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*Julie Scott  
on a roll to help  
Haitians!*

*Story on page 8*

November 2013  
Vol. 27, No. 11

# Poets' Corner

## THANKFUL THOUGHTS by Pat Walker Johnson

Orange and yellow, red and gold.  
The seasons are changing, I am told.  
Autumn leaves are all around.  
Slowly tumbling to the ground.

What a blessing we can see.  
God transforming you and me.  
Family and friends full of bliss.  
Nature's beauty we cannot miss.

Harvest of wheat in the field.  
Crops of plenty are the yield.  
God's bounty, he has blessed.  
He has given much, we attest.

Toasty morns mean frost comes soon;  
Cooler nights and Harvest Moon.  
Thankful hearts are felt by all.  
Truest wonder, Welcome Fall.  
\*\*\*\*\*

## VETERANS DAY by Frederic Holland, Sr.

To many of us Veterans Day only means the banks are closed and the mailman does not come by; But for millions of others it's a day to remember and cry.

They remember what freedom and happiness has cost;

They cry for all the precious lives that were lost.

Many American sons, daughters and relatives lost their lives fighting foreign wars;  
World War I, over 100,000 lives lost,  
World War II, over 400,000 lives lost,  
Korean War, over 36,000 lives lost,  
Vietnam Conflict, over 58,000 lives lost,  
War on Terror, over 6,000 lives lost.  
And don't forget those who came back injured and disabled to the home shores.

Without our brave American Veterans we might not have the freedom and life we now live; For you, some gave all they could give!

So on veterans Day, let's take time out from our busy schedules and pause;  
Pause and honor those who have sacrificed for the cause.  
\*\*\*\*\*

## HOPEFUL by John Newlon

There is a change in the weather  
And his spirits improve

Cold winter days often spawned  
Dreary thoughts and pain when  
He climbed the hill to the mailbox

But today with the sun shining  
Brightly there is no angina and  
He can pretend that he really  
Isn't an old man

He even picked some violets to  
Bring back to the house for his  
Bride

After all... what's wrong with a  
Little romance in an old man's life  
\*\*\*\*\*

## A WEDDING by Charlotte Owens

He sat beside me at the  
Wedding of our Great-  
Granddaughter  
No one expected to see him there.  
No one did!  
Only I heard the silent whisper  
"She is so pretty,  
She has her dad's dark brown eyes."  
As we stood to file out,  
No one noticed that I was not alone.  
No one did!  
Only you Lord – you knew that he was there.  
Thank you for the so many, many  
times you and I knew he was there.  
\*\*\*\*\*

## A DREAM by Paul R. Goniea, Sr.

I had a dream the other night,  
My three greatest loves were dressed  
in white.  
My heart was bursting with love and  
pride,  
For my God, my country and my  
bride.

God's white cloak had a blinding  
glow,  
That would dazzle wherever He  
would go.  
Truth, guidance or whatever you  
need,  
He would give His all, He would  
even bleed.

Liberty's robe was alabaster white,  
Not the faded green of copper's  
plight.  
She holds the torch that lights the  
way,  
To find a home for a needy stray.

My bride's gown was white as snow,  
As was her heart, if you knew her  
you'd know.  
Every child she gave special love,  
Now she's God's child up above.

Then evil people with hate and pride,  
Tossed mud far and wide.  
To soil and vilify all that's good,  
To improve their own image as if  
they could.

But all the mud they tossed would  
glide,  
Back to them and went inside.  
Their vile hearts clogged with filth,  
That's all of their value, all their  
wealth.

I had this dream the other night,  
My three greatest loves were dressed  
in white.  
Tears of joy swelled from deep  
inside,  
For my God, my country and my  
bride.  
\*\*\*\*\*

## FALL PLEASURES by Pat Walker Johnson

There's a rustle in the trees,  
And I feel the cool breeze.  
Marshmallows roasting,  
Hot dogs toasting.  
Football games and cheer;  
There's a parade of the deer.

Pumpkins in the field,  
Gourds and squash are the yield.  
Corn mazed for fun,  
Halloween candy by the ton.  
The witches' laugh is a cackle,  
And the glowing fire crackle.

My favorite time of year;  
Yes, it's finally here.  
The best time of all,  
"Happy Fall, y'all."  
\*\*\*\*\*

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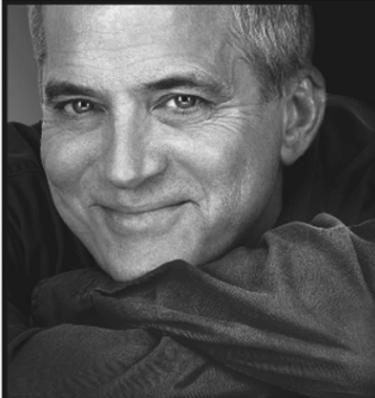
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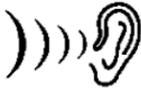


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## The Next Chapter

Book Recommendations by  
ANNE B. JONES, PhD

*Feng Shui Simply: Change Your Life From the Inside Out*, Cheryl Grace, Hay House, Inc.

*Hardscrabble Road*, George Weinstein, Deeds Publishing, 2012

The principles of Feng Shui originated in China where it was developed as a philosophical system for harmonizing humans and their environment. Its ideas were used in the orienting of buildings. Today we mainly think of it as a method of arranging the interior of homes to enhance energy flow. In *Feng Shui Simply*, Cheryl Grace takes the traditional ideas of Feng Shui to another level. She explains how we can use these Eastern principles to live a well-managed life.

One of the most appealing features of her book is its instructions on how to design our living spaces with each space representing a different aspect of life. Grace takes these same aspects and correlates them to characteristics, beliefs, and attitudes that can help us flourish. She shares her personal experiences as well as those of her clients.

This unusual self-help guide is for those who are mindful about their surroundings and are on a path of personal growth. Topics cover everything from relationships to vocations and life purpose. Among the subjects she emphasizes are the importance of gratitude, a positive outlook and present moment awareness. An author, artist, Feng Shui consultant, motivational speaker, and teacher, Cheryl Grace is a former ESPN corporate executive.

According to Terry Kay, "*Hardscrabble Road* does what fine literature has always done: it reveals the tragedy and the tender hope of humanity. This is an effort to be celebrated." Written by former Atlanta Writers president George Weinstein, the book is a coming-of-age saga in which Roger "Bud" MacLeod struggles with warring parents, poverty, betrayal, murder and survival. Suffering from disfigurement and a stutter, the boy carries a secret, one of many haunting his family.

Adding to the misery, the setting is rural depression-era Georgia in the years of the 1930s through post World War II. Filled with vivid descriptions the novel is a story of overcoming adversity and the value of perseverance. Throughout the story, readers vicariously experience Bud's evolving maturity as he develops the strength to face the truth, accepting himself and his past, and coming to terms with his future. Readers praise this work for its historical accuracy as a portrait of the early twentieth century Deep South.

As one reader states, "Weinstein's *Hardscrabble Road*, just like the title implies, starts out with graphic descriptions of the hard times and abuse Bud endures as a child, but as this coming of age story unfolds, more positive influences enter his life helping him to grow beyond his hard and humble beginnings.

\*\*\*\*\*

You may contact Anne at [annebjones@msn.com](mailto:annebjones@msn.com); [annebjones.com](http://annebjones.com).

### Booth Western Art Museum exhibits *Today's West!* Contemporary Art

Special to *Senior News*

The Buffalo Bill Center of the West in Cody, WY has sent its western art collection to Atlanta for the winter. The two part exhibit is being organized by the HIGH Museum and Booth Western Art Museum through April of 2014. The High will be exhibiting the historical pieces from the collection while Booth will showcase the masterworks from the last 50 years.

Booth Western Art Museum will exhibit *Today's West!* Contemporary Art from the Buffalo Bill Center of the West through April 13, 2014. For more information on *Today's West!* visit [www.boothmuseum.org](http://www.boothmuseum.org).

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Senior News & Views of Georgia

# Beware of Affordable Care Act Scams

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

Consumers across the U.S. are reporting phone calls that claim to be from the government about new health insurance cards required by the Affordable Care Act (ACA). This is the latest twist on the "Medicare scam" that the Better Business Bureau has seen for years. Fraudsters are trying to take advantage of those who are uncertain or confused by "Obamacare," and BBB predicts the scams will increase now that the October 1 implementation date has arrived.

The scammer's tools are typical, play upon the consumer's fear and confusion. Here's how this scam works. You receive a call from someone claiming to be from the federal government. The caller informs you that you've been selected as part of the initial group of Americans to receive insurance cards through the new Affordable Care Act. However, before the caller can mail your card they need to verify personal information, such as your bank account and Social Security numbers.

It's a scam! There is no card. The BBB urges consumers to ignore these pitches and use the following precautions when dealing with this type of scam:

- Be cautious with your identity. Never give personal informa-

tion to someone who has contacted you unsolicited, whether by phone, email, social media or in person.

- Hang up, don't press any buttons and don't call back. Returning the phone call may just give the con artist information he can use.

- The government uses regular mail. Government agencies normally communicate through the mail, so be cautious of calls, text messages or emails.

- Don't trust caller ID.

Scammers have technology that lets them display any number or organization name on your screen.

- Keep your personal information to yourself. Never give out personal information such as credit card numbers, bank account numbers, date of birth or Social Security numbers to unfamiliar callers.

If you've already given out your personal information:

- Call your bank and credit card companies to explain what happened. The sooner you contact them, the more likely that you will be reimbursed for any fraudulent charges on your accounts.

- Your bank and credit card companies will likely replace your debit and credit cards immediately.

- Monitor your bank account and credit card accounts carefully. It may be weeks or months before scammers attempt to use your information, so check it regularly.

- Contact one of the credit reporting services and ask them to

put a Fraud Alert on your account. Ask them to notify the other two major credit reporting services, as well. A Fraud Alert stays on your credit report for 90 days and may make it harder to an identity thief to open new accounts in your name.

- Once you've place a Fraud Alert, you will be eligible for a free credit report. Review them carefully for any possible fraudulent activity.

- File an Identity Theft Report with the Federal Trade Commission at [ftc.gov/complaint](http://ftc.gov/complaint). Then bring your Identity Theft affidavit to the police and file a report with them, as well.

For more information on the Affordable Care Act and the Health Insurance Marketplace, go to [healthcare.gov](http://healthcare.gov).

For more tips you can trust, visit [bbb.org](http://bbb.org).

\*\*\*\*\*

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

## Spiritual Notes

# Dealing with anger

by **Dr. Bill Baggett**  
Minister to Seniors  
Dunwoody Baptist Church

There seems to be so much anger in the world today. One needs only to listen to the news, read the daily paper and listen to conversations regarding numerous topics to substantiate this fact. There is anger with respect to our government, neighbors, families, schools, and yes, even in religious institutions.

Anger is an emotion, which, in some circumstances, is appropriate. However, there are so many people

who appear to be angry as a life style. They rarely find anything good on most topics.

As a senior adult, I am finding that I have "fewer dogs in fewer fights." Most issues fall in the "so what category?" Age and wisdom of the years perhaps, account for this life change. The art of listening carefully, thinking before speaking and discernment has helped. That is not to say that one should not be honest when asked for an opinion or advice.

While this is a complicated issue, the Bible offers guidance and council on this matter. Three Scriptures are worthy of consideration. James 1:19 says, "Everyone should be quick to listen, slow to speak and slow to become angry." 1Thes. 5:11 says, "Therefore, encourage one another and build each other up." Eph. 4:29 admonishes, "Do not let any unwholesome talk come out of your mouth, but only what is helpful to building others up according to their needs, that

it may benefit those who listen."

I recently read the following statement by Pastor Barry Howard, Pastor of the First Baptist Church of Pensacola, Florida. It is a good blueprint for a productive and meaningful life minimizing the onset of anger. "Everyday is a gift, with no promise of tomorrow. The challenge is for us to discover meaning and purpose early on, and spend our lives investing ourselves in consequential and influential acts of service rather than trivial pursuits. We have the opportunity to grow in faith, to build relationships, to explore the beauty of creation, to engage in a meaningful work, and to contribute to the well-being of others along the way."

Dealing with anger, honestly, is a challenge. Give it a try!!!

\*\*\*\*\*

*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

# Life After A Hospital Discharge

by LISA M. PETSCHÉ

**T**here is a good chance that sooner or later your parent (or another aging loved one) will require hospitalization, especially if they have chronic health problems.



Once their condition is stable, hospital staff will work with them and the family to formulate a discharge plan. When a patient makes a good recovery, planning may be simple and straightforward. In other situations, though, varying degrees of assessment and problem solving are required.

A good discharge plan involves communication and collaboration among the patient, family members and health care providers. It addresses issues around medical management, activities of daily living (self-care and home management skills), mobility, safety and finance as well as psychosocial needs. The goal is to determine the most appropriate setting to meet the patient's needs and facilitate a smooth transition.

The hospital discharge planner – usually a social worker – serves as the coordinator. An expert on community resources, he or she can assist with decision making and provide information and referral to community support services

as needed. The planner may also arrange a discharge conference that includes key members of the health care team.

**Options:** Read on for an overview of typical settings to which a hospital patient may be discharged.

### Home

Many people are able to return directly to their home, especially if they have good family support. Some may require specialized equipment and/or support services on a transitional or long-term basis.

It is important during the planning stage to be open and honest with your parent and the health care team about the type and amount of assistance you are prepared to provide. If your parent is receptive to outside help, community or private pay agencies may be able to fill in any gaps.

Prior to discharge, clarify your parent's medication needs and ensure necessary prescription are provided. Obtain details about any home health care services being arranged. Also inquire about follow-up medical appointments and tests, including who is responsible for arranging them.

### Convalescent Care

Some patients, especially if they live alone, need additional time to regain their strength before they can adequately manage at home. Selected retirement homes and nursing facilities have short-

stay programs that, in addition to providing meals and housekeeping services, offer medical monitoring, treatment (such as surgical wound care) and personal care during this recuperation period.

### Rehabilitation

If your relative has been hospitalized due to a stroke, hip fracture, prolonged acute illness or other type of major health crisis, an inpatient rehabilitation program may be recommended. Reactivation may occur on-site or at an acute rehabilitation facility or skilled nursing home. The goal is to help patients regain their strength and endurance, through participation in various kinds of therapy.

### Long-Term Care

Some patients do not make a good recovery and require a setting where 24-hour supervision or assistance is available. Even if they are able to perform self-care activities, they may have difficulty with one or more instrumental tasks that are necessary for independent living, such as medication management,

meal preparation, laundering and housekeeping.

Several levels of long-term care are available, depending on the type and degree of service required.

### Hospice/Palliative Care

For patients in the end stage of a life-limiting illness, inpatient hospice or palliative care may be recommended. The focus is on maximizing comfort and quality of life. Patients receive medical care to alleviate pain and other distressing physical symptoms as well as intervention that address psychological and spiritual concerns.

This type of program is not limited to patients with a cancer diagnosis. People with late-stage heart, lung or liver disease and neurological disease such as Parkinson's disease are among those who may benefit from specialized end-of-life care.

\*\*\*\*\*

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

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# A Hundred Years and Still Rolling!

by MARY FRANCES

“Rocks and shells and dead bugs” are my favorite things, says 100-year-old Frances Noble, who spends her time sitting in her bedroom chair reviewing yellowed paper clippings, hand-written notes and gazing at faded photos collected over the years and stored in brown boxes. Residing in her home in Tampa, Florida, Frances looks through a picture window at a jungle of tropical shrubs or watches the ducks swimming in the pond in her backyard at her home in Carrollwood.

Born in Winnipeg, Manitoba Canada and mother of seven children who are now gray-haired senior citizens, her family and friends gathered to celebrate her birthday on October 10, 1913 at the Grand Suites hotel in Tampa. Frances lived in St. Martin, Canada, a small town where there was no electricity and the family used an outhouse. “When I came to this country I could speak only Polish, now I don’t remember a word.” The family migrated by train from Canada to Ruskin, Florida where “Dad had bought some land.” They had orange trees and Dad had a grocery store. Eventually he had cattle and chickens too. Frances was ten when the family moved into a house on the banks of the Little Manatee River. She walked

to a school in the woods that had one room for all eight grades. Later, she attended school at the “saw mill.” Frances attended high school at the Academy of Holy Names on Bayshore Boulevard in Tampa, while living with a family who had one child, Barbara, a pre-teen. Frances met Bill, her future husband, while in high school. She and Bill double-dated with her Aunt Edith and her aunt’s boyfriend, Herman. Actually, Bill had a car and Herman wanted to go out with Edith, so Mom was drafted to keep Bill company. “I didn’t like him at first,” Frances admitted. After graduating, Frances moved to New Orleans to train as a nurse at Mercy Hospital. She was in nursing school for about a year when, in early 1935, Bill surprised Frances by moving to New Orleans. Bill’s first job was at Lane Cotton Mills where he worked for 15 cents an hour. By June he began working at Prudential



Frances Noble... “A Hundred Years Old and Still Rolling!”

Insurance Company, where he worked for the the rest of his life. In October 1935, Bill married Frances.

Frances traded nursing for married life and the couple made a home in New Orleans in a duplex on Memphis Street. On June 3, 1940 Frances was awarded her Naturalization papers. “Now I can vote.”

During the their first ten years of their marriage, Mary, Helen, Jim, Frank, and Joan

were born. Then Bill got a notice from “Uncle Sam,” so he decided to move his family to Tampa to be near to his mother. The Service thought better about drafting him. Something was mentioned about having five children. The family remained in Florida. Eventually, Bobbie and Ed were born. Raising all those kids “was work,” Frances says.

The government reclaimed the family home to build I-275, so Frances and Bill hired an architect to build their “special house” outside of Carrollwood. Frances continues to

reside there.

“When they (the children) grew up, I decided to go to college. Once I started I wondered why I waited so long. A doctor asked me, ‘Now that you have your degree, what are you to do with it?’ I told him, I’m going to enjoy it.”

Bill and Frances were married for 55 years. Bill has been deceased for 20 years. After he died, Frances traveled all over the world with different groups. When she settled down at home, she started attending afternoon dance teas sponsored by the Polish Club. There, she danced to a local band on Sunday afternoons. There she met Charles Zeeman. They have been a couple ever since and they profess that they love each other.

On Saturday, October 5, 2013, the family gave Frances a catered birthday party. Seventy-five of her friends and relatives attended. A scavenger hunt and a crossword puzzle were created for the event. Many pictures from her hundred years were gathered and featured in a video. Her favorite musical pieces played in the background. The guests and Frances spent three unforgettable hours celebrating her birthday. “It was a wonderful party. I had fun,” she tells her oldest daughter, Mary, as they stroll along Graham Lane. “Yes it was,” Mary replies as she stops to hang the lingering “happy birthday” balloons on the mail box.

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## On the Cover

# Julie Scott on a roll to help Haitians

by SUSAN LARSON

ON THE COVER: Julie Scott

Carol Channing may think diamonds are a girl's best friend, but to a poor mother in Haiti, empty cereal boxes are the most eco-friendly commodity in the world. In fact, one cereal box can yield up to \$40 for a family in need when "up-cycled" into bracelets, which are created by rolling strips of cardboard into beads.

This program, The Apparent Project, also takes in soda cans and other "garbage" to recycle into jewelry, notepads and household décor to help families rise out of extreme poverty by providing employment through its artisan program. And as an added

bonus, it helps the environment.

Julie Scott, of Suwanee, has been working with the project since its inception selling jewelry at schools, churches, private homes, anywhere where people are willing to help out by purchasing these hand-crafted items.

"I keep a selection of jewelry and sell year round but like most merchandise, it seems to do best before the holiday season," Scott said.

Her connection with Haiti began back in 1984 when she took a trip while in college at Vanderbilt University. Charlie and Mary Scott, pastor and long time Young Life staff, had established a school with a local pastor in one of the poorest areas in Haiti. The Good Shepherd School was built block by block by Haitian laborers and U.S work teams over the

past 30 years. It grew to serve over 1200 students and over 150,000 meals a year. On January 12, 2010 it all came tumbling down during the earthquake.

The Scotts are now Julie's in-laws and she has joined them in their efforts to rebuild the school and to ensure that the children of the community receive hot meals and a quality education.

Their organization, Haiti Child Sponsorship, helps fund the school through child sponsorships, grants, and other fund raising efforts like the Apparent Project jewelry sales.

"I had never witnessed such extreme poverty before visiting Haiti. It opened my eyes to the overwhelming needs of the world. Sometimes it's hard to feel like one person can do something. But knowing that I can make a difference in one life...or even 1200 at

The Good Shepherd School... brings me great joy," Scott said.

It doesn't take much to help. The jewelry is very inexpensive and each bears a tag with a little story about the person who created it. They make wonderful gifts for friends, teachers, or anyone who might be remembered with a little Christmas or Hanukkah gift.

But even for those who aren't interested in wearing or giving jewelry, they can still help with no purchase necessary. A package of empty cereal boxes sent to these Haitian families would be more precious than diamonds. For more information on sending boxes, visit [www.apparentproject.org](http://www.apparentproject.org).

For information on buying jewelry or hosting a show visit [www.haitichildsponsorship.org](http://www.haitichildsponsorship.org) or e-mail [julie@haitichildsponsorship.org](mailto:julie@haitichildsponsorship.org) at

## Benson Manor

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

Residents must be 62 years of age or older. Some units have special features for mobility and sensory impaired persons. Income limitations are determined by the U.S. Department of Housing and Urban Development (HUD). Residents pay 30 percent of their adjusted income for rent. Gross income must not exceed \$23,250.00 for one person and \$26,550.00 for two persons.

For An Application or More Information  
Please Call 770-435-6406  
Website: [www.rhf.org](http://www.rhf.org)



## AARP Foundation Tax-Aide Seeks Georgia Volunteers for 2014 Season

Special to Senior News

Foundation Tax-Aide, the nation's largest free, volunteer-run tax preparation and assistance service, is seeking volunteers across the state to help Georgia taxpayers who are seeking assistance preparing and filing their 2013 tax returns.

Volunteers do not need to be an AARP member or 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 state, learning new skills while giving back to countless communities.

"We've assisted thousands of people in preparing and filing their tax returns," said Helen Lowenthal, District Coordinator for most of DeKalb County. "We could not do it without our volunteers, who make an indelible mark on the communities they help."

Last year, Tax-Aide volunteers helped over 31,000 taxpayers across the state. They join the Tax-Aide volunteers across the country, helping millions of taxpayers each year.

For more information on how you can join the AARP Foundation Tax-Aide team, and how to register to become a volunteer, visit our Web site at [www.aarp.org/taxaide](http://www.aarp.org/taxaide).

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](http://www.aarp-foundation.org).

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# Bill Anderson Benefit Concert Slated for November 16th

Special to *Senior News*

**C**ountry Music Hall of Famer and Grand Ole Opry star Whisperin' Bill Anderson returns to his "adopted" hometown of Commerce, Georgia on Nov. 16th, when he appears on stage with Joey+Rory and T. Graham Brown. The show is scheduled for 7:00 p.m. at the Bill Anderson Performing Arts Center which is located inside Commerce High School. All proceeds will go to

benefit the Bill Anderson Scholarship Fund.

Based on scholastic interests and financial needs, Anderson's scholarship is awarded to one student each year during the school's Honors Day Program.

Anderson states, "We are planning to present this year's benefit as an in-the-round style of singer/songwriter show, similar to what the Bluebird Cafe has made nationally famous in Nashville."

"And I truly believe that it will be a very-very special event for everyone."

Joey+Rory have gained grand acclaim for their hit weekly series on RFD-TV, in addition to their radio show that airs every Saturday night preceding the Grand Ole Opry on WSM. Together, they have also written four number one hits for major artists, but after a decade of writing chart toppers for others, they are now penning songs for themselves – with a new album, "Made To Last," due for release later this year.

T. Graham Brown, who started his career by singing demos and doing commercial jingles for such

big advertisers as Kraft, Coca-Cola, and McDonald's, signed his first recording contract in 1984 with Capitol/EMI and has since carved out his own unique niche in television & films, as well as delivering such huge hits as "Hell and High Water," "Darlene," "I Tell It Like It Used To Be," and "Wine Into Water."

Tickets for the November 16th show in Commerce are on sale at WJJC Radio: [www.wjjc.net/billanderson.html](http://www.wjjc.net/billanderson.html) or 706-335-3155 -0-Betty Hofer PR Agent [prbetty@comcast.net](mailto:prbetty@comcast.net).

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# Out & About

## Digital Bookmobile coming to Greater Atlanta

Special to *Senior News*

**T**he Digital Bookmobile National Tour will showcase eBook-lending services from libraries in the Greater Atlanta area in November. Aboard a 74-foot-long outreach vehicle at Gwinnett County Public Library, Bartow County Library and Dawson County Library readers will learn how to access their library's collection of eBooks, audiobooks and other digital content. The Digital Bookmobile is a fun and engaging experience, with instructional videos and interactive workstations. A gadget gallery featuring iPhone®, Android™ tablet, BlackBerry®, NOOK™, Sony® Reader™ and Kindle® helps visitors discover eReading devices that are compatible with their library's digital collection.

Library card holders can check out and enjoy digital titles anytime, anywhere by visiting their

library's "virtual branch" website. To find a library near you, visit [search.overdrive.com](http://search.overdrive.com). For more information about the Digital Bookmobile, visit [www.digital-bookmobile.com](http://www.digital-bookmobile.com).

The Digital Bookmobile is housed inside an 18-wheel tractor-trailer. This community outreach vehicle is a high-tech update of the traditional bookmobile that has served communities for decades. The vehicle is equipped with broadband Internet-connected PCs, high-definition monitors, premium sound systems, and a variety of eReading devices, all of which help visitors explore their library's digital collection. Interactive learning stations give visitors an opportunity to search the library's digital collection, test out supported eReading devices, and sample eBooks, audiobooks, music and video.

### FULL SCHEDULE

• Tuesday, November 5; 12:00

p.m.-6:00 p.m., Gwinnett County Public Library, Grayson Branch, 700 Grayson Pkwy, Grayson.

• Wednesday, November 6; 12:00 p.m.-6:00 p.m., Gwinnett County Public Library, Hamilton Mill Branch, 3690 Braselton Highway, Dacula.

• Friday, November 8; 10:00 a.m.-4:00 p.m., Bartow County Library, Clarence Brown Convention Center, 5450 State Route 20, Cartersville.

• Saturday, November 9; 11 a.m.-3 p.m., Dawson County Library, 342 Allen Street, Dawsonville.

Patrons can access eBooks and audiobooks 24/7 when they visit their library's website. From there, they can browse the growing collection of bestselling, new release and classic titles, and check out a digital title with a valid library card. Readers can enjoy eBooks and audiobooks on a variety of devices, such as iPad®, Kindle®, smartphones, laptops and desktop

computers. At the end of the lending period, titles automatically expire and return themselves to the library's collection. There are never late fees or damaged items.

The Digital Bookmobile is operated by OverDrive ([www.overdrive.com](http://www.overdrive.com)). To check out digital books and more, visit [search.overdrive.com](http://search.overdrive.com).

### About the Digital Bookmobile

The Digital Bookmobile, developed inside a 74-foot, 18-wheel tractor-trailer, is a high-tech update of the traditional bookmobile that has served communities for decades. The one-of-a-kind community outreach vehicle creates an engaging experience with the host library's "virtual branch" website and digital collection of eBooks, audiobooks and more. The Digital Bookmobile is operated by OverDrive, which provides eBook-lending platforms for more than 27,000 libraries worldwide. [www.digitalbookmobile.com](http://www.digitalbookmobile.com).

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ART WORKS

# Out & About

## Buckhead Ida Willaims Library to host Photographic Refacimento show by H. Gay Allen

Special to Senior News

**P**HOTOGRAPHIC REFACIMENTO\*, a solo show by H Gay Allen, will be hosted by the Buckhead Ida Williams

Library for the month of November. The show features 60 original works which demonstrate Ms. Allen's commitment to the traditional principles of both photographic and conventional fine arts, while allowing exploration and refining using new digital and

creative techniques. She has been hailed as "a driving force behind the emerging digital/computer art scene." The library is located at 269 Buckhead Ave, Atlanta, GA 30305. For information concerning Ms. Allen's works, visit [www.HGAYALLEN.com](http://www.HGAYALLEN.com).

\*The term "Refacimento," (pronounced ree-FAHTCH-e-men-toe) was first used by William Safire, in On Language, NY Times Magazine, 02-15-09, and is defined as "the radical refashioning of a work of art, often by computer."

## Don't get Smoked Out by a Chimney Sweep Scam this winter

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

**W**ith the chilly weather fast approaching, many consumers are yearning for a toasty fire by the fireplace and looking to have their chimneys cleaned in preparation. However, the Better Business Bureau is advising consumers to know which businesses to trust and which to avoid so their hard earned dollars don't go up in smoke.

To date this year, the BBB System has received around 250 complaints against chimney cleaners, which mirrors the year to date complaint volume received in 2012.

Chimney sweeping is not something that homeowners deal with often, so we may lack knowledge of the cleaning process. Many scammers take full advantage of this and do shoddy work...or no work at all. One case involved a chimney sweep with nothing more than a Shop-Vac.

In other cases, consumers have reported calls stating the town fire department recommends the resident's chimney be cleaned. The calls go on to recommend a particular chimney sweep and endorse their services on behalf of the fire department. Though town fire departments do recommend having chimneys cleaned on an annual basis, they do not endorse any particular company or inspect chimneys. Many scam artists are targeting the elderly, making vague, unclear phone calls or showing up at their door claiming they have done business in the past and it is time for their annual sweep.

Some less than reputable companies will advertise at a much lower price than legitimate businesses. Typically, a professional chimney sweep will charge between \$100 and \$200 for the cleaning of one chimney shaft, whereas scam artists are charging as little as \$50. The BBB advises that if a price sounds too good to be true, it usually is.

Many scam artists use a low price tactic to get in your door, at which point they recommend additional work be done immediately, bullying the consumer into a much more expensive bill. If the price you are quoted is significantly lower than that of other businesses, it should be viewed as a red flag.

The BBB suggests consumers do their homework before hiring a chimney sweep and inviting them into the home. The BBB recommends using

these helpful tips when hiring a chimney sweep:

- Check out a chimney sweeping business at [bbb.org](http://bbb.org). Always check with the BBB for a trusted chimney sweeping business in your area. Are they an Accredited Business? Do they have any outstanding complaints? Have those complaints been resolved? Remember, all companies will eventually get complaints; it is how the company handles those complaints that is most important.

- Find out how long they have been in business. How long have they operated in your area? Find out if they offer current references, or if you know anyone who has used their services in the past.

- Ask if they have a valid business license and liability insurance. In the event of an accident, their liability insurance keeps your home and belongings safe. Ask to see proof.

- Find out if any employees are certified and by whom. Though this is not law, it is recommended by fire departments, and speaks to the qualifications of the individual or business you hire. Certification is required of members of the National Chimney Sweep Guild.

For more tips you can trust, visit

[bbb.org](http://bbb.org).

\*\*\*\*\*

*Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through*

*the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: [www.bbb.org](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org).*



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[www.SoutheasternRailwayMuseum.org](http://www.SoutheasternRailwayMuseum.org)  
3595 Buford Hwy., Duluth, Georgia

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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: 1150  
Powder Springs St., Suite 100,  
Marietta, GA 30064, 770-528-5355  
• For events & activities: [www.cobb-seniors.org](http://www.cobb-seniors.org)

## Multipurpose Centers:

(Seniors age 55+)

• East Cobb Senior Center: 3332  
Sandy Plains Rd., Marietta, GA  
30066, 770-509-4900  
• Freeman Poole Senior Center:  
4025 South Hurt Rd., Smyrna, GA  
30082, 770-801-3400  
• North Cobb Senior Center: 4100  
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.myfultoncountyga.us](http://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 informa-  
tion call 770-641-3950.  
• Monthly Luncheon: Second Wed.  
of the month. Must RSVP one week  
in advance. Call for more informa-  
tion.  
• 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](http://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](http://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](mailto: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 fami-  
lies and friends of a loved one  
afflicted with Alzheimer's Disease.  
For additional information and direc-  
tions 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](mailto:slross@emory.edu).

\*\*\*\*\*

## Multiple Sclerosis Center of Atlanta

Support group meetings second  
Tuesday each month, 4-5:30 p.m.,  
MSCA in Buckhead, 3200  
Downwood Circle, Suite 550, The  
Palisades Building. For additional  
information call 404-351-0205, ext.  
110, or visit [www.mscaatl.org](http://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. locat-  
ed in the Mt. Bethel Community  
Center, 4608 Lower Roswell Rd.,  
Marietta. Call 678-439-1177.

\*\*\*\*\*

## Square Dance Class

Singles & couples welcome; free  
childcare, ages 5+. Hosted by  
Kennesaw Square Dancers. Call 404-  
808-8689 or visit [www.squaredeal-ers.com](http://www.squaredeal-ers.com).

\*\*\*\*\*

## Senior Ballroom Dance

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

\*\*\*\*\*

## High Museum of Art

1280 Peachtree St., NE, 404-733-  
4437; [www.high.org](http://www.high.org)

\*\*\*\*\*

## Schwartz Center For Performing Arts, Emory University

1700 N. Decatur Rd; 404-727-5050;

continued on page 13



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**CALENDAR**  
from page 12

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**The Michael C. Carlos Museum**  
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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  
\*\*\*\*\*

**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

\*\*\*\*\*  
**Theatre In The Square**  
770-422-8369, www.the-  
atreinthesquare.com/library\_dragon  
\*\*\*\*\*

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

**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  
\*\*\*\*\*

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call John Kovach at 770-928-4579 or  
visit our website at http://atlantawwi-  
roundtable.org.  
\*\*\*\*\*

**East Cobb AARP**  
AARP New Members and Volunteers  
Welcome. First Thurs. of the month,  
1:30-3 p.m., East Cobb Senior  
Center, 3332 Sandy Plains Road,  
Marietta. Contact Joan Ferrandino at  
770-579-5191 or Arlene LeClair at  
770-321-9789.  
\*\*\*\*\*

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

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

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

**Senior Connections' Adventures In Learning Classes**  
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Online catalog available at  
www.seniorconnectionsatl.org or call  
404-321-6060.  
\*\*\*\*\*

**Monthly Sacred Harp Singing**  
Thurs., Nov. 7, 7:30-9:30 p.m. Early

continued on page 14

# Do you know how to protect your identity online?

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

“Phishing” – the act of targeting victims electronically in the hopes of spreading viruses and gathering personal information – can happen to anyone. Cybercriminals have become quite savvy in their attempts to lure people into clicking on links or opening phony email attachments. Online phishing attacks can not only spread computer viruses, but they can pose a significant risk for identity theft.

Better Business Bureau has joined with the National Cyber Security Alliance's STOP. THINK. CONNECT. campaign to recommend the following tips to avoid falling for an email phishing scam:

- Be on your toes. Only open emails, attachments, and links from people you know. Use anti-virus software regularly and enhance email filters to block threats. Watch out for unsolicited emails that contain misspellings or grammatical errors.
- Don't believe what you see. It's easy to steal the colors, logos and header of an established organization. Scammers can also make links look like they lead to legitimate websites, and make emails appear to come from a different sender.
- Avoid sharing. Don't reveal personal or financial information in an email, and do not respond to email solicitations for this information. This includes following links sent in email. Be wary of any urgent instructions to take specified action such as "Click on the link or your account will be closed."
- Pay attention to a website's URL. Hover over any links to see where they lead. Malicious websites may look identical to a legitimate site, but the URL may use a variation

in spelling or a different – but similar – domain.

- If you are unsure whether an email request is legitimate, try to verify it by contacting the company directly. Contact the company using information provided on an account statement, not information provided in an email. Information about known phishing attacks is available online from groups such as the Anti-Phishing Working Group. Report phishing to APWG at www.antiphishing.org.
- Keep a clean machine. Having the latest operating system, software, web browsers, anti-virus protection and apps are the best defenses against viruses, malware, and other online threats.

For more tips you can trust, visit bbb.org. For more tips from the STOP. THINK. CONNECT cam-

paign, visit Stay Safe Online at www.staysafeonline.org.

\*\*\*\*\*  
*Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column*

*is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.*

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Spouse's Name	Number In Family		

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## CALENDAR from page 13

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.atlantasacredharp.org](http://www.atlantasacredharp.org).

\*\*\*\*\*

### Monthly Song Circle

Fri., Nov. 22, 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 specially 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 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](http://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](http://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](http://www.bshalom.net)

\*\*\*\*\*

### Congregation Chabad of North Fulton

10180 Jones Bridge Rd., Johns Creek, 770-410-9000; [www.chabadnf.org](http://www.chabadnf.org).

\*\*\*\*\*

### 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.

\*\*\*\*\*

### Atlanta Scrabble Club

Meets the 2nd Sat. each month, 10 a.m.-noon, Centerville Community Center, 3025 Bethany Church Rd., Snellville. Bring Scrabble games and dictionaries. Cost \$1 per person per game (in cash - exact bills, please). For details call 770-557-1343 or email [doc2barbara@earthlink.net](mailto:doc2barbara@earthlink.net).

\*\*\*\*\*

continued on page 15

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## CALENDAR

from page 14

**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  
\*\*\*\*\*

**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](mailto:arw1935@att.net).  
\*\*\*\*\*

**Upcoming Events**

- **Crafty Creations Bazaar:** Friday, November 22 • 9:00am-1:00pm, Bethesda Park Senior Center. Free! Fabulous finds are discovered at this unique bazaar! Needlework, art, jewelry and more! Great for gifts or a treat for yourself! \$16/vendor for an indoor 8 foot table and 2 chairs. Gwinnett County reserves the right to disallow items deemed inappropriate Vendors must pre-register by 11/18 online at [www.gwinnettparks.com](http://www.gwinnettparks.com) with code: BPSC14305 or call 678.277.0179.

- **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](http://www.gwinnettparks.com) with code: BPSC14306 or call 678.277.0179.

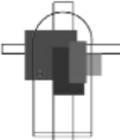
- **Annual Christmas Tea:** Thursday, Dec 12, 2:00pm-4:00pm, Prime Timers Pointe at George Pierce Park. Come jingle your bells and celebrate the season at our annual Christmas Tea. There will be festive treats, music, and fellowship for all to enjoy. \$5/person, must pre-register by 12/5 online at [www.gwinnettparks.com](http://www.gwinnettparks.com) with code: GPCC14302 or call 678.277.0190.  
\*\*\*\*\*

**High Museum of Art**  
1280 Peachtree St., NE, 404-733-4437; [www.high.org](http://www.high.org).

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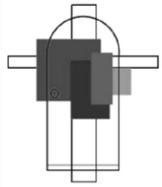
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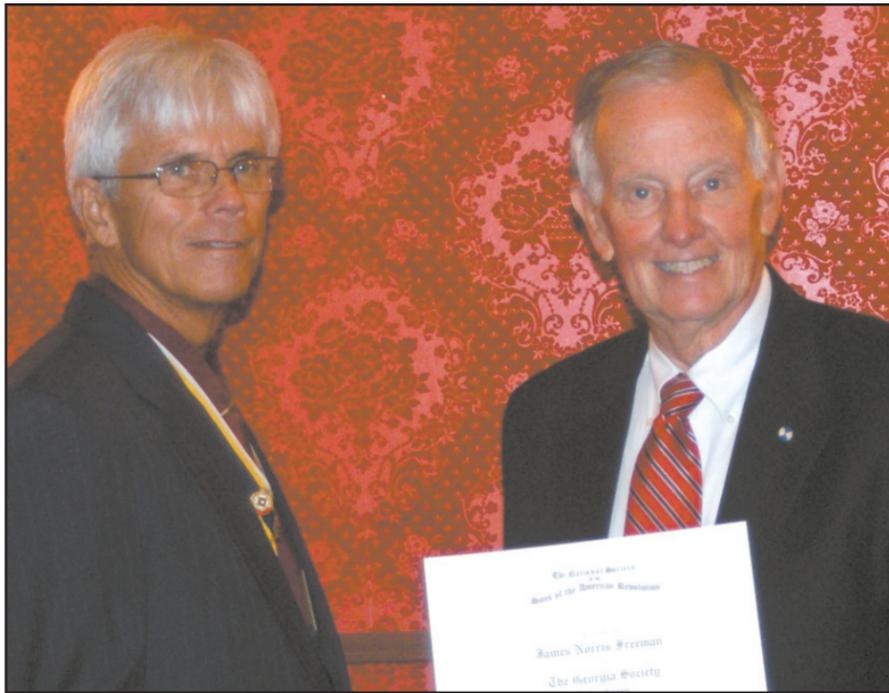
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# Out & About



**Jim Freeman Inducted into Atlanta Chapter of the Sons of the American Revolution**

The Atlanta Chapter of the Sons of the American Revolution met in October 2013. President Terry Manning inducted Jim Freeman of Lilburn into the Chapter. The Atlanta Chapter is the largest in Georgia and the eleventh largest in the country. Pictured Left to Right are Terry Manning, President of the Atlanta Chapter Sons of the American Revolution, and Jim Freeman, new inductee, both of Lilburn, GA.



**“VETERANS EXPRESSING THEIR STORIES”  
SUNDAY, NOVEMBER 10 – 3 pm**

Callanwolde and the Southern Order of Storytellers present the second annual “Veterans Expressing Their Stories” or V.E.T.S. storytelling program, Sunday, November 10, 3:00 p.m. Storytelling connects all of us, so bring your families, children and grandchildren to hear veterans from all branches of service over the past 70 years as they share their experiences through storytelling. The event is free and will be held in the historic Callanwolde mansion. For more information or if you are a veteran interested in sharing your story contact Anne Wallace at [Anne50W@aol.com](mailto:Anne50W@aol.com) or 770-460-9946.

## Do you hear what I hear?

by **SUSAN LARSON**

**T**hey say one of the first signs of age shows up in your hearing. I don't know if that means that the actual physical workings of your ears goes bad or if it's a matter of what you hear or don't hear that is the determining factor in the aging process.

For example, about ten years ago a cashier said to me, “If you happen to be married to someone who is over 55 and you brought him shopping with you, he could use his senior discount to make purchases for you.”

Now that was real music to my ears! From that day on, wherever I shopped, I just mentioned that I was eligible for the senior discount. Invariably, I would hear the cashier say, “No way! You can't possibly be that old!” But as years passed, I started wondering about this hearing thing, because no matter where I shopped, when I specified that I was old enough for the discount, I didn't hear anything in reply. And in the last couple of years, I've discovered that I don't have to say anything at all. The cashier just automatically rings up my savings in silence. Is this part of that hearing problem people talk about?

I had a recent experience that made me question not so much whether I could or couldn't hear, but why in the world was I hearing what I heard.

It was one of those annoying phone calls that I shouldn't be getting because I'm on the Do Not Call List. I usually hang up. I don't know why, but

this time, since it was a real live person and not a robo-call, I stayed on the line. Maybe because I sensed I could get a column out of it.

Here it was, the day after the government shut down - and coincidentally the very week my first Social Security check was due - and I heard this guy say the federal government was rewarding people who managed their money well and that I had been selected as one of the lucky recipients. He said because I had a perfect credit score, never defaulted on a loan and our house was paid for, the government wanted to reward me with \$10,200.

Now wait a minute. Just how does this guy know all this about my financial history? And here the government had just shut down, leaving other people

jobless. For thousands unemployment benefits had run out and millions of impoverished children were homeless. But the government wanted to reward me with \$10,200 just because I can manage money better than they can?

I heard him go on to say, “To receive your \$10,200, all you have to

do is give me your bank account or credit card number and we will deposit it immediately.”

Is it because of my age that I have to ask, “Am I hearing right?”

\*\*\*\*\*

*Susan Larson is a writer from Lilburn. E-mail her at [susanlarson79@gmail.com](mailto:susanlarson79@gmail.com).*

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