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## SAVE THE DATE!!

### The 2025 Annual Retiree Reunion and Recognition of 2024-2025 retirees

will be held at the Campus Center on **Saturday, October 18, 2025**, beginning around 10:00 am. Plan now to attend this upbeat event to honor new retirees and catch up with fellow UWG retirees.

## HAS YOUR CONTACT INFORMATION CHANGED?

*Please let us know.*

If you are on the ARFS listserv and have a change in your email address, please contact Anne Richards. If you receive *THE REJUVENATOR* via postal mail and have a change in your mailing address, please contact Anne Richards.

(Contact for Anne: 770-301-1589 or [arichard@emeriti.westga.edu](mailto:arichard@emeriti.westga.edu)) We want to maintain contact with you!

If you have a change in email address, postal mail address, and/or

phone number, please also keep UWG and the University System updated by contacting the USG Benefits Office at (844) 587-4236 or online at [oneusgconnect.usg.edu](http://oneusgconnect.usg.edu).

## ALERT – University System of Georgia Reduces Stipend for Retiree Healthcare



At the August meeting of the Board of Regents of the University System of Georgia, the stipend provided to Medicare-eligible retirees and their Medicare-eligible dependents was reduced from \$2,640 to \$2,484 in the coming year - a 6% reduction. This was due to increases in healthcare costs related to increased utilization, higher medical costs, and the rising costs for prescription drugs. The stipend is provided to defray at

least some of the costs of healthcare coverate that go beyond what Medicare provides. **In order to retain eligibility for these funds, however, a retiree MUST secure either a healthcare plan or a prescription drug plan (or both) through the ALIGHT RETIREE HEALTH SOLUTIONS exchange.**

During open enrollment periods, television advertisements abound that are designed to encourage

retirees to consider new healthcare plans. Please be mindful that if you are Medicare-eligible and receive the stipend from the USG, you CAN NOT simply sign up on your own for a plan you have come across that appeals to you.

**At least one of the plans you sign up for must be processed through ALIGHT. [Phone: 1-866-212-5052 (TTY 711). Monday-Friday 8 am – 8 pm CT]**

## What's Happening in Your Retirement?

inadvertent error -- Elaine has not retired yet



**Elaine Heath-Ward**

Former academic advisor in UWG's University College

Current

Before and after being diagnosed with colon cancer, in 2024 Elaine returned to the University of West Georgia's Health and Wellness coaching program for assistance in maintaining her overall well-being. Delilah Landrum, a College of Education graduate student in the COE program in Integrative Health and Wellness, was paired with her on this journey and became a steadfast supporter. Elaine found her to be a knowledgeable and caring individual who listened to her and was there for her - not just for a grade. The program is characterized by a client-centered holistic approach that guides participants to create sustainable behavior changes and encourages them to enhance their motivation and access resources to achieve a healthier, more fulfilling lifestyle.

While working with Heath-Ward, Landrum learned valuable lessons that shaped her perspective on coaching and the connection between mind and body. Now a national board-certified health and wellness coach, it also inspired her to launch a professional career through Strive Health Coaching. UWG's Chief Wellness Officer, Bridgette Stewart, has commented on how this partnership exemplifies ways the university cultivates connections that go beyond the classroom and positively impacts multiple lives. Thanks to Julie Lineback for this story and to Julie Mothersole for the photo accompanying it.

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Several UWG ARFS members attended the **50<sup>th</sup> Anniversary of UWG's College of Education** on April 26, 2025. Information about the event and the COE may be found at [50 Years Strong](#). The College of Education is ranked among the largest in the nation. In Fall, 2025, its enrollment is projected to meet- if not surpass - 6,000 students. Photos by Julia Mothersole.



Retirees Meg Cooper (4<sup>th</sup> from left) and Nancy Pollard (6<sup>th</sup> from left), both former faculty members in Special Education, joined six members of the current Department of Special Education at the COE's recent celebration.



**Martha Ann Saunders**

Image courtesy of Francine Taylor

**Martha Ann Saunders** (English), a long time member of the Carrollton Civic Women's Club, was the recipient of the JENNIE AWARD at a recent meeting of the Georgia Federation of Women's Clubs. The award, named after the founder of the GFWC-Jane Cunningham Croly- recognizes an individual with

a lifetime of service within the club and her community, both voluntarily and professionally, as well as within her family. As the award winner from Georgia, Martha Ann will now be entered into a regional-level competition.



Retirees Anne Richards (Psychology, left) and Paul Phillips (Counseling and Educational Psychology, back). The Psychology Department was originally housed in the College of Education until it was moved to Arts & Sciences in 1977.

## Nominating Committee Slate for Upcoming ARFS Membership Meeting

### Officers:

President: Micheal Crafton (2024-2026)  
President-elect: Clois Reese (2024-2026)  
Past President: Anne Richards (2024-2026)  
Secretary: Meg Cooper (2024-2026)  
Treasurer: Rolanda Farmer (2024-2026)

### At-Large Members:

Lisa Ledbetter (2024-2026)  
Cecilia Lee (2024-2026)  
Ann McCleary (2025-2027)  
Jerry Mock (2024-2026)  
Pat Pinkard (2024-2026)  
Mike Renfrow (2024-2026)  
Sally Roberts (2025-2027)  
Erma Shooks (2025-2027)  
Francie Taylor (2025-2027)  
Trish Wells (2024-2026)

## CLAIRE JENNINGS named 2025-2026 Retiree Legacy Scholarship Recipient

The General Scholarship Committee has named Claire Jennings this year's scholarship recipient. Claire's grandfather, Dr. James Chester Gibson, was employed by UWG from September of 1970 to June of 2001.

## PROTECTING YOURSELF FROM SCAMS and FRAUDSTERS [with thanks to Lauren Niedringhaus for researching such things]

### MEDICARE SCAMS

Scammers are doing whatever they can to get your personal information and your Medicare number. Be cautious of calls, text, and emails saying things like:

- "Activate or renew your Medicare card."
- "We'd like to send you a free genetic testing kit."
- "Medicare has authorized us to send you a free (knee, back, or elbow) brace."
- "You qualify for a refund on your Medicare costs."

NEVER share your Medicare card or number with anyone except your doctor or someone you know and trust.

KEEP IN MIND: Medicare will never call you.

### OTHER COMMON SCAMS AND RED FLAGS -THINK TWICE!

Fraudsters get more sophisticated every day and especially target those they believe are likely to fall for a scam because they are busy, distracted, or too old or young to recognize the signs. Staying vigilant, means watching for two primary red flags:

**Unexpected Messages:** Fraudsters will impersonate family members, bank employees, charities, or anyone else they think will convince you to provide money or financial information. Be suspicious of any unsolicited call, message, email or text, especially if it comes with an urgent request.

**Request for Money or Personal Information:** One of the main signs of a scam is an unexpected request for money or personal information. To make sure your money stays protected, never discuss your financial information (bank details, SSN, insurance benefits information, etc.) with someone you don't know or trust. When dealing with businesses or charities you don't know, remember:

- If a business or person sounds illegitimate, it likely is. Check with the Better Business Bureau at [BBB.org](http://BBB.org) for a list of businesses and charities you can trust.

## PROTECTING YOURSELF FROM SCAMS and FRAUDSTERS

*continued from page 3*

- If someone is trying to sell you an unrealistic product or service and you have a gut feeling that it's "too good to be true," it probably is. Do your research before making a financial decision.

You can also watch out for these specific scam scenarios:

- The Grandparent Scam - a "grandchild" is supposedly in danger or in trouble and needs money.
- Government Imposter Scam - a supposed government official is calling to collect money or personal information (i.e., IRS, Medicare, Social Security Administration).
- Online Shopping Scams - asking you to purchase fraudulent pharmaceutical drugs or health and beauty products or using your credit or debit card details on a phishing site that is set up by hacker.
- Sweepstakes/Lottery Scams - claiming you have won a contest you didn't enter and requesting payment of upfront fees.
- Funeral Scams - persons attending a funeral or calling the funeral home or surviving family members and claiming the decedent has outstanding debt; untrustworthy funeral homes add unnecessary charges to your bill.
- Charity Scams - requesting a donation for an unknown charity or one with a name similar to a legitimate one.
- False Investment Schemes - offering high pressure and confusing investment opportunities promising little risk and high return.
- Tech Support Schemes - someone via phone or pop-up ad claiming to help you avoid computer viruses.
- Robocalls and Phishing Messages - telemarketing and spam emails/texts.
- Elder Financial Abuse - a friend, family member, or caregiver pressuring you for financial help or making transactions without your consent
- Romance Scams - a new love interest who asks for financial help or access to your personal information.
- Reverse Mortgage Scams - someone who suggests a reverse mortgage to pay for something or to avoid foreclosure.

From Article by Elizabeth O'Brien in *Barron's* (8-3-25)

**Artificial Intelligence (AI)** is making life easier for everyone these days, including scammers. Just last week I spoke with a man whose elderly mother was scammed out of a six-figure life insurance check. A bank teller, working with a fraudster, monitored her mail, intercepted the check, forged a driver's license in her name, and used it to open a brokerage account to steal the funds.

One way to help prevent mail theft is by signing up for the Free USPS **Informed Delivery Service**, which provides a daily preview of incoming mail. Even if you don't plan to monitor it closely, securing an account for your address prevents scammers from doing it first.

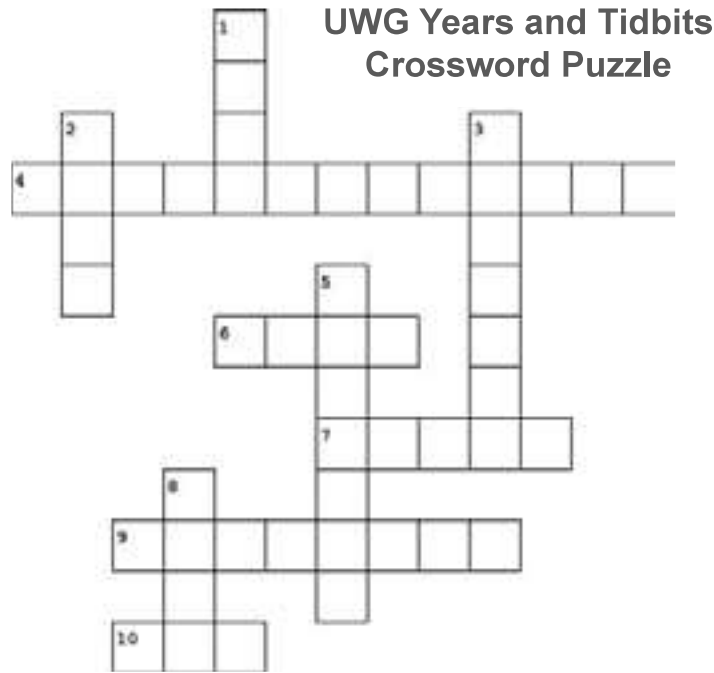
Another smart precaution is **creating a family code word**. If someone calls claiming to be your grandchild and urgently asks for money but doesn't know the secret word, you'll know it's a scam.

If you or someone you know falls victim to financial fraud, the **U.S. Secret Service** recommends reporting it to your nearest field office.

# Something To Do In Your Retirement

## WORD PUZZLE –

submitted by Rolanda Farmer



UWG Years and Tidbits  
Crossword Puzzle

### Across

4. UWG received its initial \_\_\_\_\_ in 1936
6. In 1908, red and \_\_\_\_\_ became the official school colors
7. \_\_\_\_\_ was dropped from the school name in 2005
9. In September 2020, the \_\_\_\_\_ Center's ribbon cutting took place
10. The \_\_\_\_\_ is the only campus building that is solar powered

### Down

1. \_\_\_\_\_ Valley, once a lake, is now a grassy space for student events
2. UWG is a member of the \_\_\_\_\_ Division I, Atlantic Sun Conference
3. Kathy Cashen was a \_\_\_\_\_ at West Georgia College
5. The School of \_\_\_\_\_ was built in 2013 with real-life simulation labs
8. "\_\_\_\_\_ for UWG" is a wolf sculpture project to raise funds for scholarships

Answer Key:  
Across: 4. Accreditation, 6. Blue, 7. State, 9. Momentum, 10. TLC  
Down: 1. Love, 2. NCAA, 3. Student, 5. Nursing, 8. Howl

# Something To Do In Your Retirement

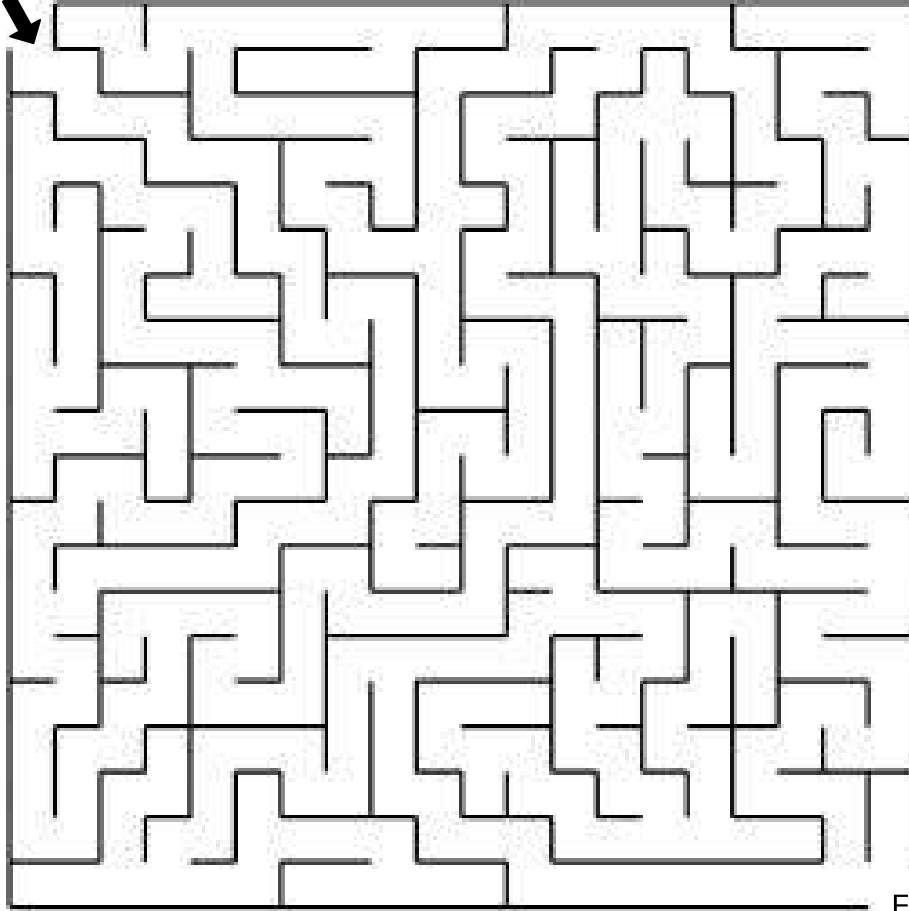
## MAZE PUZZLE –

submitted by Rolanda Farmer

### IT'S FOOTBALL SEASON

Find the path through the maze to reach Wolfie

Start here



Finish

# Go Wolves!

By: Rolanda Farmer

