St. Vincent de Paul thrives with senior staffing!

Story on Page 2
St. Vincent de Paul thrives with senior staffing

by SUSAN LARSON

ON THE COVER: Retiree, Jan Harvey, greets customers at the cash register at the St. Vincent de Paul Society Thrift Store in Buford.

When Wicia Koernrad volunteered to start a St. Vincent de Paul thrift store in Buford, she had no idea how that one move would change her life and the lives of those around her. After all, she'd never set foot in a thrift store. In fact, her father had owned a high-end retail store and she grew up wearing only the best.

Koernrad, whose testimony is recorded in Tom Brokaw's The Greatest Generation Speaks, answered this way: "I am originally from Holland and lived through World War II. Americans and their allies liberated Holland. If that would not have happened, I would not be alive. My family was very fortunate to emigrate to the United States in 1977. This country has been very good to us. We are proud to call ourselves Americans. To give something back is what I want to do. I want to put my shoulders under this store as a thank you to the United States."

With no business experience whatsoever, Koernrad turned to her mother to help. Every day she would go to her mother and ask her about the business as she learned the ropes.

One of Koernrad's first goals was to earn $5,000 by the end of the first year. With no experience in running a store, she was surprised to earn $5,000 during her first year. She continued to work hard and by the end of the second year, she had earned $15,000.

The store continued to grow and by the end of the third year, Koernrad had earned $50,000. She continued to work hard and by the end of the fourth year, she had earned $100,000.

Koernrad said, "I have learned that hard work and dedication can pay off in the long run. I have been blessed with a great staff and loyal customers who have supported me throughout the years."

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Thrift Store founder Wicia Koernrad makes sure all the merchandise is properly displayed.

Hans Koernrad keeps up with the financial needs in the community.

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THRIFT STORE
from page 2

her husband Harry, age 76, stay pretty busy in the office answering calls from people needing assistance and in general, just keeping the place running. “When we first started we were getting 100 calls a month. Now we get 100 calls a week,” Hans said.

As the workload increases, so does the roster of senior volunteers. Retired from prestigious positions, highly skilled professionals and lucrative careers, they all agree that this is the best paying job they’ve ever had.

About the St. Vincent de Paul Society
The St. Vincent de Paul Society was founded in 1833 in Paris by a 19-year-old college student who began serving the poor with his friends. The Society came to the United States in 1845 and to Atlanta in 1903. Today, there are more than 400,000 members serving in 133 countries around the globe.

In 2007, the St. Vincent de Paul Society served approximately 125,000 people throughout Middle and North Georgia, delivered $4.7 million in direct financial aid, and almost $1.1 Million in food, clothing and household goods. Committed to stewardship, more than 94% of all donations received by the Society go directly to client services. The Vision of the Society of St. Vincent de Paul Atlanta is to change the face of charity by offering hope as well as help to all through the guidance of the Holy Spirit.

For more information visit www.svdapatl.org

St. Vincent de Paul
Thrift Store Locations
Buford
1433 Buford Highway, Buford, GA 30519, 770-271-7564
Chamblee
5683 Peachtree Road, Chamblee, GA 30341, 770-936-0766
Duluth
3256 Buford Hwy., Duluth, GA 30096, 770-622-9533
Hapeville
685 North Central Ave., Hapeville, GA 30354, 404-767-5238
Kennesaw
2720 Sanners St., Kennesaw, GA 30144, 770-919-1458
Lawrenceville
255 Scene Plaza, Lawrenceville, GA 30045, 770-335-7997
Lilburn
4574 Lawrenceville Hwy., Lilburn, GA 30047, 770-921-7187
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Bellmecade Plaza, 1171 Powder Springs Rd., Marietta, GA 30064, 770-792-4026
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Walking on Sunshine

by FAYE JONES

Oh boy, the multitude of calories I consumed each day during the holidays have taken their toll on my hips and funny. I am now a certified Apple Person with no waistline, no useless, a waistline under my neck and upper arms don’t look very very similar to a tipping against. Yep, it ended up big and square and never made a cake nor a bunch of cookies.

This was the first Christmas in my life that I didn’t look forward to weeks ahead of the big day but when one lives alone, it leaves something to hope and then sit down and eat it myself. The calories I consumed came from friends who have gone their way in bringing me the most fantastic array of goodies. They bought flowers, too, and put some done something good for the life of myself. I can’t remember what it was.

Did you notice this year how few houses were decorated with lights displaying? In our neighborhood only one house in 10 or 15 had anything more than a string of lights and really don’t see seniors or men on treed income. It is getting since.

It was also very evident that "Happy Holidays" was used on TV instead of "Merry Christmas." I didn’t change my greeting and I won’t until they mix my toes up on New Christmas cards in schools but we did have a beautiful Nativity scene at the recent Christmas concert.

This was my first Christmas without any present hard-suited Husband Doyle. Things are the same. A lot of healing has taken place and I make it a day at a time but he’s big in my life and I think he’ll be able to clean out.

We couples about an hour ago that one day one of us would have to say goodbye. I don’t think it would be so bad. After all, this is just my family and I know that one day I will have to make sure to say goodbye.

And then there was the fact that in one of my last oranges, it turns of, but if you touch the handle a spout is inch on back, the water comes on again. I must tend to this week to get over it. I am too weak.

I am so used to not being able to do so much that I think and I hope that I will be able to do it. I wish I had more strength. We are now that ever dinner that ever dinner on this can.

And there was the fact that in one of my last oranges. It turns off, but if you touch the handle a spout is inch on the back, the water comes on again. I must tend to this week to get over it. I am too weak.

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Hi-Tech Healthcare urges passage of bipartisan bill to eliminate flawed Medicare bidding program for home medical equipment

H.R. 3796 would reduce Medicare spending, preserve patient access to quality care, and save thousands of small businesses.

by TODD TYSON
Hi-Tech Healthcare

Metropolitan Atlanta will soon begin the bidding process for the second round of Competitive Bidding (CB) for Medicare Home Medical Equipment (HME) started in Atlanta in 2011.

Competitive Bidding was part of the Medicare Modernization Act (MMA) of 2003 that aimed at reducing costs and increasing competition for Medicare beneficiaries. However, the program has been criticized for not achieving these goals and placing an undue burden on small businesses.

Todd Tyson

Hi-Tech Healthcare

The program was originally supposed to begin in 10 Metropolitan Service Areas (MSAs) in 2009 and expand to 60 more in 2010. However, the program was later delayed, and Congress passed the Medicare Improvement for Patients and Providers Act (MIPPA) to postpone the implementation until 2013 so that the Centers for Medicare and Medicaid Services (CMS) could address the problems involved in the Medicare Modernization Act.

Centers for Medicare and Medicaid Services has decided to move forward with Competitive Bidding in 27 Metropolitan Service Areas without any real changes to the original plan.

The first round of bidding received contracts from providers that were not appropriately qualified or licensed to satisfy the regulatory requirements established by CMS supplier standards. Many winning bidders had never provided the services that they bid for and were awarded. Most did not have the credit necessary to fund the business and the growth required to meet the capacity that they were legally obligated to provide. Some manufacturers were even quoted as saying that the 383 winning bidders would not extend credit to the small companies and several of the 383 were already out of business.

The original framework was to yield a 25% savings in Medicare home medical equipment only because non-qualifying bids were placed below Medicare allowed fees. However, the program provides bid lists to encourage competition and allow non-local providers bid lower in order to eliminate local providers and gain new market share. Small, family owned businesses who provide competitive pricing to local customers were losing bids to larger companies who could not provide Medicare services.

Hi-Tech Healthcare urges the passage of the bipartisan Bill S. 1624, the Medicare Competitive Bidding Program Improvement Act of 2010, which would eliminate the flawed Medicare Competitive Bidding Program for home medical equipment.

Hi-Tech Healthcare is a leading national home medical equipment provider and has an office located in Atlanta, Georgia. The company has been a pioneer in the home medical equipment industry since 1983 and has grown to become one of the largest providers in the nation, serving thousands of patients daily across the country.

Hi-Tech Healthcare is dedicated to providing high-quality medical equipment and supplies to patients in need. The company is committed to delivering exceptional customer service and affordable prices to ensure that patients receive the care they need.

To learn more about Hi-Tech Healthcare and their commitment to the home medical equipment industry, please visit their website at www.hitechhc.com.
Aging Research at Georgia Tech

Submitted by Professor Minoru “Shino” Shinohara, PhD

Cognitive and motor abilities decline with age. As a result, older individuals sometimes have difficulty performing everyday tasks such as opening a jar or balancing while standing. The Georgia Institute of Technology’s Neurosensory Physiology Lab (School of Applied Physiology) is undertaking two aging research projects to understand the functional mechanisms behind these phenomena.

The lab is currently untangling healthy elderly adults who are interested in being involved in aging research.

Professor Minoru “Shino” Shinohara, PhD, is the director of the lab, who also has an appointment at the Rehabilitation R&D Center for Excellence for Aging Veterans with Vision Loss (Atlanta VA Medical Center) and at the Department of Physiology (Emory University, School of Medicine). With the ultimate goal of helping improve the quality of life in aging adults, Shinohara has been studying physiological mechanisms of movement control in young and elderly adults for 20 years. He utilizes the state of the art noninvasive techniques including functional magnetic stimulation (TMS), 3T fMRI of the brain, functional near infrared imaging (fNIR), attentuated electroencephalography, and exoskeleton robotics in his own lab and in his domestic and international collaborations.

Currently, two aging research projects are ongoing in the Neurosensory Physiology Lab: a hand function project and a balance project. For the hand function project, Shinohara has found that elderly adults often have difficulties in controlling their finger force, especially when both hands are used at the same time. Human activity requires divided attention. The lab is now trying to understand how divided attention influences the age-related decline in hand and finger functions by looking at the brain and muscle activity in healthy elderly adults.

In the hand research, the participants are asked to perform multi tasks that divide their attention. In one condition, they are asked to produce small finger force as steady as possible in their right hand while performing basic addition and subtraction in their mind. In another condition, they are asked to do the same thing in their right hand while matching their finger force at a varying target in their left hand. Their muscle and brain activities during these tasks are recorded with microelectrodes that are attached to the skin overlaying the brain and muscle. The muscle and brain activities are analyzed with a computer to elucidate common features across individuals. The results obtained in these studies can be used to identify elderly individuals who may be at risk of cognitive or motor impairment.

The balance project is performed in collaboration with the Neurosensory Imaging Group (Director: Professor Ken H. Tang, PhD, Biomedical Engineering) at Georgia Tech. The project originated from Shinohara’s previous findings in young adults that very small vibrations to the foot improve balance in young adults during one-legged standing. It is proposed that certain vibrations can enhance sensory functions. The lab is now testing if such vibrations can improve balance in healthy elderly adults and individuals with Peripheral Neuropathy.

During the balance study, participants stand on a platform that is equipped with computer-controlled vibrators. They are asked to stand quietly with their feet together for no longer than 1 minute at a time. Various kinds of small vibrations (too small that most people cannot feel it) are turned on underneath the feet. The effects of the small vibrations on the patient’s balance are measured using force plates and a motion tracking system. The results obtained in this study would eventually be used for the improvement of balance for elderly individuals that have difficulties in postural control.

The Neurosensory Physiology Lab is inviting interested healthy elderly adults to be involved in one or both of these studies that would lead to improving the quality of life in aging adults. Both studies are non-invasive and require a one-time visit to the Georgia Institute of Technology campus (Atlanta, GA). All study participants are volunteers and will be compensated for their time (~2.5 hours) and travel expenses. To be admitted to the study, you must be over the age of 60 and healthy. Other inclusion criteria may be clarified by contacting the Neurosensory Physiology Lab.

If you are interested in learning more, please call 404-894-9985 (Neuromuscular Physiology Lab) or email miryuki@ece.gatech.edu or Vasiliki (rev. balance study) giagkis@ece.gatech.edu. The website of the Neuromuscular Physiology Lab can be found at http://www.ape.gatech.edu.

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Clarkston celebrates Christmas

by MARY FRANCES

The Georgia Perimeter College (GPC) Arts and Crafts Christmas Sale began with the Visual Arts Faculty Exhibit. The event concluded with a spirited concert at the GPC Community Wind Ensemble conducted by Steve Buckshaw. All activities were held at the Fine Arts Gallery on Building F on the Clarkston Campus.

The Annual Arts and Crafts Sale held from December 1st through 3rd, 2009 featured hand-made pottery, jewelry, decoupage figures, and artistically-crafted basketry. The exhibit featured 27 pieces by 17 GPC instructors: Danielle Allen, Cynthia Bins, Lorraine Bresson, Margie Bright-Ragland, Joni Chief, Don Dougan, Patricia Falley, Mareneth Holcomb, Janet Jordan, David Kofman, Val Kozlov, David Lasker, Carole Lasseter, Carol Lestrange, Philip Merson, Gary Sorensen, and Carlos Tudino. This diverse and eclectic 16th Annual Exhibit hung from November 6th through December 4th, 2009, and featured visual, ceramic, musical, print, photographic, mixed media, sculpture, wood, paper, stone, ceramic, and computer-generated images referred to as "installation art."

"Dougan’s sculpture reminded me of the ocean washing up on the shore. I was at the beach again,” said student Kelly Glass looking up from her sweatshirt.

Concerts were gathered at 7:30 p.m. in the lobby of the arts building and were accented by an instrumental quintet at the foyer and then, at 8:00 p.m., the musicians returned to the Recital Hall as the audience arrived.

Tomato Reflections by Carol Lawrence

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C’mon, let’s eat

by FAYE JONES

B ut y’all don’t want any more turkey and ham for a while do you? I have been just about as innovative as a cook can be with leftovers. I believe with all my heart I will be eating ham on the 4th of July!

Weren’t the holidays wonderful? And aren’t you glad to get back to everyday living like having a bowl of soup and cornbread for lunch or dinner. Salads are so good to me right now. I suppose we all need a neutral or two of greens and fresh veggies. Fruit is also good to get our system going in shape after our steady diet of sugar and butter for the past months.

Try a few of these old recipes and see how you like them.

CREAMED SPINACH

10-ounce package frozen chopped spinach
2 Tbsp butter
1/2 tsp all-purpose flour
1/4 tsp heavy cream
1/4 tsp salt
Dash pepper
Dash nutmeg
Dash cayenne pepper

Cook spinach following the directions on the package. Drain and squeeze all the liquid from the spinach when it’s done. Melt butter in a saucepan over medium heat. Stir the onions and spinach into it. Stir the onions and spinach into it.

BATTA’S WESTERN OMELETTE

(But this is my version of my father’s recipe) He made lovely omelettes, but I just stir the ingredients together. It’s the same thing only less complicated. This makes a hearty breakfast or a nice supper on a cold night.
1 cup frozen cubed hashbrown potatoes, thawed
3 Tbsp butter
1 green bell pepper, diced
1 small - medium white onion, diced
1 cup mushrooms, fresh or frozen
1 cup diced leftover ham (may use sandwich or breakfast ham)
1 medium fresh tomato, seeded and diced
1/2 pound Velveta cheese spread
4 Tbsp evaporated milk. (May use regular milk)
6 large eggs, well beaten
Salt and pepper to taste
Flakes of cayenne pepper

Pan fry potatoes in butter in a large skillet until tender and lightly browned. Before the potatoes brown, add green bell pepper, onion, mushrooms, tomato, Cook, stirring occasionally until vegetables are tender. Beat eggs with the evaporated milk. Pour over potato mixture. Quickly stir in Velveta cheese, salt and pepper and pinch of cayenne. Stir only until eggs begin to get solid. Remove from heat and place in a serving bowl. Eggs will continue to cook in the bowl and you don’t want them to be dry. Serve alone or with crust or biscuits. So filling and good.

RIB EYE LION

1 10-12 pound boneless rib-eye loin
Salt and cracked pepper
Chopped garlic from a jar
Paprika
4 Tbsp parsley flakes
1 cup sweet red wine
1/2 cup water

This is a large roast and a hand full to deal with. I also only very easy. Simple remove all silver membrane from the roast. You will need a lot of fat from the sides and bottom as you skin the roast (if the butcher hasn’t done it for you).

Leave a thin layer of fat on top of the roast. You may take it off, season the roast and then replace the slab of fat if you desire. Cut slab near 3 inches across the meat about 1/2 inch deep. Sprinkle roast with salt and cracked pepper, a little roasted paprika, parsley flakes on the slab in the meat. Then cover liberally with chopped garlic - about 4 tablespoons.

Place meat on a rack if you have one, it is not necessary. Pour wine and water in bottom of pan. Place in a 400 degrees oven for 30 minutes, reduce heat to 300 and continue to bake until internal temperature reaches about 160. If you like rare meat, check often. When done, remove from oven, let sit tightly for 10-15 minutes. Serve alone or with crust or biscuits.

GRASS FOR BIRD-EYES

3 stalks, finely minced
2 large portabella mushrooms, sliced and stems removed and cape sliced in 1/2-inch pieces
1/2 cup sour cream
2 Tbsp flour
4 Tbsp fat drained from cooking pan where roast was cooked.
Place fat into a large skilled or Dutch oven. Add shallots and portabella mushrooms. Pour red wine over mixture and cook until mushrooms are dry. Add salt and pepper to taste. I love whipping cream and 2 cups half and half. Add flour to mushroom mix, stirring well, then add hot cream to make the gravy. Add pepper seasoning. It is so rich that a little goes a long way. Leftovers keep well. Enjoy! $12.22/09

EDITORS NOTE: If you have a favorite recipe, please share with us! -------

Faye Jones is a syndicated writer and columnist and can be reached at byronjfel@aol.com.

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Taking Care
Caring in cold times... take extra precautions during winter weather
by LISA M. PETSCHER

Due to cold temperatures, ice and the possibility of more, as well as the prevalence of viruses, winter poses extra health and safety risks, especially for seniors. The following are numerous ways to minimize the risk of problems for a relative in your care.

Heating Tips:
- If you haven’t already done so, arrange for your relative to get a flu shot. Those over 65, especially if they have chronic illnesses, are at high risk for complications from influenza, which is a leading cause of death among adults in that age group.
- Ensure your relative’s home is equipped with proper heating systems and that they are well maintained.
- Ensure foods rich in vitamin C, which help ward off viruses and infections. Serve warm foods and beverages to raise body temperature.
- Limit intake of alcohol, as it’s dehydrating and also speeds up body heat loss.
- Stack up on non-perishable foods and bottled water, and refill prescriptions at least a week before they run out.
- Ensure the indoor temperature remains above 65°F, ideally no lower than 68°F. Hypothermia can occur even indoors, due to the decreased circulation that tends to accompany aging, as well as to inactivity, illness and some medications.
- Ask your relative’s doctors or pharmacist to review their medications and advise if any of them affect the body’s ability to regulate temperature.
- Ensure your relative dress warmly in loose-fitting layers. Don’t forget warm footwear, too. Slippers should offer adequate support, fit well and have a skid-resistant sole.
- Provide your relative with several layers of warm bedding.
- Keep the relative’s living room and bedroom, for ease access to extra warmth on chilly days and nights.
- Prepare for a power outage by creating a list containing candles, pepper candleholders, matches, flashlights or a butane-powered lamp, a battery-operated radio, fresh batteries, snacks, bottled water and non-perishable food. Store it in an accessible place.

Indoor Safety:
- Keep rechargeable flashlights that plug into the wall and automatically turn on whenever the power goes out.
- Ensure heat registers and vents are not obstructed.
- Exercise caution with space heaters, which can pose a significant fire hazard. Keep them several feet away from walls and combustible objects, as well as out of traffic areas.
- Place candles where they won’t be knocked over, and away from lampshades, curtains and other flammable materials.
- Ensure any fires - from a fireplace or burning candles - are extinguished before you go out or retire to bed.
- Remove indoor dining furniture and extreme cold. Take into account not only the thermometer, but also the wind-chill factor.

Outdoor Safety:
- When you venture out, ensure your relative has a warm coat, scarf, gloves or mittens and a hat. If he or she is not light clothing, a pair of gloves with good hand is a must. You, too, should have non-skid shoes, in case you need to provide first-aid assistance.
- If your relative is a pet, buy in the pet food that contains the end of the world or at least folds up when not in use. There are available at home health care stores.
- Keep walkways clear of ice and snow. Limit a neighbor’s help if necessary.
- Keep your relative well maintained and the fuel in cold enough to melt.
- Ensure the following emergency supplies are on board: A flashlight with extra batteries, emergency flares, blankets, bars and mittens, and non-perishable snacks. A cell phone also comes in handy, if you ever need help quickly. An automobile club membership is another good idea.
- Check the local weather report before heading out on the road. Avoid going out if a storm warning has been issued.

Lisa M. Petscher is a medical social worker and a freelance writer specializing in health and senior issues.

NOTICE TO ALL VETERANS
Who Have Honorably Served Their Country in War & Peace
Because of the high cost of senior living, and limited funds at the National Cemetery, we at the Atlanta National Cemetery are asking for your help. In lieu of flowers, we have been authorized to accept donations to build a monument in the name of all Veterans who have served in the past for the brave men and women who served honorably in Uniformed Services, National Guard and Reserves. As an Honorably Discharged Veteran who does not already own property, you qualify for a service at NO CHARGE, provided you are regularly buried or assist in the burial of any Veteran at NO CHARGE. If you are interested in helping honorably discharged Veterans and their families, please contact the National Cemetery at 404-253-8842 for information on how you can help.

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Poets’ Corner

The Light of Life
Myroslav Chyn

Deep within the heart and soul,
Lies a burning light that seeks to grow.
Spend two years in an orphanage.
It waits its time to blossom forth.
Both pain and joy will bring to light
On the path of life the fire.
Where the flame will rest is life.
And we will know life has begun.

This light will dance across our day,
As if to stop and jump and play.
First step on drum and drum again.
Always shining our green.
In time of youth this light the way.
To guide the dreams on strong.
Bright rays
Clouds bring sought.
To come to pass.
True pride will fill the heart at last.

When all that life requires is done
The light will be in the setting sun.
Slowly sinking into the ground.
It fades away without a sound.

And near the end as Death calls us by.
With his long black cloak and glaring eyes.
He slams the door and is gone.
Forever more? I think not so.

Say Hi To High Tech
My Yen Kang

Oh, for the bygone days
Of peace and quiet.
When someone was golden.
All day and all night.

Now we have motor
Sable, at least.
That manage to slip into our peace.

An avalanche of new
Fall in for an essay true
As he keeps on hopping.
Throughout nine and day.

And we may as well smile
And accept this funny.
The dust has returned.
They have all come to stay.

Of Treasured Things
By Henry N. Goldram

There is a place she often goes.
Where she and treasure2 finally go.
A way of peace from her child’s voice.
Some photos of a variety.
Sometimes an item she forgot was there.

A pair of return to a concert where
We mostly held each other’s hand.
In memory, failed to hear the band.
The ribbon that adorned her hair.
The time I took her to the fair.
My own, when I forgave you.
Some stupid thing that I had said.
A beak pressed blossom that she
waved.
From someone’s flower covered grave.
A tiny broken wooden mask.
That anchored our child’s first booty stick.

Love letter of mine, bend it with a line.
I begged her to please let go.
Some favorite poems she wanted to see.
That long ago her mother gave.
At times I see her slip away.
On some cold, snowy, cloudy day.
I understand just why she’s gone.
To be among her treasures alone.

Today
By Marjorie Walker

Today, Dear Lord, I’m 89.
And I certainly don’t feel it.
Dear Lord, I’m at the end of time.
A Bridge maker I’ll never become.
But please give me one GRAND SLAM before I’m 90.
I’m hoping to perfect using the weak
THO.
But no fancy conversations with them,
I am THROUGH.
I have eaten every fish of SARAH.
So please don’t take me before I’m 91.
I’ve still got some second-hand clothes I haven’t worn.
So I’ve just gone over the last
CURVE. THAT ONE MORE.
When I’m 92.
I’m just going out one more hot dog
at a frozen game and the Georgia Dome.
Before you call me home.
A cancer center a journey and my
SLAVE.
I’ve got reservations there when I’m 93.

So, when my birthday cards are all used up,
I’ll be ready, Dear Lord, to go.
To hell for ya, SORRY.

PHILADELPHIA cages when I first
Hired this year’s God, Dear Lord, I only
For ya.
Out on the earth stand the day beholders.
Their GOD.
I had to find and feed them with
and can’t use the SUN.
And each day found the earth feeding
my 20’s ears.
plus dozens of pigeons.
Crows seem like most folks don’t give a
SMIDGEON.
So I gave you won’t invite me to some
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Senior plans are available to customers 65 years and older. Representatives are available to discuss issues in fixed and variable rates.
The 57th Fighter Group Restaurant reopens

by SUSAN LARSON

Anyone who has a passion for flight, food and fun is sure to experience a three-point landing at The 57th Fighter Group Restaurant at the end of the south runway of the DeKalb Peachtree Airport on Clairmont Road.

After opening the Atlanta restaurant scene in 1985 and quickly becoming one of the city's favorite destination restaurants, decorated in and out with relics and remembrances of World War II, the 57th Restaurant took a few years out of the spotlight until pleas by friends and the community encouraged the doors to be opened. Renovated, refreshed and newly reopened, the 57th Restaurant is destined to be the place to make memories and celebrate with friends once again.

Under the general management of Tricia Clancy, the 57th Restaurant has been restored to the glory that Atlantans and visitors frequented for decades. Clancy directs the hospitality team that creates a special experience for each guest whether they are coming to the restaurant for an intimate dinner, special event or a drink on the patio.

The 57th Fighter Group Restaurant is locally owned and operated by Ups 57th Restaurant LLC.

Manager/Editor Ann Trimpi recently experienced the 57th when colleagues and friends invited her out for her 61st birthday. The 57th Fighter Group Restaurant is the perfect dining destination for guests arriving or departing DeKalb Peachtree Airport. Located just at the end of the south runway, the 57th Restaurant is the closest upscale casual restaurant to the airport.

The restaurant's aviation theme, headsets and fantastic view of the runway makes it an ideal spot for aviation enthusiasts and pilots to fully immerse themselves in flight while on the ground.

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Georgia eye doctor helps legally blind to see again

High technology for low vision patients allows many to drive again!
by ELENA LOMBARDI
Atlanta, Georgia

Just because you have macular degeneration or other eye diseases like diabetic retinopathy doesn’t mean you must give up driving or reading.

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and much easier to see.

Georgia optometrist, Dr. Brian Saunders, is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. “Some of my patients consider us the last stop for people who have vision loss,” said Dr. Saunders, one of only a few doctors who specialize in fitting biotic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that could improve your vision enough to change your life. Biotic telescopes may be the breakthrough in optical technology that could help you regain your independence.

“Our job is to figure out everything and anything possible to keep a person functioning,” says Dr. Saunders. “Even if it’s driving.”

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

James Wheeler of West Georgia was seen in the Atlanta office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fitted him with a pair of biotic telescopes for driving.” I can now read the street signs and I feel much more comfortable driving again, “ says James. Dr. Saunders also prescribed monocure telescopes for reading newspapers and playing dominos.

Randy Day of North Georgia came to Dr. Saunders having trouble with everyday activities. “These biotic glasses have greatly changed my outdoor activities, as well as, the things I can do in the house, “ says Randy. “They help me see the TV, the computer, and read books. As you know, I’m a ham radio operator and the new technology has made everything much smaller, but with my biotic glasses, it’s no longer a challenge for me.”

Telescopic glasses can cost over $2,000, says Dr. Saunders.

Low vision devices are not always expensive. Some reading glasses cost as little as $175 and some magnifiers under $100. Every case is different because people have different levels of vision and different desires.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

To learn more about biotic telescopes, or to schedule a complimentary phone consultation with Dr. Saunders, call 770-948-7784 or toll free at 1-877-948-7784.

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For An Application or More Information Please Call 770-435-6406
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Callanwolde Fine Arts Center to launch “Highlands-A-Go-Go” on Friday, January 18th

Special to Senior News

Callanwolde Fine Arts Center is pleased to announce the launch of a new novel, “Highlands-A-Go-Go: Finding Virginia Highland” with a reception and a reading by the author on Friday, January 15, 2010 at 7:00 pm in the Samuel Goldman Retreat at Callanwolde Fine Arts Center.

The book, by local author D.M. Paule, is set in Atlanta’s Virginia Highland neighborhood. For the author, “Depending on who you talk to, Virginia Highland is an entertainment district, a left wing, political powerhouse, or a state-of-mind.” The book tells the tale of Donna Ford, an über-up New York columnist who is manacled, under-employed and suddenly un-married, and who finds herself riding out an existential crisis in this quirky Atlanta neighborhood. After years of writing about all that’s trendy and new, he begins to learn what he has missed in life—where true love can be found. Aunt Delaine—the grandest of Atlanta’s grand dames—leads him into her boozy social circle with a theme of Manhattans and takes him on a ride of self-discovery. Over the course of a year, she introduces him to local customs, southern charm, society fanta... and to himself.

“The goal of this book is to preserve a moment in time,” says Paule. “I wanted to capture the magic, energy and eccentricities of this incredible place where I’ve lived for the past ten years.” Paule is also the author of the highly successful novel “The Monarch of Key West,” which was published in 2001.

The book launch will be held at 7:00 pm in the Samuel Goldman Retreat, located on the grounds of Callanwolde Fine Arts Center, 980 Briarcliff Rd, Atlanta, GA 30306. Books will be available to be purchased and signed by the author.

Reservations are required, and a tax-deductible contribution of $20 will go to benefit Callanwolde’s arts programming. For reservations contact Jane Edwards at 404-872-6538 ext. 240 or by email: jedwards@callanwolde.org.

Callanwolde Fine Arts Center is located at 980 Briarcliff Road, N.E., Atlanta, Georgia 30306. Information on “Highlands-A-Go-Go: Finding Virginia Highland” can be found at www.highlandsagogo.com.

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**CALENDAR**

- **Hippodrome Neighborhood Senior Center**: 575 King Arnold St., Gainesville, 404-725-4515.
- **Newberries Neighborhood Senior Center**: 319 Uhr St., NW, Atlanta, 404-770-1303.
- **Lindenwood Neighborhood Senior Center**: 1700 Candler St., SE, Atlanta, 404-458-9605.
- **Uptown Neighborhood Senior Center**: 510 Turner Ave., Palmetto, 770-935-3396.
- **Second Neighborhood Senior Center**: 1250 Winter Rd., Roswell, 770-991-3683.
- **St. Paul Neighborhood Senior Center**: 10th St. and Tenth Ave., Atlanta, 404-481-7301.
- **Sandwich Senior Neighborhood Center**: 6206 Vincent Drive, Suite B, Atlanta, 404-707-4919.
- **Lambeth Senior Center**: 100 New Town Circle, SE, Atlanta, 404-424-0401.

**Recreational and Social Activities**
- **Business Card Section**
  - For Advertising Information Call Janet Tassinello at 770-993-2816 or Linda Conyers at 770-924-6905.

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Attention Medicare Patients and Healthcare Providers

The inaction of Congress may lead to the inability of your Medical Equipment Provider to provide quality care for you!

The Medicare Modernization Act of 2003 mandates Competitive Bidding for Home Medical Equipment (HME) in Metro Atlanta in 2011. The real problem is Competitive Bidding (CB) was originally slated to begin 2009 but it was such a train wreck that Congress delayed the implementation so that Centers for Medicare & Medicaid Services (CMS) could fix the problems inherent with the initial process. CMS has started the process again with little attention to fix the problems once again.

Sacrifices Care for Seniors and People with Disabilities
- Reduces patient access and choice for quality HME items and services
- Restricts the number of providers based on lowest bid prices

Eliminates Businesses and Jobs (Anti-Competitive)
- 90% of providers will be barred from providing HME items
- Job losses and business failures for thousands of small business providers

Bidding is NOT Cost-Effective Solution for Medicare
Increase Medicare spending because IT WILL lead to more expensive, longer hospital stays, shifting cost from Medicare Part B to Part A.

Home medical equipment and services already provides a cost-effective alternative to expensive institutional care and a solution for controlling spending in Medicare. For instance, under Medicare, a day of oxygen therapy costs less than $7 per day. A day in the hospital costs more than $5,500.

HME is the most cost-effective and is the slowest-growing portion of Medicare spending according to the most recent National Health Expenditures data from CMS.

Call Your Congressman Today and Ask that they protect Homecare by supporting HR3790!

Congressman Nathan Deal 202-225-5211 Congresswoman Tom Price 202-225-4501
Congressman Lynn Westmoreland 202-225-5901 Congressman Phil Gingrey 202-225-2931
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