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***Senior Ms. Georgia in
step with senior issues!***

Story on page 2

June 2013
Vol. 27, No. 6

On the Cover

Senior Ms. Georgia in step with senior issues

by SUSAN LARSON

ON THE COVER

Mary King Lee crowned Senior Ms. Georgia, 2013

Mary King Lee of Lawrenceville was never one to take part in pageants, but she always did love being on stage. In high school she competed in recitation contests and won medals for monologs. She and her sister used to perform a vocal duet of "I've Been Working on the Railroad," she often played the lead in high school plays and more than anything she's always loved to dance.

"I always loved performing and had a heart for entertaining other people," Lee said.

Pageants were something she never thought about until 2010, when at 60 years old she was inspired by a friend to enter the Senior Ms. Georgia Pageant. With no past experience in this area, she came in as second runner-up.

What she learned from participating was that winning a pageant isn't just honor and glory for one night, but a chance to have a platform and a cause to share with oth-

ers. This year, she competed again and won.

"The first time I did it for me," she said, "but the second time, when I did it in the spirit of servanthood, I won."

The pageant included an interview, evening gown competition, an onstage question and a display of talent, which for Lee was, not surprisingly, a cha-cha.

And then there's that platform she was really interested in, an opportunity to spread the word to seniors that this is their time.

"We shouldn't be talking about the past and our aches and pains. We should be raising a generation," she said. "In our 20's, 30's and 40's we were raising our children on our time line and we were gaining knowledge and experience from it. God didn't create us to retire and putter in a garden. He created us to finish our time line by putting all those experiences to good use. Look how old Abraham and Moses were when God used them."

Lee is adding accomplishments to her time line by working as the director of a pre-school, running her own nutrition company called Advocare, and educating consumers on thrift shopping through her com-

pany Trashion Fashion.

Lee is now a member of the Georgia Classic Club, a group of former pageant participants who contribute to the community. Through the club she performs with the Dazzlin' Dames, a troupe of senior dancers.

"We perform in nursing homes and anywhere we can entertain people," Lee said.

As Ms Senior Georgia, she is also encouraging all seniors to take care of themselves, to take supplements, diet, exercise and keep a positive attitude. Lifelong education is also part of her platform.

"Some women my age can't even write a check. When their spouse dies, they don't know their finances and they lose everything and end up dependent on their children."

But Lee has been touching more than just the senior crowd. Her granddaughter, Ryann Powell, a Freshman at Archer High School, was really inspired by all the possibilities Lee gained from

winning a pageant. She just won her first title and currently reigns as "Archer's Sweetheart," which I'm sure has her grandmother dancing on air!



Mary King Lee performing her cha-cha for the talent competition for the Senior Ms. Georgia pageant.

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The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

- *In the Garden with Billy: Lessons About Life, Love and Tomatoes*, Renea Winchester, Little Creek Books, 2010
- *The Stranger You Seek*, Amanda Kyle Williams, Bantam Books, 2012
- *Stranger in the Room*, Amanda Kyle Williams, Bantam Books, 2012
- *The Front Porch Prophet*, Raymond L. Atkins, Medallion Press, 2008

It's Georgia Author Week! Okay, I made that up. But wouldn't it be lovely if it was. We'd have a chance to celebrate our state's authors and lend them our support and encouragement through seeking them out, buying their books and creating a buzz.

With these economic hard times and the availability of thousands of self-published books (some good, many not) it seems especially important to lend support to our state's high-quality authors. Our Chamber of Commerce advises us to "shop locally." With this in mind, I recommend our next "reads" be Georgian. Included are a few suggestions:

This past weekend I was honored to present a program at the Georgia Writers' Red Clay Writers Conference. The event was a joyous opportunity to net-

work with readers, writers and fellow authors. Among the other speakers was esteemed and award-winning Terry Kay. In giving the keynote address, Kay described himself as the oldest Georgia author curmudgeon. He talked about how he got his start as a writer and what he'd learned along the way. Kay's most famous book is *Dancing with The White Dog*. His latest is *Bogmeadow's Wish*, which was previously reviewed here. Those who want to be familiar with our state's star authors should surely read Terry Kay.

Another popular presenter was Renea Winchester. Her work is literally down-to-earth. *In the Garden with Billy: Lessons About Life, Love and Tomatoes* is a non-fiction character-driven story about the importance of not overlooking the people around us. This compelling work has much to say about cross-cultural friendships, relationships and gardening. Winchester is honest, inspiring and companionable as she relates her experiences as a metro-Atlanta newcomer who becomes friends with a humble Roswell farmer.

Amanda Kyle Williams' presentation related to her recent books, *The Stranger You Seek* and *Stranger in the Room*. Both are set in the Atlanta metro area and are examples of page-turning

southern thriller writing. *The Stranger You Seek* spotlights flawed but fascinating protagonist Keye Street, an ex-FBI profiler whose well-developed character fuels the work. The book's strong storyline revolves around an Atlanta serial killer who keeps the city in panic mode as he teases the media.

The sequel, *Stranger in the Room*, continues Street's saga as she reluctantly attempts to lend support to a recovering alcoholic relative and tie together two seemingly unrelated murders.

Raymond Atkins' breakthrough book, *The Front Porch Prophet*, won the Georgia of Author of the Year Award and Ippy Best Regional Fiction Awards for 2009. This humor-filled work involves a host of quirky southern characters and is designed to provide solid well-written regional

entertainment. Atkins is a master of storytelling, dialogue, character-development and setting. The story includes numerous funny events while addressing issues related to the bonds of friendship and mortality.

These are just a few of our state's fine authors and I'm sure you know and can find many more. This month, on June 15th Kennesaw State University will host the Georgia Author of the Year Awards. The event lasts from 6:00-9:00 and includes a banquet (\$40 per person) followed by an awards ceremony which is free and open to the public. I'm sure you would enjoy it. For more information, email kmsigman@georgiawriters.org.

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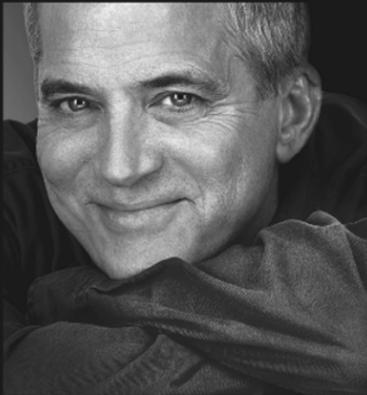
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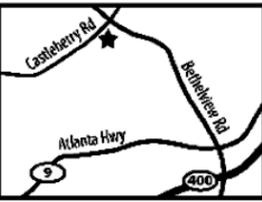
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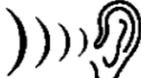


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Senior News & Views of Georgia

Lending advice from lessons learned

by SUSAN LARSON

I was never one to give much advice, but I thought I might share some that I've been given whether I listened to it or not.

When ear piercing became popular back in college, the word of advice was to have a professional do it. That really didn't apply to me since I saw ear piercing as something for third world peasants like my grandmother and her friends. No way I was going to do that. Well, not until I went to New York City with my friend Carol. Jewelry shops in Greenwich Village showcased thousands of earrings. For pierced ears only. Carol came home with a suitcase full of earrings while I came home with nothing but a case of envy.

As I was moping back in the dorm, a friend offered to put me out of

my misery and pierce my ears for me. The only problem was that she poked the holes at different angles and unless I tilt my head five degrees to the right, my left earring hangs about a quarter inch too low. Should have listened.

Back when the Renaissance was part of the Georgia middle school curriculum, our school had a big Medieval Festival. I went to great pains and expense to come up with a costume. My friend Snow showed up as a gypsy.

"It's the only costume I own," she said. "No matter what the occasion, I always fit in. Gypsies go everywhere."

The funny thing was that her shawl looked pretty much like one I have that my grandmother brought over from the old country. And now that my ears were pierced, I was good to go.

Then there's the advice I wish we'd had. Back in the 80's we took videos of every move our kids made.

We have stacks of them that my husband planned to edit and convert one day. That day recently came. Through hours of tedium, he discovered the footage fell into three categories: Treasured memories like our Kiawah Island trip in 1985 with the boys playing harmonicas in the back seat, mystery moments like three unidentifiable little girls reading books on a couch I didn't even recognize and miles of memories never to be recaptured where the magnetic material flecked off the tape, leaving it totally transparent.

So my advice is, if you plan to convert your old videos, either do it soon enough so everything is still distinguishable or wait long enough that you don't even remember what you're missing.

Susan Larson is a writer from Lilburn. E-mail her at susanlarson79@gmail.com.

Spiritual Notes

Don't embarrass the family

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

When I was growing up, my parents would often say to me as I was leaving home to attend an event or participate in any activity, "Don't embarrass the family." Perhaps this was in jest; however, it was a good

reminder that I have never forgotten. As our children grew up, I would parrot my folks by admonishing them with the same directive. We now hear our children saying these same words to our grandchildren.

Perhaps the phrase has become meaningless in some ways but, when you give it some thought, there is a great deal of value to be gained if the message sinks in. There is a great

human temptation, depending on the occasion, to role play. In other words, we appear to be a different person outwardly without the corresponding inward reality. It is often difficult to be honest before others if we believe they would think poorly of us. The need to be accepted is very strong at all stages of life.

The great preacher, D. L. Moody, addressed this temptation when he said, "Whitewashing the pump won't make the water pure!" Mohandas Gandhi mirrored this thought when he said, "There is nothing worse than being something on the outside that you are not on the inside."

The Apostle Paul, speaking to the Church at Colossae in the book of Colossians, warned that there were things we could do to look godly but have little value if we were not living a godly life. Paul also wrote about religious rules that were man-made. Though having the appearance of godliness, obedience to these rules did not help in the journey of faith.

The lessons to be learned, as was taught to me when growing up, don't embarrass the family, and more importantly, don't embarrass God. The ability to do the things we should do is totally dependent on our staying connected to our resurrected Lord. It is through this relationship that we are able to draw strength and wisdom for this life's journey.

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

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Taking Care

Preparation and Flexibility Ensure Safe Trip

by LISA M. PETSCHÉ

If you are planning to take an older relative on a vacation involving travel by car, thorough preparation is the key to success, especially if the person has special health care needs.



Lisa Petsche

Follow these tips for a safe and enjoyable stay.

Planning

- Set realistic expectations for the trip. Consider your relative's needs and limitations.
- Make plans and start necessary preparations well in advance. Make lists to keep organized and prevent last minute chaos.
- Include your relative in the preparations to the best of their ability.
- Research the accessibility of accommodations and attractions you wish to visit. If you are planning to stay at a motel or hotel, make reservations, especially if you will need specific features such as a room with handicapped facilities or a ground floor room.
- Learn the location of the nearest hospital in any areas you plan to visit. Avoid destinations where a hospital is far away.
- Arrange for your relative to visit the doctor pre-trip. Share your travel plans and any health-related concerns, such as motion sickness or circulation problems.
- If your relative has trouble walking long distances, rent a folding wheelchair or ensure that the places you plan to visit have some wheelchairs available.
- Have your car checked and serviced before departure.
- If you are going to an unfamiliar area, obtain a road map and study it. If you belong to an automobile club, take advantage of its route-planning service.
- Plan to do as much driving as possible during off-peak traffic times. Or choose the scenic route if time and your

relative's sitting tolerance permit.

Packing

Include the following items when drawing up a packing list:

- Loose-fitting, breathable clothing, comfortable walking shoes, a wide-brimmed hat, and a cardigan for air-conditioned environments and cool evenings.
- Sufficient prescription and over the counter medications to cover the time you plan to be away, plus a few extra days worth in case your return is delayed.
- Sunscreen, insect repellent, antihistamine and motion sickness tablets.
- A list of all health conditions and medications in case of a medical emergency.
- Any necessary medical equipment and supplies, such as a walking aid, food supplements, incontinence pads or diabetic supplies.
- A cushion or two for comfortable positioning in the car.
- An extra pair of eyeglasses

and spare hearing aid batteries.

- Sunglasses and umbrellas (the latter primarily for instant shade).
- A pillow and a nightlight.
- Snacks and a cooler containing sandwiches and beverages.
- Favorite music or books on tape for the car ride.
- Emergency roadside and first aid kits.
- Cell phone (do not forget to charge it and bring a recharging unit along).
- Disabled parking permit.

Driving

- Top off the gas tank at frequent intervals.
- Stop approximately once per hour for stretch breaks and short walks.
- Choose stops that have clean, well-lit restrooms with good accessibility.
- Wear seatbelts and, if your relative is in the front seat, ensure that the headrest is centered at the back of their head.
- Encourage your relative to shift their weight often and to

do neck and shoulder stretches and foot flexes.

Lodging

- When checking in, ask for a room close to the lobby or elevator. A ground floor room is ideal in case of an emergency in which elevators become inoperable.
- If your relative has a back problem, request a room with a recently replaced mattress.

Recreation

- Space out activities and allow time for each.
- Schedule outings for the time of day when your relative's energy level is highest. Stick to regular meal, medication and sleep times.
- Have a flexible itinerary. Take things one day – and one activity – at a time.
- Ensure plenty of time for rest and relaxation.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in elder care.

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Philadelphia Winn Chapter NSDAR Committee Chairmen Honored for Outstanding Service

Submitted by DEBBIE HOUSTON
Media Chair, Philadelphia Winn
Chapter NSDAR, Lawrenceville

On May 19, the Philadelphia Winn Chapter honored her Committee Chairmen with Certificates of Appreciation for Outstanding Service.

The Chairmen head committees that set out to fulfill the mission of the National Society DAR: To promote historic preservation, education, and patriotism. Daughters match their interests and talents to the committee of their choice, ever mindful of these objectives. A Daughter with creative talent might choose the Scrapbook, the official record of the Chapter's activities and accomplishments. During the year, she collects photos, event programs, and newspaper and online publicity, and uses these to create a memorable scrapbook that illustrates how Philadelphia Winn Chapter achieved NSDAR objectives.

Committees range from the American History Committee to Commemorative Events to Lineage Research. Daughters also serve on committees that honor good citizens, veterans, and our active military. The Literacy Promotion Committee mentors adults who have difficulties in reading, tutors children, organizes reading groups in libraries, and donates books. The Americanism Committee urges Daughters to assist in citizenship classes and to attend naturalization ceremonies, where they shake hands and welcome new citizens, hand out



Philadelphia Winn Chapter NSDAR honors Committee Chairmen. Several Chairmen were not present.

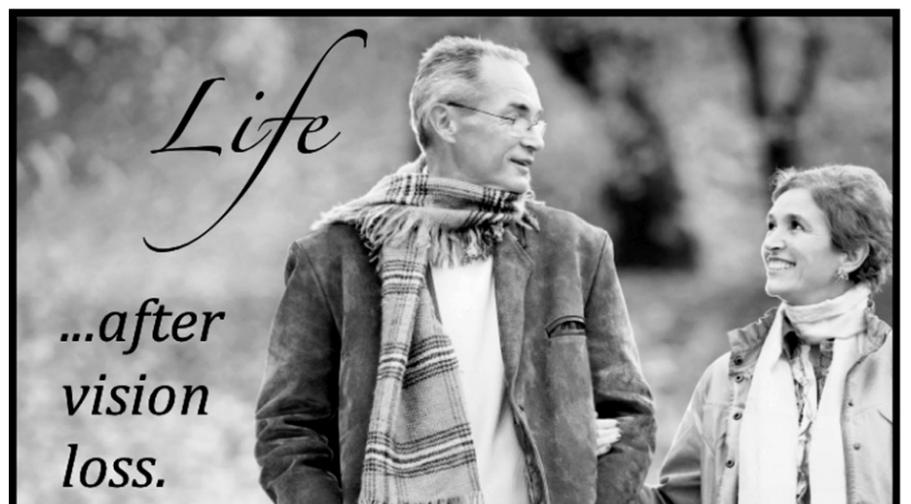
miniature American flags and copies of the more familiar parts of the Declaration of Independence and the U.S. Constitution. Those on the Soup Labels for DAR Schools Committee collect labels for cash to help fund the DAR schools.

Philadelphia Winn Chapter NSDAR offers over 50 committees with either National, State, or Chapter recognition. As Committee Chairmen recruit more members, they make DAR stronger and better able to serve our nation in ever-greater numbers.

So we want to hear from you! What are your gifts, talents, or interests? We are eager

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“Dolls in the City” art exhibit at 2 Rules in Marietta tackles the disturbing reality of sex trafficking

From Loretta Paraguassu
Submitted by Mary Frances

Hundreds of people passed by the dolls in the window display at the 2 Rules Fine Art gallery in Marietta during the May Art Walk. The soft fabric dolls with cute faces sat silently in the window in front of a large “Dolls in the City” show banner. Then, most of the passing people did a double-take when they saw what the signs around the dolls’ necks said. The signs forewarn of what happens to innocent victims of sex trafficking. The display is meant to be a wake-up call.

According to the Governor’s Office for Children and Families (GOCF), approximately three hundred to five hundred girls are commercially sexually exploited throughout Georgia each month.^[1] The FBI ranks Atlanta among the 14 cities in the nation with the highest incidence of child prostitution. The GBI lists possible reasons for this that include high tourism, a large international airport, numerous interstate connections, and dense populations.^[2]

But, the problem is not just deep in the city. A study by the Shapiro Group found that 42% of men in the Atlanta area who purchase sex with an underage girl are from the upper north side outside of the perimeter.^[3] High-risk children for trafficking are runaways or children who have suffered abuse at home. However, any child can be a target, with predators luring them through online social networks or in public places like malls.

The artists and coordinators of the “Dolls in the City” exhibit hope to raise awareness that the problem is close to home, even in the suburbs. The art exhibit includes works by members of the Women’s Caucus for Art of Georgia. Most of the artworks were created specifically for the show’s theme of raising awareness of sex trafficking in Atlanta and the surrounding communities. The dolls in the artworks represent the victims.

A work entitled “Get Involved – Save a Life” by artist Patricia Bohannon, is very colorful, but it includes many disturbing realities of sex trafficking. The painting depicts a brightly painted trunk, complete with trunk latch.

“The trunk represents one of the many ways that victims of trafficking are abused, tortured and terrorized,” says Bohannon in her artist’s statement. ‘Trunking’ is a practice of placing the victim in a trunk and leaving him/her there until they are willing to comply with the demands of the trafficker or pimp... The currency and green paper clay faces represent the ‘prices’ placed upon the ‘priceless’ lives of innocent victims

in an industry that only recognizes their worth as sexual commodities.”

Another piece, a collage entitled “City Traffic” by artist Kathy Meliopoulos, shows young paper doll girls in various states of undress, their identities protected somewhat with black bars across the eyes, breasts and vaginas. Map strips across the artwork represent a city map of streets interspersed with yellow caution strips.

“I wanted to juxtapose the innocence of young girls represented by paper dolls, with the harsh reality of their exploitation for monetary gain and enslavement,” says Meliopoulos in her artist’s statement.

A wall just inside the gallery is covered with news stories about sex trafficking in and around Atlanta, as well as educational posters and crime statistics about sex trafficking. Posters warn teens about dangerous activities like “friending” unknown persons on facebook or going to parties held by someone they or their families don’t know. Information is posted about local organizations that are available to help victims of sex trafficking, such as Wellspring Living, (<https://wellspringliving.org/>); Street Grace, (<http://streetgrace.org>); and,



Get Involved – Save a life
by Patricia Bohannon



City Traffic by Kathy Meliopoulos

youthSpark, (<http://www.youthspark.org>). Also posted is the new “tip line” for the “Georgia’s Not Buying It,” (<http://www.notbuyingit.org>) campaign that has been set up to report suspicions of sex trafficking activity or victims. That number is 888-373-7888.

Artists showing in the exhibit are Vicki Bethel, Fennel Blythe, Patricia Bohannon, Amandine Drouet, Mary Frances, Lucy Hale, Beverly Harding, Corlia Kock, Linda McCune, Kathy Meliopoulos, Loretta Paraguassu, Marlene Puca, Cherie Redlinger, Flora Rosefsky, Gerry Sattelle, Debbie Smith, Douglas Thayer, Audrey Troceen, Lisa Tuttle, Mona Waterhouse, Charlie Watts, and Patty Weisman.

A special events is being held in conjunction with the “Dolls in the City” art exhibit: On Friday, June 7, 5-9pm, a free reception with refreshments and live music will take place during the June Art Walk in Marietta.

The “Dolls in the City” exhibit runs through June 29, 2013. For more information about the exhibit or events, visit www.2rulesfineart.com or call the gallery at 404-355-6897.



Gothic Lolita
by Beverly Harding

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The Red Hat Society celebrates their 15th Anniversary

by MARY FRANCES

The sisterhood of The Red Hat Society celebrated their 15th anniversary with a convention at the Marriott Marquis on April 25, 2013. A banquet, catered by Wolfgang Puck, held at the Georgia Aquarium was filled to capacity with 1,500 attendees from four countries shimmering red-hats surrounded by aquarium tanks of bubbling sea water and swimming fish.

This 80,000 member sisterhood is an international organization representing 30 countries which chose Atlanta as the location to celebrate their fifteen years of astonishing growth. Principally, for women age 50 and older, this society was designed for the purpose of encouraging fun, friendship, freedom, and fitness. "Life begins at 50, not ends, when the children leave an empty nest," said one member.

The Red Hat Society is committed to growing older in a playful manner and emphasizing

ing the positive aspects of life. They provide support to women who have lost a spouse or parent, or are dealing with a major life threatening illness, by creating a real family of sisterly love.

From its humble beginning in 1997 in Tucson, Arizona, when Sue Ellen Cooper impulsively paid \$7.50 for an old red fedora in a thrift shop, the Red Hat Society has become the world's premier social networking community. It was a new women's movement holding regional conventions and crossing boundaries of race, religion and age and espousing the value of good will and good humor.

Membership is open. To learn more about this legacy that values being a woman, interested individuals are invited to contact Emily Yost, Marketing Director of The Red Hat Society at 714- 888-8132 or e-mail emily@redhatsociety.com. You can visit their website at www.redhatsociety.com.



Red Hat Crowd



Two Bejeweled Ladies



THE 4th ANNUAL MONASTERY 5K RUN & FUN WALK

On Saturday, June 8th, join in and enjoy the fun at The 4th Annual Monastery 5K-Run & Walk through the beautiful Monastery grounds! Bring the whole family and join the run, or fun walk, on an amazing 3.1 mile trail route through the serene monastery landscape. Visit attractions that are now part of the Arabia Mountain Heritage Area. Saturday, June 8th, with an 8:00 a.m. starting time on location at the Monastery of the Holy Spirit's woodlands. For complete information visit www.trappists.net.

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You are encouraged to compete in the Georgia Golden Olympics... REGISTER NOW!

Submitted by
MARY ALICE EALER

If you are competitive, interested in meeting new friends, or just having fun, plan to participate in the 31st annual Georgia Golden Olympics scheduled to be held September 18-21, 2013 in the city of Warner Robins. The annual competition is open to ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, 5K run and walk, horseshoes, billiards, Wii bowling and much more. Ballroom dancing will be offered again this year and Pickleball will be offered for the first time. Events are divided into age categories and medals are awarded for each.

A registration fee of \$40.00 allows the participant to enter three events. Additional events are \$6.00 each. Bowling, tennis, golf, cycling and archery require an additional fee. Fees are non-refundable. All registrations must be received by August 1.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association and qualifies athletes in even years for the National competition, held in odd years. The 2013 National Games will be held in Cleveland, Ohio in July-August 2013. Over 500 athletes qualified in Georgia for the upcoming National games.

The purpose of the Georgia Golden Olympics is to create an awareness of the abilities of

older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by the Georgia Department of Human Resources, Division of Public Health; Robins Air Force Base,

Services Divisions; Georgia Recreation and Parks Association, Senior Citizens Section; Georgia Nursing Home Association; the University of Georgia, J. W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural

Resources.

For more information/registration form call Warner Robins Recreation Department Senior Activity Center 478-293-1066, Georgia Golden Olympics office at 770-867-3603, or go to the Website www.georgiagoldenolympics.org.

\$50 CASH GIVE-AWAY!!!



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For complete details visit

www.seniornewsga.com

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Out & About

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.

SINGLE

by Frederic Holland, Sr.

*I think marriage is wonderful;
Too bad I didn't have God in my life
to make it successful.*

*Now I don't have a girl friend, "boo"
or mistress;
I'm what you would call non-
committed, I confess.*

*I don't want to get serious, I just like
having fun;
So for a serious relationship... I'm
not the one!*

*I use to have girl friends by the ton;
Now I don't even have one.*

*The women come and the women
go;
Having a girl fiend... money you
will blow;
Take it from me, I really know!*

*I love the way women look and how
they make you feel;
And man there's nothing like a
woman who can cook a real good
meal!*

*But to have those luxuries you have
to deal with a lot of consequences;
Once you commit to someone you
must deal with responsibilities and
fences.*

*It's not like I'm a dog... no, I'm not
buck wild;
But being fenced in is not my style.*

*We can be friends with benefits on a
no contract term;
Cause in reality, I'm a bachelor
confirmed.*

SPRING TIME GARDEN

by Eleanor R. Hampton

*There is a Garden growing in my
year this spring,
People are coming from far and
near.*

*We are going to praise God in my
Garden.*

*There will be beautiful flowers and
food to share.
Senior citizens are the most*

*welcomed,
To share their wisdom, to enjoy
peace and quietness.
We seniors do not have to judge
each other,
As to what we wear or how gray
our hair is.
We have overcome many obstacles,
And with God on our side,
We can go forward in the beautiful
Garden that each of us can plant.
And show love to others.*

ALOHA

by Vera King

*I am going away
At the end of May
So I must say
Farewell*

*It came as a surprise
Like falling from the skies
It's time for goodbyes*

*It's been a long stay
Here in the CSRA
I've loved every day
Let us pray.*

Note from Vera: This is my last verse I will be submitting for your consideration. Thank you and all your readers for making poetry important to me.

Publisher's Note: Thank you Ms. Vera for your contributions to Poets' Corner. We'll greatly miss you. We know you'll be a great blessing to your new friends.

THE BEST IN YOU

by Ms. Frankie Lee

*Life can change some people
Some for good, some for bad
Some make you happy and others
sad
Makes you wonder what went wrong
In the journey, that was long...*

*You think you know how people are
But mostly you saw them from afar
As you got closer to their heart
You realized they missed an
important part*

*The part filled with love and care
The part that first made you admire
and stare
The part that made your own heart
beat
With dreams you felt they would
meet*

*But life can change some people
Some for good and others bad
Makes you wonder what happened
In the life they have or had*

*The biggest part of the heart
Is the love that helps it beat
Compassion and caring and love
for all
That's what makes you stand up
proud and tall*

*That's the part missing in a few
That's the part I miss in you
Life can change some people
Some for good and some for bad
Thank God it's only a few
But it seems to have happened to you*

*There is something you can do
Fill that part with love again
Not for me... But for you*

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Out & About

Courtyard Gardens Assisted Living says “Thanks” to volunteers

Submitted by **DEBBIE HOUSTON**
Media Chair, Philadelphia Winn
Chapter NSDAR, Lawrenceville

On April 25, 2013, members of Philadelphia Winn Chapter National Society Daughters of the American Revolution, along with other groups and individuals, attended Courtyard Gardens Assisted Living & Memory Care's Annual Appreciation Dinner. Courtyard Gardens thanked volunteers who over the past year had donated their time and service to its residents.

For its part, Philadelphia Winn Chapter NSDAR conducted two programs in 2012 for residents. On Flag Day in June, residents participated in lighting red, white, and blue candles as part of the ceremony. They also joined in singing patriotic songs and witnessed the

Boy Scouts properly lowering the flag. In November, the residents joined with Philadelphia Winn Chapter in celebrating Veterans Day. Pam Lyle, Flag of the United States of America Committee Chair, gave certificates to those residents who played a prominent role in the Flag Day Ceremony, spotlighted the veterans who live at the facility, and recognized their military service to our country.

“I love these programs,” Pam says. “When the Scouts also participate, we bring together three generations to honor the flag and our veterans at the same time. Residents are always eager to participate and work with young volunteers. We are thankful to have the residents in our lives. We should be thanking them for all they do.”

In addition to dinner, the duo “Salt & Pepper” provided lively music, singing songs from the



Welcome Committee Member Guydell Horlock, a resident of Courtyard Gardens Assisted Living, thanked the volunteers for their service.

1940's and '50's. Residents also showed their appreciation by giving away door prizes and gifts of handcrafted “flower pen” vases.

If you would like to join Philadelphia Winn Chapter NSDAR, please email philwinndar@gmail.com.



Left to right: Volunteer Chelsea Goode of Lawrenceville, Philadelphia Winn Chapter NSDAR Flag Day Chair Pam Lyle of Lawrenceville, Regent Peggy Freeman of Lilburn, Courtyard Gardens Life Engagement Director Patricia Hoyte, and Jim Freeman of Lilburn.



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Atlanta CALENDAR

Senior Citizen Services

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

Cobb Senior Services

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

Multipurpose Centers:

(Seniors age 55+)

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

Neighborhood Centers:

(Seniors age 60+)

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

Fulton County Senior Services

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

Senior Multipurpose Facilities

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

Neighborhood Senior Centers

- Alpharetta/Crabapple Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.
- Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
- Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.
- Camp Truitt Neighborhood Senior

Center, 4320 Herschel Road, College Park, 404-762-4802.

- Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.
- Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.
- Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.
- Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.
- Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.
- New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.
- Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.
- Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
- Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583
- St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.
- Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.
- Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

- Roswell Recreation Senior Citizens Club: Meets each Wednesday. Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.
- Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.
- Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.

Lawrenceville Senior Center
225 Benson Street, Lawrenceville
770-822-5180.

Gwinnett Senior Center
225 Bethesda Church Road,
Lawrenceville, 770-822-5147

Bartow County Senior Center
Cassville, 770-383-7383
www.bartowga.org

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

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

www.thewypers@bellsouth.net.

Alzheimer's Support Group

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

Parkinson Disease Support Groups

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

Multiple Sclerosis Center of Atlanta

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

Alzheimer/Caregiver Support Group Meeting

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

Square Dance Class

Singles & couples welcome; free child-care, ages 5+. Hosted by Kennesaw

Square Dancers. Call 404-808-8689 or visit www.squaredealers.com.

Button Gwinnett Society

Meets quarterly at the 1818 Club for fellowship and interesting speakers. Meetings begin at 6 p.m. For complete details call Elliott at 770-840-1003 or elliott@brack.net.

Greater Atlanta Archaeological Society

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

Senior Ballroom Dance

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

Atlanta History Center

130 W. Paces Ferry Road, NW, Atlanta; 404-814-4033,
LMassey@AtlantaHistoryCenter.com

High Museum of Art

1280 Peachtree St., NE, 404-733-4437;
www.high.org

Center For The Arts At Georgia Tech

404-895-9600; www.ferstcenter.org

Schwartz Center For Performing Arts, Emory University

1700 N. Decatur Rd; 404-727-5050;
www.arts.emory.edu

The Michael C. Carlos Museum

Emory University, 571 Kilgo Circle

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Asbury Harris Epworth Towers

A WESLEY HOMES, INC
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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.

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CALENDAR
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404-727-4282; www.carlos.emory.edu

Fernbank Museum of Natural History
767 Clifton Rd., NE. 404-929-6300,
www.fernbank.edu/museum

Theatre In The Square
770-422-8369, www.theatreinthesquare.com/library_dragon

Callanwolde Fine Arts Center
980 Briarcliff Rd., NE, Atlanta. For complete events details call 404-872-5338 or visit www.callanwolde.org
• Gallery: Opening Night Reception Nature: Four Ways, Photographs by Ronald Nuse, Fri., June 7, reception 7-9 p.m.
• Milton Granger One-Act Operas: "Benedicta; Angry Birdsong; & The Proposal:" Tues., June 11, 7 p.m.
• "Open Mic" Poetry Night: Wed., June 12, 8 p.m.
• Jazz on the Lawn – Concer Series Ike Stubblefield & Friends – Soulful R&B Jazz: Fri., June 14, 7:30 p.m.
• Jazz on the Lawn – Concert Series Serenata Band – Latin Jazz, Samba & Salsa: Fri., June 28, 7:30 p.m.

Alpharetta Convention & Visitors Bureau Park Plaza
178 South Main St., Suite 200, Alpharetta. Call 678-297-2811.

Georgia Museum of Art
90 Carlton St., University of Georgia, Athens; 706-542-4662;
www.uga.edu/gamuseum/press

Alpharetta's Main Street Markets
Third weekend of each month. Call 678-297-6078.

Cumming Fairground Events
Call 770-781-3491 for schedule of events.

Atlanta Artists Center and Gallery
2979 Grandview Ave., 404-237-2324,
www.atlantaartistscenter.org

The Breman Museum
For information call 404-575-3767 or visit www.thebreman.org/jsg.htm.

Balzer Theater at Herren's Luckie Street
www.theatricaloutfit.org
404-577-5257

Rialto Center for the Performing Arts
Georgia State University, 404-651-4727, www.rialtocenter.org

Jimmy Carter Presidential Library
441 Freedom Parkway, 404-865-7100,
www.jimmycarterlibrary.org

Center For Southern Literature Margaret Mitchell House & Museum
990 Peachtree St., 770-578-3502.
www.gwtw.org

High Museum of Art Folk and Photographer Galleries
133 Peachtree St., 404-577-6940

Spivey Hall, Clayton College & State University
5900 North Lee Street, Morrow
770-961-3498, www.spiveyhall.org

The Atlanta Opera
28 West Peachtree Street, N.W.
404-881-8885/1-800-35.OPERA
www.AtlantaOpera.org

The Mable House Arts Center
5239 Floyd Road, Mableton

770-819-3285; cobbcounty.org; mable-house.org

Marietta Museum of History
770-794-5710 or mary@mariettahistory.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.georgiacenter-forthebook.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

Scott-Candler Library
1917 Candler Rd., Decatur
404-286-6986

Atlanta World War II Round Table Preserving History. For information call John Kovach at 770-928-4579 or visit our website at http://atlantawwii-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.

PALS Lunch 'n Learn Sessions
For details call PALS (Perimeter Adult Learning and Services) at 770-698-0801.

Senior Connections' Adventures In Learning Classes
Mack Love Senior Center, 1340 McConnell Dr., Decatur
Online catalog available at www.senior-connectionsatl.org or call 404-321-6060.

Monthly Sacred Harp Singing
Thurs., June 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., June 28, 7:30 p.m. Group singing just for fun... no performances. Open to all. Folk music, old standards, spirituals, political songs, pop, freedom songs, country, show tunes, and more. East Lake location. For directions and more information call Bob at 404-378-5424.

Volunteers Needed To Deliver Food
South Fulton Senior Services Inc. (SFSS) is a non-profit agency. Its mission is to provide a range of services and activities which promote wellness, wholeness and self-sufficiency for adults, sixty (60) years of age and older, who reside in South Fulton County.
SFSS has serviced the South Fulton Community for 21 years. In order to enhance the level of support and services, volunteers are needed to help deliver meals on wheels. Service areas include: East Point, Hapeville, College Park, Union City, Fairburn, Rico, Palmetto, and Chattahoochee Hills. If you would like to become a volunteer for meals on wheels, please contact Debra Hood or Adam Surfus at 404-559-0070.

Get Connected with SeniorNet at the Marcus Jewish Community Center of Atlanta
SeniorNet is an international, non-profit computer learning program designed to teach adults ages 50 and over computer literacy. The Marcus Jewish Community Center of Atlanta bears the unique distinction as being one of only three SeniorNet learning centers operating in the metro Atlanta area.
The SeniorNet curriculum covers a broad spectrum of computer-related courses including learning beginning, intermediate, and advanced Microsoft Windows applications (word processing, database, spreadsheets), discovering the Internet, how to buy a computer, the ins and out's of email, learning how to use a mouse, basic typing skills, buying and using a digital camera, digital photography and Adobe Photoshop elements, PowerPoint, buying and selling on eBay, designing web pages, and fun with graphics.
SeniorNet programs at the MJCCA are available to both members and non-members. Trained volunteer instructors teach computer classes that are special-

ly designed and paced for older adults. Classes are limited to 12 students each allowing for a meaningful learning experience. All classes are held in the ORT Computer Technology Resource Center at the MJCCA Zaban Park campus.

The Marcus Jewish Community Center of Atlanta (MJCCA), "The Center of the Jewish Community," is committed to strengthening the quality of life in Atlanta, and is recognized as one of the most highly-regarded centers internationally. From preschoolers and

continued on page 14

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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




CALENDAR
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children, to teens and singles, to adults and seniors - the MJCCA attracts a diverse audience from the entire community. Visit us on the web at www.atlantajcc.org.

Volunteers Need for Meals on Wheels

Senior Connections needs volunteers to deliver hot, nutritious meals to homebound seniors in your area. Three convenient pickup locations in Chamblee, Decatur and Lithonia. Call 770-455-7602 or register to volunteer online at www.seniorconnectionsatl.org.

Call for new class offerings.

New Neighbors League Club

Prospective member orientation, first Wed. each month at the New Neighbors Welcome Center, 479 S. Atlanta St., Roswell. Luncheon and program second Wed. each month at various locations. Volunteer orientations are conducted every Monday at 1 p.m. For complete details call 770-993-7886.

Volunteers Need for Meals on Wheels

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

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

Achva Adult Day Club

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

VOLUNTEER OPPORTUNITIES FOR 55+

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

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

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.

Grandparents on the Move Meeting

Every 3rd Thurs., 10 a.m.-12 noon, Helene Mills Center, 515 John Wesley Dobbs Ave., Atlanta. Everyone invited. For details call 678-938-6649.

N.A.R.F.E.

All federal civilian employees and retirees are invited

to join N.A.R.R.E. (National Active and Retired Federal Employees Association). Call T. Jerry Samples at 770-973-2834.

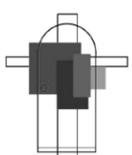
Lifespan Resources, Inc.

3003 Howell Mill Rd., NW
An interfaith, non-profit volunteer organization recognizing and responding to the needs of older persons in North Atlanta. For details call Laurie Stokes, Executive Director, at 404-237-7307 or www.lifespanresources.com.

continued on page 15

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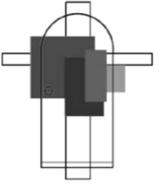
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CALENDAR
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Volunteers Needed by CASA – Court Appointed Special Advocates
Be a positive influence and help provide stability and leadership in a child's life. Consider volunteering with CASA. For complete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

Newnan-Coweta Habitat for Humanity ReStore
Open Tues.-Sat., 9 a.m.-5 p.m., 150 Pine Rd., Newnan. Donations accepted 9 a.m.-4:30 p.m. Tues.-Sat. Call 770-252-4061.

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

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

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

Harmony Grove UMC Events
50 Harmony Grove Rd., Lilburn
770-921-7747
• Vacation Bible School: June 17-21, 9:30 a.m.-1 p.m. Please call for full details

Columbia Presbyterian Church
711 Columbia Dr., Decatur
404-284-2441

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., 2:30-5:00 p.m. For complete details contact Dorothy Parker at 770-993-2059 or e-mail arw1935@att.net.

Volunteers Needed
Court Appointed Special Advocates (CASA) connects qualified, compassionate adults to advocate for children in the foster care system, one child at a time. You will be trained and equipped to advocate for a child's right to be safe, to be treated with dignity and to learn and grow in the security of a loving family. Connect with CASA by calling 770-345-3274, email at info@casacherokee.org or visit www.casacherokee.org.

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The Rotary Club of Stone Mountain salutes Veterans

Special to
Senior News

On May 21st the Rotary Club of Stone Mountain honored all Veterans who live at the Park Springs Retirement Community in Stone Mountain at their 7th annual “Salute to Veterans” lunch.

This year, Ranger Hall of Fame Inductee, Retired Brigadier General Joseph S. Stringham of Green Beret fame was the guest speaker. He accepted the invitation from Al Lipphardt, past two-term Stone Mountain Rotary Club President and Past District Governor, who knew and fought alongside General Stringham forty years ago.

More than 100 Members and guests attended the event. A unit of the Piedmont Chapter of the National Society of the Sons of the American Revolution presented the colors, and Taps was played live at the end of the event.

Al Lipphardt and General Stringham shared a conversation about recent history, special operations forces and current events, and commemorated the brave acts of all US soldiers.

“Our Members thank the Rotary Club of Stone Mountain for this meaningful recognition,” said Anresa



Above: Members at Park Springs Retirement Community (left to right): Don Ware, Bob Snyder, Bob Moreno and Tom Grissom.

Davis, Stone Mountain Rotarian and Senior Residency Counselor at Park Springs. “Memorial Day is always a day of reflection and remembrance; a time to reflect on the ultimate sacrifices of those who

served their country, and honor and remember the veterans who fought in wars both distant and recent.”



Brigadier General Joseph Stringham and Al Lipphardt of Stone Mountain



Brigadier General Joseph Stringham



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— Norman

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