

Senior News

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**Veterans Museum honors
military all year round!**

Story on page 2

July 2011
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On the Cover

Veterans Museum honors military all year round

by SUSAN LARSON

ON THE COVER

Paul Pickard, retired Air Force veteran, serves as Director of the Gwinnett County Veterans Memorial Museum.

Paul Pickard may be retired from the Air Force, but that doesn't mean he can't still have a military mission.

When they renovated the old courthouse in Lawrenceville, they set

aside a small area to display a few Civil War relics they had sitting around. In 2005, Pickard, along with a group of veterans from American Legion Post 232 in Snellville, asked if they could work on improving the display. As soon as word got out, donations started pouring in. People went through their attics and provided over 60 military uniforms plus 900 pieces of war memorabilia. And thus began the Veteran's Memorial Museum at the Gwinnett Historic Courthouse.

"A lot of it came from grandpar-



David Berndt, retired Navy, is one of 20 volunteers who serve in the Veterans Memorial Museum.



Clarence Dixon, retired Air Force, was recently named Volunteer of the Year at the Veterans Memorial Museum.

ents whose grandkids didn't want it," Pickard said. Some items were gifts. Others are on loan just in case a family member might want to reclaim them.

The museum has grown to four rooms packed with memorabilia and is maintained by about 20 volunteers.

"Gwinnett Parks and Recreation has been very good to us," Pickard said. "When we started to have a space problem, they built all our bookcases and display tables. Thanks to them, we're now a full-fledged museum and we've had over 20,000 visitors."

Among the attractions are a document of Japan's declaration of war on the United States and Great Britain, a phone used by John "Black Jack" Pershing during WWI and a flag that flew over a pup tent at Wheeler Army Airfield on Pearl Harbor Day, full of shrapnel and bullet holes. And then there's the Japanese hand grenade, well, you have to hear that story from one of them.

But the museum is about more than a collection of things. David Berndt, retired Navy, likes to point out that they like to focus on the people who are remembered here.

"We try to give life to the veterans and their stories," Berndt said.

One of their most treasured items is "Unforgettable Faces," a book of pencil drawings and biographical sketches of POWs and MIAs in Southeast Asia, by Shary Aument. Catherine Calhoun of Lilburn had found the book in a Goodwill Store and donated it. It sits in a case next to the poem, "What is a Vet," by Father Denis Edward O'Brien, USMC, donated by retired Marine Buddy Wilkins. Another display highlights stories of the Tuskegee Airmen.

Clarence Dixon, who was recently named Volunteer of the Year, especially enjoys giving tours of the museum and adding personalities to the pictures.

"We try to get word out to the schools," Dixon said. "Phoenix High School visits every year, but a lot of people still don't know about us."

Well, now at least *Senior News* readers know!

The museum is open Monday through Saturday and admission is free. Visitors, volunteers and veterans' memorabilia are always welcome. For more information, go to www.americanlegionpost232.org or become a fan on Facebook.



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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.

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Times Not Forgotten

Let's Teach The Children

by CHRISTINE COLEMAN

When I was growing up in the 1930s, we made our own games. There was no money to buy toys. We made do with whatever was available. In addition, our parents taught us how to make playthings and how to play games.

Today, children watch television, play video games and some sit constantly at the computer. All this is well and good. In fact, grown-ups do the same. What saddens me, however, is that today's grownups who once enjoyed simple and inexpensive games from simpler times are not handing them down to today's children and grandchildren. It now seems toys have to be plastic to be playable.

I'd like for today's children to be able to walk through fields and find a hall tree. We used to find these thorny bushes and eat the berries they held. Often we'd get pricked as we picked blackberries to eat. I wonder if our children would recognize a maypop vine. We used to like to take maypops and stomp them just to hear the noise.

We used to kick ant hills just to see the busy ants running to and fro trying to rebuild their mounds. Occasionally, we'd find a plum tree with pretty plums. When we tried to eat them, we found they were too bitter to eat. Thus, they were called "hog plums."

Once my brothers bet me I couldn't bite into a green persimmon and then whistle. I felt I could surely win that bet. Guess what? It can't be done. Do children know that? We used to make Tommy Walkers by nailing thick pieces of wood to the bottom of two poles. We'd stand on steps to get on the walkers and then walk all over the yard on our "stilts." We'd take two empty tin cans, run wires through their tops with enough slack for us to hold and walk around on them for hours. Then there were the iron wheels that we pushed ahead of us with a strong piece of wire which had a crook to fit the wheel. That would entertain us for a long while also.

We used a board and a block of wood to play Jump Board. And there was the Flying Jenny (a long board nailed atop a block of wood buried in the ground) that carried us around and around in a circle. We enjoyed Jump

Rope, Kick-the-Can and Hop Scotch. We played Tag, You're it, Hide and Go Seek and Cowboys and Indians as well.

We used to climb trees and swing ourselves to the ground from the lower limbs. We curled ourselves into discarded truck and car tires. Then we'd have someone roll us down a hill. We learned the art of making a slingshot. The perfect forked tree branch was a necessity. Then two rubber bands were cut from inner tubes. No shoe was ever discarded without first having the tongue cut out... to make the pocket for rocks or acorns to be shot. Every child had his or her own slingshot. These games didn't cost money; however, they provided many hours of entertainment.

I'd like to see all of us make a special effort to teach our children and grandchildren how we had hours and hours of fun with home-made toys and lots of imagination. If we continue to neglect this great task, they will miss something that cannot be replaced.

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

Spiritual Notes

"To Russia With Love"

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

My wife and I made a trip to Russia recently with friends. As we prepared for our journey, we discussed the feelings we have had toward this country over past decades. We remembered the issues surrounding World War II, the Berlin Wall, the Cuban Crisis and all the antics of the threatening Russian leadership. The possibility of a Russian attack with atom weapons was always in the back of our minds.

As we processed these thoughts, we were also reminded that in recent years the country has undergone numerous changes. Since the death of Stalin, the

Soviet Union has been divided into a number of separate states, and the new leadership is now more open to progress and flexibility with its citizens. We have met a number of Russians who live in the Atlanta area and found them to be friendly and shared our excitement regarding the trip. They also provided helpful hints as to what we should see and what to avoid.

After two weeks on Russian soil and traveling a lot of miles, I can report that we were impressed by many things. The people appeared glad to see us and we never had any fears of personal harm. The country is definitely in a period of change. We saw the old and the new. Housing is primarily apartments. The older structures were gray and many in need of repair. The new ones

were modern and had the luxury of elevators. Before there were no elevators and the residents were required to carry every item up many flights of stairs. This is still an inconvenience for many occupants. In Moscow there are beautiful sky scrapers being constructed everywhere. Of course, the beautiful castles and residents of the Czars, the Kremlin, Red Square, and the Cathedrals were impressive.

We attended services in the Russian Orthodox Churches. Unlike in our country, worshippers stand throughout the services, sometimes lasting for two hours. It is obvious that the citizens are now experiencing freedom of worship. One is struck by the presence of the cross on the Churches and on items in the gift shops. Stalin and other soviet leaders destroyed churches and during those years, religion was not tolerated. Many denominations are free to establish churches in the country. Guides are quick to share this fact because it indicates new freedom.

We loved Russia and the Russian people. There is a spirit among those we encountered that wish for a closer relationship with Americans. They speak of God in their hearts and the new freedoms they are feeling. Many issues still face these people but their attitudes are positive as they anticipate the future.

In my opinion, God is alive and well in Russia. Please join in praying for openness and courage for the citizens of Russia and for wisdom and forthrightness from the leaders.

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

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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.

OUR STARS AND STRIPES

In honor of all
who served our country

by Henry Newton Goldman
Veteran of WWII

From yonder staff this banner flies,
Waving to all against blue skies.
With heartfelt pride we skyward gaze,
And with bowed heads give grateful
praise
For all who fight and dare to die,
To keep these colors flying high.

Over fields of battle she has flown,
To all the vanquished we have shown;
This nation under God did rise,
In it's infancy – seized liberty's prize.
For none, this banner will we lower,
To none surrender, evermore.

Liberty and justice – our sacred trust,
These cherished rights, defend we
must.
If other's liberty we must defend,
We'll answer the call to other lands;
Under these beloved stars and
stripes –
Protect these rights with all our
might.

Oh may forever our standard fly,
And "In God we trust" be our cry.

SILVER STRANDS

by Sheila Cayolle
Author of award-winning children's
book, *Morning Rain*

My great-aunts brushed their hair
carefully.
Their long, white strands hung
daringly.
If braided, twisted, or even curled,
Their tresses danced and shone like
pearls.

My grandma's was so shiny and
clean.
Her short, snowy locks would glow
and gleam.
Her silver hair didn't give her strife.
She never let it control her life.

Now streaks of silver surround my
face.
It's deep, dark color has been erased.
My hair reflects my years on earth.
Some think this makes me lose my
worth.

"Your hair needs color," they'd
plainly say,
Hoping this will wash the years
away.
But no L'Oreal or Clairol for me,
I display my silver for all to see.

So I braid and twist and give it curls,
And brush it gently, just like a girl.
As I slowly check my new hairstyle,
I see my aunts and grandma smile.

WAR

by Carlton C. Cook

As fallen trees they lie in the meadow
gold,
Echoing jolts of thunder by men of
courage bold.

A haze obscures the scrimmage, cries
of battle evoke.
Cannons fire, projectiles whine, amid
the choking smoke.

Wagon paths are lined deep with
bodies felled.
Streams of blood form crimson rivers
swelled.

A short distance away, a town in
ruins sinks into dust.
No comfort to the dying, no thought
of children's just.

War is Satan's glory, seed of hate
now blossoms full.
The fiber of man is weakened as
empty considerations pull.

What shall we do but fight, no
worthy egress seen.
Even the valiant falter with no refuge
there to glean.

Gleaming swords dress their rifles, a
lasting stand is made.
Man-to-man as silent muskets drop
the weary and the frayed.©

RETURN TO ME

by Vera King

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Of joy just for joy's sake

Joy is a gift of the heart
Whether we're near or apart.

FAMILY REUNION

by A. E. Johnson

Reach out and embrace the one you
love,
Your strength will come from Heaven
above,
The time spent with each other should
be cherished and
Nurtured with every ounce of love you
have to give,
Because we never know how much
time we have to live.

Our days on Earth are numbered in
the Great Book of Life,
Even though at times, we may suffer
frustrations, toils and strife,
We must try and be ready when he
calls,
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We know not the hour, place or time,
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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.

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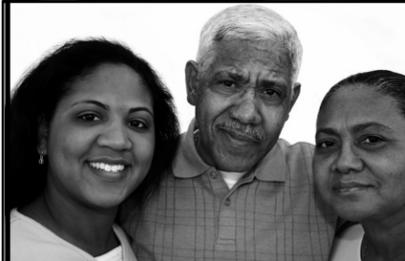
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The Next Chapter

The Three Weissmans of Westport suggested by neighbor

Book Reviews by
ANNE B. JONES, PhD

The Three Weissmans of Westport
Cathleen Schine
Blackstone Audio 2010

The *Three Weissmans of Westport* was suggested to me by my neighbor Bunny Steinka as a consideration for our local book club. She recommended the book because she had recently moved to the south from Connecticut where the novel is set. Since I was about to embark on a car trip, I decided to order it on CD.

The time has come for novelists to realistically address divorce and new beginnings for those of us who are older and *The Three Weissmans of Westport* does this especially well. It also depicts how people's actions directly and indirectly affect each other and result in unforeseen consequences, both good and bad.

The story begins as Betty Weissman's husband Joseph announces he is divorcing her. Of course, there is another woman in the background. "Felecity" envies the lifestyle Betty and Joseph have worked so hard to build over the past fifty years and manipulatively inserts herself in its middle. Betty's chil-

dren, who have grown to love Joseph as their own father, rally to Betty's aid, even as their own lives are falling apart.

The Three Weissmans of Westport is a great summer read for the beach or just curling up on the couch. There are several surprising twists that, while unpredictable, could easily happen in today's modern world. The book is well plotted with good character development

and sense of place. I have become spoiled by the ease of passive CD listening, but it is easy to miss important parts if interrupted. It's a companionable book and because of its many nuances, slow enjoyable reading is probably the best way to go.

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

DHS alerts aging community of Medicare Scams

Special to *Senior News*

Elder abuse is one of the most unrecognized and under-reported crimes. The Georgia Department of Human Services, Division of Aging Services is alerting the aging community and Medicare recipients of potential elder abuse through Medicare scams. Criminals may offer bogus products and services, pretend to be federal officials or insurance company representatives, or even set up fake health screening booths to steal Medicare numbers. Consumers should always check their Medicare Summary Notices to make certain that they or their doctors have authorized the charges shown.

Common scams include:

- Sales pitches for discounted prescription drugs that never arrive
- Telemarketers selling unnecessary Medicare-covered products or services, such as "Medicare Arthritis Kits" which do not exist
- Offers of help in applying for Medicare-issued checks to cover prescription costs, even though Medicare provides the checks automatically to eligible individuals who reach a gap in

Medicare prescription drug coverage known as the "donut hole"

- Free health screening booths at malls or other public places are usually safe, but scams do exist. Consumers should make sure that the screeners represent a legitimate organization such as a local hospital or public health center before they provide their Medicare numbers. Scam artists use Medicare and Social Security Numbers to submit fake bills or commit identity theft; and some may use banking information to charge consumers for products that are never delivered. A few criminals even empty their victims' checking accounts.

If a consumer is unsure about someone requesting information or offering services related to Medicare, he or she should contact GeorgiaCares SMP (Senior Medicare Patrol) at 1-800-669-8387. GeorgiaCares is a public-private partnership managed by the Georgia Department of Human Services, Division of Aging Services in collaboration with Georgia's Area Agencies on Aging. For more information, consumers may call the toll-free number shown or visit <http://www.MyGeorgiaCares.org>.

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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.

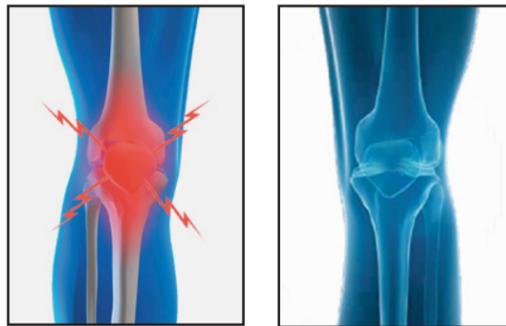
Atlanta, GA - Osteoarthritis is the most common form of arthritis and the leading cause of chronic disability in the United States. It affects nearly 27 million people in the United States alone. Some osteoarthritis sufferers live with such excruciating pain that their quality of life is drastically 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

“A Strength” Over For Knee Pain

As Knee Treatment below has Saved From Knee Replacement Surgery.

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

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

The Atlanta Medical Clinic Goes the Extra Mile

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

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

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

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

Testimonial:

I was hesitant at the beginning

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

Paul

Knee Replacement is not in my future

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

Yolanda

Turn The Table On Joint Pain

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

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

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

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

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

Hyaluronic Acid can relieve your joint pain and discomfort.

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

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

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

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

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

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Book writing very rewarding in senior years

by SUSAN LARSON

Ever think about that book you've always wanted to write? Well, it's never too late and you never know what it will open up for you. Sure, there's the satisfaction of having done it, and the admiration of your friends, and any money, however small the amount, that you might make off of it. But then there is also the chance of winning the Georgia Author of the Year Award from Georgia Writers.

Such was the case with Dr. D. Craig Rikard, author of "Hidden Epidemic," published by Tiger Iron Press in Macon. Rikard grew up with a mother who was addicted to prescription drugs, which continued to haunt him four decades into adulthood. At his wife's suggestion, he wrote a book about it. The semi-autobiographical work reveals problems of children whose parents are addicted to prescription drugs, a problem which has reached epidemic proportions. Rikard describes the effects of abuse and shows readers how to seek and get help. As a Methodist minister and family therapist he once specialized in dealing with this problem one client at a time. Now because of his book, which won him GAYA for Memoir, he now gives presentations on his subject throughout Georgia.

In a more whimsical style, Grady Thrasher, after retiring from his law practice, also drew from his childhood experiences.

"My Grandmother was a terrific backyard gardener. She had me helping her from the time I was in kindergarten. Mornings and evenings with her in the garden are some of my favorite childhood memories. I guess I've always wanted to write about them," Thrasher said.

The most recent work of this Athens grandfather, "Tim and

Sally's Year in Poems," garnered him a GAYA for Picture Books.

Ted M. Dunagan, born in 1943 in rural southwestern Alabama, also drew from memories of his youth. Starting his writing career after retiring from the cosmetics industry, Dunagan received the GAYA 2009 in the Young Adult category for his debut novel "A Yellow Watermelon" which was also listed among the 25 Books Every Young Georgian Should Read by Georgia Center for the Book. He did a repeat performance this year with "Secret of the Satifa," which continues the saga of two young boys – one black, one white – in the rural racially divided South that he grew up in.

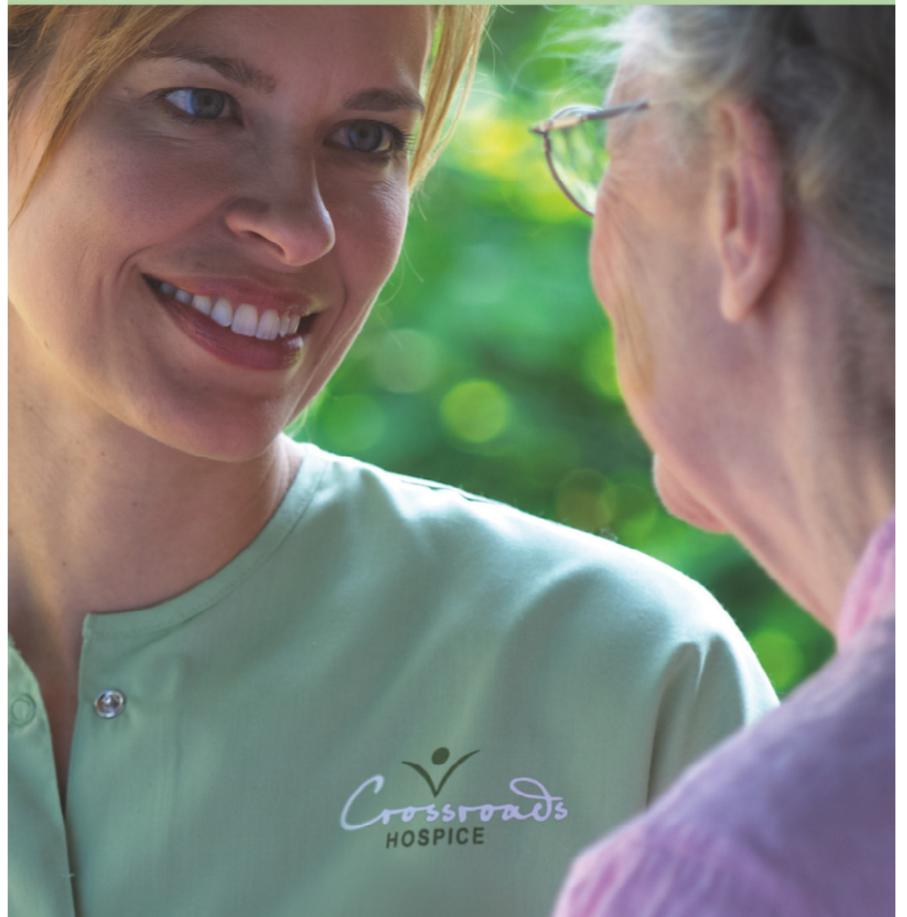
Dr. John A. Burrison, whose award winning book on Georgia folk pottery, comes about his expertise in a different manner. It has nothing to do with his childhood. An academic interest in folklore evolved during his undergraduate years at Pennsylvania State University, where he published and edited Folkways magazine. He came to Georgia State University in 1966 to develop the folklore curriculum in the Department of English, where he teaches various courses in folklore.

He wrote his first survey book on Georgia pottery in 1983 after 14 years of research. This year, he won the GAYA for "From Mud to Jug," which updates and enriches his wealth of information and insight with detailed photographs and the actual words of four generations of Georgia potters.

If you think there just might be a book in you in your golden years, Georgia Writers Association and Atlanta Writers Club both sponsor workshops, conferences, seminars, critique groups and contests to help people of any age become writers. For information, visit www.georgiawriters.org and www.atlantawritersclub.org.

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Out & About

The Entertaining Grandpas

by MARY FRANCES

What does a career musician do when he finds he is the last man standing? He searches for others like himself and schedules a jam session. A jam session of accomplished professionals is what the audience at the Dunwoody campus of Georgia Perimeter College (GPC) heard on June 10, 2011.

Dressed in Hawaiian shirts, the bespectacled gray-haired musicians played many memorable songs such as "Bourbon Street Parade," "I Wonder Where My Baby Is Tonight?" and "Alexander's Rag Time Band." It didn't take long for the toes of three-year-old Leah to start tapping to the music when they played "Dr. Jazz," "Shimme She Wobble" and "Digga-Digga Do." The audience of several hundred responded with loud applause. Before the intermission, Don Erdman, the band's leader, asked members of the audience to select from over 80 songs listed on the program, the ones they most wanted to hear during the second half.

During intermission, guests were eager to buy their CDs and to select their favorite tunes to be played. "I didn't think they'd be this



Ray Trant on Drums

professional." "They are terrific!" were some of the comments heard at the break.

The second half of the show began when Greg McLean entered from the back of the auditorium playing his trumpet, as the other members of the band gathered on stage. A wonderful medley of fifteen songs was then played to the audience's delight. Even those in wheel chairs, rose to participate in the standing ovation at the conclusion of the concert.

The band members are drummer, Ray Trant; tuba player, Hal Johnson; vocalist and banjo player,

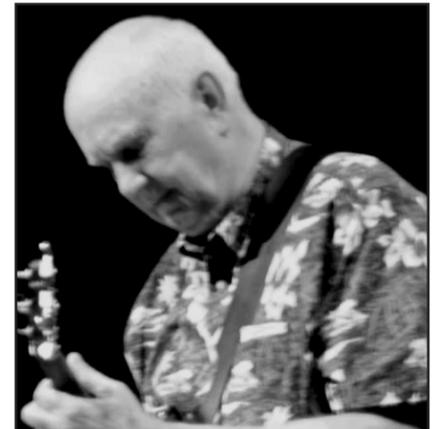


Hal Johnson on Tuba

Bill Rutan; trombonist, Neal McElroy; cornet and trumpet, Greg McLean; and clarinetist, Don Erdman.

Founded in 1990, the Hotlanta Dixieland Jazz band has performed throughout the United States, Europe and Asia and at festivals in Spain, Germany, Japan, France, Belgium, Finland, Denmark, Poland, Belarus, Saudi Arabia, Russia, and Singapore. Traveled though this group is, their home is in Atlanta, while their hearts are in the New Orleans' French Quarter. Learn more about them at their web site, www.hotlanta-jazz.com or e-mail, donnerdman@aol.com; or, call 770 493-9183.

The GPC Dunwoody Student Government Association sponsors a variety of free programs that the public and students are invited to. The Hotlanta Dixieland Jazz was their latest.



Bill Rutan on Banjo



Don Erdman on Clarinet with Neal McElroy and Greg McLean Conferring in the Background.

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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 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

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.

Senior Ballroom Dance

First & third Tuesdays, 7:30 p.m., Mason

continued on page 13

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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.

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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
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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.

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

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members are utilizing their unique life experiences and skills to share important information with older adults. RSVP volunteers play a critical role in providing education and outreach in the community so older adults can make informed choices about available programs and services. Free training is provided for all volunteers and flexible schedules are available. Volunteers 55+ are eligible to receive mileage reimbursement and supplemental insurance.

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

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

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.

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

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Taking Care

Help an older relative enjoy the summer

by LISA M. PETSCHKE

Many people look forward to the mild temperatures and increased daylight of summer, which positively affect their mood and allow new opportunities for enjoyment, especially outdoors.

However, those who are older and socially isolated – due to illness, disability or loss of a companion, for example – may find it difficult to reap the benefits of the season.

Fortunately there are many things that you can do to help a relative in this situation enjoy summer's pleasures. Of course many of these tips

could also apply to a friend or neighbor.

Lighten the load

- Prepare extra foods or beverages to share with the person – for example, homemade lemonade or iced tea, pasta salad, sliced watermelon, strawberry shortcake or rhubarb pie.
- Offer to help with gardening or lawn care.
- Take your relative out to the mall for shopping – perhaps for a new summer wardrobe – and lunch. If they use a wheelchair, investigate accessible taxi options or register them with the local accessible transportation service. If they can get in and out of a car and walk short distances, arrange to borrow a wheelchair from the mall's customer service kiosk.
- Let them know when you are

heading out to the grocery store or on other errands, and ask what you can drop off or pick up to make things easier.

- If they don't drive, offer transportation so they can get their hair done, do banking or attend a special event.

Do some pampering

- Share fresh fruit, vegetables or flowers from your garden or the market. Include a vase with the latter, so they're ready to display.
- Buy your relative some toiletries or home fragrance products in a summery scent, such as lily of the valley or peach.
- Get them a box of favorite ice cream treats the next time you're at the grocery store. Or take them out to the local dairy for an ice cream cone

or sundae.

- Buy them a seasonal outdoor gift to enjoy – for example, wind chimes, a hanging plant, decorative flower pots, a bird feeder, solar garden accents or a patio chair and side table.

Ideas for activities

The following are some ideas for enjoying quality time together:

- Invite your relative over for a barbecue or to watch a favorite summer-themed movie.
- Have a picnic in their backyard or yours, or at a nearby park.
- Go for a stroll around the neighborhood, using a wheelchair if necessary.
- Take them to the local farmers' market for fresh fruits and vegetables, as well as favorite meat, cheeses and baked goods.
- Go to a park or other outdoor public space and people-watch.
- Invite them to some of your children's or grandchildren's baseball or soccer games and provide transportation. Just be sure they can safely navigate the distance and terrain from parking lot to sports field. And don't forget a chair for them that offers good support.
- Take them to an outdoor concert or summer arts festival.
- Go for a drive in the country.
- Encourage them to reminisce about summers from their youth, including family customs, special people and places and touching or humorous moments.

Heat wave hints

- Make daily checks during heat waves to ensure they are eating and especially drinking sufficiently. Buy them pre-cooked foods that only require warming, and arrange for more groceries as necessary. Also ensure they aren't overdressed and are acting normally. Seek immediate medical attention if you have any concerns about their physical or mental state.
- If they don't have central air conditioning, ensure they have fans or window air conditioners to improve air flow and evaporate sweat. Check that any such appliances are in good repair and being used. Encourage your relative to stay on the lowest possible floor of their home, preferably on the shaded side, and to open windows in the evening if there's a breeze.
- Help them obtain an air conditioning unit if they don't have one, or arrange during a heat wave for them to stay with someone (you, another relative or a friend) whose home is climate controlled.
- Provide or arrange for transportation to appointments, for errands, or to take them to a cool place. They should not be walking any distance or waiting at bus stops in extreme weather.

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



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