

AGING IN ATLANTA

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JOIN US AS WE EXPLORE WHAT IT MEANS TO BE HAPPY AND HEALTHY BEYOND 55

ENTREPRENEURS

Firm aids seniors with tech

Pair with local ties found Go Go Quincy support service.

By Elizabeth Crumbly
For the AJC

Strong ties to Atlanta and a desire to help seniors have fueled the growing popularity of Go Go Quincy, a tech support company helping seniors navigate online with friendly, empathetic support. The service is for those who need help with a range of tech issues, from logging in to social media sites to identifying email scams and figuring out streaming.

The company’s founders did postgrad work here: Muhammad Abdurrahman is a Morehouse College grad, and Ryan Greene is an Emory University alum. Though they live across the country from each other now – Minnesota and New York City, respectively – they’ve kept ties with the Southern city that helped inspire the project.

The beginnings

Greene, a New York City native, didn’t learn how to drive growing up because he didn’t need to. When he arrived in Atlanta for college, he quickly realized he was dependent on other people to help him navigate the city, and that concept eventually inspired him to help older people navigate their online lives.

Greene recalled visiting his grandfather during the pandemic and helping with some technology tasks.

“He came out of his bedroom,” Greene said, “and he had a yellow legal pad with about 18 computer tasks on it. He was like, ‘Can you help me with this?’ And they were things like, ‘My printer isn’t working. I haven’t received an email in three weeks. I can’t log into Facebook’ ... And I looked at it, and I knew, one, that these tasks were relatively simple and, two, that I was going to have to do this because no one else would.”

Greene’s idea to establish support services for these instances really began moving when he and Abdurrahman connected through an organization for entrepreneurs. Like Greene, Abdurrahman remembered being the family tech guy – his experiences date back to his days as an 8-year-old at his grandparents’ house in Stone Mountain, where he would fix the VCR clock and fiddle with computers.

They launched in Florida, New York and Atlanta in the fall of 2021, and by Christmas of that year, when recipients needed help learning to use tech gifts, growth had really taken off, according to Greene. Today, the service is available in all 50 states, with customers in 38 states, he said.

How it works

Go Go Quincy has three cost tiers tailored to customer needs. The first tier offers free tech assistance and scam identification. The second tier gives users

Business continued on S5



ADOBE STOCK

HEALTH CARE

OPEN SEASON FOR MEDICARE

By Karon Warren
For the AJC

If you are approaching age 65, you should start reviewing your Medicare options even if you don’t plan to retire right away. Knowing what Medicare coverage is, when to enroll and what options are available for additional coverage is essential to getting the health insurance you need going forward.

What is Medicare?

Medicare is health insurance available through the federal government. To qualify for it, you must meet one of the following requirements:

- Be age 65 or older;
- Have a qualifying disability; or
- Have end-stage renal disease.

Medicare embodies three parts to offer comprehensive health care coverage.

Part A, hospital insurance

This provides coverage for stays in the hospital or a skilled nursing facility, as well as hospice care and even some home health care services. If you or your spouse worked and paid Medicare taxes for a minimum of 10 years, there is no premium for Part A. If you or your spouse paid Medicare taxes for less than 30 quarters, the premium for Part A is \$506 for 2023. If you or your

spouse paid Medicare taxes for 30 to 39 quarters, the premium for Part A is \$278 for 2023. Anyone who qualifies for Medicare before age 65 will not have to pay a premium for Part A.

The deductible for Part A coverage is \$1,600 for each benefit period before Original Medicare (Parts A and B) coverage kicks in. A benefit period begins the day you’re admitted to a hospital or skilled nursing facility as an inpatient and ends when you go 60 straight days without receiving any inpatient hospital or skilled nursing facility care. Therefore, you could have more than one benefit period in a year.

If you are in the hospital for more than 60 days or a skilled nursing facility for more than 20 days, you will have a copayment. If you are in the hospital for more than 150 days or a skilled nursing facility for more than 100 days, you are responsible for all costs.

Part B, medical insurance

This covers qualifying doctors’ visits, preventive services, medical supplies, and outpatient treatment and services. Everyone pays a premium for Part B coverage. The standard premium for 2023 is \$164.90. However, if your modified adjusted gross income was more than \$97,000 for an individual or \$194,000 filing jointly on your tax return two years before enrolling in Medicare, your monthly premium will be higher.

The deductible for Part B is \$226 per year. You may have to pay coinsurance of 20% of the Medicare-approved amount for certain services, such as for a wheelchair, outpatient mental health care or outpatient hospital care.

Part D, prescription drug plans

This pays toward the cost of prescription drugs as well

Medicare continued on S3



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AGING IN ATLANTA

ASK THE EXPERT BONNIE DOBBS

Know needs before picking Medicare plan

Sponsored by Medicare and Other Red Tape

Medicare 2024 breaking news! There may be little change in the ever-changing world of Medicare next year. Could it be true?

Some things are staying the same

Starting last year, calls between agents and enrollees were required to be recorded when discussing benefits and enrollment. A recorded message or a live agent would disclose that your call will be recorded: “This call is being recorded for quality assurance. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800 Medicare to get information on all your options.”

It was not so much for quality assurance but to confirm the client understood and the agent was not enrolling clients in plans without their knowledge. And that message creates doubt in the client’s mind and belief that maybe the agent does not have access to compare all plans or that the agent has an ulterior motive for enrolling in certain plans versus others. Honestly, some of these plans are not worth your time because, if a company is new to the market and not yet stable or plan benefits are not as rich as others offered, you can depend on my agency to know this information.

This rule was put into effect by the Center for Medicare & Medicaid Services (CMS) to protect enrollees from those screaming-in-your-face misleading TV com-



OUR EXPERT

Bonnie Dobbs is an author, speaker and founder of Insurance and Other Red Tape LLC, a brokerage agency specializing in Medicare and Medicaid coverage with licensed agents in several states.

Just after obtaining her insurance license, a family member developed Alzheimer’s disease. While visiting the nursing home and later memory care, she found families were often confused about Medicare. She decided then to commit to helping the aging community. Bonnie has become one of the most sought-after speakers on the topic of Medicare, sharing her knowledge through seminars, workshops and panel discussions. You can contact her team at 770-373-7541.

mercials. Thank you, Joe Namath and other household names who made this necessary.

Q: Before annual enrollment, you will receive an Annual Notice of Change. What is an ANOC and when do I get it?

Each year during September, you will receive an Annual Notice of Change if you are on an Advantage plan or prescription drug plan. This compares line item by line item, starting at the monthly premium, deductibles and benefit costs with the current year to the upcoming year. Review these changes carefully. If your doctors,

medications and overall health have stayed about the same, you can view the cost for next year. If your situation has changed, Oct. 15 to Dec. 7 is the time to compare other plans and companies.

Q: With 2024 annual enrollment around the corner, what three things do I need to know?

Spend time comparing your Annual Notice of Change between the plan you are on with the costs for next year. Are the monthly premiums, annual deductibles and benefit costs increasing dramatically or slightly? Has anything changed with your lifestyle, your health, your medications or your providers, including doctors and hospitals? If you have no significant changes and you do nothing, your plan will roll over. If you did have changes or the plan’s costs have skyrocketed, now is the time to compare what’s new for next year.

Compare all plans in your service area. It is best to use the services of a broker who has knowledge of plans in your service area. Their services are free, and they are on a quest to unveil available benefits and lower costs that you may not know about. Remember, all these plans were created with a certain type of person’s needs in mind, but there is no one plan that fits all. Medicare is all about you. If anyone brags about how good their plan is, good for them. However, it could be the worst plan for you.

Once you have made a plan decision, and completed and signed the enrollment, you will receive notification when the plan is approved. The

welcome packet and member ID card will arrive in the mail before the end of December. The plan will start Jan. 1.

If you are satisfied with your current plan and do nothing, the plan will roll over, and the new plan will begin Jan. 1.

Q: What plan changes can I make during annual enrollment?

Each year from Oct. 15 to Dec. 7, Medicare enrollees can make changes to their insurance plans. Changes can be made from one Advantage plan to another, from one prescription drug plan (Part D) to another, or drop an Advantage plan and enroll in a Part D plan or drop Part D and enroll in an Advantage plan. All plans begin Jan. 1. Medicare Supplement plans have a different set of rules. When you first become Medicare eligible, there is no medical underwriting. After the grace period, you can change a Supplement plan any month you medically qualify. This is important to remember. You cannot be in an Advantage plan and a Supplement plan at the same time.

Q: What is open enrollment and what plan changes are allowed?

It is from Jan. 1 to March 31 and is a period where you can change from one Advantage plan to another. Take your Advantage plan for a test drive, try out the benefits and if you think you made a wrong decision, you can change to another Advantage plan or drop the Advantage plan and enroll in a prescription drug plan and a Medicare Supplement. Remember you must medically qualify to enroll in a Medicare Supplement plan if you are

past your grace period.

Q: Medicare cost: What is on the horizon?

As of this writing, the CMS has not released the increase or decrease (I doubt) for 2024 Part A, Part B, or Part D premiums or deductibles. My speculation is that Part B premiums may jump as much as \$10 per month or more driven by the cost of a new Alzheimer’s drug and probably a much smaller increase in Social Security cost of living adjustment.

The larger insurance carriers for Medicare Advantage plans are giving the impression they may be keeping similar benefits and copays even though they are getting payment cuts from the feds.

There is better news for Part D. According to the Inflation Reduction Act, in 2024 the ceiling will be \$8,000 max out of pocket for those who do not qualify for low-income subsidy. Previously there was no cap. In 2025 comes the big news: The max out-of-pocket for meds is set at \$2,000. I’m sure many are holding their breath until then! I am.

Q: What do I need to know if I lost Medicaid?

About 4 million people have lost Medicaid across the country, and Georgia is in the top five states impacted. The reason most people are losing their benefits is that during the COVID-19 pandemic and for the past three years, they were not required to reapply and update their information. Now the state must redetermine eligibility. To get the word out to these individuals, they have tried several means to contact them like sending letters, emails, text messages, social media and

publicizing through TV ads, billboards, bus shelters and schools. However, many have moved or have a typo in their information and this bureaucracy glitch – yes, red tape – has caused many adults and children to lose Medicaid benefits. If you fall into this category, contact gateway.ga.gov to apply for benefits and update your information. Or call 877-423-4746, available 24/7.

Q: Does losing Medicaid mean I lose Medicare? Will that affect my Medicare plan?

There’s good news and bad. You are not losing Medicare coverage because you are losing Medicaid. That’s the good news. The bad news is you will need to switch your Medicare coverage to a different plan. You must switch within three months of the state advising that you are losing Medicaid coverage to avoid a penalty.

There are specific plans for those on Medicare and Medicaid. If you recently lost Medicaid status, have your Medicare plan reviewed. Please call my office and speak to a broker to discuss your plan options and benefits. Our services are free. Or contact medicare.gov for information.

Q: Can I get a Medicare plan if I am a veteran?

Yes, there are plans available to veterans that offer care and additional benefits closer to your home at an affordable cost. Some of these plans may reduce your Part B by paying some of it through Medicare Part B givebacks. Some of these plans also offer dental, vision, hearing and free gym membership. Please call my office to find out more.

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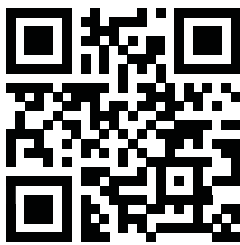
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AGING IN ATLANTA

Medicare

continued from S1

as many recommended vaccines or shots. Prescription plans must be purchased separately for people with Original Medicare. The costs – including premiums, deductibles, copayments and coinsurance – vary by plan. For people with Medicare Advantage plans, prescription drug coverage may be included.

When do I enroll?

Enrollment in Medicare plans is available during specific time periods. It's important to know when these enrollment periods are so you don't incur a penalty for not enrolling when you become eligible for Medicare.

■ **When you turn 65:** Most people know they can get Medicare coverage when they turn 65. However, you can sign up for Medicare coverage before you turn 65 in what is referred to as the Initial Enrollment Period. This starts three months before you turn 65 and ends three months after the month you turn 65.

For example, if you turn 65 on May 15, you can sign up for Medicare as early as February or as late as August. However, if your birthday is on the first of the month, you can sign up between four months before your 65th birthday and two months after you turn 65.

The coverage start date depends on when you sign up but will always begin on the first of the month.

It's important to note that if you do not sign up for Medicare during your initial enrollment period or a special enrollment period, you may have to pay a penalty.

■ **When you retire after 65:** If you are still working at age 65 and

Most people know they can get Medicare coverage when they turn 65. However, you can sign up for Medicare coverage before you turn 65 in what is referred to as the Initial Enrollment Period. This starts three months before you turn 65 and ends three months after the month you turn 65.

have insurance through your or your spouse's employer, you likely should sign up for Medicare Part A when you become eligible at age 65. If you or your spouse has paid Medicare taxes for 10 years or more, the premiums will be free. This will ensure you won't pay a penalty for enrolling after your initial enrollment period ends.

Once you no longer have insurance through your or your spouse's employer, you can sign up for Part B coverage without penalty as long as you enroll within eight months after you or your spouse stop working.

■ **Under 65 and on disability:** If you have a disability and receive monthly Social Security or Railroad Retirement Board benefits, you become eligible for Medicare Part A after 24 months. For disabled federal, state and local government employees who don't qualify for Society Security or RRB benefits, they could become eligible for Medicare Part A after 29 months. There is no waiting period for people diagnosed with amyotrophic lateral sclerosis, also known as Lou Gehrig's disease.

Medicare Advantage vs. Medicare supplement plan

Offered through private companies, Medi-

care Advantage plans combine Part A and Part B into one plan. They may or may not include a drug plan (Part D). Premiums, deductibles, copayments and coinsurance costs will vary by plan. While Medicare Advantage plans must offer the same coverage as Original Medicare (except hospice care, which is covered under Original Medicare even for those with an Advantage plan), they actually may offer additional coverage such as vision and dental coverage.

A Medicare supplement plan, called Medigap, is a private insurance plan for those enrolled in Original Medicare. It helps cover expenses not covered by Original Medicare, such as deductibles and copayments. This does not cover prescription drugs. Premiums vary based on the plan. You cannot get a Medigap plan if you are enrolled in a Medicare Advantage plan.

Enrolling in Medicare health coverage is an invaluable way to pay for the medical care you need as you get older. To ensure you get the best Medicare coverage for you, start researching all your options before you turn 65, so you are prepared to enroll once your initial period starts. The best place to start is medicare.gov.



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AGING IN ATLANTA

KENTUCKY

Louisville could be just the place to check out this fall

From baseball to bourbon, shops to eateries, city has it all.

By Patricia Neligan Barley
For the AJC

Even if bourbon is not your first choice when filling a glass with spirits, Louisville, Kentucky, is a signature all-American destination perfect for a long fall weekend. The possibilities for an adventure-filled getaway are endless, from baseball and bourbon to bustling shopping districts and eateries.

Shops, restaurants and more in NuLu

Downtown Louisville is very walkable and gives you access to several restaurants, tourist sights, a beautiful stroll on the Ohio River and great small businesses to support. East Market District, in the Phoenix Hill neighborhood, is lined with a great mix of local shops – including goods, food and sweet treats. This shopping area is also known as NuLu, “New Louisville.”

The streets in NuLu are lined with eye-catching, vibrant murals and a lively Cuban restaurant called La Bodeguita de Mima, where my friends and I enjoyed a lovely lunch on the veranda. Our table shared the Cubanchos, similar to nachos but made with plantain chips instead of tortilla chips. It was a delicious mound of black beans, queso and cilantro. You name it, and it was there.

When traveling, I appreciate the lack of domestic duties that fill my time at home. Shopping isn’t a typical activity I choose to spend my free time on, but while traveling, I feel I have more freedom to relax and explore. I love seeking out local artisans and supporting small businesses. Revelry Boutique Gallery is full of inspiring and diverse one-of-a-kind pieces. With more than 150 local artists selling their wares, you can find jewelry, prints, home decor and more.

I can’t wait to hang my new Louisville ornament on our Christmas tree this year that was purchased at Revelry and made by a local artist. Special items like this help me remember my travels and reminisce about all the beautiful spots I have traveled to over the years.

I also bought a few items at WOW, Woman Owned Wallet, my favorite being a pair of pink socks with the word “feminist” on the side. These have brought me such joy lately, and they’re the perfect cozy reminder of Louisville. Next door to WOW is Peace of the Earth, a shop that carries “mindful gifts for the home, body, and spirit.”

I could not resist purchasing a bracelet and two



The East Market District is lined with a mix of shops in an area called NuLu, known for its art galleries. COURTESY

more as gifts. I always get compliments whenever I have it on. I relish sharing that it is handcrafted from a palm tree in the tropical rainforest of Ecuador! It is made from a nut of a tagua tree, which has the same look and feel as animal ivory – without harming animals or the rainforest where it is gathered. The best part? It’s sold via a fair trade organization that employs local Ecuadorian artists and provides reliable employment and a decent living wage to support their families.

There’s something for everyone, and every interest, in Louisville. If you are enthusiastic about sports, you can choose between taking a tour at Churchill Downs or visiting the Louisville Slugger Museum and Factory, where bats are still produced. This was of little interest to the gaggle of gals I was traveling with, but when I return with family, it will be first on our itinerary.

Bourbon: ‘America’s Native Spirit’

I thoroughly enjoyed exploring and learning about bourbon making, even as someone who rarely indulges in the barrel-aged spirit. We chose to do a private tour through Kentucky Bourbon Insider Tours, with just the six of us and our driver, Jody, who was incredibly fun and knowledgeable and added crucial insight to our experience. Out of about four options, the excellent communication from owner Mark Emberson before I even committed to booking a tour swayed me toward this company.

For a more budget-friendly experience or to meet fellow tourists, many companies cater to larger groups with buses or vans for groups to share. There is no wrong way to experience Louisville’s sev-

eral distilleries!

Emberson offered us two sample itineraries, one in Bardstown and the other in Frankfort, less than an hour’s drive from our Airbnb in downtown Louisville. We chose Frankfort because one friend in our group was specifically interested in visiting Four Roses distillery. He recommended that we not pick more than four stops, and they listed any additional fees it would cost us to visit more.

Several advantages certainly justified the cost of a guided tour – including the freedom to sample drinks at various destinations, including well-established distilleries and blossoming new businesses. All of the lessons were fascinating, but a few highlights stood out.

Like champagne, bourbon can only be called bourbon if it meets specific criteria. All bourbon is whiskey, but not all whiskey is bourbon. For it to be called bourbon, the drink has to meet two requirements: First, the mash has to be made with at least 51% corn. Second, the barrel used to age the bourbon must be new, made of oak, and produced in the United States.

Contrary to popular belief, bourbon doesn’t have to be made in Kentucky, but 95% of the world’s supply is, according to a report prepared for the Kentucky Distillers’ Association. Whiskey can be made anywhere, but in 1964 Congress declared bourbon “America’s Native Spirit.” Kentucky bourbon is only produced within the Bluegrass State, but bourbon can be made in any American state.

Four Roses, a renowned distillery dating back to the 1860s, offered a detailed and historical glimpse into the world of bourbon. Viewing the machines and

equipment felt like exploring a museum in motion. Four Roses is one of the only significant distilleries around that does not stack its bourbon barrels using rickhouses, sometimes known as rackhouses.

Rickhouses are made from wood, and the design allows air to flow around the barrels so that they don’t need to be moved or rotated. The barrels are stacked horizontally because of the extreme temperature in Kentucky. As the bourbon ages for five years in the barrels, it’s estimated that 2% to 5% of the liquid evaporates. The distillers call this the “angels’ share.”

Buffalo Trace is also a larger, more well-established distillery. I loved strolling around the bourbon barrels and learning about the process, the ricks and all of the hard work that goes into each bottle. I was surprised to learn that the barrels can never be reused. So once a batch has reached the maturation and taste that the distillery wants, it won’t ever hold bourbon again. Many used barrels are sold to whiskey makers in Scotland, Ireland, Canada and beyond.

My personal favorite was a newer distillery called Castle & Key. Castle & Key began restoring the historic Old Taylor Distillery in 2014, and after years of work, it began welcoming visitors in September 2018. The grounds and buildings are indeed a work of art, with over 113 acres of distinct architecture, gardens and nature. The retail shop is a restored space that used to be the power plant of the distillery.

Wrap it up with gin

We didn’t do a tour here, but the grounds were beautiful, and I could give bourbon a rest for a minute and drink a flight of its distilled vodka and gin. Like the grounds that Castle & Key are on, the bottles I bought were equally as artistic.

The castle has been standing on this site since 1887 and first served as a distillery as early as 1819. The key part in the name is the Springhouse. Col. E.H. Taylor specifically selected this site to distill because of the quality of springs in the locations. These springs would later be called the “key” to his success and a necessary ingredient in his quality bourbon.

If you want to tour the distilleries without the crowds, the end of November through March would be an excellent option. Spirit, Delta and Southwest Airlines fly from Atlanta to Louisville, and, if driving, you can reach Louisville in less than seven hours.

After this trip, I may not be a permanent bourbon convert, but Louisville certainly showed us endless possibilities while touring this beloved American city.



Park Ranger Jerry Hightower stands on “Proposal Rock,” where many a couple have popped the question, at the Island Ford Unit of Chattahoochee River National Recreation Area in Sandy Springs. CHRIS HUNT FOR THE AJC

COMMUNITY CONNECTIONS

Chattahoochee River park ranger marks 45 years

Vietnam vet Jerry Hightower enjoys serving community.

By Karon Warren
For the AJC

As part of our Aging in Atlanta series, The Atlanta Journal-Constitution introduces readers to a member of the city’s thriving 55-plus community. This month, we profile Jerry Hightower, park ranger and environmental education coordinator for the Planning, Resources and Education Division at the Chattahoochee River National Recreation Area.

After growing up in Sandy Springs, Jerry Hightower studied at the Atlanta School of Arts before enlisting to serve in the U.S. Army. He served during the Vietnam War with the First Military Police Company, First Infantry Division and the 525th Military Police Company. When he returned home, Hightower began to volunteer with several organizations and entities to conserve and protect our natural heritage. He became one of the first rangers at the Chattahoochee River National Recreation Area and has since been recognized for his work. His many accolades include Outstanding Ranger for the Southeast Region and the Distinguished Graduate Award from the Federal Law Enforcement Training Center. In 2023, the Chattahoochee National Park Conservancy announced a new award in his honor: the annual Jerry Hightower Service Award for major contributions to the Chattahoochee River.

Q: What do you do at the Chattahoochee River National Recreation Area?

I am currently the environmental education coordinator for the park. I develop and present curriculum-based programs to students from pre-school to graduate school, but my emphasis is on Title I students in grades K-5. I also develop and present interpretive pro-

grams to the general public.

Q: What do you enjoy about working at the Chattahoochee River National Recreation Area?

I have always believed in importance of service. As a park ranger, I have the opportunity to serve every day in many different ways. The Chattahoochee River Corridor has given me so much over the course of my life, I am able to give back to the citizens and share the joy of the river and its environs.

Q: Why do you think the Chattahoochee River National Recreation Area remains a hidden gem?

Actually, it is not a hidden gem. Many local residents have yet to discover the park in its entirety, but out of 425 National Park sites, the Chattahoochee River National Recreation Area is the 21st most visited park. In fact, a new National Park Service report shows that 3,537,848 visitors to Chattahoochee River National Recreation Area in 2022 spent \$176,660,000 in communities near the park. That spending supported 2,372 jobs in the local area and had a cumulative benefit to the local economy of \$259,566,000.

Q: What do you think would surprise people the most about the Chattahoochee River National Recreation Area?

Its extraordinary beauty in every season of the year. Also, that we have over 1,000 species of vascular plants in the park, and that the park is home to most wildlife indigenous to the Piedmont of Georgia.

Q: What is your perfect day in Atlanta?

Going into a school before dawn and teaching back-to-back classes until school dismissal. Paddling down the Chattahoochee River at sunset isn’t too shabby either.

TRAVEL

Using technology to make travel planning easier

Book a trip, make a reservation. There’s an app for all that.

By Lesly Gregory
for the AJC

Travel planning has gone digital. While you can still call to make reservations, most people turn to apps to book flights, hotels, car rentals and more. Just about every aspect of a trip can be planned and confirmed using technology.

“We’ve seen an explosion of technology when it comes to travel booking. When you’re traveling these days, having a

smartphone is imperative,” Sally French, lead travel writer for NerdWallet, told The Atlanta Journal-Constitution.

The technology goes beyond booking, with certain apps offering advanced features like digital keys, and reservations for getting in line and even ordering food.

However, learning how to manage all this technology can be challenging, and as French says, “everyone has their different comfort levels.”

Apps today aren’t trying to make booking travel harder, but rather easier and more user-friendly.

According to a recent

Marriott International survey of customers 55 and older, Marriott Bonvoy app users want dynamic search functionality to find the lowest prices, chat functionality to talk to the hotel directly and transparency, especially with pricing.

“The Marriott Bonvoy app can help our guests through the travel journey from start to finish – everything from research, planning and booking, to earning and redeeming points for free nights and experiences,” Peggy Roe, executive vice president and chief customer officer at Marriott International told the AJC.

The ability to earn points and get perks simply by using many travel apps is a significant incentive for digging into the technology, but you don’t have to feel pressured to be an expert from the start.

“Be open-minded to using your phone and be OK with asking for help,” French said.

It’s important to spend time on each app getting to know its functionality, as well, even before you book anything, according to Roe.

The more familiar you are with your travel apps, the less stress you’ll most likely have when traveling.

You can eliminate things like waiting in line to check in, and never have to worry about missing a flight change.

One particularly innovative feature you may find with your hotel apps is mobile key check-in. This feature turns your phone into your hotel room key without ever having to go to the front desk.

“With mobile check-in, you can share what time you plan to check in and then receive a mobile key so you can head right to your room when you arrive,” Roe said.

While you can get a physical key if you want, having your key on your

phone means there’s one less thing to keep up with or accidentally misplace.

There is an adjustment period, though, when using all this technology, and for those used to relying on paper, going digital can feel less secure. However, you can still have a backup without printing everything out.

“I recommend digital versions of everything. Just snap a picture on your phone of anything critical,” French said.

From travel details to your passport and credit cards, having a digital backup is key, and yet another way to use technology for easier travel.

AGING IN ATLANTA

Business

continued from S1

more access to help for a fee, and the third tier is for unlimited, paid tech support.

“All three have the same options,” Greene said. “We just created a few different ways for people to be able to afford the support and the level of coverage that they needed. We don’t believe that some types of assistance should be charged (for). It’s kind of scary out there.”

Users can call in for assistance, or they can click a button online, which notifies staff to call. The company hires not only for tech knowledge but for emotional capabilities, too.

“You are always speaking with a real person. We are spending incredible amounts of time with our team members to work on empathy, bedside manner, patience. That’s almost exclusively what we hire for,” Greene said.

The combination is designed to result in a de-cluttering of tasks.

“The ideal situation for an older adult is not to be in that position where you let a problem stew ... the ideal situation is where you have someone like a Go Go Quincy set up so that you can just get those things knocked out,” Abdurrahman said.

Who’s using Go Go Quincy

Users often call in to get help with unlocking areas



Ryan Greene, co-founder of Go Go Quincy, is an Emory University alum.



Muhammad Abdurrahman, co-founder of Go Go Quincy, is a Morehouse College graduate.

of the internet that will make their lives easier or richer: telehealth, social media, entertainment and finding merchandise deals online, Greene said.

“When we talk about tech support, it’s really anything that happens as you access your technology,” he said.

One customer vertical is people aging in place. Another is organizations looking to take pressure

off of their employees who are caring for older loved ones by integrating Go Go Quincy into employee benefit packages. And another is the sandwich generation members who find the service online.

Abdurrahman recalled helping a woman recently who was trying to watch “Frozen” with her granddaughter.

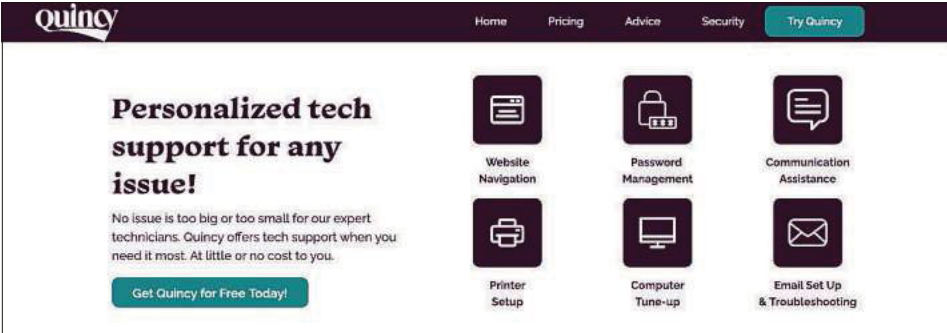
“What does it mean when Grandma’s like, ‘Yeah, we’re going to watch ‘Frozen.’ Oh, wait – how do I do that? I don’t know how to do that,” he said. “Like, that’s tough.”

He also described talking with a customer in Atlanta who needed to order groceries. She was delighted, he said, to learn she could watch “The Dick Cavett Show” online. And by the end of their conversation, she’d revealed she was terrified of scams she didn’t know how to avoid, but she learned that Go Go Quincy can help.

Ultimately, Greene said, the mission is about upping accessibility and confidence.

“When they know that if they click on the wrong thing or if something looks unfamiliar but they know that it’s super easy to receive assistance, receive support in a way that’s not intimidating,” he said. “It makes it that the internet – that technology – is no longer scary.”

Find out more information on Go Go Quincy online at gogoquincy.com or call 208-557-8466.



Go Go Quincy is a personalized tech support platform for issues big and small.

BOOKS

Alpharetta mother’s book spreads healing message

By Elizabeth Crumbly
For the AJC

In 2011, Jennifer Dickenson was 44 and going full steam with family and career. She was an owner and partner in her law firm, and she and her husband had two young children.

But life took a sharp turn when she received a diagnosis of glioblastoma: grade 4 brain cancer.

Life expectancy with this illness, Dickenson said, is particularly low, even with treatments like surgery, radiation and chemotherapy.

“I was shocked by the news because I thought I had been living a healthy life: exercise, good food, et cetera ... Yet I got sick,” the 56-year-old Alpharetta resident said. “Once I got my bearings from the bad news, I started to ask questions: How did I get sick? Did I contribute to this in some way?”

Her doctors assured her she hadn’t done anything to cause the condition she was facing, but she wanted to take a deeper look at her situation.

“My accolades and achievements as a lawyer melted away as I saw the truth about how I had been mismanaging my energy, my life: too many hours in the office in a stressful environment and not enough time with the ones I love doing the things we love doing together,” Dickenson explained. “Once I saw this truth, I hoped I had enough time to change my illness to wellness ... I started thinking about hope. I thought, ‘If one person has beaten this disease, why can’t I?’ With that, I started looking for hope instead of the statistics.”

Today, she’s carried that feeling forward into activism, telling her story and

reaching out to others who need hope.

The change

Dickenson’s close friend Pam Zeman, 53, of Johns Creek remembers talking to Dickenson about slowing her life down before the diagnosis. Her friend, she said, had been helping to run 12 law offices while also balancing family life.

“She tried to slow the train down, but when you’re in that kind of position and have that big of a company, obviously you just can’t in one day change your life,” she said. Zeman remembers how the diagnosis changed things.

“(She) was forced. God forced her to stop,” she said. “She had to change her life to survive ... Everything she did – from what she put in her mouth to her faith to her meditation – everything shifted to stay alive.”

Dickenson said she inundated her body with healthy foods, removing what she felt wasn’t serving her, and she started focusing on her mind and spirit.

“I discovered that real healing is not just about surgery and medicine, although that can be part of the picture,” she said. “To me, the bigger picture includes the way we choose to manage our thoughts, how we love and support our bodies and how we engage in our spirit to discover deeper truths we can only find when we are quiet and asking questions of this other realm: mind, body, spirit.”

Armed with knowledge she gathered and as much positivity as she could muster, Dickenson underwent surgery to resect a golf-ball-size tumor. Radiation and chemotherapy followed. Today, she takes no medication and is cancer-free.

The book

Zeman recalls how people who knew about Dickenson’s success story began approaching her asking for advice. Dickenson put together a seven-page pamphlet with insights about lifestyle and resources that she’d gleaned through her own research and experience. She passed it out to people she met who were facing their own health challenges. She realized the demand for insight and support required a lengthier work, however, and production of “The Case for Hope” began.

“I had an editor work with me to make sure it was a good book people would like to read. That was very helpful, as I have never written a book before. I finally chose a good-sized publishing house that had a smaller company within it that allowed me, as the author, to retain ownership in the book, which is what I wanted,” Dickenson said. “We put together all of the pieces of the book – the cover (which I found and love), the pages, the back page – and then sent it to press. It was a very exciting day when I held my book for the first time.”

Now she’s looking for ways to distribute the work to more people.

“She needs a way to get the book in their hands, and then if she can facilitate and help in any other way,” Zeman said. “That’s her entire mission from here on forward.”

Zeman has traveled with her friend to promote the work and help her with engagements that have included podcasts, appearances at churches, book signings, corporate events and festivals.

“The feedback has been terrific, and I am so grateful for it,” Dickenson said.



Help keep you and your loved ones safe from scams with the AARP Fraud Watch Network.

In 2022, Georgia was ranked 1st in the country for reports of fraud. Incidents of identity theft were the most reported resulting in \$158 million of losses last year alone.

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AGING IN ATLANTA

VETERANS

Chattanooga parade celebrates recent Medal of Honor recipient

By David Floyd
Chattanooga Times Free Press

Crowds lined the streets of downtown Chattanooga on Sept. 11 to welcome home retired Army Capt. Larry Taylor, a Vietnam War veteran whose daring helicopter rescue of four men pinned down by enemy gunfire in 1968 recently earned him the nation's highest award for military valor.

President Joe Biden presented Taylor, a Signal Mountain resident, with the Medal of Honor during a ceremony Sept. 5 at the White House.

A series of marching bands, veteran organizations and local ROTC units proceeded down Market Street as attendees along the parade route cheered. Taylor served as the grand marshal and rode in the back of a red convertible near the head of the column, waving at passersby. Some shouted, "Thank you!" as his car drove past. The event coincided with the 22nd anniversary of the 9/11 terrorist attacks on the World Trade Center.

Korean War veteran Ray Belvin, who served in the Air Force from 1950 to 1971, stood at attention and periodically saluted as the patriotic procession made its way down Market Street.

"A veteran ought to be here," the 91-year-old said in an interview. "A lot of people can't be here because of sickness and work, but I think this patriotism needs to be shown, especially in America today."

As part of a group nicknamed the Fireflies, Belvin dropped flares out of C-47 aircraft at night so fighters could see in the dark.

"In those days, everything was eyesight," Belvin said. "We didn't have lasers."

Taylor is a real American hero, Belvin said, and deserved the Medal of Honor sooner.

"The man should have had the benefit of that around his neck from the day he got out of the Army because of what he did in Vietnam," he said.

Marvin Yaw, a three-year veteran of the Army, and



Vietnam veteran Larry Taylor salutes as UT Chattanooga's ROTC passes by in the parade Sept. 11. The Coolidge National Medal of Honor Heritage Center, city of Chattanooga, Hamilton County and Chattanooga Area Veterans Council held a "Welcome Home" parade for new Medal of Honor recipient Taylor of Signal Mountain, Tennessee. COURTESY OF OLIVIA ROSS

his wife, Rashelle Mercado, heard about Taylor on the news. They were among the people near the staging area at Market Street and M.L. King Boulevard waiting for the parade to start.

"It's hard to explain, but when you think about the saying, 'Leave no man behind' — these are our comrades," Yaw said. "We don't leave them behind even under a direct order not to go back. Heroes are made in situations like that. The average person would have probably listened to his commander and left the people there. He wasn't about to."

"What you do in a time of danger and stress is what makes you a hero," Yaw continued. "It took way too long for our country to recognize him, but things like that happen."

Dave Hill, the last surviving member of the four-man reconnaissance team rescued by Taylor, also participated in the ceremonies Monday.

On June 18, 1968, Hill was on a mission with Bob Elsner, Gerald Patt and Bill Cohn when they became surrounded by enemy troops. After the team radioed for help, two Cobra helicopters, one of them Taylor's, arrived on the scene to support the crew, unleashing rockets and machine gun fire at the enemy fighters.

After a tough battle, the helicopters were running low on fuel and ammunition, and it was clear they would not be reinforced by other aircraft. With no room in the two-man chopper, Taylor retrieved the outnumbered soldiers on the skids and jutting out rocket pods.

"You remember Cheshire cat in Walt Disney's 'Alice in Wonderland' sitting up in the tree? That was us," Hill joked during a media briefing after the day's ceremonies.

Taylor, 81, told reporters that soldiers forge lifelong friendships in combat.

"That's just what you do because you depend on each other to keep each other alive," he said. "If you're ever in combat, you'll know exactly what I'm talking about, but if you haven't been, you can't explain it. It's like trying to explain sex to somebody who's never had it. You can't do it. It's something you have to experience."

Retired Master Sgt. Leroy Petry, another living Medal of Honor recipient, lost a hand in Afghanistan in 2008 as he attempted to lob back a grenade that would have killed him and two other soldiers.

"It exemplifies integrity," Petry, who was also in town for the event, said about Taylor's story. "Doing the right thing even when

MEET OUR PARTNER

Today's story comes from our partner, Chattanooga Times Free Press, which serves readers in Southeast Tennessee, Northwest Georgia and Northeast Alabama. Visit them at timesfreepress.com or on Twitter @TimesFreePress. If you have any feedback or questions about our partnerships, you can contact Senior Manager of Partnerships Nicole Williams via email at nicole.williams@ajc.com.

nobody is around. That's really why I came out here. I saw the love and support for Larry — both with his comrades around him that pushed for him to get that recognition but also this city, this town, this state that came out, supported him through the ceremony and now that he's home."

Another parade attendee, Army veteran Roger Rich, spent a year and three days in Vietnam, where he flew Charlie model gunships as part of the 92nd Assault Helicopter Company.

Rich later piloted Cobra helicopters during his time with the Tennessee National Guard and said Taylor made logical calculations to ensure the aircraft, which had already exhausted much of its weight in ammunition and fuel, could carry the four men. What Taylor did was courageous and was well worth the award, Rich said.

"I'd like to say I'd do the same thing, but I don't know if I would or not," he laughed. "We did a number of things like that that were spur of the moment. I don't know if I'd been in his shoes I would have done the exact same or not."

Contact David Floyd at dfloyd@timesfreepress.com or 423-757-6249.

RECREATION

Italian lawn bowling comes to Atlanta

By Elizabeth Crumbly
For the AJC

A game that's known for its popularity in Europe among older, retired men is making a play for recognition among Georgians.

"Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world and is one of the oldest lawn or yard games," according to the United States Bocce Federation. "Best known in Italy, where you may see a group of retired Sicilians gathered in a town square for a daily afternoon game, bocce has been gaining popularity with younger people as well as older people in the United States and other countries."

Indeed, venues and leagues are popping up around Atlanta, and locals seem to love it for the social aspects and the chance to do something both low-impact and competitive.

'Hard to be really bad'

Susan Grunwald is marketing director at Halcyon, the live/work/play community in Forsyth County. She was instrumental in bringing the game to the community's green spaces not long ago, and she and her husband now participate weekly.

She recalled seeing lots of in-town bocce leagues and wanting to make the experience available at Halcyon. After the league began there, the community's marketing team put out a video to try to attract more players. The



Bocce ball players with the ATL Bocce league compete at Halcyon in Forsyth County. COURTESY

effort worked, Grunwald said, and registration doubled.

Grunwald, 58, said she's usually tired when she gets in from her full-time job, so she doesn't go out much on weeknights, but bocce is the exception.

"I love being in a league and being expected to be there at a certain time, and you can't let your teammates down," she told The Atlanta Journal-Constitution. "It makes you committed. Our calendar is blocked out for that time, so I know I'm going to see my friends — at least some of them — every Thursday night."

The level of difficulty isn't intimidating, she said.

"For bocce, you literally are rolling a ball down the grass, so it's hard to be really bad," she said, laughing. "I can roll the ball and score some points for the team, and it's exciting."

Still, there's opportunity for lots of strategy, she explained, so players can improve and

play defensively.

Open rules for bocce on the USBF website state that teams toss a coin to determine which will throw out the pallino or "target ball." The site lists intricacies and details to the scoring system, but members of each team are essentially attempting to land balls closest to the pallino.

A social experience

Grunwald plays with ATL Bocce, an organization that hosts leagues throughout the area. The Halcyon league, she said, has around 20 teams. Seasons are seven weeks and typically run fall through spring, with playoffs capping off each one, she explained. The game's relatively slow pace means talking with other teams and seeing them week after week.

"It's just really friendly," Grunwald said.

John Emil D'Angelo, founder of the Italian Club of North Georgia, can attest to the game's draw as a social

experience. The group, which began fairly recently, primarily serves members living in Roswell, Alpharetta, Cumming and Dawsonville along the Ga. 400 corridor, according to D'Angelo.

"Our Italian club was formed a little over a year ago, and bocce ball has been a hot topic of social entertainment coming in second to eating great Italian food," he said.

Bocce has been a chance, he said, for participants from all generations to do something together.

"The great thing about bocce for our Italian Club is that all ages can play during our Italian family dinner," he explained. "Our Italian family dinner is where our members cook an Italian tray, dessert or make a bottle of limoncello to share, and during the fall and spring months when the weather temperature is nice, we'll go out and play a family game of bocce."

The group is gearing up for the lawn game as outdoor temperatures are becoming more favorable.

"As the weather cools down in the fall, we'll have our meet-ups at local parks, such as Piedmont Park, that have bocce ball courts set up," D'Angelo said.

And Grunwald is looking forward to future seasons of bocce as it gains popularity at Halcyon. The easygoing nature of the game makes it sustainable, she contended.

"It is something you can easily play for a very long time," she said.

CALENDAR | OCTOBER

Welcome, fall

By Lesly Gregory | For the AJC

It's time for pumpkins, scarecrows, and cooler weather. October is here and to keep you and your loved ones busy, here are six different activities. They'll satisfy lovers of all things spooky as well as cater to grandkids and people looking to ring in the fall with something to eat and drink.



LaDoris Bias-Davis this year portrays Dr. Beatrice Thompson in Oakland Cemetery's annual Capturing the Spirit of Oakland tours. CONTRIBUTED BY HISTORIC OAKLAND FOUNDATION

CEMETERY TOUR, SPOOKY MUSIC

Capturing the Spirit of Oakland

Focused more on the history of the cemetery versus the spookiness of Halloween, these tours allow you to learn about the notable residents who call Oakland Cemetery their final resting place. The guided walk takes you through the Victorian Garden where some of the more interesting residents' tales are told, and ends with live music, craft beer and cocktails. Costumes are encouraged.

5-11 p.m. Thursday-Sunday from Oct. 19-Oct. 29 and Tuesday, Oct. 31. Tickets are \$42 for adults and \$30 for children 4-12. Special VIP event tickets for Oct. 31 start at \$190. Historic Oakland Cemetery, 240 Oakland Ave. SE, Atlanta. oaklandcemetery.com/event/capturing-the-spirit-of-oakland

'The Nightmare Before Christmas' live in concert by Atlanta Symphony Orchestra

Hearing the score live during a screening of Tim Burton's "The Nightmare Before Christmas" allows you to experience the movie's music like never before. Atlanta Symphony Orchestra accompanies this popular yet creepy animated film that ties in Halloween and Christmas. Costumes are welcome and encouraged for this family-friendly event.

7:30 p.m. Friday, Oct. 27 and Saturday, Oct. 28. Tickets start at \$79.50. Atlanta Symphony Hall, 1280 Peachtree St. NE, Atlanta. 404-733-4800. <https://www.aso.org/events/detail/the-nightmare-before-christmas-live-in-concert>

SOMETHING FOR THE WHOLE FAMILY

Rescue dogs' Howl-o-Ween Festival

All dogs and their humans are welcome to enjoy the Howl-o-Ween Festival. Rescues all around Atlanta come together for this special event, which features dog games, pet vendors, a dog and human photo booth and more. There's a dog costume contest, disc dog demos, and beer and food trucks. For those with more creative pups, an interactive dog art project will also be available.

11 a.m.-5 p.m. Saturday, Oct. 21. Event is free, but everyone must register via website. Historic Fourth Ward Park, 680 Dallas St. NE, Atlanta. rescuedoggames.com

Día de los Muertos celebration

With activities indoors and out, families can experience Latin American culture in celebration of Día de los Muertos (the Day of the Dead). Live music, mariachi and Ballet Folklórico round out the performances, while stilt walkers and face painters add to the festive atmosphere. There will also be Mexican games and an altar exhibition. Traditional food and drinks will be available for purchase.

Noon Sunday, Oct. 29. Admission is free, but tickets, starting at \$15, are required for performances. Woodruff Arts Center, 1280 Peachtree St. NE, Atlanta. <https://www.aso.org/events/detail/dia-de-los-muertos-festival>

SOMETHING TASTY

Grand Tasting Midtown

Part of the Taste of Atlanta series, Grand Tasting Midtown gives attendees access to food and drink tastings, a dessert bar, and live music and entertainment. Tap into Atlanta's vibrant culinary scene and get unlimited tastes from 25 Midtown restaurants. Drinks range from wine and beer to cocktails. The evening includes cooking demonstrations and a variety of interactive experiences. Visitors with VIP tickets can enter an hour earlier and will receive a gift bag.

6-10 p.m. Thursday, Oct. 19. General admission tickets are \$95, VIP tickets are \$125. Epicurean Hotel, 1117 West Peachtree St. NW, Atlanta. midtown.tasteofatlanta.com

Sips Under the Sea at the Aquarium

A unique cocktail party for those 21+, Sips Under the Sea combines the sea life of Georgia Aquarium with cocktails, food and live music and dancing. Dress up in costume to enjoy this after-hours night out and see the aquarium galleries in a completely new light. The price of admission includes three drink tickets, and more can be purchased during the event, which is credit card only.

7-10 p.m. Friday, Oct. 27. Member tickets range from \$56.99 to \$140; non-member tickets range from \$61.99 to \$155.99. Georgia Aquarium, 225 Baker St. NW, Atlanta. 404-581-4000. georgiaaquarium.org/events/event/sips-under-the-sea-halloween-2



AGING IN ATLANTA

FOOD AND DRINK

For next taste of wine, maybe try a new flavor

Instead of familiar brands, alternatives are worth exploring.

By Sarah Pierre
Rough Draft Atlanta

In a world overflowing with wine, fear of the unknown has taken hold. People seem content with sticking to what they know, afraid to venture into uncharted territory and discover new flavors and styles. We're here to say, don't shy away from change! Many of the popular grocery store wines are overrated and underwhelming. There are so many undiscovered gems right under your nose. Let this list be your go-to reference for unique and unforgettable bottles that will elevate any occasion. Our objective is to help you replace those familiar wines that you know and love with lesser-known, yet truly exceptional alternatives, all while staying within your budget.

If you like LaMarca Prosecco...
Then you'll love **Borgoluce Lampo Prosecco**. Your brunch glass will be filled with fine bubbles and elegance from this beautiful prosecco. Though not as sweet as LaMarca, Borgoluce shares the same notes of ripe apple, peach, ginger, and white flowers. It's wildly refreshing and much like other prosecco, it's food friendly and perfect with eggs benedict. Average retail price: \$22.

If you like Kim Crawford Sauvignon Blanc...
You'll love **Clos Henri "Petit Clos" Sauvignon Blanc** from Marlborough, New Zealand. Pro-

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Today's story comes from our partner, Rough Draft Atlanta. Rough Draft publishes Reporter Newspapers, community newspapers in Brookhaven, Buckhead, Dunwoody, and Sandy Springs. Visit them online at RoughDraftAtlanta.com or on Instagram @RoughDraftATL.

If you have any feedback or questions about our partnerships, you can contact Senior Manager of Partnerships Nicole Williams via email at nicole.williams@ajc.com.

duced by one of the most established winegrowers in France, Famille Henri Bourgeois, Clos Henri gives you the classic flavors of New Zealand Sauvignon Blanc, while combining the Sancerre heritage and distinction. It's the best of both worlds that you never knew you needed. Clos Henri is crisp, dry, and refreshing with notes of citrus, pear, apple, and stone fruit. The herbaceous characteristic that New Zealand Sauvignon Blanc lovers typically look for is a bit muted in this expression, though still conveying a sense of place. Average retail price: \$19.

If you like Meiomi Pinot Noir...
You'll love **Valrav Pinot Noir** from Sonoma County, California. Val-

ravn Pinot Noir is an exploration of the region, anchored in the Russian River Valley. When poured into the glass, you instantly note the explosive and rich pinot noir flavors – black plum, cassis, and raspberry. This wine has a concentrated, lush mouthfeel, much like everyone's beloved Meiomi. Not only is this wine approachable and affordable, but there is also significantly less sugar in Valrav, making it more food-friendly than Meiomi. Average retail price: \$26.

If you like Caymus Cabernet...
You'll love **Récoltant Cabernet Sauvignon** from Napa Valley. Look no further for the perfect cabernet. Récoltant is the latest project from Julien Fayard, arguably one of the best winemakers in Napa Valley, who has worked in both France and California. The word "Récoltant" in French translates to "someone who grows and produces wine from their fruit," which perfectly encapsulates the philosophy behind this wine. They have long-standing relationships with top vineyards and farmers in Napa Valley, allowing them to source the best grapes. The result is a wine that is transparent, authentic, and a true reflection of the region's terroir. This beautiful Cabernet Sauvignon has a deep crimson color and enticing aromas of black cherry and cassis, with hints of spice and leather. When you take a sip, you'll notice the luxuriously silky, yet weighty mouthfeel. The long finish is gratifying with flavors of milk chocolate-covered cherries, vanilla, and oak. Average retail price: \$50.



Above: Borgoluce Lampo Prosecco.

Right: Valrav Pinot Noir from Sonoma County, California.

If you like Stella Rosa...
You'll love **Demarie Birbet**. Reimagine sweet wines with this sparkling red nectar made from 100% Brachetto from Piedmont Italy. It's the perfect addition to any olive oil cake or afternoon pasty. Birbet is a wine typically consumed during celebrations and paired with local traditional desserts. It is low in ABV at a mere 6.5% so you'll never have a reason to turn down a glass when offered. The wine is aromatic with notes of blueberry, raspberry, and strawberry. It is everything you want when looking for an after-dinner drink. Average retail price: \$24.



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As each of us gets older, what we need for our healthcare changes—sometimes more than once. That's why Humana has providers like Park Central Family Practice in our network that specialize in geriatric care. We connect you with doctors who take time to get to know you, offering care that evolves alongside you and a dedicated team who prioritizes your whole health.



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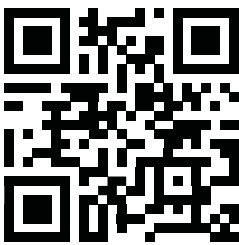
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The Atlanta Journal-Constitution

AGING IN ATLANTA



The Atlanta Journal-Constitution is committed to facilitating conversations on the topics important to aging well in Atlanta and providing you resources to live your best life!

Our events feature local experts speaking on topics that matter most to you:

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