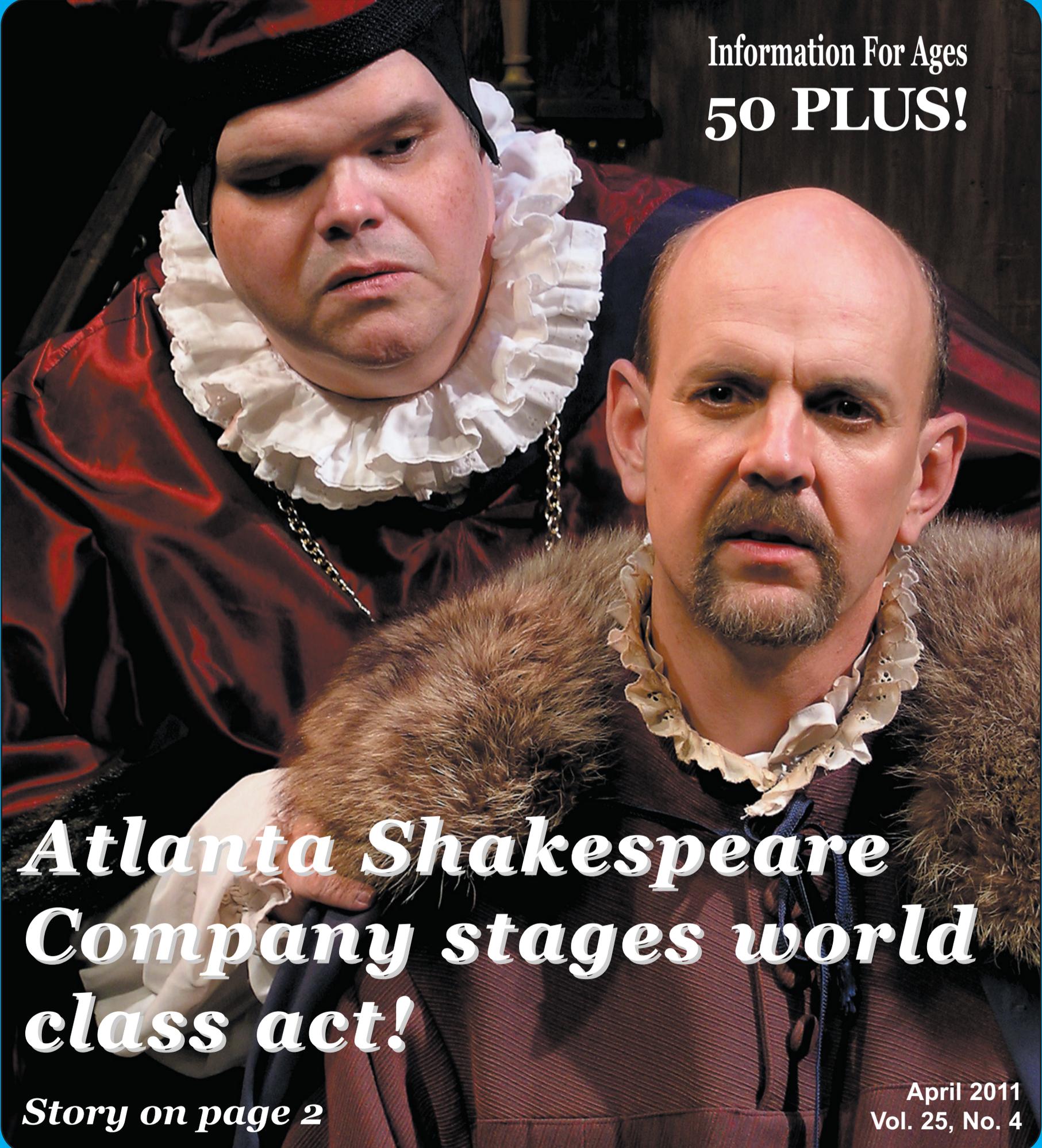


# Senior News

Serving **ATLANTA** & Suburban Areas

Information For Ages  
**50 PLUS!**



*Atlanta Shakespeare  
Company stages world  
class act!*

*Story on page 2*

April 2011  
Vol. 25, No. 4

## On the Cover

# Atlanta Shakespeare Company stages world class act

by SUSAN LARSON

### ON THE COVER

Atlanta Shakespeare Company actors Tony Brown and Jeff Watkins in *A Man for All Seasons*.

While planning their 2010-2011 season last year, Artistic Director Jeff Watkins realized that Atlanta Shakespeare Company only had a few Shakespeare plays left to perform for the first time. And as he puts it, "At that point we had a choice to make: should we continue working our way toward completing the canon slowly, performing one rare work each year for the next four years, or should we do it all in one season and make a celebration out of it?"

Not wanting to have any love or

labor lost over a long stretch of time, a celebration seemed the more dramatic way to go. This season's performances of what the company calls "Shakespeare Final Four: *Henry VIII*, *Timon of Athens*, *The Two Noble Kinsmen* and *Edward III*," will mark the achievement of their Canon Completion Project.

This project is a major milestone, putting ASC in the ranks of a few larger American companies, including Colorado Shakespeare Festival and Oregon Shakespeare Festival, who have performed the entire Shakespearean canon. But even more dramatic is that, as of this month, ASC will become the first theatre company in America to complete a 39-play version of the Shakespeare Canon which includes a full-scale professional production of *Edward III* rather than just a stage reading. ASC will furthermore be the first company in the world, next to the Bard's own company, of course, to produce the canon solely with "an original practice" – informed staging aesthetic inspired by Elizabethan and Jacobean staging techniques.

Of course a lot of time, talent and hard work has gone into this achievement. Tony Brown, who has been with ASC for 20 years and has performed in all but four of Shakespeare's plays said, "I'm always in awe of the people with whom I get to work."

ASC patrons have strong feelings and experiences as well, regarding the high quality of the acting.

"The first time I visited the Shakespeare Tavern, I saw *Julius Caesar*. I was sitting right next to the stage, and when Brutus twirled around in response to a jibe from Cassius, his sword tip almost took my nose off. Fortunately, I'm very quick at ducking. All I could think of was, 'Live Theater! I love it!'" local writer Fran Stewart said.

And even the community loves getting into the act. When an



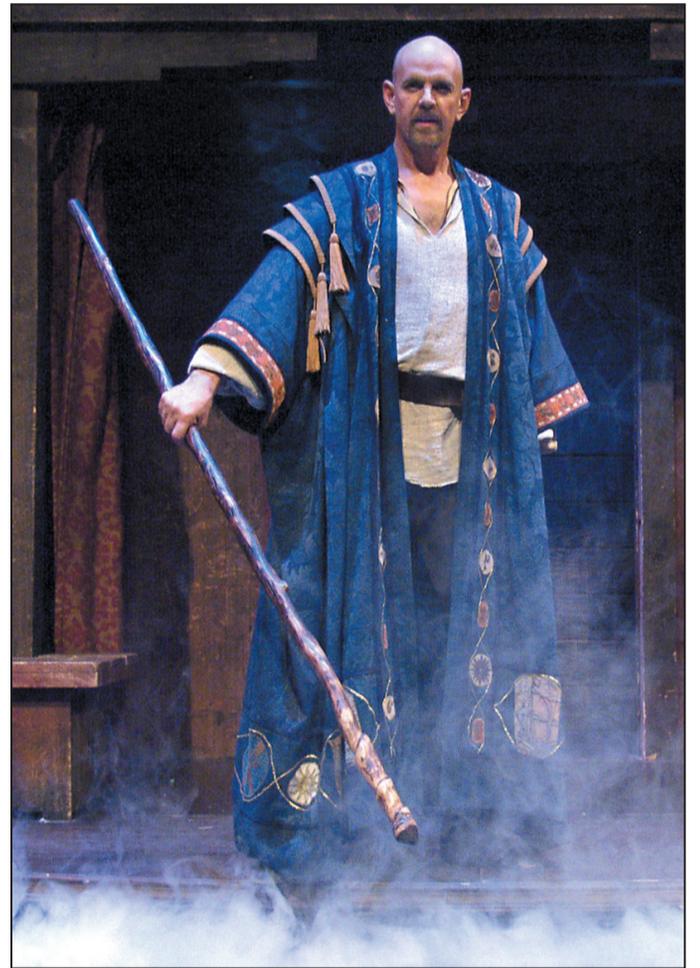
The Cast of ASC outside the Atlanta Shakespeare Tavern where they perform.

anonymous donor put forth \$50,000 in matching funds toward completing the canon this past June, ASC fans played a major role by contributing the remaining \$50,000 in under a month!

The final performances of this milestone accomplishment run through mid-April. General admission is \$12.

*Two Noble Kinsmen* by William Shakespeare, directed by Troy Willis runs April 2, 8, 10, 14, 16.

*Edward III* by William Shakespeare, directed by Andrew Houchins, runs April 1, 3, 7, 9, 15, 17.



ASC actor Jeff Watkins performs in *The Tempest*

**HISTORIC**  
*South-View*  
PRESERVATION FOUNDATION, INC.

**CALLING  
ALL  
DESCENDANTS**

We are celebrating  
the stories behind the people at  
the 125th Charter Day  
& Mausoleum Dedication  
at  
SOUTH-VIEW  
CEMETERY  
ASSOCIATION

Palm Sunday, the 17th of April, 2011  
2:00 pm – 4:00 pm

If you have loved ones, historically or recently  
Buried at South-View Cemetery please  
Contact us before April 8th to share their stories  
info@southviewcemetery.com  
404.622.5393

## REVERSE MORTGAGES



**Genworth**  
Financial

770-984-0125

Dan Wolbe

Reverse Mortgage Advisor  
daniel.wolbe@genworth.com

GENWORTH  
FINANCIAL  
HOME EQUITY  
ACCESS, INC.

© 2010 Genworth Financial, Inc. All rights reserved. Genworth Financial Home Equity Access, Inc. 10951 White Rock Road, Suite 200, Rancho Cordova, CA 95670. Company NMLS ID#: 3313. Loan Originator NMLS ID#: 189220. GA - Mortgage Lender License #22289. Georgia Residential Mortgage Licensee.

Up to \$400  
off a set of  
digital hearing  
aids!

Time to get your hearing checked?

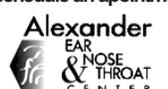
To hear for yourself, please call to schedule an appointment



Deborah Golden  
M.S., CCC-A  
Audiologist



Joel J. Alexander  
D.O., F.A.A.O.  
Board Certified



2726 Lawrenceville Highway  
Decatur, Georgia 30033

(770) 414-1130

Fax (770) 414-1135

Have You Ever Experienced...

- Problems following the conversation or presentation in a meeting?
- Difficulty hearing in a noisy environment?
- Complaints from family members that you don't pay attention?
- Prefer the TV or radio louder than others do?

# Discover Your Hidden Medicare Benefits

Special to *Senior News*

**A**re you or someone you know coping with a terminal illness?



Are you having difficulties managing physical pain, emotional stress and financial burdens all at once? Are you aware that there is help available? Surprisingly, many people don't know that

Medicare's all-inclusive Hospice Benefit is available to help them during this difficult time.

Cameron P. of Atlanta wrote, "We weren't ready to accept that it was time for hospice, but once we had the help, we wished we'd chosen

hospice sooner," adding, "We are grateful to the entire Homestead Hospice team. They kept my grandfather comfortable and kept us informed every step of the way."

Medicare covers the costs of Hospice care, which consists of a team of specialists; including a physician, nurse, social worker, chaplain, bereavement professional, volunteers and hospice aides to assist the entire family. This care is delivered wherever the patient lives; at home, in an assisted living facility, nursing home, or in a hospice facility.

"Many people in their final days want to be in the comfort of their own

home," shared Rita Isnetto, Vice President of Clinical Operations of Homestead Hospice. "When someone you love is diagnosed with a life limiting illness, everything changes.

We at Homestead Hospice are here to guide you through this difficult journey so that you can spend quality time with your loved one."

The Medicare Hospice Benefit covers: Physician Services, Nursing care, Medical equipment and supplies, Medications related to the hospice diagnosis, Short-term Inpatient/respite care, Homemaker/hospice aide, Counseling, Social work Service, Spiritual care, Volunteer participation, and Bereavement Services.

Services are considered appropriate if they are aimed at providing comfort and improving the patient's life. Physical, occupational and speech therapy, and even chemotherapy, may be covered if they are for

comfort, not cure.

"Seniors have paid for these Medicare benefits for many years while they worked. They are entitled to receive them when they are in need," shares Jeanne Pete, VP of Homestead Hospice & Palliative Care. She adds, "Additionally, patients who choose hospice care, sometimes live longer than those who do not choose Hospice. By effectively managing their symptoms, we can keep their bodies stronger and give them more lasting memories with their families."

If you know someone who may benefit from hospice care, call **Homestead Hospice at 877-355-HHPC (4472)** or visit [www.homesteadhospice.com](http://www.homesteadhospice.com).

## Be Patient Ready Care Management Journal

Special to *Senior News*

*Be Patient Ready Care Management Journal*  
by Marty Myers Chambless

**M**arty Myers Chambless, daughter of two cancer surviving parents, introduces her newly formed ministry, John 15 Ministries, Inc., and thoughtful book *Be Patient Ready Care Management Journal*.

Chambless, who resides in Dunwoody, Georgia, had the idea for an organizational notebook to help her father, Hap Myers, keep up with the endless paperwork associated with his illness. She quickly realized that this would become her mission –

to not only help her parents but also create a resource that could assist others who might be going through a similar circumstance.

The book has received rave reviews from the Atlanta community as well as her parents' hometowns, Mobile and Fairhope, Alabama. The book is featured in the hospital gift shops of Children's Healthcare of Atlanta, Egleston and Scottish Rite and has been sold in fifteen states!

Chambless' story has been featured in *Sense Magazine* and the *Dunwoody Crier Newspaper*.

The website [www.bepatientready.com](http://www.bepatientready.com) has an online store where books may be purchased and you will find more details about this ministry.

### FREE Report Reveals How Seniors With Diabetes or Heart Failure Can Qualify for a Full or Partial Set of Dentures at NO Cost!

Discover how to receive up to \$1,000 in comprehensive dental benefits, or receive an extra \$60 every month for the rest of 2011 if you will be 65 soon. FREE Report explains everything.

**Call 1-800-704-3307 24 Hours**  
**Call Today!**

## 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
Aclpex	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	\$ 83	N/A	46%
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**

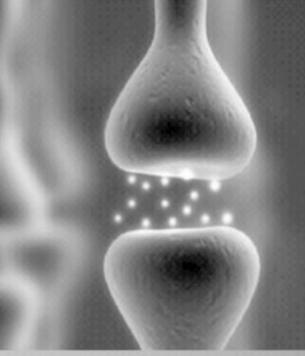


**NeuroStudies.net** 404-475-0552

Internationally Recognized Neurologists & Top Clinical Researchers

Research Studies for Diseases Such as Stroke, Alzheimer's, Parkinson's, Neuropathy & More

**NeuroStudies.net**  
**404-475-0552**



# 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

5579 Chamblee-Dunwoody Rd.

Suite 478

Atlanta, GA 30338

## 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

## Writers

Susan Larson - Columnist

Faye Jones - Columnist

## Contributing Writers

Dr. Bill Baggett

Mary Frances

Dorothy O'Sayer

Lisa M. Petsche

\*\*\*\*\*

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

# Speeches can sometimes be too lengthy

by CHRISTINE COLEMAN

**D**oes this title “ring a bell” or “register” with you? I’d like you to take a minute to think on this. Do you remember times when you were held captive to speakers who seized the opportunity to “get their point” across? I do.

Many times children are subjected to these speakers or instructors or politicians. The little ones are instructed by their parents to sit still and pay attention. I’ve been there, and I remember it well.

The same admonition held true when our adult neighbors came to visit. “Respect your elders” was the last thing we heard before our neighbors arrived. Most of the time we were attentive listeners while the grown-ups talked on and on. There were hundreds of things on our minds that we’d rather be doing.

Prisoners – or so we thought.

Back in the 1930s when I was growing up, my mother would go to town on the first Saturday of each month. That was the time when her favorite preacher would preach at a church downtown. On the other

Saturday afternoons, my mother left my sister and me in the care of our father who allowed us to attend the picture show at our local theater. Imagine our having to sit and listen to the preacher go on and on while our minds were longing for the movie we were missing.

### Some memories I’d like to share

Years ago my husband and I attended revivals that were held near by on weeknights. We both worked and hoped we’d be back home at a reasonable hour. Sometimes our child would be the only youngster there. She had to be ready to board the school bus early in the mornings. Most of the time, I’d allow her to sleep with her head on my lap. I must tell you about this one and only time. Upon closing his sermon the preacher called on a lay person to give the benediction. In his closing prayer, this man went over all the text that the preacher had elaborated on. He’d pray a while and clear his throat. His prayer was beginning to be longer than the preacher’s sermon. Everyone became fiddgity, but on he went. His throat began to bother

him more. He had to close his prayer. Had it not been for his speech problem, we’d have been there yet.

### Another example of lengthy talks

Years ago my family and I attended a large reunion of friends and acquaintances. There were people there from all over. We had to drive many miles to get to our destination. Of course, we visited, renewed old acquaintances and made pictures. Then came time to eat and for the food to be blessed. The man chosen to bless the food, welcomed all visitors and friends and went on and on. Mind you, we had driven this many miles, and we were anxious to eat and start our journey home. He finally finished to everyone’s delight.

Maybe, just maybe we can learn there is a time and place for all things. We certainly need to learn when to speak and when to stop speaking.

\*\*\*\*\*

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

## Spiritual Notes

# Choose A Road

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**R**ecently I re-read one of my favorite poems: “The Road Less Traveled” by Robert Frost. My guess is that many of you remember this from your school days. Read it again and I hope you will be inspired to take one step farther than you thought you could, to choose the road not taken by others, and take risks that perhaps you’ve been hesi-

tant to take. As you read, ponder these thoughts: You may be only one person in the world, but you may also be the world to one person. Everything should be made as simple as possible, but no simpler. Happiness comes through doors you didn’t even know you left open.

*Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could*

*To where it bent in the under growth;*

*Then took the other, just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,*

*And both that morning equally lay  
In leaves no step had trodden black.*

*Oh, I kept the first for another day!  
Yet knowing how way leads to way,  
I doubted if I should ever come back.*

*I shall be telling this with a sigh  
Somewhere ages and ages hence;  
Two roads diverged in a wood,  
and I...*

*I took the one less traveled by,  
And that made all the difference.*

Ask God to direct your path!  
\*\*\*\*\*

*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!

# 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.

\*\*\*\*\*

## PLANT GOOD SEEDS

by Nina Clauss (2006)

Lord, let me plant good seeds this day,  
I know you will make them grow.  
For all my blessings let me say,  
Jesus listens, how well I know.  
My faith in God is my strong point,  
On Him I can always depend.  
He's been with me forever,  
Like a prayer, I feel I must send.  
It's the Lord I call on for comfort,  
When my heart gets too heavy to bear.  
Your precious words in my Bible,  
I read and I know you care.  
You know you have family that love you,  
A friend might call and brighten your day.  
But the Lord is always there when needed,  
All I need do is pray.

\*\*\*\*\*

## THEY TOLD ME THAT GOD IS DEAD – AND NOW I DON'T FEEL SO GOOD MYSELF

by Fred Richardson

When I was young and filled with hope, a naive, rustic lad  
I saw life as a struggle, as good things versus bad.  
For I was taught and wholly bought that some ideas were sure,  
That honor, truth and right and just were concepts fixed and pure.

My early education clearly bore this sure view out.  
Our very founding fathers penned those words no one could doubt,  
Some truths were self-evident, some rights by God endowed.  
A father felled at Omaha for reasons good and proud.

Then I matriculated to learn just how wrong I'd been,  
Like earnest, pitied Plato and all those once great men  
Who wasted all their talents, their efforts and their lives  
On fruitless quests for absolutes, mere superstitious jive.

What one might see as good or bad or just or wrong or true  
Is never fixed in any sense, it's just a point of view.  
The sole surviving absolute of death of the Ideal  
Is that it's always relative – what's

right, what's known, what's real.

The only moral standard modern culture may espouse  
Is that all ideas have value, and none can be cast out.  
The only modern villain, one who meets with great disdain,  
Is he who will make judgements, is not hip to everything.

And so we spend our days in endless rounds of frantic acts,  
Working, spending and acquiring so we need not face the fact  
That life now has no meaning, nothing sure in which to believe  
It's as if we think such frenzy will our emptiness relieve.

The path to our redemption from the fix that we are in  
Might begin with age-old questions to be asked now once again.  
Perhaps we need consider, what's right, what's just, what's true  
And try to find new answers that aren't just different points of view.

We must expect loud ridicule from some scientific men  
Who say such questions can't be answered, please don't waste our time again.

This humble view, however, is that such inquiries of yore  
Are the only ones that matter when death comes knocking at your door.

\*\*\*\*\*

## WINTER

by Phyllis A. Smith

The moon glides silent on high as if to own the dark blue sky.

And feathery flakes fall from trees, moved along by the slightest breeze.

Then the stars, always ready to play, winking and blinking then hurry away.

Billowing clouds ever changing in mass, tumble and roll and finally pass.

And the moon silently passes on by.

\*\*\*\*\*

## OLD AGE

by Marilyn Detrio Kirkland

In my old age,  
I've put aside my passion.  
It has flown by.

AND  
Along with my good looks has gone,  
A finger straight,  
that's now a crook.

AND  
Once I had a midriff,  
ribbed with fine and tender skin,  
Where now one has to ply and poke to find a way to get in.

AND  
My belly now protrudes far from it's origin.  
It used to be, you see,  
when hugging a "he,"  
my breasts were first to reach his chest.  
But now my belly wins the race,  
Much to my disgrace.

\*\*\*\*\*

## HERE'S TO YOU

by Vera King

Everything has been written  
Everything has been said  
I wonder who listened  
I wonder who read

If I pen this poem today  
Will anyone read what I say

Will my pebble make a ripple  
In the pond of humankind  
Will the message reach someone  
Who may need some peace of mind  
So I'll say some prayers for you

And give some alms as my due  
For the lonely the hungry the lame  
And hope that others will do the same.

## 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

# Historic speakers and new technology converge at 125th Anniversary of South-View Cemetery

Special to *Senior News*

**125** years ago... six former slaves believed that African Americans in Atlanta deserved a decent, respectful resting place. That dream became the historic South-View Cemetery located on Jonesboro Road. Appropriately, next month the great-great-great grandson of famous abolitionist Frederick Douglass, Kenneth Morris and former Atlanta City Council president Lisa Borders, whose grandfather, Rev. William Holmes Borders is interred at the cemetery, will be featured at this special celebration. Dozens of families will gather to honor those who have made their earthly transition and the historic legacy of this celebrated hallowed ground

Jacob McKinley, George W. Graham, Robert Grant, Charles H. Morgan, Albert Watts and John Render came together to organize a facility where everyone would be honored in the pre-

viously segregated South. As a result, on April 21st, 1886, South-View Cemetery received its charter. The special 2011 Palm Sunday celebration will also mark the dedication of the new mausoleum.

Before there was Dr. Martin Luther King, Jr., there was Rev. Martin Luther "Daddy" King, Sr. and his devoted wife Alberta King. Both are entombed at South-View. Rev. Martin Luther King, Jr. was originally entombed at the cemetery until his body was moved to a crypt at the King Center. In fact, every pastor of the historic Ebenezer Baptist Church is buried at South-View. Several other famous ministers including Bishop Henry McNeal Turner, Edward Randolph Carter and many others are honored at this great Lakewood Heights location.

Other notables at South-View cemetery include educators like C.L. Harper, M. Agnes Jones, David T. Howard, Luther Judson

Price, millionaire businessman Alonzo Herndon, two Tuskegee Airmen, several Atlanta Black Crackers and others who represent the rich history and legacy of Atlanta. The roots of Morris Brown College run deep at South-View with the presence of two presidents, Rev. John Lewis and Dean Edward Caesar Mitchell. The grandfather of Atlanta's first African American mayor, Maynard Jackson, John Wesley Dobbs, also rests at South-View. The bottom line is that South-View Cemetery is a true historic treasure for the city of Atlanta and preservationists.

The preservation foundation is also looking for special pictures and stories from family

members who have loved ones included in the South-View family. Please share your special memory with us for commemorative material as well as the development of our future projects.

A very special announcement will be made at the 125th anniversary celebration that will be held on the grounds on Sunday, April 17, 2011 at 2 p.m. that will represent a special technological and educational initiative of South-View.

Learn more about the history, art and the preservation efforts with their special walking tours. For more information, check out [www.southviewcemetery.com](http://www.southviewcemetery.com) or call 404-622-5393.

## Georgia Senior Follies 2011

Special to *Senior News*

**T**he Georgia Senior Follies is proud to present our 3rd production. We have played to sold out audiences for the past two years and expect this show to be even more entertaining than the past two.

The theme of this show is the birth of Rock and Roll... so get out your dancing shoes and join us at the Cumming Playhouse to swing and reminisce. This show will feature the music of the Chordettes, Chubby Checker, Buddy Holly, Roy Orbison and Sunny & Cher. We will feature

the Beatles, The McGuire Sister, Neal Sedaka and of course, Elvis!

We will bring back your beach memories, American Bandstand and the Stroll. And, of course, we will have a few surprises in store for you as well.

This is only the tip of the iceberg so make your reservation and join the fun! Our show dates are April 7-17. Go to the website of the Cumming Playhouse at [www.playhousecumming.com](http://www.playhousecumming.com) or call 770-781-9178 to order your tickets.

Also you may explore our new (still in the process of growth) Georgia Senior Follies website at [www.georgiaseniorfollies.com](http://www.georgiaseniorfollies.com) to learn more about us.

### Harrah's Tunica & Memphis

Casino Rooms & Great Sightseeing  
May 23 - 26



This 4 day 3 night tour includes all of the following:

- Round trip motorcoach accommodations
- 3 night lodging at the fabulous Harrah's Tunica
- Entrance to the Tunica River Park
- Entrance to the New Tunica Museum
- Tunica Queen River Boat Ride
- Memphis City Tour
- Platinum ticket to enter Graceland (Home of Elvis)
- Three Dinners Including: \*Paula Deen's Buffet, \*Blue City Cafe on Beal Street
- \$15 for slot machines
- Second casino slot package
- Three breakfasts
- All taxes, fees, and luggage handling

**\$469\***

For more information call us at  
**770-316-5789**  
or visit [www.forptravelclub.com](http://www.forptravelclub.com)

\*Price is based on double occupancy



### PRIVATE HOMECARE WHEN YOU NEED IT!

STAY IN THE COMFORT OF YOUR OWN HOME!



## BrightStar

MAKING MORE POSSIBLE  
LIFECARE | KIDCARE | STAFFING

- Certified Nursing Assistants
- Live-In Companions
- No Minimum Commitments
- Errands & Shopping
- Light Housekeeping
- Skilled Nursing Care
- Meal Prep
- Bathing Assistance
- Licensed, Bonded & Insured
- 24/7 Availability

[www.brightstarcare.com](http://www.brightstarcare.com)  
**678-377-6985**  
INDEPENDENTLY OWNED AND OPERATED

### 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
- Transport To or From Airport (\$50 flat fee)
- Cobb "Freedom Voucher" Accepted

**SENIOR DISCOUNTS**

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

### BATHTUB SAFETY

Cut Downs • Grab Bars  
Slip Resistant Bottoms

**CALL FOR FREE ESTIMATE**



**Benches**



**UNIQUE REFINISHERS, INC.**

**770-945-0072**

[ga@uniquerefinishers.com](mailto:ga@uniquerefinishers.com)

[www.uniquerefinishers.com](http://www.uniquerefinishers.com)

The Nation's Oldest & Largest Bathtub Safety Company

# New FDA Cleared Treatment Proven to Relieve Knee Pain

**Success rate at over 85%**

**Treatment Covered by Most Major Health Insurance Plans  
– Including Medicare.**

## Do you suffer from knee pain?

A recent study showed that nearly 100 million Americans suffer from knee pain. Moreover, knee and joint pain account for 25% of all primary care physician visits and half of all anti-inflammatory medications prescribed.

Does your knee pain affect your quality of life? How would your life be different if you didn't suffer from knee pain? What would you do? Where would you go? What would you give to be able to get around without limitations brought upon by your chronic knee pain? If you suffer from knee pain and are looking for an alternative to surgery, you don't need to wait any longer as the FDA has approved an advanced non-surgical treatment that works.

If you suffer from chronic knee pain and are looking to get your quality of life back I'd like to extend an invitation to Atlanta Medical Clinic, a cutting edge medical facility.



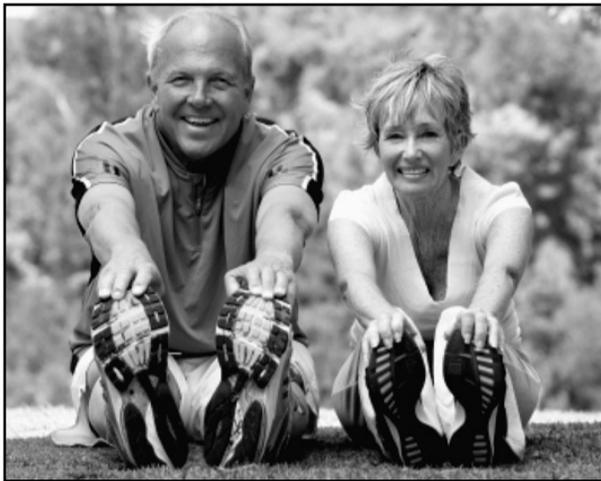
## What causes osteoarthritis?

The cause of osteoarthritis is unknown. Factors that might cause it include the following:

- Being overweight
- Getting Older (wear and tear)
- Joint Injury
- Joints that are not properly formed (alignment/imbalance problems)
- A genetic defect in the joint cartilage
- Stress on the joints from certain activities including sports, work and leisure activities

## What else is available to treat knee pain?

After several in depth studies and trials the FDA has approved a new treatment geared toward helping people get relief of their chronic knee pain. This new treatment is the latest in all natural, non-surgical pain relief that promotes the healing of damaged areas as opposed to masking the problem with prescribed medication.



*“I started experiencing knee pain years ago and my Dr. told me eventually I would need a knee replacement. I couldn't go up and down stairs or walk/stand very long without pain. Then I went to Atlanta Medical Clinic to experience their non-surgical, comprehensive knee program and in 8 weeks I'm pain free. Thanks for giving me my life back!”*

– P. Merriman

## Will my insurance cover this treatment?

YES, most major insurances and Medicare will pay for some, if not all, of our services.

## Who is a good candidate for this treatment?

Do you wake up with knee pain?

Does your knee pain keep you from certain activities?

Have you been told you need a knee replacement?

Are you active and sometime suffer from sore knees?

Do you take medications for knee pain?

Do you have difficulty going up and down stairs due to knee pain?

Are you considering surgery to alleviate knee pain?

Have you tried everything to get rid of knee pain with no success?

If you answered yes to any of these questions, you are ready to experience the relief and healing found at the Atlanta Medical Clinic.

## How do I know that this is right for me?

For the most part, if you suffer from chronic knee pain this is a great solution. Our doctors will give you a thorough and focused evaluation of your knee pain. The consultation is FREE but space is limited. Call today!

**THERE IS NO BETTER TIME THAN NOW TO GET BACK YOUR QUALITY OF LIFE BY OVERCOMING KNEE PAIN WITHOUT SURGERY!**

# 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

VISIT US @ [ATLANTAMEDICALCLINIC.COM](http://ATLANTAMEDICALCLINIC.COM)

# Georgia eye doctor helps legally blind to see again



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

Atlanta, Georgia –

**E**ver 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](http://www.IALVS.com).

\*\*\*\*\*

– Paid Advertisement –

## Merryvale Assisted Living

11980 Hwy. 142 North • Oxford, Georgia  
[www.merryvaleassistedliving.com](http://www.merryvaleassistedliving.com)

14 Years Experience • Tenured Staff



Expanded Memory Care Unit  
Competent Compassionate Care

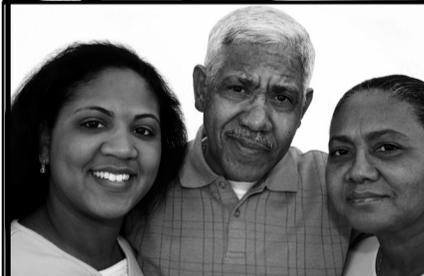


678-658-0923

*Come be part of a community "Where Happiness of the Human Spirit is All Important."*

- Respite Care
- Adult Day Care
- Memory Support
  - Short Term
  - Long Term
- 7 Different Floor Plans
- VA Benefit Application Assistance

## 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](http://www.rhf.org)



(770) 884-4669  
3450 Duluth Park Lane  
Duluth, GA 30096  
[PlantationSouth-Duluth.com](http://PlantationSouth-Duluth.com)



770-884-4645  
4594 Barclay Drive  
Dunwoody, GA 30338  
[PlantationSouth-Dunwoody.com](http://PlantationSouth-Dunwoody.com)

## Seniors may get COLA next year, but Medicare premiums will take it all

Special to *Senior News*

**F**irst, here's the good news - the U.S. Congressional Budget Office (CBO) recently forecast that annual cost-of-living adjustments (COLAs) of Social Security beneficiaries will resume next year. The CBO predicted a very low, 1.1 percent COLA in 2012, coming after two unprecedented years in which beneficiaries received no COLA at all.

Now, the bad news - this would be the lowest COLA ever paid in years where there was a COLA. The boost may not be enough to prevent Social Security payments from continuing to shrink, warns The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups. A new analysis released by TSCL indicates that even if the Medicare Part B base premium stays the same as it is today, at \$115.40 per month, the majority of beneficiaries will still see lower net Social Security payments in 2012 after deductions for Medicare Part B, Part D and Medicare Advantage premiums.

A recent survey by TSCL found that nearly half of seniors are reporting lower Social Security checks in 2011 after deduction of Medicare premiums. Of these, one in four are receiving at least \$50 less per month, and one in nine say they are receiving at least \$100 less per month. On the other hand, survey respondents said their overall monthly expenses continued to rise dramatically from 2010 to 2011. Twenty-three percent reported their monthly expenses had increased at least \$80, and 35% said their monthly expenses had increased more than \$119.

The findings come as Congress wrestles with reducing the federal budget deficit and debates Social Security reform. President Obama's Fiscal

Commission recently proposed using a more slowly-growing Consumer Price Index to calculate annual Social Security COLAs. The proposed change is estimated to reduce COLAs by about 0.3 of a percentage point.

Although the proposed change seems tiny, TSCL says that it's larger than it would seem. It could cost seniors who retired with average benefits of \$1,170 in 2010 about \$15,222 over a 25-year retirement. By 2033, seniors would receive a monthly benefit that's about \$131 lower, using the more slowly-growing CPI.

"Make no mistake. The difference would compound over time," says Larry Hyland, Chairman of TSCL. "At the same time Medicare costs would continue to take a bigger piece of Social Security benefits, retirees risk inadequate benefits and running through their savings," Hyland says.

To learn more, subscribe to TSCL's newsletter *The Social Security and Medicare Advisor*, visit the TSCL website at [www.SeniorsLeague.org](http://www.SeniorsLeague.org) or call 1-800-333-8725 for information.

\*\*\*\*\*

With over 1 million supporters, The Senior Citizens League is one of the nation's largest nonpartisan seniors groups. Located just outside Washington, D.C., its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Please visit [www.SeniorsLeague.org](http://www.SeniorsLeague.org) or call 1-800-333-8725 for more information.

Distributed by The Senior Exchange, Inc. Serving The Mature American With Timely, Low-Cost, Self-Help Information

## SMART MOVES FOR OSTEOARTHRITIS



**Admit it.** We all take for granted the simple things in life—going shopping, cooking, playing with the grandkids, even a walk on a Spring day. But for the approximately 27 million Americans<sup>1</sup> who each day deal with the symptoms of osteoarthritis, these activities are not always so simple. For some people, joint pain and stiffness may become severe enough to make getting through the day difficult.<sup>2</sup>

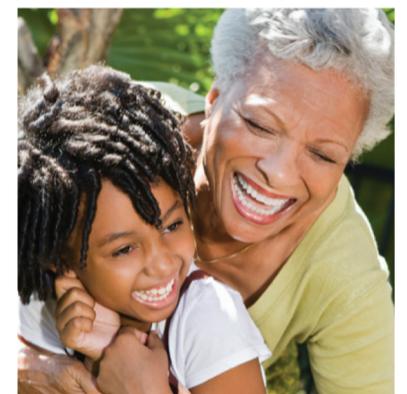
### Cartilage: The crux of the issue

Osteoarthritis is a chronic, or ongoing, disease characterized by the breakdown of cartilage in the joints.<sup>3</sup> This means that as cartilage wears away, bones begin to rub together.<sup>3</sup> The result may cause pain, stiffness, or even loss of movement.<sup>3</sup> We don't know what causes osteoarthritis, but we do know that factors such as being overweight, aging, or having a joint injury can make you more likely to experience OA symptoms.<sup>2</sup>

"There is no known cure for osteoarthritis," said Michael Yaffe, M.D., medical director of the McConnell Executive Health & Wellness Program in Columbus, Ohio. "However, painful osteoarthritis symptoms can be treated in various ways, including exercise, healthy weight loss and medication. Talk to your health care professional to discuss possible symptoms and available treatment options."

### Making Smart Moves to Manage Osteoarthritis

A new website ([www.ArthritisSmartMoves.com](http://www.ArthritisSmartMoves.com)) is now available to provide inspiration from real people, who are managing osteoarthritis symptoms, and advice from experts who offer encouragement along the way.



To read more about these inspiring real-life stories and learn useful advice from health care professionals and real people who have found success, despite osteoarthritis, visit [www.ArthritisSmartMoves.com](http://www.ArthritisSmartMoves.com).

<sup>1</sup> Helmick, C., Felson, D., Lawrence, R., Gabriel, S., et al. Estimates of the Prevalence of Arthritis and Other Rheumatic Conditions in the United States. *Arthritis & Rheumatism* 58(1), 15-25. 2008.

<sup>2</sup> Mayo Clinic. Osteoarthritis: Causes. <http://www.mayoclinic.com/health/osteoarthritis/DS00019/DSECTION=causes>. Accessed February 2009.

<sup>3</sup> Arthritis Foundation. Osteoarthritis: What is it? [http://www.arthritis.org/disease-center.php?disease\\_id=32](http://www.arthritis.org/disease-center.php?disease_id=32) Accessed April 16, 2010.

# WATER AEROBICS

- + Indoor 88 degree heated saline based pools
- + Walk-in step system available
- + Low Impact exercise
- + Located in the heart of East Cobb

1 Free Visit With This Ad



732 Johnson Ferry Rd Marietta, GA 30068 | 770-973-3120  
[www.atlantaswimacademy.com](http://www.atlantaswimacademy.com) **Atlanta SWIM ACADEMY**

## Woman's Caucus for Art in Georgia exhibits through April 22nd

by MARY FRANCES

The Woman's Caucus for Art in Georgia exhibits March 2 through April 22, 2011 at Georgia Perimeter College Clarkston campus. Thirty-one of the over 100 artists contributed to the edgy exhibition of collage, clay, yarn, fabric, oil, photography, acrylic and charcoal. The exhibit is displayed on the fourth floor of the state-of-the-art Jim Cherry Library building.

Marlene Puca, a visitor, described one painting as "colorful and unique" and thought many of the artists were "stretching their boundaries."

Dedicated to supporting, recognizing and educating established and emerging women artists, membership to the WCAGA is open to all interested women. The group

offers educational programs, networking opportunities, book discussions, exhibition opportunities, and a monthly newsletter that tracks all events. A monthly Art Share is available to members who wish feedback from fellow artists on individual pieces of work.

For more information interested individuals may contact [www.wcaga.org](http://www.wcaga.org) or [www.nationallwca.org](http://www.nationallwca.org).

The Fine Arts Building has a mystical exhibit of Ulises Toache from through April 7, 2011. These mixed media renderings are done on wood panels and canvas. Toache may be reached at [u\\_toache@yahoo.com](mailto:u_toache@yahoo.com).

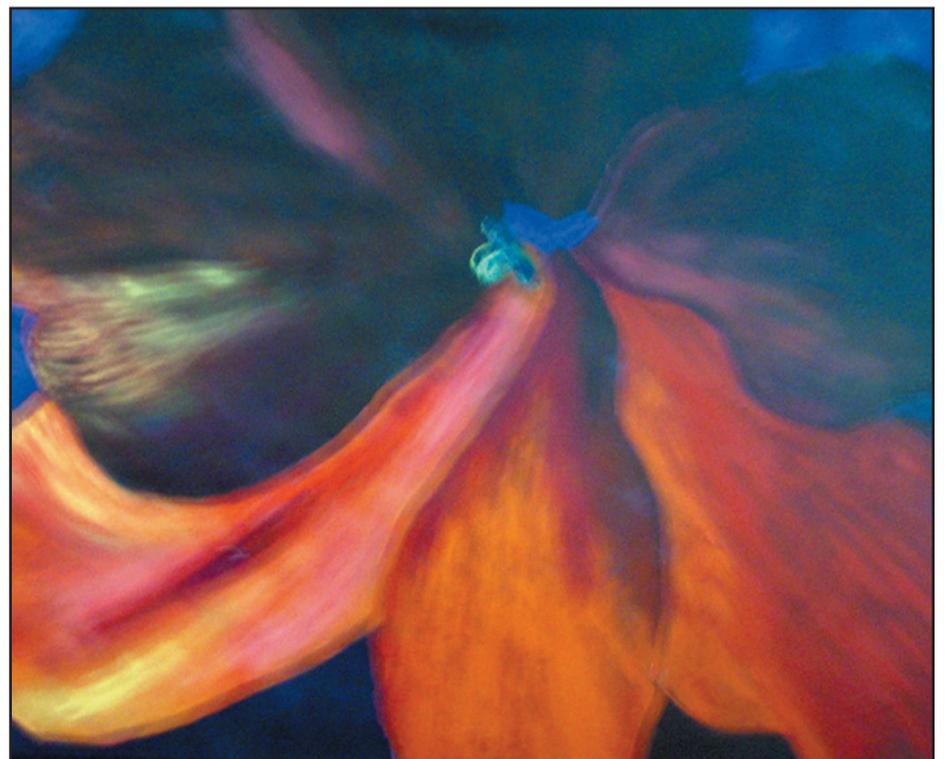
Both exhibits are free and open to the public. They are located at Georgia Perimeter College, 555 North Indian Creek Drive, Clarkston, GA 30021. For further information call 678-891-3556.



Lilies by Thelma Johnson



Echoes by Helen DeRamus



Red Dragon by Rosemary Williams

*Asbury Harris  
Epworth Towers*  
A WESLEY HOMES, INC  
RETIREMENT COMMUNITY

At Asbury Harris Epworth Towers our welcome mat is always out. Asbury Harris Epworth Towers is a community for senior adults age sixty-two and older. Close proximity to I-285 and Greenbriar Mall in southwest Atlanta. Marta comes right by our front drive, for quick and easy transportation anywhere. We are accepting applications for our efficiency type units.

For more information call

**404-344-9400**

Between 9 a.m. and 4 p.m. Monday through Friday

\*Monthly Rent is Based on Income. Residents must meet Income Qualifications.

3033 Continental Colony Parkway  
Atlanta, Georgia 30331



# Georgia state parks' Spring Wildflower Hikes offer families a natural incentive to get outdoors

Special to Senior News

**L**onger days, warmer weather and eye-catching blooms like dogwoods, azaleas and irises are sure signs of Spring. To celebrate the season, Georgia State Park rangers are hosting a series of guided wildflower hikes throughout the state providing nature enthusiasts a close-up look at these spectacular blooms.

Spring bloom hikers will look for Canada Violet, Trout Lily, Wild Azalea, Spring Beauty, Foamflower, Trillium, Indian Pink, Buckeye and many more native blooms. The wildflower hikes are hosted by state parks that have a large number of native plants, including Sweetwater Creek, Amicalola Falls, Unicoi, Tallulah Gorge and Mistletoe.

For those interested in exploring the backcountry trails on their own, Providence Canyon, Cloudland Canyon and Panola Mountain state parks also offer popular wildflower viewing spots. Panola Mountain features the rare Red Diamorpha and magnificent Atamasco Lily, and Providence Canyon is home to the Big Leaf Magnolia, which are awe-inspiring at 24 inches wide.

For details on Georgia's State Park wildflower hikes and other events, visit [www.GeorgiaStateParks.org](http://www.GeorgiaStateParks.org) or contact the parks directly. A \$5 parking fee is charged and some hikes are free. Below are a few of the wildflower hikes currently scheduled.

## 2011 Spring Wildflower Hikes

- Early Spring Wildflower Hike Sunday, March 20, 2 p.m.-4 p.m.; Sunday, March 27, 2 p.m.-4 p.m.; Sunday, April 3, 2 p.m.-4 p.m. Sweetwater Creek State Park, Lithia Springs. This 2-mile ranger-led hike will be moderately strenuous and will pass through a variety of wildflower habitats and beautiful areas. Meet in the Interpretive Center. \$5 plus \$5 parking. 770-732-5871.

- Spring Wildflower Hike Saturday, April 9, 9 a.m.-12 p.m.; Sweetwater Creek State Park, Lithia Springs. This will be a moderately strenuous 3-mile guided hike through a variety of beautiful wildflower habitats. We will be leaving from the Visitors Center in the nature trails parking lot. \$5 plus \$5 parking. 770-732-5871.

- Spring Wildflower Fest Saturday, April 16 through Sunday, April 17, 10 a.m.-6 p.m.; Amicalola Falls State Park and Lodge, Dawsonville. Take a wildflower identification hike and participate in wildflower themed kids-crafts. Enjoy a variety of activities as we celebrate

the arrival of spring at the park. \$5 parking. 706-265-1969.

- Spring Wildflowers Around Unicoi (Earth Day Event); Friday, April 15 through Saturday, April 16; Unicoi State Park and Lodge, Helen. The wildflower program will begin Friday with a slide show and lecture. There will be wildflower walks that will help both the novice and experienced enthusiast to better appreciate the colorful and fascinating world of mountain wildflowers. Pre-registration is required for each walk. \$5 parking. 800-573-9659 ext. 305.

- Wildflowers of Tallulah Saturday, April 23, 10 a.m.-11:30 a.m.; Tallulah Gorge State Park, Tallulah Falls. Enjoy a ranger-led hike along Tallulah Gorge State Park's trail system while viewing many varieties of spring wildflowers. Bring your camera. \$5 plus \$5 parking. 706-754-7981.

- Spring Bird Walk Saturday, April 30, 8 a.m.-9:30 a.m.; Mistletoe State Park, Appling. Join an early morning bird walk as we kick off Spring Fling: A Day in the Park. We will look for neo-tropical migrants like warblers, tanagers and

vireos on the way to their northern nesting areas. We'll also look for birds returning to nest here after spending the winter as far away as South America. Spring wildflowers will be in bloom, so you won't want to miss this walk. \$5 parking. 706-541-0321.

## About Georgia State Parks

Georgia's state parks and historic sites are operated by the Department of Natural Resources and offer pristine natural beauty from coastal marshes and midland swamps to piedmont plains and breathtaking mountains.

# Dunwoody's April Lemonade Days satisfy the thirst for family fun

Special to Senior News

**Q**uench your penchant for family fun during Dunwoody's Lemonade Days, April 14-17. The annual fundraising event for the Dunwoody Preservation Trust, Lemonade Days 2011 brings the amusement park glee of yesterday right to the heart of this smart city. Think: rides, midway games, inflatables, food, food

and food! Plus, there's face painting and a petting zoo on Saturday and Sunday, not to mention an over-the-top Skate Park Exhibition. Extended carnival hours, additional rides and brand-new activities make this year's event all the sweeter.

Rise and shine Saturday morning for the "Bike Ride around Dunwoody" safety class and ride around Dunwoody, a family-friendly event to raise funds for installing bike racks

throughout the city. Also over the weekend, the Dunwoody Arts and Crafts Guild will present the works of a number of Southeastern artisans.

Event hours are 5-10 p.m. Thursday; 5-11 p.m. Friday; 10 a.m.-11 p.m. Saturday; and, noon-6 p.m. Sunday. Admission is \$20 for a full-day ride pass. Visit [www.DunwoodyLemonadeDays.org](http://www.DunwoodyLemonadeDays.org) for a coupon and complete details.

## Don't Get Scammed!

**PROTECT:** Protect yourself from Medicare errors, fraud, and abuse.

**DETECT:** Learn to detect and know how to act on it.

**REPORT:** If you suspect that you have been a target of any type of abuse, report immediately to the SMP Senior Medicare Patrol.

**CONTACT:**  
**1-866-55AGING**  
(1-866-552-4464)

FUNDED IN PART BY THE U.S. ADMINISTRATION ON AGING

# Out & About



## Georgia Mountain BirdFest scheduled for April 28 through May 1

Registration is already open!

Special to *Senior News*

When Georgia Mountain BirdFest kicks off this spring at Unicoi State Park and Lodge, it will be northern Georgia's only major birding festival. With more than 60 field trips, programs and hands-on activities to choose from, it is open to birders of all ages and skill levels.

Ornithologist Marshall Iliff of Cornell Lab of Ornithology and Giff Beaton, author of *Birding Georgia*, will be among the many guest speakers.

Running April 28 through May 1, the festival includes more than 20 guided field trips to locations such as Ivy Log Gap Road, Brasstown Bald, Smithgall Woods, Anna Ruby Falls, Sosebee Cove and the normally restricted Buck Shoals. More than 60 seminar topics cover bats and butterflies as well as birds, with titles such as Binoculars 101, Warbler Identification, Bat Conservation in Georgia, Nature Photography, Tree Identification and Birding by Ear.

On Saturday, April 30, more than a dozen events will be open to the public as well, such as guided bird walks, crafts and hayrides. Most Saturday events are free.

The fee for the four-day conference is \$110 per person, and Unicoi Lodge room rates are \$59. Unicoi State Park also offers fully equipped cottages for \$105-\$150

and modern campsites for \$25-\$53. With 1,050 acres of forest, streams and a lake, as well as eight miles of hiking trails, Unicoi State Park is known for exceptional wildlife viewing. During spring, visitors may see Golden-winged Warblers, Cerulean Warblers, Scarlet Tanagers, Indigo Buntings and numerous other species. The park is two hours north of Atlanta, just outside Bavarian-themed Helen.

Georgia Mountain BirdFest is sponsored by Friends of Unicoi State Park. To learn more, visit [www.gamtnbirdfest.com](http://www.gamtnbirdfest.com) or call 706-878-2201 ext. 305.

Steve Litman Presents

# TONY BENNETT

## LIVE IN CONCERT

**FOX THEATRE ATLANTA**

**ONE SHOW ONLY!**  
FRIDAY APRIL 22 • 8PM

On Sale Now!  
**ticketmaster®**

[www.foxtheatre.org](http://www.foxtheatre.org)  
[www.tonybennett.net](http://www.tonybennett.net)

PHOTO CREDIT: SAN FRANCISCO CHRONICLE/POLARIS

# THE GEORGIA RENAISSANCE FESTIVAL

## EIGHT FESTIVE WEEKENDS!

### APRIL 16 THRU JUNE 5

**VOTED "ATLANTA'S BEST ENTERTAINMENT VALUE"**

**Senior News Readers - GO ONLINE FOR SPECIAL DISCOUNT TICKETS!**  
[www.garenfest.com/promo/srnews.php](http://www.garenfest.com/promo/srnews.php)  
**ENTER CODE: srnews**

**Saturdays & Sundays including Memorial Day**  
10:30am - 6pm  
OPEN RAIN OR SHINE!  
Located on I-85 at Exit 61 - Fairburn  
Visit us online at [www.garenfest.com](http://www.garenfest.com)  
FOLLOW US ON

**WWW.GARENFEST.COM**

# Out & About

## Callanwolde's "Jazz on the Lawn 2011" Summer Outdoor Jazz Concert Series

Special to *Senior News*

**C**allanwolde's Jazz on the Lawn presents a beautiful setting for summer outdoor concerts. The series showcases a lineup of Atlanta's jazz treasures with a mix of classic and contemporary jazz, swing, fusion, Latin and blues. Surrounded by the natural beauty of Callanwolde's lush grounds it's a great way to unwind and enjoy live music performed by some of the finest jazz artists in the Southeast. Bring a blanket and a picnic and enjoy these special concerts under the stars!

Jazz on the Lawn continues throughout the summer as

Callanwolde hosts an array of brilliant jazz artists on the following dates:

- Friday, June 3; 7:30 pm; Nick Longo – High Powered Jazz. Callanwolde opens its 2011 series with Atlanta's favorite saxophone artist Nick Longo. His powerful style, amazing solos and his ensemble of top jazz musicians create a lively, energetic opening night performance.

- Friday, June 17 at 7:30 pm; Marsha DuPree – Soulful Cabaret Jazz. Marsha DuPree, a beautifully skilled jazz vocalist, is known for her sweet soul cabaret and musical review specialties. A lead female singer in

the Southeast, she presents a soulful fusion of jazz, swing, blues and gospel styles as she fronts a 5-pc jazz ensemble – The Sweet Soul Jazz Masters.

- Friday, July 8 at 7:30 pm; Lindsay Appel – Bluesy Rock Jazz. Multi-talented singer-songwriter Lindsay Appel blends pop, rock and blues to create a sound that is all her own. A resident of Atlanta, Appel was the Creative Loafing Reader's Pick for the Best-Local Singer-Songwriter 2008, and she has built an avid fan base around the Atlanta area.

- Friday, July 29 at 7:30 pm; Madoca & Company – Contemporary Fusion Jazz. Composer and jazz keyboard artist Madoca, has performed internationally and headlined many jazz venues in Atlanta. She teams up with The Prince Project to create an expressive, passionate performance – a mix of fusion, funk, Latin and con-

temporary jazz styles.

- Friday, August 12 at 7:30 pm; Gwen Hughes – Swing Jazz. Gwen Hughes, jazz vocalist and multiple winner of Creative Loafing's "Best Jazz Artist" award, swings with a mix of elegant jazz, earthy blues and a little rock & roll. Her band The Retro Jazz Kats, blend all of these influences seamlessly to create a completely memorable evening of music.

Tickets: \$15 advance purchase online; \$20 at the door. Save time and buy tickets online, beginning May 1 at [www.ticketleap.com](http://www.ticketleap.com).

Callanwolde Fine Arts Center, 980 Briarcliff Rd, NE, Atlanta, GA 30306. In case of rain, the concert will be moved to Callanwolde's indoor courtyard.

Parking is free and on-site. For information call: 404-872-5338 or visit: [www.callanwolde.org](http://www.callanwolde.org).

## "Spring Fling" in Dawsonville presents premiere arts, crafts, garden event

Special to *Senior News*

**T**he 10th Annual Spring Fling Festival on Saturday and Sunday, May 7 and 8, will be bigger and better than ever with new activities and old favorites headlining Dawson County's premier arts, crafts and garden event. The annual Spring Fling, hosted by The Dawson County Arts Council, will have made-in-America juried arts and crafts, food, music and fun area- plus lots of gardening plans and accessories.

"This is one of the best places to get your spring gardening supplies – from flowers and vegetables to tools and products – to make sure your garden is a showpiece," said Marcie Chelf, executive director of Dawson County Arts Council.

### Have a free fling

Held on the grounds of the Bowen Center for the Arts, join the fun for this free event, from 10 a.m.-5 p.m. on both May 7 and 8 in downtown Dawsonville and at the Dawsonville Middle School: food and garden-related booths; musical entertainment; will delight all ages. For more details, visit [www.dawsonarts.org/festival.htm](http://www.dawsonarts.org/festival.htm) or [www.dawsonarts.org](http://www.dawsonarts.org).

who want to attend the festival and make a weekend of it in Dawsonville, it is the perfect time to enjoy nature by hiking, biking, fishing or taking out canoes or kayaks and paddling down the river amidst the flora-lined riverbanks.

**SENIORS ON THE GO...**  
Travel Connection  
**Call BARBARA at 404-388-2283**  
or 678-519-0308 Leave Message  
[bafavor@bellsouth.net](mailto:bafavor@bellsouth.net)  
*We take the worry and hassle out of making reservations and searching for the BEST travel rates. We will do it for you!*

**Wanda's Tours & Travel Agency**  
*Lowest Price Tours in the Southeast*  
**Get 8 People...  
...You Travel FREE!**

- Paula Deen/Savannah.....March 26-27, 2011.....\$195
- New Orleans AM Trak Train.....April 30-May 2, 2011.....\$299
- Yellowstone, Yosemite, Grand Canyon, Lake Tahoe, Jackson Hole, Reno, Las Vegas, Zion & Bryce National Park; 6 National Parks & 7 States.....June 5-16, 2011.....\$1699
- Honolulu Hawaii, 8 Days.....September 2011.....\$999
- Alaska Denial National Park, 12 Days.....September 15-26, 2011.....\$2999
- Niagara Falls, 6 Days Fall Foliage.....October 3-8, 2011.....\$450
- 13 Day Mediterranean Cruise; Rome, Italy; Egypt, Athens, Greece, Turkey.....Nov. 16-28, 2011.....\$2499

**Call Wanda at 706-996-5865 or 423-290-3914**



## 21st Anniversary

### Delta International Series 2010-2011



## Omar Faruk Tekbilek and His Ensemble

### from Turkey

Monday, May 9 at 8:00 p.m.

As one of the world's foremost exponents of Middle Eastern music, the four corners of his creativity emanates mysticism, folklore, romance and imagination.

TICKETS AVAILABLE AT:

The Fox Theatre Box Office • Ticketmaster 800.745.3000 • Ticketmaster.com • Ticketmaster Outlets • For groups of 10+, call group sales at 404.881.2000 or visit [FoxTheatre.org](http://FoxTheatre.org)










## Georgia wins national award for Innovation in Community Living Initiatives

Submitted by the Georgia Department of Human Services Office of Legislative Affairs and Communications

The U.S. Administration on Aging announced that Georgia has won the 2011 Excellence in Action award for Outstanding Achievement in Changing Systems by a State. The honor recognizes the Georgia Department of Human Services (DHS) Division of Aging Services for developing programs that improve services and support for older adults and people with disabilities.

"We are building an unprecedented

number of bridges across agencies and divisions to give consumers more convenience and flexibility," said Dr. James Bulot, director of the DHS Division of Aging Services. "Our collaborators include the Georgia Department of Behavioral Health and Developmental Disabilities, the Veterans Administration, the Georgia Department of Community Health, and many others."

The Georgia programs that have attracted national attention help organizations coordinate activities and streamline processes to give older adults and people with disabilities more control over services and efficient access to information. Initiatives with widespread attention include the Aging

and Disability Resource Connection (ADRC), the Community Living Program (CLP), and the new Veterans-Directed Home- and Community-Based Services Program (VD-HCBS).

The ADRC serves older adults and people with disabilities, their families, and caregivers by providing information and counseling about long-term services and supports. This is accomplished through partnerships within aging and disabilities fields.

In selected areas, CLP provides eligible older adults and caregivers with funds to hire and supervise in-home help and also to purchase needed supplies.

In selected areas, VD-HCBS gives eligible veterans and their caregivers

the option of managing their in-home care budgets, workers and supplies.

Georgia's aging and disability network offers a range of services and information to help individuals successfully age in place. Some services have a waiting list or may not be available in every county. All Area Agencies on Aging, however, offer quick access to general resource information, adult protective services, elder abuse prevention education, answers about Medicare and related products, senior legal hotline help, and caregiver support. For more information, contact the Division of Aging Services at 1-866-55AGING (1-866-552-4464) or visit <http://www.aging.dhr.georgia.gov>.

### The Next Chapter

## Senior News book reviewer brings chills in *Tides of Fear*

Book Reviews by ANNE B. JONES, PhD

St. Simons Island becomes a scene of panic as bodies are washed ashore. First blaming the deaths on sharks, police realize the predator is human. A murderer stalks the tourists, luring and drowning his victims as easily as he eludes discovery. *Tides of Fear*, a thriller set on the Georgia Coast, includes a hunt for a serial killer, with water as the crime scene. Drawing upon *Senior News* book reviewer Anne B. Jones' experiences with high-risk children, criminal justice agencies and doctoral research, the book explores the dynamics of violence.

For Jones, writing is a passport to thrills and chills, and a way to educate readers about social issues. She's been in the dugout with the Atlanta Braves, in a racecar at Atlanta Motor Speedway and visited places her killer "lured" his victims. Her writing began while she was teaching in a metro school. Many students had experienced abuse and she wanted to help them, but education books weren't enough.

"To learn more, I entered the doctoral program at Georgia State

University, researched the issue and included my theories in STOP, a violence prevention curriculum. The Atlanta Council on Battered Women published it and its field-testing resulted in my Sociology classes being on TV and a three-hundred page dissertation."

During the time Jones worked on her dissertation, Thomas Harris' *Silence of the Lambs* was released. "The book explored the relationship of childhood experiences to deviance. Seeing Harris' work and realizing nobody would enjoy my thesis, I decided to put what I'd learned in a thriller."

While working on *Tides of Fear*, Jones was persuaded to write NASCAR Champion Rex White's memoir. Because of time spent writing *Gold Thunder*, the two became friends. "I've had experiences I would never have enjoyed otherwise and met interesting people in motorsports. When we finished the book, we had such writing momentum, we wrote another one." *All Around the Track*, includes people involved in racing, from drivers to broadcasters.

While working on *All Around the Track*, Jones was approached by Tony Van Victor, whose father, Walter Victor, was the Atlanta

Braves photographer. Walter's story, illustrated with his pictures and with a Foreword by Furman Bisher, became *Brave at Heart*.

Next, Jones was approached by former Atlanta Woman's Club President Karen Thomson to write the club's history. "The club's accomplishments are mind-boggling. *A Light on Peachtree: The History of the Atlanta Woman's Club* was a work of love."

"My books have drawn from the experiences and insights of people

like Rex and Karen who are now friends and a part of my life, some from where I lived on the Georgia coast and some from middle Georgia where I live now. My settings include almost all of the state. I'm a woman who fell in love with writing, a southern literary author, who bleeds red clay and salt water."

\*\*\*\*\*

Order *Tides of Fear* through [www.tigerironpress.com](http://www.tigerironpress.com). Contact Anne to schedule appearances at [annebjones@msn.com](mailto:annebjones@msn.com).

### 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](http://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.



**Options**  
FOR SENIOR AMERICA

## Your Home Care Choice

---

The Finest in Personal Home Care  
Customized to Your Needs

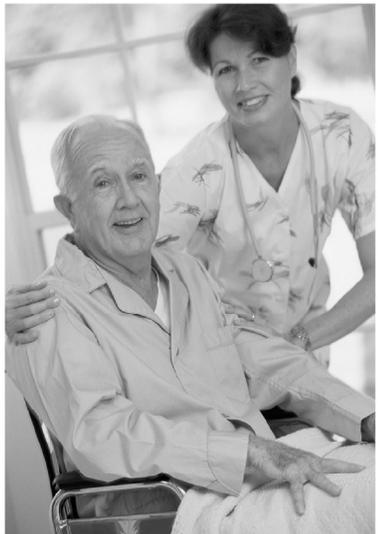
**All Staff Thoroughly Screened**

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](http://www.optionscorp.com)



# Let's all say "Booyah" to budget stretching

by SUSAN LARSON

**B**ooyah. That's what Jim Cramer says when he gets excited about something on Mad Money. But Wikipedia also defines booyah as a thick soup with variable ingredients cooked mainly in the Midwest. Having grown up in Wisconsin, my husband knows booyah well and recalls that most of those variable ingredients consisted of whatever leftovers happened to be sitting in the fridge.

Yeah, I ate a lot of that too as a kid. We just didn't have a name for it.

We weren't what you'd call poor, but having parents who survived the Great Depression my brother and I were raised never to waste a scrap of anything. Probably my mother's answer to booyah was her pizza. My dad was a butcher and periodically he brought home end pieces from cold cuts and cheeses. Salami, ham, bologna, Swiss, cheddar, whatever; my mother sliced it up and sprinkled a "pizza this" and a "pizza that" over her homemade tomato sauce with a few dashes of oregano. No one ever mistook it for delivery pizza.

I've never been one to throw away leftovers and my husband is

really good about taking them to work for lunch, but as the price of groceries skyrockets even with my senior discount, I find myself going back to some of those budget stretching tricks I grew up with. A few weeks ago my friend Emilie and I were cleaning up after a church dinner and I was looking for ways to recycle some of the leftovers that no one wanted to take back home. But Emilie, who is about 25 years my junior beat me to the punch. She had already torn up all the leftover bread and put it in a pan. Then she dumped in a bowl of mushrooms and laid slices of Swiss cheese on top. Over that she poured all the leftover gravy. "Strata," she proudly announced as she covered it with foil to save for a future event. And before that she already had cubes of leftover pound cake toasting in the oven awaiting to be slathered with a jar of strawberry jam that was about to expire mixed with a block of cream cheese awaiting the same fate. Then she drizzled it with some chocolate syrup that was buried behind a jar of pickles in the back of the fridge.

Funny thing, but at the next church dinner, those two entrees were the first to be finished off, with people asking for the recipes.

I'm sure we all have stories about how to stretch a dollar at the

dinner table. So I got to thinking, why don't y'all send them to me so I can throw them all together for

another column? One to which we can all say "Booyah!"  
Susanlarson4@yahoo.com.

## Social Security's Final Four

by BOBBIE SIMS  
Social Security Public Affairs  
Specialist, Marietta, Georgia

**T**his time of year basketball fans are gearing up for March Madness – a time when the final four teams in the NCAA fight for the title of national champion. While basketball fans are excited about March Madness, Social Security already has a winning "final four" of online services to cheer about: the Retirement Estimator, Benefit Application, online Extra Help application, and Business Services Online.

1. The Retirement Estimator is an easy way to get an instant, personalized estimate of your future Social Security benefits. Just key in some basic information and the Estimator will use information on your Social Security record, along with what you input, to give you a benefit estimate on the spot. You even can experiment with different

scenarios, such as changing your future earnings and retirement date. Check it out in English at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator) or in Spanish at [www.segurosocial.gov/calculador](http://www.segurosocial.gov/calculador).

2. The Benefit Application is the most convenient way to apply for Social Security retirement benefits. You can apply from the comfort of your home - it's fast, easy, and secure. It's so easy, in fact, that it can take you as little as 15 minutes to apply online. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed. Try it out when you're ready to retire at [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline).

3. The online Extra Help application is an easy way to save about \$4,000 a year on your prescription

continued on page 16



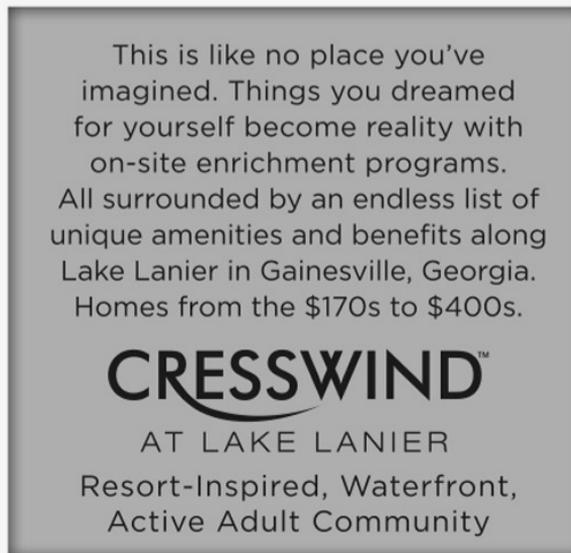
7:29 a.m.



8:58 a.m.



3:35 p.m.



8:14 p.m.

# 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.
- 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@bellsouth.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 sross@emory.edu.

\*\*\*\*\*

## Saint Joseph's Hospital

Free Cancer Support Groups. For more information call Renee Rickles at 404-851-5051.

\*\*\*\*\*

## 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.mscaatl.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

Every Tues., 10 a.m.-noon. Basic & Mainstream. No partner needed. Living Grace Lutheran Church, 1812 Cooledge Rd., Tucker. Contact Alice Adler at 404-296-7288 or

alicerhodes357@mindspring.com; caller: Jesse Oliver, 404-346-7528.

\*\*\*\*\*

## 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.

\*\*\*\*\*

## Greater Atlanta Archaeological Society

Meets 2nd Tues. of each month, 7:30 p.m., at the Fernbank Museum of Natural History, just off Ponce de Leon at 767 Clifton, Rd. NE, Atlanta. Call 770-242-2249 for recorded message.

\*\*\*\*\*

## Senior Ballroom Dance

First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-294-1789.

\*\*\*\*\*

## Friends of Smyrna Library

100 Village Green Circle, Smyrna  
www.friendsofsmyrnalibrary.org

continued on page 17

## SOCIAL SECURITY from page 15

drug costs. To qualify for the Extra Help, you must be on Medicare, have limited income and resources, and live in one of the 50 states or the District of Columbia. Learn more about it at www.socialsecurity.gov/prescriptionhelp.

4. Business Services Online is our one-stop shop for small businesses. Visit Business Services Online at www.socialsecurity.gov/

bso.

In the American Customer Satisfaction Index, Social Security received the highest ratings in both the public and private sectors.

To learn more about our winning services, visit www.socialsecurity.gov/onlineservices. Or, read our publication What You Can Do Online at www.socialsecurity.gov/pubs/10121.html.

Get to know our final four, and all of our online services. When you do, you will be the winner.



### 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		

## SECURED REAL ESTATE INVESTMENTS

### Up To 12% Per Annum Interest Paid Monthly

## Amounts from \$50,000<sup>00</sup> to \$100,000<sup>00</sup>

12 mo – 10%    18 mo – 11%    24 mo – 12%

Secured by 1st Trust Deeds or Mortgage

## Attorney Closings – Acquisitions

Then Properties Refurbished to Excellent Condition

## Atlanta, Georgia Areas

# 404-563-3443 • Home Owners, Inc.

E-mail: HOMEOWNERSINC@gmail.com

**\$1.00 OFF** **ADMISSION WITH THIS AD!**  
 1 coupon per person. Expires 4-11-11  
**2nd Weekend of Every Month**

Atlanta, Georgia  
 Fri. & Sat. 9-6 Sun. 10-4  
 3 miles east of Atlanta  
 Airport, I-285 at Exit 55  
 (Jonesboro Rd.)  
**Scott Antique Markets**  
 740-569-2800  
 www.scottantiquemarket.com



*America's favorite treasure hunt!*

**Atlanta Expo Centers**  
 April 8, 9 & 10 May 13, 14 & 15 June 10, 11 & 12

**Reliable CNA/Caregiver**  
 with over 10 years experience

Available to work privately 24 hours,  
 7 days a week with your loved ones  
 in the comfort of their homes.

**winsome2427@Yahoo.com**  
**678-755-0039 • 678-768-9066**



**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!**

Learn the **SECRET** to a healthier, more vibrant body at any age! Learn what Dr. Hiromi Shinya, Oncologist and Developer of the Colonoscopy, shares with his patients! Ask Dr. Dave Carpenter, one of the foremost authorities on the **Right Kind of Water to Drink**, questions that can help you learn the secret to a healthier body! Go to [www.iLoveGoodWater.net](http://www.iLoveGoodWater.net). Or let me hear from you by sending your name and address to: I LOVE GOOD WATER, 5579 Chamblee Dunwoody Rd., Suite 403, Atlanta, GA 30338.

**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**

**CALENDAR**

from page 16

770-436-8062; Third Thursdays  
 \*\*\*\*\*

**Georgia Center for the Book  
 DeKalb County Public Library**  
 215 Sycamore Street, Decatur  
 404-370-8450, [www.georgiacenterforthebook.org](http://www.georgiacenterforthebook.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](http://www.petiteauberge.com). For information call John Kovach at 770-928-4579 or visit our website at <http://atlantawwiiroundtable.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., Hearth 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.  
 \*\*\*\*\*

**Senior Connections' Adventures In Learning Classes**  
 Mack Love Senior Center, 1340 McConnell Dr., Decatur Online catalog available at [www.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org) or call 404-321-6060.  
 \*\*\*\*\*

**Monthly Sacred Harp Singing**  
 Thurs., April 7, 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](http://www.atlantasacredharp.org).  
 \*\*\*\*\*

**Monthly Song Circle**  
 Fri., April 22, 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

continued on page 18



**The Home Medical Equipment & Supply Store**  
**www.thehomemedicalstore.net 770-939-7160**



The Home Medical Equipment & Supply Store (HMS) offers an extensive selection of products for most any home treatment or rehabilitation program prescribed for you to match your needs and your budget. We specialize in products such as: Wheelchairs, Hospital Beds, CPAP Supplies, Diabetic Shoes, Compression Stockings, Orthopedic Braces and Supports. We have the ability to special order anything you may need that we do not stock. Home Medical Equipment Orthopedics and Bracing Patient Lifts Specialty Items to improve your home and ease of living. Medicare and most insurance accepted. Financing available.

**4377 Hugh Howell Road Suite A, Tucker GA 30084  
 (Tucker Plaza Shopping Center)**

**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**



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**

**Camellia**  
 HOME HEALTH & HOSPICE  
*Families Helping Families Since 1974*

**Services Available:**  
 Skilled Nursing - Physical Therapy  
 Speech Therapy - Occupational Therapy  
 Social Workers - Certified Nurse Aides  
 Registered Dietician - Specialized Services  
 Wound Care - Orthopedic Rehab

Now Recruiting for Full-time and Part-time Physical Therapists and Physical Therapy Assistants. Please contact Linda Secunda, RN, DON at [lsecunda@camelliahealth.com](mailto:lsecunda@camelliahealth.com) or fax resume to 678-797-5761.

Now serving the following Georgia Counties:  
 Cobb, Cherokee, DeKalb, Douglas, Fayette, Guinnnett

1337 Canton Road, Suite B 678-354-1456 Office  
 Marietta, GA 30066 678-797-5761 Fax

**www.camelliahealth.com**  
 GA License #033-294-H

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

**NOW OFFERING  
 Wheelchair Assist Vehicles**



*Rockin' for 60 years*

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](http://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**

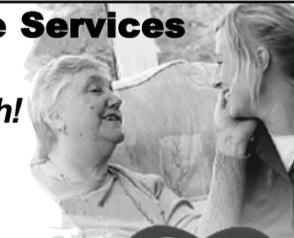
**FOR A LIMITED TIME  
 NOW ACCEPTING AGE 62 AND OLDER!**

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](http://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](http://www.choicecarealf.com)

**CALENDAR**  
 from page 17

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.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org). Call for new class offerings.

**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.

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

**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.

**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  
 continued on page 19

**MAKE A MOVE**  
 A Community Service

We Make Your Move EASY...  
 A simple, easy and painless transition into a new community.

<b>Moving Flat Rates:</b>	<b>Storage Packages:</b>
<b>\$375.00</b> - External Moves (into or out of the community)	<b>\$260/month</b> - 3 Box
<b>\$150.00</b> - Internal Moves (from suite to suite)	<b>\$370/month</b> - 5 Box
<b>\$270.00</b> - Haul Offs	<b>\$530/month</b> - 7 Box

**SMARTBOX** Storage Partner

Call us at **404.437.6338** to take advantage of our flat rates and mention promo code: **SENI**

**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](http://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: [twelderlaw@bellsouth.net](mailto:twelderlaw@bellsouth.net)  
 Member, National Academy of Elder Law Attorneys, Inc.

**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

**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**

**BUSINESS CARD SECTION**

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

**PETE GUY PAVING, INC.**

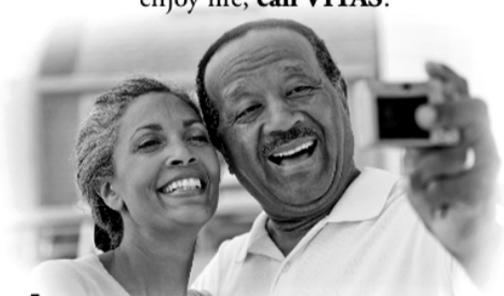
Driveways • Parking Lots  
Patching & Seal Coating  
All Work Guaranteed!  
Free Estimates!

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\*  
**VITAS** 404.843.6544 • 404.250.1806  
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

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.  
\*\*\*\*\*

**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.  
\*\*\*\*\*

**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  
• Maundy Thursday Service: Thurs., April 21, 7 p.m.  
• Community Easter Egg Hunt: Sat., April 23, 10 a.m.  
• Easter Sunday Services: Sun., April 24, 7 a.m., 8:30 a.m., 11 a.m.  
• Preschool Garage Sale: Sat., April 30, 8 a.m.-2 p.m.  
\*\*\*\*\*

**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 the First Baptist Church of Roswell every Thurs., 2-4:30 p.m. For complete details contact Steve Wood at 770-436-2745 or email: woodduck46@gmail.com.  
\*\*\*\*\*

**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

**770-383-2482 x100**

**ADVANCED CARE TRANSPORTATION EXPRESS, INC.**

**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](mailto:info@actexpinc.com) or visit [www.actexpinc.com](http://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.



500 Northridge Road, Suite 140  
Atlanta, GA 30359  
**678-905-3039**  
[firstlighthomecare.com](http://firstlighthomecare.com)

Located in Olde Town Conyers, Adjacent to Rockdale Citizen Newspapers  
969 S. Main St. NE, Suite 101  
Your life called and it wants you back!

**OR US CIGARETTES**

"BRACE YOURSELF" For TOTAL CONTROL!  
770-995-8899 [www.CigarettesOrUs.com](http://www.CigarettesOrUs.com)

**Wholesale and Retail**  
Electronic Cigarettes, Electronic Cigars, Electronic Pipes, and Accessories

**Skilled Nursing Care**

Conveniently located across the street from Kennestone Hospital, Specialty Care of Marietta is a 140 bed Skilled Nursing Facility. Our facility offers Medically Complex Care including 24-hr. Skilled Nursing, Pain Management, Tube Feeding, Diabetes Treatment, Osomy Care, Complex Wound Care, and Tracheostomy Care. Specialized Rehabilitation Care includes Physical Therapy, Occupational Therapy, and Speech Therapy. Our Rehab Department is the recipient of the 4th Quarter "Commitment to Team" Award. Our mission is to Promote Healing, Provide Hope and Preserve Dignity.

**Specialty Care of Marietta**  
26 Tower Road • Marietta, GA 30060  
**770-422-8913**

Now that spring is in full bloom, it's time for you to begin anew at Northlake Gardens!

**LEARN ABOUT OUR SPRING SAVINGS SPECIAL!\***  
*\*Limited time offer*

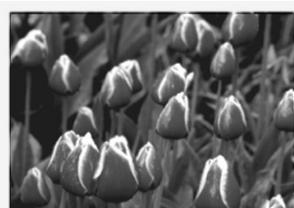
**Open House Week**  
SUNDAY, MAY 1ST THROUGH FRIDAY, MAY 6TH  
11:00AM – 3:00PM

Join us on May 1st to kick off our Open House Week celebration. Come tour our community and enjoy live entertainment, refreshments, prizes and gifts! Please be sure to bring a friend!

For more information, please call 770-934-0034.

**NORTHLAKE GARDENS**  
ASSISTED LIVING & MEMORY CARE

**FIVE STAR SENIOR LIVING**  
1300 Montreal Road Tucker, GA 30084  
[www.northlakegardens.com](http://www.northlakegardens.com)  
©2011 Five Star Quality Care, Inc.




## Taking Care

# Healthy living tips: Make your life the best it can be

by LISA M. PETSCHÉ

It is natural to be concerned about health issues cropping up as we age.



However, with a little forethought we should be able to live active and fulfilling lives into our mature

years.

That is because numerous risk factors are within our control and can significantly influence our quality of life. Here are some lifestyle tips that can help preserve your vitality.

### Physical Care

- Follow a well-balanced diet that meets your body's nutrition and energy needs. If you are overweight or have a health condition that necessitates a special diet, consult a dietitian for guidance around meal planning.

- Get at least seven hours of sleep each night. Practice good sleeping habits, including refraining from eating and drinking close to bedtime, staying away from caffeinated products after noon, avoiding strenuous activity late in the day and keeping to a regular schedule of going to bed and waking.

- Get regular medical check-ups. Follow doctor's orders (for example, monitoring your blood pressure) and take medications as

prescribed.

- Quit smoking (ask your doctor about the best way to go about it) and avoid exposure to second-hand smoke.

- Avoid alcohol; otherwise consume no more than one drink per day.

- Limit your sun exposure and always use sunscreen outdoors. A wide-brimmed hat is also a must, as are sunglasses that block our 100% of ultraviolet rays.

- Increase your level of physical activity, aiming for 30-60 minutes of moderate activity most, if not every day of the week. Popular exercise options include walking, bicycling, swimming and low-impact aerobics. Consult with your doctor

before beginning any exercise program. Choose an activity that appeals to you and incorporate it into your daily routine; start slowly and gradually increase the duration and intensity. Find an exercise partner to help keep you motivated.

- Make your home as safe as possible, to reduce the risk of falls. For example, clear clutter, improve lighting, remove or secure scatter mats and install handrails along stairs.

### Mental Self-Care

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

- Cultivate an attitude of gratitude.

- Do as much for yourself as possible, to maintain your independence and self-esteem.

- Cultivate a healthy sense of humor.

- Do something you enjoy every day.

- Exercise your mind: Do word puzzles, play cards or board games, read, research subjects of interest, travel, learn a new skill, take up a new hobby, sign up for an adult education course.

- Set aside daily time for relaxation.

- Do not keep problems to yourself – seek support from family members, friends or a counselor.

### Social Well-Being

- If applicable, nurture your faith by attending religious services, praying, engaging in spiritual reading or attending a spiritual retreat.

- Do things that provide you with meaning and purpose, such as writing a family history, getting a pet or helping someone you know. Get involved in your community by volunteering your time and talent.

- Do things that center you and bring you peace, such as meditating, writing in a journal or spending time in nature.

### Financial Welfare

- Minimize financial stress by setting long-term financial goals, developing and sticking to a budget that will help you achieve them, setting aside money for unexpected expenses and investing wisely. Seek advice from a certified financial planner.

\*\*\*\*\*

*Lisa M. Petsché is a medical social worker and a freelance writer specializing in boomer and senior issues.*



### Oxygen & Respiratory Therapy

- Stationary Oxygen Concentrators
- HELIOS/Liquid Oxygen
- HomeFill
- Ultra-Light Portable Systems and Lightweight Conserving Devices
- Portable Travel Concentrators



### Respiratory Medications, Aerosol & Humidity Therapy

Hi-Tech Healthcare, Inc. provides aerosol therapy. This includes high humidity trach therapy, nebulizers, and unit dose medications.



### Mechanical Ventilation

- Non-Invasive Positive Pressure provides augmented assistance and rest.
- Portable Ventilators provide life support.
- Pressure Support Ventilators



### Sleep Disorder Therapy

#### CPAP / BI-LEVEL

- CPAP and BI-LEVEL for treatment of obstructive sleep apnea.
- CPAP with Humidification is often medically necessary.
- Nasal interface options are key to successful treatment and compliance. There are numerous options available.
- Compliance and comfort are our objectives.



### Durable Medical Equipment

- Hospital beds and accessories
- Wheelchairs are available with many options for safety.
- Walking aids



### Enteral Nutrition

- Tube feeding supplies



### Our Professional Staff

Medical Director, MD  
Licensed Respiratory Care Professionals  
Service Delivery Technicians  
Professional Office Staff

*Count On Us To Care.*

[www.HITECHCARES.com](http://www.HITECHCARES.com)

Accredited By



Joint Commission  
on Accreditation of Healthcare Organizations

**Gainesville**  
502 South Enota Drive  
Gainesville, GA 30501  
Ph: 770-536-7670  
Fax: 770-536-7640

**Norcross**  
1805 Shackleford Court  
Suite 100  
Norcross, GA 30093  
Ph: 770-449-6785  
Toll Free: 800-449-6785  
Fax: 770-449-0648

**Athens**  
843 Prince Avenue  
Athens, GA 30606  
Ph: 706-613-7114  
Fax: 706-613-7186

**Marietta**  
718 Cherokee Street  
Marietta, GA 30060  
Ph: 770-792-0030  
Fax: 770-792-9150

**Fayetteville**  
1233 Highway 54 West  
Suite #1  
Fayetteville, GA 30214  
Ph: 770-460-7744  
Fax: 770-460-7864

CORPORATE OFFICE "Locally owned and operated since 1990"