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Sonny Helmer...

*His horn, his history,
his humor!*

Story on page 6

December 2013
Vol. 27, No. 12

Poets' Corner

HOPE ETERNAL

by Henry Newton Goldman

Despair will weigh me down at times,
 Uncertainty is my constant thorn;
 But when I feel that all is lost,
 Within me hope is reborn.
 Though sadness may banish all my joy,
 And failure dash my dreams,
 My heart shall be refreshed again,
 For hope will reign supreme.
 When all seems lost in darkest hour,
 And friends nearby fall away,
 I know my bonds will be renewed,
 For hope shall be my stay.
 When years go by without success,
 And plans just won't come true,
 I'll reach way down and persevere,
 For hope will bring me through.
 And when my life draws near its end,
 My steps then falter and slow,
 In passing from earth to Him above,
 Blessed hope will help me go.

ACCEPT IT NOT

by Doris A. "Dot" Jones

On every side the skeptics sway.
 What does it matter what we do and say?
 There is no God anyway.
 But... we know better and accept it

not!

What we have is not what they've got.
 The news media prints the worst side of life,
 When we struggle on through so much strife.
 So many good deeds go unnoticed,
 No wonder the world views the skeptics' side.
 But... we know better and accept it not!
 Magazines fill the newsstands with evil on every page,
 We fill ourselves with rage against it,
 But it seems we can't do a lot.
 But... we know better and accept it not!
 The television is filled with sin.
 Sometimes it seems the skeptics win.
 No matter the fight against it,
 The die seems cast in their lot of sin.
 But... we know better and accept it not!

In not accepting, we take a true stand,
 For God fights evil with his heavenly band.
 In the end, God will triumph,
 If we continue with what we've got and say,
 "We know better and accept it not!"

THE MEANING OF CHRISTMAS

by Frankie Lee

Each year it gets more commercial
 Each holiday is about gifts
 Giving gifts instead of time
 Wrapped in a beautiful box
 With a beautiful bow
 Opened many times alone
 The gift of love and memories
 Is the greatest gift of all
 The meaning of Christmas
 Is in touch and heart and a call
 Give your time and love and heart
 And that's the greatest gift of all
 Make a memory that will last forever
 Spring, summer, winter and fall
 As a child you remember
 That special gift given with love
 Something you looked at
 And wished for above
 Someone special in your life
 Saw that sparkle in your eye
 Took the time to find that gift
 And hear that joyous cry
 It wasn't just what was in the box
 With that special bow
 But it was the thought and love

That made it sparkle so

For that gift was also a memory
 Of a special time and place
 And that person that touched your heart
 You can still see that loving face
 Christmas was not meant for gifts
 As much as it was for love
 The greatest gift that was given
 From God above
 For it is His birthday that we celebrate
 On this very special day
 Let's give a gift back to him
 And don't forget to pray
 Christmas is so special
 A day of peach and love
 When we can take a moment
 Beyond the commercial hub
 Of shopping and eating and dressing
 Ourselves so special too
 It's about others, not just me and you
 So enjoy the day of giving
 Of seeing an unknown smile
 Of thinking of so many others
 That touch our lives each day
 For all of you I pray
 Merry Christmas!

Of People & Places exhibited at Snellville City Hall

Special to Senior News

A solo spectrum of 41 works in several mediums, highlights from the past several years of painting and photography by Mikki Root Dillon, is not open at the Snellville City Hall located at 2342 Oak Road, SW, Snellville. The exhibit is scheduled to continue through December 31st. Gallery hours are 8 a.m. to 5 p.m. Monday through Friday, except holidays.

The exhibition includes landscapes; still life, figure and experimental paintings and digital photography. Many of these paintings have been

award winners in juried art and photography exhibitions.

She has had exhibitions at The Emory University Student Center Dobbs Gallery; Historic Old Courthouse, Lawrenceville; ART Station, Unitarian Universalist Churches of Atlanta, Gwinnett and Northwest Atlanta and participated in many juried and group shows around Georgia. This year she has had solo exhibitions at the Kennedy-Douglass Center for the Arts, Florence AL, and the Customs House Museum in Clarksville TN, as well as works in several juried exhibitions.

For more information, please call 770-923-5110; Mikki Root Dillon.

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The Next Chapter

Gift Book Recommendation by ANNE B. JONES, PhD

Island Time: An Illustrated History of St. Simons Island, Georgia; Jingle Davis, writer, and Benjamin Galland, photographer; University of Georgia Press, 2013

Hats off to Jingle Davis and Benjamin Galland for *Island Time: An Illustrated History of St. Simons Island, Georgia*. Coastal Georgia raised, I have waited long and hard for a book like this. Everybody seems to want to write a “tourist” book, but this is so much more. *Island Time* is written and illustrated by two qualified people who know the island and its history inside out. Their love of this special Georgia treasure gives their work a spirit-filled true sense of place.

The book’s photographs are stunning and the writing is well-researched and excellently executed. One has only to look at the bibliography and index to realize the massive time and effort that went into making this work as accurate as possible. One only has to read a few pages to note the author’s mastery of writing craftsmanship, presented in a conversational readable tone.

“Anyone who grows up on St. Simons learns its history by osmosis,” says Davis in the opening sentence of her Preface. “The past is as pervasive on the island as the humid, sea-scented air.” Beginning with stories of the area’s first Paleo-Indian inhabitants, the volume takes readers on a time travel trip through British General Oglethorpe’s planting of a colony, the Civil War and onward into our present day. Among the personalities included are Don Domingo; Thomas Butler King; Major Pierce Butler; Fanny Kemble; Aaron Burr; Neptune Small; Charles and John Wesley; Paul Redfern; Alfred W. Jones, Sr.; and Edwin Fendig. The geographical and cultural information is punctuated

with ghost stories and anecdotes that make this work as delightful as a best-selling novel.

Island Time is also a visual feast. Benjamin Galland’s photography is inspiring and insightful. His pictures include glimpses of the island seen by residents, but not always by visitors. As he explains, “With *Island Time*, I was presented with a unique opportunity to document my native homeland and felt strongly compelled to do it justice. I captured the island in the way I see it; with the beauty, passion and timelessness so many people associate with St. Simons.”

Well known in the Atlanta and coastal areas, Jingle Davis is a retired Atlanta Journal-Constitution journalist. Benjamin Galland is a photographer with h2o creative group, based out of Brunswick, Ga.

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

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Website

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Email: seniornews@msn.com

SENIOR NEWS

7511 Auden Trail

Atlanta, GA 30350

Advertising Account Executives

Janet Tassitano

Phone: 770-993-2943

Email: jan@jjmconsulting.com

Linda Conyers

Phone: 770-924-6905

Fax: 770-517-6716

Email: Lconyers@bellsouth.net

Contributing Columnists

Susan Larson

Dr. Bill Baggett

Mary Frances

Lisa M. Petsche

Dr. Anne B. Jones

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CORPORATE OFFICE

Billy R. Tucker, President/Publisher

Phone: 478-929-3636

FAX: 478-929-4258

www.seniornewsgeorgia.com

E-mail: Seniornewsgeorgia@cox.net

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Senior News & Views of Georgia

Jesus' First Appearance... Anticipating and rejoicing in the birth of Christ

by DR. CHARLES F. STANLEY
Adapted from LP061224

When you think about the first Christmas so long ago, do you consider it to be merely a sweet story or one of the most significant events in human



Dr. Charles Stanley

history? People often regard the narrative of the Savior born in a manger as a quaint fairytale, legend, or religious myth. They don't understand the amazing work God performed. Yet, 2 Corinthians 5:19 tells us, "God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation."

In the Fullness of Time

In Galatians 4:4, Paul tells us, "When the fullness of the time came, God sent forth His Son." This means that in His great wisdom, God knew the perfect moment to send His Son, Jesus, to be our Savior. We needed someone to redeem us ever since Adam and Eve disobeyed God and fell from grace in the Garden of Eden. Romans 5:12 tells us, "Sin entered the world through one man [Adam], and death through sin, and in this way death came to all men, because all sinned." Humanity was condemned to be separated from God for eternity because everyone since Adam has been born with a sin nature – and because the Lord is holy, He will not tolerate sin.

Yet, God also knew that we could not save ourselves, so He looked down from heaven and chose a godly man – Abraham – to work through and set His plan in motion. He promised Abraham, "In your seed all the nations of the earth shall be blessed, because you have obeyed My voice" (Gen. 22:18). Abraham fathered Isaac, who in turn had Jacob and Esau. From Jacob came 12

sons who would become the patriarchs of the 12 tribes of Israel.

The history of Israel is long and instructive. God worked powerfully through His people and saved them from many enemies. He even taught them how to serve Him and what sacrifices would be necessary when repenting for their sins. Yet, when the people turned away from God and gave into their wickedness, they suffered greatly – even facing bondage in Egypt and captivity in Babylon.

Although Israel prayed for the Messiah to come during those terrible times, God waited until the world was ready to receive His Son – when the message of the gospel could be carried to the ends of the earth. This came after Alexander the Great spread the Greek culture and language throughout the known world, making communication easier among people. It also happened after the Romans created extensive highways that connected nations and made travel faster and safer.

All of these events had to take place not only to save Israel, but also to make it possible for the entire world to know the Savior. Of course, each part of God's plan took hundreds of years. Why did it take so long? Because God knew exactly what He wanted to accomplish. He wanted for us to see His mighty work throughout history and the fulfillment of His promises to Abraham and His people. He also wanted us to understand that serving Him through sacrifices will never be enough because we always fall short. Only He can save us; all we must do is believe in Him and obey.

The Triumph of His Appearing

Looking again at Galatians 4:4–5, we see that not only did Christ come in the fullness of time but also that He was "born of a woman, born under the Law, so that He might redeem those who were under the Law, that we might receive the adoption as sons." It was important to note that Jesus was born of a woman rather than of a man and a woman. The virgin birth is an absolutely imperative

factor of God's plan, and it represents the triumph of Christ's first appearance.

Remember, everyone since Adam has been born sinful because we inherit the nature of our father. Yet, Jesus was not conceived through an earthly father – He was conceived by the Holy Spirit. That means He is absolutely sinless, and He is the only one who could ever be the unblemished sacrifice for our transgressions.

Jesus' miraculous birth and sacrificial death made it possible for us to be acceptable in the eyes of God. That is why the angels in heaven sang out, "Glory to God in the highest, and on earth peace among men with whom He is pleased," when He made His first appearance (Luke 2:14). He paid the ultimate price and did what we could not so we could be reconciled to the Father.

A Personal Appearance

Jesus said, "The Son of Man has come to seek and to save that which was lost" (Luke 19:10). He came at the perfect moment to undertake an extraordinarily humble mission and triumph over our worst enemies – sin and death.

Has Jesus made an appearance in your life? Have you opened your heart to the sinless Savior? You either believe in Him or you do not. When you place your trust in Him, He saves you, reconciles you to the Father, and promises to stay with you forever. However, when you reject Him, you reject the loving, merciful plan God has orchestrated throughout time.

Jesus Christ has already done something miraculous on your behalf through the most significant event of human history – His wonderful birth and sacrificial death. Therefore, accept Him as your personal Savior. He's willing to forgive and cleanse you and show you His amazing, life-changing love. And that's certainly the best story ever told.

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Spiritual Notes

A Different and Lasting Gift!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Time does fly by! The Christmas Holidays are here. They seem to come so quickly. This is the time of the year we celebrate the birth of our Lord Jesus Christ.

Regrettably, the real "reason for the season" is sometimes a casualty because of the tendency to fill our days up with the buying of gifts, decorating the house, going to parties and getting involved in numerous other secular activities. While all of these are worthy and admirable,

our focus is often diverted from things that will be more lasting and meaningful to us.

Through the years families have taken gifts and food to the less fortunate in their communities. Churches have hosted parties, collected funds and provided other services to the elderly and those in need. These efforts are praiseworthy and should be encouraged.

Recently, I read a paper entitled "The Power of Three Little Words" by an anonymous author. The author stated, "Some of the most powerful, significant messages people deliver to one another often come in just three little words. When spoken or conveyed, those statements have the power to forge new friendships, deepen old ones and restore relationships that have cooled."

I did some introspection, and, after giving serious thought to this idea, I concluded these words are a Christmas gift I can give to myself and others this year.

I have chosen to following Three Word Phrases: "I'LL BE THERE – being there for another person is the greatest gift that can be given. I

RESPECT YOU – respecting is a great way to show love. MAYBE YOU'RE RIGHT – a diffusing phrase highly effective in conflict and in restoring frayed emotions. PLEASE FORGIVE ME – relationships can be restored and healed if people admit their mistakes and ask for forgiveness. I THANK YOU – gratitude is a powerful form of courtesy. COUNT ON ME – a friend is one who walks in when others walk out; loyalty is an essential ingredient for true friendship. I LOVE YOU – is reserved for those who are special."

As we engage in the frantic pace of the Holidays we might utter the following prayer. God, let all that I do today become a shout of praise and thanksgiving to you for this gift of life. Our words and actions reflect our relationship to the One who taught us to love one another. Celebrate this year by giving gifts of words, gifts that last and honor the Lord Jesus Christ.

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

Give yourself the gift of time

by LISA M. PETSCHÉ

People who care for loved ones with frail health typically have a multitude of responsibilities. There never seems to be enough hours in the day to get everything done, let alone spend time with other important people in their life and tend to their own needs.



Lisa Petsche

It is not surprising that the gift caregivers value the most is the gift of time: time to attend to their physical, mental, emotional and spiritual needs to help keep the inherent stress of caregiving manageable.

If you are a caregiver, consider personal time a need not a luxury and resolve to make it an ongoing gift to yourself. Do not wait for New Year's Day to get started; now is the time, before the holiday season ramps up.

Read on for suggestions on how to free up some of your time and energy for self-care.

Holiday timesaving tips

- Set realistic expectations and be prepared to alter traditions. Keep it simple and let relatives and friends know your needs and limitations. Decide what is really important, focus on that and forget the rest.
- Whatever tasks you decide to take on, ask for help and delegate responsibilities. Make plans and start necessary preparations well in advance. Make lists to stay organized.
- If you plan to have guest and your finances allow, arrange a housecleaning or a catered meal (or both). Some other ideas: make it a potluck event or, better yet, ask someone else to host the big family feast. Invite friends over for dessert instead of a meal, and do not hesitate to buy from a bakery.
- For gift giving, purchase gift cards; many kinds are available online as well as on display at grocery stores and drug stores, among other places. If you buy gifts at the mall, take advantage of the gift-wrapping service.

Year-round tips

- Here are some timesaving ideas you can use throughout the year.
- Curb perfectionism. Not everything needs to be done to a high standard; take housework and yard maintenance, for example. Set a time limit for chores if necessary.
 - Establish and stick to priorities, so you do not waste time or energy on unimportant things.
 - Accept offers of help and ask other family members to share the load. Be specific about what you need.
 - Pay for help if you can afford it – for example, a dog walker, housecleaning service, grounds keeping service, handyman or accountant.
 - Get a portable phone so you can multi-task while conversing, and an answering machine to screen calls.
 - Hire a professional organizer if

you are overwhelmed by paper or clutter.

- Get a computer if you do not have one. Internet access can help you stay connected to loved ones. You can also connect with other caregivers through Internet message boards and chat rooms.

Housekeeping and meal preparation

- Concentrate cleaning and tidying efforts on the rooms that are used the most.
- Collect recipes for one-dish meals, such as casseroles, stews, stir fries and main course salads.
- Cook double batches of recipes and freeze half for later use.
- Keep a supply of heat-and-serve entrees in the freezer.
- Buy convenience foods that reduce preparation time: packaged salads, shred cheese, frozen mixed vegetables and boneless chicken breasts, for example.
- Order takeout periodically. Just ensure choices are healthy.

Financial Management

- Arrange with the bank for direct deposit of pension and other checks and automatic withdrawals of regular bills.
- If you have a computer, sign up for online banking so you can pay bills, transfer money and check balances from home.

Shopping and errands

- Shop by mail order whenever possible.
- Take advantage of stores and other services that offer home delivery.
- Research mobile services in your area, such as hairdressing, dog grooming, car washing and automobile servicing.
- Consolidate errands and avoid peak use times of the day, week and month when visiting stores, banks and government offices.

Care for your relative

- Investigate community respite services, such as friendly visiting, adult day care programs and residential facilities that offer short-term care. Also look into volunteer driver programs and accessible transportation services that can free you up from chauffeuring duties. Information on these and other resources can be obtained from the local office on aging.
- If finances permit, hire a companion or personal support worker for your relative so you can regularly get out to some type of leisure activity. Let loved ones know that a gift certificate to a home healthcare agency or an IOU for respite care would be welcomed for the holidays and other special occasions.

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



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On the Cover

Sonny Helmer: His horn, his history, his humor

by SUSAN LARSON

ON THE COVER: Sonny Helmer

Sonny Helmer has plenty of reasons to blow his horn. Sure, the title of his autobiography, “Everything Happens to Me! The ‘almost famous’ Sonny Helmer story,” might make you think otherwise. The book, told to and written by Rex Burke, gives a humorous account of all the misadventures Helmer experienced through his 70 year career as a professional musician. He did a concert with Louis Armstrong and played with Harry James and Tommy Dorsey as well as other big name orchestra leaders. He played trombone with Al Hirt, led a band in Jackie Gleason's night club for five years, did warm ups for the Ed Sullivan show and spent ten years leading the band at both Disneyland and Disney World.

He even struck a major chord

with Dinah Shore.

“I dated her for eleven glorious days before she dumped me for Bert Reynolds,” Helmer said.

“She was a beautiful person to be with. I wish it had lasted, but I consider it a feather in my cap to be dumped for Bert.”

Various gigs resulted in funny stories about celebrities like Woody Allen and Buddy Rich. In many cases, sports figures like Wilt Chamberlain became friends. One



Sonny Helmer

of his proudest moments was dining with all seven of the original astronauts while he was a speech writer for General Dynamics, manufacturer of the Atlas Missile.

Another proud posting on his resume is his service during the Korean War, where as a member of the 392nd Army Band, he won the Second Army award for playing the “Twelfth Street Rag” on the trombone with his right foot.

In later life Sonny picked up on a new talent: wheeling and dealing in the antique market, which brought in not only some income, but also more funny stories to add to his life.

On the last page of his book, Sonny writes, “When I say that everything happens to me, I don't want to leave the impression it has been a bad life – it's been great!”

He goes on to write that at age 83 he is constantly seeking something new and working is keeping him alive.

His newest display of talent is on YouTube where he simultaneously plays his piano and trumpet while spreading a message of Christian love and patriotism.

He is seeking the opportunity to entertain in nursing homes and retirement communities, places where the audience will appreciate his big band sound. And his sense of humor! For more information, call 404-766-1333.

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AARP Foundation Tax-Aide seeks DeKalb County volunteers for 2014 Season

Special to Senior News

AARP Foundation Tax-Aide, the nation's largest free, volunteer-run tax preparation and assistance service, is seeking volunteers to help DeKalb County taxpayers who are seeking assistance preparing and filing their 2012 tax returns. The deadline for applying is December 15.

Volunteers do not need to be an AARP member nor a retiree to participate.

AARP Foundation Tax-Aide volunteers receive free tax training and are reimbursed on a limited basis for

qualified program-related expenses. They help taxpayers at sites around the County, learning new skills while giving back to countless communities.

“Over the years, we've assisted thousands of people in preparing and filing their tax returns,” said Helen Lowenthal, District Coordinator for DeKalb County. “We could not do it without our many volunteers, who make an indelible mark on the communities they help. If you have ever prepared a tax return, even your own, and are comfortable with a computer, you will enjoy the satisfaction this opportunity provides.”

Last year, more than 35,000 Tax-Aide volunteers across the country helped millions of taxpayers.

For more information on how you can join the AARP Foundation Tax-Aide team, visit our Web site at www.aarp.org/tavolunteer8

AARP Foundation Tax-Aide is offered in conjunction with the IRS.

AARP Foundation is working to win back opportunity for struggling Americans 50+ by being a force for change on the most serious issues they face today: housing, hunger, income and isolation. By coordinating responses to these issues on all four fronts at once, and supporting them with vigorous legal advocacy, the Foundation serves the unique needs of those 50+ while working with local organizations nationwide to reach more people and make resources go further. AARP Foundation is a charitable affiliate of AARP. Learn more at www.aarp-foundation.org.

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Pet soup kitchen at your service

by SUSAN LARSON

Jessie Belle just doesn't know how good she has it. I tried buying all kinds of treats for her, just to give her some variety, but whenever I put cheap treats in her bowl, she'd just turn up her nose at them. She'll only eat Temptations Yellow Fin Tuna, one of the pricier brands.

I'd tell her about all the poor starving cats in China who would kill for those treats. I'd lecture her on how lucky she was to get any food at all since over 250 cats and dogs are put down in Metro Atlanta every day due to lack of food or

affordable neutering services. But she doesn't understand any of this.

However, Tom Wargo does. In 2008, Wargo established Daffy's Pet Soup Kitchen to help provide food for people who could not afford to feed their pets and to keep them from having to turn them over to a shelter. Daffy's not only provides food, but they make available free or discount spaying and neutering, a requirement for receiving the food Daffy's provides. So far they have over 1500 clients on file and over 300 more since they moved to a temporary spot in downtown Lawrenceville.

"To date we have handed out over 10,000,000 meals with handing out over 800,000 pounds of supplies last year,"

Wargo said.

He notes that Daffy's is not just a give away program. No one is turned away, but recipients are required to donate five hours of community service each month.

The program has been very successful, but they are facing a new problem.

"Since the gas has gone up, we have lost many clients that just cant afford to get to us anymore," Wargo said. "This is why we are starting our smaller portable Daffy's "pod" type units so we can place them in multiple areas around Georgia."

Daffy's is asking individuals, corporations and churches to sponsor a small Daffy's in their area. For only \$50 down and \$75 per month, Daffys' will promote

sponsors on their website, newsletter and Facebook as well as place a 12" x 12" logo on the side of their unit.

"This will promote business in our community as well as support those who need our services," Wargo said.

He has also started "Hungry Pets Club" to encourage civic organizations to help collect food for all those cats and dogs not fortunate enough to be pampered like Jessie Belle. For more information visit www.daffypetsoupkithcen.com

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

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Out & About

“Yours, Mine and Ours” Exhibition run through January 3rd

Submitted by St. Edward's Gallery
Curator Mikki Root Dillon
770-923-5110

Twenty works in watercolor, ink and mixed media by Liz Borkhuis and David Raderstorf are

now on display at the Gallery at St. Edward's. This exhibition covers both their individual paintings and a number of collaborative pieces. It's really interesting to see their individual styles and what happens when they work together on compositions. Two individual styles merge into

one... come see!

The Gallery at St. Edward's is free and open to the public. The Gallery is located in the chapel at St. Edward's Episcopal Church, 737 Moon Road, Lawrenceville GA. Hours for viewing the exhibition are 10 a.m. to 4 p.m. Monday through

Thurs. and 8 a.m. through 12:30 p.m. Sunday. For further information and to verify daily hours, please call 770-963-6128. It is not open on Fridays or Saturdays. Mikki R. Dillon, Curator.

For more information, please call St. Edward's at 770 963-6128.

Vietnam vets honored by Gwinnett County and Philadelphia Winn DAR

Special to Senior News

This year marked the 50th Anniversary of the Vietnam War and Gwinnett County's Veterans Day Tribute was an official homecoming welcome for Vietnam War Veterans. Held at the Gwinnett Fallen Heroes Memorial located at the Gwinnett Justice and Administration Center in Lawrenceville, Georgia, the program highlighted a symbolic return march home in which the veterans received a standing ovation. Once they assembled a ceremonial yellow ribbon was cut in their honor. Sergeant

Major Patrick C. Amos delivered the keynote speech.

This year also marked the 10th Anniversary of the Gwinnett Fallen Heroes Memorial. Ron and Carolyn Buice of Buford envisioned and saw to fruition this monument that commemorates Gwinnett residents who were killed in either military or public safety service. The ceremony is always held on the 11th Hour of the 11th Day of the 11th Month in accordance with Armistice Day of World War I in 1918. Refreshments were provided by the Philadelphia Winn Chapter of the Daughters of the American Revolution.



Rita Valeri, Dacula, Chair of Service for Veterans Committee of Philadelphia Winn Daughters of the American Revolution in Lawrenceville; Sgt Major Patrick Amos, keynote speaker; and Lydia McGill, Snellville, First Vice Regent Philadelphia Winn.

Alliance Theatre at the Woodruff

Two sisters' lives and the spirit of a city are forever changed by the Cotton Exposition of 1895.

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*Amount of federal rent assistance varies. Must meet age and income qualifications set by the Department of Housing and Urban Development (HUD). Assets are not considered income, but can be used to pay for supportive services. **Call 404.751.2255 for details.**



Take a ride into history!
Southeastern Railway Museum
Georgia's Official Transportation History Museum

Saturdays with Santa

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

Holiday Wonderland

Special seasonal decorations include a unique display in the Depot, courtesy of the Duluth Historical Society's *Enchanted Christmas Idea House*

770-476-2013

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

Atlanta CALENDAR

Senior Citizen Services

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

Cobb Senior Services

- Administrative Office: 1150 Powder Springs St., Suite 100, Marietta, GA 30064, 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 Old Highway 41, Acworth, GA 30101, 770-975-7740
 - West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200

Neighborhood Centers:

- (Seniors age 60+)
- Austell Neighborhood Center: 4915 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
 - Marietta Neighborhood Center: 1150 Powder Springs St., Marietta, GA 30064, 770-528-2516
 - Senior Wellness Center: 1150 Powder Springs St., Suite 100, Marietta, GA 30064
 - North Cobb Neighborhood Center: 4100 Old Highway 41, Acworth, GA 30101, 770-974-2984

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.myfultoncounty-ga.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@bell-south.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.

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.

Senior Ballroom Dance

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

Friends of Smyrna Library

100 Village Green Circle, Smyrna

www.friendsofsmyrnalibrary.org
770-436-8062; Third Thursdays

Georgia Center for the Book

DeKalb County Public Library
215 Sycamore Street, Decatur
404-370-8450, www.georgiacenterforthe-book.org

Roswell Library

115 Norcross St., Roswell
770-640-3075

East Point Library

2757 Main St., East Point
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://atlantawwiiroundtable.org>.

East Cobb AARP

AARP New Members and Volunteers Welcome. First Thurs. of the month, 1:30-3 p.m., East Cobb Senior Center, 3332

continued on page 10

NOTICE TO ALL VETERANS

Who Have Honorably Served Their Country in War & Peace

Because of the lack of burial space land devoted to a national cemetery, we at Gwinnett Cemetery Group proudly... have dedicated a Garden of Honor to accommodate honorably discharged Veterans and SPOUSES. As an Honorably Discharged Veteran who does not already own cemetery property, you qualify for a space at NO CHARGE. Payment of endowment care and deed transfer fees required. However, you must register for the space and show proof of an Honorable Discharge Certificate for the space. Spaces will be granted on a first come, first-served basis. To assure a reservation for you and your spouse mail coupon below to:

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Gwinnett Memorial & East Shadowlawn Memorial Gardens, Lawrenceville • White Chapel Memorial Gardens, Duluth
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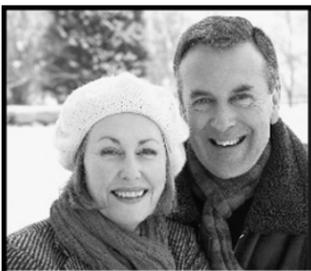
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CALENDAR

from page 9

Sandy Plains Road, Marietta. Contact Joan Ferrandino at 770-579-5191 or Arlene LeClair at 770-321-9789.

Woodstock AARP Chapter 5173
Meetings held 2nd Tues. of each month, 11:30 a.m.-1:00 p.m., Hearth Restaurant, 3055 Eagle Watch Dr., Woodstock. Call Alice Kuzniak at 770-928-5640.

Sandy Springs AARP
Meets the 2nd Tues. of each month at 2:00 p.m. in The Dorothy C. Benson Senior Center, 6500 Vernon Woods Drive, Sandy Springs. Contact Miriam Hahn at 404-252-2989 for information.

Monthly Song Circle
Fri., Dec. 27, 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.

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.

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

Congregation Chabad of North Fulton
10180 Jones Bridge Rd., Johns Creek, 770-410-9000; www.chabadnf.org.

continued on page 11

Betmar Village
Affordable Senior Housing

~ For People 62 or Older ~
~ Applications Now Available ~

Betmar Village is currently in construction at 345 Ashwood Avenue, Atlanta, GA 30315 in the Lakewood area. We will be ready for occupancy in fall 2013. Applications for residency are now being taken at Baptist Gardens, 1901 Myrtle Drive, SW, Atlanta, GA 30311.

For more information please contact us at:
 **404-490-4265** 
TTD: 614-442-4390

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CALENDAR

from page 10

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.

Care & Share Support Group
 First Mon., 6 p.m., Arbor Terrace of East Cobb, 886 Johnson Ferry Rd., Marietta, 770-977-4420.

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

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

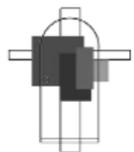
Upcoming Events

- Holiday Luncheon: Friday, December 6, 11:30am-1:00pm, Bethesda Park Senior Center. Get in the holiday spirit! It's the annual Senior Recreation Club Holiday Luncheon. Enjoy a delicious catered lunch and entertainment. \$8/person, must pre-register by 11/29 online at www.gwinnettparks.com with code: BPSC14306 or call 678.277.0179.
- Annual Christmas Tea: Thursday, Dec 12, 2:00pm-4:00pm, Prime Timers Pointe at George Pierce Park. Come jingle your bells and celebrate the season at our annual Christmas Tea. There will be festive treats, music, and fellowship for all to enjoy. \$5/person, must pre-register by 12/5 online at www.gwinnettparks.com with code: GPCC14302 or call 678.277.0190.
- Johns Creek Symphony Orchestra under the direction of Maestro J. Wayne Baughman presents its Eighth Annual Christmas Gala & Holiday Pops Concert, Sun., Dec. 7, 8 p.m. Special guests: the Joe Gransden Quartet, big band/jazz specialists! St. Benedict Church, 11045 Parsons Rd., Johns Creek. Tickets: \$30, adults; \$24, seniors (age 55+); \$15, students. Call 678-748-5802 or visit www.johnscreeksymphony.org.

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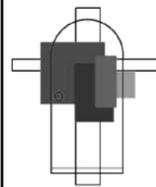
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678-514-2174

Harmony Grove UMC schedules Breakfast with Santa

Special to *Senior News*

Who is coming to Harmony Grove United Methodist Church in December? A jolly man that makes children laugh and play. Don't miss his visit as he is looking forward to meeting all the little children of the world.

Santa is coming to Harmony Grove UMC on Saturday, December 14th. Come and eat breakfast with Santa and Mrs. Claus, have your picture taken (parents bring your camera), and make incredible crafts. Breakfast is \$5.00 per adult; children eat free with paying adult. Breakfast will be served from 9:00 a.m. to 11:30 a.m.; Santa and Mrs. Claus will arrive at

9:30 a.m. Harmony Grove UMC is located at 50 Harmony Grove Road, Lilburn. For complete details call 770-921-7747 or visit www.harmony-groveumc.com.

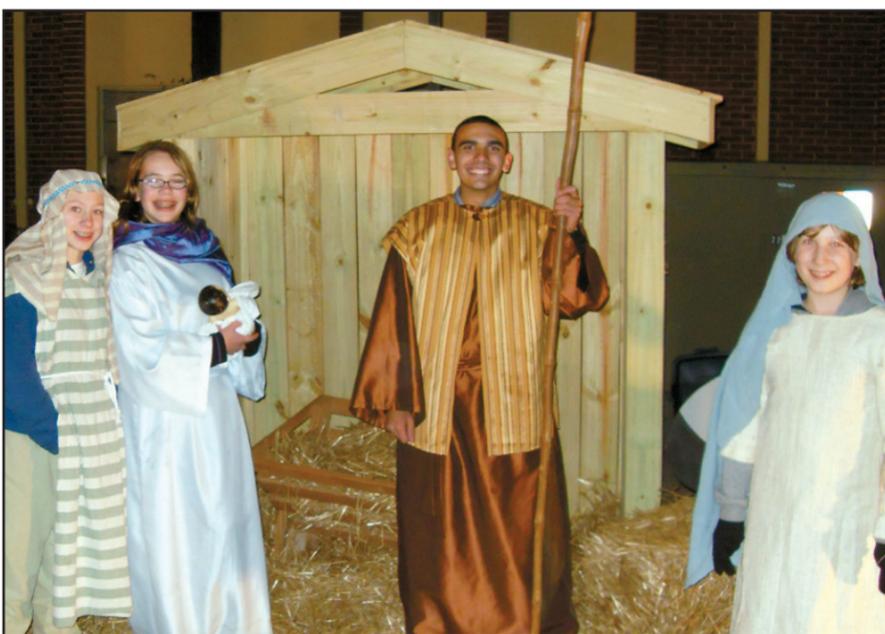
Drive Thru Nativity presented by Harmony Grove UMC

Come drive around our Church and see the birth of Christ. Then come in Pollard Hall for Cocoa, Cookies and Coffee.

Drive Thru Nativity: December 21st; 6:00 p.m. to 8:00 p.m.; Harmony Grove UMC, 50 Harmony Grove Rd, Lilburn. For complete details call 770-921-7747 or visit www.harmonygroveumc.com.



Join Santa for Breakfast at Harmony Grove UMC



Drive Thru Nativity presented by Harmony Grove UMC

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