

Senior News

Serving **ATLANTA** & Suburban Areas

Information For Ages
50 PLUS!

*Ms. Senior America 2010
visits Sadie G. Mays Center!*

Story on page 2

September 2011
Vol. 25, No. 9

On the Cover

Ms. Senior America 2010 visits Sadie G. Mays Center

Submitted by
SHIRLEY H. COLEMAN
Director of Development & Marketing
Sadie G. Mays Health & Rehabilitation Center

ON THE COVER

Ms. Senior America 2010, Dr. Kimberly Moore of the U.S. Virgin Islands, greets Ms. Jacquelin Roth, a fellow soror, at the Sadie G. Mays Health & Rehabilitation Center.

Ms. Senior America, Dr. Kimberly Moore, visited the Sadie G. Mays Health & Rehabilitation Center on a recent trip to Atlanta. Dr. Moore, 62, is a dentist who practices in St. Thomas, U.S. Virgin Islands. She is the first African American and the first Virgin Islander to serve as Ms. Senior America.

The multi-talented Dr. Moore performed a Tina Turner routine for the residents of the 206-bed, nonprofit skilled nurs-

ing center in northwest Atlanta. "I feel an obligation to go where the seniors are, because I'm a senior. It's about getting the word out that they need to be more active and have a positive outlook on life, no matter what their situation is." The residents of Sadie G. Mays were all smiles and one said "...she was better than the original (Tina Turner)!"

Dr. Moore is originally from St. Louis, MO and is the sister of California Representative Maxine Waters. Dr. Moore has visited 13 cities during her reign as Ms. Senior America. She will wear her crown until October 2011 when a new queen will be crowned in Atlantic City, NJ.

Sadie G. Mays Health & Rehabilitation Center is now celebrating its 64th year in operation with a 5-Star rating by Medicare and a listing in the "Best Nursing Homes 2011" by U.S. News & World Report.



After performing a Tina Turner routine, Ms. Senior America 2010, Dr. Kimberly Moore, greets the residents of the Sadie G. Mays Health & Rehabilitation Center, including Mary L. Thompson (l) and William Lewis (r).

The Next Chapter

Winged Obsession: The Pursuit of the World's Most Notorious Butterfly Smuggler

Book Reviews by
ANNE B. JONES, PhD

Winged Obsession: The Pursuit of the World's Most Notorious Butterfly Smuggler
Jessica Speart
William Morrow, New York, 2011

Haunted Inns of the Southeast
John F. Blair Publisher, 2001

Living in an isolated area by a state park lake lends itself to wildlife stories. One night, as my husband and I were returning home from town, a large cat jumped in front of our car. I was convinced it was a cougar. Weeks later, the moon was full and its light was as bright as day. I awakened to a noise and gazed out my bedroom window. Between the lake and our house, I saw a large animal creeping fluidly and catlike through the dark. The next morning, our neighbor discovered cougar tracks. Wildlife experts denied there are any left in Georgia and suggested I was mistaken. They said if I'd seen one, it was an escaped exotic pet.

Several years ago, a motorist found a zebra near our I-75 exit. Police named it Evidence, believing it had fallen from a truck headed to an illegal animal auction. Last year, there was a raging Watusi African bull and heifer ravaging through our countryside. "They were calm when I bought them," stated their owner to the Sheriff, while trying to explain his purchase. Recently, two neighbors claimed to have seen a big gray cat with large black spots and a bushy black tail.

In the wake of these incidents I decided to learn more about the illegal importation of non-native species by ordering *Winged Obsession* for our review. This nonfiction work by Jessica Speart explores the profitable and prolific butterfly trade.

The most fascinating aspect of *Winged Obsession* is Speart's undercover work. A freelance journalist specializing in wildlife enforcement issues, Speart was determined to learn firsthand about the world of butterfly smuggling. Putting herself at risk, she plunged into the seething underbelly of this criminal activity.

One of the most well known insect transporters is Yoshi Kojima, known as the "Kingpin of Butterfly Smugglers." Calling himself, "The Indiana Jones of Insects," he is a lead character in the book, as is U.S. Fish and Wildlife Agent Ed Newcomer, whose attempts to capture the elusive Kojima are continually thwarted. Working in secret, Speart befriended Kojima in order to betray him, unaware the clever scoundrel planned to turn the tables and use her as his patsy.

Puzzled about how the author developed the courage to do this, I contacted Speart. This is what she replied:

"I'd never done any real undercover work before flying to Japan to track down Kojima. However, I'd been an actress for years and knew how to play a role. The most important thing I learned was to never let your guard down. You have to be ready for anything and be prepared to improvise."

Another thing she learned is the ecologically dangerous business is a cutthroat \$200 million enterprise. As lucrative as the illegal transporting of gorillas, pandas and rhinos, it presents a challenge to both wildlife agents and the regions these specimens represent.

Winged Obsession is fast-paced, fascinating and educational. The book is filled with descriptions of intoxicatingly beautiful butterflies as well as beetles, and gives startling insights into the dark and deceitful world of illegal insect trafficking.

You may contact Anne at annebjones@msn.com; annebjones.com.

NOTICE TO SENIORS AND THE DISABLED

If you're living on Social Security, disability, pensions or veteran's benefits, federal law states that your income cannot be taken away to repay debts.

DCSD: shelters you from harassment, protects your income, is not a bankruptcy.



Stop creditors from breaking the law by trying to collect on debts you can't pay. DCSD is an affordable alternative to bankruptcy.

Call Debt Counsel for Seniors and the Disabled for a FREE consultation:

1-800-992-3275 ext. 1304

Jerome S. Lamet

Founder and Supervising Attorney / Former Bankruptcy Trustee

info@lawyers-united.com

www.DebtCounsel.net

Take a Trip Back to the Prices of Yesterday!

For a Limited Time We've Rolled Back Our Rates for Assisted Living and Memory Care Apartments



SAVE UP TO \$15,000 TODAY!*

The Perfect Lifestyle, The Perfect Floor Plan, The Perfect Price

NORTHLAKE GARDENS
ASSISTED LIVING & MEMORY CARE

FIVE STAR SENIOR LIVING™

1300 Montreal Road
Tucker, GA 30084

770-934-0034

www.northlakegardens.com

• Offer good for a limited time on select Assisted Living apartments and Memory Care suites

• Two full years of savings on monthly rental rates

• Offer available to new residents only

Exceptional Assisted Living and Memory Care at yesterday's prices. For further information and to schedule a tour just give us a call.

*Offer valid for new residents moving in July 15, 2011 - September 15, 2011 only. Limited time offer; select apartments only; see Marketing Director for details.

How to stretch your gas dollars this summer

by **KELVIN COLLINS**
President/CEO, BBB of Central Georgia & the CSRA, Inc.

Gasoline prices have risen well above \$4.00 a gallon in most every state across the country. The average U.S. family with two drivers is now paying nearly \$1,000 more annually for gas than they were just two years ago according to a recent study by research gurus, Sperling's BestPlaces. Although there are practical steps you can take to increase gas mileage, Better Business Bureau warns consumers to be wary of gas-saving claims that empty your wallet, instead of saving you fuel.

Many websites make unbelievable claims for various after market automotive devices (fuel-line magnets, air bleed devices and retrofit gadgets) and oil and gasoline additives that supposedly increase gas mileage for automobiles. The Federal Trade Commission found many of these claims to be either false or overly exaggerated.

Summer travelers should shop around. Nowadays, many smartphones have apps specifically for finding the cheapest gas prices in your area. You may even want to consider getting a credit card that gives you cash back bonuses on gas purchases.

Before adding any fuel savings device to your vehicle, check with your mechanic. You may end up with a voided manufacturer's warranty and serious engine problems by adding after market devices to your engine.

What you spend at the pump is influenced by how you drive and what type of gasoline you

use to fill your tank. As we reach the peak of summer travel, here are some tips on what you can do to save fuel consumption:

- Choose the right octane for your car. Check your owner's manual to find out what octane your car requires. Keep in mind that the higher the octane, the higher the price.

- Keep your engine tuned. Studies have shown that a poorly tuned engine can increase fuel consumption by as much as 10 to 20 percent depending on a car's condition. Follow the recommended maintenance schedule in your owner's manual; you will save fuel and your car will run better and last longer.

- Don't let your engine run at idle any longer than necessary. An engine actually warms up faster while driving. With most gasoline engines, it is more efficient to turn off the engine than to idle for any period longer than 30 seconds.

- Drive more efficiently. Stay within the posted speed limits. The faster you drive the more fuel you use. Set your cruise control on highway trips. This can help maintain a constant speed and, in most cases, reduce your fuel consumption.

- Keep your tires properly inflated and aligned. Automobile manufacturers must place a label in the car stating the correct tire pressure. If the label lists a psi (pounds per square inch) range, use the higher number to maximize your fuel efficiency.

- Anticipate the driving condition. Driving smoothly and steadily makes the best use of your fuel. If you can, avoid sudden acceleration or braking.

- Change your oil and replace air filters regularly. Clean oil reduces wear caused by friction between moving parts and removes harmful substances from the engine. Your air filter keeps impurities in the air from damaging internal engine components.

For more consumer tips you can trust, visit www.bbb.org/us/bbb-news <<http://www.bbb.org/us/bbb-news>> .

Kelvin Collins is

president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

Dentures Available At No Cost!

Government approved program allows those with Medicare and Full Medicaid to receive a full or partial set of dentures for a \$0 copay.

For FREE Report...
1-800-704-3307

ThriftyMedsNow.com

You don't have to pay full price for your prescription drugs. Fill your prescriptions with a licensed Canadian pharmacy... IT'S EASY. GET A FREE PRICE QUOTE TODAY.

SAMPLE SAVINGS

	Strength	Size	US	Canada	Generic	Save
Aciphex	20mg	100 tabs	\$585	\$146	\$ 86	84%
Diovan	320mg	30 tabs	\$145	\$ 38	\$ 18	87%
Effexor XR	150mg	100 caps	\$411	\$230	\$106	74%
Plavix	75mg	28 tabs	\$142	\$ 86	N/A	44%
Flomax	0.4mg	30 caps	\$109	\$ 26	\$ 17	85%
Fosamax	70mg	4 tabs	\$ 83	\$ 47	\$ 18	79%



All of the medications we carry are approved by Canada's health Protection Branch (Canada's regulatory body, similar to the United States USDA).

1-866-999-7928 toll free
www.ThriftyMedsNow.com

Research Participants Wanted!

The Center for Research and Education on Aging and Technology Enhancement (CREATE) at Georgia Tech is conducting a research study. The objective is to test and evaluate the impact of a Personalized Reminder Information and Social Management (PRISM) system designed to support social connectivity, memory, skill building, access to community resources, and to support the well-being and quality of life of older adults.

Interested? Call
Megan :
404-894-8344
 *Compensation
 for your
 participation

You may be eligible to participate if you:

- 65+ years old
- Live alone in an independent residence
- Plan to remain in the area for next 12 months
- Work or volunteer less than 5 hours/week
- No computer/Internet use in past 3 months
- Have a telephone
- Speak English



Senior NEWS

Atlanta's Senior Newspaper

Atlanta Manager/Editor

Ann Tunali

Phone: 770-698-0031

Fax: 770-395-7271

Website

www.seniornewsgeorgia.com

www.seniornewsga.com

Email: seniornews@msn.com

SENIOR NEWS

7511 Auden Trail

Atlanta, GA 30350

Advertising Account Executives

Janet Tassitano

Phone: 770-993-2943

Fax: 770-992-0210

Email: jantas@bellsouth.net

Linda Conyers

Phone: 770-924-6905

Fax: 770-517-6716

Email: Lconyers@bellsouth.net

Copy Editor

Faye Jones

email: byronfaye1@aol.com

Contributing Columnists

Susan Larson - Columnist

Faye Jones - Columnist

Dr. Bill Baggett

Mary Frances

Dorothy O'Sayer

Lisa M. Petsche

Dr. Anne B. Jones

Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 15,000; Macon/Central Georgia, 8,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logotypes, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication.

Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

CORPORATE OFFICE

Billy R. Tucker, President/Publisher

Phone: 478-929-3636; 800-752-5037

FAX: 478-929-4258

www.seniornewsgeorgia.com

E-mail: Seniornewsga@cox.net

Copyright 1987

Senior News & Views of Georgia

Times Not Forgotten

Those dreaded shores on the farm

by CHRISTINE COLEMAN

Today, we seldom think about how things were long ago. We have all the modern conveniences, so we tend to forget how life was on the farm. There were several tasks that had to be done which was bothersome and disliked by all. Today's children need to know how it was "back then," and the rest of us need to be reminded. Now, I know folks living in town had their unpleasant tasks also, but I don't think theirs were as bad as ours.

I recall when I was young, Papa and my older brothers "mopped" our cotton stalks each year. Several pieces of cotton material were tied on the end of a stick (much like the way people mop barbecue today while it is being cooked over coals). In a bucket, strychnine, water and syrup were mixed. Our men folks would dip a mop in the bucket and walk along each cotton row. They'd dip each cotton stalk in its top.

The result was boll weevils were either killed or slowed down in their devastating work on cotton bolls. Only grown-ups mopped cotton. There was no way children were allowed to come into contact with the poisonous mix-

ture used. Later when weevils "punctured" cotton squares, all of children walked down the cotton rows and gathered the punctured squares while eggs were still inside. These squares were destroyed before weevils could hatch and enter other healthy squares still on the stalk. Next, farm folks walked along each row and sprayed the stalks with a dry mixture of arsenic. This method was not as messy as the first, and it helped some too. Again, only grown-ups handled this procedure. As more years went by, however, nothing could stop the boll weevil. Farmers had to stop trying to grow cotton. They had to turn to other crops for their livelihood.

Fodder pulling

This was another dreaded job, but one which was very necessary. Leaves had to be stripped from corn stalks after the stalks had died. The leaves were pulled, tied into bundles and carried to the barn to feed our mules during the winter. I didn't pull fodder, but I helped carry the tied bundles to a designated area to be picked up when the wagon came for it.

Then, there were the Velvet Beans. They hung pretty on the vine, but pretty stopped there. One portion

of our corn acreage was designated to have these beans planted between each stalk of corn. The beans were used to feed our farm animals. We shelled the beans without use of gloves, but that was another chore that was necessary.

Cleaning the stalls where our mules were housed was a job dreaded by my brothers; but, again, it was something that had to be done. After the farm chores were ended for our mules, they spent much time in their stalls eating and drinking. Their stalls had to be cleaned. My father believed in caring for his animals

After many years, King Cotton has become prosperous again. Farmers are busy planting and growing. The boll weevil is no longer a threat.

Science has eradicated him. With their modern equipment, farmers can plant, tend and gather at will. Added to this, there is not the need for mules as was the case "back then."

I didn't mention cotton picking, corn pulling or woodcutting. There was always something that had to be done on the farm.

Christine Coleman lives in Swainsboro. Feel free to E-mail her at cfc@reicomputers.com.

Spiritual Notes

"Weeding"

by **Dr. Bill Baggett**
Minister to Seniors
Dunwoody Baptist Church

During a visit with friends in Santa Fe, New Mexico, this summer my wife and I attended a stimulating Sunday morning worship service at the First Presbyterian Church. The pastor's sermon topic was entitled, "Weeds," based on the parable of the Wheat and the Tares (weeds) found in the book of Matthew, the 13th chapter.

The biblical story is a familiar one. Jesus is telling stories (parables) according to one writer so that the people might better understand their

relationship to God. In verses 24-26 He said, "The Kingdom of heaven is like a man who sowed good seed in his field; but while men slept his enemy came and sowed weeds among he wheat and went his way. But when the grain had sprouted and produced a crop, then the weeds also appeared." This disturbed the servants who thought the man did not sow good seeds and wanted to pull them up. He responded that an enemy had done this and if you pull the weeds you will also uproot the wheat. He instructed them to "let both grow together until harvest time; then first, gather the weeds, bundle and burn them, but gather the wheat into my barn." The disciples

asked Jesus to explain the parable. In verses 37-39 he answered, "He who sows the good seed is the Son of Man. The field is the world, the good seeds are the sons of the kingdom, but the weeds are the sons of the wicked one."

As we are sowing seeds in our daily lives, are they falling on fertile soil or do they fall on gravel or stone? If they do fall on good soil, weeds are sure to sprout. The Message points to the fact that "the seeds cast in the weeds is the person who hears the kingdom news, but weeds or worry and illusions about getting more and wanting everything under the sun strangle what was heard and nothing comes of it. The seed cast on good earth is the person who hears and takes in the News and then produces a harvest beyond his wildest dreams."

On our return home the first thing I noticed was the weeds in the flower beds next to the driveway. After getting luggage inside the house I immediately changed clothes and went about pulling the weeds from around the flowers. Sure enough, if I wasn't careful, the flowers came out with the weeds. Reflecting on the sermon I had heard, I realized that in life if we aren't careful we can destroy the good things as we attempt to erase the bad. The lesson is to cast your seeds on fertile soil and take care when the weeds appear to carefully remove them.

Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.

Senior News Newspapers NOW AVAILABLE ONLINE!!!

Check us out at our new website...

www.seniornewsga.com

and

www.seniornewsgeorgia.com

To view recent editions of *Senior News*

click on ARCHIVES

For advertising information

click on CONTACT US

or call us at 770-698-0031!

NIA Tips for Older Adults to Combat Heat-related Illnesses

Special to Senior News

As people age, their bodies lose some ability to adapt to heat. They may have medical conditions that are worsened by heat. And their medications could also reduce their ability to respond to heat. The National Institute on Aging (NIA), part of the National Institutes of Health, has some advice for helping older people avoid heat-related illnesses, known collectively as hyperthermia. Hyperthermia occurs when the body overheats. Conditions involving hyperthermia have different names, including heat stroke, heat fatigue, heat syncope (lightheadedness or fainting in the heat), heat cramps and heat exhaustion.

Health-related factors that may increase the risk of hyperthermia include:

- Pre-existing diseases such as congestive heart failure, diabetes and chronic obstructive pulmonary disease
- Decreased ability to move around

- Dementia or cognitive impairment
- Certain medications that may cause dehydration or that may affect the responses to heat by the heart, blood vessels or sweat glands
- Being substantially overweight
- Drinking alcoholic beverages
- Being dehydrated
- Age-related changes in the skin, such as decreased functioning of small blood vessels and sweat glands

Lifestyle factors that can also increase the risk of hyperthermia include hot living quarters, lack of transportation, overdressing, visiting overcrowded places, and not understanding how to respond to weather conditions. Older people, particularly those at special risk, should pay attention to any air pollution alert in effect. People without fans or air conditioners should go to shopping malls, movie theaters, libraries or other places with air conditioning. In addition, they can visit cooling centers which are often provided

by government agencies, religious groups and social service organizations in many communities. Heat stroke is an advanced form of hyperthermia. It occurs when the body is overwhelmed by heat and unable to control its temperature. In heat stroke, the body temperature is at least 104 degrees Fahrenheit. Someone with heat stroke may have a strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering and mental status changes such as confusion, combativeness, disorientation or even coma. Seek immediate medical attention for a person with any of these symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

- Move them into an air conditioned or other cool place
- Urge them to lie down and rest
- Remove or loosen tight-fitting or heavy clothing
- Encourage them to drink water or juices if they are able to drink without choking, but avoid alcohol and caffeine

- Apply cold water, ice packs or cold wet cloths to the skin
- Get medical assistance as soon as possible

For more information on hyperthermia from NIH, please visit <http://www.nia.nih.gov/HealthInformation/Publications/hyperthermia.htm>

To view the Center for Disease Control and Prevention's (CDC) recommendations for heat stress and older adults, please visit <http://www.cdc.gov/nceh/extremeheat/index.html>.

The Low Income Home Energy Assistance Program (LIHEAP) within the Administration for Children and Families in the U.S. Department of Health and Human Services helps eligible households pay for home cooling and heating costs. Individuals interested in applying for assistance should contact their local or state LIHEAP agency. For more information, go to www.acf.hhs.gov/programs/ocs/liheap/ or www.acf.hhs.gov/programs/ocs/liheap/brochure/brochure.html.

ApplianceSmart®

Labor Day FREEdom Event Sept 1st – Sept 11th ONLY!

BUY TWO GET TWO



FOR

FREE

Buy a Refrigerator and Stove, get the Microwave and Dishwasher FREE.

**BUY the Stove
GET the Dishwasher
FREE**



**BUY the Washer
GET the Dryer
FREE**



**BUY the Washer & Dryer
GET 2 Pedestals
FREE**



Conyers • Cumming • Lithia Springs • Marietta • Norcross • Smyrna

facebook

twitter

www.ApplianceSmart.com



©2011 ApplianceSmart Offer valid from participating manufacturers. Price and availability subject to change. See store for details. Some restrictions apply. Offer valid September 1, 2011 to September 11, 2011 only. Images provided only as examples.

Canoe enthusiast makes water safety part of mainstream education

by SUSAN LARSON

For David Bolton, when it came to canoeing, one thing just seemed to flow into another.

"I first paddled at summer camp when I was a Boy Scout," Bolton said.

For the next three decades, however, even with all the time he spent on the water during his service in the

Navy, canoeing just wasn't something he could work into his life.

"I picked it back up in about 2003. I went looking for a boat and a friend gave me a canoe," Bolton said.

But he did more than just paddle along. It didn't take long for him to get involved with Paddle Georgia, Georgia Canoeing Association, Georgia River Network, Rivers Alive and Upper Chattahoochee

Riverkeepers, all volunteer organizations that help keep our rivers safe and clean.

"In my third year with Paddle Georgia, they needed safety boaters. There was enough white water they needed someone to point out the way so you don't run over a rock or get carried away with an eddy."

Bolton watched paddlers who had experience paddling in a lake but were clueless about paddling on a river. He even witnessed someone standing up in a canoe and climbing over her partner to escape a spider that had fallen from a tree, causing the craft to capsize. He soon got involved educating the public about water safety with guidelines.

A state law requires that personal floatation devices be on the boat, but UCR and GCA strongly suggest the

PFD be worn. Other guidelines include wearing a helmet, keeping a rudimentary first aid kit on board, having a whistle attached to your PFD to blow three times if you are in trouble, and a knife on the outside of your PFD to cut yourself free if you get tangled on a tree or a rope. And of course, never paddle alone.

Bolton has also put his paddling skills to use by cleaning up rivers with UCR.

"We find pool floats, shoes, clothes, coolers, truck tires, car tires, and you'd be surprised how many tennis balls."

If you think any of these activities might float your boat, opportunities abound for both experienced paddlers and beginners. For more information visit www.chattahoochee.org.

Georgia to help caregivers reduce stress

State is one of four to conduct trendsetting research

Submitted by RAVAE GRAHAM
Deputy Director, Legislative
Affairs and Communications
Department of Human Services

Coping with care giving may be more about what you think than what you do. The Georgia Department of Human Services (DHS), Division of Aging Services (DAS) is collaborating with the University of Wisconsin to understand what triggers caregivers' stress, so that professionals can make caring for a loved one easier.

The new program is called TCARE, Tailored Caregiver Assessment and Referral, and it's changing the way that aging services organizations communicate with families. In a traditional model, professionals might focus solely on an older parent who requires care.

An adult child, however, may suffer from a variety of ills, including depression, isolation, and interpersonal conflict with siblings. A professional trained in the six-step TCARE model works to identify and address the caregiver's needs so that the individual can more effectively care for himself as well as others.

"TCARE research shows that use of the model can increase confidence and reduce stress," said Dr. James J. Bulot, Director of DHS' Division of Aging Services. "Many

participating caregivers are thriving, even in the face of heavy care giving demands."

TCARE has discovered that stress and burden are heavily affected by self perception. Understanding how a caregiver defines their identity, what they expect of themselves, and whether they feel they are meeting self-imposed expectations is key to creating a customized, sensitively designed care plan for a loved one.

Four states helped the University of Wisconsin's Dr. Rhonda Montgomery conduct studies on TCARE protocols – Georgia, Michigan, Minnesota, and Washington. Georgia's Division of Aging Services manages the state's TCARE research contributions, in collaboration with its 12 Area Agencies on Aging.

Georgia's work was featured in the June issue of *The Gerontologist*, a national aging publication. And, in Washington, D.C., Division of Aging representatives recently presented Georgia's program findings to other states at a meeting hosted by the U.S. Administration on Aging.

This summer, Georgia's aging network will launch TCARE statewide by training care managers to use the six-step model in their work with consumers.

For more information about caregiver support and other services for older adults and their families, call the Division of Aging Services toll-free at (866) 55-AGING (552-4464) or visit <http://www.aging.dhs.georgia.gov>.

SENIOR ASSISTANCE TRANSPORTATION

Doctor Appointments, Personal Shopping, Airport, Any Area in Georgia.

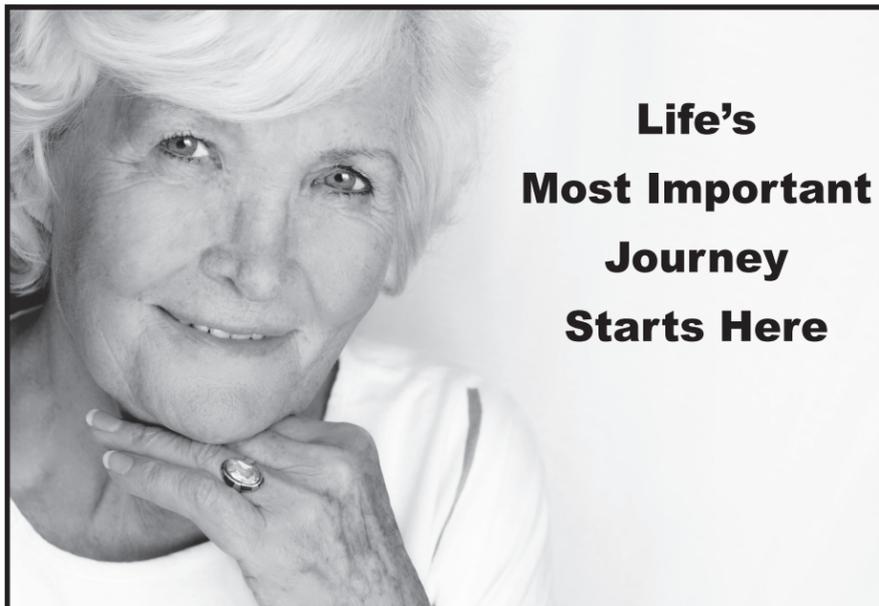
"Door to Door Service"



- Luxury Automobile or SUV Available
- Owner Driver for Polite and Professional Service
- Cobb "Freedom Voucher" Accepted
- Transport to Airport from W. Cobb (\$60 Flat Rate)

SENIOR DISCOUNTS

Ask for JOCELYN: **678-581-9606**
or **770-906-2786**



**Life's
Most Important
Journey
Starts Here**

In medieval times, "hospice" referred to a place of shelter for weary or ill travelers. Today, the word refers to a concept of healthcare that is specially catered to each patient during their "most important journey".

At Homestead Hospice, our Nurses, Social Workers and Chaplains work together to lessen the pain of terminal illness not only for the patient, but for the family and caregivers as well. We are here to help you with your physical, emotional and spiritual needs.

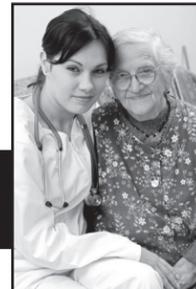
Life's most important journey starts here.
We are blessed to be there for you.

Call us today to discuss your options.
877-355-4472



Homestead Hospice

www.homesteadhospice.com



From **Ridgeview**,
life starts to look **manageable**.

Ridgeview Institute is a private, not-for-profit provider of psychiatric and addiction treatment for youth, young adults, adults, and older adults. We offer specialized treatment tracks for older adults (age 60 and above):

- Addiction
- Psychiatry
- Cognitive Challenges

770-434-4567
www.ridgeviewinstitute.com
3995 South Cobb Drive, Smyrna



Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

ANOTHER DAY BEGINS by Nina Clauss

As I plant my feet in the light of day,
I'll not feel bad, I will pause to pray.
When I awake in the morning from the bed I fall,
What happens today Lord, is yours to call.
Please show me the path you want me to take,
Your guidance I live by and will never forsake.
I've trusted you forever it seems,
You've been there for me, even in dreams.
Answered my prayers most of the time,
I call on Jesus, when I've a mountain to climb.
When I talk to Jesus everything becomes clear,
It's almost like I hear your voice in my ear.
I talk to the Lord every day in prayer,
It is comforting to know how much He cares.
I know there are people who never pray,
Could be they don't know there's a judgement day.
I've lived for the Lord all of my years,
He has helped me dry so many of my tears.
You bring joy and happiness to all who know,
Of your mansion above, where we all want to go.
What a glorious reunion when we all meet above,
Seeing my family, multiplied by God's love.

A SILENT STUDY by Vera King

There's a skeleton in my closet
My silent bodyguard
Altho it has no body
I'll give it an award

It helps me keep from pride
As tho I had something to hide
Or wonder what's my status quo
If everyone knew what I know

This hanging rack of shaky bones
Instills also humility

As I try to make amends
For things that only I can see

I wish I knew the ending
Of this story I now tell
Have you checked your closet lately
YOU may have one as well.

A POEM ABOUT TRACY by Frederic Holland, Sr.

Tracy's office is located on the first floor,
The title of Resident Activities Manager is on her door.

But to the residents of our senior citizens' home,
She is much more.

Her smile is vivacious, her enthusiasm is great,
Her value to us is too high to rate.

She's our doctor, our lawyer, our therapist and much, much more,
We, the residents, love her to her very core.

Tracy, you give us hope and a zest for living,
We thank you for the love and support you've been giving.

You give us the ambition to do things in our advanced age we wouldn't,
Without you, the activities we've done.... we couldn't.

Selfishly we wish you would never leave,
But we wish you and your family the best... you better believe.

THE LITTLE GIRL IN ME by Brenda G. Partridge-Brown

The little girl in me,
feels oh' so very happy,
well loved without one responsibility!
That's the little girl in me!
She often thinks about how sweet and easy life used to be!
That's the little girl in me!
The little girl in me,
still believes in fair tales,
wishing wells,
blowing out my birthday candles,
and dreams come true!
That's the little girl in me!
The little girl in me's imagination is so wide,
it's deeper than the deep blue sea!
That's the little girl inside of me!
She will never let me forget what life was like,
being a little girl growing up in a big world.

OUR CHURCH by Doris A. "Dot" Jones

It's not a cathedral with spires reaching high. Our building is not mightily grand to the eye.

But, it's what's inside that beauty can make, the people who are there, the Lord's grace to partake.

The congregation is not large, in comparison small, but their hearts are loving and open to all.

Our Church is proud to have the Lord in attendance, as we gather in His name to worship and honor, in glory as we praise and remember why He came. Hoping all who enter will do the same.

It's not in grandeur and style, ritual and worshipping a building or the people in charge.

No... it's giving ourselves in a manner so large, the Lord dwells within and He's in charge.

So... remember when you enter the door, He's there to welcome with

open arms, anyone who truly believes Jesus is the Church and it's His love that warms, not the building that calms.

The Comfortable Chair Store™ Since 1992



Are you downsizing or redecorating or looking for something to make standing or reclining easier?

- Glider rockers
 - Lift chairs
 - Recliners
 - Sofas & love seats
- ...and more in 100s of fabrics!



STORE HOURS
Tues-Sat 11-7
Sun 12-6
Mon Closed

770-518-8518

30 E Crossville Rd, Roswell 30075
www.TheComfortableChairStore.com

Redefining active living!



Senior Living that is just your speed.

Fitness, wellness and yoga center • On-site activities director • Business library
Community dance floor • Resort-style pool • Card room • Beauty salon

Alta Johns Creek
4345 Alta Drive Suwanee, GA 30024
866.319.4991
www.AltaJohnsCreek.com

Directions: We are located at the Intersection of Peachtree Parkway and Johns Creek Parkway.



RIVERSTONE
RESIDENTIAL

Georgia eye doctor helps legally blind to see again



High technology for low vision patients allows many to drive again!

Atlanta, Georgia –

Ever looked 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. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Here are some stories from Dr. Saunders' Low Vision patients:

Randall Day of North Georgia writes, "I am writing this letter to thank you for changing my everyday living with the bioptic glasses. It has

greatly changed my outdoor activities, as well as the things I do in the house – like seeing TV, the computer, and reading books. This letter can in no way explain the changes in my everyday living and no words could ever express my gratitude. I truly thank you."

"I wish to thank you for the telescopic lenses you fitted for me. The game plan of reading the Wall Street Journal and watching FOX NEWS at the same time is working perfectly. Thank you for a good job." J. W. Buckley.

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

"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

"Telescopic glasses can cost over

\$2,000 says Dr. Saunders. Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

For more information, contact Dr. Brian Saunders at 1-877-948-7784, 770-948-7784 or visit our website at www.IALVS.com.

– Paid Advertisement –

OPTIONS
FOR SENIOR AMERICA

Your Home Care Choice

*The Finest in Personal Home Care
Customized to Your Needs*

All Staff Thoroughly Screened

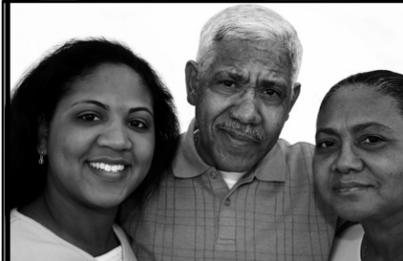
*RNs, CNAs & Live-In Aides
Day & Night Shifts at Affordable Rates
24-hour Emergency Hotline
Prompt & Friendly Service
FREE No-Obligation Interview*

Licensed – Bonded – Insured

404-634-1111
www.optionscorp.com



Discover friendly Assisted Living where residents enjoy an active, engaging lifestyle!



Our monthly rate includes:

- Beautiful studio apartments
- Gracious lounges
- Library • Cafe • Excursions
- Chef-prepared meals
- Art, music and pet therapy
- Beauty/Barber salon
- Medication supervision
- Home health care • Nurse
- Housekeeping & laundry services
- Social and exercise programs
- FREE scheduled transportation to medical appointments, shopping, and entertainment
- And much, much more!

Not ready for full time residency? Ask about our

- Dynamic Senior Day Program
- Short-term Respite Stays

Memory Care is available at our Dunwoody location.

Benson Manor

A Retirement Housing Foundation® Community
2348 Benson Poole Road • Smyrna, GA 30080

Benson Manor is a 76-unit affordable senior housing community designed with stone and sturdy wood-like siding. Each apartment is approximately 540 square feet. Benson Manor is conveniently located close to shopping, churches, medical facilities, and a major bus route.

Residents must be 62 years of age or older. Some units have special features for mobility and sensory impaired persons. Income limitations are determined by the U.S. Department of Housing and Urban Development (HUD). Residents pay 30 percent of their adjusted income for rent. Gross income must not exceed \$24,900 for one person and \$28,500 for two persons.

For An Application or More Information
Please Call 770-435-6406

Website: www.rhf.org



Plantation South
Assisted Living Residence
(770) 884-4669
3450 Duluth Park Lane
Duluth, GA 30096
PlantationSouth-Duluth.com



Plantation South
Assisted Living and Memory Care
770-884-4645
4594 Barclay Drive
Dunwoody, GA 30338
PlantationSouth-Dunwoody.com

Art abounds in the mountains

by MARY FRANCES

A winding road ribbons through the evergreens of North Georgia where sweet, fresh peaches and apples grow, polished furniture is honed out of logs, and unique art seems to spring from the earth.

A trip to North Georgia will invite you to enter the halls of the historic Fannin County Courthouse, circa 1936, in 1980 were converted into The Art Center. Its many galleries present a variety of art from floor to ceiling from a tender rendering of a mother holding hands with her child at the beach, to whimsical, wire creations of goofy characters riding in a car, to a life-size ethereal female with raised arms clothed in wispy white standing in the corner of the room.

“The diverse art from our 600 artists exhibit here,” said Sarah Varner, Executive Director of the Art Center in Blue Ridge, Georgia, delighted to share her enthusiasm with out of town visitors.

The foyer entrance of The Art Center opens into a tall, cathedral-like room that extends beyond a banister into more exhibit area. In view in this main gallery were The Southern Appalachian Artist Guild (SAAG) and the Blue Ridge Mountains Arts Association specialty exhibit featuring the work of more than ninety 3D artists.

On both sides of the main room are smaller, more intimate galleries that burgeoned with even more art work. “Over 2,500 works of art are exhibited at one time,” said the Director.

One of the side galleries featured the pastels of Zoe Schumaker of Hiawassee. Inspired by the diverse scenery of Southern Appalachia, Schumaker has rendered cows, butterflies and landscapes to paper with her vibrant medium.

“This is overwhelming,” said Carole Madan (known as Mama Nature) a recent visitor from Atlanta “Blue Ridge attracts artists like the

Joe Pye weed gathers butterflies.”

From September 9 to October 10, 2011, Second Annual National Juried Nature and Fine Art Photography Exhibit will be featured in the Richard Low Evans Gallery in the Art Center.

For 31 years the Blue Ridge Mountains Arts Association (The Art Center) has been an art magnet for North Georgia, east Tennessee, and western North Carolina. The Art Center along with five annual community festivals attract upward of 30,000 people to the area. Besides



Wooly Chaps
by Frederic Remington



Sweet Landing by Zoe Schumaker

exhibitions, The Center provides classes in art, dance, and music for children and adults. In their own words, “We endeavor to provide a haven for artists to flourish and

grow.”

One of the upcoming events is the kick off of the holiday season

continued on page 12



Nassau Beat
by Richard Law Evans

SENIORS 70+ MAY NOT BE AWARE OF THEIR HIDDEN ASSETS!

Your life insurance policy holds *The Secret*.

It can be sold for CASH, today!

Relieve financial burdens by selling your policy now.

No cost • No Stress • No obligation

To see how, call us toll free at **877-261-0632**

Get More Out of Life, Today, by selling that no longer needed or no longer affordable life policy.

Bonded Life COMPANY

B L C

www.bonded-life.com

Live life to the fullest at the Renaissance on Peachtree

No expensive buy-in or endowment – just a simple rental agreement

Amenities include

- » Transportation
- » Chef-prepared meals
- » Engaging activities

Find out how you can live life to the fullest.

404-841-6161

Independent and assisted living conveniently located in Buckhead

Renaissance ON PEACHTREE

3755 Peachtree Road, NE
Atlanta, GA 30319

www.RenaissanceOnPeachtree.com

New “Extra Natural Pain Relief

The Ground-Breaking Osteoarthritis Thousands of Local Residents f

If your quality of life is being affected by knee pain, osteoarthritis, tenderness, stiffness, and or swelling than this article pertains directly to you. Has knee replacement surgery been recommended already? Have you considered it? Well, before you jump the gun, take a minute and educate yourself on the alternatives. Until now, pain relief options have been limited, but you are about to learn about an **ALL NATURAL**, FDA and Medicare approved treatment for the knee that has already saved thousands from knee replacement surgery...

Atlanta Medical Clinic is excited to share an extra strength, all natural, non-chemical osteoarthritis pain reliever that is so revolutionary most medical doctors aren't even aware of its existence. Those who are aware can't believe that something all natural could actually relieve knee joint pain and allow long time sufferers to get back to normal activities and potentially avoid total knee replacement.

Testimonial:

Now, I can go hiking, play tennis and started back jogging as well

“After my treatments at Atlanta Medical Clinic, I am now able to bend my knees without pain. I believe that the hyaluronic acid treatments in addition to physical therapy and exercise was a vital part of me getting my mobility back.”

Mardeene

You are about to learn how an all natural, non-surgical, drug free, series of injections that are directly pin pointed into the knee joint has helped relieve pain for over 75% of patients studied in clinical trials and in turn helped many sufferers avoid knee replacement surgery.

Atlanta, GA - Osteoarthritis is the most common form of arthritis and the leading cause of chronic disability in the United States. It affects nearly 27 million people in the United States alone. Some osteoarthritis sufferers live with such excruciating pain that their quality of life is drastically affected. Many arthritis sufferers have to alter their lifestyle and reduce their activity levels in order to manage the pain.

Frustrated arthritis sufferers sometimes become emotional because they can no longer do simple daily activities that had never been an issue before. Chronic pain often leads to depression due to the frustration of not being able to perform simple tasks that for years were effortless.

When activities that shouldn't be strenuous or time consuming become difficult and take much longer than expected it takes an emotional toll. This often leads to a more stagnant way of life, which then opens up a whole myriad of health issues.

Motion is the key to staying healthy as immobility leads to more advanced degenerative processes, weight gain and circulatory issues just to name a few.

De-habilitating arthritic pain creates a vicious cycle that needs to be addressed as soon as possible to prevent it from spiraling out of control. The time is now to take back control of your life, live pain-free and regain your quality of life back!



Pain



No Pain

There is Hope!

The Atlanta Medical Clinic, in Midtown Atlanta, provides relief for hundreds of their patients with a technique that has been researched since the 1970's and has been approved by the FDA on May 28, 1997. Hyaluronic Acid is considered a treatment or therapy and not a drug. Because it's not a drug, there are few side effects, and Hyaluronic Acid Treatments can be administered in the office quickly and painlessly.

Testimonial:

I've been able to stand and walk longer
“I wasn't able to stand or walk for any length of time. Since the treatment, I've been able to get around with substantially less pain.”

Larry

Dr. Dembowski, clinic director of The Atlanta Medical Clinic, says, “This is one of the best kept secrets in medicine. Our office specializes in the natural pain management of osteoarthritis, low back, neck, and joint pain. We offer the complete package when it comes to pain management - our medical doctor has been in practice for over 30 years and has dedicated the last 10 strictly to pain management; our physical therapist has worked extensively with the elderly population as well as professional athletes; our chiropractor specializes in arthritic conditions of the spine and knees. When we first heard about Hyaluronic Acid Treatments, we were skeptical, because we had tried so many other therapies. Fortunately, it didn't only work, it worked great and that's not coming from us but from our patients. We know we are

making a difference when our patients can resume some of their normal activities without pain and put the thought of knee replacement surgery on the back burner.”

Having board certified physicians whom all have different specialties working together under one roof gives patients the best of all worlds when it comes to natural pain management. Being thorough with patient care is the key to success as there is a lot more to this treatment than just the injection. By providing physical and rehabilitation services in addition to the Hyaluronic Acid Treatments, patients heal faster and stronger than ever before.

Not everyone is a good candidate for Hyaluronic Acid Treatments although it has helped the majority of patients. Therefore, a complete screening and examination is required.

Natural Substance Found In Roosters Relieves Knee Joint Pain

Hyaluronic Acid is a sterile mixture that is made up mostly of a natural, highly purified sodium hyaluronate that comes from rooster combs. Hyaluronate is a natural chemical found in your body and is present in high amounts in joint tissues and in the fluid that fills the joint. Your bodies own hyaluronate acts like a lubricant and a shock absorber in the joint and is needed for the joint to work properly. In osteoarthritis, there is a lack of hyaluronate in the joint.



The common Rooster produces the same chemical, hyaluronate that your body makes. By processing it and purifying it, doctors can use it to restore this chemical in your knee. This eases the bone on bone wear that causes the pain, stiffness and swelling.

Hyaluronic Acid Treatments work because it complements the hyaluronate that your body produces. It substitutes and adds to the amount and quality

“a Strength” Over For Knee Pain

As Knee Treatment below has Saved From Knee Replacement Surgery.

found in your body. Hyaluronic Acid may provide relief and give you the ability to return to a normal life. This treatment replaces lost hyaluronate in the knee joint making you feel more comfortable and pain free.

If you are experiencing pain and limited mobility, you owe it to yourself to find out if Hyaluronic Acid Treatments can provide you with the relief that you want. There is hope, but only one way to find out if Hyaluronic Acid Treatments can help you.

The Atlanta Medical Clinic Goes the Extra Mile

The Atlanta Medical Clinic uses a diagnostic ultrasound to administer guided Hyaluronic Acid injections. Without guided technology, when Hyaluronic Acid is injected into the knee, there is a very good chance that the shot can miss the target.

Ultrasound is an imaging technique commonly used by physicians to obtain real-time moving images of the patient’s internal structures. In its simplest form, an ultrasound consists of an X-ray and a monitor where the doctor can see exactly where the needle is positioned and precisely how the procedure is being executed. Our doctor can place your Hyaluronic Acid injection precisely where it needs to go.

The biggest problem with Hyaluronic Acid injections is that the joint is often missed. Without Ultrasound guidance the chances of pinpointing a needle into the joint are remote. Moreover, because our physicians use this technology, they get your injection in the center of the target every time.

Even if you’ve tried Hyaluronic Acid Treatments in the past without significant results, there may still be a chance that The Atlanta Medical Clinic can help because of the use of the guided ultrasound technology in addition to a prescribed physical therapy regiment.

Testimonial:

I was hesitant at the beginning

“I came in due to excruciating pain and sometimes sleepless nights. There were many times I couldn’t get up. I was hesitant in the beginning, but this was my last resort. Now, I am almost completely pain free.”

Paul

Knee Replacement is not in my future

“My knee pain was crippling; I couldn’t walk or climb stairs. Since the treatment I’m walking and climbing stairs pain free. When I first came to their office my pain was around 7 or 8 - now it’s at zero.”

Yolanda

Turn The Table On Joint Pain

Hyaluronic Acid cushions the joint making it more comfortable to flex and extend the leg, allowing you to walk with less pain. In turn, this allows you to resume your normal activities without as much discomfort.

You deserve to feel optimistic, and if Hyaluronic Acid Treatment works for you, then you’ll feel excited to regain your quality of life back. If you are suffering from knee joint pain, then you owe it to yourself to find out if Hyaluronic Acid treatments will work for you.

Hyaluronic Acid Treatments Covered By Medicare and Most Insurance Because the FDA has approved Hyaluronic Acid Treatments, most Insurance plans including Medicare cover them.

Here’s what you can expect when you call now.

You get a completely **FREE** consultation to determine if you are a good candidate for Hyaluronic Acid Treatment. You will receive a complete screening and knee evaluation to determine if

Hyaluronic Acid can relieve your joint pain and discomfort.

When you are found to be a good candidate for Hyaluronic Acid, you will be scheduled for treatment and begin your journey to freedom from knee pain and regain control of your life. You’ll be able to spend quality time with your friends and family, and regain your quality of life.

Because there is a limit to the number of patients that he can physically see, we must limit this offer to only 20 free screenings. Call now to see if there is an opening available for you because you may not have to live with chronic pain. You could be one of thousands who experience relief from pain and begin enjoying life again.

Your free consultation will only take a few minutes. If the doctor believes that you are a good candidate for the procedure, then you will be scheduled for treatment right away. Call our office now toll free, at 1-855-998-3000 and ask for Nicole who will schedule your introductory, no cost and no obligation consultation to find out if this new cutting edge therapy can work for you.

Remember, the FDA has approved Hyaluronic Acid Treatments and most insurance plans, including Medicare, cover them.

Don’t hesitate, call right away because Hyaluronic Acid Treatments may work for you, by improving your mobility, decreasing your pain and in turn increasing your quality of life without drugs or surgery. There is a solution, please take advantage and **Call Now.**

SPACE IS LIMITED!

FREE CONSULTATION FOR LIMITED TIME

WE ACCEPT MOST INSURANCES INCLUDING MEDICARE



ATLANTA MEDICAL CLINIC

699 B Piedmont Ave., N.E. • Atlanta, GA 30308

CALL TODAY!

855-998-3000

Local Toll Free Number

VISIT US @ ATLANTAMEDICALCLINIC.COM

ART
from page 9

with the annual Holiday Show & Sale with all types of fine arts, crafts, food, wine, music, and holiday decorations. The festivities begin with an opening reception on November 19th at 6:00 pm at The Art Center and are ongoing through January 13, 2012.

The Art Center, home of the Galleries on West Main, is located at 20 West Main Street, Blue Ridge, GA 30513 is open year round from

Tuesday - Thursday: 10am - 4pm and Friday & Saturday: 10am - 6pm and may be reached on their web site www.blueridgearts.net or by dialing 706-632-2144.

Artists and art supporters may be interested in joining the Southern Appalachian Artist Guild (SAAG) 706 632-2144 or e-mail blueridgearts@gmail.com. Their website is: www.southernappalacianartistsguild.org. The Guild meets the second Thursday each month at 6:00 pm. at The Art Center. Meetings feature a variety of guest speakers.



Mini-cab by Chris Hefferen



Blue Yin Yang by Adri Herman

Hapeville Manor
Assisted Living

A Tradition of Excellence in Caring for Senior Adults

We provide RESPITE care so you can have a break!

- 3 Meals A Day • Private Room With Cable
- Medication Supervision • Grooming • Bathing
- Physical Therapy • Exercise • Activities

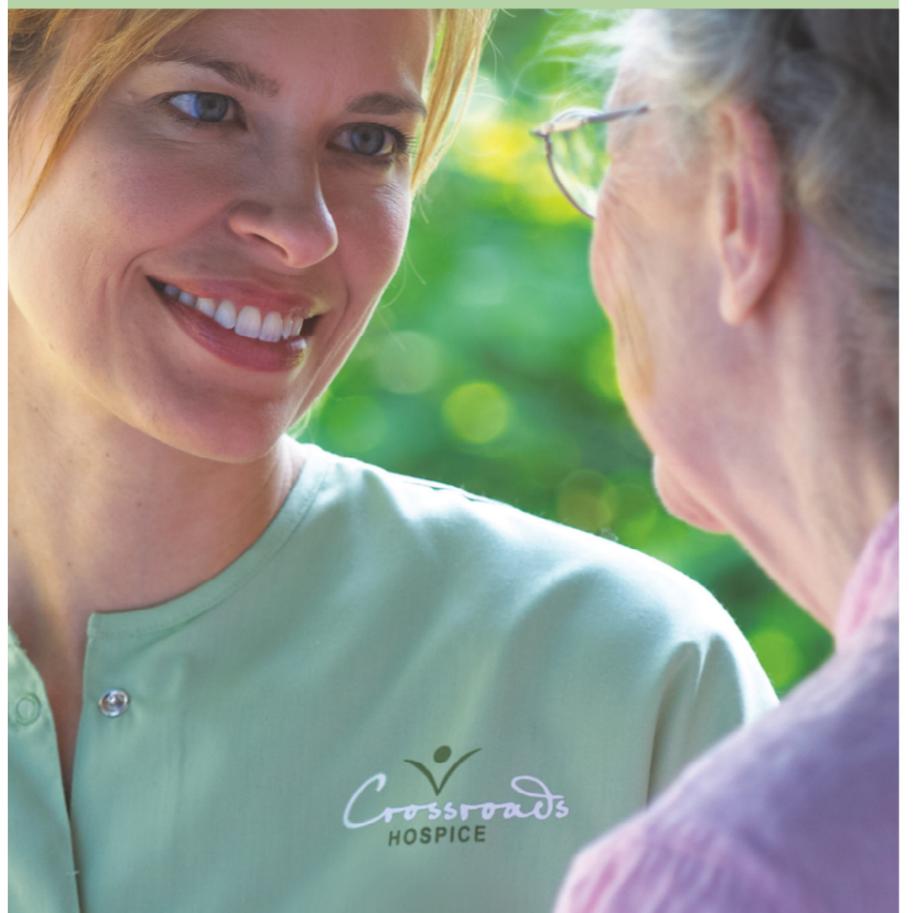
Stay 3 Days, Get One FREE!

Call us at 404-553-3912 today!

601 Coleman Street • Hapeville, GA 30354

NOBODY SPENDS MORE TIME WITH PATIENTS, FAMILIES AND CAREGIVERS.

And nobody offers more innovative programs and support.



At Crossroads Hospice, we offer unmatched professional healthcare designed to provide more patient visits on a daily basis, greater patient monitoring, and more hand-holding when it matters most. With one phone call, Crossroads can begin providing all of the medications, equipment and support you need...regardless of your ability to pay.



Expect more from us. We do.

Accepting Medicare, Medicaid, private insurance and more.

Call toll free: 1-800-639-8783
www.CrossroadsHospice.com/Senior

Score a Job – Not a Scam: BBB advises job hunters to be on the lookout for the growing number of phony job postings

by **KELVIN COLLINS**
President/CEO, BBB of Central Georgia & the CSRA, Inc.

Looking for a job? You're not alone. With unemployment at a soaring rate of 9.2%, according to the U.S. Bureau of Labor Statistics, many job hunters are turning to online job boards to post their resume and search for jobs. Better Business Bureau is warning job seekers to proceed with caution before sharing their personal qualifications and inquiring about jobs found online.

As much as the Internet has made searching for jobs easier, it also provides an opportunity for ID thieves and scammers to take advantage of eager—and unsuspecting—job seekers. It's becoming more and more common for scammers to lure in potential candidates with phrases like, "Get rich quick – without even leaving your home!" all in the hopes of getting their personal information. Craigslist, Monster.com, Careerbuilder.com and now even Facebook are all breeding grounds for scammers and the like.

Job seekers need to be on the lookout for potential scams. Before posting your resume to a career site or inquiring about a job, make sure you know with whom you are dealing. Many job scammers are having candidates set up direct deposit accounts as part of the applica-

tion process and making it seem as though it's naturally part of the process to get an interview—when it's absolutely not.

BBB advises job hunters to be on the lookout for these red flags when conducting their job search:

- Employer emails are rife with grammatical and spelling errors. Most online fraud is perpetrated by scammers located outside the U.S. Their first language usually isn't English and this is often evident in their poor grasp of the language which can include poor grammar and the misspelling of common words.

- Emails purporting to be from job posting websites claiming there's a problem with a job hunter's account. After creating a user account on sites like Monster.com, Careerbuilder.com or Craigslist.com, a job hunter might receive an e-mail saying there has been a problem with their account or they need to follow a hyperlink to install new software. Phishing e-mails like this are designed to convince readers to click a link within the message to fix the issue, but actually take them to a website that will install malware or viruses on their computer.

- An employer asks for extensive personal information such as social security or bank account numbers. Some job seekers have been surprised to learn they've gotten a job without having to do a single interview. However, when

the employer then asked for personal information in order to fill out the necessary paperwork suspicions were raised – and rightly so. Regardless of the reason or excuse given by the employer, a job applicant should never give out his or her Social Security or bank account numbers over the phone or e-mail.

- An employer offers the opportunity to become rich without leaving home. While there are legitimate businesses that allow employees to work from home, there are also a lot of scammers trying to take advantage of senior citizens, stay-at-home moms, students and injured or handicapped people looking to make money at home. Job hunters should use extreme caution when considering a work-at-home offer and always research the company with their BBB first at www.bbb.org.

- An employer asks for money upfront. Aside from paying for a uniform, it is rarely advisable for an applicant to pay upfront fees or make a required purchase to get a job. Most recently, the BBB of Metropolitan Dallas uncovered a scam where job hunters were told they had to pay \$64.50 for a background check before they could be considered for a cleaning job. Predictably, after paying for the background check, the job seeker never heard from the company again.

- The salary and benefits offered seem too-good-to-be-true. The adage holds

true for job offers: if the deal sounds too good to be true, it probably is. Phony employers might brag about exceptionally high salary potential and excellent benefits for little experience in order to lure unsuspecting job hunters into their scam.

- The job requires the employee to wire money through Western Union or MoneyGram. Many phony jobs require the prospective employee to cash a check sent by the company through the mail and then wire a portion of the money on to another entity. Reasons given for this requirement vary from scam to scam. Whatever the reason though, the check might clear the employee's bank account but will eventually turn out to be a fake and the employee is out the money he or she wired back to the scammers.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.



PHOTOS MADE BY RESIDENT
Sandy Andrews.
 PHOTOS MADE POSSIBLE BY
Cresswind.



This is like no place you've imagined. Things you dreamed for yourself become reality with on-site enrichment programs. All surrounded by an endless list of unique amenities and benefits along Lake Lanier in Gainesville, Georgia. Homes from the \$180s to \$400s.

CRESSWIND™
 AT LAKE LANIER
 Resort-Inspired, Waterfront,
 Active Adult Community



Equal Housing Opportunity. © 2011 Cresswind is a registered trademark of Koller Homes. Prices subject to change without notice.

DHS encourages aging and disabled to be prepared for hurricanes and severe weather

By **JAMES BULOT**
Director of the Georgia
Department of Human Services
Division of Aging Services

Most Georgians think that flashlights, duct tape, batteries, and canned goods will get them through an emergency, but these items alone are not enough especially for older adults and people with disabilities who may require additional supplies. Seventy-eight percent of Georgians believe they are adequately prepared to get through 72 hours following an emergency, but studies show that most people have not taken the necessary steps to fully prepare themselves for a large-scale disaster.

There are three basics everyone needs to be prepared for emergencies; a plan, a disaster kit and regular information update about the dangers in your community. Older adults and those with

disabilities may need to take additional measures in order to be prepared.

They should also:

- Create a support network to help in an emergency
- Develop and communicate your emergency plan with your support network
- Give one member of your support network a key to your house or apartment to use in an emergency
- Contact your city or county government's emergency management agency to determine if they have a list of people with disabilities that you could sign up for to discuss their plans for evacuating those with disabilities
- If you are dependent on dialysis or other life sustaining treatments, know the location and availability of more than one facility
- Show others how to operate any special equipment you may have

Additional Supplies that they may need:

- Prescription medicines, list of medications including dosage, list of any allergies
- Extra eyeglasses and hearing-aid batteries
- Extra wheelchair batteries, oxygen
- Medical insurance and Medicare cards
- List of doctors, relatives, or friends who should be notified if you are hurt

If all Georgians would take these basic steps to prepare themselves for a disaster, it would go a long way towards surviving a disaster, should it happen in your community.

A user friendly state website which helps individuals prepare for emergencies is www.ready.ga.gov.

For more information on resources in your community to assist older adults and people with disabilities, please visit DHS' Division of Aging Services at www.aging.dhr.georgia.gov.

BBB advice on Keeping Pesky Bed Bugs at Bay and out of Your Home

by **KELVIN COLLINS**
President/CEO, BBB of Central
Georgia & the CSRA, Inc.

It appears that the bed bug infestation has hit homes once again. These pesky little critters are not only latching onto your beds, but to your wallets as well. Some self-proclaimed bed bug eradicators are coming into your home with the intention to only take your money and not actually rid you of your critter problem. The Federal Trade Commission (FTC) and Better Business Bureau are advising consumers on ways to ultimately prevent bed bug infestations from stepping "foot" in your home.

In just this year alone, BBB has received over 375 complaints against pest control service companies. In an October release, BBB recommended tips for choosing a trustworthy pest control company to banish bedbugs. This time, BBB, along with the FTC is advising consumers on ways to prevent a bed bug problem from taking over your home in the first place.

While it may be easier said than done, it's always important for consumers to know how to prevent and control a pest problem. Preventing the problem, prevents the possibility of a pest control scam.

BBB and the FTC urge consumers to be proactive when it comes to preventing bed bugs from entering your home.

Inspect, inspect, inspect? If you recently purchased furniture from a secondhand store or flea market, make sure that your purchase doesn't actually have "fleas," or in this case, bed bugs, before bringing it into your home.

Take out the "hide" in hide-and-go-seek. Keeping bed bugs from being able to hide is important. Only enclose mattresses and box springs in covers labeled "allergen rated," "for dust mites," or "for bed bugs." Make sure to periodically check for rips or openings so that you can patch them up securely. That also includes repairing cracks in plaster, loose wallpaper and any loose light switch covers and being proactive by always making sure to apply caulk to seal crevices, joints in baseboards and gaps on shelves or cabinets.

Don't be a hitchhiker. When traveling, use luggage racks to hold your suitcases when packing and unpacking rather than setting your luggage on the bed or floor. When staying in a hotel, check the mattress and headboard before getting into bed. Keep the critters from infesting your home by unpacking directly into a wash-

ing machine. Wash all items showing bed bug stains, and dry on the highest setting for at least 20 minutes. The heat from the dryer kills the bugs. Before relaxing, inspect and then vacuum your luggage. Empty the vacuum or seal and dispose of its bag outside of your home after each use.

For more tips on choosing a trustworthy pest controller or to learn more about keeping bed bugs out of your home, visit www.bbb.org, the FTC's consumer alert www.ftc.gov/bcp/edu/pubs/consumer/alerts/alt194.shtm and the National Pesticide Information Center www.npic.orst.edu/pest.htm.

Kevin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org.

The Zaban Tower at The William Breman Jewish Home



"Home is where your heart is and there is lots of heart at The Zaban Tower."

"People ask me what it's like to get older, and I say, 'When I get there, I'll let you know.'"

Rachel Lehmann

- Independent and Assisted Living Available
- 1 Bedroom and Studio Apartments NOW AVAILABLE
- Kosher Dining

3156 Howell Mill Road
 Atlanta, Georgia 30327

Call Marcy Graiser at
 404-351-8410 x532

www.wbjhome.org

Rent subsidized by HUD. Must meet HUD age and income requirements.

* Must be 62 years of age or older. Income limit \$24,900 for 1 person, \$28,500 for 2 persons. Certain medical deductions allowed and assets are not considered income.



1462520



You're Invited . . .

we don't want you to miss it!

Our annual Magnolia Ball
Sunday, October 2, 2011
4:00 - 6:00 p.m.
for seniors & the elderly

Live band and soloists
 Johnson Ferry Baptist Church
 955 Johnson Ferry Rd.
 Marietta, GA 30068
 770.794.2968 r.s.v.p.
 This is a free event; reservation required

Out & About

Callanwolde Fine Arts Center Gallery is presenting "Faces of the Yards of Clutter"

An Exhibit of Photographs by Tom Zarrilli

Special to *Senior News*

The exhibit will open on Friday, September 16, with a reception for the artist from 7 to 9 pm, and run through November 11. Admission is free and the public is invited.

This exhibit is in conjunction with the annual city-wide event, "Atlanta Celebrates Photography."

Tom Zarrilli has been photographing, writing about and documenting yard sales since 2004. His cultural and sociological examination of Americans and the clutter they sell in their yards has resulted in several exhibitions in the southeast. In "Faces of the Yards of Clutter" Zarrilli offers intriguing and amusing portraits of the sellers and the objects they no longer want in their lives and living rooms. "In this exhibit, photographed entirely in Atlanta neighborhoods, you may recognize a neighbor," says the artist, "or perhaps something you've purchased at a yard sale."

In addition to his photographic work, Tom Zarrilli has exhibited conceptual, performance and multimedia works at galleries in Georgia, Tennessee and Virginia. He currently resides in Atlanta.

An informal artist talk will be held on Saturday, October 8, from 10-11 am in the

gallery.

The gallery is located on the second floor of the main building in the

Callanwolde mansion at 980 Briarcliff Road, Atlanta. Viewing hours are from 10 am to 8 pm, Monday through Friday, and 10

am to 3 pm on Saturday.

For more information call 404-872-5338 or visit www.callanwolde.org.

Debut film delivers message of hope

Independent filmmaker seeks to change perceptions of families with mentally and physically challenged children and adults.

Special to *Senior News*
Lilburn, GA

Gloworm Productions, LLC's debut film, *Special Needs*, is a personally inspired story. Scott and Sharon Sowers' daughter, Gloria, is an autistic and mentally delayed young adult. One child in every one hundred and five is born with some form of autism and millions more are physically disabled at birth or become disabled by illness or injury. *Special Needs* is a heart warming "slice of life" for the loving families chosen by God to care for these beautiful folks. The message they hope to convey to the world is that special needs people are not a burden; they are a

blessing. Filmed in Gwinnett County Georgia, with a local cast and crew, *Special Needs* delivers quality entertainment for the entire family. It is an emotional journey of pain, sorrow, joy, laughter and romance, which will captivate your heart. In addition, it offers original music and toe tapping country songs.

Scott and Sharon raised over \$1,500.00 for the Grayson Athletic Association Special Populations Program, at their small premiere, and plan on helping other ministries and charities by giving back with fund raiser screenings and by donating part of the proceeds from each DVD purchased from their web page, to the charity of the buyer's choice.

"We have come a long way in accepting and understanding people who are different. It's our hope that future generations will benefit from stories like ours, which celebrate people with

disabilities and reinforce the truth that we all have needs, some are just more special than others. This is our song and this is our goal."

Scott and Sharon Sowers
Gloworm Productions, LLC

Contact Information:

- glowormproductions@comcast.net
- www.specialneedsthefilm.com
- www.jango.com/music/sharon+sowers
- www.myspace.com/sharonsowers

Attention Senior Centers! Why use FoRP Travel?

We make senior tours easy and affordable by providing

- Day and overnight tours for any budget.
- Pre-designed, custom itineraries to over 50 destinations in North America.
- The best value for your travel dollar.
- Deluxe motorcoach transportation INCLUDED in our prices.
- Bus trips that begin and end at the location YOU choose.
- On-site support by a destination manager, if requested.
- 1 free trip for group leader.
- Free flyers to help you promote your bus trip.

Contact: Reginald or Precious White ~ 770.316.5789

Email: info@forptravelclub.com

Website: www.forptravelclub.com

FoRP Travel 



SEPTEMBER 30



OCTOBER 1



OCTOBER 12



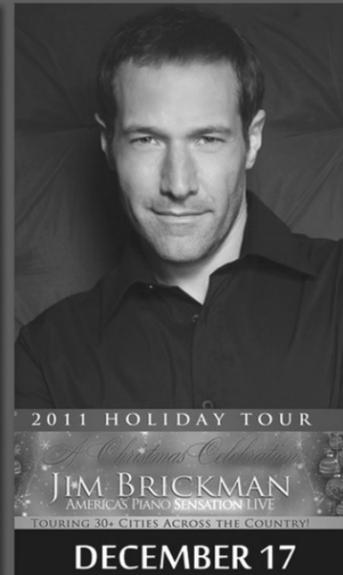
NOVEMBER 25



NOVEMBER 27



DECEMBER 4



DECEMBER 17



JANUARY 15



Atlanta's Premier Performance Venue

For tickets visit the Bank of North Georgia Box Office at Cobb Energy Centre, charge by phone at 800-745-3000, all Ticketmaster outlets or Ticketmaster.com

www.cobbenergycentre.com

Atlanta CALENDAR

Senior Citizen Services

1705 Commerce Drive, NW, Atlanta. For information on programs offered call 404-351-3889.

Cobb Senior Services

• Administrative Office: 32 N. Fairground Street, Marietta, GA 30060, 770-528-5355
• For events & activities: www.cobbse-niors.org

Multipurpose Centers:

(Seniors age 55+)

- East Cobb Senior Center: 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900
- Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400
- North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-975-7740
- West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200
- Windy Hill Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5320
- Senior Day Center: 277 S. Fairground St., Marietta, GA 30060, 770-528-5399

Neighborhood Centers:

(Seniors age 60+)

- Austell Senior Center: 5580 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
- Marietta Senior Center: 32 N. Fairground St., Marietta, GA 30060, 770-528-2516
- North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-974-2984
- Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

Fulton County Senior Services

The Fulton County Government coordinates a variety of services at 20 senior centers. For the nearest center or more information call the Fulton County Senior Information and Assistance at 404-613-6000, or visit www.myfultoncountyga.us.

Senior Multipurpose Facilities

- Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-705-4900. "Council on Aging," Mon.-Fri., 8:30 a.m.-5 p.m.
- H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point, 404-762-4821.
- Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.
- Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue,

Atlanta, 404-523-3353.

Neighborhood Senior Centers

- Alpharetta/Crabapple Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.
- Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
- Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.
- Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.
- Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.
- Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.
- Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.
- Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.
- Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.
- New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.
- Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.
- Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
- Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583
- St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.
- Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.
- Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

- Roswell Recreation Senior Citizens Club: Meets each Wednesday. Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.
- Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.
- Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.

Lawrenceville Senior Center

225 Benson Street, Lawrenceville
770-822-5180.

Gwinnett Senior Center

225 Bethesda Church Road,
Lawrenceville, 770-822-5147

Bartow County Senior Center

Cassville, 770-383-7383
www.bartowga.org

Fayette Senior Services

4 Center Drive, Fayetteville
770-461-0813. Call for complete details on services offered.

CLUB 55

The Bridge Community Center
225 Willowbend Rd., Peachtree City
www.thebridge-cc.org

• Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details call The Bridge Community Center or visit www.thewypers@bell-south.net.

Alzheimer's Support Group

On the third Monday of every month at 7:00 p.m., Cypress Court and Vinings Place and the Greater Georgia Chapter of the Alzheimer's Association are sponsoring an Alzheimer's Support Group. This support group is intended for families and friends of a loved one afflicted with Alzheimer's Disease. For additional information and directions call 770-803-0100.

Parkinson Disease Support Groups

For information on Parkinson Disease Support Groups in the metro area, please contact Lynn Ross, LMSW, Coordinator, American Parkinson Disease Association Information & Referral Center, Emory University, at 404-728-6552 or slross@emory.edu.

Multiple Sclerosis Center of Atlanta

Support group meetings second Tuesday each month, 4-5:30 p.m., MSCA in Buckhead, 3200 Downwood Circle, Suite 550, The Palisades Building. For additional information call 404-351-0205, ext. 110, or visit www.msatl.org.

Alzheimer/Caregiver Support Group Meeting

First Mon. each month, 10:30 a.m. Free respite care for your loved one during meeting, must call in advance. Aloha to Aging, Inc. located in the Mt. Bethel Community Center, 4608 Lower Roswell Rd., Marietta. Call 678-439-1177.

Square Dance Class

Singles & couples welcome; free childcare, ages 5+. Hosted by Kennesaw Square Dancers. Call 404-808-8689 or visit www.squaredealers.com.

Button Gwinnett Society

Meets quarterly at the 1818 Club for fellowship and interesting speakers. Meetings begin at 6 p.m. For complete details call Elliott at 770-840-1003 or elliott@brack.net.

Senior Ballroom Dance

First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-679-1349.

Friends of Smyrna Library

100 Village Green Circle, Smyrna
www.friendsofsmyrnalibrary.org
770-436-8062; Third Thursdays

Georgia Center for the Book

DeKalb County Public Library
215 Sycamore Street, Decatur
404-370-8450, www.georgiacenterforthe-book.org

Roswell Library

115 Norcross St., Roswell
770-640-3075

East Point Library

2757 Main St., East Point
404-762-2094

Buckhead Library

269 Buckhead Ave., Atlanta

Atlanta World War II Round Table

Meets at the Petite Au Berge Restaurant, 2935 N. Druid Hills Rd., Atl. Rest: 404-634-6268, www.petiteauberge.com. For information call John Kovach at 770-928-4579 or visit our website at http://atlantawwiiround-table.org.

East Cobb AARP

AARP New Members and Volunteers Welcome. First Thurs. of the month, 1:30-3 p.m., East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. Contact Joan Ferrandino at 770-579-5191 or Arlene LeClair at 770-321-9789.

Woodstock AARP Chapter 5173

Meetings held 2nd Tues. of each month, 11:30 a.m.-1:00 p.m., Hearsh Restaurant, 3055 Eagle Watch Dr., Woodstock. Call Alice Kuzniak at 770-928-5640.

Sandy Springs AARP

Meets the 2nd Tues. of each month at 2:00 p.m. in The Dorothy C. Benson Senior Center, 6500 Vernon Woods Drive, Sandy Springs. Contact Miriam Hahn at 404-252-2989 for information.

PALS Lunch 'n Learn Sessions

For details call PALS (Perimeter Adult Learning and Services) at 770-698-0801. • Mondays, Sept. 12 to Oct. 31, 9 a.m.-3 p.m., Dunwoody Baptist Church. Call for details and complete schedule of offerings.

Senior Connections' Adventures In Learning Classes

Mack Love Senior Center, 1340 McConnell Dr., Decatur
Online catalog available at www.senior-connectionsatl.org or call 404-321-6060.

Monthly Sacred Harp Singing

Thurs., Sept. 1, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Awake My Soul*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details and directions call 404-892-6836 or visit www.atlantasacredharp.org.

Monthly Song Circle

Fri., Sept. 23, 7:30 p.m. Group singing just for fun... no performances. Open to all. Folk music, old standards, gospel, political songs, pop, freedom songs, country, show tunes, and more. East Lake location. For complete information call Bob at 404-378-5424.

South Cobb Yellow Rocks

Square Dance Club
Dances on the second and fourth Saturday nights, 8-10:30 p.m., each month at the South Cobb Community Center, 620 Lions Club Dr., Mableton. Call Marshall/Edna Vix at 770-941-3632 or Ronald/Kathy Bickers at 678-838-8198.

Volunteers Needed To Deliver Food

South Fulton Senior Services Meals on Wheels Program is currently seeking dedicated volunteers to deliver hot meals to senior citizens in the South Fulton County Region. Your warm and friendly face can brighten up a senior's day. Only takes 1 to 1 1/2 hours to collect and deliver the meals. For details contact Harry Miller or Jerrell Hall at 404-559-0070.

Volunteers Need for Meals on Wheels

Senior Connections needs volunteers to deliver hot, nutritious meals to homebound seniors in your area. Three convenient pickup locations in Chamblee, Decatur and Lithonia. Call 770-455-7602 or register to volunteer online at www.seniorconnection-satl.org. Call for new class offerings.

continued on page 17

NOTICE TO ALL VETERANS

Who Have Honorably Served Their Country in War & Peace

Because of the lack of burial space land devoted to a national cemetery, we at Gwinnett Cemetery Group proudly... have dedicated a Garden of Honor to accommodate honorably discharged Veterans and SPOUSES. As an Honorably Discharged Veteran who does not already own cemetery property, you qualify for a space at NO CHARGE. Payment of endowment care and deed transfer fees required. However, you must register for the space and show proof of an Honorable Discharge Certificate for the space. Spaces will be granted on a first come, first-served basis. To assure a reservation for you and your spouse mail coupon below to:

Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30046.

Gwinnett Memorial & East Shadowlawn Memorial Gardens, Lawrenceville • White Chapel Memorial Gardens, Duluth
*Not Affiliate With Any Government Agency

Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30046

I'm interested in taking advantage of this special opportunity

Veteran	Address		
City	State	Zip	Phone
Spouse's Name	Number In Family		

\$1.00 OFF **ADMISSION WITH THIS AD!**
1 coupon per person. Expires 9-12-11
2nd Weekend of Every Month!

Atlanta, Georgia
Fri. & Sat. 9-6 Sun. 10-4
3 miles east of Atlanta Airport,
1-285 at Exit 55
2875 & 2876 Chamblee Rd.
Scott Antique Markets
740-569-2800
www.scottantiquemarket.com
America's Favorite Treasure Hunt!

Atlanta Expo Centers
September 9, 10 & 11 • October 7, 8 & 9 • November 11, 12 & 13

MAKE A MOVE
A Community Service

We Make Your Move EASY...

Moving Flat Rates | A simple, easy and painless transition into a new community. | Storage Packages

\$375.00-External Moves (into or out of the community)	\$165.00 - 3 Vaults (Approximately 2 Bedrooms)
\$150.00-Internal Moves (from suite to suite)	\$275.00/month - 5 Vaults (Approximately 3 Bedrooms)
\$270.00-Haul Offs	\$385.00/month - 7 Vaults (Approximately 5 Bedrooms)

ALL INCLUSIVE DEAL
\$650 for Move in, Storage Haul Off and 2 Vaults

Call us at 404.437.6338 to take advantage of our flat rates

Marietta Health and Rehabilitation Center
50 Saine Drive
Marietta, GA 30008-3824

We provide Long and Short Term Services
24-Hour Skilled Nursing Services • Physical Therapy
Occupational Therapy • Speech Therapy • Tube Feeding
IV Therapy • Quality Assurance Program • Social Events and Activities

Contact Person: Sarita Hunley, Admissions Director
770-429-8600 Fax: 770-429-8677

**Change Your Water...
...Change Your Life!**

Clean out acid and toxins on the cellular level and have a healthier, vibrant body at any age!

Dr. Hiromi Shinya says:

1. Drink the right water
2. Eat 85% vegetables/fruits
3. Exercise
4. Stay happy

To learn about the right water go to
www.ILoveGoodWater.info
404-668-2420

Quality Elderly Living
**Lenox Summit
Apartment Homes**

- Spacious Apartments - One Bedroom
- Rent Based On Income
- All Utilities Included
- Great Location – Buckhead
- Easy Access To MARTA

2449 East Club Drive
Atlanta, Georgia

404-231-1580 Equal Housing Opportunity

CALENDAR
from page 16

New Neighbors League Club
Prospective member orientation, first Wed. each month at the New Neighbors Welcome Center, 479 S. Atlanta St., Roswell. Luncheon and program second Wed. each month at various locations. Volunteer orientations are conducted every Monday at 1 p.m. For complete details call 770-993-7886.

Volunteers Need for Meals on Wheels
Meals on Wheels volunteers needed in DeKalb neighborhoods. Deliver hot, nutritious meals to homebound senior neighbors in your area. Three convenient pickup locations including Chamblee, Scottdale and Lithonia. Call Senior Connections at 770-216-2574.

Cong. Shema Yisrael
The Open Synagogue holds services every Sat. at 10:15 a.m., Jewish Family and Career Services, 4549 Chamblee-Dunwoody Rd., Atlanta. Call 404-943-1100.

Achva Adult Day Club
The Achva Adult Day Club meets at Ahavath Achim Synagogue on Wednesdays and Fridays, 11 a.m.-3 p.m. Open to the community and provide meaningful activities for those with memory loss or physical challenges. Contact Leah Steiner at 404-603-5756 for information.

VOLUNTEER OPPORTUNITIES FOR 55+
The Metro Atlanta RSVP program, sponsored by the Atlanta Regional Commission, Area Agency on Aging, is currently accepting applications for volunteers to help educate older adults about issues that are important for remaining healthy and independent in their communities. Join a force of talented volunteers, age 55 and over, whose members are utilizing their unique life experiences and skills to share important information with older adults. RSVP volunteers play a critical role in providing education and outreach in the community so older adults can make informed choices about available programs and services. Free training is provided for all volunteers and flexible schedules are available. Volunteers 55+ are eligible to receive mileage reimbursement and supplemental insurance.

For more information, please call 404-463-3119 or email enaumann@atlantaregional.com.

Alzheimer's Support Group
4th Thurs. of month, 6:30-8:00 p.m., GoldenCrest Assisted Living, 2160 Lake Harbin Rd., Morrow. For details call Gery Saunders at 770-961-2200.

continued on page 18

**BUSINESS
CARD SECTION**

For Advertising Information Call
Janet Tassitano at 770-993-2943
or **Linda Conyers at 770-924-6905**

VALLEY HILL
Senior Community

**Valley Hill Senior Apartments
Senior Luxury Apartments**

Spacious 1 & 2 bedroom apartment homes, total electric. Private patios, Community business center, Onsite laundry center, Community garden, weekly activities. Close to everything, near public library Walmart, doctors' offices and much more...
Ages 55 and plus. Starting from \$610.00

**Call Today
770-210-0912**

This institution is an equal opportunity provider and employer

**ATS NON EMERGENCY
MEDICAL TRANSPORT**
Providing Services to the Atlanta Metropolitan Area
Clean, Well-Maintained Vehicles
Courteous and Professional Services • Ambulatory and Wheelchair Services • Private Pay

ATS Transport
Powder Springs, Georgia
678-398-0200

Point of Need
Home Medical Equipment & Supplies
2390 Main Street, Tucker, GA 30084
770-938-7922 770-938-7923
Monday-Friday • 9:00 a.m.-6:00 p.m.

Wheelchairs • Scooters • Lift Chairs • Walkers/Rollators/Canes
Diabetic Shoes/Supplies • Bath Aids • Bathroom Equipment • Medical Supplies
Sales – Rentals – Repairs
Free Delivery & Set-Up within 60 miles • Private Pay & Most Insurance Accepted
pointofneedinc@yahoo.com

CARING FOR PATIENTS.
With kindness and compassion.

Choosing a provider for hospice services is a very important decision. You want to ensure that your loved ones will be cared for both professionally and compassionately. Amedisys Hospice Care of Kennesaw promises both. We improve the quality of life for patients facing a life-limiting illness and provide comfort and support for their loved ones.

Amedisys Hospice Care of Kennesaw
Kennesaw, GA
770.423.1316 • 866.921.1668

PHOTOS MADE
By resident
SANDY ANDREWS.

PHOTOS MADE
possible
BY CRESSWIND.

8:55 a.m.

3:09 p.m.

This is like no place you've imagined. Things you dreamed for yourself become reality with on-site enrichment programs. All surrounded by an endless list of unique amenities and benefits. Homes from \$180s to \$400s.

CRESSWIND
AT LAKE LANIER
Resort-Inspired, Waterfront,
Active Adult Community

www.cresswind.com • 888-820-5145

Respected by physicians,
trusted by patients.

a member of AUDIOGROUP
Dr. Terese I. Huber
Audiologist

AMP
THE INVISIBLE
HEARING AID

OUR SERVICES

- Comprehensive hearing evaluations
- 75-day trial period
- Service Excellence Guarantee in writing
- Technology for every lifestyle and budget

678.804.8020

only \$1500
for AMP Product
for a limited time

\$500 credit
When you upgrade
your current devices!

6130 Southard Trace • Cumming, GA 30040
Visit us online: www.audiologyhears.com

ATLANTA CHECKER CAB
*Transporting You & Your Packages
 In Atlanta For Over 60 Years!*

**NOW OFFERING
 Wheelchair Assist Vehicles**



24 Hour Computer Dispatched
404-351-1111
 Corporate accounts welcomed
 call 404-351-8255 X-103

Member Atlanta Chamber of Commerce
 Member of Atlanta Convention & Visitors Bureau

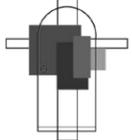
www.atlantacheckercab.com

Committed to Caring
 We are a skilled nursing center. We provide 24-hour nursing services. We offer excellent Rehab service specializing in Physical, Speech, and Occupational therapies. We also offer hospice services. Austell Health Care accepts Medicare, Medicaid, private pay, and most commercial insurance. Please contact:
**Priscilla Briley, Admissions Director, at
 770-941-5750**

**UNIHEALTH POST
 ACUTE CARE
 AUSTELL**
 1700 Mulkey Road
 Austell, Georgia 30106

**UNDER NEW MANAGEMENT
 ~ NOW LEASING ~**

BAPTIST TOWERS
 SENIOR RETIREMENT COMMUNITY
 FOR A LIMITED TIME
 NOW ACCEPTING AGE 62 AND OLDER!



1881 Myrtle Drive, SW
 Atlanta, GA 30311
404-758-4562
 Fax: 404-753-2217

- All Utilities Included
- Rent Based on Income
- No Application Fee
- Service Coordinator On-Site
- Controlled Access Building
- Free Shuttle
- Emergency Call System
- Planned Activities

Professionally managed by National Church Residences • www.ncr.org

**Personal Care Services
 delivered with a
 professional touch!**



**Choice Care
 Assisted Living, Inc.**

- Private & semi-private rooms available with full baths
- Three delicious, well balanced meals served with unlimited snacks daily
- 24-hour nursing staff assisting each resident

Call or visit our website to schedule a visit!
678-691-8188
www.choicecarealf.com

CALENDAR

from page 17

Grandparents on the Move Meeting
 Every 3rd Thurs., 10 a.m.-12 noon, Helene Mills Center, 515 John Wesley Dobbs Ave., Atlanta. Everyone invited. For details call 678-938-6649.

N.A.R.F.E.
 All federal civilian employees and retirees are invited to join N.A.R.F.E. (National Active and Retired Federal Employees Association). Call T. Jerry Samples at 770-973-2834.

Metro Atlanta RSVP Needs Volunteers 55+
 To help educate older adults on topics important to helping them live independent healthy lifestyles. For complete details call 404-463-3119 or email: enaumann@atlantaregional.com.

Lifespan Resources, Inc.
 3003 Howell Mill Rd., NW
 An interfaith, non-profit volunteer organization recognizing and responding to the needs of older persons in North Atlanta. For details call Laurie Stokes, Executive Director, at 404-237-7307 or www.lifespanresources.com.

Volunteers Needed by CASA – Court Appointed Special Advocates
 Be a positive influence and help provide stability and leadership in a child's life. Consider volunteering with CASA. For complete details call 770-345-3274 or visit www.casacherokee.org.

Newnan-Coweta Habitat for Humanity ReStore
 Open Tues.-Sat., 9 a.m.-5 p.m., 150 Pine Rd., Newnan. Donations accepted 9 a.m.-4:30 p.m. Tues.-Sat. Call 770-252-4061.

FODAC Needs Donations
 4900 Lewis Rd., Stone Mountain. FODAC depends on your financial donations as well as your donations of medical equipment and household goods to our thrift store. You can donate online. You can also donate your used automobile. For complete details call 770-491-9014 or email: fodac@fodac.org.

The Matt Adler Entertainers
 "The Matt Adler Entertainers," a Troupe O' Traveli' Seniors offers delightful entertainment for senior groups. One-act plays, skits, mostly comedy. Call Alice Adler at 404-296-7288 or alicerhodes357@mindspring.com.

continued on page 19

**BREAKTHROUGH IN HEALTH
 ASEA – Redox Signaling Molecules**
The Key To Living Younger Longer!

ASEA
www.TeamAsea.com/Staywell
404-668-2420

**Now Accepting
 Applications!**
Affordable Apartments for Seniors Age 62 +
 You'll love the feeling of community and independence in our cozy apartment homes – Lakewood Christian Manor celebrates the splendor of senior life!

Cozy 1-bedroom & efficiency apartment homes
 Utilities included in rent • Beauty Shop
 Library • On bus line • On-site laundry
 Planned activities • Community bus for special trips!
 Close to everything • We welcome small pets!

CALL TODAY!
404-766-1466
Lakewood Christian Manor
 2141 Springdale Road, SW
 Atlanta, GA

CoreCare Network
 ~ Free Assisted Living & Care Placement ~
 ~ Helping Seniors Make The Right Choice ~
 Medicaid Eligible, VA, Private Pay
 CCSP/Source Accepted.
Call 770-572-5225
www.corecarenetwork.com

SAVANNAH COURT

Savannah Court of Marietta is an elegant, yet affordable, Assisted Living and Memory Care Community located in Marietta, GA. Whether enjoying a cup of coffee in the gazebo, playing a game of trivia or mingling with residents at an afternoon social, the lifestyle at Savannah Court offers something for everyone!

Please call us today to schedule your personal tour.

886 Johnson Ferry Road • Marietta, GA 30068
(770) 977-4420
www.slm.net/scmarietta
 Assisted Living License #033-03-017-1
 A signature property of Senior Living Management Corporation

**Law Office of
 Thomas W. Nilson**
Serving Senior Citizens & Their Families

- Estate Planning
- Estate Administration
- Wills, Trusts, Advance Directives
- Guardianship & Conservatorship Services
- Comprehensive Estate & Medicaid Planning Evaluations
- Medicare and Medicaid Advocacy
- Uncontested Divorce

Tom Nilson, Attorney at Law
 P. O. Box 670373, Marietta, GA 30066
678-560-2149
 Email: twneiderlaw@bellsouth.net
 Member, National Academy of Elder Law Attorneys, Inc.

**Life Care Center
 of Gwinnett**



Thirty miles outside of Atlanta, Life Care Center of Gwinnett offers the convenience of a large city with the charms of a small town. Residents enjoy a friendly environment, dedicated staff, comfortable surroundings and individualized care that promotes maximum independence.

Life Care Center of Gwinnett
 3850 Safehaven Drive • Lawrenceville, GA 30044
770-923-0005

HEARING AIDS

Over 30 Years Experience!

DECATUR HEARING AID SERVICE

917 N. Indian Creek Dr. • Clarkston, GA 30021
404-299-1141

MAKE MONEY DAILY!

Struggling to make ends meet every month? Join me in this Home Base Business. You'll need to be computer savvy, love to talk on a phone, and have a desire to be successful!

Call Ann at 404-668-2420

PETE GUY PAVING, INC.

Driveways • Parking Lots
 Patching & Seal Coating
All Work Guaranteed!
Free Estimates!

P. O. Box 243 • Hiram, GA 30141
770-445-6831
 Cell: 770-318-4681



At VITAS, the Focus is on Life

If you know someone who is ready to focus on life, call VITAS.
 If you can volunteer to help a VITAS patient enjoy life, call VITAS.



Innovative Hospice Care • 404.843.6544 • 404.250.1806
VITAS VITAS.com
 twitter.com/VITASHospice

NEWLY RENOVATED COMMUNITY

TRINITY TOWERS
Senior Retirement Community
 (62 Years and Older)

2611 Springdale Road SW, Atlanta, GA 30315
404-763-4044

- All Utilities Included • Cable Ready
- On-Site Service Coordinator
- Planned Activities
- Media/Community Center
- Controlled Access Building
- Computer Center • Free Bus Shuttle

Managed by
 National Church Residences
 www.ncr.org 

CALENDAR
 from page 18

Care & Share Support Group
 2nd Wed. each month, 10:30 a.m., Savannah Court of Marietta, 886 Johnson Ferry Rd., Marietta, 770-977-4420.

Harmony Grove UMC Events
 50 Harmony Grove Rd., Lilburn
 770-921-7747

• A New Approach to Praying the Lord's Prayer:
 Sept. 14-Oct. 12, 6:15 p.m. Call for details.

Southern Winds Concert Band Welcomes 50 & Older Musicians

Members meet together to share their love of music and the joy of playing together. No auditions. Typically, the band plays one concert each month. The band rehearses at Northbrook United Methodist Church, 11225 Crabapple Rd., Roswell, every Thurs., 3-5:30 p.m. For complete details contact George Cekis at 770-751-7210 or email: gvcekis@comcast.net.

Scott Antique Markets
 Located on Jonesboro Road at the Atlanta Expo Center, just off I-285 at Exit 55. Sept. 9 & 10, 9-6; Sept. 11, 10-4.

"Pipes on Peachtree"
 Atlanta's Lost Movie Palaces and Their Theatre Organs: Sun., Sept. 11, 3 p.m., The Mansion at Callanwolde Fine Arts Center, 980 Briarcliff Rd., NE, Atlanta. Call 404-872-5338 or visit www.callanwolde.org or www.theatreorgans.com.

Trapunzeled: Rapunzel's Journey into the Gnarly, Snarly Forest
 Sept. 15-Oct. 1, Thurs., Fri., and Sat., 11 a.m., Rising Stars at New Dawn Theater, Main St., Duluth, 678-887-5015.

Denim Diamonds
 Sat., Sept. 24, 6:30-10:30 p.m., Dunwoody Country Club. Fun-filled evening of camaraderie, dinner, silent auction and giveaways. Visit www.MensHealthAndWellness.org.

TYPEWRITERS

Any Typewriter • Printer • Fax • Repaired & Serviced!
 IBM • Brother • SLM • FREE Estimates
 On-Site or FREE Pick-up & Delivery
 No Service Call Charge • Loaners • Suppliers
 Rentals • Reconditioned Machines
 Specialize in IBM Selectrics & Wheelwriters.

Call 404-242-6747

DENTAL PLAN

As Low As **\$7.50** per mo.

- Immediate Benefits • No Deductibles
- Pre-existing Conditions Covered
- No Claim Forms • Unlimited Benefits
- Benefits for all Procedures; Including Cosmetic Dentistry

Medical/Health Insurance Also Available
In Business 57 Years
 Licensed by the Georgia Insurance Department

Consumer's Choice Dental Plan
 2641-B Club Valley Drive • Marietta, GA 30068

678-560-5757

ADVANCED CARE TRANSPORTATION EXPRESS, INC.

 Walking • Wheelchair • Stretcher

We Offer Service To:
 DOCTOR'S OFFICES • HOSPITALS • NURSING HOMES
 DIAGNOSTIC CENTERS • REHABILITATION FACILITIES • CHURCHES
 FUNERALS • SOCIAL EVENTS • HOME VISITS
 ...AND MUCH MUCH MORE

For Medical and Non-Medical Transportation
 PHONE: **770-719-4551** Door to Door Service
 We Accept All Major Credit Cards • Member: ACA, MICA, AC&VB & Chamber of Commerce
 E-mail us at: info@actexpinc.com or visit www.actexpinc.com

EXTRAORDINARY PEOPLE. EXCEPTIONAL CARE.

The Confident Choice For In-Home Care.
 Providing quality, affordable, non-medical in-home care for seniors and other clients who need companionship and personal care.

 **FirstLight**
 HOME CARE

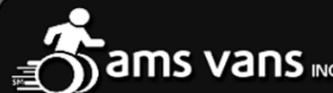
500 Northridge Road, Suite 140
 Atlanta, GA 30359
678-905-3039
firstlighthomecare.com

A Peace of Mind Adult Day Care Center

Our loving, competent staff provides their full support to the health and needs of our participants. Our day health care facility can make a difference in the lives of:

- Seniors who need company
- Adults with mental/physical disabilities
- Adults with chronic illness (diabetic, renal failure)
- Adults with depression/isolation
- Adults with impaired limitations

Hours of Operation: Monday - Friday, 7:00 a.m. - 6:00 p.m.
 3565 Austell Road, Suite 1063, Marietta, GA 30008
770.438.0999 Office
 Email: apeaceofmindadult@att.net

 **ams vans** INC source code SN10

FREE GA DELIVERY!

Finally! Affordable Wheelchair Accessible Transportation!

- Newly Converted vans starting in the LOW 20's
- Over 100 vans in stock and on site
- Over 25 years industry experience
- 7year/70,000 mile warranty on all conversions

Just 15 minutes North of Atlanta off I-85
 Come see us Today

Local rental service available



800.775.8267 amsvans.com

Ross Memorial



Health Care

Long Term Care Facility

1780 Old 41 Highway
 Kennesaw, Georgia 30152
770-427-7256

Taking Care

What's next when kids leave the nest? Tips for embracing this new phase of life.

by LISA M. PETSCHÉ

When the last of your children has left home, the adjustment can be difficult. This may be particularly so if you have focused the majority of your time and energy on raising your children, or if you are a single parent and now find yourself living alone.



Feelings of emptiness may be profound and challenging to overcome. If you are in this situation, here are some suggestions that can help.

Be kind to yourself

- Recognize that it will take time to adjust to this new phase of life. Try not to dwell on the past, as it will keep you from moving forward.
- Prepare a list of things to do when you find yourself feeling lost or blue. Include small indulgences to give you a lift as well as tasks or projects that will give you a sense of satisfaction (for example, de-cluttering various areas of your home).
- Look after your physical health. Eat nutritious meals, get adequate rest and exercise regularly. (This is a

good time to take that Palates class or join a local gym.) In addition to safeguarding your overall health, these measures will also help ward off depression.

- Keep a positive attitude about life and aging, and associate with people who have a similar outlook.

Nurture your spirit

- Write down your thoughts, feelings and experiences in a journal, chronicling your journey of self-discovery and growth.
- Do things that center you and bring inner peace, such as meditating, listening to music or spending time in nature.
- Do things that provide you with meaning and purpose, such as writing a family history, getting a pet or helping someone you know.

Get busy

- Think back to former pastimes that perhaps fell by the wayside once you had a family – for example, playing a musical instrument or a particular sport – and revive one you think you might still enjoy.
- Take on something new – for example, gourmet cooking, sculpting or modern jazz.
- Get involved in your community. Volunteer for a neighborhood asso-

ciation, charitable or environmental cause, animal shelter or political campaign. Along the way, you may make new friends. If you miss being around young people, volunteer at a local school or community center, or a church youth group.

- Cultivate some solitary pastimes. Take up crossword puzzles, a hand-craft, woodworking, gardening, writing or sketching. Learn to enjoy your own company.

• If you have been out of the work force while raising your family, look for a part-time or full-time job.

• Return to school, for a certificate or diploma, or perhaps even a degree. Or just take some courses here and there for personal interest. Check out the offerings from the local school board's adult education center, as well as post-secondary institutions.

• If you are married, go on regular dates with your spouse. Get creative, trying new activities and types of food, or revisiting activities from your courting years. Take turns doing the planning. This is a good chance to step up the intimacy and generate some romance and excitement.

• Plan some trips, with your spouse or friends, or perhaps on your own or with a tour group,

depending on your situation and preferences.

Reach out

• Keep in touch with your offspring through modern technology. Learn to become comfortable with the communication methods they favor, such as texting, e-mail, instant messaging and social media such as Facebook. Just don't overdo it.

• Take the initiative in calling friends and relatives to talk or get together. Instead of waiting for invitations, extend them.

• If you find that you are not adjusting well to your new circumstances, seek support from a counselor.

Whether or not you anticipated being an empty nester at this point in your life, the reality may initially seem unsettling. But with time, patience and trust in your resilience, you will successfully adapt and find yourself growing and enjoying life in ways you never imagined.

Lisa M. Petsché is a medical social worker and a freelance writer specializing in boomer and senior issues. She has professional and personal experience with elder care.



"We love the activities, the gorgeous grounds and not having to call a repairman when something breaks," says Member Dr. Gary Noble. "But the real value is the deep friendships we've made."

Park Springs. Where Fun and Friendship Are Always on the Calendar.

- 54-acre, resort-style community • New homes, cottages and villas
- First-class dining, plus bistro and pub • Inspirational fitness and wellness programs
- Medicare-certified onsite health center, rehab and skilled nursing
- Assistance selling your home, packing and moving

Don't Miss Another Day of Life at Park Springs.

For more information call 678.684.3300 or visit www.ParkSprings.com.



PARK SPRINGS®
A Continuing Care Retirement Community

Fall Open House
September 25th, 2 - 4 pm

500 Springhouse Circle
Stone Mountain, GA 30087



An Isakson Living Community
Managed by Life Care Services LLC

