

Senior News

Serving **ATLANTA** & Suburban Areas

Information For Ages
50 PLUS!

*Nostalgia Spikes
Interest in Railroad Art!*

Story on page 2

November 2011
Vol. 25, No. 11

On the Cover

Nostalgia Spikes Interest in Railroad Art

by SUSAN LARSON

ON THE COVER

Nelms Creekmur of Atlanta enjoys creating lasting memories through his railroad spike artwork.

Everyone, no matter when or where they grew up, has a memory of trains. For some it may just be having their mother read *The Little Engine that Could* before they went to bed. For others it may be a train ride to Grandma's. Or for some, real life memories of working on the railroad.

For Nelms Creekmur of Atlanta, it was stories he'd heard of his grandfather who had worked for CNO. Most people simply savor the memories and maybe collect a piece of railroad memorabilia here and there. But Creekmur went a little further down the track.

For most of his life, Creekmur worked in manual labor. He was a stone mason in Vermont where he specialized in dry stack walls. He also

spent a lot of time with woodwork-

ing. "I'm happy when I'm swinging a hammer," Creekmur said.

About a year ago, that happiness with a hammer manifested itself in transforming railroad spikes into objects of art which have a purpose. He's not exactly sure what spiked that interest, but he said, "I love the simplicity of the spikes. I love their weight in my hand. They are beautiful objects by themselves, but I saw all different possibilities with them."

Those possibilities include wall hooks, bottle openers, jewelry hangers and forks.

While living in Crabapple Creekmur worked for Michael Dillon who creates architectural railings and balconies.

"The things he made looked like they came from Italy or Spain," Creekmur said. Having lived in Italy for 10 years, he had an eye for that style of craftsmanship.

"With him I learned to forge," he said, "and I got the idea of working with railroad spikes."

Creekmur went online and

ordered what equipment he could find, but still had to create his own forge and then piece and weld together a special wrench to handle the spikes as he gave them new life.

As he travels around to craft fairs, his greatest satisfaction is in hearing people's memories of trains.

"One lady told me of two railroad spikes she had," Creekmur said. "One she had randomly dug up in her garden."

The other, he said, went back to her childhood. Her father was an oil executive and they traveled all over the world. When they were in Saudi Arabia in the 60's, she and her parents walked the desert where Lawrence of Arabia blew up Turkish trains. They went onto the track and picked up a spike.

"She went home and came back to show me both spikes," he said.

Creekmur will be displaying his



Fork and bottle openers Creekmur forged from railroad spikes

spiked art at the Chastain Park Arts Festival on November 5-6. He loves to display his artistic skills, but even more, he loves to hear people's memories.

For more information visit www.nelmscreekmurforge.etsy.com, e-mail nelmscreekmur@gmail.com or call 404-402-5029.

Live life to the fullest at the Renaissance on Peachtree



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



Amenities include

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




Find out how you can live life to the fullest.

404-841-6161

Independent and assisted living conveniently located in Buckhead

Renaissance
ON PEACHTREE

3755 Peachtree Road, NE
Atlanta, GA 30319

www.RenaissanceOnPeachtree.com

Let's thank our troops from the heart

by SUSAN LARSON

I recently read an article about the Gratitude Campaign by Scott Truitt.

Truitt relates his experiences in trying to express gratitude to servicemen when in public places. But he said, "I am not proud to admit that there have been times when I couldn't muster up the nerve to approach a stranger. On a few occasions I noticed that it felt a little awkward for both of us."

So Truitt did some research and came up with a hand sign that originated in 18th century France. This sign consists of placing your hand on your heart, then extending it outward toward the person you want to thank to say "thank you from the bottom of my heart."

This works for me because I, too, feel awkward about approaching strangers out of the blue. But I thought I'd ask around to see how others might feel about this.

I talked to Gunnery Sergeant David H. Erwin, of the Parkview ROTC program.

"I've never heard of this sign. I think most people in the military would rather be thanked personally, but they welcome any sign of gratitude," Erwin said.

Then I asked Kathi Mardis, who with her husband Michael, is retired from the Air Force. Mardis is also very involved with theater.

"I think this is a great idea - the sign. Not only because I think the mil-

itary member would get a big charge out of it; but just the idea of sharing our gratitude in this way is such a positive thing in this all too cynical world."

When I asked author and ordained interfaith minister, Fran Stewart, she said, "Yes. I heard about it a while ago, and when I flew to Washington, DC last month, I thanked every military person I saw with the "from my heart" sign. It was simple and profound and effective. Made me feel good just doing it, and I got a lot of smiles in return."

But further conversation made me think this sign goes even deeper.

"I really do think that gestures such as this one are another kind of the fine/dramatic arts; which are all about expression of feelings and ideas - finding a way for our common experience to be shared and be part of the fellowship of man. What appeals also is that this type of gesture, like the peace sign or thumbs up or "ok" - crosses gender, ethnicity, or religious affiliation. It's applause in ordinary life - and sometimes we all need a little applause for a well-performed act!" Mardis said.

"Words are cheap, but gratitude that is grounded in the body issues from a deeper well. The "from my heart to yours" thank-you symbol that so many of us now offer to military personnel conveys gratitude to a depth that can touch the heart of everyone who sees the gesture," Stewart said.

As for Erwin, he still believes a spoken "thank you" is best, but said, "I'll be looking for this sign."

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.

HARBOR NO HATE

(Dedicated to the Greatest Generation)
by Vera King

*The barbed wire on Waikiki
Was to deter the enemy*

*But it was too late to save
The victims in their Harbor grave*

*By a desperate Axis Team
Seeking to fulfill their dream*

*On this 70th Anniversary
We usher in the memory*

*Of what will Live in Infamy
And all the troops who set us free*

*The pity of this previous plight
Is still today we fear and fight*

*But peaceful times may be in sight
When our world leaders see the
light.*

Author's Note: I saw the barbed wire when I served at Marine Barracks, Pearl Harbor.

FREEDOM'S PRICE

(In memory of the casualties of Pearl Harbor on December 7, 1941)
by Henry Newton Goldman
Veteran – WWII

*Each veteran approaches the rail,
drops a flower into the water,
gives a salute and steps away.*

*Oil drops rising from the ship below,
burst upon the water, spread
outward in a circular rainbow of
color, as if those entombed below
are accepting these floral honors.*

*Echoing Taps bugle across the water,
as down the cheeks of wrinkled
veterans tear trickle slowly –
slowly as the flowers float away.*

*A naval custom is observed as a
destroyer cruises slowly by the
memorial, all hands lined up on
deck dressed out in navy whites
standing at attention.*

*The flag over the memorial is flying
at half mast. Prayers are said:
admirals speak to the occasion.*

*One veteran's words linger; "I want
my grandchildren to remember
that freedom does not come cheap,
and retaining it, is an ever vigilant
task."*

AGE

by Frankie Lee

*It's not easy getting old
I hear my mother say
You have no idea how hard it is
To get through each and every day*

*The many things you've done before
Seem so, so far away
And, oh how badly you want that
time back
You ask for each time you pray*

*So many things you can no longer do
That you have done before
So many places you want to go
Little things like going to a store*

*To rake the leaves in a yard you love
And even cut the grass
The many things you used to do
That now you need to ask*

*Sometimes its lonely, your children
gone
Only a bird left to greet you
And the memories of all you had
In your heart you long*

*It's not easy getting old
I heard my mother say
Sometimes with tears in her eyes
As she would nightly pray*

*The many things you want to do
That you can't do anymore
You even have a hard time
Getting up to answer the door*

*No one seems to understand
How hard it gets to be
To have so much help*

When it used to be just me

*So much you used to do alone
Whatever you wanted to do
No one to ask for a ride
To places you need to go to*

*It's not easy getting old
I heard my mother say
And now I suddenly understand
For I am 60 today*

*I hold her hand tightly
As we both walk slowly away
To be together hand in hand
Makes for a Great Day!*

Author's Note: I wrote this poem for my mother.

DENTURES AVAILABLE \$0 CO-PAY!

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

For more information call for Free Report
1-800-704-3307 – 24 hrs

ThriftyMedsNow.com

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

SAMPLE SAVINGS

	Strength	Size	US	Canada	Generic	Save
Aciphex	20mg	100 tabs	\$585	\$146	\$ 86	84%
Diovan	320mg	30 tabs	\$145	\$ 38	\$ 18	87%
Effexor XR	150mg	100 caps	\$411	\$230	\$106	74%
Plavix	75mg	28 tabs	\$142	\$ 86	N/A	44%
Flomax	0.4mg	30 caps	\$109	\$ 26	\$ 17	85%
Singulair	10mg	30 tabs	\$160.99	\$84.93	\$49.85	70%



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

Long-Term Care Insurance Living Life on Your Terms

CONTACT

Gene Greenberg
AAA Marietta/Norcross
(770) 565-5700 Ext. 2244

or
Victor Vasquez
AAA Sandy Springs/
Buckhead/Tucker
(404) 843-4500 Ext. 2225

We also have great rates
on life insurance.



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

Cotton Picking and Mullet Fish

by CHRISTINE COLEMAN

I feel sure you've noticed those large fields of open white cotton as you drive along the highway. To me, that's a beautiful sight. I can enjoy it now much more than when I was growing up in the early 1930s.

We lived on the farm and cotton-picking time came around every year in late summer. It had to be gathered before "September Gales" came and made the crop less profitable.

As a young child, my mother would let me sit on her cotton sack as she picked cotton and dragged me along after her. Soon I was big enough to have a flour sack bag (made just for me) that I could use to pick cotton like the others in my family. Now, that was so important! A bag of my own! Little did I know that in the future, I'd feel different about picking cotton. Those long days

were hot and our backs would ache from bending over for long hours. Of course, that was a job that had to be done, and you didn't question why.

During those hot days, someone in the group went for a bucket of water for those who were working. That person was instructed to hurry and also to draw water from the "north" side. Drawing water from the north side meant to lower the well bucket into the well and hold the well chain so that the bucket would enter the water on the north side. Water from there meant that it would be cooler. Back then, grown ups were offered water first and then the children drank. Mind you, everyone used the same dipper, and we all lived.

A special tradition of ours was during cotton-picking time. When Papa carried a wagonload of cotton to be ginned, he always brought home mullet fish and a block of ice. We knew we were

going to have mullet for supper. My brothers would go out to the wagon and get the block of ice Papa had brought home. It would be embedded in cottonseeds he had brought home from the gin. In this way, the ice would not melt so quickly. That night, we'd have fish and corn bread and tea. That's all we wanted. Today, people have side dishes, but we didn't want more.

To add to this pleasure, Mama would do a different menu for breakfast. She'd mix fish eggs and hen eggs to cook. Now, this was another special treat. We'd have our dual dish eggs and hot biscuits. With this memory in mind, we didn't go back to the cotton field feeling so bad. We knew that when Papa carried a load of cotton to be ginned, he'd bring back a block of ice and some mullet fish.

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

Spiritual Notes

A Season of Thanksgiving!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

As we approach November, our thoughts turn to Thanksgiving and the stories of the pilgrims as they gave thanks to God for His blessings in this new land. Growing up I can recall the anticipation of quality time with family members we had not seen in a long time as well as great food and fellowship. There was also a strong emphasis at our house on the spiritual meaning of this season.

It is rewarding today when you

hear a "thank you" if you extend a courtesy to someone. Unfortunately, too often these words are not spoken in response for a good deed. Not only should adults be conscious of this fact but we need to be role models for young people. Youth of today are sometimes given so many material "things" that the expectations exceed the need to be grateful for the gifts they receive.

I remember attending a birthday party for a young niece. When she finished opening her many gifts, she looked around and asked, "Is this all?" My wife's mother was a wonderful "giving" person. It was very difficult for here to receive a gift.

She would always exclaim, "Honey, you shouldn't have done this." After hearing this many times, my wife said, "Mother, just say thank you." At any age it is sometimes difficult to be thankful.

Most importantly, as did the Pilgrims, we need to give thanks to God for the manifold blessings we receive every day. David expressed it so beautifully in a song of Praise and thanksgiving for the Lord's faithfulness in the following Psalm:

"Make a joyful shout to the Lord, all you lands! Serve the Lord with gladness; come before His presence with singing. Know that the Lord, He is God; It is He who has made us, and not we ourselves; we are His people and the sheep of His pasture. Enter into His gates with thanksgiving and into His courts with praise. Be thankful to Him and bless His name. For the Lord is good; His mercy is everlasting, and His truth endures to all generations." (Psalm 100)

Elizabeth Bibesco said it best; "Blessed are those who give without remembering and take without forgetting." As we receive God's daily blessings as well as gifts from others, let us not forget to say a heartfelt Thank You!

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!

Lighting Your Path to Good HealthSM



See Medicare in a whole new light!

Find out how a Coventry Health Care Medicare Advantage plan can benefit you.

As your local health plan, Coventry is committed to offering you low-cost options designed to help you be healthy and save you money. And because we're your neighborhood plan, you have access to providers you trust who actively participate in the full scope of your care.

This year, Medicare enrollment runs from October 15 to December 7!

Call today to receive *Lighting Your Path to Good Health*, our no-cost, no-obligation informational kit. In it you'll discover important answers to your Medicare questions.



Let us shine a light on our Medicare Advantage plans with plan options that include:

- Monthly plan premiums as low as \$0
- \$0 copay for annual physicals and preventive screenings
- Generic prescription drug coverage — even through the coverage gap
- A maximum out-of-pocket cost protection that puts a fixed limit on how much you have to pay for health care costs
- Low copays for specialist visits with no referrals required



**Call 1-855-621-4806
(TTY/TDD 711),**

**8 a.m. to 8 p.m., seven days a week.
Or go online for more information
www.MyCoventryMedicare.com/GA.**

 **COVENTRY**[®]
Health Care of Georgia, Inc.
ADVANTRA[®]

A Coordinated Care plan with a Medicare Advantage contract.

The benefit information, provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.

Y0022_CCP_2012_4002_356_FINAL2 File and Use: 10/02/2011

Georgia eye doctor helps legally blind to see again



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

Atlanta, Georgia –

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

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

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

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

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

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

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

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

"Telescopic glasses can cost over

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

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

– Paid Advertisement –

OPTIONS
FOR SENIOR AMERICA

Your Home Care Choice

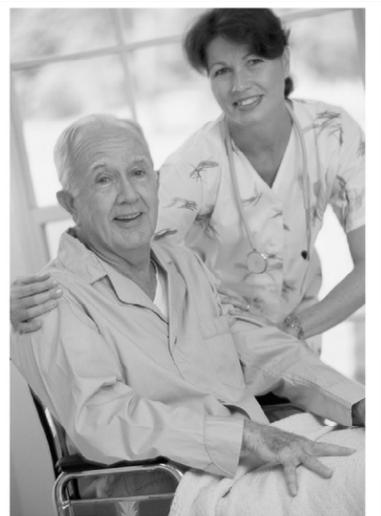
*The Finest in Personal Home Care
Customized to Your Needs*

All Staff Thoroughly Screened

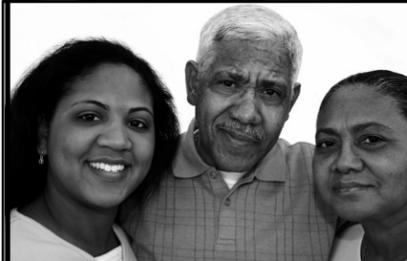
*RNs, CNAs & Live-In Aides
Day & Night Shifts at Affordable Rates
24-hour Emergency Hotline
Prompt & Friendly Service
FREE No-Obligation Interview*

Licensed – Bonded – Insured

404-634-1111
www.optionscorp.com



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



Our monthly rate includes:

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

Not ready for full time residency? Ask about our

- Dynamic Senior Day Program
- Short-term Respite Stays

Memory Care is available at our Dunwoody location.

Benson Manor

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

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

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

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

Website: www.rhf.org



(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

Sandy Springs Festival

by MARY FRANCES

The 600 artists, crafters, entertainers, and vendors were greeted with brilliant sunshine and warm breezes at the 26th annual Sandy Springs Festival the weekend of September 17th. For a small fee of \$5.00, hundreds of adults with children-in-tow, gained admission to the festival and strolled along the rolling tree-lined streets of Sandy Springs Circle, visited the Heritage Green parksite, and the Sandy Springs Museum, at the historic Williams-Payne House.

The Festival featured gazebos displaying striking arts and clever crafts. They were lined all along

Sandy Springs Circle, Hildebrand Drive and Sandy Springs Place. Many businesses and non-profit organizations were also there. Among them were The Primary Care Center, Apostles Church of Sandy Springs, art teacher from Sips n Strokes, Inspire Insurance Solutions, Whole Foods, First Montessori School of Atlanta, Curves, the Sandy Springs Reporter, Sandy Springs Rotary Club, the Sandy Springs Fire Department, Belmont Village Senior Living, World Peace Café, Sandy Springs Youth Sports and others. There was also a variety of musical entertainment. Of special interest was the animal petting zoo for youngsters which featured cows, goats and llamas.

Recreating the Civil War era,



Atlanta Skyline by 478 Creative, Alabama



Dog by Alan Tiegreen



Weaver demonstrating from Bhutan Baskets



Live weaver at entrance to Sandy Springs Museum

The Sandy Springs Museum enticed guests into their quaint picket-fenced house where individuals dressed in period costumes demonstrated primitive munitions and cloth spinning. Inside, walls were lined with pictures of a bye-gone era. Citizens old and young, saw firemen's gear hanging on one of the walls and glass cases that displayed artifacts of that earlier time period.

The Festival opened with a 10K and 5K run at 7:30 am Saturday and concluded with a band concert Saturday evening.

Notice to Seniors, Veterans and the Disabled

What would you say if we told you that you don't have to pay your credit card or medical bills? Most of our clients say, "Thanks you." 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. You don't have to endure frustrating calls and letters from collection agents. You can live worry-free as thousands of our clients do.

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

Stop creditors from breaking the law by trying to collect on debts you can't pay. There is an affordable alternative to bankruptcy. For as little as \$20 per month you can employ a DCSD attorney to deal with your debts.



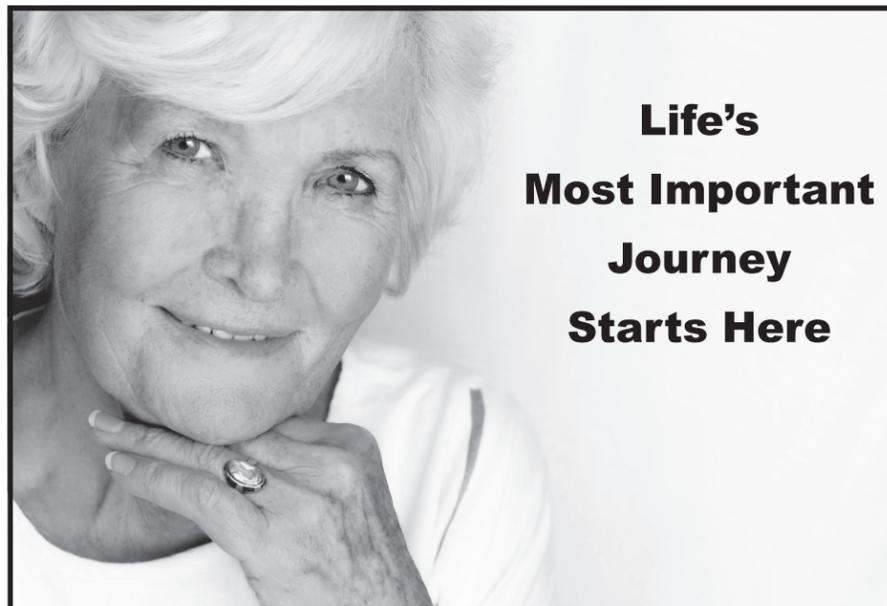
Call **Debt Counsel for Seniors and Disabled** for a FREE consultation

1-800-992-3275 ext. 1304

Jerome S. Lamet

Founder and Supervising Attorney
Former Bankruptcy Trustee

info@lawyers-united.com
www.DebtCounsel.net



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

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

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

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

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



Homestead Hospice

www.homesteadhospice.com



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 & loveseats

...and more in 100s of fabrics!

770-518-8518

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

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

New “Extra Natural Pain Relief

The Ground-Breaking Osteoarthritis Thousands of Local Residents f

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

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

Testimonial:

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

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

Mardeene

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

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

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

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

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

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



Pain



No Pain

There is Hope!

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

Testimonial:

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

Larry

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

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

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

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

Natural Substance Found In Roosters Relieves Knee Joint Pain

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



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

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

“A Strength” Over For Knee Pain

As Knee Treatment below has Saved From Knee Replacement Surgery.

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

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

The Atlanta Medical Clinic Goes the Extra Mile

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

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

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

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

Testimonial:

I was hesitant at the beginning

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

Paul

Knee Replacement is not in my future

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

Yolanda

Turn The Table On Joint Pain

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

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

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

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

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

Hyaluronic Acid can relieve your joint pain and discomfort.

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

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

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

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

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

SPACE IS LIMITED!

FREE CONSULTATION FOR LIMITED TIME

WE ACCEPT MOST INSURANCES INCLUDING MEDICARE



ATLANTA MEDICAL CLINIC

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

CALL TODAY!

855-998-3000

Local Toll Free Number

VISIT US @ ATLANTAMEDICALCLINIC.COM

The Next Chapter

Now You See Her

Book Reviews by
ANNE B. JONES, PhD

Now You See Her
James Patterson and Michael Ledwidge
Little, Brown and Co., New York,
2011 (Also Available in Large Print)

Now You See Her, by James Patterson and Michael Ledwidge is a ninety-mile-an-hour read! This mystery doesn't let up until the final pages and even then there's a twist!

Many of James Patterson's books have appealed to me, although some have an abundance of "slice and dice," too much gratuitous violence for my reading appetite. *Now You See Her* is more into plot, impressive in its relentless pacing, and its writers hold its readers through the power of words.

Now You See Her was thrust upon me by the Harbour Shores Book Club, an enthusiastic group of women who live just south of Atlanta. As a member, I was especially attracted to their latest gathering by promises of gourmet quiche, prepared by our hostess Ginger. Comments were as follows:

"Oh, you'll like this book," said Ginger, as soon as I arrived. "I read it in just two days. You'll open the book and keep going."

"It moves quickly from one thing to another," said Brenda.

"The author will keep you in suspense," added Sandy.

"I'm not a reader," commented Bunny, "but it was so good, it made me read. My husband read it and liked it."

"I knew immediately there was a bad cop," said Lynda, the wife of a former APD officer.

"It seemed preposterous, but it was a page turner," threw in Kathleen.

Peggy noted how the plot evolved, "Doing business can be so lucrative. Temptation is great when there are millions of dollars involved."

"The main female character was a very poor judge of character," they all agreed. "You have got to read this."

Ginger sealed my fate with "I have the book. You can borrow it."

As I read *Now You See Her*, I was reminded of the time I spent a few days as a guest at the home of a Pulitzer Prize-winning journalist. I

was working on *Gold Thunder* and sought his input. "A book must propel the reader to its end," he said emphatically. Since I was writing about a racecar driver, his words seemed fitting, but that sage advice has stayed with me throughout my writing career.

Could that journalist have also spoken with James Patterson and Michael Ledwidge? This I don't know. Nonetheless, they have also heeded those words. *Now You See Her* captures its reader's attention. Zooming from one traumatic event to another, the book is a fast-paced thriller from start to finish. It puts the reader in the groove on the first page and just doesn't let go.

The plot centers on one horrific incident that forever changes one woman's life. Its twists and turns are unexpected and the work is a fresh contemporary take on the genre. Characters could have been explored more fully, but on this super speedway paved with words, who's to notice? I liked the book. Enough said!

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



Spacious 1 & 2 Bedroom Apartment Homes, Energy Efficient LEED Certified Apartments, Elevators, Fully Equipped Kitchens with Microwaves, Business Center with Computers & Free WiFi, Courtyard with Walking Path, Community Room, Activity Room, Library, Washer/Dryer Connections, Walk-In Showers (in select units), Laundry Center on Each Floor, Pets Under 20 lbs Welcome, Community Garden, Shuffleboard/Horseshoes, Great Smyrna / Vinings Location.

770-817-8267

1-866-849-2870



2731 Woodland Terrace
Smyrna, GA 30080



www.SeniorOutlook.com/galleriamanor

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

Asbury Harris Epworth Towers

A WESLEY HOMES, INC RETIREMENT COMMUNITY

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

For more information call

404-344-9400

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

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

3033 Continental Colony Parkway
Atlanta, Georgia 30331



Out & About

Roswell Dance Theatre presents "Nutcracker" beginning November 30th



Sugarplums (left to right): Regan Redner, Roswell High School; Kelsey Heetland, Milton High School; and, Alexis Collins, Roswell High School.

Special to Senior News

The holiday favorite, "Nutcracker," will once again be presented by the Roswell Dance Theatre, which is celebrating its thirty-third season of dance. The Roswell Dance Theatre's performance is the oldest and largest "Nutcracker" production in North Fulton. You'll want to be sure to attend! Sugarplums will surely be dancing in your head as you witness over 300 cast members from the Tolbert Yilmaz School of

Dance and The Roswell Dance Theatre in this annual production. Directed by Nancy Tolbert Yilmaz, Mary Lynn Taylor and Tracey Bayly.

This year's production will once again be performed at the Roswell Cultural Arts Center located at 950 Forest Street, Roswell. Show times are : Wednesday through Friday, November 30, December 1 and 2 at 10:00 a.m. for school shows. Public shows will be performed on Friday, December 2 at 7:30 p.m.; Saturday,

December 3 at 10:00 a.m. (Nutcracker Character Breakfast at 9:00 a.m.), 2:00 p.m., and 7:30 p.m. (V.I.P. Reception at 6:00 p.m.); and Sunday, December 4 at 1:00 p.m. and 4:30 p.m. (Nutcracker Character Tea at 3:30 p.m.). Reserved tickets available beginning Monday, October 31, at the Tolbert Yilmaz School of Dance located at 10400-D Alpharetta Street in Roswell. Please call 770-998-0259 for ticket and additional information.



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

Christmas with ATLANTA SACRED CHORALE



Saturday, December 10, 2011 7:00 p.m.
Emory University
Schwartz Center for Performing Arts

\$25 General Admission Group Discounts Call
\$15 Senior/Student 404.915.4541
www.AtlantaSacredChorale.org



The holidays are more fun at the Southeastern Railway Museum

Georgia's Official Transportation History Museum

Spend the Day with Santa!

- Have **breakfast or lunch with Santa** and Mrs. Claus, complete with a special holiday craft, hayride, train ride, and an optional picture with Santa!
- Watch a **classic holiday movie** featuring a train trip to the North Pole — in a real railroad car! Interact with the characters as they come to life and move through the car with you. Refreshments include hot chocolate and cookies.
- **Advance registration required.** Tickets available at the museum or on the Events page of our website.

Spend the Day with Santa

Nov. 26:
Lunch at noon and 6:00 movie
Dec. 3, 10, 17:
Breakfast at 9:00, lunch at noon;
movies at 3:30 & 6:00

770-476-2013

www.SoutheasternRailwayMuseum.org
3595 Buford Hwy., Duluth, Georgia

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.



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.cobbseiors.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

continued on page 13

UnbeWiiVables capture NSL Senior Wii Bowling Title

Special to Senior News

The National Senior League's 5th National Senior Wii Bowling Title went to the UnbeWiiVables from Silver Spring, Md., as they defeated the Happy Strikers from LaGrange, Ga. The teams competed head to head at the LeadingAge Annual Meeting in Washington, DC.

Both teams had problems adjusting to playing at a neutral site in front of a rash of media coverage on simulated bowling alleys prepared by host, LeadingAge, and sponsor, Aegis Therapies. Scores were lower than league averages as Wii bowlers struggled to find their lines and release points. In the end the UnbeWiiVables, coached by Karen Maxin and representing the Margaret Schweinhaut Senior Center, prevailed. Stephan Hatos led the way rolling games of 280 and 259. Teammate Bob Brigham, an NSL Wii Bowler of the Year, followed Hatos with 244 and 216.

Following their two day drive from LaGrange, Ga., the Happy Strikers struggled to keep their games together. Although Wii bowling far below their league average the Strikers hung close through game one but couldn't keep pace in game two falling to their lowest pin total of the year. They ended up on the losing side by a total of 213 pins.

The two teams battled their way through the NSL fall season surviving seven weeks of league play and three weeks of playoffs competing against 104 teams from 21 states. NSL President, Dennis Berkholtz, com-

mented, "Having LeadingAge host the NSL finals and Aegis Therapies sponsor the championship really made for an exciting event. More importantly, the senior Wii bowlers had a great time and had the opportunity to show their skill to a live audience. We are looking forward to next year's final at the LeadingAge annual meeting in Denver, Co."

Following the match the NSL announced their annual awards. The Elite Division Championship went to the Magic Sticks from Magnolia Ridge Rehab Center, Gardendale, AL. The Master Division Championship went to the Burbank Ball Busters from Vintage Burbank, Burbank, CA. Wii Bowler of the Year awards were presented to Joe Riccobene, SAS Strikers, Evelyn Kelly, the Happy Strikers and Bob Brigham, the UnbeWiiVables. The NSL Coach of the Year award went to Tom Gray of Vintage Senior Living.

The NSL produces and manages Wii Bowling and Wii Golf Championships for residents of senior communities. Teams representing CCRC's, independent senior living communities, assisted living communities, rehab centers, senior centers, affordable housing communities and +55 communities have teams competing in the NSL.

The 2012 NSL schedule includes state and regional championships in the spring with play beginning in February and ending in April followed by the national championship beginning the first week in August and ending with the finals at LeadingAge's annual meeting in October. For details and information regarding NSL competition visit the website at www.nslgames.com.

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		

MAKE A MOVE
A Community Service

We Make Your Move EASY...

Moving Flat Rates	A simple, easy and painless transition into a new community.	Storage Packages
\$375.00-External Moves (into or out of the community)	\$165.00 - 3 Vaults (Approximately 2 Bedrooms)	\$275.00/month - 5 Vaults (Approximately 3 Bedrooms)
\$150.00-Internal Moves (from suite to suite)	\$385.00/month - 7 Vaults (Approximately 5 Bedrooms)	
\$270.00-Haul Offs		

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

Call us at 404.437.6338 to take advantage of our flat rates

**BUSINESS
CARD SECTION**

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

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

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

~ Safe Bathtub ~

Call Your Local Certified Dealer/Installer
Bobby Smith

678-898-0277
www.safebathtub.com

Free In-Home Consultation!

TYPEWRITERS
BUSINESS MACHINE SERVICES

Service All Makes & Models • Estimates
Sales: IBM • Brother • SCM • On-Site Supplies
Rentals • Loaners • FREE Pick-Up & Delivery
No Service Call Charge • No Mileage Charge
No Hourly Charge • Flat Rates
Reconditioned Machines

Call 404-242-6747

PARK TRACE APARTMENTS
High-rise for Seniors 62 and older
and persons 61 and under with a disability

- Utilities Included
- Community Room
- Rent Based on Income
- Pet Friendly
- Laundry Center
- Service Coordinator

Nestled in the Heart of Downtown Decatur

404-371-0887
700 Atlanta Avenue • Decatur, GA 30030

\$1.00 OFF **ADMISSION WITH THIS AD!**
1 coupon per person. Expires 11-14-11
2nd Weekend of Every Month!

Atlanta, Georgia
Fri. & Sat. 9-6 • Sun. 10-4
3 miles east of Atlanta Airport,
1-285 at Exit 55
3650 & 3850 Jonesboro Rd.
Scott Antique Markets
Call: 740-569-2800
www.scottantiquemarket.com *America's Favorite Treasure Hunt!*

Atlanta Expo Centers **November 11, 12 & 13**
Atlanta, Georgia **December 9, 10 & 11**

BUSINESS CARD SECTION

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

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

We provide Long and Short Term Services
24-Hour Skilled Nursing Services • Physical Therapy
Occupational Therapy • Speech Therapy • Tube Feeding
IV Therapy • Quality Assurance Program • Social Events and Activities
Contact Person: Sarita Hunley, Admissions Director
770-429-8600 Fax: 770-429-8677

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

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

Dr. Hiromi Shinya says:

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

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

Quality Elderly Living
Lenox Summit
Apartment Homes

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

2449 East Club Drive
Atlanta, Georgia

 **404-231-1580** 

CALENDAR
from page 12

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

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

Saint Joseph's Hospital
Free Cancer Support Groups. For more information call Renee Rickles at 404-851-5051.

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

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.georgiacenterforthebook.org

Roswell Library
115 Norcross St., Roswell
770-640-3075

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

Buckhead Library
269 Buckhead Ave., Atlanta

Atlanta World War II Round Table
Meets at the Petite Au Berge Restaurant, 2935 N. Druid Hills Rd., Atl. Rest: 404-634-6268, www.petiteauberge.com. 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., Nov. 3, 7:30-9:30 p.m. Early American hymns sung in

continued on page 14


Valley Hill Senior Apartments
Senior Luxury Apartments

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

Call Today
770-210-0912
This institution is an equal opportunity provider and employer

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

 **ATS Transport**
Powder Springs, Georgia
678-398-0200

Hapeville Manor
Assisted Living
A Tradition of Excellence in Caring for Senior Adults

We provide RESPITE care so you can have a break!
3 Meals A Day • Private Room With Cable • Medication Supervision
Grooming • Bathing • Physical Therapy • Exercise • Activities
Stay 3 Days... Get One FREE!
Call us at 404-553-3912 today!
601 Coleman Street • Hapeville, GA 30354

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

Swept Away Cleaning
and Janitorial, Inc.

Tracey Bolton Serving: Gwinnett, Jackson
DeKalb & Fulton
404.697.9116
t1b35@bellsouth.net

Cleaning Services Include

- Houses
- Apartments
- Condominiums
- Rental Clean Outs
- Offices
- Weekly
- Bi-Weekly
- Monthly

 **www.sweptawaycleaninginc.com**

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

How do you REALLY know if you have a hearing loss?

Talk to our **AudigyCertified™ Professionals.**
Dr. Terese I. Huber
Audiologist

RISK-FREE 75-DAY TRIAL

SERVICE EXCELLENCE GUARANTEE IN WRITING

3 YEAR WARRANTY
YEARS LOSS AND DAMAGE INSURANCE
Applicable on AGX5, 7, & 9 technology purchases.

 **Audiology HEARS, P.C.**
Call to make an appointment today!
678.804.8016
a member of AUDIGY GROUP

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



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

**NOW OFFERING
 Wheelchair Assist Vehicles**



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

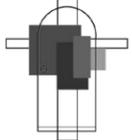
www.atlantacheckercab.com

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

**ACTIVE INDEPENDENT LIVING
 ~ NOW LEASING ~
 BAPTIST TOWERS
 SENIOR RETIREMENT COMMUNITY**

FOR A LIMITED TIME
 NOW ACCEPTING AGE 55 AND OLDER!



1881 Myrtle Drive, SW
 Atlanta, GA 30311
404-758-4562

- 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

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

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.

Volunteers Needed To Deliver Food

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

Volunteers Need for Meals on Wheels

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

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.

Congregation Shema Yisrael

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

Congregation Beth Shalom

5303 Winters Chapel Rd., Atlanta 770-399-5300; www.bshalom.net
 • Community Speaking Engagement – Journey to Israel: Young African American Leaders Reflections on Their First Visit to Israel: Sun., Nov. 6, 10:15 a.m.

VOLUNTEER OPPORTUNITIES FOR 55+

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

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

Alzheimer's Support Group

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

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-

continued on page 15

**BUSINESS
 CARD SECTION**

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



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

Private Home Care When You Need It! 678 290 7827



**BrightStar
 LIFECARE**

Stay In The Comfort Of Your Own Home!

- > Hourly & Live-In Staff
- > 24/7 Availability
- > RN Oversight on All Cases
- > Licensed, Bonded & Insured
- > Meal Prep
- > Bathing & Personal Care
- > Errands, Shopping & Transportation
- > Light Housekeeping
- > Medication Reminders
- > Guaranteed Compatibility®

BrightStar of Marietta
 Proudly serving Cobb, Cherokee, Bartow & neighboring counties
 Independently Owned and Operated

www.BrightStarCare.com • 678 290 7827

**Now Accepting
 Applications!**

Affordable Apartments for Seniors Age 62 +

You'll love the feeling of community and independence in our cozy apartment homes – Lakewood Christian Manor celebrates the splendor of senior life!

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

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



**Life Care Center
 of Gwinnett**

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

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

HEARING AIDS

Over 30 Years Experience!

DECATUR HEARING AID SERVICE

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

MAKE MONEY DAILY!

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

Call Ann at 404-668-2420

PETE GUY PAVING, INC.

Driveways • Parking Lots
 Patching & Seal Coating

All Work Guaranteed!
Free Estimates!

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



At VITAS,
the Focus is on Life

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



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

NEWLY RENOVATED COMMUNITY

TRINITY TOWERS
Senior Retirement Community
 (62 Years and Older)

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

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

Managed by
National Church Residences 
 www.ncr.org

CALENDAR
 from page 14

463-3119 or email: enaumann@atlantaregional.com.

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

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
 Call for events details

- Hanging of the Greens: Nov. 27, 11 a.m.
- Christmas Cantata: Dec. 11, 8:30 a.m. & 11 a.m.
- Breakfast with Santa: Dec. 10, 9-11 a.m.
- Bible Study Services: Dec. 4, 11, & 18, 8:30 & 11 a.m.
- Candlelight Service: Dec. 24, 6 p.m.
- Christmas Day Celebration of Jesus Christ's Birth: Dec. 25, 11 a.m.

Southern Winds Concert Band Welcomes 50 & Older Musicians
 Members meet together to share their love of music and the joy of playing together. No auditions. Typically, the band plays one concert each month. The band rehearses at Northbrook United Methodist Church, 11225 Crabapple Rd., Roswell, every Thurs., 3-5:30 p.m. For complete details contact George Cekis at 770-751-7210 or email: gvcekis@comcast.net.

26th Annual Mt. Zion Craft Show
 Fri., Nov. 11, 9-5 & Sat., Nov. 12, 9-4, Mt. Zion United Methodist Church, 1770 Johnson Ferry Rd., Marietta.
 Pictures with the "REAL SANTA." Proceeds benefit local and church activities. Free admission. Call 770-971-1465 or visit www.mtzionumw.org.

Meadow Lark Estates Neighborhood Association Health Fair
 Sat., Nov. 5, 9-2, PTC Christian Church Gymnasium, 1706 Washington Ave., East Point. Services offered: Blood Pressure, BMI, HIV/Aids Test, & Posture Test. Call 404-762-2094.

East Hampton Women's Club Holiday Gift Sale
 Thurs., Nov. 10, 5-9, & Fri., Nov. 11, 9-4. East Hampton Club House, 2055 Kinsmon Dr. (next to the Avenue of East Cobb).

Senior Connections 3rd Annual Golf Tournament
 Mon., Nov. 14, Dunwoody Country Club, benefits Atlanta-area seniors. Registration begins at 8:30 a.m. with shotgun start at 10 a.m. Visit www.seniorconnectionsatl.org.

Chopin Society of Atlanta's Annual Fundraising Event
 Sat., Nov. 12, 6 p.m., The Country Club of the South, 4100 Old Alabama Rd., Johns Creek. Guest of Honor: Rita Cosby, Emmy Award winning journalist.

Paws for Cocktails
 Thurs., Nov. 10, 5:30-10 p.m., Park Tavern, 500 10th St., NE, Atlanta. For tickets or to make donation visit www.furkids.org. Proceeds go to Furkids & SmallDog Rescue and Humane Society.

DENTAL PLAN

As Low As \$7.50 per mo.

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

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

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

678-560-5757

Your Local Source for Individual and Family Health Coverage!

Loretta Hunt
 404-923-3168 or 866-628-5347
 www.MetroAtlantaHealthPlans.com



Blue Cross BlueShield of Georgia
Blue Cross and Blue Shield of Georgia, Inc. is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association. GAAdv2011e

BUSINESS CARD SECTION

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

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**

Wow!

A free DEXA Exam, just for getting my mammogram at Marietta Imaging Centers!

Receive your mammogram November-December at Marietta Imaging Center/ North Cobb Imaging Center and get a DEXA (Bone Density Exam) totally free*

*Your physician must include DEXA along with mammogram on your signed physician order form in order to receive this free service.

Coupon required for free DEXA exam.
 Expires December 31, 2011

Marietta **Imaging Centers**

770.792.1234
 4791 South Main Street, Suite 140
 Acworth, GA 30101
 WWW.MARIETTAIMAGING.COM



Taking Care

Managing challenging Alzheimer's behaviors

by LISA M. PETSCHKE

One in ten Americans over age 65 and almost half of those over 85 have Alzheimer's disease or a related disorder, according to the Alzheimer's Association. Alzheimer's disease is the most common form of dementia (loss of cognitive functioning) and involves breakdown of nerve cells in the brain. Affected persons gradually lose the ability to interpret information and to send messages to their body to behave in certain ways.



Lisa Petschke

Mental changes include memory loss, difficulty carrying out routine tasks, disorientation to time and place, difficulty adjusting to new places and situations, loss of language skills and decreased judgment. Mood-wise, there may be anxiety, decreased expression or inability to control emotions.

Some common behaviors are wandering away from home and becoming lost, repetitious behavior, sundowning (escalation in behavior in the late afternoon and early evening) and altered sleep patterns. Other challenging behaviors may include hallucinations (distorted sensory experiences), delusions (false beliefs), paranoia (suspiciousness), and agitation.

A wide variety of interpersonal strategies and environmental modifica-

tions have been found to be successful in managing, if not reducing, confusion, agitation and frustration. Medications may be used to treat some of the more severe behavioral symptoms. However, because they are a chemical form of restraint, they are generally as a last resort. Moreover, many dementia-related behaviors do not respond to medication.

If you are a caregiver of someone with dementia, you may find the following behavior management strategies helpful in looking after your relative.

Some general advice

- Learn as much as possible about your relative's disease and its management, and educate family and friends to help them understand. (Your local chapter of the Alzheimer's Association is an excellent resource.) Knowing what to expect and how to deal with challenges can go a long way to reduce anxiety and foster a sense of control.
- Try to identify an underlying cause for behaviors of concern. Keep a log that includes triggers, strategies attempted and your relative's response. With patience and creativity you will develop a repertoire of strategies you can draw from to help prevent or manage behavior.

Interpersonal strategies

- Use a low-pitched voice to convey calmness and reassurance. Be conscious of your facial expressions and other body language as well.
- Use simple words and short sentences. Avoid clichés.
- Keep questions to a minimum and avoid open-ended ones, especially those

that begin with "Why" or "How." Allow plenty of time for a response.

- Simplify tasks and break them down into manageable steps, communication them one at a time. Demonstration may help. Try different words when your message is not getting across.
- Offer limited choices – for instance, "Would you like coffee or juice?" rather than "What would you like to drink?"
- Respond to your relative's mood when his words don't make sense – for example, "It sounds like you're feeling sad." Listen, show empathy and provide reassurance.
- Use humor to deflect a tense situation.
- Be patient and allow ample time to carry out activities.
- If your relative becomes argumentative, don't debate the facts – a no-win situation. Instead, focus on feelings or use distraction.
- Learn to recognize early signs of frustration and be prepared with some calming strategies to head off problematic behavior – for example, putting on soothing music or serving a favorite snack.
- If your relative becomes aggressive, remain calm and give him space. Retreat and seek help if you feel threatened.

Environmental adaptations

- Establish and stick to daily routines.
- Provide meaningful activities to occupy your relative's time. Investigate available day programs in the community.
- Prominently post a calendar for marking events and appointments and keep easy-to-read clocks around the house.
- Keep frequently used items in a con-

sistent, easily accessible spot. Labels may be helpful. Store valuables and items that could pose a danger – including car keys, knives and toxic substances – in a secure place.

- Keep rooms well lit to eliminate shadows. Minimize glare by removing mirrors and covering shiny surfaces.
- Minimize noise from televisions, radios and telephone ring tones.
- Avoid changes to the environment and don't allow clutter to accumulate. Consistency and simplicity are key.
- Avoid situations involving crowds, noise or unpredictability.

Health Tips

- Ensure your relative eats nutritious meals, gets adequate exercise and rest, and has regular medical and dental check-ups.
- When your relative appears agitated, investigate physical causes such as pain, hunger or need for toileting first, since these needs are easily addressed.
- Arrange a doctor visit if you notice sudden changes in your relative's functioning, mood or behavior, which may indicate an acute (treatable) health problem – a bladder infection or medication side effects, for example.
- If you have ongoing concerns about your relative's mood or behavior, request a referral to a geriatric mental health service.

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



We came for the convenience. We discovered camaraderie.

We convinced our family that our move to Park Springs was about being near them, letting go of the big house and having access to healthcare.

Truth to tell, we have never had more fun in our lives. We love the maintenance-free life, extraordinary dining, engaging activities and meaningful friendships.

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

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

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



PARK SPRINGS®
A Continuing Care Retirement Community

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

500 Springhouse Circle
Stone Mountain, GA 30087
800.267.7126



An Isakson Living Community
Managed by Life Care Services LLC

