending to be a solar company salesperson. The "representative" has a special offer: they can install solar panels on your home for a very low cost – or even free. This amazing deal is only available for a limited time, so you must act now! From here, the scam can take several turns. In some versions, the scammer is after your personal information. They ask you to fill out forms with your banking details "to see if you qualify." Other times, the "solar representative" claims you need to pay upfront costs, which they promise will be reimbursed by a (non-existent) government program.

[BBB Scam Tracker](#) has seen numerous reports of this kind of scam. One homeowner was approached by a door-to-door salesperson "claiming he could get me a new roof plus solar equipment, with a government rebate for 26% off cost, essentially paying for the new roof." After doing their research, the homeowner found that while a government rebate program existed, the salesperson misrepresented it to make a sale.

In another case, a homeowner spoke on the phone to a "solar engineer" after being approached in person. "The engineer claimed they could make it cost-free for us. He said they had finished their installations in our neighborhood and met their quota but would try to squeeze us in." However, the conversation took a strange turn when the "solar engineer" asked for personal information. When the homeowner declined to answer, the conversation got heated. "We ended the conversation, and I received a nasty text... It was completely unprofessional."

One other homeowner reported, "Scammer used printed notes left at front doors, pretended to represent freedom forever solar company. A call to the company revealed that person was not one of their employees, and they don't send representatives going door to door. Contact info on printed note asked to be contacted by phone or text message."

### How to avoid solar panel scams!

Do your research. Genuine incentive programs and [reputable solar energy contractors](#) do exist. Before you accept an unsolicited offer, do some research on solar companies in your area. [Investigate each company's reputation](#) and business practices before signing a service contract.

Don't give in to high-pressure sales tactics. Con artists want to provoke an emotional reaction that would cause you to give in to their requests without thinking it through. Take your time; know that a legitimate company won't pressure you to act. If someone uses aggressive sales tactics on you, it's best to cut off communication immediately.

Get competing bids. Contact several solar installers if you plan on going solar and get bids from each company. If someone is pulling a con, they will be much easier to spot this way.

Ask plenty of questions and consider the answers. Ask questions about any aspect of a contract or proposal you don't understand. If the company gets upset about your questions, refuses to answer them, or is vague with their answers, consider it a red flag. Find [solar panel installers near you](#) and [solar energy contractors near you](#) at [BBB.org](http://BBB.org). You can also find [BBB's guide to going solar](#), our [Home Improvement HQ](#), or our [Roofing HQ](#).

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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 E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org).*



# I'm Going To Get Pickled!

By Carolyn Brenneman, Columnist  
COVER: Jody and Carmen are the “It” Girls!

Well, as promised in last month’s story on pickleball, we are continuing with our obsession with this crazy, fun, and wonderful sport. As we now know, pickleball is one of the very favorite pastimes with seniors, who fill up their life with the anticipation, participation, excitement, and reputation of pickleball, the mini tennis. Oh, absolutely! Pickleball has totally taken over as the “it” activity for many seniors, and they’re loving every second of it.

First off, there’s the anticipation. Yes, my friends and I always have our paddle ready by the door the night before, and if we are going to play outside, we are checking the weather app constantly. Margie, Jody and I are in a group text chat, going back and forth – "Who's playing tomorrow? The court is clean and ready at 9 a.m., so ladies, don't be late!" It certainly gives us something exciting to look forward to and a great reason to get moving.

Then comes the participation. Better get to the park early and get a good parking spot. Well, it’s not always to get a good parking place, but more of being the “early bird.” Just like Jody, and Kimmy, and Dorthy, they are known as The Jumpstart Queens, in my neighborhood. And it’s no joke. These three always show up early, more so to set the tone for the day, and to let everyone else know, “Y’ll better bring your A-game.” While waiting for the games to begin, there’s laughter, some playful gossip talk, and definitely a little competitive edge. But it’s not just about winning. It's about being active, social, and part of a group. And hey, it’s way easier on the joints than tennis.

And the excitement? It’s real. Watching us, one may think that we were playing in the finals of the U.S. Open. There are high-fives, fist pumps, and even post-game drinks, treats or snacks.

And then there is reputation – that’s huge. Everyone knows who’s competitive, who’s fun, who’s got the sneaky spin serve, and who always brings snacks. Yes, especially my good friend Jody, who shows up early not just to warm up, but to

continued on page 8



They got pickled!





Playing pickle ball at 99

y/o 🌟



Angie is a new player!



It's never too late to "STAR!"





**Yes... she is ROCKIN'!**

**continued from page 6**

be seen as one of the MVPs. Her consistency, energy, and presence build her status. She’s not just playing the game, she’s making herself a name. But then she’s only 58 years old, and a retired dancer. So all hats off to her. Aside from the social and emotional perks, pickleball provides a surprising boost to your physical health.

A regular game gives our heart, lungs, and muscles a solid workout. It helps with coordination and flexibility. Plus, the mental challenges that come with the game keep our mind sharp and engaged. Plus, pickleball is a very low impact exercise. It's gentle on the joints unlike tennis or volleyball. It’s gentle on our knees, hips and ankles.

And Dr. James Anderson, a local geriatric physician, recently stated: “The mental health benefits of pickleball are just as important as the physical ones. It’s a social outlet that keeps seniors active and mentally engaged.”

So, there we have some inspiration to start a new game. If you have never played before, call your local YMCA, or Senior Center, and they will lead you to a new challenge that is entertaining, fun and social. So, let’s get ready for a great adventure, and soon we will say "I'm going to get pickled!"



**Getting ready to go to the court!**



# New Tech Creates Fake Calls and Voicemails!

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

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Everyone knows to look for phony emails – they can appear in your email inbox or even [at work](#). Scammers can easily make messages that appear to come from anywhere, like your boss’s email account or a close family member. But what about phone calls and voicemail? Scammers can use new AI technology to mimic the voice of someone you know and create a phone call or voicemail recording. This “voice cloning” technology has recently advanced, and anyone with the right software can clone a voice from a very small audio sample.

The scam works at work when you get a voicemail from your boss. They instruct you to wire thousands of dollars to a vendor for a rush project. The request is out of the blue. But it’s the boss’s orders, so you make the transfer. A few hours later, you see your boss and confirm that you sent the payment. But there’s one big problem; your manager has no idea what you are talking about! It turns out that the message was fake.

At home, you may receive a phone call or voicemail from a family member in an [urgent situation](#) like an accident or a medical emergency. They provide convincing details and ask for money immediately via a [digital wallet payment app](#) like Venmo or PayPal. You find out later that the story wasn’t true, and your money is gone.

A consumer recently shared on Scam Tracker, “Received call on 1-26-24 I thought it was my daughter-in-law she said Hi mom calling to say she was pulled over driving and has a broken nose and is now being. She was frantic to have me call the lawyer right away. She asked me 3 times if I wrote the name & number down. I said yes. She said she had to go right now as they are taking her. Her voice sounded just like my daughter-in-law.”

With the US now amid the 2024 election season, scammers may use the technology to mimic candidates’ voices to sway voters or potentially drum up “donations.”

## How to avoid AI voice cloning scams:

- Resist the urge to act immediately. No matter how convincing a phone call or voicemail may sound, hang up or close the message if something doesn’t feel right. Call the person who claimed to have called you directly with the phone number you have saved for them. Don’t call back the number provided by the caller or caller ID. Ask questions that would be hard for an impostor to answer correctly.
- Don’t send money if you’re in doubt. If the caller urgently asks you to send money via a digital wallet payment app or a gift card, that may be a red flag for a scam. If you wire money to someone and later realize it’s a fraud, the police must be alerted.
- Secure your accounts: Whether at work or home, set up multi-factor authentication for email logins and other changes in email settings. At work, verify changes in information about customers, employees, or vendors.
- At work, train your staff: Create a secure culture at your office by training employees in internet security. Make it a policy to confirm all change and payment requests before transferring. Don’t rely on email or voicemail.

For more information on emergency scams, read the [BBB’s scam alert](#) at BBB.org or the [FTC’s article](#) at FTC.gov. You can also learn [how to identify AI in photos and video](#), and read BBB’s tips on [how to spot a deepfake](#).

If you’ve been the victim of a scam, please report it at [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker). Your report can help expose scammers’ tactics and prevent others from having a similar experience.

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# A Glowing Labor Day Weekend!

Special to *SeniorNewsGeorgia*  
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## Don't Miss the Labor Day Weekend Hot Air Balloon Show & Glow, August 29-31!

This Labor Day Weekend will be one to remember! Enjoy the final moments of summer fun, including the floating obstacle course of Aqua Island and exhilarating tethered balloon rides\*, offering unbeatable views of the Gardens and Pine Mountain. Then, the magic begins each night with the extraordinary Hot Air Balloon Glow, where balloons illuminate Robin Lake Beach, and then Fireworks take over the sky!

Book a stay and play package to make the most of your visit! \*Tethered rides dependent on weather conditions.



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pumpkins at Callaway! Plus, your Pumpkins at Callaway special event ticket gives you access to the Gardens to explore Butterflies, Birds of Prey and all of the 2,500 acres of wonder at Callaway Resort & Gardens.



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Opinion

THE EXPANSE OF WAR

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

In 2008, Royalty Publishing Company of Bedford, Indiana published my Copyright Edition of "The Expanse of War;" a forthright Edition, or Commentary, of America's historic involvement in multiple Armed Conflicts over the past two hundred years. A limited number has been printed... drawing an exceptional interest. While only a selected number is being added to those in print, I have decided to make available, in some format, the Informative content to those on an Email list... at no expense to recipients. The only requirement is that I come to each of you, **AT YOUR INVITATION!**

The planned format will include each Chapter being put forth by Email periodically – perhaps each week to cover the Sixty Chapters/Subjects. The proposed materials will be an exact copy of the Book, Abridged Information, with some brief passages of where I might have been involved since my Regimented affiliation spanned over a half century.

I will shortly dispatch the The Dedication and Introduction to all, with subsequent Chapters being sent to those who have voiced consent. Please be informed, since I hold Copyright to Materials, that any Reproduction from your sector will require my written permission... at no cost.

I simply do not want to load you down, thereby overcrowding your computer, unless you desire the information. A few of you have the Book and can follow along as you like.

**EVERYBODY NEEDS TO KNOW HOW WE GOT THIS FAR AS A NATION!**

The First submission will come your way by August 5... or so... with the Second by August 10.

Hopefully, I can hear from you thereafter; and, will start the Series. I consider this a great privilege, **FOR BOTH YOU AND I!**

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