

BUSINESS & FINANCE

Chamber welcomes Olive and Ivy Wellness



Perry Area Chamber of Commerce

Olive and Ivy Wellness, located at 1818 Houston Lake Road #1200b offers everything you need if you're in the mood for a little self-care. Stop by their establishment in Perry if you're in the mood for some IV Therapy, hydration options, red light therapy and much more.

Robins Regional Chamber celebrates Colossal Fitness



Robins Regional Chamber

Colossal Fitness, located at 6011 Watson Blvd Set 350, is a personal training studio with something for everyone. They offer one-on-one sessions, small group training and high-intensity cardio. Contact Jai at Colossal Fitness to help you get your New Year physique.

Atrium Health Navicent improves access to care in Houston County with new Perry primary care clinic

Special to The Journal
PERRY — Members of the community joined Atrium Health Navicent in celebrating a ribbon cutting Tuesday for a new clinic, Atrium Health Navicent Primary Care Family Medicine Perry. “We’re excited to expand our primary care and family medicine services to help residents of Perry and the surrounding community to have easier access to high-quality care close to home,” said Atrium Health Georgia Market President Delvecchio Finley. “Regular check-ups with a primary care provider and receiving prompt care for other medical needs are key to helping individuals and families live healthier, fuller lives.”

Conveniently located at 2370 Houston Lake Road in Perry, the clinic offers care for patients aged 6 months and older, including preventative care and annual physicals; immunizations; same-day sick appointments; disease management for conditions such as diabetes, congestive heart failure and hypertension; minor surgical procedures, laboratory services and more.

As part of Atrium Health Navicent, patients at Atrium Health Navicent Primary Care Family Medicine Perry

will have direct access to referrals to a broad range of medical specialists. Additionally, patients are invited to register for the MyAtriumHealth patient portal for access to their electronic medical record, appointments and additional services.

Atrium Health Navicent Primary Care Perry offers appointments from 8:30 a.m. to 5 p.m., Monday through Friday. To make an appointment, call 478-654-2199.

Atrium Health Navicent also offers primary care services at Atrium Health Navicent Primary Care Warner Robins. Care is available with extended hours Monday through Friday from 8:30 a.m. to 6:30 p.m., and Saturday from 9 a.m. to 5 p.m. To make an appointment, call 478-333-6688. Walk-in services are also available.

About Atrium Health Navicent

Atrium Health Navicent is the leading provider of health care in central and south Georgia and is committed to its mission of elevating health and well-being through compassionate care. Atrium Health Navicent is part of Advocate Health, which is headquartered in Charlotte, North Carolina,

and is the third-largest non-profit health system in the United States, created from the combination of Atrium Health and Advocate Aurora Health. Atrium Health Navicent provides high-quality, personalized care in 53 specialties at more than 50 facilities throughout the region. As part of the largest, integrated, nonprofit health system in the Southeast, it is also able to tap into some of the nation’s leading medical experts and specialists with Atrium Health, allowing it to provide the best care close to home — including advanced innovations in virtual medicine and care. Throughout its 130-year history in the community, Atrium Health Navicent has remained dedicated to enhancing health and wellness for individuals throughout the region through nationally recognized quality care, community health initiatives and collaborative partnerships. It is also one of the leading teaching hospitals in the region, helping to ensure viability for rural health care for the next generation. For more information, please visit www.NavicentHealth.org.

Decluttering? BBB offers tips to safely and successfully sell your used items online

The start of a new year is the perfect opportunity to declutter, refresh, and reclaim your space. Thanks to online marketplaces, turning unwanted items into extra cash has never been easier — all without leaving your home. However, before you start posting listings, there are a few important risks to keep in mind to avoid common pitfalls, and make successful online sales:

Choose an appropriate platform. When planning to sell items online, Nerdwallet recommends you “think about what you’re selling and the type of online marketplace that suits it.” There are dozens of online marketplaces to choose from, but many focus on a specific type of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, check it out with BBB and also verify it’s a good fit for the kind of goods you want to sell.

Check the platform’s refund and dispute policies. Understand how the platform handles refunds, disputes, and chargebacks. Be aware of timeframes for reporting issues and gather any required documentation or evidence that may be needed if a buyer files a dispute.

Use secure payment methods. Stick to payment methods offered by the platform, as they often have security measures in place. Avoid accepting checks or wire transfers, as these are common methods scammers use to manipulate sellers.

Understand the fees. Each online marketplace has its own set of fees. Before signing up, take a moment to review the fine print and understand whether you’ll pay a percentage of your sale, a flat rate, or both, and how the fees are collected. In addition, find out how many sales each platform allows you to make each month.

Get appraisals for high-value items. If you’re selling jewelry that’s made with precious metals or stones, it’s best to get an official appraisal before you list or sell the items. Keep in mind that jewelers may give you a lower price quote as they intend to make a profit on resale. If you have other valuable items, like antiques, artwork, etc., that you believe are worth over a thousand dollars, consider getting a written opinion on each item’s worth from a professional appraiser. This will give you a better idea of the price you should set and

BBB TIPS
KELVIN COLLINS



how much insurance you need to cover the sale.

Make a quality listing. A quality listing can be very helpful towards selling your item. You’ll want to make sure images are clear and accurately show the item’s color, form, and other key details. You’ll also want to include specific measurements and detailed written descriptions that inform buyers of any flaws the item may have, no matter how small. If you’ve set a price based on the flaws, share that as well. It can be helpful to use keywords that accurately describe the item, its aesthetic, and its use to help match with online searches from buyers who are actively looking for the items you’re selling.

Prepare items for sale. Before you pack your item for shipping or prepare it for being picked up by the buyer, clean it thoroughly. If you’re planning on selling multiple items online and want to keep buyers coming back, it can be helpful to add some extra touches into your packaging. For example, wrapping the item in tissue paper with an included thank you note can go a long way in creating a returning customer.

Watch out for shady buyers. Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, a sign that they’re paying you with a fake check, but that’s not their only tactic. Also beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Avoid shipping items until payment is confirmed. Don’t ship any items until you’ve confirmed that the payment has been processed and received by the platform or directly in your account. Be cautious of buyers who push for expedited shipping or send what looks like a payment confirmation email outside the platform.

Use tracking for shipments. Always use a trackable shipping method and require a signature on delivery for high-value items. Tracking ensures you know

the item’s delivery status, and a signature confirms the buyer received it, helping to avoid disputes.

Be extra cautious when making local sales. Some platforms, such as Facebook Marketplace, allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and avoid marketplace fees, be sure you use caution when meeting up with strangers. Don’t be quick to give them your home address, instead ask buyers to meet you in a safe place, such as a designated spot in your local police department’s parking lot. Never meet up with a buyer you don’t know alone. Always bring your partner or a friend to make the transaction.

If you’re selling big items like furniture or exercise equipment, you will likely need to arrange for pickup from your home. Prepare those items ahead of time so they are ready to go to the buyer. Again, never meet up with a buyer you don’t know alone. Have friends or family present, and also consider moving the item to an area that is easily accessible, like near your front door or in your garage, which doesn’t require the buyer to enter your home.

Always protect your personal information. As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you’re using to make the sale and avoid giving out your home address, phone number, or email address as much as possible.

We encourage you to read more tips from BBB via our New Year’s Guide at BBB.org.

Church Home Rehabilitation and Healthcare Earns US News Best Rehabilitation Award

Special to The Journal
FORT VALLEY — US News has named Church Home Rehabilitation and Healthcare a Best Short-Term Rehabilitation facility in recognition of its excellence in post-acute care services.

The US News Best Nursing Homes ratings recognize skilled nursing facilities that demonstrate strong clinical outcomes, consistent staffing, and effective rehabilitation programs. Church Home’s High Performing designation places it among an elite group of facilities in short-term rehabilitation. Church Home is among one of only five such high-ranking facilities within 100 miles and the only in the immediate Perry and Houston County community. Data from over 15,000 nursing homes nationwide were included in the evaluation. Results for Georgia

nursing homes can be found here https://health.usnews.com/best-nursing-homes/area/ga?short_term=true

In addition, Church Home’s long-term care is also rated highly in the US News report. The US News report refers to Church Home, but this includes LifeSpring’s Church Home long-term care, Jacob’s House short-term rehabilitation, and Grace Garden memory care services.

“This recognition reflects our team’s commitment to helping patients recover safely, regain independence, and return to their home and community,” said Glenn Smith, Chief Operating Officer of the LifeSpring Community. “We are proud to serve Houston County and surrounding communities with high-quality, compassionate care.”

The LifeSpring Community is a 75-bed, non-profit, church-related

skilled nursing facility located between Perry, Warner Robins, and Fort Valley in Houston County. The facility offers short-term rehabilitation, long-term care, and memory care, participates in Medicare and Medicaid, and maintains an overall 4-out-of-5-star (or higher) rating according to Centers for Medicare and Medicaid Services.

About LifeSpring Community
The LifeSpring Community provides personalized rehabilitation and nursing care in a mission-driven environment. The facility is located at 2470 US Hwy 41 N, Fort Valley, Georgia, on the campus of Christ’s Sanctified Holy Church.