

Senior News Georgia

Providing Helpful Information for Mature Adults in GEORGIA!

*Let's Spend
September in
the Blue Ridge
Mountains!*

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September 2026 • Volume 40, No. 8

Remembering Nancy J. Glaser!

Special to SeniorNewsGeorgia

August 13, 2026

The family of Ms. Nancy J. Glaser and friends in the Augusta/CSRA Area community celebrated Nancy’s life and legacy during a Memorial Service held on Sunday, August 16 at 3:00 p.m. at the Augusta Museum of History located at 560 Reynolds Street in Augusta, Georgia. Rabbi Asher Knight of Temple Beth El (Charlotte, NC) officiated the Memorial Celebration. A reception followed the service where friends and family gathered, shared memories, and celebrated Nancy’s remarkable life. Nancy Jane Glaser, passed away unexpectedly on Monday, August 10, 2026, at her home in Evans, Georgia.

Nancy was born in Charleston, West Virginia to Richard Stanley Glaser and Jane R. Glaser on April 13, 1950. She was a graduate of Charleston High School (W.Va.) and was an outstanding tennis player for her high school team as well as the Charleston Wightman Cup team. She also excelled at basketball through her junior high and high school years. Nancy graduated from Vanderbilt University’s Peabody College of Education in 1972 with her B.A. in Education and Art History where she also played tennis and basketball. She received her masters degree in Museum Education at the University of Pittsburgh in 1976. Nancy devoted her professional life primarily to museum work with various stints at The Chrysler Museum in Norfolk, Va, the Ringling Art Museum in Sarasota, Fl, the Richmond (Va.) Children’s Museum, the Museum Director of the Kentucky Historical Society and served as Executive Director of the Augusta History Museum

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since 2005. Nancy loved history and, even more, she loved telling stories. Nancy believed in making history meaningful and accessible to others. Nancy had a love of traveling, including her most recent trip to Israel and Rome.

Nancy was a force in the nonprofit community, serving on multiple boards and giving her time and energy generously to causes she believed in. One of her favorite organizations was J.A.M.P., the James Brown Academy of Musik Pupils. Nancy especially loved watching the students learn and perform Mr. Brown’s music.

She was very active in the Augusta area serving on the Board of Directors of the Family Y, the Board of the Kiwanis Club, the Board of the Destination Augusta and the Board of Directors for Destination 20/20. Nancy was an advisor for North Augusta’s new municipal building’s Heritage Center, and a 2007 graduate of Leadership Augusta. Among the many honors she received was the Augusta Metro Chamber and BNI for Trailblazing Women.

Nancy was preceded in death by her parents, Richard Stanley Glaser and Jane R. Glaser.

Nancy is survived by her brother, Richard “Rick” S. Glaser Jr. (Ellen J. Reich); her sisters, Patricia L. Glaser (Samuel H. Mudie) and Penelope G. Brown (Elwood M. Brown); her nieces and nephews, Jeffrey G. Brown, Shireen Brown Olsen, Joseph E. Glaser-Reich, Daniel C. Glaser-Reich and Heather Olivier; great nieces and nephews, Gabriel, Mia, Zoe and Gwenyth Brown, John Cole and Drake Olivier, Sariah and Sam Olsen, Leon and Benjamin Bova-Glaser, and Ruby Jane Glaser-Reich.

Memorials may be given to the Augusta Museum of History.

The family of Nancy wishes to extend our sincere thanks to all her friends and the staff at the Augusta Museum of History.



Nancy J. Glaser

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Publisher

Billy R. Tucker
seniornewsga@cox.net

Advertising

Billy R. Tucker
seniornewsga@cox.net

Columnists

Carolyn Brenneman
Lisa Petsche
Fyllis Hickman
Victor Block

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Billy R. Tucker
President/Publisher
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Taking Care!

Homework can pay off for caregivers!

By Lisa M. Petsche – lmepetsche@gmail.com

Early autumn is a good time for implementing change. There's a fresh-start feeling and renewed sense of purpose and productivity that accompany the early part of a new school year, ingrained in us from our youth and perhaps also from years of raising children. As well, moderating temperatures may result in an increase in our energy.

Homework that helps

As a caregiver, although school days are behind you, doing some "homework" in the coming weeks can really pay off, improving your well-being and that of the person you care for. Read on for suggestions.



**Lisa
Petsche**

If you haven't yet done so, educate yourself about your relative's medical conditions and share the information with them and other family members as appropriate, to ensure you have a common and thorough understanding.

Request a medication review by your relative's primary physician or geriatrician, to check for drug interactions and determine whether your relative still needs all the medications they're currently taking.

Arrange for an experienced lawyer to assist your relative in assigning powers of attorney for personal care and property (finances) and preparing a will. Or review such documents if they were done some time ago, to determine if they need updating.

Self-care strategies

It is well known that self-care can improve your effectiveness and longevity as a caregiver. So it's worthwhile to consider the following strategies.

Book an appointment with your primary physician if you're overdue for a

medical check-up or you're experiencing physical or mental health issues.

Buy a piece of home fitness equipment, such as a stationary bicycle, or find some suitable workout DVDs or online videos, so you can exercise without leaving home.

Do something that provides you with meaning and purpose apart from caregiving, such as scrapbooking or researching your family tree. It's important to nurture your identity. Revive an old pastime or try something new.

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If it's physically difficult for you to perform outdoor maintenance tasks such as mowing the lawn or tending the garden, or finding time is an issue, enlist the help of a reliable neighbor (consider hiring a teenager from the block) or contract with a reputable yard maintenance service.

If your relative can safely be left alone but you're anxious about the prospect, supply them with a portable phone and ensure you have a cell phone so you can stay in touch. An emergency response system may also help put your mind at ease.

If your relative can't be left alone, research respite services in your community so you can arrange breaks from caregiving. It's a win-win, because your relative will benefit from the added stimulation that comes from a visiting companion or meeting new people and trying new things at a community program. In-home options include respite provided by home healthcare agency staff, an individual hired under a private arrangement (most often located via word of mouth or newspaper classified advertising) and a trained volunteer (for example, from the Alzheimer's Association). There are also adult day care programs, and residential care homes with a short-stay program so caregivers can take a vacation. To learn about resources, contact your local office on aging or the non-profit organization associated with your relative's disease.

Connect with other caregivers. Consider joining a community support group; some offer concurrent care. Information on caregiver groups can be obtained from community social workers and your local office on aging. Online caregiver message boards, chat rooms and discussion forums are some at-home alternatives.

Join a caregivers' organization – for example, the Caregiver Action Network (formerly the National Family Caregivers Association) at www.caregiveraction.org which offers information and support and advocates for caregivers' needs.

Lisa M. Petsche is a social worker and freelance writer specializing in boomer and senior health matters.

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Wes worked hard picking apples!

Let’s Spend September in the Blue Ridge Mountains!

By Carolyn Brenneman, Columnist

COVER: Enjoying the waterfalls together!

September brings a welcome change to the Blue Ridge Mountains of North Georgia. For many of us, it is the perfect time to plan a family visit. The days begin to soften, the evenings bring a refreshing coolness to the mountain air, and communities throughout the region come alive with harvest traditions, outdoor adventures, live music and delicious food. While the brilliant colors of autumn have yet to arrive, September offers an early feel of fall – and a wonderful opportunity to enjoy the beauty and charm of the mountains without traveling too far from home.

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Gorgeous view from the train!

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One of the greatest pleasures of a September visit is spending time outdoors. The mountains are filled with trails that wind through forests, follow peaceful streams and lead to beautiful waterfalls. Popular hikes include Fall Branch Falls and Long Creek Falls, right near the Blue Ridge, along with many other cascades located throughout the Chattahoochee National Forest. Some trails are easy and leisurely, while others require a little more effort and a few extra breaks along the way. But we are in no hurry. For many of us, especially seniors, the reward is worth it. There is something special about reaching a waterfall, hearing the sound of rushing, crystal-clear water, looking up at the towering trees and finding a quiet place to sit and simply enjoy the scenery. For us, the journey is hiking with our trekking poles up the path. The reward is knowing we made the journey and took the time to experience it.

For families, September also signals the beginning of apple-picking season. Mercier Orchards is one of the area's best-known destinations for celebrating the harvest. Apple-picking generally begins in late August and continues through September and October, depending on the year's crop. My family and I visited several years ago, and we are already looking forward to returning. We can stroll through the orchard, pick fresh apples and then visit the market and bakery for even more farm-fresh favorites. And, of course, no visit would be complete without enjoying one of the orchard's famous fried apple pies. Warm, sweet and delicious, it is one of my favorite treats and a wonderful way to spend an afternoon in the mountains.

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Let's eat at the Rum Cake!



Ready for the BBQ Festival!

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If we are ready to hop aboard a train, another memorable way to experience the countryside is the Blue Ridge Scenic Railway. Departing from the historic depot in downtown Blue Ridge, the train travels along the Toccoa River toward McCaysville, Georgia, and Copperhill, Tennessee. From the windows, we can watch the river and small communities pass by at a relaxed pace. And of course, we will want to enjoy some rum cakes at the Rum Cake Lady Cuban Cafe. It is just next to downtown Blue Ridge depot. It’s a walk-up style cafe full of history and good food.

Well, this year's fall season for the railway begins Sept. 19, making the latter part of September an especially appealing time for a scenic ride through the mountains.

September also brings the region's lively community spirit to life through music and food. The Blue Ridge Blues & BBQ Festival returns to downtown Blue Ridge for a celebration. The event combines live blues music with barbecue, vendors and family-friendly activities. It is a perfect day for our families, especially the kids and grandkids. Scheduled from 11:30 a.m.

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View of the Blue Ridge Railway!

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to 9 p.m., the festival gives us plenty of time to enjoy the music, sample some barbecue and wander through downtown while taking in the scenery.

Whether we spend the day hiking to a waterfall, picking apples and exploring the market, riding the rails along the Toccoa River or listening to blues while enjoying barbecue, Blue Ridge offers plenty of ways to enjoy the day with the grandkids. The month may not yet bring October's brilliant display of autumn color, but it has its own beauty with cool mornings, green mountain forests, flowing rivers.

So, let's gather our families and friends and plan a September getaway to North Georgia's Blue Ridge Mountains. And if we can make it there on September 19, we can add a little music and celebration to the trip. For my family, I know one thing for certain – we are definitely excited to return to the Blue Ridge.



Inside Mercier Market!



Such beauty being near the waterfalls!

USDA Clarifies Wetland Determinations to Provide Certainty to Farmers!

Special to SeniorNewsGeorgia

(Washington, D.C., July 28, 2026)

The U.S. Department of Agriculture (USDA) is putting farmers first and supporting government accountability by providing clear guidance around wetland determinations, which helps inform agricultural producers’ decisions for their operations. USDA’s Natural Resources Conservation Service (NRCS) published an interim final rule (<https://www.federalregister.gov/public-inspection/2026-15284/highly-erodible-land-and-wetland-conservation>) that ensures most determinations made since 1990 are considered certified, and producers can rely on the determinations to work farmland.

“We want to empower farmers, ranchers and landowners to do what they do best – farm the land,” said NRCS Chief Colton L. Buckley. “Farmers’ direct relationship with the land makes them uniquely qualified to guide its stewardship, and we took action to provide regulatory certainty in order to make operational decisions.”

Producers rely on certified wetland determinations when making decisions about their agricultural operations, which impacts USDA program eligibility such as farm loans, conservation assistance, crop insurance and commodity programs.

Through this interim final rule, NRCS addressed inconsistencies in how wetland determinations have been certified and issued in the past. It aligns USDA policy with statutory requirements, protects producer reliance interests, and reduces unnecessary administrative burden by preventing the reinterpretation or replacement of previously certified determinations unless the producer asks for a review.

Specifically, the interim final rule ensures all wetland determinations issued after Nov. 28, 1990, are certified if:

- 1. the producer was notified of the determination; and
- 2. the producer was given appeal rights at the time.

Farmers can rely on the decision to install drainage, clear land, and conduct other land alternations without risking USDA program eligibility so long as the determination shows the area is not a wetland in accordance with the Wetland Conservation provisions of the Food Security Act of 1985.

For more than 90 years, NRCS has helped farmers, ranchers and forestland owners make investments in their operations and local communities to improve the quality of our air, water, soil, and wildlife habitat. NRCS uses the latest science and technology to help keep working lands working, boost agricultural economies, and increase the competitiveness of American agriculture. NRCS provides one-on-one, technical advice and financial assistance and works with producers to help them reach their goals through voluntary, incentive-based conservation programs. For more information, visit [nrcs.usda.gov](https://www.nrcs.usda.gov) (<https://www.nrcs.usda.gov/>).

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The U.S. Department of Agriculture (USDA) is putting farmers first by providing clear guidance around wetland determinations. NRCS published an interim final rule that ensures most determinations made since 1990 are considered certified, and producers can rely on the determinations to work farmland. conservation programs. For more information, visit [nrcs.usda.gov](https://www.nrcs.usda.gov) (<https://www.nrcs.usda.gov/>).



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BBB Tip: Think Before You Scan... ...That QR Code Could Be A Scam!

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

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QR codes have become part of everyday life. We scan them to view restaurant menus, pay for parking, get event tickets, download apps, and visit websites. Their convenience is also what makes them attractive to scammers.

A QR code can hide the website you're about to visit. Unlike a traditional web address, you can't look at the code itself and know where it's going to take you. Scammers are taking advantage of that by creating fraudulent QR codes that direct consumers to fake websites, payment pages, or other malicious content.

This type of phishing scam is sometimes called “quishing” – a combination of QR code and phishing.

How a QR Code Scam Works

The scam can be surprisingly simple. A criminal creates a QR code that directs to a fraudulent website. The code might be included in an email or text, printed on a flyer or mailed to your home. Scammers can also place a fraudulent QR code sticker over a legitimate code. You scan it expecting to pay for parking, track a package, or visit a company’s website. Instead, you're sent to a site controlled by the scammer.

The fraudulent site may look remarkably similar to the legitimate one. You're then asked to enter a username and password, credit card information, or other personal information. By the time you realize something is wrong, the scammer may already have your information.

Be Careful at Parking Meters

One particularly clever version targets people trying to pay for parking. A scammer places a QR code sticker on a parking meter or payment kiosk. The consumer assumes the code belongs to the parking authority and scans it.

The website that opens looks like a parking payment page, so the consumer enters credit card information and pays. Unfortunately, the money may have gone to a scammer – and the consumer may return to find a parking ticket because the legitimate parking fee was never paid.

Before scanning a QR code in a public place, look closely for signs that a sticker has been placed over the original code or that the code doesn't appear to belong on the sign or machine. When possible, use an official parking app or type the parking authority's known website directly into your browser.

Watch for QR Codes in Unexpected Packages

Another variation begins with a package you didn't order. The package may contain an inexpensive item along with a QR code. You might be told to scan the code to identify who sent the package, return the item, or get additional information. Curiosity is exactly what the scammer is counting on.

The FBI has warned that QR codes included in unsolicited packages can direct recipients to fraudulent websites designed to steal personal or financial information or potentially download malicious software. If you receive a package you didn't order, don't scan an enclosed QR code just to find out where it came from.

Treat QR Codes Like Suspicious Links

A QR code is essentially another way of directing you to online content. Apply the same caution you would to a link in an unexpected email or text message.

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The Washington Post



Natalie Venetia Belcon, Photo by Bradley Credit

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Remnants in the basement of the Moonshine Explosion Museum in Franklin County, VA of two moonshine-carrying cars that exploded in June 1930! Photo by Fyllis Hockman!

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If your bank sends an unexpected message telling you to scan a QR code to verify your account, don't scan it. Open your bank's official app or contact the bank directly. If a delivery company supposedly needs you to scan a code to pay a small redelivery fee, go directly to the delivery company's official website instead.

If a government agency supposedly sends a QR code demanding immediate payment, independently verify the request. Don't let the presence of a QR code make a message seem more legitimate.

Look at the Website Before Going Further

Most smartphones display at least part of the destination address when you scan a QR code. Take a moment to look at it before opening the page. Watch for misspellings, strange domain names or web addresses that don't match the organization you expected to visit.

Even after opening the page, don't immediately enter information. Look again at the website address and ask yourself whether it makes sense. If you're unsure, close the page and find the organization's website yourself.

Don't Download an App from a QR Code

A QR code may also direct you to download an app. Instead of downloading an app through an unfamiliar QR code or website, go directly to the official Apple App Store or Google Play Store and search for the app yourself. You generally don't need to download a special QR-code reader either. Most modern smartphones can scan QR codes using the phone's built-in camera.

What If You Already Scanned One?

Simply scanning a QR code doesn't necessarily mean you've been scammed. What you did after scanning it matters. If you entered a password, change it immediately and change it anywhere else you've reused that password. If you entered credit or debit card information, contact the card issuer.

If you downloaded an unfamiliar app, remove it and review the permissions you granted it. And if you sent money, contact the financial institution or payment service immediately and ask whether the transaction can be stopped or reversed.

Bottom Line

QR codes aren't inherently dangerous. Millions are used legitimately every day. The important thing is to treat them with the same caution you would any unexpected link.

Before you scan, consider where the code came from. Look for signs of tampering. Check the website address before entering information. And when there's any doubt, skip the QR code and go directly to the organization's official website or app.

A few extra seconds before you scan could prevent a much bigger problem later. Visit [BBB.org](https://www.bbb.org) for consumer information and [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker) to research and report scams.

Kelvin Collins is president & CEO of the Better Business Bureau serving the Fall Line Corridor, which serves 77 counties across Georgia, Alabama and South Carolina. BBB helps consumers make informed marketplace decisions, promotes trustworthy business practices and provides resources to help consumers avoid scams.

To research a business, file a complaint, submit a customer review or report a scam, visit [BBB.org](https://www.bbb.org). For assistance from your local BBB, call 800-763-4222 or email info@centralgeorgia.bbb.org.

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