

Senior News

Serving **ATLANTA** & Suburban Areas



Information For Ages
50 PLUS!

*Retirement never
tasted so good!*

Story on page 2

August 2011
Vol. 25, No. 8

On the Cover

Retirement never tasted so good!

by SUZANNE BRADLEY-MADSEN

ON THE COVER

Back Row: Anita Antonelli, Buz Antonelli, Chris Antonelli, Anthony Antonelli. Front row: Kathie Sheffield, Beverly Dawson

Just a stone's throw away from Old Town Conyers is one of Rockdale County's best kept secrets, The Italia Grill. Right where Sigman Road meets Gees Mill Road, one and a half miles from the Georgia International Horsepark, is the most homemade tasting Italian food that we have tasted in quite a while. When we say Italian, we mean the real deal. This restaurant is truly a family affair.

Buz and Anita are the quintessential parent/grandparent team that work together with their family to provide Conyers with authentic Italian food from their family recipe collection. When you place your order you can be assured that your food will be prepared by a family member or a staff member that is committed to quality. From Buz, the

grandfather/father/ entrepreneur, and Anita, his lovely and supportive wife, to the youngest grandchild, the Antonelli family is a part of the warm and clean atmosphere that makes this restaurant a pleasure to experience.

Homemade is the word that comes to mind when you order from this simple yet ideal selection of Italian fare. This lunch is sure to hold you over until dinner time. The portions are generous and prepared to your liking. Hot subs, cold subs, fresh gourmet salads, stone baked pizzas, strombolis, calzones and luscious desserts

Anything that you order from their menu will be sure to entice your taste buds to yet another dish. The salad selection includes an antipasto, a chef, a chicken Caesar and a side salad that you can add grilled or fried chicken to for \$1.99. For my lunch hour and my budget, I will gladly head on over to the Italia Grill for a satisfying meal with the freshness and flavor we all crave. Every item is moderately priced and made to order, so call ahead if you are on a limited lunch break and they will be glad to prepare your strom-

boli, calzone, pizza order for your arrival.

Made to order fresh and delicious this restaurant is a winner for that authentic Italian lunch and light dinner fare. Retirement doesn't mean

that we have to sit on our hands. With people like Buz, Anita, and their family back in the restaurant business you can be sure to receive service with a smile.

Bon appetite!

The Next Chapter

Chills and thrills via ghost books!

Book Reviews by ANNE B. JONES, PhD

Ghosts of the Georgia Coast
Don Farrant
Hardback or Paperback Version
through Pineapple Press, 2002

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

I was recently signing *Tides of Fear* in Jekyll Books, an old house on Jekyll Island which has been converted into a bookstore, when a woman paused by my table. After I signed her book, she glanced at several rows of ghost books lining the shelves beside me. "We stayed in an old house in Savannah," she confided. "The first night, we heard a noise and discovered something had fallen from a closet shelf. The next night it happened again. We went to that closet and pushed everything farther back. That night, and every night we were there, something fell at the very same time."

My curiosity peeked. I turned to a shelf next to me and reached for *Ghosts Cats of the South* by Randy Russell. But, before I could grasp it in my hand, I felt compelled to reach for *Ghosts of the Georgia Coast* by Don Farrant. When I placed it in my lap, its pages fell open to a chapter about a ghost in a house now used as a bookstore. As I thumbed through the pages I realized, it was about the

house I was in.

One of Jekyll Books' most popular volumes, *Ghosts of the Georgia Coast* is rivaled only by *Haunted Inns of the Southeast* by Sheila Turnage, which contains a story about a ghost at the Jekyll Island Club Hotel.

Farrant's book is limited to Georgia coastal apparitions. Long known for his writings related to historical events, he presents an interesting and provocative collection of stories, many of which include sightings still in progress. I was so impressed with my experience, and the book, I bought one to keep for posterity.

Haunted Inns of the Southeast spans a wider, more diverse geographic region. Referred to as both chilling and amusing, the book includes existing inns, "bed and breakfasts" and hotels. The work presents brief historical information about each site, as well as contact information, in case you have a hankering for hauntings.

Ghosts of the Georgia Coast and *Haunted Inns of the Southeast* can be ordered directly from Jekyll Books by calling 912-635-3077 or from your local bookstore. Jekyll is a lovely, very special place. If you visit the island, drop in at Jekyll Books and say "Hello" to the ghost from me.

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

NOTICE TO SENIORS AND THE DISABLED

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

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



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

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

1-800-992-3275 ext. 1304

Jerome S. Lamet

Founder and Supervising Attorney / Former Bankruptcy Trustee

info@lawyers-united.com

www.DebtCounsel.net

Take a Trip Back to the Prices of Yesterday!

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



SAVE UP TO \$15,000 TODAY!*

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

NORTHLAKE GARDENS
ASSISTED LIVING & MEMORY CARE

FIVE STAR SENIOR LIVING™

1300 Montreal Road

Tucker, GA 30084

770-934-0034

www.northlakegardens.com

©2011 Five Star Quality Care, Inc.

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

• Two full years of savings on monthly rental rates

• Offer available to new residents only

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

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

Research Participants Wanted!

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

Interested? Call

Megan :

404-894-8344

*Compensation

for your

participation

You may be eligible to participate if you:

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



Discover Your Hidden Medicare Benefits

by **KIMBERLY PARKER**
Homestead HOPE Foundation

Are 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?



Patient and Hospice Aide

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.

Dentures Available At No Cost!

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

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

SENIOR ASSISTANCE TRANSPORTATION

Doctor Appointments, Personal Shopping, Airport, Any Area in Georgia.
"Door to Door Service"



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

SENIOR DISCOUNTS

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

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



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

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

The Zaban Tower at The William Breman Jewish Home



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

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

Rachel Lehmann

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

3156 Howell Mill Road
Atlanta, Georgia 30327

Call Marcy Graiser at
404-351-8410 x532

www.wbjhome.org



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

Senior NEWS

Atlanta's Senior Newspaper

Atlanta Manager/Editor

Ann Tunali

Phone: 770-698-0031

Fax: 770-395-7271

Website

www.seniornewsgeorgia.com

www.seniornewsga.com

Email: seniornews@msn.com

SENIOR NEWS

7511 Auden Trail

Atlanta, GA 30350

Advertising Account Executives

Janet Tassitano

Phone: 770-993-2943

Fax: 770-992-0210

Email: jantas@bellsouth.net

Linda Conyers

Phone: 770-924-6905

Fax: 770-517-6716

Email: Lconyers@bellsouth.net

Copy Editor

Faye Jones

email: byronfaye1@aol.com

Contributing Columnists

Susan Larson - Columnist

Faye Jones - Columnist

Dr. Bill Baggett

Mary Frances

Dorothy O'Sayer

Lisa M. Petsche

Dr. Anne B. Jones

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

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

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

CORPORATE OFFICE

Billy R. Tucker, President/Publisher

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

FAX: 478-929-4258

www.seniornewsgeorgia.com

E-mail: Seniornewsga@cox.net

Copyright 1987

Senior News & Views of Georgia

Times Not Forgotten

Salt of the Earth... Salt On Figs

by CHRISTINE COLEMAN

How fortunate we are to have table salt or rock salt for our many wants and needs. This mineral makes many foods edible when they wouldn't be otherwise. Vegetables are plentiful at this time, and we're making good use of them by eating, canning and freezing. My favorite treat during the summer is a tomato sandwich. There's nothing better than two pieces of light bread with Mayo spread on them and a couple of big slices of tomato inside. Of course, the finishing touch is a generous sprinkling of salt on the tomato. Were it not for salt, the pleasure would not be as great.

We've had the use of salt so long, I'm afraid we don't really realize how important it is. When I was growing up in the early 1930s, my folks butchered hogs during winter months. My father would "salt down" the hams, shoulders and sides of pork in our smokehouse. The salt would "cure" the meat, which we would enjoy immensely, especially with biscuits and syrup.

We've heard the old saying "Salt of the earth." I take that to mean that a person is a devoted, honest one and who would do anything to help a neighbor if needed. We also know about the biblical story when Lot's wife disobeyed God. As a result, she was turned into a pillar of salt. Every now and then, we hear someone say, "You dog, you salty dog." Then again, we might hear someone say, "You're not worth a grain of salt."

Salt on figs

Figs are plentiful at this time of year. I have a favorite memory, which always comes to mind concerning figs. When I was a youngster (about 11 or 12 years of age) my nephew from a neighboring county came to visit. He was a year or so older than me. We went to the kitchen, poured ourselves a handful of sugar and went out to our fig tree. We would pick a fig, dip it in the sugar we held in the other hand and eat this wonderful treat. The grownups didn't know what we were doing. A neighbor boy came by to visit and saw that we were at the fig tree eating them. He

started picking some and eating them. We told him he should go into the kitchen, get himself a handful of salt and come back to join us. We told him figs were much better eaten with salt. Well, he decided to do that. When he came back to join us, he began to dip his figs in his handful of salt. He couldn't understand how we could enjoy this arrangement. He ate several figs before he gave up. If my folks had known that we had sneaked sugar out of the kitchen, they probably would have scolded us. Better still, if they had known how we tricked our neighbor, we would surely have gotten a tongue-lashing. But as the old saying goes, "Children will be children."

In later years when the three of us would get together, we'd laugh about that incident. My nephew and my neighbor friend are both gone now. I considered them "Salt of the earth." During this time of year, I still smile when I think about "Salt on figs."

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

Spiritual Notes

God Blesses America!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

We recently celebrated an important day in our country's history. July the 4th is a time when we celebrate our Independence as well as acknowledging the contributions our forefathers and present day heroes have made to keep our country safe and free. Each time I hear our National Anthem, observe service men and women on "front lines," and see our flag it causes me to offer a prayer of thanksgiving to God for His faithfulness and for those who have given of themselves so that I am free and live in peace.

My wife read, at our families' July

4th luncheon, the following historical episode that appeared in an article written by Dr. Ron Bradley. It is an example of where God stepped in and sustained our freedom. "In 1776 British Commander William Howe was moving 30,000 veteran British soldiers to take New York. General Washington only had 18,000 inexperienced troops. The British troops were gaining ground and Washington lost 1,000 men and two top generals. Outnumbered and outclassed, Washington's troops were discouraged. But, for some reason the British halted their troops. They could have pressed on and destroyed Washington and his troops at the banks of the Delaware, trapped on Long Island because the only route to escape was crossing the treacherous East River. The wind was blowing. Freezing rain

was coming down. The river was full of ice that would crush their boats as the waves battered against them. There was no way out, but General William Howe, for some reason, decided to wait until morning to attack.

"With no escape possible, Washington called for a prayer meeting to ask for God's guidance and help. Afterwards, he decided to cross the river in the midst of the storm anyway. Suddenly the wind died and rain stopped. The river calmed smooth as glass. As they started crossing, a gentle breeze came up behind them pushing them along. Even with this miracle it still was impossible to get all the troops across to Manhattan Island before daybreak. But then God stepped in again! Just before daybreak, a thick fog draped over them hiding them from the British troops. When the fog lifted, British commander Howe was shocked. Washington's troops had escaped. Washington and his men recognized and thanked God for His special blessing to them."

As we hear these facts we realize what God has done over the years for America. As in this story, there are hundreds of stories that have been told through the years where God has stepped in when called on in times of need. God is still blessing our great country. Freedom is not cheap! While we honor those who have died to keep us free and support those who continue to do so, let us always give thanks to the one who showers His blessings and mercies on us each and every day.

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.

SOLITUDE

Jewel Strickland
Submitted by Virginia Bragg

Give me some time to think things out,
To stop and to meditate,
To know what I'm all about
With my thoughts, how I rate.

Take the push and rush from me,
For me to know and trust.
Others all around I see
Have these needs, they must!

Stay me in a slower life
Of work and pleasure.
Remove all the hate and strife
Leaving happiness to treasure.

THE GIFTS

by Brenda G. Partridge-Brown

Stir up the gifts which are inside of you
Let your faith fly high,
high as the heavens are in the sky.

This year, take the Lord God at his word,
and continue to move your goals and dreams forward,
not wavering, but believing.

Stir up the gifts which are inside of you
Let your faith fly high,
high as the heavens are in the sky
This year, take the Lord God at his word!

OUR FELLOW MAN

by Wayne Goad

A rich man and his well off friend
Dining together, while sipping their wine
Were boasting to each other about their success
Lacking nothing, and life being so fine.

While looking out the plate glass window
To the other side of the street, they gazed
At a group of hard working laborers
Toiling and sweating, as the hot sun blazed.

I say, old man, what a pitiful sight
Those poor devils should have been smart as we
'Tis very obvious, those are of a low I.Q.
It would be a gas to see their family tree.

As they were still amusing themselves

Taunting a somewhat lesser breed
Some of the men noticed them staring
And wondered, are they not wanting because of greed.

Why does some look down their noses at others?
Without understanding who they really are?
For everyone can do things, that others can't do
And, to someone special, they're just as big a star.

When will we all finally realize
We are all important and play a part?
To keep this world successfully progressing
It takes us all, the brilliant and the not so smart.

THE HORSE CAN NOW FREELY ROAM

by Carl Coleman

The horse held its rider for 71 years.
Thru so many times of toil and so many tears.

So many hurdles to jump.
There were many heartaches,
some tears of joy.
Just so many heartbreaks.

Contracted polio, walked with crutches early in his life.
He raised a family but had no love from any wife.

Having polio, this rider did most things a normal person could not.
Getting a pilot's license some people would not.

Driving a car we take so much for granted.
His had to be modified for the way he ran it.

So the horse can be let out now to freely roam.
You see, my brother James "Sonny" Coleman has been called home.

OLD FOLKS LISTEN UP

by Geraldine Noel

Some of us are in nursing homes, at the hands of some attendant
Looking for our children, wondering where the hell they went
Some of us are in hospitals, try to adjust
We spend our time with the folks on T.V., no one is coming to see us

Some of us are in our own homes
We say in death is the only way we will leave
You had a stroke, down the door they broke
Only to look upon your dead body and grieve

Your doors have about six locks

Your windows are all shut tight
A small fan is blowing and your not knowing
A disaster is waiting to happen tonight

You've fallen and you can't get up
Many a joke has been told
But when they break in, your family or a friend
It's your body that's laying there cold

I say this in all truth and honesty
Give someone you know and love a key
Call someone every day at the same time
Leave a message that you are doing fine

You are feeling good and can get about
But you never know when a stroke or fall can knock you out
You can lay there for days not being able to move a limb
And nobody will know the shape you are in

If you have children and they say mother/father please move in
Think about it seriously, the situation could be a win, win
Or if you're in your own home and you are alone
Maybe you could rent out a room so

you won't unwittingly be entombed
In a house you lovingly called your home

The Comfortable Chair Store™

Since 1992



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

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



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

770-518-8518

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

Redefining active living!



Senior Living that is just your speed.

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

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

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



RIVERSTONE
RESIDENTIAL

Georgia eye doctor helps legally blind to see again



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

Atlanta, Georgia –

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

Georgia optometrist Dr. Brian Saunders is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

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

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

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

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

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

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

"Telescopic glasses can cost over

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

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

– Paid Advertisement –

Merryvale Assisted Living

11980 Hwy. 142 North • Oxford, Georgia
www.merryvaleassistedliving.com

14 Years Experience • Tenured Staff



Expanded Memory Care Unit
Competent Compassionate Care

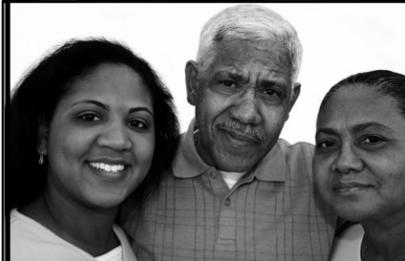


678-658-0923

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



(770) 884-4669
3450 Duluth Park Lane
Duluth, GA 30096
PlantationSouth-Duluth.com



770-884-4645
4594 Barclay Drive
Dunwoody, GA 30338
PlantationSouth-Dunwoody.com

New Gallery in Town

by MARY FRANCES

The Left Bank Gallery opened its doors to the public for the first time in May 2011, showing the art of Nancy Blum, Joan Christopher-Quillen, Nancy Hunter, Elizabeth Stallings and Ralph Vogler. The art work will periodically be changed and will include some award winning pieces by the gallery owner, Thomas Wood. The Left Bank Gallery is a two story show place displaying portraits, sculpture, still life, and action pieces. Some are whimsical and ethereal and others are described as “plein air” (using the quality of light and atmosphere of the out of doors) landscape pieces and may surprise and impress the art lover. “Interesting mix,” said Marlene, as she gazed at a portrait.

A standing-room-only welcoming reception was hosted on May 11th, where artists were present to answer questions about their art.

Tom Wood is retired from a career in graphic design and now works as an artist/sculptor and owner of the Left Bank Gallery, which is open to the public on weekends and by appointment. It is located at 2556 Apple Valley Road #200, Atlanta, Georgia 30319, near the Brookwood Marta station. Tom Wood can be reached at tomwoodart@live.com, 404-664-7841 or 404 262-0724.



Into the Wind by Jerry Sullivan



Urban Cowboy by Thomas Wood



Three Women by Nancy Blum



Hippo by Jerry Sullivan



From Ridgeview, life starts to look manageable.

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

- Addiction
- Psychiatry
- Cognitive Challenges

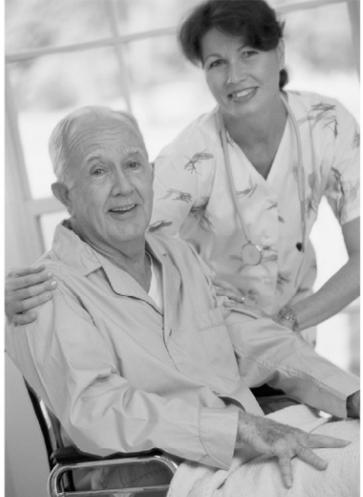
770-434-4567
www.ridgeviewinstitute.com
 3995 South Cobb Drive, Smyrna



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

Live life to the fullest at the Renaissance on Peachtree



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



Amenities include

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




Find out how you can live life to the fullest.

404-841-6161

Independent and assisted living conveniently located in Buckhead



3755 Peachtree Road, NE
 Atlanta, GA 30319

www.RenaissanceOnPeachtree.com

New “Extra Natural Pain Relief

The Ground-Breaking Osteoarthritis Treatment Thousands of Local Residents find

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

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

Testimonial:

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

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

Mardeene

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

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

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

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

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

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



Pain



No Pain

There is Hope!

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

Testimonial:

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

Larry

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

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

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

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

Natural Substance Found In Roosters Relieves Knee Joint Pain

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



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

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

“Strength” Over For Knee Pain

As Knee Treatment below has Saved From Knee Replacement Surgery.

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

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

The Atlanta Medical Clinic Goes the Extra Mile

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

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

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

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

Testimonial:

I was hesitant at the beginning

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

Paul

Knee Replacement is not in my future

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

Yolanda

Turn The Table On Joint Pain

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

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

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

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

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

Hyaluronic Acid can relieve your joint pain and discomfort.

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

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

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

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

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

SPACE IS LIMITED!

FREE CONSULTATION FOR LIMITED TIME

WE ACCEPT MOST INSURANCES INCLUDING MEDICARE



ATLANTA MEDICAL CLINIC

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

CALL TODAY!

855-998-3000

Local Toll Free Number

VISIT US @ ATLANTAMEDICALCLINIC.COM

Atlantans awaken to Creative Photography

by MARY FRANCES

Photographic art took a gigantic leap and landed in Atlanta at Hagedorn Foundation Gallery in Buckhead, when Kerry Skarbakka flies in with a visual that isolates the moment of a fall. There are photos of Skarbakka falling down a flight of steps, jumping up on a sofa, falling from a tree and an office building. What is amazing is that the photos catch him in mid-air, never to land. These caught-in-an-instant photos are painstakingly composed with special lighting. They are plotted to create a moment of flight by the artist himself, while someone else releases the shutter. In 2005 he gave a live demonstration of his technique to an audience at Chicago's Museum of Contemporary Art.

Skarbakka grew up on a farm in rural Tennessee. He received an undergraduate degree in Fine Art and a Master in Fine Art in photography. Today he manipulates digital photography and prints what looks like a spontaneous moment. In truth, he has worked with the photo for many hours trying to achieve the effect he is looking for. Skarbakka utilizes his skills as a climber, martial artist and performer to create his artistic pictures. "I can't believe my eyes," says one observer staring at a photo. Actually, the artist is suspended by a harness and ropes which are later removed in Photoshop. The end result is a "constructed vision" framed in oversized photographs that hang on the walls of Hagedorn Gallery, along with three other unique photography artists.

John Duckworth photographs landscapes (sun sets, sea scenes) that are morphed into light, airy abstractions suggesting a lazy summer. He then



John Duckworth, Sea Island

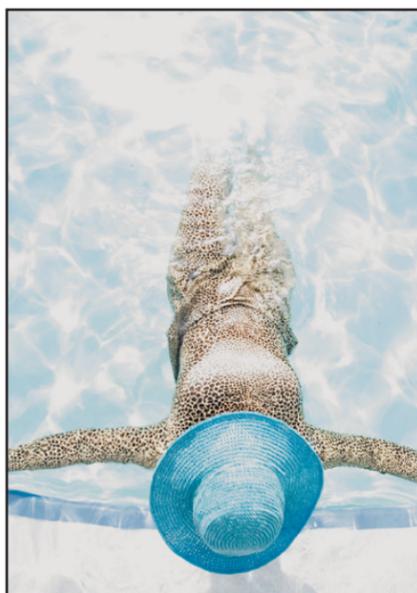
prints them onto oversized canvasses and applies a protective varnish before framing. He discovered scenes during bike rides in the Charleston's low country. A student at the University of California at Davis, his work explores color theory and image deconstruction that he gleaned from his graphic designer work with a local marketing firm.

Atlanta artist, Katie Bollman Walker, has a display of architectural photographs of rural America, the Near East, and of Europe. She uses chalky black, frosty white and neutral beige colors and triangles, squares, and circles instead of the actual forms in the photographs. She labels this exhibit as "Structures." These clean cropped frontal shots have a Zen-like simplicity and a stark, surreal harmony. Her camera lens flattens the scenery and the muted colors she uses seem to emit a radiant light. Her photos include the desert of Egypt and the beaches of Navarre.

Born in New York, self-



Kathleen Walker, White Fence



Paul Hagedorn, The Swimmer



Kerry Skarbakka, Porch



Kerry Skarbakka, Reflected

taught Paul Hagedorn lives and works in Atlanta. He exhibits oversized, provocative, detailed black and white photos of nature, classic landscapes and solitary figures. His photography reflects the ephemeral nature of life viewed through clouds and he has photos of people floating in pools. He has developed an encaustic finish for his work that gives the photograph a textural surface, so the art work does not need to be covered with glass once it is framed.

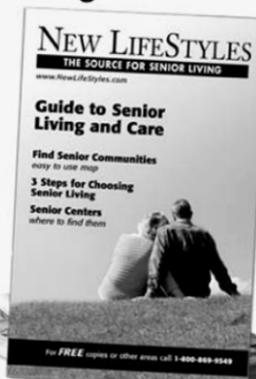
The Hagedorn Foundation Gallery opened April 2008 under the mentorship of Julian Cox, curator of photography at the Getty and High Museums. The goal of this gallery is to broaden Atlanta's appreciation for creative photography. "This museum is cutting-edge," said Barron Segar.

The Hagedorn Foundation Gallery is located at 425 Peachtree Hills Ave. NE #25, Atlanta, 30305 and may be reached by dialing 404 492-7718.

Searching for Senior Living Options?

We've got an App...

a guide...



and a site for that!

However you choose to search, New LifeStyles has the answer.

To order your FREE guide, call 1•800•820•3013

log on to www.NewLifeStyles.com

or download the free iPhone® App

Callers requesting New LifeStyles may also receive information from providers in their area.

THE SOURCE FOR SENIOR LIVING

Out & About

Park Springs puts "Fun" in fundraising for Alzheimer's Association this summer

Special to Senior News

Inspired by their fundraising success during the past two years, when they raised a total of \$10,000 for the Alzheimer's Association, www.alz.org/georgia, Park Springs, www.parkspringscommunities.com, employees and members are again planning to host a series of fun fundraising events. "All events are being spearheaded by Park Springs Leisure Services, and they are also open to neighbors in the surrounding area," notes Lisa Kiely, Director of Leisure Services.

"Our community knows first-hand how important the work is that is being done by the Alzheimer's Association, the world leader in Alzheimer's research. At Park Springs, we currently care for a number of members with Alzheimer's," says Kara Johnson, Social Services Coordinator for Cobblestone at Park Springs. "We want to support the Alzheimer's Association and its search for prevention methods, treatments and an eventual cure."

The following fundraisers are planned at Park Springs August:

- August 5 and September 2, 7 pm,

Fridays: Movies, Music and Memories (Theater) @ \$1 per person

• August 24, 4 - 7:30 pm: Hula for Alzheimer's (Community Hall/Grill) @ \$25 per person

"Alzheimer's touches so many lives," comments Johnson. "By helping us to raise money for the Alzheimer's Association, you can celebrate a loved one and honor the work of the caregivers who take care of people with this disease. So this summer at Park Springs, join us for a night at the movies or a fun party – and mark your calendars for our Holiday Bazaar and Bake Sale!"

Members and employees of Park Springs, their families and friends, as well as area residents, are invited to come to one or more of the summer events and also to participate in the October 8 Walk to End Alzheimer's at Atlantic Station. For more information about the Park Springs events or to order tickets for the Hula for Alzheimer's, please check here: [/www.parkspringscommunities.com/event-calendar.php](http://www.parkspringscommunities.com/event-calendar.php).

Tax-deductible donations can also be made via by mailing a check, made out to the Alzheimer's Association, to Park Springs at 500 Springhouse Circle, Stone Mountain, Georgia 30087.

Get Ready to CATCH Healthy Habits: Healthy Living for All Ages... Volunteer training sessions start soon!

Special to Senior News

The Metro Atlanta RSVP Volunteer Program, sponsored by the Atlanta Regional Commission, Area Agency on Aging, is recruiting volunteers 50+ years of age for the CATCH Healthy Habits Program, an innovative and fun way to make a difference in the life of a child and in your community- and improve your health at the same time! The CATCH Healthy Habits Program combats childhood obesity by engaging older adults age 50+ to help teach children in grades K-5 healthy nutrition and activity habits that will benefit them for a lifetime. Sessions encourage healthy behavior, wiser food choices, and increased physical activity to benefit both the children and adult volunteers. Volunteer training sessions begin in August at the following locations:

- The Salvation Army Peachcrest Boys & Girls

Club, Wednesday, August 3 and Thursday, August 4, 2011

• Brookhaven Boys & Girls Club, Wednesday, August 10 and Thursday, August 11, 2011

• The Salvation Army Fuqua Boys & Girls Club, Tuesday, August 16, and Wednesday, August 17, 2011

• Warren/Holyfield Boys & Girls Club, Tuesday, August 23 and Wednesday, August 24, 2011

For more information: please call 404 463-4554 or email mnewton@atlantaregional.com.

Attention Senior Centers! Why use FoRP Travel?

We make senior tours easy and affordable by providing

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

Contact: Reginald or Precious White ~ 770.316.5789

Email: info@forptravelclub.com

Website: www.forptravelclub.com



CRUISEONE

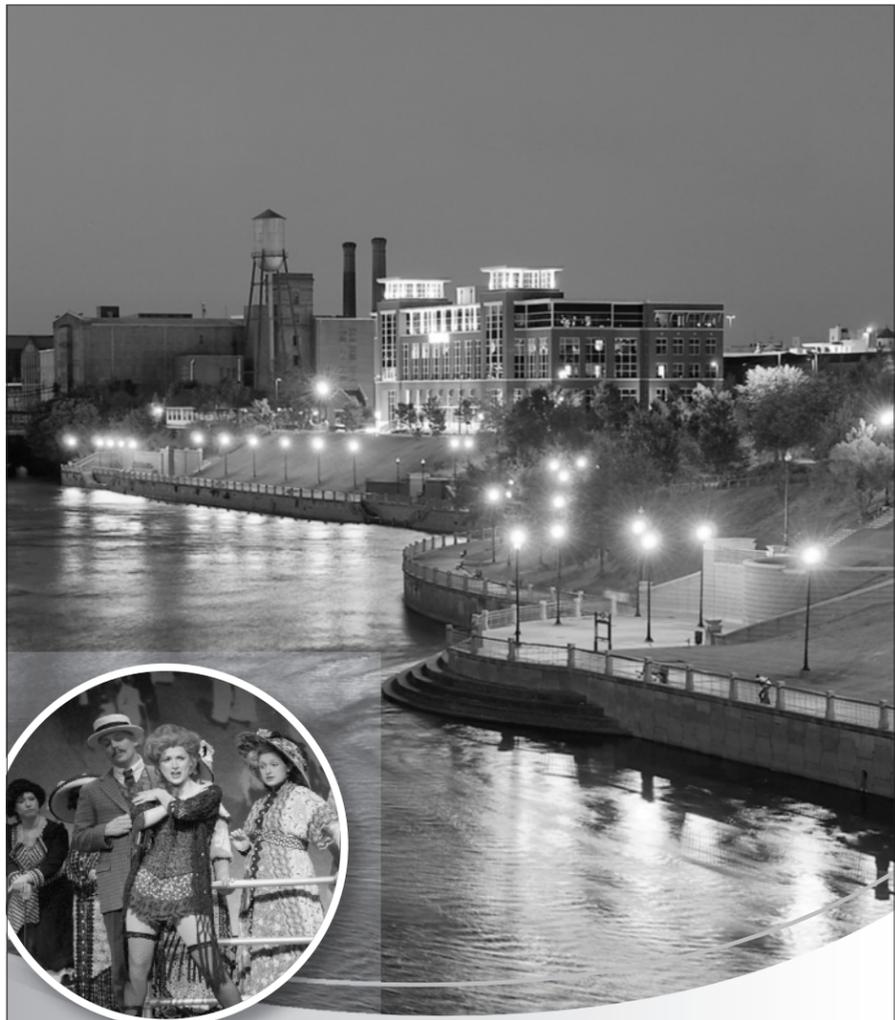


#1 In Cruising Nationwide

Hassle-Free Planning for Your Next Cruise Vacation

- Travel Agent specializing in senior travel with an understanding of your needs;
- Expert, individualized service for a stress-free travel experience;
- Call (770) 664-9010 or (800) 487-1759, or email arosenbaum@cruiseone.com

Alan Rosenbaum, Independent Cruise Specialist, Alpharetta www.CruisePleasures.com



We have **51** reasons to visit Columbus

Reason 1

GENUINE SOUTHERN HOSPITALITY

Bike along the 15-mile Chattahoochee RiverWalk. Explore American history along our military heritage trail including the frontier outpost at Fort Mitchell, National Civil War Naval Museum at Port Columbus, and National Infantry Museum. Take in a Broadway-style production at the RiverCenter for the Performing Arts or the Springer Opera House, State Theatre of Georgia.

Whether it's a day-trip or overnight, come for our heritage, stay for our hospitality.

Meet me in Columbus!



1.800.999.1613 visitcolumbusga.com



CONVENTION & VISITORS BUREAU
What progress has preserved.

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.cobb seniors.org

Multipurpose Centers:

(Seniors age 55+)
• East Cobb Senior Center: 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900
• Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-975-7740
• West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200
• Windy Hill Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5320

• Senior Day Center: 277 S. Fairground St., Marietta, GA 30060, 770-528-5399

Neighborhood Centers:

(Seniors age 60+)
• Austell Senior Center: 5580 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
• Marietta Senior Center: 32 N. Fairground St., Marietta, GA 30060, 770-528-2516
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-974-2984
• Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

Fulton County Senior Services

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

Senior Multipurpose Facilities

• Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-705-4900. "Council on Aging," Mon.-Fri., 8:30 a.m.-5 p.m.
• H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point, 404-762-4821.
• Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.
• Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353.

Neighborhood Senior Centers

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

Roswell Recreation & Parks Offerings

• Roswell Recreation Senior Citizens Club:

Meets each Wednesday. Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.

• Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.
• Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.

Lawrenceville Senior Center

225 Benson Street, Lawrenceville 770-822-5180.

Gwinnett Senior Center

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

Bartow County Senior Center

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

Fayette Senior Services

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

CLUB 55

The Bridge Community Center 225 Willowbend Rd., Peachtree City www.thebridge-cc.org
• Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details call The Bridge Community Center or visit www.thewypers@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 slross@emory.edu.

Multiple Sclerosis Center of Atlanta

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

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

Senior Ballroom Dance

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

Friends of Smyrna Library

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

Georgia Center for the Book DeKalb County Public Library

215 Sycamore Street, Decatur 404-370-8450, www.georgiacenterforthe-book.org

Roswell Library

115 Norcross St., Roswell 770-640-3075

East Point Library

2757 Main St., East Point

continued on page 13

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		

Worried about losing your greatest asset?



HRA
Home Rights Advocates

Call us.

We CAN help!

Stopping Foreclosures & Helping you keep your home

www.homerightsadvocates.com

Photo with permission of Gwinnett Daily Post

404.668-2420

A non-profit advocacy group assisting homeowners

\$1.00 OFF **ADMISSION WITH THIS AD!**
 1 coupon per person. Expires 8-15-11
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
 (3650 & 3850 Jonesboro Rd.)
Scott Antique Markets
 740-569-2800
 www.scottantiquemarket.com *America's Favorite Treasure Hunt!*

Atlanta Expo Centers
 August 12, 13 & 14 • September 9, 10 & 11 • October 7, 8 & 9

MAKE A MOVE
 A Community Service

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

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

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

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. 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 Equal Housing Opportunity

CALENDAR
 from page 12

404-762-2094 *****

Buckhead Library
 269 Buckhead Ave., Atlanta

Atlanta World War II Round Table
 Meets at the Petite Au Berge Restaurant, 2935 N. Druid Hills Rd., Atl. Rest: 404-634-6268, www.petiteauberge.com. For information call John Kovach at 770-928-4579 or visit our website at <http://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.

Monthly Sacred Harp Singing
 Thurs., Aug. 4, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Awake My Soul*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details and directions call 404-892-6836 or visit www.atlantasacredharp.org.

Monthly Song Circle
 Fri., Aug. 26, 7:30 p.m. Group singing just for fun... no performances. Open to all. Folk music, old standards, gospel, political songs, pop, freedom songs, country, show tunes, and more. East Lake location. For complete information call Bob at 404-378-5424.

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

Volunteers Needed To Deliver Food
 South Fulton Senior Services Meals on Wheels Program is currently seeking dedicated volunteers to deliver hot meals to senior citizens in the South Fulton County Region. Your

continued on page 14

**BUSINESS
 CARD SECTION**

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

HMS
 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.

3777 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

PHOTOS MADE
By resident
 SANDY ANDREWS.

PHOTOS MADE
possible
 BY CRESSWIND.

8:55 a.m.

3:09 p.m.

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

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

www.cresswind.com • 888-820-5145

**Respected by physicians,
 trusted by patients.**

a member of **AUDIGY GROUP**
Dr. Terese I. Huber
 Audiologist

AMP
 THE INVISIBLE HEARING AID

OUR SERVICES

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

Audiology HEARS, P.C.
678.804.8020

only \$1500
 for AMP Product
 for a limited time

\$500 credit
 When you upgrade
 your current devices!

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

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

**NOW OFFERING
 Wheelchair Assist Vehicles**



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

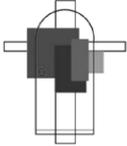
www.atlantacheckercab.com

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

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

**UNDER NEW MANAGEMENT
 ~ NOW LEASING ~**

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



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

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

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

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




**Choice Care
 Assisted Living, Inc.**

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

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

CALENDAR

from page 13

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. 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.

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

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

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

VOLUNTEER OPPORTUNITIES FOR 55+
 The Metro Atlanta RSVP program, sponsored by the Atlanta Regional Commission, Area Agency on Aging, is currently accepting applications for volunteers to help educate older adults about issues that are important for remaining healthy and independent in their communities. Join a force of talented volunteers, age 55 and over, whose members are utilizing their unique life experiences and skills to share important information with older adults. RSVP volunteers play a critical role in providing education and outreach in the community so older adults can make informed choices about available programs and services. Free training is provided for all volunteers and flexible schedules are available. Volunteers 55+ are eligible to receive mileage reimbursement and supplemental insurance. For more information, please call 404-463-3119 or email enaumann@atlantaregional.com.

continued on page 15

**BUSINESS
 CARD SECTION**

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

**Now Accepting
 Applications!**

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

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

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

CoreCare Network

~ Free Assisted Living & Care Placement ~
 ~ Helping Seniors Make The Right Choice ~

Medicaid Eligible, VA, Private Pay
 CCSP/Source Accepted.

Call 770-572-5225
www.corecarenetwork.com



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

Please call us today to schedule your personal tour.

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

**Law Office of
 Thomas W. Nilson**

Serving Senior Citizens & Their Families

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

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

**Life Care Center
 of Gwinnett**



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

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

HEARING AIDS

Over 30 Years Experience!

DECATUR HEARING AID SERVICE

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

MAKE MONEY DAILY!

Struggling to make ends meet every month? Join me in this home base business. You'll need \$45.00, a computer, a phone...

GET PAID DAILY – I AM!!!
Call Ann at 404-668-2420

PETE GUY PAVING, INC.

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

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



At VITAS,
the Focus is on Life

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



Innovative Hospice Care®
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 14

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.

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.

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
 • Back to School Sunday: Aug. 14, 11 a.m., Speacil Speaker

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.

Scott Antique Markets
 Located on Jonesboro Road at the Atlanta Expo Center, just off I-285 at Exit 55. Aug. 12 & 13, 9-6; Aug. 14, 10-4

Third Polish Pierogi Festival
 Sat., Aug. 27, 1-8 p.m., Parish Hall, St. Marguerite d'Youville Church, 85 Gloster Rd., Lawrenceville. Free admission; Free parking; Free playground; Free entertainment. Call 770-448-5222 or 770-935-1958; email: egurtle@emory.edu or polskia-postolat@gmail.com. All proceeds will support Polish Apostolate.

BUSINESS CARD SECTION

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

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.

 Walking • Wheelchair • Stretcher

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

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

EXTRAORDINARY PEOPLE. EXCEPTIONAL CARE.

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

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

A Peace of Mind Adult Day Care Center

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

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

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

ams vans INC source code SN10

FREE GA DELIVERY!

Finally! Affordable Wheelchair Accessible Transportation!

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

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

Local rental service available



800.775.8267 **amsvans.com**

Ross Memorial



Health Care

Long Term Care Facility

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

Taking Care

Keeping cool when things get hot... Consider these alternatives for beating the summer heat

by LISA M. PETSCHÉ

When temperatures push those summer highs, you need to do something to stay comfortable. Cranking up the air conditioning is one option, of course. But there are other, less expensive and more environmentally friendly ways to feel a bit better when things heat up.



Choosing clothing

- Wear lightweight, loose-fitting clothes that allow air to circulate and perspiration to evaporate. Stick to natural fibers like cotton, or micro fiber materials with an open weave.
- Wear a hat to shade your face from sun and remember sunscreen.

Activities

- Avoid strenuous activity, including exercising, gardening and mowing.
- If possible, stay indoors during the hottest part of the day.
- Try to schedule outdoor activities in the early morning or evening. Otherwise, rest often in the shade.

Around the house

- Close drapes on sunny days.
- Consider awnings, shutters or roll-up porch blinds to shade your house. Also consider growing vines.
- Run an electric fan to circulate air in the room you are using. While it won't alter the room temperature, it will evaporate sweat, which will increase your comfort. Place a fan in front of an open window at night to draw in the cool evening air.

- Install ceiling fans to circulate air in the rooms you use the most. They can be reasonably priced, and use relatively little energy. (They increase heating efficiency in the winter, too.)
- Stay on the lowest floor of your home.
- Use a dehumidifier to remove excess moisture from the basement.
- Hang laundry outside to dry. If you use a dryer, do so during the coolest parts of the day. The same goes for the dishwasher, to minimize the impact of its heat. (Consider washing dishes by hand during heat waves.)

Cooling the Décor

- Accessorize your home with light, bright colors. Room accents can take the form of cushion covers, tablecloths, place mats or a mantel scarf, for instance. For color inspiration, think summer flowers and tropical fruits. Do not overlook white, which gives a crisp, fresh look. For patterns, try florals and gingham checks.
- Choose ocean blues and greens for a psychological cooling effect.
- Marine themes are always popular at this time of year. Bring out that collection of seashells and display them in a shallow bowl.
- Summer is a good time to be whimsical – have some fun with summer decorating.

Cooling yourself

- Try cool showers or sponge baths.
- If you do not have air conditioning (or it breaks down) and the heat becomes unbearable, visit a friend or relative who has air conditioning, or go to a cool public place such as a senior center, shopping mall or public library, during the hottest part of the day.
- Avoid extreme temperature

changes. For example, do not have a cold shower right after coming in from outside on a sweltering day.

- Cook meals outdoors on a grill or use a microwave in place of a regular stovetop or oven.
- Drink plenty of extra fluids even if you do not feel thirsty. Sip water or stock up on fruit juice and iced tea. Avoid alcohol and caffeine.
- Eat foods high in water content like fresh fruits and vegetables.
- Eat light, more frequent meals to avoid taxing your digestive system. Go easy on protein, and steer clear of foods that are spicy or heavy.

Energy Efficiency

- An air conditioning unit is a must-have for older adults – especially those with chronic illnesses – to prevent adverse health effects when heat and humidity become oppressive. The following are some ways to maximize its efficiency.
- If you have a room air conditioner, try to shade it from the sun so it does not have to work as hard.
- If you have central air condi-

tioning, keep your furnace and a/c system – which function together – properly maintained, to ensure maximum air-cooling and save energy. Follow the tips below:

- Regularly check and replace air filters
- Keep area around your furnace and air conditioning unit free of clutter, plant overgrowth and debris.
- Keep vents free of obstructions.
- Dust around equipment, and vacuum filters and vents regularly.
- Have your system regularly inspected by professionals.
- Adjust controls accordingly when your home will be empty for several hours or more.
- Turn off air conditioning and open windows when the outdoor temperature decreases at night, especially if there is a cool breeze.

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

Hapeville Manor

Assisted Living

A Tradition of Excellence in Caring for Senior Adults

For 22 years Hapeville Manor has been providing quality personal care to ease the burden of families. You can count on us to provide professional and loving care for your Mom, Dad, Aunt, Uncle, or other family member. Respite care also available, as well as day and evening care.

50% OFF the 3rd month!

Call us at 404-553-3912 today!

601 Coleman Street • Hapeville, GA 30354

A HOME FOR LIFE

Are you a Grandparent raising a Grandchild?

WinShape Homes offers these children a safe and secure home; a place they will grow physically, spiritually and emotionally, surrounded by tenderness, wisdom and structure. A place they will develop into strong and confident men and women.

WINSHAPE HOMES

A place they will be loved for life.

To make a referral or to find out more:
www.winshapehomes.org
404-765-8003

Hear What Others Are Saying About WinShape Homes:

“What a wonderful place for the children! I have prayed and prayed for somewhere for them. This then is my answer. I am thankful for the opportunities this will open for them and am especially happy that they will be raised in a Christian home with both a mother and a father.” –Grandparent

“I came to live in a WinShape home when I was 15. During my time at WinShape I was cared for and nurtured by parents who loved me unconditionally. WinShape Homes is more than just a foster home...it is a place that embodies family, love, security and stability.” –Leslie

“I first became familiar with the WinShape Homes when I was 11 years old. My mother was deceased, my father was dying and my 90 year old great-grandmother could no longer care for my sister and me. Through my 10-year journey living within the family, I have learned to put God first and to serve others. Living in a WinShape Home has been a true life-changing experience!” –Jessica