

# Senior News

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*Going from heart  
attack to pictures  
of health!*

*Story on page 8*

March 2014  
Vol. 28, No. 3

## Seven simple ways to avoid unwanted telephone calls and mailings

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

**W**e all react differently to marketing approaches, especially those that are delivered right to our homes. What some may consider convenient others may view as invasions of privacy. For instance, the ads we see online are often based on our internet browsing activity or purchase history. While some people enjoy receiving catalogs and pre-approved credit card offers others consider these offers a nuisance. Most people are annoyed by overly persistent telemarketers. Many of these unsolicited offers can be avoided. The BBB, Federal Trade Commission (FTC) and other agencies offer seven simple ways to help you protect your privacy both online and off, avoid unwanted calls and secure your identity.

### Get Off Mailing Lists

The Direct Marketing Association (DMA) allows you to remove your address from mailing lists which send marketing materials based on your past purchases and interests (e.g. magazine offers). Keep the mail you want, block materials you're not interested in. [www.dma-choice.org](http://www.dma-choice.org).

### Opt-out of Online Behavioral Advertising

Some online ads are customized as you browse the Web, based on your interests. The Digital Advertising Alliance (DAA) consumer choice page allows you to opt-out of receiving ads from participating ad networks. <http://www.aboutads.info/choices/>

**Stop Preapproved Credit Card Offers** - You have the right to opt-out of being included on lists companies use to mail you credit card and insurance offers. The BBB is aware that you will be asked for your SSN. This is a secure site which BBB employees themselves have used. [www.optoutprescreen.com](http://www.optoutprescreen.com).

### Block Telemarketing Calls

The National Do Not Call Registry helps you to limit the telemarketing calls you receive. Exceptions include polling, surveys and fundraisers from political parties and non-profit organizations. Once you register your phone number, covered telemarketers have up to 31 days to stop calling you. [www.donotcall.gov](http://www.donotcall.gov).

### Add a Security Freeze

A security freeze locks down your credit reports so criminals can't access your credit to open unauthorized accounts (existing credit accounts are not impacted). In

Georgia there is no fee for senior citizens 65 and older and identity theft victims. All others pay \$3 for each credit reporting agency for a total of \$9 to place, temporarily lift or remove the freeze. South Carolina law prevents residents from being charged any fees to place, temporarily lift or remove the freeze. To be effective, a freeze must be implemented with all three credit reporting agencies.

Experian: <https://www.experian.com/freeze/center.html>

TransUnion: <https://freeze.transunion.com>

Equifax: <https://www.freeze.equifax.com>

### Place a Fraud Alert

A fraud alert is a less drastic measure than a security freeze. An alert flags your credit reports, alerting lenders to verify the identity of anyone attempting to open an account in your name. Fraud alerts are free, but rely on the diligence of the person performing the credit check. Fraud alerts must be reinstated every 90 days in most cases. You only need to contact one credit reporting agency to place an alert – it must notify the others.

Experian: <https://www.experian.com/fraud>

TransUnion: [http://www.transunion.com/personal-credit/credit-](http://www.transunion.com/personal-credit/credit-disputes/fraud-alerts.page)

[disputes/fraud-alerts.page](https://www.alerts.equifax.com)

Equifax: <https://www.alerts.equifax.com>

### Check your Credit Reports

Monitoring your credit reports is key to catching identity theft early. Anyone can request a free copy of your report every 12 months from each of the three credit reporting agencies. Georgia residents get two free copies. Spacing these checks out allows you to monitor your credit throughout the year. [www.annualcreditreport.com](http://www.annualcreditreport.com).

Protecting your identity and privacy can be achieved by arming yourself with the information and resources that are available to us as consumers. For more tips on protecting yourself, visit [BBB.org](http://BBB.org).  
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*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); 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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## The Next Chapter

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

*I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban*, Malala Yousafzai and Christina Lamb, 2013

*Brady Needs a Nightlight*, Brian Barlics, Black Rose Writing, Texas, 2013

**I** *Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban* is a terrifying true story written by Malala Yousafzai and Christina Lamb. The book tells of the young Pakistani girl's struggle against the restrictive Taliban who had taken over the Swat Valley in which she lived. Few adults exhibit the courage she mustered in speaking out for the education of girls in that male dominated society. Considering her a dissident and threat to their power, the Taliban sought to silence her. While riding a bus home from school, the fifteen-year-old was shot in the head, wounded so

badly she was not expected to live. With the help of her parents, she not only survived, but became a symbol of hope for the world.

This compelling work is well told and its story is one that will appeal to both adults and teenagers. Marie Anna of The Washington Post) describes it as "Riveting... Co-written with Christina Lamb, a veteran British journalist who has an evident passion for Pakistan and can render its complicated history with pristine clarity, this is a book that should be read not only for its vivid drama but for its urgent message about the untapped power of girls..."

In recognition of her extraordinary strength and courage, Malala was awarded the Pakistan National Youth Peace Prize in 2011 and nominated for both the International Children's Peace Prize and the Nobel Peace Prize. She was also one of four runners-up for Time Magazine's Person of the

Year. She continues to work as an advocate for universal access to education.

Christina Lamb is a well-known and respected foreign correspondent who has reported on Pakistan and Afghanistan since the late eighties.

*Brady Needs a Nightlight* is a simple and comforting little book for children who "like to leave on the light." The first in a series of "Fundamentals" related to challenges children face, it tackles the mystery and fears of the night.

In this story, Brady is a bat who is terribly scared of the dark. This makes for quite a dilemma as he must come out to play after sundown and sleep in a cave with no light. His fears are finally resolved with the help of friendly fireflies. This book would appeal to a young child who could be comforted by the idea that his fear is not that unusual, but is unfounded.

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



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Actos	30mg	100 tabs	\$658	\$334	\$109	83%
Advair	250/50	60 doses	\$175	\$110	N/A	39%
Plavix	75mg	28 tabs	\$142	\$ 86	\$ 25	83%
Synthroid	100mcg	100 tabs	\$ 55	\$ 15	N/A	74%
Viagra	100mg	4 tabs	\$ 68	\$ 46	\$ 32	45%
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## Poets' Corner

**STONES**

by June D. Wilhite

*Stones.  
Strong, hard, useful weapons;  
Used for defense, to injure, to  
frighten away  
Stones in the hand give the bearer  
a sense of security.  
The more stones I carry  
The safer I feel.*

*Growing older.  
Hands becoming arthritic.  
Hard to hold stones.  
Hard to throw them.  
Back won't allow me to bend to pick  
them up.  
I feel vulnerable,  
No stones to throw.*

*Words.  
Strong, hard, useful weapons.  
Used for defense, to injure, to  
frighten away.  
Words used as stones come from  
the heart.  
The more it can carry  
The safer I feel.*

*Growing older.  
Heart growing weaker,  
Injured by so many stones.  
Carried too many too long.  
Stones in my heart,  
Must unload them.  
Feeling vulnerable,  
No "stones" to throw.*

*Pearls.  
Beautiful, valuable, durable,  
Treasured find or purchase,  
A perfect gift.  
Enhance my clothes.  
Pearls around the neck,  
On earlobes or fingers*

*Pretty to behold.*

*Growing older.  
Pearls are ageless,  
Pleasant to the eyes,  
Still make me feel beautiful.  
Remembering the giver,  
Grateful memories,  
Feeling a comfort,  
As I gaze at these stones.*

*Words.  
Kind, encouraging, loving.  
Pearls of wisdom,  
Pearls of great price,  
Words that comfort, build up,  
inspire,  
Reward, praise, and support.  
The more pearls I give,  
The more I will hold.*

*Growing older.  
Heart full of gladness.  
Many trials turned into pearls...  
Peace, joy, and love  
From gathering pearls,  
And giving them away.  
Thanking God for His Words,  
Living Pearls of life.*

\*\*\*\*\*

**ODE TO MY LOVE**

by Pat Walker Johnson

*Oh, my love, how you are missed.  
The ways would make a long list.*

*From school days I loved you,  
And this you always knew.*

*Memories I treasure in my heart,  
Even though we are apart.*

*To love and be loved, some have  
never known.  
I felt your love as tender as the*

*dawn.*

*I say your name, but you're not here.  
On my cheek I feel a wet tear.*

*I long for the day I shall see your  
sweet face.  
And all my sorrow will be erased.*

*God in heaven tells me it's true.  
On that day, our love we'll renew.*

*Till then, my love, I await.  
To see you again at Heaven's gate!*

\*\*\*\*\*

**HIGH WAYS OF THOUGHT**

by Kathleen Eidson

*I think that I shall always know  
Just how a good thought ought to  
go.*

*It starts from down within my soul  
And builds to climax in a goal.  
A thought that has within its thrust  
Capacity to instill trust.*

*A thought for sharing day or night  
Assisting all who long for light.  
No worldly things my thought would  
do:*

*'Twould bring a lasting joy to you!  
That thought within my brain has  
worth,  
But only acts confirm its worth!*

**From the author:** Look, Ma... no EEEs! P f a;; tje ;ettters cm tje alphabet, E is used more often. In Joyce Kilmer's "Trees" from which I took my rhyming form, 30 of the 81 words contain an E, or over 37%. No other letter appears more frequently. I'll admit that someone challenged me to make a rhyme of over ten lines without using an E; and, of course, I couldn't pass up the opportunity to do so.

## Spiritual Notes

# God's Encounters

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**I**t has been my observation in the past years, as I have worked with senior adults, that they sometimes feel that life is over for them and they are no longer needed or useful. By the same token, there are many that are involved in activities that keep them busy and excited about life.

So many seniors are preoccupied

with the physical changes that are occurring to their bodies. It is natural that years will have an effect on our appearance. One lady resolved this problem by taking a very hot shower. She indicated that the steam covered the mirrors, therefore sparing her from observing the obvious.

A person's personality is molded by the experiences they have had during their lifetime. Therefore, when senior adulthood arrives, all of the episodes one has been through are still a part of who they are.

God has been arranging encounters for a long time. Senior adults have a lot to offer and many are engaged in activities that are productive and meaningful. Rather than giving up, look for the chance encounter that will change your life. As someone has said, "The next time you feel that God can't use you, remember, Noah was a drunk, Abraham was too old, Isaac was a daydreamer, Jacob was a liar, Moses

had a stuttering problem, Timothy was too young, Peter denied Christ and The Disciples fell asleep while praying."

The following Scriptures are promises of God if we put our trust in Him and follow his teachings:

Luke 18:27: "The things which are impossible with men are possible with God."

Romans 8:31: "If God be for us, who can be against us?"

Joshua 1:9: "Be strong and of good courage, do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

Romans 8:28: "And we know that all things work together for the good to those who love God, to those who are called to His purpose."

\*\*\*\*\*

*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

### Moving a parent into your household: Should you do it? A decision-making guide.

by LISA M. PETSCHÉ

If you have a parent who lives alone, you may be concerned about



Lisa Petsche

their physical or emotional well being – or both. Especially if they do not live close by or clearly are not managing well, you may wonder whether you

should invite them to move in with you.

Before making an offer, ask yourself the following questions and take time to honestly and thoroughly answer each one.

#### Interpersonal issues

• What kind of relationship do the two of you have? How do others in your household get along with your parent? Any personality clashes will be magnified when you are living under the same roof.

#### Your needs

• Consider your physical and mental health. Would you be able to provide hands-on assistance if needed? Could you cope with the ongoing stress involved in primary caregiving?

#### Your family's needs

• If there are others in your household, what do they think of your parent moving in? It is crucial to have their support in order to make it work. Would you still have enough time to devote to them?

#### Lifestyle issues

• If you are employed, how might the primary caregiver role impact on your work? How would it affect your social life, vacation plans and other pursuits? Decide what adjustments you are prepared to make.

#### Your parent's needs

• Determine what kind of assistance your parent requires and how much time it involves. Can they be left alone? If they have been diagnosed with a progressive disease, how will their needs change?

#### Available supports

• What kind of support would family members be willing to provide to help make this work? Perhaps they could accompany your parent to appointments, have them over for dinner, or periodically take them into their home for the weekend. There are many possibilities for sharing care.

• What kinds of community support services are available to assist you in meeting your parent's needs, now or in the future? Find out about accessible transportation services, seniors' recreation centers, day programs, home healthcare services that offer nursing, homemaking and vari-

ous types of therapy, and residential respite programs.

• If you live in a different town, how easy would it be to link your parent with needed medical supports, such as a new primary physician?

#### Finances

• Give thought to how household expenses would be shared. Find out, too, whether your parent has savings or insurance that would cover the cost of medical equipment or health-care services. If not, are you able to pay for them?

#### Home setup

• Is there sufficient space in your home to meet everyone's needs? Would your parent have separate quarters?

• Consider, too, your home's accessibility. Would renovations need to be made, and if so, what is the estimated cost and who would pay it?

#### Your expectations

• What are your expectations in terms of your parent's participation in the household? Would you want them to help in practical ways, such as preparing meals, if they are well enough?

#### Your parent's wishes and expectations

• Would your parent want to move in? If so, can you anticipate their expectations in terms of privacy, financial arrangements and prac-

tical help if appropriate?

#### Other options

• Before making any decision, explore alternatives: in-home services; adult day care programs; live-in help; an assisted living facility or a skilled nursing home. Determine whether any of these options are appropriate and affordable. Consider the least disruptive ones first.

#### The decision

• If you conclude that moving your parent in with you is not feasible, help them develop a workable plan, whether it is arranging in-home services or finding another place to

live. Provide as much support as possible.

• If you decide to move your parent in, allow plenty of time for everyone involved to adjust to the inevitable changes in family dynamics and household routines.

• Most challenges can be worked through if all parties are committed to making the arrangement work.

\*\*\*\*\*

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

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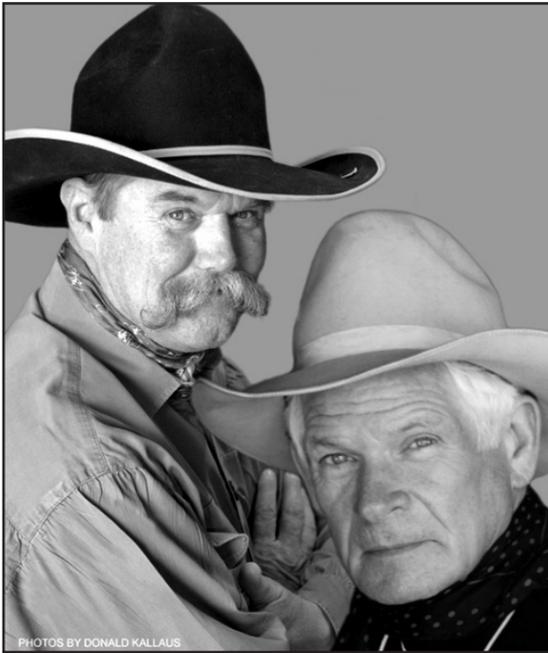
# Out & About

## Booth Western Art Museum hosts 11th Annual Southeastern Cowboy Gathering!

Special to *Senior News*

Southeastern Cowboy Gathering is March 6-8, 2014 at Booth Western Art Museum. For complete details visit [www.boothmuseum.org](http://www.boothmuseum.org).

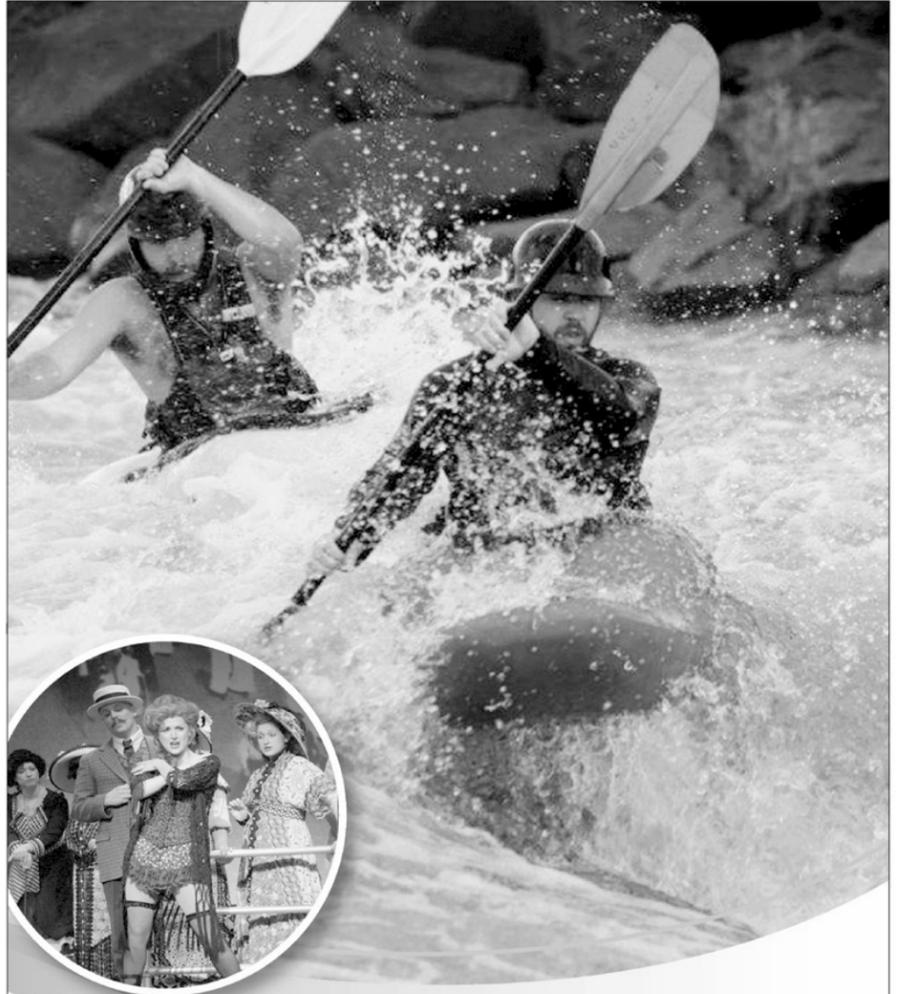
**T**his annual event is a three-day celebration of the West and the people who called it home. Enjoy three art exhibitions including *Today's West! Contemporary Art from the Buffalo Bill Center of the West*; have lunch straight off of a chuck wagon just as they did in the 1800s as part of the *Southeastern Chuck Wagon Cook-off*; learn from featured artist Martin Grelle; listen to the western sounds of our featured entertainers Don Edwards and Waddie Mitchell; take part in cowboy church; enjoy live entertainment; interact with characters from artwork in the Museum; let the kids participate in children's activities; meet Buffalo Bill and Annie Oakley; and so much more!



Don Edwards and Waddie Mitchell set to perform *The Bard and The Balladeer* as featured entertainers of the 11th Annual Southeastern Cowboy Gathering.



Cowboy Ken Davis prepares bread during the Southeastern Chuck Wagon Cook-off.



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# Avoid Advance Fee loan scams using Green Dot MoneyPaks

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

**C**onsumers nationwide continue to be victimized by sophisticated loan scams that demand up-front fees for loans that are never delivered. In past weeks, thieves using fabricated addresses across the country have stolen tens of thousands of dollars from unsuspecting borrowers, many of them desperate for money to help pay bills, buy medicines or forestall home foreclosures.

These loan schemes victimize desperate people who go online searching for a loan. These scammers are constantly on the lookout for families who are struggling financially. Once they find victims, they will do whatever they can to strip them of what little they have.

In the most recent loan scam, thieves are using the name and address (Blazer Financial Services) of a former loan company that has been out of business in the Macon area for many years. Similar scams around the nation have used hundreds of company names and addresses to dupe consumers. These scams also hurt the business community by stealing their company name or using names that are very similar.

In virtually all cases, the consumer said he or she applied for a loan online and was contacted by phone or email by a person representing the phony loan companies.

Scammers demand that consumers take out insurance coverage on the loans by loading cash onto Green Dot MoneyPak cards and then forward the thieves the access codes. Usually, the thieves initially demand between \$600 and \$3,000 to secure the loan. After receiving the first payment, the scammers typically demand additional payments until their victims run out of money or catch onto the scam.

Such Green Dot transactions are extremely difficult to trace. Other phony loan companies have used Western Union or MoneyGram to obtain the payments.

The scammers make use of authentic-looking loan documents and elaborate temporary websites to convince consumers of their legitimacy. It is illegal for any company making loans by phone to take up-front fees.

Historically, the phony loan businesses change the names and address of their businesses every two to three weeks in attempts to keep a step ahead of law enforcement, the BBB and angry victims.

The BBB offers the following advice when looking for a personal loan:

- Be wary of applying for online loans through unfamiliar businesses or websites. Many of these online application sites are run by scammers or by people who sell your information to scammers.
- Do not send money by wire-transfer or prepaid debit card. Once the money is sent, you have very little recourse.
- Understand that any business operating by phone and charging insurance or other fees in advance of making a loan is operating illegally.
- Do not do business with anyone who cannot give you an address that you can confirm as legitimate.
- Read any contract carefully and make sure you understand all requirements before entering into any agreement.
- Official-looking loan documents and sophisticated looking websites are easy to copy or fake. Just because a business appears legitimate, doesn't mean it is.
- Check for a BBB Business Review by going to [www.bbb.org](http://www.bbb.org) or call 1-800-763-4222.

If you've been victimized by an

advance-fee loan scheme, you can file complaints with the:

- Federal Trade Commission at [www.ftc.gov](http://www.ftc.gov).
- Internet Crime Complaint Center (iC3) at [www.ic3.gov](http://www.ic3.gov) if the scheme occurred online or by e-mail.
- Your State's Office of Consumer Protection or Attorney General's Office.
- Better Business Bureau at [bbb.org](http://bbb.org).

• If you were asked to wire money to Canada, file a complaint with Canadian law enforcement by calling toll free: 1-888-495-8501 or e-mail: [info@phonebusters.com](mailto:info@phonebusters.com).

\*\*\*\*\*

*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); E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org); or, [info@csra.bbb.org](mailto:info@csra.bbb.org).*

## AARP Foundation Tax-Aide provides FREE tax assistance and preparation

**Special to Senior News**  
 Decatur

(1-888-227-7669) or visit the Web site at [www.aarp.org/taxaide](http://www.aarp.org/taxaide) during

this tax season, to locate an AARP Foundation Tax-Aide site near you.

**A**ARP Foundation Tax-Aide volunteers gathered at the Tucker Library last week to receive training in tax law in preparation for this year's tax season.

Free tax assistance and preparation for low- and moderate-income taxpayers of all ages, is available from AARP Foundation Tax-Aide from February 3 through April 15. You do not need to be a member of AARP or a retiree to use this service.

AARP Foundation Tax-Aide volunteers, trained in cooperation with the Internal Revenue Service, will offer help with personal income tax returns at various locations around Georgia.

"Tax law can often be confusing. AARP Foundation Tax-Aide volunteers can make the process of filling out tax returns easier," said Helen Lowenthal, District Coordinator for much of DeKalb County.

Last year, AARP Foundation Tax-Aide volunteers in the United States helped more than two million people file their federal, state and local tax returns. The program is offered at many sites in Georgia including senior centers, libraries and other convenient locations.

Beginning February 1, call the toll-free number, 1-888-AARP NOW



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**TOYOTA** This program is supported by a generous grant from Toyota to AARP Foundation.

\*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

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## On the Cover

# Going from heart attack to pictures of health

by SUSAN LARSON

**ON THE COVER:**  
Frank Sharp

**W**alking for exercise was the farthest thing from Frank Sharp's mind until about five years ago.

"On December 12, 2009, I was driving on Duluth Highway headed to my son's graduation at Georgia Tech," Sharp said. "I suddenly felt strange and sick so I turned the car around and checked myself into the emergency room at Gwinnett Medical

Center. I told them that I thought that I had a heart attack."

As it turned out, Sharp made the correct diagnosis. The emergency staff at Gwinnett Medical transferred him to St. Joseph's Hospital, where he had a stent implanted.

"As you may know, the first heart attack is also the last heart attack 60 percent of the time," Sharp said, indicating how fortunate he felt to have survived this trauma. And of course, he was open to any suggestions to decrease the odds of its happening again and eagerly followed

his doctor's advice to start walking more. But he didn't just roam aimlessly through his neighborhood or trudge on a treadmill in his basement. He set a goal of walking the trails of every park in Gwinnett County and incorporated these walks into a longtime hobby.

"On each walk, I took along my new Canon high definition camera and made a video of each trail of the park," Sharp said.

"It took me about three months to make a video of all the parks that have trails. Now there are 40 videos of mine out there on YouTube. At the end of each video, I try to give good hiking advice especially for hikers who have health or walking problems such as the steepness of the land and open shade since they might need a hat or umbrella during our hot summer days."

But his walks, for which he always wore the same hat, weren't

confined to Gwinnett County. He's since walked and photographed nature around the world including China and the Mediterranean and has had those pictures exhibited at George Pierce Park and other places around Metro Atlanta.

But now there's a really big feather in Sharp's trademark hat. He has his Birds of Bali Bird Park Exhibit at Fernbank Museum of Natural History. And there is a little bit of "tricky" photography involved on one of his photos. Of the promotional poster, Sharp said, "What makes the photograph of the bird interesting is that could not have been made with my full-size DSLRs. The mesh wiring around the cage openings were too small to stick a regular camera through the wire but my iPhone was slim enough to do the job."

Sharp's exhibit runs through August 24, 2014.



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Hornbills at Bali Bird Park, one of many photos in Frank Sharp's Fernbank exhibit.

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

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Website: [www.rhf.org](http://www.rhf.org)




# Zounds is excited to introduce the world's most technologically advanced hearing aids to the Atlanta area!

Special to Senior News

**Z**ounds hearing center is now open and welcomes Atlanta residents to their newest location in Georgia at 580 E. Crossville Road, Suite 340 Roswell, Georgia 30075. You may reach them by telephone at 678-352-1940.

Zounds Hearing was founded by a father who, after experiencing his daughter Kate's issues with traditional hearing aids, made it his mission to develop a superior hearing aid. As an engineer by trade, Sam Thomasson knew he could build a superior aid enhancing Kate's quality of life – improving her speech, capability to hear in noisy environments and even her ability to hug (with traditional hearing aids this caused excruciating squealing). Sam's determination to build the perfect hearing aid produced 57 patents, eliminating background noise, improving sound quality, reducing feedback and much more.

This amazing technology is finally available to all Atlanta residents. Zounds invites you to their new hearing center and to experience the Zounds difference for yourself. Sam's devotion, coupled with his daughter Kate's needs, changed her

life, the course of his career and has also blessed the lives of many people

who he has never met. Zounds Hearing of Roswell is

locally owned and managed by Bob Carstens and Greg Conley.



Zounds newest hearing center location in Georgia... 580 E. Crossville Road, Suite 340, Roswell

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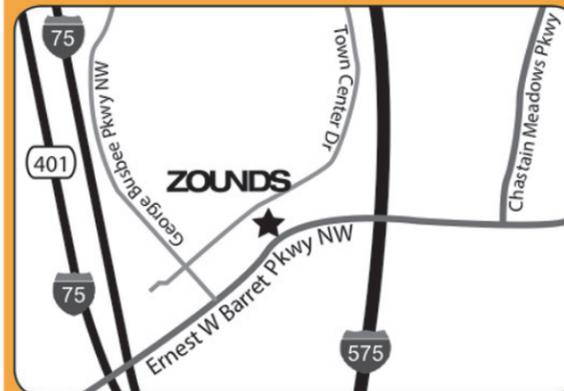
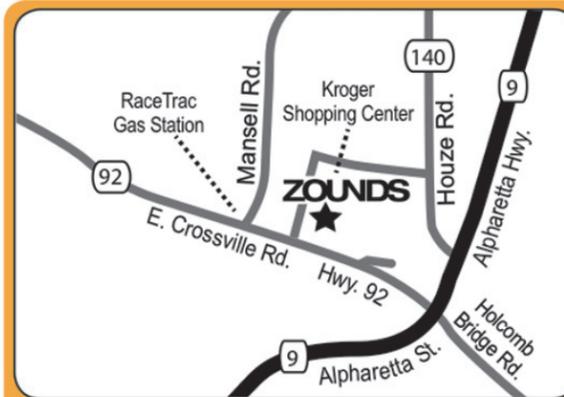
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# Out & About

## 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!

Go to [www.visitcolumbusga.com](http://www.visitcolumbusga.com) or call us at 800.999.1613 for more information.

## Dunwoody Chapter of NCL hosts 2nd Annual Mad Hatter Tea Party for “Nifty Nineties” at Mount Vernon Towers

Special to *Senior News*

**O**n Sunday afternoon, January 26, the dining room of Mount Vernon Towers, the senior independent living community in the heart of Sandy Springs, resembled the Red Queen's garden from Lewis Carroll's classic Alice's Adventures in Wonderland. Members of the National Charity League, Inc. – Dunwoody Chapter hosted the Second Annual Mad Hatter Tea Party for the ‘Nifty Nineties’ – a vibrant group of 90+ year-old residents who live at Mount Vernon Towers. Everybody was asked to wear red, and don their “maddest” hats.

Mount Vernon Towers dedicated this year's Tea Party to the memory of Maureen Jensen, a beloved resident who first coined the name, “Nifty Ninety,” and who worked tirelessly to promote their long-lived wisdom, wit and treasured memories. An RN by education and florist by avocation, Maureen handcrafted innumerable mementos and delivered the surprises, filled with candies, for every holiday occasion throughout the year. Her loving heart and helping hands spread much sunshine and laughter among ‘her “Nifty Nineties” at Mount Vernon Towers.

This will be the ninth year the NCL – Dunwoody Chapter has hosted a tea party at Mount Vernon Towers. National Charity League, Inc. is a mother-daughter organization dedicated to fostering

the mother-daughter relationship through community service, leadership development and cultural experiences. Each chapter of National Charity League, Inc. consists of mothers and their daughters in grades seven through twelve. Each mother and daughter serves at least 20 philanthropic hours per year.

“Our goal is to promote a sense of community responsibility in our daughters,” notes Cady Carnes, Chair of the 2014 Mother-Daughter Tea. “Being part of the National Charity League gives us many opportunities to do things together and volunteer.”

The NCL - Dunwoody Chapter was formed in 2004 and received its charter in 2006.



Mad Hatter Tea Party at Mount Vernon Towers

### Everyone's coming to Caboose Days!



**at the Southeastern Railway Museum**  
**Saturday & Sunday, April 5 & 6, 10-5**

Celebrate the start of Spring and the tail of the train! Caboose Days offers tons of fun activities for the whole family, including “Cookies and Juice on a Caboose”, caboose art for kids, a caboose hunt, and much more! Plus park train rides and the return of Caboose Rides.

**Celebrate Spring Caboose Days Style!**

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# Atlanta CALENDAR

## ATLANTA METRO AREA Opportunities Directory

Senior News & seniornewsga.com  
Opportunities Directory Submission Guidelines: "Opportunities" are provided FREE of charge for certain "truly" nonprofit organizations. In order to provide for an orderly and timely processing of requests, we must receive your materials request by the 15th of the month prior to the desired month of publication. Please email requests to: seniornewsga@cox.net for consideration. All publication requests will be considered; however, it is understood and agreed upon as a requirement of submission that publication determination of each request is reserved entirely as a decision right of the publishers and refusals of publication requests require no explanation. Senior News & seniornewsga.com reserve the right to reject publication of any/all requests at the sole discretion of the publishers.

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

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### 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.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.

• 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

continued on page 12

## TRANSITIONAL CARE PROGRAM

Summer's Landing of Northland is offering a new program for those residents ready to leave full time skilled or rehab care but may require additional short term therapy and care services before safely returning home.

A resident may remain in transitional care for up to 30 days while under the services of therapy or home health. **Space is limited.**

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For additional information please contact Danielle Abelson, MPH

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**CALAENDAR**  
from page 11

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

- Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.  
\*\*\*\*\*
- Roswell Recreation & Parks Offerings**
- Roswell Recreation Senior Citizens Club: Meets each Wednesday. Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.
- Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.
- Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.  
\*\*\*\*\*
- Lawrenceville Senior Center**  
225 Benson Street, Lawrenceville  
770-822-5180.  
\*\*\*\*\*
- Gwinnett Senior Center**  
225 Bethesda Church Road,  
Lawrenceville, 770-822-5147  
\*\*\*\*\*
- Bartow County Senior Center**  
Cassville, 770-383-7383  
www.bartowga.org  
\*\*\*\*\*
- Fayette Senior Services**  
4 Center Drive, Fayetteville  
770-461-0813. Call for complete details on services offered.  
\*\*\*\*\*

- CLUB 55**  
The Bridge Community Center  
225 Willowbend Rd., Peachtree City  
www.thebridge-cc.org
- Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details visit www.thewypers@bellsouth.net.  
\*\*\*\*\*
- Alzheimer's Support Group**  
On the third Monday of every month at 7:00 p.m., Cypress Court and Vinings Place and the Greater Georgia Chapter of the Alzheimer's Association are sponsoring an Alzheimer's Support Group. This support group is intended for families and friends of a loved one afflicted with Alzheimer's Disease. For additional information and directions call 770-803-0100.  
\*\*\*\*\*
- Parkinson Disease Support Groups**  
For information on Parkinson Disease Support Groups in the metro area, please contact Lynn Ross, LMSW, Coordinator, American Parkinson Disease Association Information & Referral Center, Emory University, at 404-728-6552 or sloss@emory.edu.  
\*\*\*\*\*
- Multiple Sclerosis Center of Atlanta**  
Support group meetings second Tuesday each month, 4-5:30 p.m., MSCA in Buckhead, 3200 Downwood Circle, Suite 550, The Palisades Building. For additional information call 404-351-0205, ext. 110, or visit www.msatl.org.  
\*\*\*\*\*

- Arts, Emory University**  
1700 N. Decatur Rd; 404-727-5050;  
www.arts.emory.edu  
\*\*\*\*\*
- The Michael C. Carlos Museum**  
Emory University, 571 Kilgo Circle  
404-727-4282; www.carlos.emory.edu  
\*\*\*\*\*
- Fernbank Museum of Natural History**  
767 Clifton Rd., NE. 404-929-6300,  
www.fernbank.edu/museum  
\*\*\*\*\*
- Theatre In The Square**  
770-422-8369, www.theatreinthesquare.com/library\_dragon  
\*\*\*\*\*
- Callanwolde Fine Arts Center**  
980 Briarcliff Rd., NE, Atlanta. For complete events details call 404-872-5338 or visit www.callanwolde.org  
\*\*\*\*\*
- Alpharetta Convention & Visitors Bureau Park Plaza**  
178 South Main St., Suite 200,  
Alpharetta. Call 678-297-2811.  
\*\*\*\*\*
- Georgia Museum of Art**  
90 Carlton St., University of Georgia,  
Athens; 706-542-4662;  
www.uga.edu/gamuseum/press  
\*\*\*\*\*
- Alpharetta's Main Street Markets**  
Third weekend of each month. Call 678-297-6078.  
\*\*\*\*\*
- Cumming Fairground Events**  
Call 770-781-3491 for schedule of events.  
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**Assessment and Placement is FREE!**

**Homes located throughout Georgia!**



- Alzheimer/Caregiver Support Group Meeting**  
First Mon. each month, 10:30 a.m. Free respite care for your loved one during meeting, must call in advance. Aloha to Aging, Inc. located in the Mt. Bethel Community Center, 4608 Lower Roswell Rd., Marietta. Call 678-439-1177.  
\*\*\*\*\*
- Square Dance Class**  
Singles & couples welcome; free childcare, ages 5+. Hosted by Kennesaw Square Dancers. Call 404-808-8689 or visit www.squaredealers.com.  
\*\*\*\*\*
- Button Gwinnett Society**  
Meets quarterly at the 1818 Club for fellowship and interesting speakers. Meetings begin at 6 p.m. For complete details call Elliott at 770-840-1003 or elliott@brack.net.  
\*\*\*\*\*
- Greater Atlanta Archaeological Society**  
Meets 2nd Tues. of each month, 7:30 p.m., at the Fernbank Museum of Natural History, just off Ponce de Leon at 767 Clifton, Rd. NE, Atlanta. Call 770-242-2249 for recorded message.  
\*\*\*\*\*
- Senior Ballroom Dance**  
First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-679-1349.  
\*\*\*\*\*
- Atlanta History Center**  
130 W. Paces Ferry Road, NW, Atlanta; 404-814-4033,  
LMassey@AtlantaHistoryCenter.com  
\*\*\*\*\*
- High Museum of Art**  
1280 Peachtree St., NE, 404-733-4437;  
www.high.org  
\*\*\*\*\*
- Center For The Arts At Georgia Tech**  
404-895-9600; www.ferstcenter.org  
\*\*\*\*\*
- Schwartz Center For Performing**

- Atlanta Artists Center and Gallery**  
2979 Grandview Ave., 404-237-2324,  
www.atlantaartistscenter.org  
\*\*\*\*\*
- The Bream Museum**  
For information call 404-575-3767 or visit www.thebream.org/jgsg.htm.  
\*\*\*\*\*
- Balzer Theater at Herren's Luckie Street**  
www.theatricaloutfit.org  
404-577-5257  
\*\*\*\*\*
- Rialto Center for the Performing Arts**  
Georgia State University, 404-651-4727, www.rialtocenter.org  
\*\*\*\*\*
- Jimmy Carter Presidential Library**  
441 Freedom Parkway, 404-865-7100,  
www.jimmycarterlibrary.org  
\*\*\*\*\*
- Center For Southern Literature Margaret Mitchell House & Museum**  
990 Peachtree St., 770-578-3502.  
www.gwtw.org  
\*\*\*\*\*
- High Museum of Art Folk and Photographer Galleries**  
133 Peachtree St., 404-577-6940  
\*\*\*\*\*
- Spivey Hall, Clayton College & State University**  
5900 North Lee Street, Morrow  
770-961-3498, www.spiveyhall.org  
\*\*\*\*\*
- The Atlanta Opera**  
28 West Peachtree Street, N.W.  
404-881-8885/1-800-35.OPERA  
www.AtlantaOpera.org  
\*\*\*\*\*
- The Mable House Arts Center**  
5239 Floyd Road, Mableton  
770-819-3285; cobbcounty.org; mable-house.org  
\*\*\*\*\*
- Marietta Museum of History**  
770-794-5710 or mary@mariettahistory.org  
\*\*\*\*\*

continued on page 13

## CALENDAR from page 12

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

**Georgia Center for the Book  
DeKalb County Public Library**  
215 Sycamore Street, Decatur  
404-370-8450, www.georgiacenter-  
forthebook.org  
\*\*\*\*\*

**Roswell Library**  
115 Norcross St., Roswell  
770-640-3075  
\*\*\*\*\*

**East Point Library**  
2757 Main St., East Point  
404-762-2094  
\*\*\*\*\*

**Buckhead Library**  
269 Buckhead Ave., Atlanta  
\*\*\*\*\*

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

**Atlanta World War II Round Table  
Preserving History.** For information  
call John Kovach at 770-928-4579 or  
visit our website at [http://atlantawwi-  
roundtable.org](http://atlantawwi-<br/>roundtable.org).  
\*\*\*\*\*

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

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

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

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

**Senior Connections' Adventures In  
Learning Classes**  
Mack Love Senior Center, 1340  
McConnell Dr., Decatur  
Online catalog available at [www.senior-  
connectionsatl.org](http://www.senior-<br/>connectionsatl.org) or call 404-321-  
6060.  
\*\*\*\*\*

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

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

5424.  
\*\*\*\*\*  
**Volunteers Needed To Deliver Food**  
South Fulton Senior Services Inc.  
(SFSS) is a non-profit agency. Its mis-  
sion 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 servic-  
es, volunteers are needed to help deliv-  
er 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 process-  
ing, database, spreadsheets), discover-  
ing the Internet, how to buy a comput-  
er, the ins and out's of email, learning  
how to use a mouse, basic typing skills,  
buying and using a digital camera, digi-  
tal photography and Adobe Photoshop  
elements, PowerPoint, buying and sell-  
ing on eBay, designing web pages, and  
fun with graphics.

SeniorNet programs at the MJCCA  
are available to both members and non-  
members. Trained volunteer instructors  
teach computer classes that are special-  
ly designed and paced for older adults.  
Classes are limited to 12 students each  
allowing for a meaningful learning  
experience. All classes are held in the  
ORT Computer Technology Resource  
Center at the MJCCA Zaban Park camp-  
us.

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 com-  
munity. 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 home-  
bound seniors in your area. Three con-  
venient 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 sec-  
ond Wed. each month at various loca-  
tions. Volunteer orientations are con-

ducted 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 conven-  
ient 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).  
\*\*\*\*\*

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

### VOLUNTEER OPPORTUNITIES FOR 55+

The Metro Atlanta RSVP program,  
sponsored by the Atlanta Regional  
Commission, Area Agency on Aging, is  
currently accepting applications for vol-  
unteers to help educate older adults  
about issues that are important for  
remaining healthy and independent in  
their communities. Join a force of tal-  
ented volunteers, age 55 and over,  
whose members are utilizing their

continued on page 14

**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:

**Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30046.**  
Gwinnett Memorial & East Shadowlawn Memorial Gardens, Lawrenceville • White Chapel Memorial Gardens, Duluth  
\*Not Affiliate With Any Government Agency

---

**Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30046**  
I'm interested in taking advantage of this special opportunity

Veteran	Address		
City	State	Zip	Phone
Spouse's Name	Number In Family		

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3156 Howell Mill Road, NW Atlanta, GA 30327

\*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

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unique life experiences and skills to share important information with older adults. RSVP volunteers play a critical role in providing education and outreach in the community so older adults can make informed choices about available programs and services. Free training is provided for all volunteers and flexible schedules are available. Volunteers 55+ are eligible to receive mileage reimbursement and supplemental insurance.

For more information, please call 404-463-3119 or email [enaumann@atlantaregional.com](mailto:enaumann@atlantaregional.com).

\*\*\*\*\*

### Alzheimer's Support Group

4th Thurs. of month, 6:30-8:00 p.m., GoldenCrest Assisted Living, 2160 Lake Harbin Rd., Morrow. For details call Gery Saunders at 770-961-2200.

\*\*\*\*\*

### Grandparents on the Move Meeting

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

\*\*\*\*\*

### N.A.R.F.E.

All federal civilian employees and retirees are invited

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

\*\*\*\*\*

### Lifespan Resources, Inc.

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

\*\*\*\*\*

### Volunteers Needed by CASA – Court Appointed Special Advocates

Be a positive influence and help provide stability and leadership in a child's life. Consider volunteering with CASA. For complete details call 770-345-3274 or visit [www.casacherokee.org](http://www.casacherokee.org).

\*\*\*\*\*

### Newnan-Coweta Habitat for Humanity ReStore

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

\*\*\*\*\*

### 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).

\*\*\*\*\*

### FODAC Needs Donations

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

\*\*\*\*\*

### The Matt Adler Entertainers

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

\*\*\*\*\*

### 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  
• 20th Annual XYZ Day: March 18, 8:45 a.m. This is the time for all seniors/all denominations in the area to gather to fellowship, learn and to share a noon meal. Seniors from Mountain Park UMC, Snellville UMC, Tucker UMC and Harmony Grove UMC have planned this popular day. Registration fee, \$12. Please call for complete details.

\*\*\*\*\*

### Columbia Presbyterian Church

711 Columbia Dr., Decatur

404-284-2441

\*\*\*\*\*

### Southern Winds Concert Band Welcomes 50 & Older Musicians

Members meet together to share their love of music and the joy of playing together. No auditions. Typically, the band plays one concert each month. The band rehearses at Northbrook United Methodist Church, 11225 Crabapple Rd., Roswell, every Thurs., 2:30-5:00 p.m. For complete details contact Dorothy Parker at 770-993-2059 or e-mail [arw1935@att.net](mailto:arw1935@att.net).

\*\*\*\*\*

### Volunteers Needed

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

\*\*\*\*\*

continued on page 15

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 Executive Director  
 105 Autumn Glen Circle Phone: 770.461.0039  
 Fayetteville, GA 30215 Fax: 770.461.8006  
 E-mail: [azaleasm@bellsouth.net](mailto:azaleasm@bellsouth.net)  
 Website: [www.azaleaestates.com](http://www.azaleaestates.com)

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[twitter.com/VITASHospice](https://twitter.com/VITASHospice)

## CALENDAR from page 14

**Zounds Hearing of Roswell Lunch and Learn Event**  
 Tues., March 18 and March 25, 11:30 a.m.-1:00 p.m., continued on page 15  
 the Greater North Fulton Chamber of Commerce, 11605 Haynes Bridge Rd., #100, Alpharetta. Learn the signs and symptoms of hearing loss while enjoying a complimentary lunch catered by The Village Tavern. Call 678-352-1940 to reserve your spot. Limited number of participants, so call today!

\*\*\*\*\*

## ~ MEDICAL SERVICES ~

### DENTAL SERVICES

**Northbridge Dental**  
 Wizforteeth.com; 678-319-0210, 678-352-9890

### HEARING SERVICES

**Audiology Hears, P.C.**  
 6130 Southard Trace, Cumming, GA  
 678-804-8016

**Decatur Hearing Aid Service**  
 917 N. Indian Creek Dr., Clarkston, GA  
 404-299-1141

**M&K Hearing Aid Center**  
 3770 Due West Rd., Suite 300, Marietta, GA  
[www.mkhearingaid.com](http://www.mkhearingaid.com); 678-581-0506

**Zounds Hearing Aids Worth Wearing**  
[www.ZoundsHearing.com](http://www.ZoundsHearing.com)  
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 440 Ernest Barrett Pkwy., Marietta, GA  
 678-352-1940

### HOSPICE CARE SERVICES

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 VITAS.com; 404-843-6544, 404-250-1806

### PHARMACY SERVICES

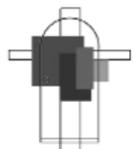
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### VISION SERVICES

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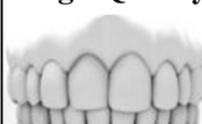


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# Age gives more personal meaning to written word

by SUSAN LARSON

Some years back we went to Branson. It was wonderful. I'll never forget how simple it was to get around. All the restaurants, shops and concert halls were within walking distance of our motel. But many senior tourists came by bus and I'll never forget how they all wore name tags with the company logo and bus number around their neck.

Surely they didn't need those tags to remember their own names, did they? It must have been only to help them remember their bus. Right?

But as I get older, I get wiser, and I better understand the importance of the written word, for whatever reason. And the world today is much more complicated. For example, back in the day, we didn't have TV remote controls that we could misplace. The dial was right on the television where it couldn't get lost. Now we have not only one, but four remote controls, which I keep track of with labeled sticky dots.

We used to have only three channels. For Channel 2, we turned that dial that could not be lost to Channel 2. Today, for Channel 2, I have to find the remote with the sticky dot labeled "cable" and hit 3. If I want high definition, I find the "HD"

remote and hit 803. Then there's surround sound, but I lost the sticky note explaining which buttons to press and in what order and I'm embarrassed to ask my husband for directions again.

At the grocery store it used to be shop, pay, go. Now I have to remember if the store I'm in uses those laminated savings cards, and if so, where I put it. About a year ago, I bought three canvas grocery bags, but I always left them in the back seat of the car. Then Publix gave out little green stickers to place on the windshield asking "Do you have your bags?" This actually works! Every time I shop I dutifully sling all three bags over my shoulder. Only problem is, at the checkout, I get so carried away chitchatting with the person behind me – you'd be amazed how many columns I get that way – that the clerk bags up all my groceries in plastic and I hate to hold up the line asking her to rebag them.

Then there's the Wednesday senior discount. It seems at my age I wouldn't have to say anything, but sometimes a teenage cashier will ring me up before I mention it, and then it's too late.

You know what? I think I might make a little tag to put around my neck that says "I am a senior citizen. I have bags." And maybe, considering the world's not getting any sim-

pler and I'm not getting any younger, it might not be a bad idea to put my name on it.

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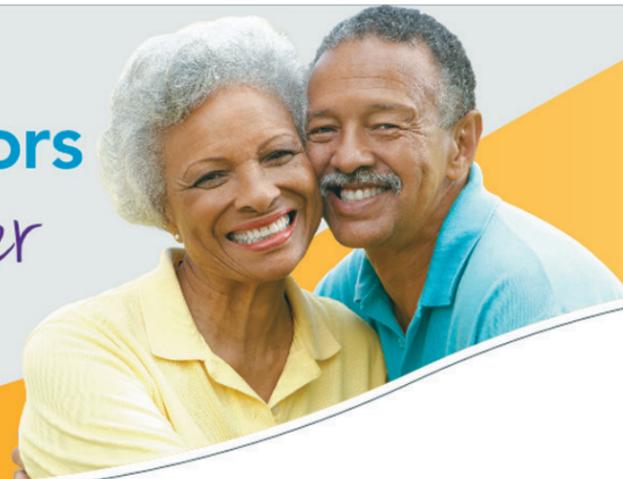
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\*Medical Economics Magazine, June 2013. Some services not covered under all plans. Check your plan documents for details and service availability at each individual center. Due to space and time limitations, some services are not available at all centers. Limitations, co-payments, and restrictions may apply.