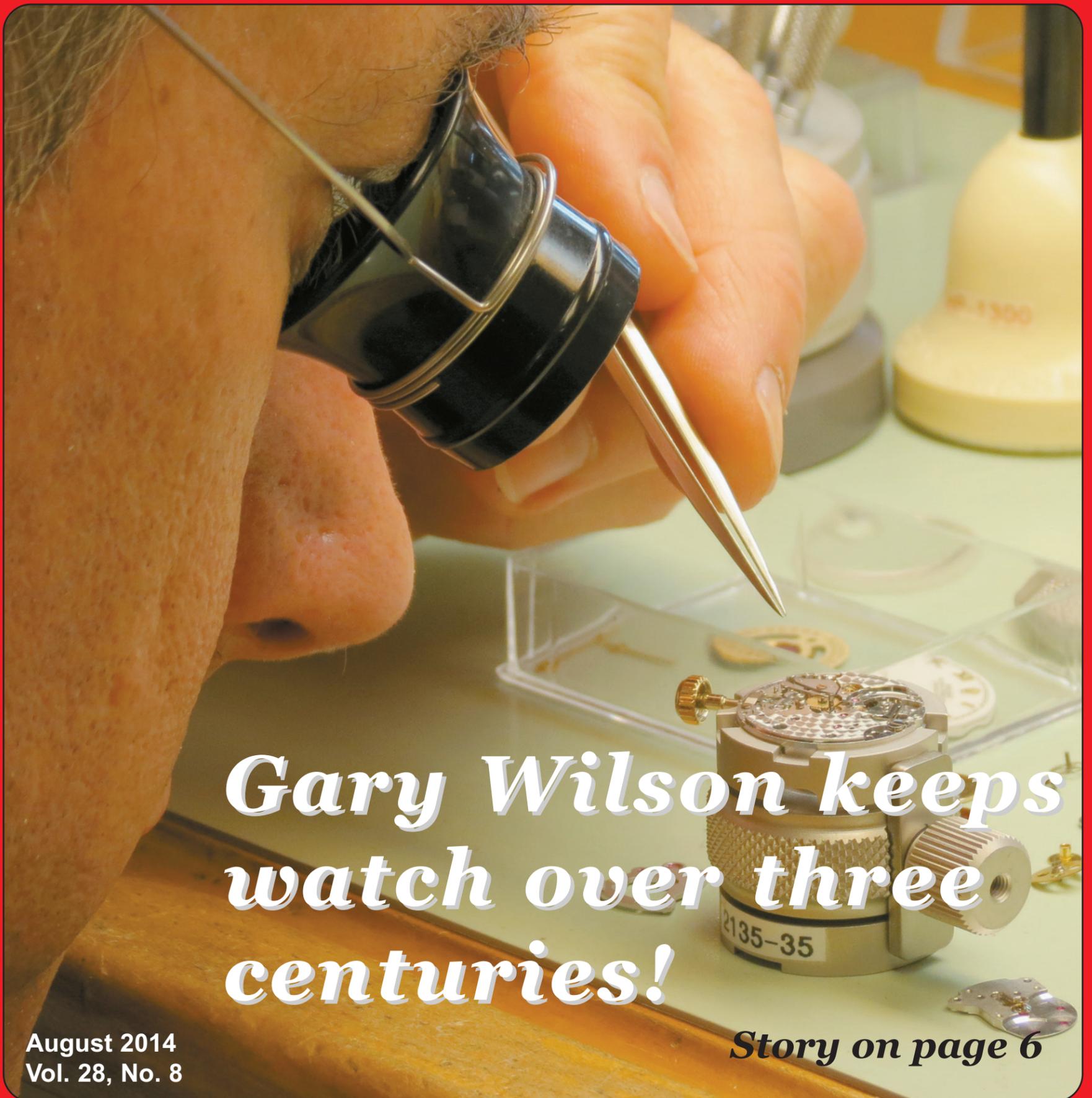


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*Gary Wilson keeps  
watch over three  
centuries!*

August 2014  
Vol. 28, No. 8

*Story on page 6*

# 51 Reasons to Visit Columbus, Georgia!

Special to *Senior News*

**F**or a while now, we've been sharing with you the 51 reasons to visit Columbus, GA—from history, arts, theatre, to great food, geocaching, and biking...to name just a few. Well, that list has gotten even longer. Columbus, GA has just unveiled the longest urban whitewater course in the world!

With the release of the City Mills and Eagle & Phenix Dams, the natural flow of the Chattahoochee River through

Uptown Columbus, GA has been restored to its awesome beauty, which provides an outdoor experience you won't find anywhere else on the planet.

Whether you're an avid whitewater enthusiast or just discovering a new hobby, you'll be in good hands with experienced outfitters who'll make sure your ride down the river is safe...and a whole lot of fun. There's also plenty to explore about river conservation and restoration—from spider lilies and shoal bass to eagles and egrets. This 2.5-mile waterway

is steps away from the heart of the original city and home to a vibrant entertainment district, theatre, specialty shopping, pubs, art and much more.

Other one-of-a-kind experiences include the National Civil War Naval Museum at Port Columbus—the only museum in the country dedicated to taking a look at this fascinating aspect of the Civil War. There's the new National Infantry Museum where you can traverse the "Last 100 Yards Ramp," where battles from each of the Infantry's major conflicts over the years are depicted in striking realism, then amble through interactive galleries tracing Infantry history from colonial times to the present and the training of today's Soldier.

More unique activities include a stroll through the Original Columbus Historic District and discovering a secret about Coca-Cola; venture to Mars at the Coca-Cola Space Science Center; and the Columbus Museum—the second largest art museum in Georgia,

with a hands-on gallery that kids of all ages will enjoy!

Columbus is also home to the Springer Opera House, The State Theatre of Georgia. This is one of America's most vibrant professional theatre companies, complete with a popular Mainstage Series, an innovative second-space series called Studio II, and a ten-state regional touring program called Springer Theatre On Tour.

For more entertainment options, there's RiverCenter for the Performing Arts, one of the crown jewels in the entertainment district, with three acoustically superb performance halls that host artists and touring shows of international renown.

There is a world of adventure waiting to be discovered in Columbus, GA. Come experience for yourself this one of a kind city and her true Southern hospitality. "51 Reasons"...and that's just the start!

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## The Next Chapter

### Book Recommendations by ANNE B. JONES, PhD

*Three Apache Arrows*, Doyle Renolds, Black Rose Writing, 2014

*Seed of South Sudan: Memoir of a "Lost Boy" Refugee*, Majok Marier and Estelle Ford-Williamson, McFarland & Co., Publishers, 2014

We have two unusual book reviews for August, both by Georgia authors. *Three Apache Arrows* was written by Doyle Renolds, who is well known around High Falls Lake for his poetry and playwriting. A southern writer with a western bent, he writes in a distinctive conversational voice readers find appealing.

In this work, former Confederate Army Captain Jack Shane embarks on the adventure of his life when he journeys to his New Mexico home after the war. Far from peaceful, his trek involves Apaches, renegades, a treasure, an insane southern colonel and a gorgeous redhead. The tale will appeal to fans of Louis L'Amour.

Retired from a career in technical operations at a major airline, Renolds is currently working on a

sequel. He has published short stories, poems, and newspaper and magazine articles. He combines his writing with frequent trips to the West, cruises with his wife Betty and Florida entertainment with his grandchildren.

*Seed of South Sudan: Memoir of a "Lost Boy" Refugee* is a new release by Estelle Ford-Williamson and Majok Marier. Rich in narrative and detail, the book is Marier's story as one of tens of thousands of young boys who fled from the Sudanese Army during his country's Civil War. A member of the Dinka tribe, Marier fled from his village at age seven only to find unfathomable hardship as he and others trekked nearly a thousand miles through the lion-ridden countryside to safety, surviving on grasses and grains and aid from other villagers he encountered.

Finally reaching a refugee camp in Ethiopia, he was among 3800 boys who were resettled in the United States. Set against the backdrop of the Sudanese conflict, the work is well-researched, interesting and educational. Included are other first-hand accounts, cultural information, and how Western, European and African nations contributed to events leading many "lost boys" to

the Atlanta area. Today, Marier works as a plumber's apprentice in Atlanta where he devotes his time to his family and to efforts for improvements in Sudanese villages.

Well known in the Atlanta area and on the Georgia coast, Estelle-Ford Williamson and her husband Richard spend time in their home in Avondale Estates and in Beaufort, S.C. She has contributed a wealth of time to working with local writing

groups, co-authoring two Lou Walker Senior Center anthologies, and is also the author of *Abbeville Farewell: A Novel of Early Atlanta and North Georgia*.

\*\*\*\*\*

You may contact Anne at [annebjones@msn.com](mailto:annebjones@msn.com)... (*Tides of Fear, Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart*).

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# Poets' Corner

## THE TREE

by Victoria Larkins

*I stand alone apparently  
Unknown to all  
Except those that know me  
There are those that hold me dear  
While others wonder why am I still  
here  
There is a story that I tell  
But it holds meaning only to those  
who know me well  
My story is buried deep inside of me  
And precious only to my family  
I have been the cause of many tears  
And I will remain here for many  
years  
Some consider me to be in their way  
"This is a new day" is what they say  
I live in a field on Houston Lake  
Road  
That is my home, that is my abode  
All my companions have been cut  
down, leaving only me  
For I am not a man, I am one last  
tree.*

Note from Author: "This tree stands in the middle of the field behind CVS on the corner of Houston Lake Road and Highway 96. It's always intrigued me as to why it was never cut down, so I gave it a voice."

\*\*\*\*\*

## A FLEETING MOMENT

by Beverly Bryson Norton

*The raindrops sparkle and glisten  
brightly on the trees; while outside  
my window is a gentle, summer  
breeze.*

*I gaze at this glorious sight; a young  
child's eyes at first delight.*

*I find myself gazing as I am still;*

*peace within me on this summer's  
eve.*

*Thank you, Lord, for the peace I  
feel; the comfort of a fleeting  
moment will help my heavy heart  
to heal.*

*Give me strength, courage and faith  
to tread forward with thy grace.*

*My one true love has been lost to  
me, but there are memories to keep  
of happy days as I grieve.*

*He is with me still, but only for a  
while; his thoughts are far, far  
away as he journeys to another  
place and time.*

*Give me guidance, Lord, to express  
my love, as he makes his way into  
paradise some day.*

*Then, may his soul be filled with joy;  
when he enters the gates of  
heavenly love.*

\*\*\*\*\*

## TO HAVE A FRIEND

by Donne R. Williams

*To whom love is given  
His days will never end  
His voice will never be silent  
His years shall not rescind*

*The tales of his youth  
Will be put into fables  
Kept alive with laughter  
While sitting around tables*

*To whom love is given  
The heavens count him blessed  
Even when down  
And feeling a bit distressed*

*On the mountain of triumph  
Or the valley of despair  
He can still have faith  
Because he knows love is there*

*To whom love is given  
His days will never end  
His voice will never be silent  
Because he has a friend*

\*\*\*\*\*

## A REPRISAL OF THE 23rd PSALM

by Writers Club  
Elmcroft of Martinez, Georgia

*The Lord is my Savior from all harm  
I am not in need.  
He provides me a nurturing home*

*He leads me toward peace and  
tranquility.  
He heals my soul.  
He guides me in the ways of truth for  
His honor.*

*In my darkest hours I will have faith  
in His goodness.  
I am encompassed by His care.  
He guards me with His protective  
presence.*

*He has prepared a feasting table for  
me while my enemies look on  
jealously.  
He consecrates my head with  
precious oil.  
My soul is so filled with praise of  
Him.  
I am left speechless.*

*He exceeds my expectations.  
I am greatly blessed.  
Certainly the wonder of His love will  
be with me for all times.  
I will live with Him in my heavenly  
home forever and ever.*

## Spiritual Notes

# Celebrating Freedom!

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**L**ove of country has been instilled in me as far back as I can remember. As a small child I recall my family being huddled by the radio listening to the broadcasts of President Roosevelt during World War II. The President represented all

that was good in our country as we were at war with those who invaded our country at Pearl Harbor. My older brother was serving in the Army; therefore our family was attuned to every newscast and report on the progress of the war. My parents and our church fellowship prayed daily for our soldiers, the President, as well as all those involved in the war effort.

As we celebrated our independence recently, I had the same feelings for my country as I did as a youngster. I attended the July 4th parade and stood at attention as the flag passed by and applauded our military men and women. There will always be debates regarding the popularity of wars in which our country is engaged. While honest debate and freedom to question our leaders is a cherished right, so much of the rhet-

oric we hear today appears to be divisive and can be destructive to our national interest.

Our country was founded on a fundamental belief in God. The currency we use proclaims, "In God We Trust." Historically we have been known as a Godly nation. God has been faithful in blessing our land in so many ways. We cherish the fact that we are free to worship as we please.

As we celebrate and give thanks to a loving God, may we redouble our efforts in promoting goodwill with our neighbors, praying for our leaders and continue to celebrate our freedoms.

\*\*\*\*\*

*Dr. Baggett can be reached at  
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# Myriad memories based in baseball

by SUSAN LARSON

I read in the Wall Street Journal about a nursing home where therapists use baseball cues to prompt memories for their residents, especially those with Alzheimer's Disease. I can see how that might work. Even though I can't remember where I put my phone or my glasses, I still retain the most vivid memories related to baseball.

When I was a toddler, I sat on my dad's lap as he read the sports page and told me about all the homers Ralph Kiner hit. He took me to sandlot games played by coal miners and every time Number 4 went up to bat, he'd say, "Look! There's Ralph Kiner!" Years later, I caught on to my dad, but in college I finally did attend a game at the real Forbes Field and cheered not for Ralph Kiner, but for Roberto Clemente, only two years before his tragic death.

In 1960, as we kids were getting off the bus, my mother stood in the driveway waving her arms and yelling something about Mazerowski, not realizing she was announcing to the whole neighborhood the most famous home run in the history of baseball.

In grade school, my friends and I walked two miles to watch our neighborhood guys play Little League ball. Yep, I checked the map. Two miles. But at least I'm not going to try to tell you it was in three feet of snow and uphill both ways.

In junior high school, I picked grapes until I saved the \$14 I needed to buy a transistor radio. I was the first in my crowd to have this state-of-the-art luxury and on hayrides, my popularity really spiked with the guys when I tuned in to baseball games. And then when I discovered I could pick up air waves from as far away as Milwaukee, a whole time zone away, I was so fascinated with the magic of it all that I started two-timing my Pirates and became a closet Braves fan. Years later, when I moved to Atlanta, how thrilling it was to have the Braves already here waiting for me to "come out" and root for them as my home team!

In the late '70's when I taught four-year-olds at the childcare center at Georgia State, I invited the Bleacher Creature, this big green furry blob portrayed by GT student Alan Stensland, to my class. As he waddled through the

door, all the kids' eyes lit up and they oohed and awed over him like he was a rock star. That is, until one of them ran around behind him and announced, "Look, he has a zipper up his back. He's a fake!" At least they

didn't poke out his eye like some kid did on his first night in the stands.

I could go on for another whole column. Or two. And if I ever live in a retirement community and someone wants to get a

conversation going about baseball memories, they can start with me!  
\*\*\*\*\*

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

## Safety Tips for Seniors in Extreme Heat

With the recent heat index soaring over 90 degrees in recent weeks, seniors over are at higher risk to suffer the dangerous effects of extreme heat, even if they are healthy and active people. The sense of physical well-being is never an absolute guarantee against the effects of high temperatures.

Minimal to moderate hydration in older persons can contribute to increase the risk of suffering a profound dehydration, heat exhaustion and heat stroke. Additionally, the brains of the older population often do not accurately perceive changes in temperature. Chronic medical conditions may change the body's perception of temperature and some prescription medication may impair the body's ability to absorb fluids, inhibit perspiration and create extreme sensitivity to the sun. Check with your physician for potential side effects of prescribed medication.

According to a federal study, 40% of the heat-related deaths occur among people in 65 years and older population.

Seniors should take care to avoid outdoor activity during the hottest part of the day noon-4pm, drink frequent cool non-alcoholic beverages, avoid heavy meals before going outdoors as well as wear light weight, light colored clothing and a hat.

Be aware of the warning signs of heat exhaustion or heat stroke including red, dry, hot skin with no sweating; rapid strong pulse; throbbing headache, nausea, vomiting, dizziness or confusion.

In the event you suspect a heat related crisis; immediately contact emergency services, move to a shady area or indoors immediately, douse the person with cool water by any means available-water hose, shower, wrap up in cool damp sheet and offer sips of cool non-alcoholic beverage.

You can still enjoy the lazy days of summer with a few simple precautions!

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## On the Cover

# Gary Wilson keeps watch over three centuries

by SUSAN LARSON

### ON THE COVER:

**Gary Wilson, Georgia's only Certified Master Watchmaker, repairs a watch with the use of a microscope.**

**I**t's about time. Well, at least for Gary Wilson it is. Way back in the nineteenth century, his maternal great-great-grandfather, Franklin Sylvester Maxwell, was a watchmaker in Martinsville, Illinois. Back then it was pretty common for such professions to be carried on through the

family, which in this case it was, but not quite as directly as usual. It was Wilson's grandfather's sister's son, Clarence Hood, who created the next point on this time line of watchmakers. It was Hood who then mentored Wilson and inspired him to study watchmaking at Parkland College in Illinois. Wilson worked his way down to Gwinnett County by way of employment at Westclox in Davidson, North Carolina and then some highly technical jobs in Tucker and at Technology Park in Norcross. He worked for a few years at Mayor's Jewelers and in 1977 became the first – and remains – the only Certified Master Watchmaker in

the state of Georgia. In 1987, he started his own business, Wilson Watch Company, in Lawrenceville and now claims the prestigious award of "Certified Masters Watchmakers 21."

Watchmaking involves micro precision technology and lots of time and patience. For example, the Bulova Accutron, the world's first fully electronic watch which is celebrating its 50th anniversary this year, is controlled by a tuning fork. The vibrations of this tuning fork drive the index wheel which contains 300 teeth.

"It takes a 20 power microscope to even see the wheel," Wilson said.

Even with the availability of cell phone technology and throw-away watches from the dollar store, classic pieces like Omega, Hamilton and Rolex remain very popular, especially among collectors. And many organizations like the Lawrenceville Police Department, still give classic engraved watches to their retirees. But it's not sales alone that keep Wilson in business.

"A Rolex needs to be cleaned every three to five years," Wilson said, "and it takes five different oils

to do the job."

For that reason, among others, Wilson is required by Rolex to wear a white lab coat while on the job to reflect the scientific demands of his profession.

Actually, even in this depressed job market, Wilson said there is a shortage of watchmakers and the job training is free. However, it does take time and great commitment. Even certified watchmakers must spend several weeks each year with further training.

Wilson's young employee, Josh Gordillo, isn't necessarily looking to be a watchmaker, but he does admit a fascination with what he is learning on the job.

"This is a thrilling experience. When I started I knew nothing, but this really opened my eyes. Now I'm saving to buy a Hamilton watch," he said.

As for the future of watchmaking in the Wilson family, he does have five grandchildren: Samuel, Annabelle, Sabrina, Raegan, and Jameson, whom he loves keeping close watch on. Will any of them follow in his footsteps? Only time will tell.

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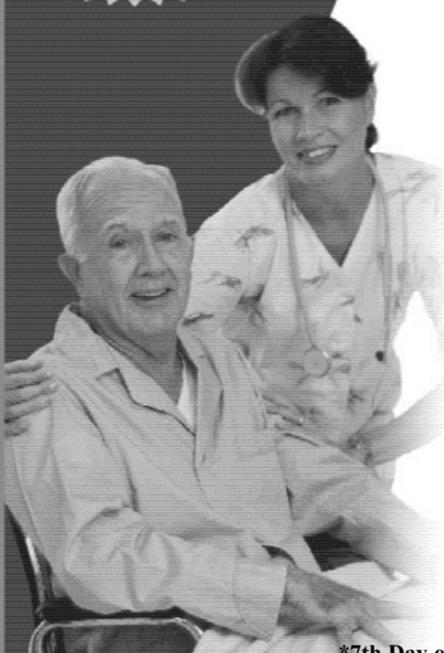
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Gary Wilson, Certified Master Watchmaker.

## Taking Care

### Plan ahead to beat the heat... Tips for enjoying outdoor events with your relative

by LISA M. PETSCHÉ

The long, warm days of summer bring many opportunities for being outside, not only on your balcony or porch or in the yard, but also at organized events. The latter may include outdoor weddings, family reunions and other types of celebrations, as well as sporting events, concerts and festivals held in various types of public venues.



Lisa Petsche

As enjoyable as these may be, it is important to exercise caution and plan ahead, because summer sun, heat and smog can be harmful to older adults, especially those whose health is already fragile. As a caregiver, you must therefore be extra vigilant as temperatures soar.

The following tips will help you protect your relative's health and maximize their comfort during outdoor events.

#### Before you go

- Call ahead to find out if the venue has shaded areas. Also inquire if any buildings on the premises are air conditioned and accessible. (While you are at it, ask about handicapped parking spaces, paved walkways and accessible washroom facilities.)

- If your relative has trouble walking long distances, check if the venue has wheelchairs available. If not, rent a folding wheelchair.

- If you will be traveling out of town, have your car – including the air conditioning – checked and serviced before departure.

- For events that span a day or more, such as outdoor festivals: plan to attend in the morning before the heat reaches its peak or in the evening when things are cooling down.

- Set realistic expectations about time frames, since the heat can sap energy. It may not be feasible to attend an entire event. For example, you may decide to attend only the ceremony or reception part of a relative's wedding, rather than both.

- Clothing should be lightweight and loose fitting to allow air to circulate and perspiration to evaporate. Stick to natural fibers like cotton, or microfiber materials with an open weave. Shoes should be sturdy and comfortable, with good treads. Do not forget a cardigan in case of a sudden weather change, cool evening or chilly indoor environment (if you will be in an air conditioned setting at some point).

#### What to bring

- A wide brimmed hat, sunglasses and a large umbrella.
- A cooler containing beverages.

Water is best, but if your relative is not a water drinker, try vegetable juice or diluted fruit juice.

- A battery operated personal fan and extra batteries.
- Sufficient prescription and over-the-counter medications to cover the time you plan to be away.
- Sunscreen, insect repellent and antihistamine.
- Any necessary medical equipment and supplies, such as a walking aid, food supplements, incontinence pads and diabetic supplies.
- A cushion or two for comfortably positioning your relative in the car, and some music CDs for enjoyment, if you are driving a considerable distance.
- Disabled parking permit.

#### While you are out

- Try to find a parking spot in the shade, or use sunshades on your vehicle's windshield.

- If you must be outdoors in the middle of the day, get out of the sun regularly. Take shelter in the shade or an air conditioned indoor space, if available.

- Ensure your relative eats lightly to avoid taxing their digestive system. That means going easy on protein, avoiding spicy and high-fat foods, and selecting plenty of fruits and vegetables, which have a high water content.

- Do not give your relative alcohol, or limit consumption to one drink. They should also avoid caffeinated beverages, such as coffee and cola, which similarly cause dehydration.

- Before heading home, open all your vehicle's windows or doors to let heat escape before your relative gets in.

#### Final thoughts

- Do not forget to protect yourself

from the adverse effects of excessive sun and heat, too. You are just as important as the person you care for.

- Be flexible about plans and expectations and give yourself an out. You may need to forego an event if a heat alert or air quality

warning is issued, especially if your relative has respiratory problems.

\*\*\*\*\*

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

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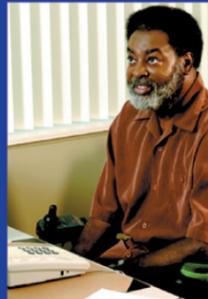





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## Out & About

# Happy Birthday Booth Western Art Museum!

**Members and guests are invited to celebrate 11 years of the West in the South!**

Special to *Senior News*

**I**t was 11 years ago that Booth Western Art Museum opened its doors and welcomed the first visitor. On Saturday, August 23, from 10:30 am to 3:30 pm, Booth Western Art Museum invites members and guests to celebrate 11 spectacular years at the Museum's Birthday Party and Member Appreciation Day.

"Each year, we host a birthday party to celebrate the Booth and to say thank you to our members. It is a fun-filled day of games, activities, and entertainment for children and adults," says Karen Mahoney, membership manager for the Museum.

The Booth Birthday Party and Member Appreciation Day will provide a day full of fun with entertainment, food, and activities. New this year, visitors can help Master Model Builder, Josh Bohn from LEOGLAND® Discovery Center Atlanta build a masterpiece. In conjunction with the Art and the Animal exhibition, at high noon and 1:00 pm, the Chattahoochee Nature Center will host a Hawk Encounter outside the Museum's North entrance. At 1:30 pm in Bergman Theatre, the eight-sibling family band of Fish N' Picks will perform a mix of bluegrass, folk, hymns, Irish, and country music. Throughout the day two puppeteers will roam the Museum entertaining and interacting with the characters of Tex and Pecos Bill from the Center of Puppetry Arts.

Returning this year to Bergman Theatre, Scott Douglas will host his interactive Native American Music Show at 11:00 am and 2:30 pm and at 12:30 pm Jim Dunham will share his Tales of the Old West. Throughout the day, visitors will be able to listen to the sounds of The Peach Pickers Band, see artist demonstrations by pastel artist Mildred Torres-Speeg, colored

pencil artist David McKean, and sculptor Pat Burns. Members of the Booth Photography Guild will share selected fine art photography works and children will have the opportunity to create their own hawk, tiger or octopus mask and their very own bolo tie!

In the Booth Ballroom from 11:30 am to 1:00 pm, a traditional hot dog lunch including slaw, chili, onions, chips, cookies, soft drinks, water and birthday cake will be available. Lunch is free for Booth Museum

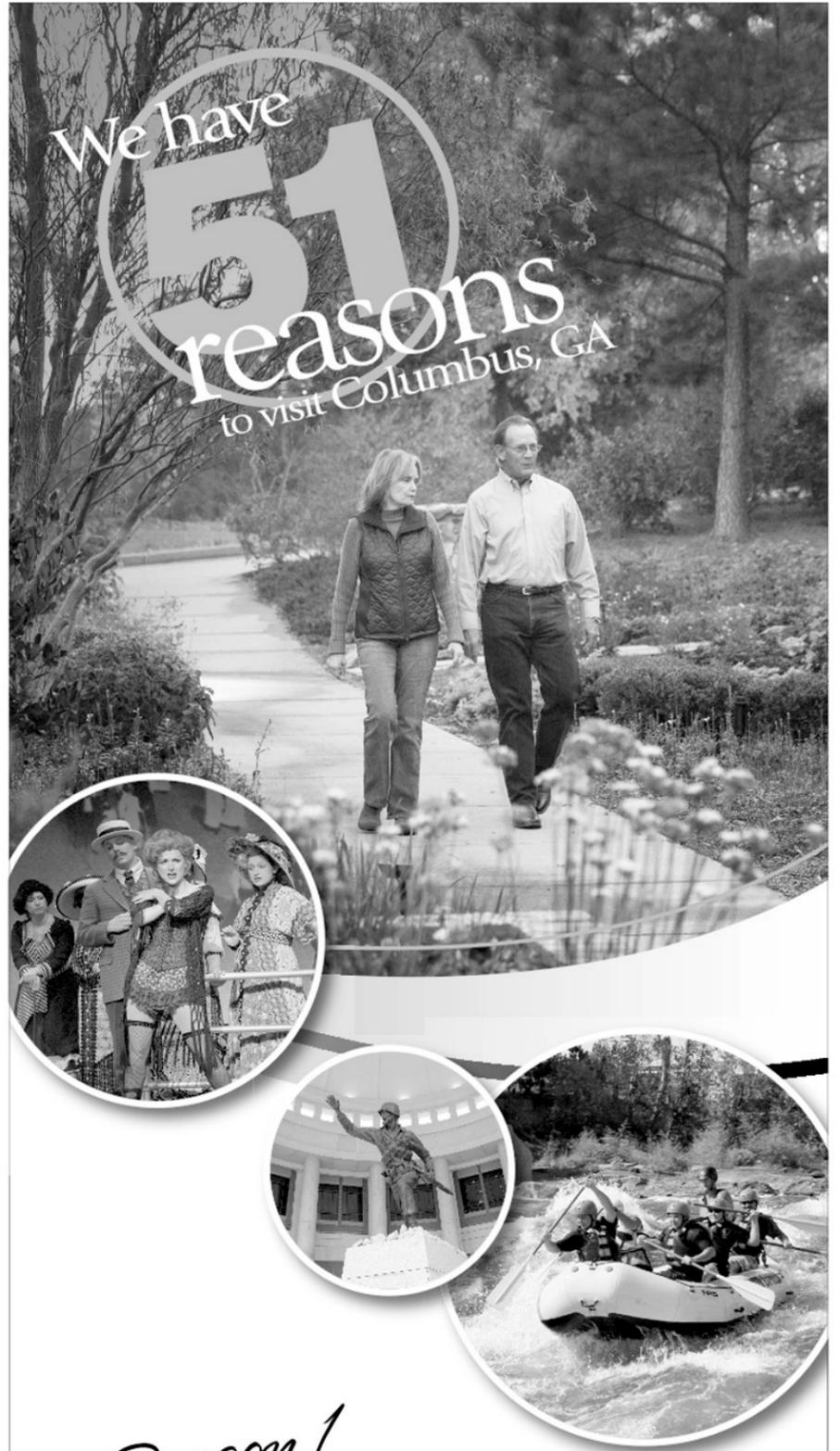
Members and will be available to not-yet-members for \$5.00. At 11:30 am, children are invited to participate in Wrangler Jim Scott's Stick Horse Rodeo and throughout the day, special guest TV Star Art Matters will be available to sign autographs and will be interviewing guests on why they love the Booth!

During the Booth Birthday Party visitors are encouraged to explore the current exhibitions. Art and the Animal is on exhibit through September 7 in the Special Exhibition Gallery. A Complex Frontier: Selected Works by Bernard Williams is on exhibit through October 5 in the Temporary Exhibition Gallery and in Borderlands Gallery, the Booth Photography Guild Annual Exhibition will be available to view after opening on August 19th.

Admission to the Booth Birthday Party and Member Appreciation Day is free for Booth Museum members. General admission is \$10 for adults, \$8 for seniors 65 and over, \$7 for students, and free for active military with I.D. and children 12 and under.

### About Booth Western Art Museum

Booth Western Art Museum, an Affiliate to the Smithsonian Institution, is a 120,000 square foot museum located in Cartersville, Georgia, where guests are invited to See America's Story through contemporary Western artwork, a Presidential Gallery, Civil War art gallery, and Sagebrush Ranch, an interactive children's gallery. Open since August 2003, Booth Museum is the only museum of its kind in the Southeast and is the second largest art museum in the state of Georgia. To learn more about Booth Western Art Museum, visit [www.boothmuseum.org](http://www.boothmuseum.org).



*Reason 1*

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**Baptist Towers Senior Retirement Community**  
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[www.ncr.org](http://www.ncr.org)  
404-758-4562

**Benson Manor**  
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**Vineville Christian Towers**  
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# Atlanta CALENDAR

## ATLANTA METRO AREA Opportunities Directory

For additional *Opportunities* listings, please visit our website at: [seniornewsga.com](http://seniornewsga.com).

### 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](http://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.myfulton-countyga.us](http://www.myfulton-countyga.us).

### Senior Multipurpose Facilities

- Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-613-4900.
- 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

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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I'm interested in taking advantage of this special opportunity

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Spouse's Name		Number In Family	

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770-785-7546

### DIALYSIS SERVICES

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### HEARING SERVICES

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• 580 E. Crossville Rd., Suite 340, Roswell, GA  
• 440 Ernest Barrett Pkwy., Marietta, GA

### HOSPICE CARE SERVICES

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[www.seasons.org](http://www.seasons.org)  
855-803-5289

**VITAS Hospice Care**  
[VITAS.com](http://VITAS.com); 404-843-6544  
404-250-1806

### PHARMACY SERVICES

**ThriftyMedsNow.com**  
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### VISION SERVICES

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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.**



## CALENDAR

from page 9

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**  
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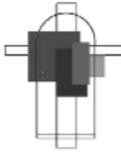
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\*\*\*\*\*  
**Gwinnett Senior Center**  
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\*\*\*\*\*

**Council on Aging**  
Meets the first Wed. of each month in the Dorothy C. Benson Senior Multipurpose Complex, 6500 Veron Woods Drive, Sandy Springs. For complete details call 404-613-4900.

\*\*\*\*\*

**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 visit [www.thewyers@bellsouth.net](http://www.thewyers@bellsouth.net).

\*\*\*\*\*

**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.msatl.org](http://www.msatl.org).

\*\*\*\*\*

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

\*\*\*\*\*

**Square Dance Class**  
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\*\*\*\*\*

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\*\*\*\*\*

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\*\*\*\*\*

**Monthly Sacred Harp Singing**  
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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., Aug. 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.

\*\*\*\*\*

continued on page 11



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## CALENDAR

from page 10

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

\*\*\*\*\*

**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).

\*\*\*\*\*

**Harmony Grove UMC Events**  
50 Harmony Grove Rd., Lilburn  
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\*\*\*\*\*

**Columbia Presbyterian Church**  
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\*\*\*\*\*

### DivorceCare

You don't have to go through it alone. Most people will tell you that separation and divorce are the most painful and stressful experiences they've ever faced. It's a confusing time when you feel isolated and have lots of questions about issues you've never faced before. DivorceCare groups meet weekly to help you face these challenges and move toward rebuilding your life. Each session has two distinct elements:

- 1) 30-40 minutes video seminar covering various topics (like God during your divorce, anger, loneliness, children, finances, etc.)
- 2) a support group with focus.

We'll be starting our 13-week series Tuesday evening, Aug 5 in the Education Building in the Library (Room 313) from 6:30-8:30 pm. at McKendree United Methodist Church, 1570 Lawrenceville Suwanee Rd, Lawrenceville, 770-339-9801. All are welcome and invitation is considered an open door arrangement... meaning you can join us at any time.

For additional information, contact Susan Rowe, Director of Christian Education, at 770-339-9801, ext. 26 or facilitators, Jay & Nancy Rowland, at 678-618-8735 or [nancy.m.rowland@gmail.com](mailto:nancy.m.rowland@gmail.com).

\*\*\*\*\*

### FREE Workshop on Senior Issue Offered

The Lilburn Woman's Club and Mountain Park United Methodist Church are hosting a free workshop on Senior Issues at Mountain Park UMC Family Life Center on August 16 from 9 am till 1 pm. Our expert panel of speakers will address mental health concerns, social needs, legal concerns, senior housing options, safety issues, Alzheimers and other debilitating circumstances and state legislation affecting older adults.

Please Register Online at [www.mountainparkumc.org](http://www.mountainparkumc.org) or call 770-921-8512.



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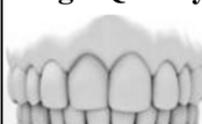
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## (Young) Senior Couple launch “Fun, Funky, One-of-a-Kind Earrings”

Special to Senior News

**D**aring, bold, adventurous, sophisticated, edgy, and innovative are just a few of the adjectives used to describe earrings created by local artist, Joel Thompson, and his wife, Verdale Benjamin. Their new artistic product line, Art for Your Ears, an online earring boutique specializing in art-themed ear wear. Thompson is artistic director and founder of Art for Your Ears (AFYE), an offshoot of Brownstone Images. Verdale handles marketing and sales. Their creations are works of art for the ear. In this particular art form, the ear is the canvas.

Thompson, a seasoned artist whose creations span several decades and several genres of traditional art like portraiture, still life, and botanicals, has introduced digital technology into his current artistic repertoire. His newly created earrings allow women to wear a wide range of “art prints” originally created in oils, acrylic, graphite, and fine art photography on their personal canvases – their ear lobes.

When asked why he started using his images as earrings, he explained, “The inspiration came from my wife. Although she owns a wide assortment of earrings, she couldn’t find a pair that matched a new necklace she bought. That was

the beginning. It’s another way of self-expression. Besides, I’m interested in seeing my art images used on something other than art canvases.” For Joel, application is paramount as he starts the marketing campaign of his business plan to include licensing for apparel and paper products.

So far, Thompson has over 100 uniquely designed, one-of-a-kind earrings to add to his ever-growing collection. And well over 2,000 original and original-digital art images to convert into future designs. The collection is as varied as the selection: safari animal prints, contemporary abstracts, and manipulated photography in a variety of colors and materials – ranging in size from small 1” earrings to large 3.5” earrings. The earrings are lightweight; they are available as clip-on, stud, and fish hook designs in one, two, and three-pieces. Each pair of earrings is custom made by hand, and most have his personal insignia.

Verdale serves as Joel’s personal muse. She is his best supporter; and as an added bonus, she gets to wear the earring samples right from the drawing board.

Joel, an Ohio transplant, has been painting for over 40+ years. For more information about Joel, his artwork, or his earring collection, con-

tact them at ART4yourEARS@gmail.com, visit the website, www.brownstoneimages.com, or call the Studio at 678-822.6827.



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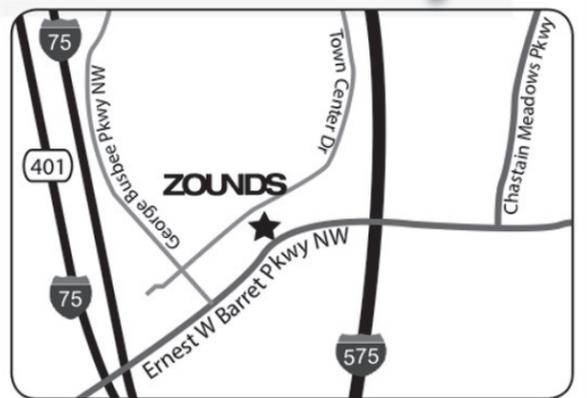
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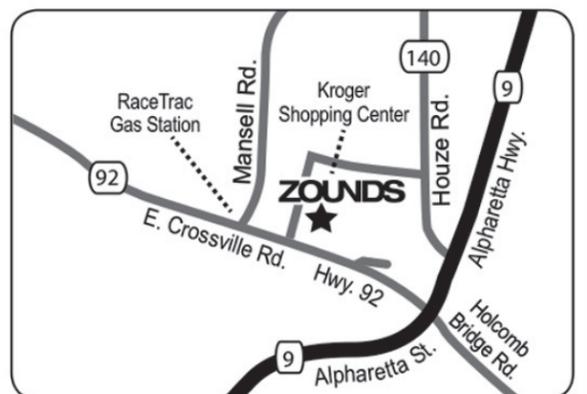
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