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***Birthday party feathered
with friendships!***

Story on page 2

**October 2011
Vol. 25, No. 10**

On the Cover

Birthday party feathered with friendships

by SUSAN LARSON

ON THE COVER

Laura Belle Mumma celebrates her 98th birthday with her feathered friend, Marilyn.

When Laura Belle Mumma was asked to speak a few words at her 98th birthday party, she asked, "May I say more than a few?" After her fellow residents of Arbor Terrace of Tucker chuckled, Mumma related a story about her granddaughter who had gone to a birthday party where they served pizza instead of birthday cake.

"It sounded like she had fun," Mumma said, "but I'm pretty set in my ways and I can't imagine a birthday party without cake and ice cream."

But that doesn't mean she never spreads her wings a little when it comes to partying. At her request, Flying Feathers, an ensemble of exotic birds owned by Bob Krummel and Charlene Adams of Lilburn entertained her guests.

Flying Feathers evolved from the single cockatiel Krummel had when he and Adams married in 2002.

"We never set out to do this, but when the economy went bad we saw

how people had to give up their exotic pets. Some had to move into apartments where pets were not allowed and they had to find good homes for them. We just started collecting them and it became a passion," Adams said. "As we acquired more birds, we did research on them and started to do bird shows that are both entertaining and educational."

Mumma was all smiles with Marilyn, an umbrella cockatoo, perched on her shoulder as Krummel in his pirate costume let the other six birds strut their stuff.

Not wanting to interrupt the party girl, I asked Activities Assistant, Hoden Mussa, if Mumma had any particular passion for birds.

"Not that we know of," she said. "When she first came here four years ago, she asked how she could be helpful and started doing our floral arrangement and feeding the birds in our lobby, but she never said anything about any special attraction for birds."

I asked Mumma's daughter, Dr. Paula Reeves, the same question and discovered that Mumma just has a passion for life, period.

Her husband was in the Air Force and they traveled all over the world. They lived in Hawaii when Pearl Harbor was bombed. After he retired, she spent over 30 years vol-

unteering at the hospital at Langley Air Force Base in Virginia.

"She learned computers when she was 84 and worked there until she was 92," Reeves said.

At 94, when she needed some assistance in her daily life, she moved to Arbor Terrace where she could be near Reeves who has a psychiatric practice here.

When the Flying Feathers concluded their act, I finally was able to ask Mumma why she requested the birds for her birthday.

"When I moved here I didn't have any friends. The birds came last year for a show and as soon as Marilyn was let out of her cage, she flew right to me and sat on my arm for the entire hour. She became my friend. So when I planned my party, I wanted to be



Bob Krummel, owner of Flying Feathers

sure my friend Marilyn was here to celebrate with me."

Flying Feathers are open to forming friendships anywhere. For more information call Charlene Adams at 678-499-6261.

The Next Chapter

God's Relentless Love and Leader Guide for God's Relentless Love

Book Reviews by ANNE B. JONES, PhD

God's Relentless Love and Leader Guide for God's Relentless Love
Rev. Edwin Chase
Tiger Iron Press, Macon, GA 2011

I rarely review religious-based books but I'd heard so many good comments about Edwin Chase's new work, I decided to include it in our reviews. In *God's Relentless Love*, Chase combines insight, inspiration and humor gleaned from twenty-five years as a minister, pastoral counselor, and author. Curious about what prompted him to write the book, I asked him.

According to Chase, he was saddened to learn how many of his counseling clients had visions of a stern, vengeful God who disapproved of them. Instead of basking in his love, they were held back by feelings of despair and the wrongful belief they could never be good enough.

The work reveals a God we desperately long to know but hardly dare to believe. The book is a spiritual alternative to fear, especially for those who feel themselves flawed or

inadequate; those who, poisoned by their inability to please the harsh demanding God of their mind's creation, suffer from damaged self-esteem and damaged faith. For these struggling souls, Chase's well-written book provides an antidote.

According to James T. Laney, President Emeritus of Emory University, *God's Relentless Love* is a winsome and compelling testimony of God's love, an invitation to encounter a gentler God, to allow a God who actually likes you to encourage your faith.

The popularity of *God's Relentless Love* has led to its use in churches and study groups. Because of the demand for an accompanying guide, the author's *Leader Guide for God's Relentless Love* has just been released. Designed as a resource for teachers of small groups and Sunday school classes, the guide is loaded with new material and leading questions. If you're looking for a personal book about God and his love or a catalyst for discussion, pick up a copy of *God's Relentless Love* and *Leader Guide for God's Relentless Love* at your local bookstore.

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

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

Taking Care

Keeping peace of mind in long-distance care. Some tips to help you cope.

by LISA M. PETSCHÉ

Approximately seven million Americans are involved in the care of an older adult – usually a parent – who lives in a different area. At the best of times, caregiving involves a certain amount of stress, but often-times the anxiety is compounded when there are many miles between the caregiver and care receiver.



Lisa Petsche

Without question, long-distance caregiving can be emotionally and financially draining. Worries about a parent's physical, mental and emotional health and safety can be overwhelming at times. You may wonder if plans you have set up are being properly implemented, or if you are going to get a call that there is a crisis.

You may also feel guilty that you cannot be there on a daily basis to see how your parent is doing (which may be quite different from what they report) and provide assistance as needed. You might wonder if you should move closer or invite mom or dad to come live with you.

Then there are the financial costs: the many long-distance telephone calls; travel expenses and wear on your car; and perhaps the cost of hiring a companion or personal support worker because you cannot be there yourself. If employed, you may have to take time off work to deal with crises.

Despite these challenges, there are many ways to maintain peace of mind while providing long-distance care. Read on for some to them.

- Make it easy for people to get in touch with you. Get an answering machine if you do not already have one, and perhaps a cell phone or pager as well. E-mail can also be advantageous.

- Set up a regular time to call your parent.

- Find someone local who can check with your parent daily, either by

phone or in person. This could be a reliable neighbor or relative, or even a volunteer from a telephone reassurance service.

- Keep important phone number handy: your parent's neighbor, close friends, primary physician, local pharmacy and any home healthcare provider. Ensure all of these people have your name and contact information, and encourage them to call you with any concerns. Stay in touch to get their ongoing perspectives on how your parent is doing, and do not forget to express appreciation for their assistance.

- Shop around for a good long-distance telephone savings plan. You might consider getting a private, toll-free number so that friends, neighbors and healthcare providers have no reservations about regularly calling you.

- Maintain a file of key information, such as your parent's medical conditions and surgical history, medications, medical specialists, banking institutions and other financial contacts, lawyer, clergy, as well as daily or weekly schedule and upcoming appointments.

- If your parent has a chronic illness, obtain information from the appropriate organization (for example, the Parkinson Foundation) to help you understand the disease and get an idea of what to expect for the future.

- Investigate other available resources in your parent's community, which might include: personal emergency response system; letter carrier or utility company alert services; accessible transportation; adult day programs and other leisure programming; outreach services such as foot care and seniors' dental clinics; home health services involving nursing; homemaking, therapy and companion services; and alternative housing. Such information can be obtained from the local Area Agency on Aging. To find the appropriate office, call the Administration on Aging's toll-free Eldercare Locator Service at 1-800-677-1116 or search online at: www.eldercare.gov.

- When you have an opportunity to visit, pay close attention to your par-

ent's physical condition, mental functioning and mood. Consult their doctor if you have concerns.

- Perform a safety assessment of the home environment to identify potential hazards – for example, throw rugs that do not stay in place – and do what you can to rectify them. Visit a medical supply store and check out the many products that might make daily activities easier and safer for your parent.

- If you have siblings in the area, arrange a family meeting to discuss your parent's needs and determine who can provide help.

- Ideally, plan to stay with your parent long enough so you are not rushed. That way you will have ample

time not only to attend appointments (set these up in advance of your arrival) and run errands, but also to enjoy your parent's company.

- Even if they appear to be managing well right now, it is a good idea to begin learning about resources in the community should your parent require help in the future.

Keeping one step ahead will help make your role as long-distance caregiver a little easier.

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

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Atlanta Manager/Editor

Ann Tunali

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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

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CORPORATE OFFICE

Billy R. Tucker, President/Publisher

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

FAX: 478-929-4258

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E-mail: Seniornewsga@cox.net

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Times Not Forgotten

Corn shuck scrub brooms

by CHRISTINE COLEMAN

Today, people use string mops when they need to clean floors. There are even mops that can be wrung out in a bucket without ever having to be touched by hand. This was not the way folk scrubbed floors many years ago.

In the 1930s when I was growing up, there were no linoleum rugs or carpets on our floors. The houses where we lived had pine board flooring which was scrubbed weekly. After the floors were scrubbed, rinsed and dried we marveled at their fresh, clean look. As the old saying goes "You could eat off the floor" because it was that clean.

Papa would take a thick piece of wood and fashion it into the first part of a scrub broom. He used a brace and bit to make holes in the approximately 12 by 18 piece of wood. Usually, he would make about 15 holes in the piece of wood. In the center of the wood, he would make a bigger hole to accommodate a long handle. Then he'd turn the chore

over to Mama.

Mama was adept at finishing the scrub broom. I used to watch her take 15 or more big ears of corn, which had dried thoroughly, and shuck them. She would have a pan of warm water nearby. After all the ears had been shucked and laid in a stack, she began the next step. She'd take one corn shuck, dip it in the warm water, twist it slightly and then insert it into one of the holes. She continued this dipping, twisting and inserting until all the holes in the board were filled. Now, the broom was ready for use.

Potash soap was used for scrubbing floors. After Mama or one of my brothers finished scrubbing the floors, they used pans of clear water to rinse them. This rinse water was swept off. During summertime, floors dried easily. Wintertime was different. After the floors had been rinsed, they had to be dried. Old blankets or discarded clothing was used to dry up excess water. That was my job. Usually, I'd put the drying material under one foot and walk around the room pushing the drying cloth ahead of me.

In later years, thank you, Lord, linoleum flooring came into vogue. We could then (as now) mop the rugs with a string mop, wring the mop in clear water and dry the floor with little effort. Later, carpeting came along which can be vacuumed. All of this is a far cry from the work of people years ago.

I had almost gotten this memory out of mind when I went to visit the homeplace of Marjorie Kenning Rawlings (of The Yearling fame) near Gainesville, Florida. Her house and barns have been kept as they were when she was living there.

While touring the house, I noticed a corn shuck broom standing in a corner of the kitchen. It brought back memories of my younger years and it showed me other folks (rich ones) did like us.

I'm happy for the improvement in floor scrubbing. I also appreciate the fact that I witnessed (and helped) with Corn Shuck Brooms.

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

Spiritual Notes

Don't skip the coffee hour

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

It seems that we are living in a time when people are more and more polarized and isolated from each other than in past years. Popular TV shows emphasize the varied personal issues and troubles that face individuals and families.

Senior adults remember when the family and friends were the center of their universe primarily because they lived near each other. While there were numerous prob-

lems, the family and friends stayed together and worked through them. There are still families who can accomplish this. With the advent of all the available technologies, families living distances apart, and different cultural norms, it is a difficult thing to do. As a result, personal relationships are more difficult to establish.

In the Bible, Mark 12: 29-31, Jesus said, "Love the Lord your God with all your heart, all your soul, all your mind, and all your strength. The second command is this; Love your neighbor as you love yourself." There are no commands more impor-

tant than these. While relationships are both painful and wonderful, Jesus taught us that nothing is more important than being related to our God and to our fellowman.

In a recent study Dr. Chaeyoon Lim of the University of Wisconsin-Madison concluded the following: "Religion and happiness are linked. But faithful church attendance may not be enough. In a large survey, those most likely to rate their life satisfaction as a perfect 10 went to services weekly and saw close friends there. Church regulars without pals in the pews didn't see the boost - they were less satisfied than infrequent attendees with friends. So go to services, by all means - but don't skip coffee hour." Fellowship is essential to a complete life. I believe this is what loving your neighbor is all about.

Tom Holladay stated that, "A life without relationships may well be a simpler life but it is also an empty life." Even when we find ourselves in a new environment we should reach out to our neighbor. You have heard the statement, "The family, couple, friend who prays together stays together." Try praying with family and new acquaintances. Don't skip the "coffee hour."

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

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Needed: Answers to the mysteries of life

by SUSAN LARSON

The longer I live, the longer my list of things I just don't understand. For example, when I'm driving along about five miles over the speed limit and there's not a car behind me for ten miles down the road, why does someone coming off a side street whip out in front of me, cause me to slam on my breaks and then after going about fifty feet turn on the left turn signal?

And then there are these games of motor skill, anything from ring toss to these little hand held games where you have to put some sort of

peg through some sort of hole. I could spend hours plotting and scheming and doing geometric gymnastics in my head trying to figure out how to get the two pieces to hook up, but all to no avail. So why is it that every time I do yardwork, at least every five minutes I get the rake stuck in my shoelace?

Twice I've received a spice rack as a gift. Each had sixteen jars. My first thought was that for someone who cooks a lot, how does one decide which spices to put in the fancy jars and which to leave in the cupboard? But actually, that never became an issue. You see, each jar held only seven-eighths of a standard

jar of spices. So that means no matter which spices I put in the jars, I still have to find a place to store sixteen jars that are only one-eighth full. And when the spice rack jar is running low, I have to remember to refill from the original jar, which would probably mean climbing up on a stool to reach it wherever I stashed it before I go out and buy a new jar. If I forget and go buy a new one, then it means that I have to consolidate two jars that are each one-eighth full. Am I missing something here? Are spice racks meant only for decoration?

And while I'm on measurements, why can't chemists figure out a way to add exactly one tablespoon of weed killer to a gallon and not three and a half teaspoons?

I can't help but wonder about

this paradox. It seems more and more kids are being put on Ritalin simply because their so-called hyperactive behavior is annoying to adults. Yet more and more adults are going out and paying big bucks for a Jack Russell Terrier, which has to be the most hyper animal that ever lived.

And speaking of animals, even they do things I simply can't comprehend. Our house is surrounded by at least ten acres of hardwoods, a sanctuary for wildlife. So why do the woodpeckers fly up to our house and destroy the painted wood on our windows? And why do the rabbits use the decorative rocks in my flower beds for a bathroom? And why do the box turtles mate in the blazing sun in the grassy strip along side the driveway?

Anyone have any answers?

DAR kicks off Constitution Week

Special to Senior News
September 17, 2011

Former U.S. House Representative Bob Barr was the guest speaker at a luncheon hosted by the Georgia State Society Daughters of the American Revolution in Atlanta on September 17, 2011, the 224th birthday of the Constitution of the United States. The local DAR chapter, Philadelphia Winn of Lawrenceville, Georgia, commemorated the historical birthday by sending out packets to schools and libraries across Gwinnett County to highlight "Constitution Week" (September 17 through September 24). The packets con-

tained miniature American flags, bookmarks, posters, and other teaching aids. In addition, local mayors signed official proclamations observing the week, and Philadelphia Winn members asked local churches to chime their bells at 4:00 p.m. on Friday, September 16, and on Monday, September 19.

In his address to the organization, Congressman Barr credited the Constitution for making America exceptional because it is the document that "defines limited powers of government and provides a mechanism for citizens to ensure the government remains one of limited power."

To learn more about the work of today's DAR, visit www.DAR.org.



Members of the Philadelphia Winn Chapter, NSDAR, pose with former Congressman Bob Barr in Atlanta to kick off the commemoration of Constitution Week. Pictured from left to right are Helen Hay of Lawrenceville, Mr. Barr, Regent Peggy Freeman of Lilburn, Janet Perry of Loganville, Debbie Houston of Lilburn, and Elaine McConnell of Lilburn.

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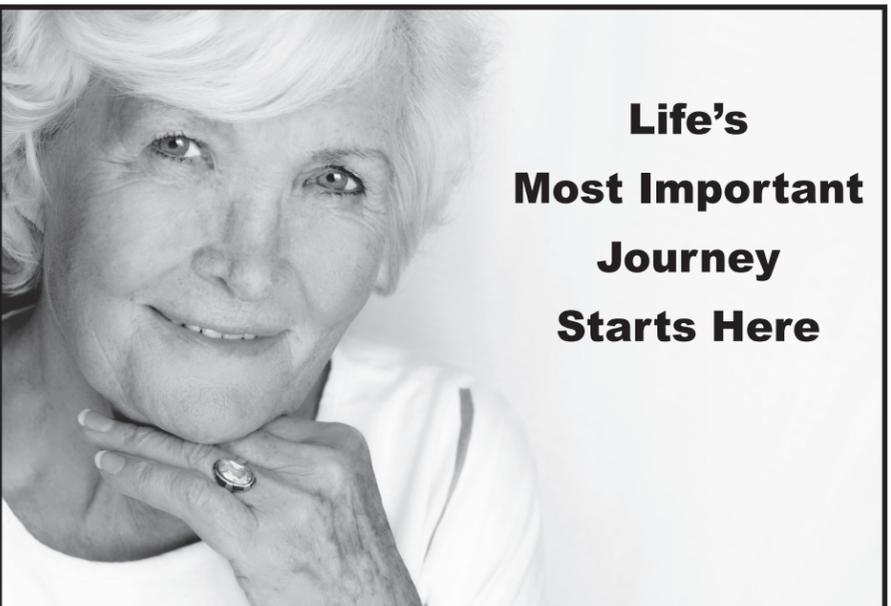
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Poets' Corner

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.

WHY DOES AGE MATTER

by Jewel Spivey

What does it matter what your age
As long as you love to sing and play
As long as your heart is young and
gay
Why should it matter what your age
Embrace the fact that workdays are
done
It is your time to play in the sun
Your time to, finally, do
The things YOU want to do

The house and the care are finally
paid
And college costs are out of the way
Get rid of that clutter bought to
impress
It's time for you to get some rest

Say what you really think to every
one
Truth is a powerful weapon you've
won

So what does it matter what your age
If you still see the beauty of a lovely
sunrise
And you still greet each day being
glad you're alive!

GRAY HAIRS

by Bernice B. Lewis

The gray hairs mean I've been alive,
I had to give and had to strive,
Each silver strand,
Each separate strand,
Means something that I can't deny.

The gray hairs mean I've been
concerned,
Had my reasons to yield and yearn;
I've thought a lot,
And cried a lot,
And had many lessons of life to
learn.

The gray hairs mean a lot to me,
I'll let them show and let them be,
I want them there!
I want them there!
They're badges of honor for each to
see.

© *****

MATERIAL THINGS

by Frederic Holland Sr.
6/07

Coming from poor beginnings,
material things I did crave.

I thought acquiring flashy material
things would be a rave.

I got a very good job, worked hard
and money I did save.

Soon I was able to buy homes,
expensive cars and tailored clothes
most anyone would appreciate
I thought, "gee this is really great"

The women came and so called
friends began to swarm.
Eventually the homes were lost to
ex-wives, cars got old and clothes
became worn.

The women who swore I was their
"soul mate"
Soon found other souls to date.

Because I no longer could party and
"ball,"
So called friends forgot to call.

But out of those lost material
pleasures,
I found other more important and
lasting treasures.

I found family and friends who really
do care.
They show their love whether my
cupboard is full or bare.

So let my experience be a lesson;
Material things don't last, but true
family and friends are the real
"blessing"

A REMARKABLE ENGINEER

by Nina Clauss

A most remarkable engineer,
To have put together a world so dear.
His guidance a plan for me to live
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Let us live by God's plan for we all
know why.

Our Savior knows our troubles and
strife,
I accept the love Jesus adds to life.
He is the way to the Father's abode,
Satan offers only a wide troubled
road.

No doubt in whom we must follow,
The dove, the swan or maybe a swal
low.
These birds are proof of God's great
love,
How precious is the creation we call
a dove.

The swan so graceful with beauty so
pure,
The swallow who visits once a year,
for sure.
God gave us love, His mercy and
peace,
With His son Jesus, all problems
cease.

In Heaven my family await for me,

Yes, by the gate I know they will be.
When I'm called home, I'll not be
late,
It's a happy walk through the
Eastern gate.

God is my powerful lighthouse!

THANK YOU LORD

by Ruby Goodman
1/10

Thank you, Lord, for all the good
things,
For flowers, birds and bees,
For springtime on the mountain,
For honey from the bees.

For fruits and nuts and berries,
Dogwood and Cherry blooms,
Sunsets flaring in the sky,
For sun and stars and moon.

For shadows long across the yard,
For children running by,
Winter sunshine over all,
Cloudless mild blue sky.

Memories crowding on me,
Old friends remembered much,
Events long past before me,
Flood my mind with such.

Life is good with things remembered,

Each day a pleasure and surprise.
Looking forward to what is next,
Thank you, Lord, for hands and feet
and eyes.

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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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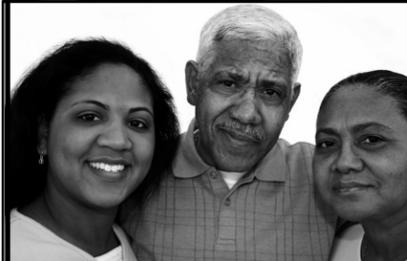
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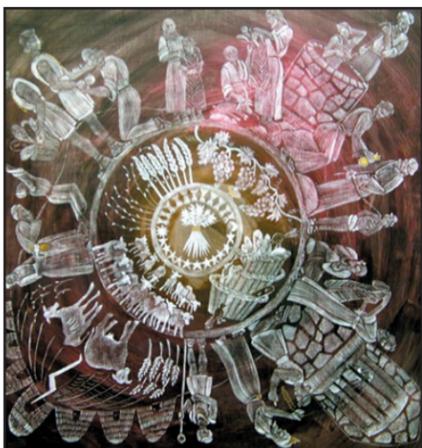
Uncommon Art for a Common Price

by MARY FRANCES

“**R**everberations” is the name of the current art show featuring original art at less than \$100. The exhibit is



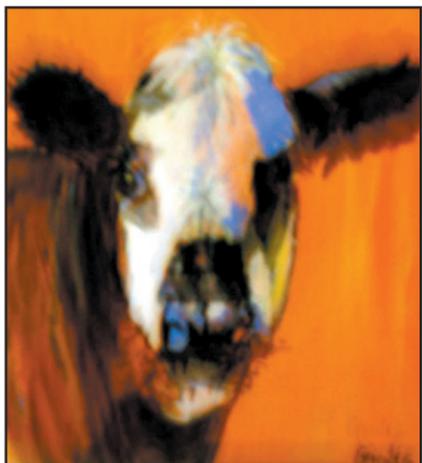
Billy Goat by Shannon Goines



Round and Round by Kathy Forbes



Tree Life by Kathryn Eskew



Cow by Shannon Goines

being held at Studio Z, which was an 1800's dingy brick copper shop. It is located in a deserted industrial complex and also serves as a loft for artists and a gallery near Georgia Tech.

The upper story of the two-level studio has pine floors, exposed brick, heavy timber beams, pivot windows and a doorway embellished with metal can lids. A wrought-iron staircase winds down to the lower level and the adjacent patio which features a large mosaic made of bottle caps.

“I love creating treasures from trash.” said Cathy Ehrler.

Exhibiting artists were: Betsy Cozine, Kathy Rennell Forbes, Kathryn Leonard Eskew, Jan Ross, Shannon

Goines and gallery owner/artist Cathy Ehrler; all are professional, educated and well-traveled. Over fifty of the, mostly small, paintings were in mediums of colored pencil, mixed media, graphite, charcoal, ink, acrylic, collage, oil, watercolor, and wood panels. The pictures depicted children, pets, chairs, landscapes, and still life in fantasy, reality and abstraction, using saturated color and layers of washes.

Studio Z is located at 500 Means St. NW, Atlanta, GA 30318. Ms. Ehrler resides in nearby Studio A and may be reached there.



Cathy Ehrler talking with guests



The Crowd at the reception

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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.**

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Art Auction

Special to Senior News

Over the last several months, the residents at Sunrise at Huntcliff Summit have embarked on a creative journey. With paintbrushes and white canvases eager for color, enthusiastic artists got to work. Under the direction of Linda Conyers, an acrylic art teacher, the residents were guided to explore their imaginations. In weekly art classes, the residents and family members at Sunrise donned their creative caps and painted works that were to be auctioned off to benefit the Alzheimer's Association.

Some of the residents had taken art classes before and were embarking on a welcomed familiar journey. Resident Manta Lester had not been involved in art classes for twenty years and was eager to learn new painting techniques. "I got so busy with work that I had to quit art classes," she shared. For Alys Lovern, her macular degeneration was not going to prevent her from enjoying herself. To her painting was like riding a bicycle. Her pieces of abstract art were bright and beautiful. For those who had never been to an art class,

this was a new adventure. To all, however, it was an adventure worth taking.

In time the blank canvases were transformed into stories. Each painting has a story. Some tell of flowers the artists' love, others of cities they have visited. Some tell of vacations once taken. Others of children, grandchildren, and spouses.

On the evening of August 30, every painting was mounted on an easel and the bidding sheets awaited eager buyers. Bidders enjoyed a live jazz band over wine and seafood hors d'oeuvres. The most prized item of the night was a collaborative piece, *Sunrise City*, which raised three hundred dollars.

The residents at Sunrise are still meeting weekly to paint. They enjoy their classes and teacher. "The classes are wonderful. Linda is patient, helpful, and encouraging. She says it looks good even when it doesn't look so good," one of the residents commented.

Every other week a new face joins the class. The acrylic art classes have provided our residents and family members an avenue to reminisce moments past and to also explore the artist within.



"Fun with Paint" as a group effort. This collaborative piece, *Sunrise City*, sold at auction for \$300.00 to benefit the Alzheimer's Association.

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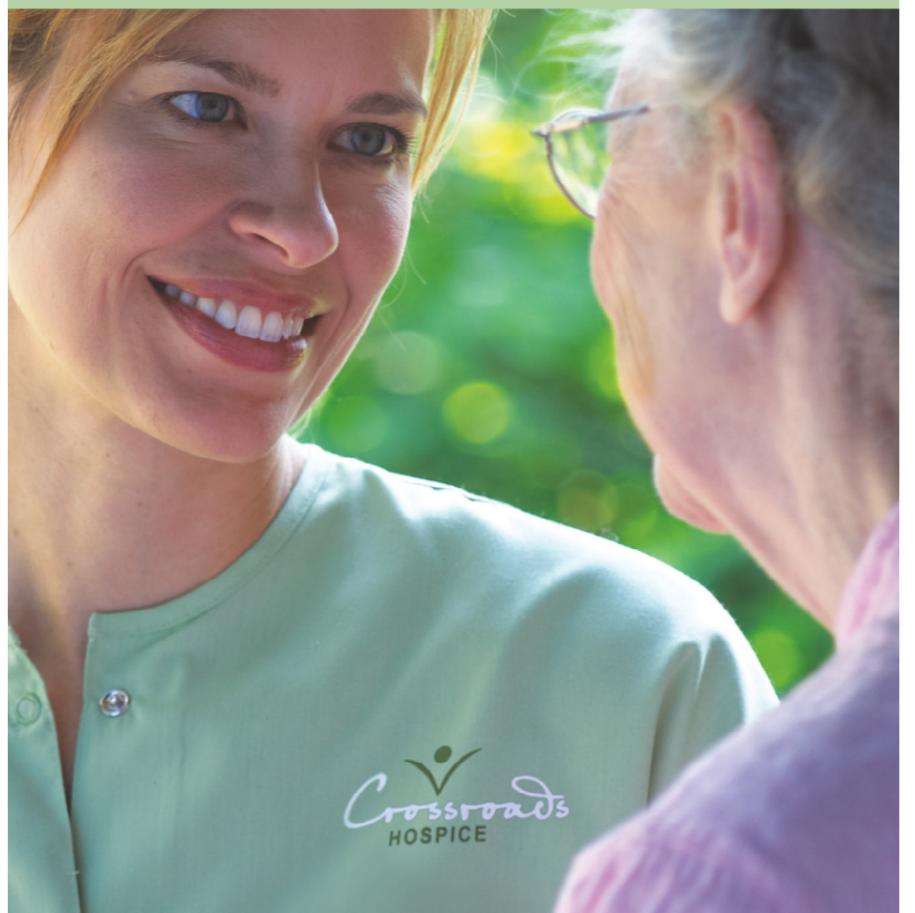
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BBB advises homeowners on Mold Must-Knows

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

Many homeowners are looking for remedies for dealing with the aftermath of the devastating floods that have hit so many homes around the country. While a little part of the water damage picture, mold can be an ever growing, pesky problem that, if not taken care of quickly, can last forever. Better Business Bureau, along with the Environmental Protection Agency (EPA), is advising homeowners to be proactive when it comes to dealing with mold and mildew.

When looking to eradicate mold, homeowners may choose to either tackle the problem on their own or consult the expertise of a contractor. Either way, BBB advises that, it's important for homeowners to do their research. According to the EPA's Mold

Guide, the many types of mold may begin growing indoors when mold spores land on surfaces that are wet. Mold can grow on any kind of wood, paper, carpet, and food.

In 2010, BBB received nearly 30,000 inquires on mold and mildew eradicators. As mold can ultimately destroy anything that it lands on, it's important to act smart and fast.

While homeowners should always avoid handling and touching mold without wearing proper gloves, there are also many other things to keep in mind. BBB and the EPA advise homeowners to consider the following:

- Know your risks and side effects. There are many health risks associated with mold and mold growth. Many may experience an allergic reaction and other respiratory complaints when mold is present in the home.

- Be proactive. The EPA attests that there is no practical

way to eliminate all mold and mold spores in the indoor environment. The way to control indoor mold growth is to control moisture. If you notice a leak in your shower faucet or sink, repair it immediately to avoid the ideal habitat for mold. Clean and dry any wet or damp surfaces within 24-48 hours to prevent mold growth. Vent all bathrooms, kitchens and other moisture-generating sources to reduce indoor humidity and prevent mold growth.

- Choose wisely when picking a contractor. Some mold eradicators can be impostors. It's important to check a business' BBB Business Review at www.bbb.org before selecting a contractor. Ask for referrals from friends and family members and check with at least three contractors before deciding on one. Make sure the contractor has experience cleaning up mold. Check references and ask the contractor to follow the

recommendations in EPA's Mold Remediation in Schools and Commercial Buildings, or other guidelines from professional or government organizations.

For more tips you can trust, visit www.bbb.org/us/bbb-news.

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



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A special message to seniors and disabled who may be victims of debt buyers purchasing old debts

by **JEROME S. LAMET**
Founder and Supervising Attorney

A recent report from New America Media reveals how important it is for seniors and disabled to be represented by Debt Counsel for Seniors and the Disabled (DCSD) to be protected from "old debt" buyers. The following is a summary of the report.

"Kristi had fallen behind on payments toward her "store" card bal-

ance and hadn't heard a peep about the account for five years. She figured the debt was old enough to be uncollectible, and was surprised when she got a letter from a "collection company" explaining that it had purchased her account. A few months later, she was served with a lawsuit. She had a little more than a month to come up with \$1,504 to settle the suit, or the court would slap her with a default judgment.

She didn't have the money to pay the collection company, so she borrowed \$1,200 from friends and

family to settle the case. Kristi is part of a large swath of Americans who have been blindsided in recent years by old debts that were purchased and resurrected by a relatively new breed of collector: debt buyers.

These companies buy debts that have been charged-off as uncollectible for pennies on the dollar, then hound consumers to pay the debts. The huge profit potential has attracted the attention of Wall Street, whose private equity firms and hedge funds back many of the largest

debt buyers. When Americans like Kristi borrow from friends and family to satisfy old debts, the money often trickles into the pockets of the über rich, whose fortunes are invested in the elite asset management firms that have gained control of many debt buyers, and fueled a boom in the industry."

If you or your friends need information and help concerning protection from the "old debt" buyers, please call DCSD at (800) 992-3275 ext. 1304 or visit our web site at www.debtcounsel.net.

Senior Connections, ARC Partner to offer preventive health services and screenings for seniors 50+ throughout DeKalb County

Special to *Senior News*

Thanks to a collaboration between the Atlanta Regional Commission (ARC) and Senior Connections, an array of preventive health services and screenings, including flu and pneumonia vaccinations, will be widely available throughout DeKalb County this fall.

The various clinics are sponsored by SPARC (Sickness Prevention Achieved through

Regional Collaboration), which brings together the Atlanta Regional Commission Area Agency on Aging, county-based aging programs and other partners throughout the region. The goal is to improve access to preventive services and screenings and so encourage more and more people – particularly older adults – to get their flu shots, pneumonia vaccinations, mammograms and other screenings every year.

This fall, there will be four separate SPARC events in DeKalb County where seniors can get pre-

ventive health services and screenings, including vaccinations, blood pressure and blood glucose screenings, nutrition screenings and more:

• October 5 – South DeKalb Senior Center, 1931 Candler Road, Decatur, GA 30032, 10AM-2PM, please be there by 9:30AM

• October 12 – Lou Walker Senior Center, 2538 Panola Road, Lithonia, GA 30058, 10AM-2PM, please be there by 9:30AM

GA 30058, 10AM-2PM, please be there by 9:30AM

SPARC is sponsored by Senior Connections, DeKalb County, DeKalb County Board of Health, ARC, Georgia Cares, Care Improvement Plus, Kaiser Permanente, and Visiting Nurse Health System.

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

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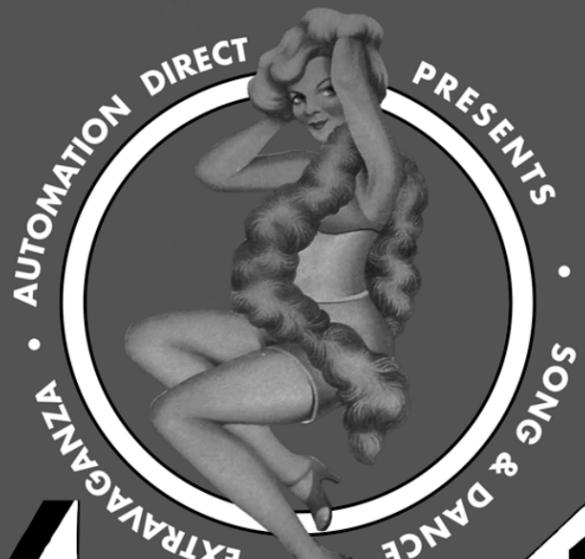
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Out & About

Georgia's Centennial Farms to be honored at the Georgia National Fair

Twenty-two Georgia farm families to receive recognition

Special to *Senior News*

Farms hold a central role in the heritage of our state, having formed the economic, cultural, and family foundation for generations of Georgians. Each year, farms continuously operating for over 100 years are recognized by the Georgia Centennial Farms Program.

The 2011 Georgia Centennial Farm Awards will be held on Friday, October 7, 2011, at the Georgia National Fair in Perry, Georgia. The ceremony will begin with a luncheon followed by the awards presentation. This year's keynote speaker is Gary Black, Georgia Commissioner of Agriculture.

Recognition is given to the farm owners through one of three distinguished awards. The Centennial Heritage Farm Award honors farms owned by members of the same family for 100 years or more and is listed in the National Register of Historic Places. The Centennial Farm Award does not require continual family ownership, but farms must be at least 100 years old or more and listed in the National Register of Historic Places. The Centennial Family Farm Award recognizes farms owned by members of the same family for 100 years or more that are not listed in the National Register of Historic Places.

This year the following 22 farms will receive Centennial Family Farm Awards: Peyton Farm, Banks County; Ezekiel Parrish Home Place, Berrien County; Sam Watson Farm, Berrien County; W. E. and Carolyn Griffin Farm, Berrien County; W. H. Outlaw Farm, Berrien County; Wagon View Farms, Brooks County; Emmett G. Renfroe III Farm, Bulloch County; Waller's Pecan Farm, Candler County; B. S. Rice and Sons, Inc. Farm, Colquitt County; Coleman-Holland Family Farm, Colquitt County; Harry Whiddon Family Farm, Cook County; Holly Hill Farm, Crawford

County; Moulton Family Lands, LLC, Early County; W. Holmes Maxwell Farm, Inc., Grady County; King Farm, Newton County; White-Aiken Farm, Newton County; Rocky Ridges Farm, Randolph County; John Emmett Robinson Farm, Schley County; Carlisle Farm, Talbot County; The E. P. Groover Place, Thomas County; Fielding Farms, Thomas County; and, Alva Pinkney Haman-Deep Creek Farms, Turner County

Since 1993, the Georgia Centennial Farms Program has recognized 401 farms around the state. The program is administered by: Historic Preservation Division of the Georgia Department of Natural Resources; Georgia Farm Bureau Federation; Georgia Department of Agriculture; Georgia Forestry Commission; and Georgia National Fair and Agricenter.

If you are interested in nominating a farm for recognition during the next application cycle, please visit HPD's website at www.georgiashpo.org/historic/centennial_farms or contact Steven Moffson, Georgia Centennial Farms Committee Chair, at 404-651-5906 or by email at steven.moffson@dnr.state.ga.us. The postmark deadline for applications is May 1 of each year.

The Historic Preservation

Division (HPD) of the Georgia Department of Natural Resources serves as Georgia's state historic preservation office. Their mission is to promote the preservation and use of historic places for a better Georgia. HPD's programs include archaeology protection and education, environmental review, grants, historic resource surveys, tax incentives, the National Register of Historic Places, community planning and technical assistance.

The mission of the Department of Natural Resources is to sustain,

enhance, protect and conserve Georgia's natural, historic and cultural resources for present and future generations, while recognizing the importance of promoting the development of commerce and industry that utilize sound environmental practices.

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OCT. 6



PHOTO: Megan McFarland and Courtney Patterson in *Cat on a Hot Tin Roof* (Jen Hofstetter Photography).

Atlanta CALENDAR

Senior Citizen Services

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

Cobb Senior Services

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

Multipurpose Centers:

(Seniors age 55+)

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

Neighborhood Centers:

(Seniors age 60+)

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

Fulton County Senior Services

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

Senior Multipurpose Facilities

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

Neighborhood Senior Centers

- Alpharetta/Crabapple Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.
- Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
- Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.
- Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.
- Cosby Spears Neighborhood Senior Center:

355 North Ave., NE, Atlanta, 404-876-4031.

- Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.
- Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.
- Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.
- Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.
- New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.
- Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.
- Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
- Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583
- St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.
- Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Center 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.

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DFCS offices will be closed on Furlough Days

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

The Department of Human Services, Division of Family and Children Services (DFCS) offices will be closed on the following Furlough Days:

- Friday, October 7, 2011
- Monday, November 14, 2011
- Friday, December 30, 2011

Because DFCS operations will be closed on furlough days many constituents will be unable to physi-

cally walk into an office for services. However, our online applications for services such as COMPASS will still be available.

Individuals who have appointments scheduled on a furlough day will need to contact their local office to make alternative arrangements.

During closures, employees will still be available to respond to any complaints of child abuse or neglect. Individuals can report their complaints by contacting local law enforcement if they believe the child is in immediate danger.

For children, reports should be made to the DFCS office in the county where the child lives.

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CALENDAR
 from page 16

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

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

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

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

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

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 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://atlantawwi-roundtable.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.

continued on page 18



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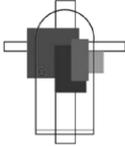
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CALENDAR

from page 17

Monthly Sacred Harp Singing
 Thurs., Oct. 6, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Awake My Soul*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details and directions call 404-892-6836 or visit www.atlantasacred-harp.org.

Monthly Song Circle
 Fri., Oct. 28, 7:30 p.m. Group singing just for fun... no performances. Open to all. Folk music, old standards, gospel, political songs, pop, freedom songs, country, show tunes, and more. East Lake location. For complete information call Bob at 404-378-5424.

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

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

Volunteers Need for Meals on Wheels
 Senior Connections needs volunteers to deliver hot, nutritious meals to homebound seniors in your area. Three convenient pickup locations in Chamblee, Decatur and Lithonia. Call 770-455-7602 or register to volunteer online at www.senior-connectionsatl.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.

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

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

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

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CALENDAR
 from page 18

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.

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

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

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

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

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

Call for events details

- Best BBQ Ever! Oct. 8, 9-5
- 4th Annual Talent Show & Dinner: Oct. 16, 6 p.m.
- Children's Sabbath: Oct. 16, 11 a.m.
- Trunk or Treat: Oct. 29, 6-8 p.m.
- AARP Driver's Course: Sat., Nov. 5 & 12, 9:30 a.m.-12:30 p.m.

Southern Winds Concert Band Welcomes 50 & Older Musicians
 Members meet together to share their love of music and the joy of playing together. No auditions. Typically, the band plays one concert each month. The band rehearses at 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.

Quiltfest 2011
 Fri., Oct. 14, 9-5; Sat., Oct. 15, 9-4; Union County High School, Glenn Gooch Bypass, Blairsville. Hosted by the Misty Mountain Quilters Guild. \$5 entrance fee, free parking. For information visit www.mistymountainquiltguild.com or call Debbie Lachmiller at 706-379-1500 or Leslie Boone at 770-923-0576.

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EGGStravaganza

by MARY FRANCES

Most people scramble, hard-boil, or devil their eggs, but not the members of the Egg Art Guild of Georgia. Over 200 eggs handcrafted by member artists, presented their creations at Dogwood Forest EGGStravaganza in Alpharetta on September 17th. Hundreds of guests were “oohing” and “aahing”



Tree of Decorated Eggs

over the glittering, miniature sculptures made from shells that most people toss into the garbage disposal. The egg sizes ranged from ostrich and emu, to parakeet and peacock and, of course, the better known chicken egg. The egg shells were intricately cut, carved and decorated with crystals, beads, chains, silks, and fabrics – each a unique Object D’art.

A slide presentation describing the kinds of eggs and methods of decoration was given by Luanne White.

Visitors enjoyed refreshments while viewing the glass cases and table displays of egg shells converted into belt buckles, medallions, earrings, pins, Christmas decorations, ring boxes, purses, winter scenes, wedding cake decorations, and sculptures.

“Stunning,” said Georgia

Rousseau, an oil painter. “I didn’t realize so much beautiful art could be created with egg shells.”

For more information about egg art visit www.eggguildgeorgia.org or call Anne King at 770-500-6455 or Luanne White at 770-913-0400.

Membership is open to any interested individuals. Beginner lessons are available upon request.



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