# Senior News

Serving ATLANTA & Suburban Areas

Information For Ages 50 PLUS!

## *Project Mail Call delivers goods and gratitude to troops!*

*Story on page 2*

January 2012
Vol. 26, No. 1

## *On the Cover*

# Project Mail Call delivers goods and gratitude to troops

**by SUSAN LARSON**

**ON THE COVER**
**Mary and Ed Ettel**
**Founders of Project Mail Call**

"You've got mail" are words any soldier loves to hear, but they are especially exciting when that mail happens to be a package from Project Mail Call filled with things like coffee, chocolate, Chap Stick, and maybe a Nerf ball or a Frisbee.

Founded by East Cobb seniors Ed and Mary Ettel in 2005, PMC provides a direct and personal method for volunteers to send care-boxes and letters to the U.S. military. Ed, who served 26 years in the Navy, and Mary, a retired teacher, hold regularly-scheduled packing sessions in their basement. Mary cooks a hot breakfast, and then the volunteers start packing.

"What makes our mission unique is that every care-box is unique and customized based on what the military unit has asked for. The process is very personal because the packers know who asked for the items and why they did so. The packers write personal notes of encouragement, and insert a photo of the specific volunteers who packed that day." Ed said. "The military personnel tell us that it means a lot to them that people they don't know have taken the time and effort to mail them a personalized and customized care-box.

PMC has mailed 3,879 customized care-boxes so far weighing over 61,000 pounds to US military personnel in Iraq, Afghanistan and twenty-six other countries. Over 3,600 volunteers have contributed to this effort and over 13,000 people have written letters that were included in the boxes. Many expressed what a wonderful way this is for them to say thank you to our military.

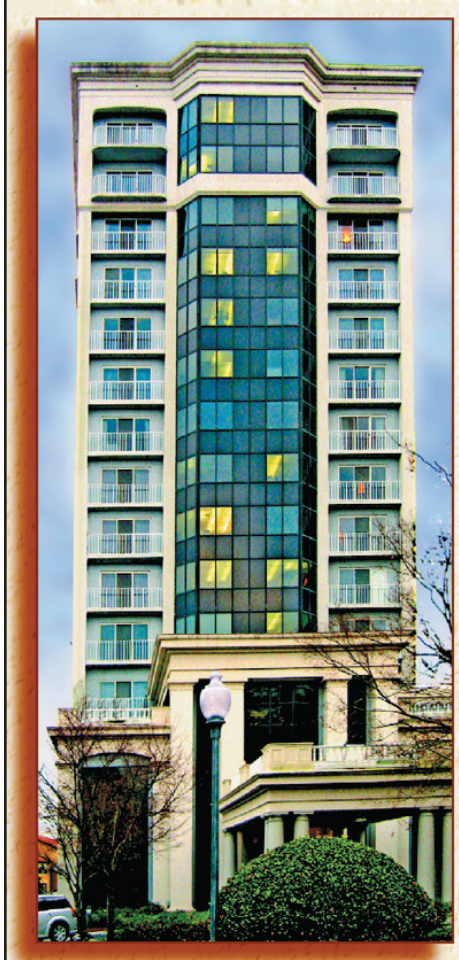
Even more gratifying to the founders is that this project has motivated other groups in the Atlanta area and other states to start similar projects of their own.

In appreciation for PMC, the Ettels have received numerous awards, including the IBM Service Award, US President's Volunteer Service Award, NSDAR Founders Medal, Ellen Hardin Walworth Medal for Patriotism and the SAR Bronze Good Citizenship Medal. Also, Senators Saxby Chamblis and Johnny Isakson recognized the Ettel family for their service on the floor of the U.S. Senate.

**Volunteers for Project Mail Call load boxes of requested goodies for our troops.**

PMC is an official mission of Mt. Bethel United Methodist Church in Marietta, Georgia. Anyone wanting to show their gratitude to our troops can donate merchandise or make a tax-deductible monetary contribution. For more information and a list of requested items, please visit www.projectmailcall.com. And remember, even a note of encouragement qualifies as mail.


Live life to the fullest at the Renaissance on Peachtree



No expensive buy-in or endowment - just a simple rental agreement

Amenities include
» Transportation
» Chef-prepared meals
» Engaging activities

Find out how you can live life to the fullest.
404-841-6161

Independent and assisted living conveniently located in Buckhead

Renaissance ON PEACHTREE

3755 Peachtree Road, NE
Atlanta, GA 30319

www.RenaissanceOnPeachtree.com



The Zaban Tower
at
The William Breman Jewish Home

*"Home is where your heart is and there is lots of heart at The Zaban Tower."*

*"People ask me what it's like to get older, and I say, 'When I get there, I'll let you know.' "*

*Rachel Lehmann*

- Independent and Assisted Living Available
- 1 Bedroom and Studio Apartments NOW AVAILABLE
- Kosher Dining

3156 Howell Mill Road
Atlanta, Georgia 30327

Call Marcy Graiser at
404-351-8410 x532

www.wbjhome.org

EQUAL HOUSING OPPORTUNITY

Rent subsidized by HUD. Must meet HUD age and income requirements.
* Must be 62 years of age or older. Income limit $24,900 for 1person, $28,500 for 2 persons. Certain medical deductions allowed and assests are not considered income.

1462520

# Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

*********

**THE TRUE VALUE OF LIFE**
by Frankie Lee

*Why must time go so quickly by,*
*When we still have so much to do?*
*Why can't it stand still when I am with you?*

*Why can't each day be perfect,*
*Filled with love and life?*
*Why must we have sadness, loss and strife?*

*Is it to see what we really have?*
*If we are never sad, how can we know we are happy?*
*If we never lose, how can we appreciate what we have?*

*Life is so many things*
*For me and for you.*
*But mostly it's for living*
*In all that we do.*

*Each day is a gift*
*Let's not lose a moment.*
*Each memory is forever*
*A gift from above.*
*To keep us warm to remember*
*The ones we love.*

*It's not the money, house or fame*
*That signifies you.*
*But it's your heart and love*
*In all that you do.*

*The people you touch with kindness and all.*
*Than makes you the richest person of all.*

*********

**"WHAT A SHAME"**
by Brenda G. Partridge-Brown

*What A Shame,*
*To be alive but never live!*
*What A Shame,*
*To be blessed with everything, yet enjoy nothing!*
*What A Shame,*
*To have the gift of knowledge and not help someone else to learn!*
*What A Shame,*
*To be full with greatness and ideas and share with no one but your self!*
*What A Shame,*
*To refuse to give of yourself!*
*What A Shame,*
*To have eyes but refuse to see,*
*Ears but refuse to hear,*
*Hands but refuse to reach out to others,*
*Feet but refuse to go that extra mile!*
*What A Shame! What A Shame!*
*What A Shame!*

*********

**BEEN THERE... DONE THAT**
by Geri Noel

*You think that we older people think*
*That we know it all*
*Been there... Done that*
*Fallen and now we are standing tall*

*It's not that we are old busybodies*
*Trying to keep your nose clean*
*But been there... Done that*
*It's about the things we've done and seen*

*What's new is old and new again*
*Old made new with a different twist*
*Computers and cell phones*
*Dick Tracy did it all by a watch on his wrist*

*For all the grandchildren*
*Kavon... Ciara... Rodney... Juvon... Mikey... and Jade*
*From grandmom's point of view*
*You've all got it made*

*Not gonna tell you how*
*I use to walk to school in three feet of snow*
*And put newspaper in the toe*

*Our skate boards were old wooden crates*
*With half skates for wheels*
*Our mother's clothes line for jump ropes*
*Double Dutch was the real deal*
*Hi Ho Silver... a stuffed horse head*
*On a stick we called Old Paint*
*Cowboys and Indians*
*Takes us where we ain't*

*So for you young-ums*
*Sometimes listen to what we have to say*
*Been there... Done that*
*For we were not born just yesterday*

*********

**LET GOD DO IT**
by Vera King

*Down-sizing is difficult*
*As many of you know*
*The first consideration*
*Is finding where to go*

*Will you need assisted living*
*Just around the bend*
*Do you want to live with family*
*Or would you settle for a friend*

*The best way I can figure*
*Is to go it all alone*
*As long as you can manage*
*And have a telephone*

*There are lots of gadgets out there*
*For some to track you down*
*If you want to wear a wristband*
*When you go out of town*

*As for me I have my answer*
*And it sure suits me just right*
*I have my Guardian Angel*
*So I'm never out of sight.*


**DENTURES AVAILABLE $0 CO-PAY!**
**$200 YEARLY EYEWEAR ALLOWANCE!**
**MEDICAL TRANSPORTATION AT NO COST!**

Government approved programs provides Dentures either full or partial for a $0 co-pay, $200 yearly allowance for eyewear, and Medical transportation at no cost. Must have Medicare and Full Medicaid to qualify.

**For Free Report Call**
**1-800-704-3307 24 hrs**

**ThriftyMedsNow.com**

**You don't have to pay full price for your prescription drugs. Fill your prescriptions with a licensed Canadian pharmacy... IT'S EASY. GET A FREE PRICE QUOTE TODAY.**

**SAMPLE SAVINGS**

| | Strength | Size | US | Canada | Generic | Save |
|---|---|---|---|---|---|---|
| Aclphex | 20mg | 100 tabs | $585 | $146 | $ 86 | 84% |
| Diovan | 320mg | 30 tabs | $145 | $ 38 | $ 18 | 87% |
| Effexor XR | 150mg | 100 caps | $411 | $230 | $106 | 74% |
| Plavix | 75mg | 28 tabs | $142 | $ 86 | N/A | 44% |
| Flomax | 0.4mg | 30 caps | $109 | $ 26 | $ 17 | 85% |
| Singulair | 10mg | 30 tabs | $160.99 | $84.93 | $49.85 | 70% |

VISA MasterCard AMERICAN EXPRESS Cards DISCOVER NETWORK

***All of the medications we carry are approved by Canada's health Protection Branch (Canada's regulatory body, similar to the United States USDA).***

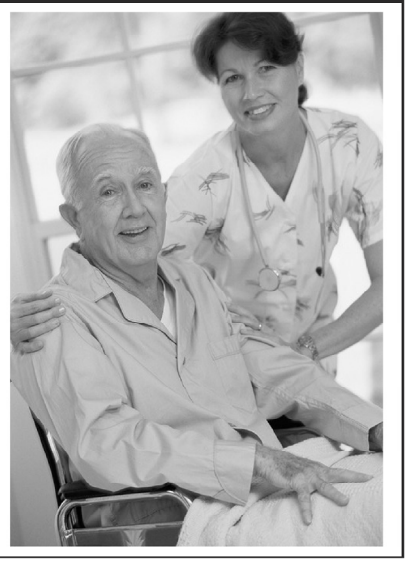
**1-866-999-7928** toll free
**www.ThriftyMedsNow.com**

OPTIONS CORP FOR SENIOR AMERICA
*Your Home Care Choice*

*The Finest in Personal Home Care Customized to Your Needs*

*All Staff Thoroughly Screened*
*RNs, CNAs & Live-In Aides*
*Day & Night Shifts at Affordable Rates*
*24-hour Emergency Hotline*
*Prompt & Friendly Service*
*FREE No-Obligation Interview*
*Licensed – Bonded – Insured*

*404-634-1111*
*www.optionscorp.com*



Senior NEWS
Atlanta's Senior Newspaper

**Atlanta Manager/Editor**
**Ann Tunali**
Phone: 770-698-0031
Fax: 770-395-7271
Website
www.seniornewsgeorgia.com
www.seniornewsga.com
Email: seniornews@msn.com
SENIOR NEWS
7511 Auden Trail
Atlanta, GA 30350

**Advertising Account Executives**
**Janet Tassitano**
Phone: 770-993-2943
Fax: 770-992-0210
Email: jantas@bellsouth.net
•
**Linda Conyers**
Phone: 770-924-6905
Fax: 770-517-6716
Email: Lcconyers@bellsouth.net

**Copy Editor**
**Faye Jones**
email: byronfaye1@aol.com

**Contributing Columnists**
Susan Larson - Columnist
Faye Jones - Columnist
Dr. Bill Baggett
Mary Frances
Dorothy O'Sayer
Lisa M. Petsche
Dr. Anne B. Jones

*********
Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 15,000; Macon/Central Georgia, 8,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.
Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logotypes, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication.
Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

*********

**CORPORATE OFFICE**
Billy R. Tucker, President/Publisher
Phone: 478-929-3636; 800-752-5037
FAX: 478-929-4258
www.seniornewsgeorgia.com
E-mail: Seniornewsga@cox.net
Copyright 1987
Senior News & Views of Georgia

# Blondes have more fun if they know how

**by SUSAN LARSON**

I rarely read advice columns, but every now and then I look at one to see if there is someone out there who is worse off than I am. In last Sunday's Post I found one. Some poor soul named Julie wrote a heart wrenching letter to Amy Dickinson.

"Dear Amy," she wrote, "I'm a natural brunette who chooses to be a blonde. Unfortunately, because of my bubble personality, there have been a few times recently when a stranger has turned me into the butt of a "blonde" joke." She asked Amy what to do.

Before I offer a suggestion of my own, I'd like to point out that having fake golden tresses isn't perceived to be anywhere near as bad as it used to be. When I was in high school "bleach blonde" and "bottle blonde" were some of the kinder names fake blondes were called. The real dyed-in-the-wool puritans used words like "floozy" and "hussy."

And back then, Julie would have been lucky, too, because figuring the intellect she displayed with that question to Amy, her golden locks would never have put her in the situation my friend Mina was in because of her blonde hair.

Mina made straight A's, took all AP classes, scored 1500-something on her SAT and was a National Merit Finalist. Despite all this, our homeroom teacher, Miss Hickey, had her suspicions about Mina's virtue. When Mina was nominated for the National Honor Society, Miss Hickey said she didn't think any girl who bleached her hair deserved to be a member. She went on a witch hunt and asked Mina's friends if they knew anything about her hair.

When she approached me I told her I knew Mina was Swedish, which today would probably get me in trouble for stereotyping. I let her know both of Mina's brothers were blonde. I said I had known her since we were 11 years old and that I didn't think her mother had been letting her bleach her hair since grade school.

I don't know about anybody else's testimony, but Mina was inducted into NHS.

I actually thought of Miss Hickey when I chose to become blonde in my early 40's. I'd been dying my hair my natural brunette color to cover my gray, but discovered it's easier to conceal gray roots coming out under blonde hair than under brown. Even though I can't boast any of Mina's credentials, I thought that was pretty smart.

To this day I love it when I do something dumb. All I have to say is, "Hey, I'm a blonde. And I'm a blonde by choice. How dumb is that?"

It always gets a laugh and always gets me off the hook.

My advice to Julie is, go back to being a brunette. You can be as dumb as you want and no one will notice. Only problem is, if anyone does notice, you have no excuses.

Susan Larson is a writer and fake blonde who lives in Lilburn. E-mail her at susanlarson79@ gmail.com.

## *Spiritual Notes*

# Meekness Is Not Weakness

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

Before you can get your arms around it, the New Year is here. It is customary at this juncture that we make New Year's resolutions. Our intent is to improve our quality of life, become better neighbors, be a positive influence, and grow deeper spiritually along with other worthwhile goals that we set for ourselves. Rarely do we spend a lot of time thinking creatively on how to reach these goals. You only need to reflect on your resolutions of 2011 to realize how far short one falls in accomplishing expressed goals.

Max Lucado wrote a book entitled "One Incredible Moment: Celebrating the Majesty of the Manger." One of the sections, "The Meek Were Kneeling," examined the role of the shepherds at the birth of Jesus. Lucado points out that the birth announcement went first to the shepherds. They were not theologians, the elite or the successful. These meek and humble men went kneeling before the Christ Child.

As I have pondered a resolve for the coming year, my thoughts keep coming back to the actions of the shepherds. I have always thought of meekness as a weakness. While that definition may fit in some instances, there are other more positive ones such as: humble, modest, peaceable, gentle and tolerant, to name a few. Our world could certainly use more of these qualities in all of us.

Jesus says in the book of Matthew, chapter 5, "Blessed are the meek, for they will inherit the earth." What a promise and challenge to all of us this New Year! The Shepherds have shown us the way.

*********

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

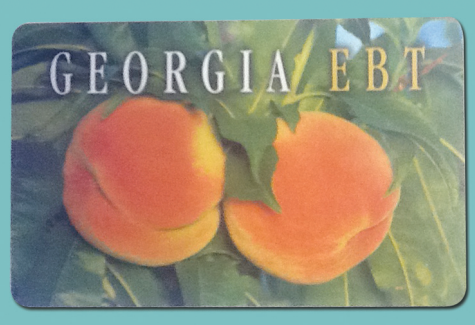
***Senior News* Newspapers**
**NOW AVAILABLE ONLINE!!!**
Check us out at our new website...
**www.seniornewsga.com**
and
**www.seniornewsgeorgia.com**
To view recent editions of *Senior News*
click on **ARCHIVES**
For advertising information
click on **CONTACT US**
or call us at 770-698-0031!

# YOU SHOULDN'T HAVE TO CHOOSE WHAT'S MORE IMPORTANT.

OR

The Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps) helps you boost your budget so you don't have to choose between feeding yourself or filling your prescriptions. SNAP is a secure and confidential way for you to put healthy food on your table and take a weight off your mind.

AARP Foundation is making it easier than ever to sign up for SNAP. We're committed to ensuring that every older Georgian has a life free from hunger.




**CALL 1-877-957-SNAP (7627) TO SEE IF YOU OR SOMEONE YOU CARE ABOUT IS ELIGIBLE FOR SNAP BENEFITS.**

AARP DRIVE TO END HUNGER

Supporting the hunger solutions of AARP Foundation.

DriveToEndHunger.org

# Georgia eye doctor helps legally blind to see again

## High technology for low vision patients allows many to drive again!

Atlanta, Georgia –

Ever looked through a pair of field glasses or binoculars? Things look bigger and closer and much easier to see.

Georgia optometrist Dr. Brian Saunders is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Here are some stories from Dr. Saunders' Low Vision patients:

Randall Day of North Georgia writes, "I am writing this letter to thank you for changing my everyday living with the bioptic glasses. It has greatly changed my outdoor activities, as well as the things I do in the house – like seeing TV, the computer, and reading books. This letter can in no way explain the changes in my everyday living and no words could ever express my gratitude. I truly thank you."

"I wish to thank you for the telescopic lenses you fitted for me. The game plan of reading the Wall Street Journal and watching FOX NEWS at the same time is working perfectly. Thank you for a good job." J. W. Buckley.

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

"Telescopic glasses can cost over $2,000 says Dr. Saunders. Low vision devices are not always expensive. Some reading glasses cost as little as $475 and some magnifiers under $100. Every case is different because people have different levels of vision and different desires.

For more information, contact Dr. Brian Saunders at 1-877-948-7784, 770-948-7784 or visit our website at www.IALVS.com.

**********

– Paid Advertisement –

## Research Participants Wanted

The **C**enter for **R**esearch and **E**ducation on **A**ging and **T**echnology **E**nhancement (**CREATE**) at Georgia Tech is conducting a research study. The objective is to test and evaluate the impact of a Personalized Reminder Information and Social Management (**PRISM**) system designed to support social connectivity, memory, skill building, access to community resources, and to support the well-being and quality of life of older adults.

**Interested? Call Megan: 404-894-8344**

**Participants are compensated $95-$170 for completing this study**

**You may be eligible to participate if you:**

- 65+ years old
- Live alone in an independent residence
- Plan to remain in the area for next 12 months
- Work or volunteer less than 5 hours/week
- Attend a senior center less than 10 hours/week
- No computer/Internet use in past 3 months
- Have a telephone
- Speak English


## Benson Manor

*A Retirement Housing Foundation® Community*

2348 Benson Poole Road • Smyrna, GA 30080

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

Residents must be 62 years of age or older. Some units have special features for mobility and sensory impaired persons. Income limitations are determined by the U.S. Department of Housing and Urban Development (HUD). Residents pay 30 percent of their adjusted income for rent. Gross income must not exceed $24,900 for one person and $28,500 for two persons.

For An Application or More Information

Please Call 770-435-6406

Website: www.rhf.org

## Discover friendly Assisted Living

**where residents enjoy an active, engaging lifestyle!**

**Our monthly rate includes:**

- Beautiful studio apartments
- Gracious lounges
- Library • Cafe • Excursions
- Chef-prepared meals
- Art, music and pet therapy
- Beauty/Barber salon
- Medication supervision
- Home health care • Nurse
- Housekeeping & laundry services
- Social and exercise programs
- FREE scheduled transportation to medical appointments, shopping, and entertainment
- And much, much more!

**Not ready for full time residency?Ask about our**

- Dynamic Senior Day Program
- Short-term Respite Stays

***Memory Care is available at our Dunwoody location.***

Plantation South
Assisted Living Residence

**(770) 884-4669**
**3450 Duluth Park Lane**
**Duluth, GA 30096**
*PlantationSouth-Duluth.com*

Plantation South
Assisted Living and Memory Care

**770-884-4645**
**4594 Barclay Drive**
**Dunwoody, GA 30338**
*PlantationSouth-Dunwoody.com*

# Out & About

## Georgia wins award to benefit older adults and caregivers

**Submitted by RAVAE GRAHAM**
**Deputy Director, Legislative Affairs and Communications**
**Department of Human Services**

Georgia's caregivers will gain access to free wellness workshops for themselves and loved ones plus Alzheimer's telephone support, thanks to a new grant awarded by the U.S. Administration on Aging (AoA). The Georgia Department of Human Services (DHS), Division of Aging Services (DAS) competed and received one of only four AoA Systems Integration grants issued nationwide. Other award winners are New York, Minnesota and Ohio.

"As a result of this grant, Georgians across the state will get greater access to and control over the services and supports they will need now and in the future to help them remain at home and in the community for as long as they choose," said Dr. James J. Bulot, Director of DHS' Division of Aging Services.

The Division will use part of the funds to expand the face-to-face version of the popular Stanford University Chronic Disease Self Management Program across the state. In this six-week workshop led by trained volunteers, Georgians learn tools to deal with the emotional and physical aspects of living with a chronic condition or caring for someone with one or more conditions. The program is offered online statewide or in group classroom settings in most regions.

The grant also addresses the unique needs of individuals with Alzheimer's Disease. Caregivers and persons with early-stage Alzheimer's Disease will be able to get telephone support through collaboration between the Division and the Alzheimer's Association, Georgia Chapter. The statewide program will feature on-call care coordination guidance and help with emotional challenges.

The Division will also make free general caregiver education more widely available to Georgians by offering research-based programs that increase caregivers' skill, knowledge, and confidence while promoting self-care and reducing stress.

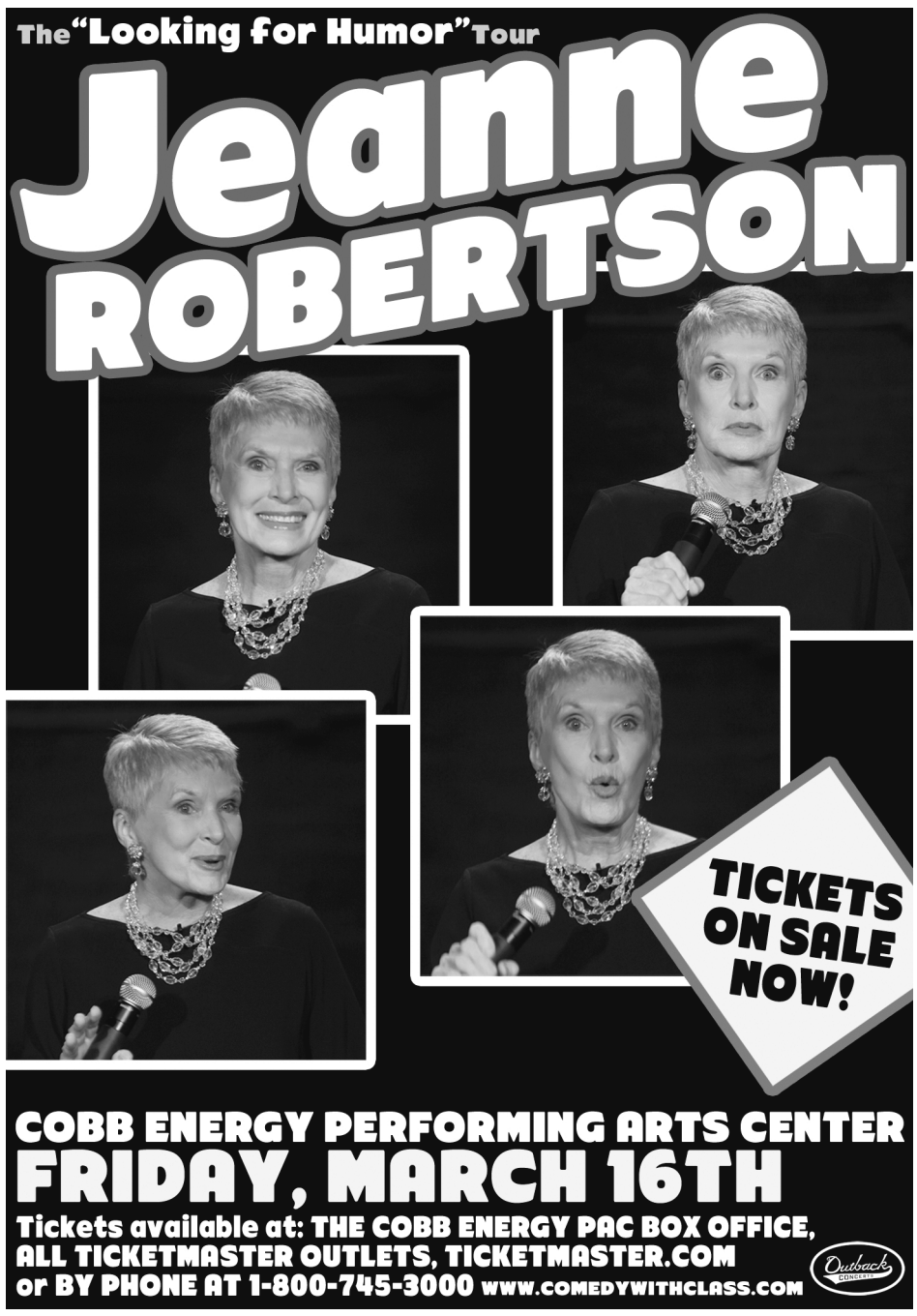
All of Georgia's 12 Area Agencies on Aging currently offer programs and supports designed to help family caregivers. For more information about services for older adults, call the Division of Aging Services toll-free at (866) 55-AGING (552-4464) or visit on the Web at http://www.aging.dhr.georgia.gov.

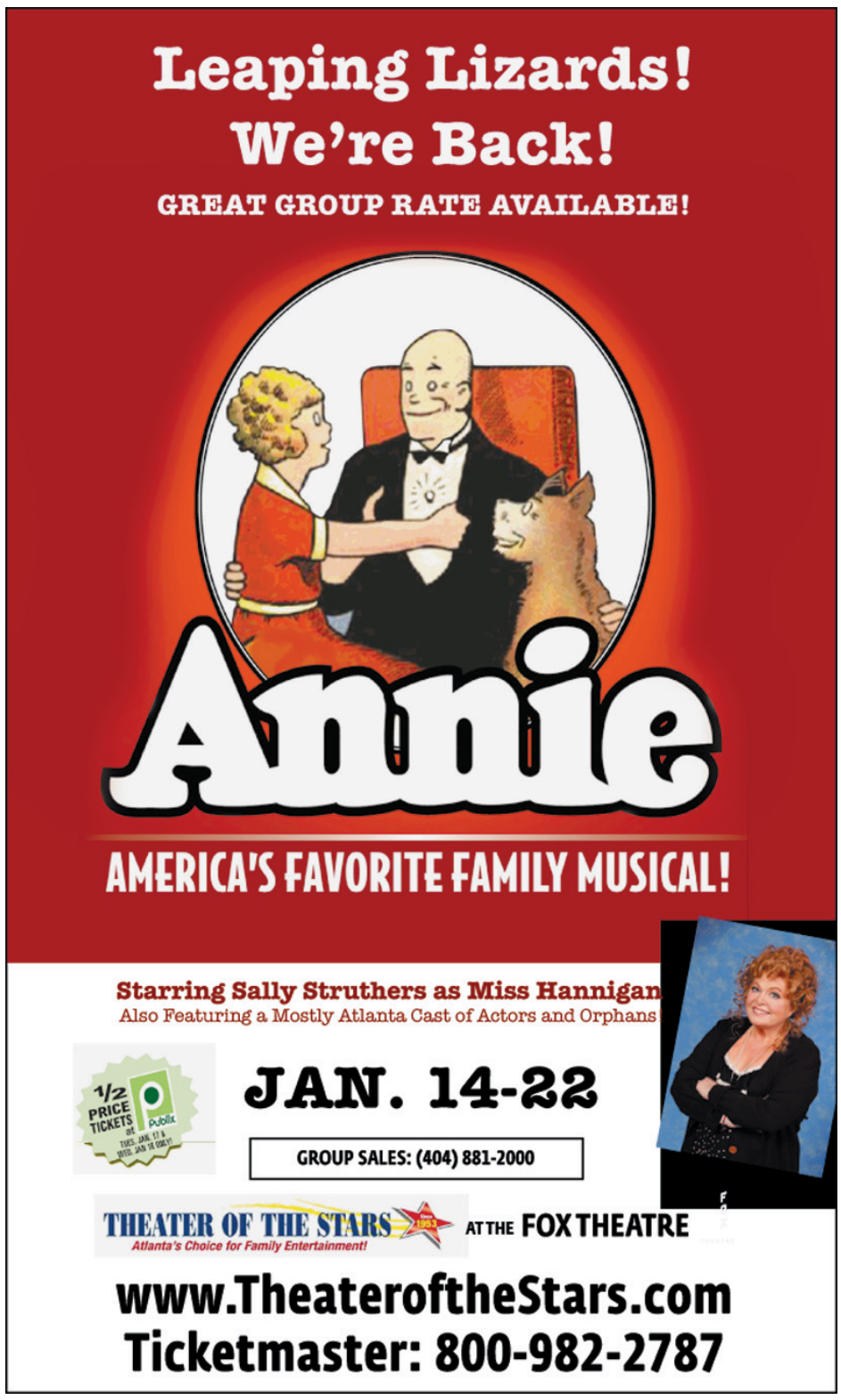
## Historic Roswell gears up for Inaugural Restaurant Week slated for January 14-22

**Special to *Senior News***

This winter, diners can enjoy Roswell's finest fare at exceptional prices during the Inaugural Historic Roswell Restaurant Week. Recognized as one of the South's premier enclaves, the historic neighborhood is home to many acclaimed dining destinations, ensuring a memorable backdrop for the event that will be held Saturday, January 14, through Sunday, January 22, 2012.

The nine-day promotion will showcase the outstanding cuisine of the neighborhood's best restaurants as they each offer a three-course, prix fixe menu consisting of an appetizer, entrée and a delicious dessert for $15 or $25 per person excluding alcohol, tax and gratuity. The launch of Historic Roswell's Annual Restaurant Week will fuse international and local flavors and ingredients while encouraging consumers to explore, sip and savor in Roswell's Historic District.



# New "Extra Natural Pain Relie

## The Ground-Breaking Osteoarthriti Thousands of Local Residents f

If your quality of life is being affected by knee pain, osteoarthritis, tenderness, stiffness, and or swelling than this article pertains directly to you. Has knee replacement surgery been recommended already? Have you considered it? Well, before you jump the gun, take a minute and educate yourself on the alternatives. Until now, pain relief options have been limited, but you are about to learn about an **ALL NATURAL**, FDA and Medicare approved treatment for the knee that has already saved thousands from knee replacement surgery…

Atlanta Medical Clinic is excited to share an extra strength, all natural, non-chemical osteoarthritis pain reliever that is so revolutionary most medical doctors aren't even aware of its existence. Those who are aware can't believe that something all natural could actually relieve knee joint pain and allow long time sufferers to get back to normal activities and potentially avoid total knee replacement.

Testimonial:
**Now, I can go hiking, play tennis and started back jogging as well**
"After my treatments at Atlanta Medical Clinic, I am now able to bend my knees without pain. I believe that the hyaluronic acid treatments in addition to physical therapy and exercise was a vital part of me getting my mobility back."
Mardeene

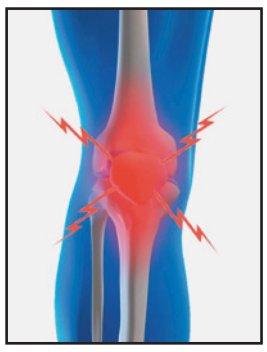
You are about to learn how an all natural, non-surgical, drug free, series of injections that are directly pin pointed into the knee joint has helped relieve pain for over 75% of patients studied in clinical trials and in turn helped many sufferers avoid knee replacement surgery.

**Atlanta, GA** - Osteoarthritis is the most common form of arthritis and the leading cause of chronic disability in the United States. It affects nearly 27 million people in the United States alone. Some osteoarthritis sufferers live with such excruciating pain that there quality of life is drastically affected. Many arthritis sufferers have to alter their lifestyle and reduce their activity levels in order to manage the pain.

Frustrated arthritis sufferers sometimes become emotional because they can no longer do simple daily activities that had never been an issue before. Chronic pain often leads to depression due to the frustration of not being able to perform simple tasks that for years were effortless.

When activities that shouldn't be strenuous or time consuming become difficult and take much longer than expected it takes an emotional toll. This often leads to a more stagnant way of life, which then opens up a whole myriad of health issues. Motion is the key to staying healthy as immobility leads to more advanced degenerative processes, weight gain and circulatory issues just to same a few.

De-habilitating arthritic pain creates a vicious cycle that needs to be addressed as soon as possible to prevent it from spiraling out of control. The time is now to take back control of your life, live pain-free and regain your quality of life back!



Pain

No Pain

### There is Hope!

The Atlanta Medical Clinic, in Midtown Atlanta, provides relief for hundreds of their patients with a technique that has been researched since the 1970's and has been approved by the FDA on May 28, 1997. Hyaluronic Acid is considered a treatment or therapy and not a drug. Because it's not a drug, there are few side effects, and Hyaluronic Acid Treatments can be administered in the office quickly and painlessly.

Testimonial:
I've been able to stand and walk longer
"I wasn't able to stand or walk for any length of time. Since the treatment, I've been able to get around with substantially less pain."
Larry

Dr. Dembowski, clinic director of The Atlanta Medical Clinic, says, "This is one of the best kept secrets in medicine. Our office specializes in the natural pain management of osteoarthritis, low back, neck, and joint pain. We offer the complete package when it comes to pain management - our medical doctor has been in practice for over 30 years and has dedicated the last 10 strictly to pain management; our physical therapist has worked extensively with the elderly population as well as professional athletes; our chiropractor specializes in arthritic conditions of the spine and knees. When we first heard about Hyaluronic Acid Treatments, we were skeptical, because we had tried so many other therapies. Fortunately, it didn't only work, it worked great and that's not coming from us but from our patients. We know we are making a difference when our patients can resume some of their normal activities without pain and put the thought of knee replacement surgery on the back burner."

Having board certified physicians whom all have different specialties working together under one roof gives patients the best of all worlds when it comes to natural pain management. Being thorough with patient care is the key to success as there is a lot more to this treatment than just the injection. By providing physical and rehabilitation services in addition to the Hyaluronic Acid Treatments, patients heal faster and stronger than ever before.

Not everyone is a good candidate for Hyaluronic Acid Treatments although it has helped the majority of patients. Therefore, a complete screening and examination is required.

### Natural Substance Found In Roosters Relieves Knee Joint Pain

Hyaluronic Acid is a sterile mixture that is made up mostly of a natural, highly purified sodium hyaluronate that comes from rooster combs. Hyaluronate is a natural chemical found in your body and is present in high amounts in joint tissues and in the fluid that fills the joint. Your bodies own hyaluronate acts like a lubricant and a shock absorber in the joint and is needed for the joint to work properly. In osteoarthritis, there is a lack of hyaluronate in the joint.

The common Rooster produces the same chemical, hyaluronate that your body makes. By processing it and purifying it, doctors can use it to restore this chemical in your knee. This eases the bone on bone wear that causes the pain, stiffness and swelling.

Hyaluronic Acid Treatments work because it compliments the hyaluronate that your body produces. It substitutes and adds to the amount and quality

# a Strength”
# ever For Knee Pain

## s Knee Treatment below has Saved rom Knee Replacement Surgery.

found in your body. Hyaluronic Acid may provide relief and give you the ability to return to a normal life. This treatment replaces lost hyaluronate in the knee joint making you feel more comfortable and pain free.

If you are experiencing pain and limited mobility, you owe it to yourself to find out if Hyaluronic Acid Treatments can provide you with the relief that you want. There is hope, but only one way to find out if Hyaluronic Acid Treatments can help you.

## The Atlanta Medical Clinic Goes the Extra Mile

The Atlanta Medical Clinic uses a diagnostic ultrasound to administer guided Hyaluronic Acid injections. Without guided technology, when Hyaluronic Acid is injected into the knee, there is a very good chance that the shot can miss the target.

Ultrasound is an imaging technique commonly used by physicians to obtain real-time moving images of the patient’s internal structures. In its simplest form, an ultrasound consists of an X-ray and a monitor where the doctor can see exactly where the needle is positioned and precisely how the procedure is being executed. Our doctor can place your Hyaluronic Acid injection precisely where it needs to go.

The biggest problem with Hyaluronic Acid injections is that the joint is often missed. Without Ultrasound guidance the chances of pinpointing a needle into the joint are remote. Moreover, because our physicians use this technology, they get your injection in the center of the target every time.

Even if you’ve tried Hyaluronic Acid Treatments in the past without significant results, there may still be a chance that The Atlanta Medical Clinic can help because of the use of the guided ultrasound technology in addition to a prescribed physical therapy regiment.

Testimonial:
**I was hesitant at the beginning**
“I came in due to excruciating pain and sometimes sleepless nights. There were many times I couldn’t get up. I was hesitant in the beginning, but this was my last resort. Now, I am almost completely pain free.”
Paul
**Knee Replacement is not in my future**
“My knee pain was crippling; I couldn’t walk or climb stairs. Since the treatment I’m walking and climbing stairs pain free. When I first came to their office my pain was around 7 or 8 - now it’s at zero.”
Yolanda

## Turn The Table On Joint Pain

Hyaluronic Acid cushions the joint making it more comfortable to flex and extend the leg, allowing you to walk with less pain. In turn, this allows you to resume your normal activities without as much discomfort.

You deserve to feel optimistic, and if Hyaluronic Acid Treatment works for you, then you’ll feel excited to regain your quality of life back. If you are suffering from knee joint pain, then you owe it to yourself to find out if Hyaluronic Acid treatments will work for you.

Hyaluronic Acid Treatments Covered By Medicare and Most Insurance
Because the FDA has approved Hyaluronic Acid Treatments, most Insurance plans including Medicare cover them.

## Here’s what you can expect when you call now.

You get a completely **FREE** consultation to determine if you are a good candidate for Hyaluronic Acid Treatment. You will receive a complete screening and knee evaluation to determine if Hyaluronic Acid can relieve your joint pain and discomfort.

When you are found to be a good candidate for Hyaluronic Acid, you will be scheduled for treatment and begin your journey to freedom from knee pain and regain control of your life. You’ll be able to spend quality time with your friends and family, and regain your quality of life.

Because there is a limit to the number of patients that he can physically see, we must limit this offer to only 20 free screenings. Call now to see if there is an opening available for you because you may not have to live with chronic pain. You could be one of thousands who experience relief from pain and begin enjoying life again.

**Your free consultation** will only take a few minutes. If the doctor believes that you are a good candidate for the procedure, then you will be scheduled for treatment right away. Call our office now toll free, at 1-855-998-3000 and ask for Nicole who will schedule your introductory, no cost and no obligation consultation to find out if this new cutting edge therapy can work for you.

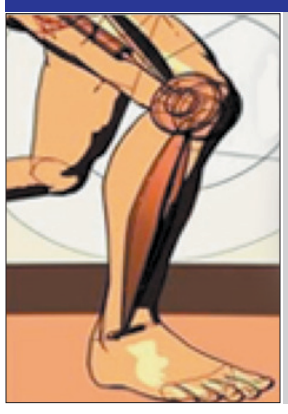
Remember, the FDA has approved Hyaluronic Acid Treatments and most insurance plans, including Medicare, cover them.

Don’t hesitate, call right away because Hyaluronic Acid Treatments may work for you, by improving your mobility, decreasing your pain and in turn increasing your quality of life without drugs or surgery. There is a solution, please take advantage and **Call Now.**

# SPACE IS LIMITED!

## FREE CONSULTATION FOR LIMITED TIME

**WE ACCEPT MOST INSURANCES INCLUDING MEDICARE**



## ATLANTA MEDICAL CLINIC

**699 B Piedmont Ave., N.E. • Atlanta, GA 30308**

## CALL TODAY!

# 855-998-3000

**Local Toll Free Number**

**VISIT US @ ATLANTAMEDICALCLINIC.COM**

# Out & About

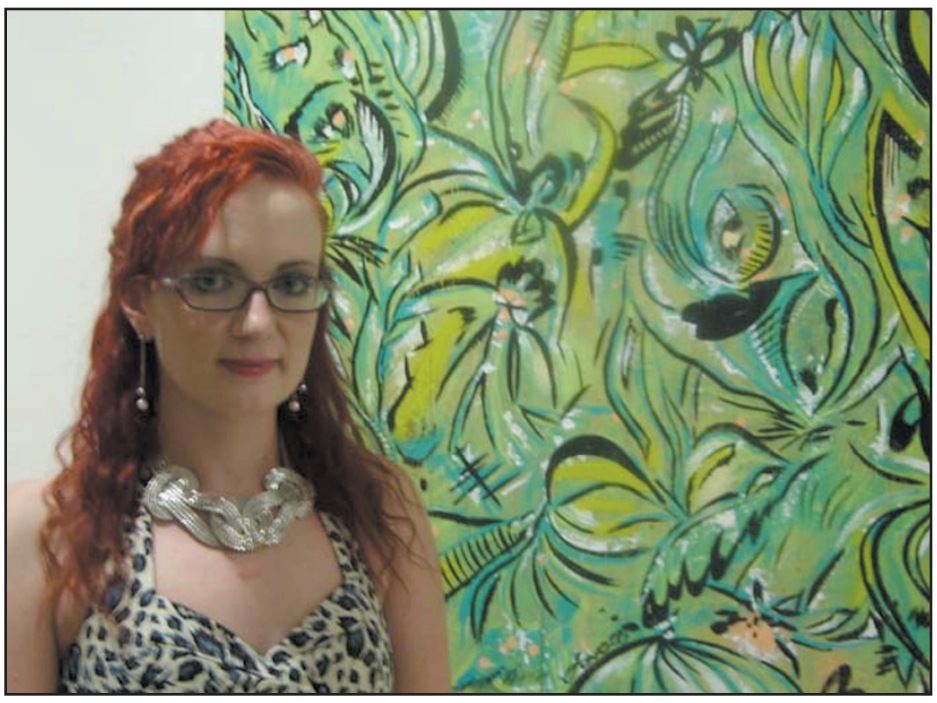
## Young at Art!

**by MARY FRANCES**

The Boys & Girls Clubs of Metro Atlanta featured the works of young artists: Cedric Brown, Foday Konnek, Kelly Weaver, and Emmanuel Rojas during November 2011, at the Youth Art Connection Art Gallery downtown. Refreshments, music, and readings provided the program surrounding the expansive two-dimensional exhibit.

The Art Connection serves more than 8,000 young people in the 5,000 square feet of modern gallery space. The exhibition was free and open to the public. It is one of the many ways that the Boys and Girls Clubs provide opportunities for young people to grow and become contributing members of the community. Co-sponsored by the National Fine Arts Program this creative program stimulates artistic expression among club members, ages 6-18, through drawing, painting, print making, collage, mixed media, and sculpture.

To learn more about the Boys & Girls Clubs of Metro Atlanta call 404-527-7100 or visit the website: www.bgcma.org. The exhibit entitled E.T.H.N.I.C. was held at the Youth Art Connection Art Gallery, 63 Auburn Avenue, Atlanta, GA 30303.



**Vietnam by Kelly Weaver**

**New Journey by Cedric Brown**

*Taking Care*

# Beat the cold: Pamper yourself... Here's how to tackle the winter blues

**by LISA M. PETSCHE**

The cold temperatures and limited daylight of winter keep many people indoors and at home more often than they would like. The results for some are a case of the winter blues.

**Lisa Petsche**

Here are some tips to help you and the person you care for get past them:

• Find little things that cheer you up.

• Treat you and your loved one to new flannel pajamas, a polar fleece robe or a cozy, and a comfortable pair of slippers. Just be sure any footwear has a non-skid sole.

• Keep throws draped over chairs and across the foot of the beds for easy access on chilly days and nights. These come in many fabrics, colors and prints to suit any décor, doubling as attractive home accents.

• Invest in quality flannel sheets.

• Soak in a hot, fragrant bath.

• Stock up on gourmet coffee, tea and hot chocolate mix. And do not forget spices for hot apple cider – a perfect treat for long, wintry nights.

• Order take-out food for a change of cuisine. Try something festive and colorful – like Mexican food for example.

**Warm and brighten your décor**

• Evaluate your lighting and change it where necessary, using higher wattage bulbs. Also, relocate lamps or bring spares out of storage.

• Try using warm, rich colors, such as burgundy and gold, for cushion covers, tablecloths, place mats, a mantel scarf, and so on. Brass accessories are also a winter favorite because they reflect light.

• Add texture with warm fabrics like velour, chenille and fleece: the softer, the better. Needlepoint cushions can help to increase the sensory impact. Note: always take precautions against starting a fire – place candles where they cannot be knocked over and extinguish them before going out or going to bed.

• Keep blinds and curtains open during the daylight hours and close them after dark.

• Bring a bit of nature into your home: nurture some plants or buy fresh flowers.

**Keep busy**

• Accomplishment brings satisfaction and a sense of renewal. Try new things or tackle long-postponed projects.

• Start a daily journal.

• Try some new recipes.

• Borrow or buy movies, music CDs and reading material, or reacquaint yourself with old favorites you have on hand.

• Work on some challenging jigsaw puzzles or word puzzles.

• Play card games or board games together. Go with classic board games such as checkers or chess, or be adventurous and try one of the latest offerings in stores. For even more fun, invite friends over for an evening of games and socializing.

• Start a new hobby, such as sketching or scrap booking, or revive an old pastime – for example, knitting or crocheting.

• Peruse gardening magazines and catalogs and plan this year's garden.

• Get a bird feeder and seed, a pair of binoculars and a bird watching guide.

• Organize your collection of photos, music or movies.

• Do some de-cluttering around your home (kitchen drawers, closets, spare rooms and attics are typical hot spots).

• Donate unwanted items to a local charity.

• Rearrange the furniture in one of more rooms, or swap furnishings among rooms. Or start planning a major room redecorating or home renovation project.

• Do something nice for someone. It will take your mind off your own situation and make you feel good, too.

• Make an extra effort to look after your health, including exercising regularly – good for both your physical and mental well-being. A stationary bike or treadmill is a good choice – you can use it year-round in your own home.

**Make special plans**

• Plan an outing to a restaurant or cultural event (ensure in advance that the facilities are accessible). Take a taxi (book accessible transportation if necessary) to ensure door-to-door service.

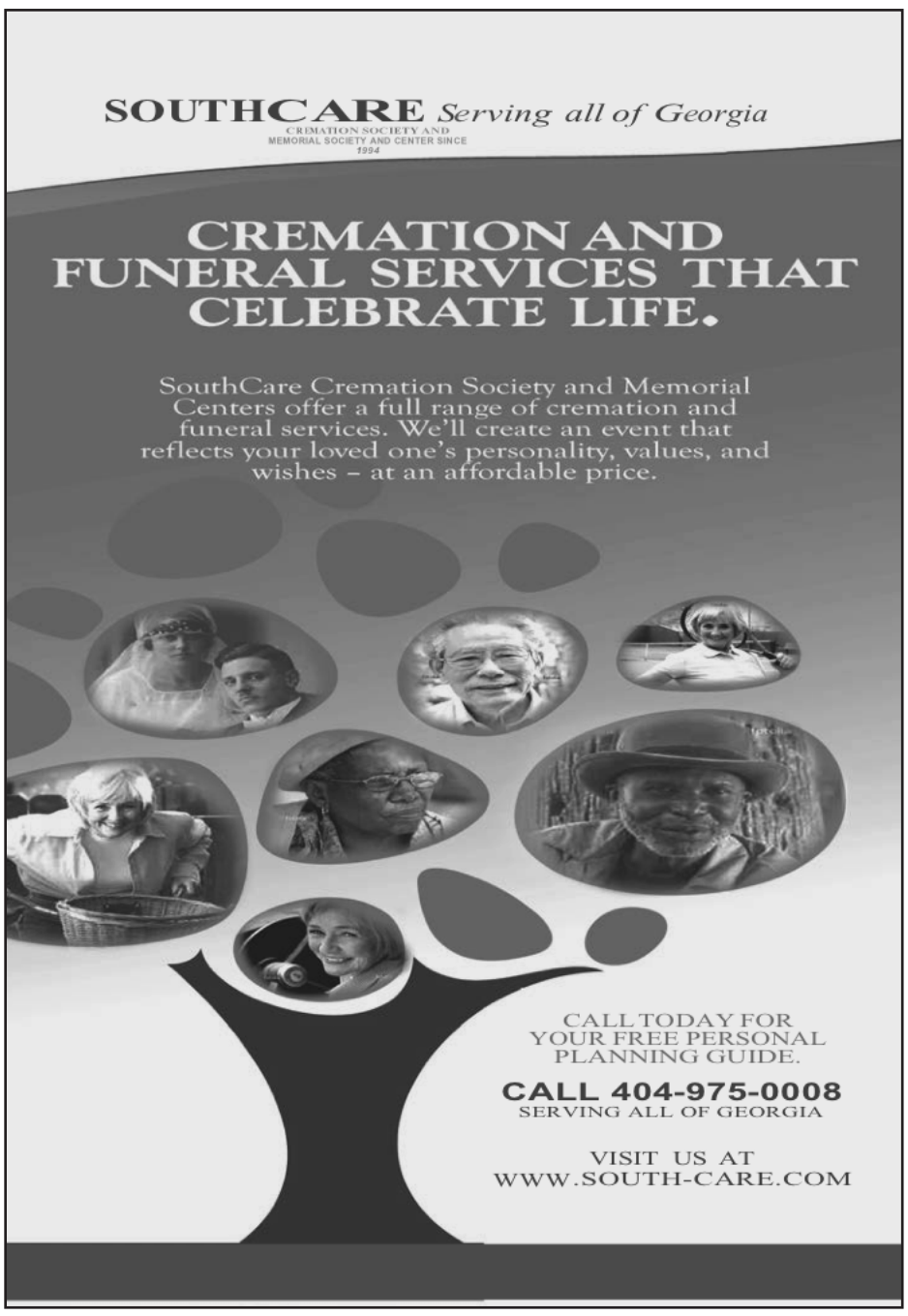
• Plan a party, if you enjoy entertaining and feel up to it. Consider a tropical theme and enlist help from friends.

• Start planning a summer vacation or, better yet, a mini getaway for the near future – perhaps a weekend stay at a resort or country inn. Look into respite care options for your loved one if it is not possible for him or her to accompany you or you need a break from caregiving.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in health and boomer and senior issues.

*********

*Lisa M. Petsche is a social worker and a freelance writer specializing in inter-generational issues.*




**Notice to Seniors, Veterans and the Disabled**

**What would you say if we told you that you don't have to pay your credit card or medical bills? Most of our clients say, "Thanks you."** If you're living on Social Security, disability, pensions or veteran's benefits, federal law states that your income cannot be taken away to repay debts. You don't have to endure frustrating calls and letters from collection agents. You can live worry-free as thousands of our clients do.

**DCSD: shelters you from harassment.**

**protects you income.**

**is not a bankruptcy.**

Stop creditors from breaking the law by trying to collect on debts you can't pay. There is an affordable alternative to bankruptcy. For as little as $20 per month you can employ a DCSD attorney to deal with your debts.

DCSD founded in 1998 BBB

Call **Debt Counsel for Seniors and Disabled** for a FREE consultation

**1-800-992-3275 ext. 1304**

**Jerome S. Lamet**

*Founder and Supervising Attorney*
*Former Bankruptcy Trustee*

info@lawyers-united.com
www.DebtCounsel.net

# Atlanta CALENDAR

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

**********

**Cobb Senior Services**
• Administrative Office: 32 N. Fairground Street, Marietta, GA 30060, 770-528-5355
• For events & activities**:** www.cobbseniors.org

Multipurpose Centers:
(Seniors age 55+)
• East Cobb Senior Center**:** 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900
• Freeman Poole Senior Center**:** 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400
• North Cobb Senior Center**:** 4100 Highway 293, Acworth, GA 30101, 770-975-7740
• West Cobb Senior Center**:** 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200
• Windy Hill Senior Center**:** 1885 Roswell St., Smyrna, GA 30080, 770-801-5320
• Senior Day Center**:** 277 S. Fairground St., Marietta, GA 30060, 770-528-5399

Neighborhood Centers:
(Seniors age 60+)
• Austell Senior Center**:** 5580 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
• Marietta Senior Center**:** 32 N. Fairground St., Marietta, GA 30060, 770-528-2516
• North Cobb Senior Center**:** 4100 Highway 293, Acworth, GA 30101, 770-974-2984
Smyrna Senior Center**:** 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

**********

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

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

Neighborhood Senior Centers
• Alpharetta/Crabapple Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.
• Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
• Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.
• Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.
• Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.
• Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.
• Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.
• Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.
•Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.
• New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.
• Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.
• Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
• Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583
• St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.
• Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.
• Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

**********

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

**********

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

**********

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

**********

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

**********

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

**********

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

**********

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

**********

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

**********

**Saint Joseph's Hospital**
Free Cancer Support Groups. For more information call Renee Rickles at 404-851-5051.

**********

**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.mscatl.org.

**********

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

**********

**Square Dance Class**
Singles & couples welcome; free child-care, ages 5+. Hosted by Kennesaw Square Dancers. Call 404-808-8689 or visit www.squaredealers.com.

**********

**Callanwolde Fine Arts Center**
980 Briarcliff Rd., NE, Atlanta
404-872-5338, www.callanwolde.org
• The Prestige Concert: Sun., Jan. 8, 6 p.m. Call or visit website for complete details
• "Open Mic" Poetry Night: Wed., Jan. 11, 8 p.m. Call or visit website for complete details

**********

**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.georgiacenterforthebook.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

**********

**Atlanta World War II Round Table**
Meets at the Petite Au Berge Restaurant, 2935 N. Druid Hills Rd., Atl. Rest: 404-634-6268, www.petiteauberge.com. For information call John Kovach at 770-928-4579 or visit our website at http://atlantawwiiroundtable.org.

**********

**East Cobb AARP**
AARP New Members and Volunteers Welcome. First Thurs. of the month, 1:30-3 p.m., East Cobb Senior Center, 3332 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.
• Lunch & Learn Programs: Jan. 23-March 12, 9 a.m.-3 p.m., Dunwoody United Methodist Church. For a brochure call PALS at 770-698-0801.

**********

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

**********

**Monthly Sacred Harp Singing**
Thurs., Jan. 5, 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, fellow

**continued on page 13**

**CARING FOR PATIENTS.**
**With kindness and compassion.**

Choosing a provider for hospice services is a very important decision. You want to ensure that your loved ones will be cared for both professionally and compassionately. Amedisys Hospice Care of Kennesaw promises both. We improve the quality of life for patients facing a life-limiting illness and provide comfort and support for their loved ones.

**Amedisys Hospice Care of Kennesaw**
**Kennesaw, GA**
**770.423.1316 • 866.921.1668**

MAKE A MOVE
A Community Service
We Make Your Move EASY...
Moving Flat Rates | A simple, easy and painless transition into a new community. | Storage Packages
$375.00-External Moves (into or out of the community)
$150.00-Internal Moves (from suite to suite)
$270.00-Haul Offs
$165.00 - 3 Vaults (Approximately 2 Bedrooms)
$275.00/month - 5 Vaults (Approximately 3 Bedrooms)
$385.00/month - 7 Vaults (Approximately 5 Bedrooms)
*ALL INCLUSIVE DEAL*
*$650 for Move in, Storage Haul Off and 2 Vaults*
Call us at 404.437.6338 to take advantage of our flat rates

**BREAKTHROUGH IN HEALTH**
**ASEA – Redox Signaling Molecules**
***The Key To Living Younger Longer!***
***ASEA***
**www.TeamAsea.com/Staywell**
**404-668-2420**

**15 million people participate in direct sales... ...some part time, some full time.**

Each person has an opportunity to change their lives because they own their own business. Whether you just want to earn a few hundred dollars a month or create a new career, direct sales can help you achieve your goals. If you are looking for a change and are willing to invest some time and money, call me.

**817-768-8085**

**BUSINESS CARD SECTION**

**For Advertising Information Call Janet Tassitano at 770-993-2943 or Linda Conyers at 770-924-6905**

**Marietta Health and Rehabilitation Center**
50 Saine Drive
Marietta, GA 30008-3824

We provide Long and Short Term Services
24-Hour Skilled Nursing Services • Physical Therapy
Occupational Therapy • Speech Therapy • Tube Feeding
IV Therapy • Quality Assurance Program • Social Events and Activities

Contact Person: Sarita Hunley, Admissions Director
**770-429-8600 Fax: 770-429-8677**

**Change Your Water... ...Change Your Life!**

Clean out acid and toxins on the cellular level and have a healthier, vibrant body at any age!

**Dr. Hiromi Shinya says:**
1. Drink the right water
2. Eat 85% vegetables/fruits
3. Exercise
4. Stay happy

**To learn about the right water go to www.ILoveGoodWater.info**

**404-668-2420**

Quality Elderly Living
**Lenox Summit Apartment Homes**

- Spacious Apartments - One Bedroom
- Rent Based On Income
- All Utilities Included
- Great Location – Buckhead
- Easy Access To MARTA

2449 East Club Drive
Atlanta, Georgia
**404-231-1580**
Equal Housing Opportunity

# CALENDAR

**from page 12**

ship building, 1886 N. Decatur Rd. For details and directions call 404-892-6836 or visit www.atlantasa-credharp.org.

************************

**Monthly Song Circle**
Fri., Jan. 27, 7:30 p.m. Group singing just for fun... no performances. Open to all. Folk music, old standards, gospel, 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 Meals on Wheels Program is currently seeking dedicated volunteers to deliver hot meals to senior citizens in the South Fulton County Region. Your warm and friendly face can brighten up a senior's day. Only takes 1 to 1 1/2 hours to collect and deliver the meals. For details contact Harry Miller or Jerrell Hall at 404-559-0070.

************************

**Get Connected with SeniorNet at the Marcus Jewish Community Center of Atlanta**

SeniorNet is an international, non-profit computer learning program designed to teach adults ages 50 and over computer literacy. The Marcus Jewish Community Center of Atlanta bears the unique distinction as being one of only three SeniorNet learning centers operating in the metro Atlanta area.

The SeniorNet curriculum covers a broad spectrum of computer-related courses including learning beginning, intermediate, and advanced Microsoft Windows applications (word processing, database, spreadsheets), discovering the Internet, how to buy a computer, the ins and out's of email, learning how to use a mouse, basic typing skills, buying and using a digital camera, digital photography and Adobe Photoshop elements, PowerPoint, buying and selling on eBay, designing web pages, and fun with graphics.

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

The Marcus Jewish Community Center of Atlanta (MJCCA), "The Center of the Jewish Community," is committed to strengthening the quality of life in Atlanta, and is recognized as one of the most highly-regarded centers internationally. From preschoolers and children, to teens and singles, to adults and seniors - the MJCCA attracts a diverse audience from the entire community. Visit us on the web at www.atlanta-jcc.org.

************************

**Volunteers Need for Meals on Wheels**
Senior Connections needs volunteers to deliver hot, nutritious meals to homebound seniors in your area. Three convenient pickup locations in Chamblee, Decatur and Lithonia. Call 770-455-7602 or register

**continued on page 14**

**ATS NON EMERGENCY MEDICAL TRANSPORT**
*Providing Services to the Atlanta Metropolitan Area*
Clean, Well-Maintained Vehicles
Courteous and Professional Services • Ambulatory and Wheelchair Services • Private Pay
**ATS Transport**
**Powder Springs, Georgia**
**678-398-0200**

**PARK TRACE APARTMENTS**
**High-rise for Seniors 62 and older and persons 61 and under with a disability**
- Utilities Included
- Rent Based on Income
- Laundry Center
- Community Room
- Pet Friendly
- Service Coordinator

***Nestled in the Heart of Downtown Decatur***
**404-371-0887**
700 Atlanta Avenue • Decatur, GA 30030

**$1.00 OFF ADMISSION WITH THIS AD!** 1 coupon per person. Expires 1-16-12
**2nd Weekend of Every Month!**
**Atlanta, Georgia**
Fri. & Sat. 9-6 • Sun. 10-4
3 miles east of Atlanta Airport,
I-285 at Exit 55
3650 & 3850 Jonesboro Rd.
**Scott Antique Markets**
**Call: 740-569-2800**
www.scottantiquemarket.com
ANTIQUES & COLLECTIBLES
*America's Favorite Treasure Hunt!*
**Atlanta Expo Centers** ATLANTA, GEORGIA
**January 13, 14 & 15**
**February 10, 11 & 12**

**Swept Away Cleaning** and Janitorial, Inc.
**Tracey Bolton**
**404.697.9116**
**tlb35@bellsouth.net**
Serving: Gwinnett, Jackson DeKalb & Fulton
***Cleaning Services Include***
- Houses
- Apartments
- Condominiums
- Rental Clean Outs
- Offices
- Weekly
- Bi-Weekly
- Monthly

Cleaning for a reason™
**www.sweptawaycleaninginc.com**

**CoreCare Network**
**~ Free Assisted Living & Care Placement ~**
**~ Helping Seniors Make The Right Choice ~**
Medicaid Eligible, VA, Private Pay
CCSP/Source Accepted.
**Call 770-572-5225**
**www.corecarenetwork.com**

Valley Hill Senior Community
Valley Hill Senior Apartments
**Senior Luxury Apartments**
Spacious 1 & 2 bedroom apartment homes, total electric. Private patios, Community business center, Onsite laundry center, Community garden, weekly activities. Close to everything, near public library Walmart, doctors' offices and much more...
Ages 55 and plus. Starting from $610.00
**Call Today**
**770-210-0912**
*This institution is an equal opportunity provider and employer*

**How do you REALLY know if you have a hearing loss?**
**RISK-FREE 75-DAY TRIAL**
**SERVICE EXCELLENCE GUARANTEE IN WRITING**
**3 YEAR WARRANTY** YEARS LOSS AND DAMAGE INSURANCE
Applicable on AGX5, 7, & 9 technology purchases.
Talk to our AudigyCertified™ Professionals.
**Dr. Terese I. Huber Audiologist**

Audiology HEARS, P.C.
**Call to make an appointment today!**
**678.804.8016**
a member of AUDIGY GROUP
6130 Southard Trace • Cumming, GA 30040
**Visit us online: www.audiologyhears.com**

**ATLANTA CHECKER CAB**

*Transporting You & Your Packages In Atlanta For Over 60 Years!*

NOW OFFERING Wheelchair Assist Vehicles

Rockin for 60 years

24 Hour Computer Dispatched
**404-351-1111**
Corporate accounts welcomed
call 404-351-8255 X-103

Member Atlanta Chamber of Commerce
Member of Atlanta Convention & Visitors Bureau

www.atlantacheckercab.com

**Committed to Caring**

We are a skilled nursing center. We provide 24-hour nursing services. We offer excellent Rehab service specializing in Physical, Speech, and Occupational therapies. We also offer hospice services. Austell Health Care accepts Medicare, Medicaid, private pay, and most commercial insurance. Please contact:
**Priscilla Briley, Admissions Director, at**

**770-941-5750**

**UNIHEALTH POST ACUTE CARE AUSTELL**
1700 Mulkey Road
Austell, Georgia 30106

**ACTIVE INDEPENDENT LIVING**
**~ NOW LEASING ~**

**BAPTIST TOWERS**
**SENIOR RETIREMENT COMMUNITY**

**FOR A LIMITED TIME**
**NOW ACCEPTING AGE 55 AND OLDER!**

1881 Myrtle Drive, SW
Atlanta, GA 30311

**404-758-4562**

- All Utilities Included
- Rent Based on Income
- No Application Fee
- Service Coordinator On-Site
- Controlled Access Building
- Free Shuttle
- Emergency Call System
- Planned Activities

Professionally managed by National Church Residences • www.ncr.org

# CALENDAR

**from page 13**

to volunteer online at www.seniorconnectionsatl.org. Call for new class offerings.

**********

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

**********

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

**********

**Congregation Shema Yisrael**
4549 Chamblee-Dunwoody Rd., Atlanta. Call 404-943-1100.
The Open Synagogue holds services every Sat. at 10:15 a.m., Jewish Family and Career Services.

**********

**Congregation Beth Shalom**
5303 Winters Chapel Rd., Atlanta
770-399-5300; www.bshalom.net

**********

**VOLUNTEER OPPORTUNITIES FOR 55+**

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

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

**********

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

**********

**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.

**********

**Metro Atlanta RSVP Needs Volunteers 55+**
To help educate older adults on topics important to helping them live independent healthy lifestyles. For complete details call 404-463-3119 or email: enaumann@atlantaregional.com.

**********

**continued on page 15**

**Business Card Section**

**For Advertising Information Call Janet Tassitano at 770-993-2943 or Linda Conyers at 770-924-6905**

**TYPEWRITERS**
**BUSINESS MACHINE SERVICES**
Service All Makes & Models • Estimates
Sales: IBM • Brother • SCM • On-Site Supplies
Rentals • Loaners • FREE Pick-Up & Delivery
No Service Call Charge • No Mileage Charge
No Hourly Charge • Flat Rates
Reconditioned Machines
**Call 404-242-6747**

**~ Safe Bathtub ~**

**Call Your Local Certified Dealer/Installer**
**Bobby Smith**
**678-898-0277**
**www.safebathtub.com**
**Free In-Home Consultation!**

Private Home Care When You Need It! 678 290 7827

Stay In The Comfort Of Your Own Home!

- Hourly & Live-In Staff
- 24/7 Availability
- RN Oversight on All Cases
- Licensed, Bonded & Insured
- Meal Prep
- Bathing & Personal Care
- Errands, Shopping & Transportation
- Light Housekeeping
- Medication Reminders
- Guaranteed Compatibility®

BrightStar of Marietta
Proudly serving Cobb, Cherokee, Bartow & neighboring counties
*Independently Owned and Operated*

www.BrightStarCare.com · 678 290 7827

**Personal Care Services**
***delivered with a professional touch!***

- Private & semi-private rooms available with full baths
- Three delicious, well balanced meals served with unlimited snacks daily
- 24-hour nursing staff assisting each resident

***Choice Care Assisted Living, Inc.***

**Call or visit our website to schedule a visit!**

**678-691-8188**
**www.choicecarealf.com**

**~ NOW LEASING ~**
**Cozy 1-Bedroom & Efficiency Apartment Homes**

**LAKEWOOD CHRISTIAN MANOR**
*Come celebrate the splender of senior life.*
*~ Age 55 and Older ~*

2141 Springdale Road, SW
Atlanta, GA 30315

**404-766-1466**

- All Utilities Included
- No Application Fee
- Controlled Access
- Emergency Call System
- Beauty Shop
- Service Coordination On Site
- Library/Computer Lab
- On Bus Line
- On-Site Laundry
- Planned Activities
- We Welcome Small Pets
- Community Bus For Special Trips

**Life Care Center of Gwinnett**

Located only 14 minutes from Eastside Medical Center, Snellville and 16 minutes from Gwinnett Medical Center, Lawrenceville offers the conveniences of a large city with the charms of a small town. Our patient residents enjoy a friendly environment, dedicated staff, comfortable surroundings and individualized care that promotes maximum independence. This skilled nursing facility also provides residents with inpatient and outpatient rehabilitation in all three therapy disciplines – occupational therapy, physical therapy and speech therapy.

**Life Care Center of Gwinnett**
3850 Safehaven Drive • Lawrenceville, GA 30044
**770-923-0005**

**HEARING AIDS**

Over 30 Years Experience!

**DECATUR HEARING AID SERVICE**

917 N. Indian Creek Dr. • Clarkston, GA 30021

**404-299-1141**

**MAKE MONEY DAILY!**

Struggling to make ends meet every month? Join me in this Home Base Business. You'll need to be computer savvy, love to talk on a phone, and have a desire to be successful!

**Call Ann at 404-668-2420**

**PETE GUY PAVING, INC.**

Driveways • Parking Lots
Patching & Seal Coating

*All Work Guaranteed!*
*Free Estimates!*

P. O. Box 243 • Hiram, GA 30141

**770-445-6831**

Cell: 770-318-4681

**At VITAS, the Focus is on Life**

If you know someone who is ready to focus on life, **call VITAS**.
If you can volunteer to help a VITAS patient enjoy life, **call VITAS**.

Innovative Hospice Care®
VITAS®

404.843.6544 • 404.250.1806
VITAS.com
twitter.com/VITASHospice

**Seniors don't just move here... THEY MAKE THEIR HOMES HERE.**

This is a defining moment in your life or the life of a loved one. Northlake Gardens understands this and is proud to offer a variety of lifestyles featuring everything that's important to seniors.

- Spacious apartments
- Housekeeping, laundry and linen services
- Scheduled transportation
- Fitness and wellness programs
- Social, recreational, spiritual and educational opportunities

We are home to many seniors who value their independence and take great pride in where they live. To join them and to begin living life to its fullest, call us today.

**STOP BY TODAY FOR LUNCH AND A TOUR!**

**NORTHLAKE GARDENS!**
**ASSISTED LIVING & MEMORY CARE**

**FIVESTAR★SENIOR LIVING™**

1300 Montreal Road
Tucker, GA

**770-934-0034**

**www.northlakegardens.com**

Pet Friendly ©2011 Five Star Quality Care, Inc.

# CALENDAR

**from page 14**

**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.lifespanseniorresources.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.

**********

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

**********

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

**********

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

**********

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

**********

**Harmony Grove UMC Events**
50 Harmony Grove Rd., Lilburn
770-921-7747
Call for events details
• Dave Ramsey's Financial Peace University: 13 week course, starts Wed., Jan. 18, 6:30 p.m., Room 108A. Cost $100.

**********

**Third Virginia Avery Memorial "Reflections" Juried Art Exhibit**
Jan. 19-March 3, Mable House Arts Center, 5239 Floyd Rd., Mableton. Opening reception Jan. 21, 7-9 p.m. Presdented by the Atlanta Branch of the National League of Amerrican Pen Women. For additional information call 770-739-0189.

**********

**Home Safety Evaluations for East Point Seniors 60 Years of Age or Older**
Presented by NORC (Naturally Occurring Retirement Communities). For complete details call Leslie Bridges, Program Coordinator, at 404-762-2094.

**********

**Your Local Source for Individual and Family Health Coverage!**

**Loretta Hunt**
**404-923-3168 or 866-628-5347**
**www.MetroAtlantaHealthPlans.com**

BlueCross BlueShield of Georgia

Blue Cross and Blue Shield of Georgia, Inc. is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association. GAIndv2001e

Authorized Agent

**BUSINESS CARD SECTION**

**For Advertising Information Call Janet Tassitano at 770-993-2943 or Linda Conyers at 770-924-6905**

**A Peace of Mind Adult Day Care Center**

Our loving, competent staff provides their full support to the health and needs of our participants. Our day health care facility can make a difference in the lives of:

- Seniors who need company
- Adults with mental/physical disabilities
- Adults with chronic illness (diabetic, renal failure)
- Adults with depression/isolation
- Adults with impaired limitations

Hours of Operation: Monday - Friday, 7:00 a.m. - 6:00 p.m.
3565 Austell Road, Suite 1063, Marietta, GA 30008

**770.438.0999 Office**
**Email: apeaceofmindadult@att.net**

source code SN10

**ams vans INC**

FREE GA DELIVERY!

Finally! Affordable Wheelchair Accessible Transportation!

- Newly Converted vans starting in the LOW 20's
- Over 100 vans in stock and on site
- Over 25 years industry experience
- 7year/70,000 mile warranty on all conversions

Just 15 minutes North of Atlanta off I-85
Come see us Today

Local rental service available

**800.775.8267** **amsvans.com**

**DENTAL PLAN**

**As Low As $7.50 per mo.**

• Immediate Benefits • No Deductibles
• Pre-existing Conditions Covered
• No Claim Forms • Unlimited Benefits
• Benefits for all Procedures; Including Cosmetic Dentistry

**Medical/Health Insurance Also Available**
*In Business 57 Years*
Licensed by the Georgia Insurance Department

**Consumer's Choice Dental Plan**
2641-B Club Valley Drive • Marietta, GA 30068

**678-560-5757**

*Choose...* Marietta Imaging Centers

780 Canton Road, Suite 230
Marietta, GA 30060

4791 South Main Street, Suite 140
Acworth, GA 30101

**770-792-1234**

**~ Mammography ~**
**~ DEXA ~**
**~ Ultrasound ~**

*Women's imaging by professionals who care...*

## *The Next Chapter*

# New Year's Book Suggestions!

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

New Year's Book Suggestions: *Back to the Garden: The Goal of the Journey* (Jackie K. Cooper, Mercer University Press, 2011); *Stinky Kids and the Runaway Scissors* (Written by Britt Menzies and illustrated by Greg Hardin and John Trent; Stinkykids,LLC, Atlanta, avail. Barnes and Noble Ongoing Series); *Jekyll Island: The Nearest Faraway Place* (Jekyll Island Authority, Jekyll Island, Ga, avail. Amazon, etc. 2011); *A Yellow Watermelon* (Ted M. Dunagan, NewSouth Books, Montgomery, Ala. 2008); *Bogmeadow's Wish* (Terry Kay, Mercer University Press, 2011)

The New Year, coming amid threatening weather reports, affords us a grand opportunity to explore new works by dynamic authors. This month's column is devoted to suggestions well-suited to cold winter nights and warm blankets.

*Back to the Garden: The Goal of the Journey* is the latest in Jackie K. Cooper's series of companionable "southern gentleman" memoirs, collections of personal stories. Reading Jackie K. Cooper is almost as good as sitting beside him, with a cool tall glass of sweet tea. Drawing upon personal experiences, Cooper leads readers down a heart-warming conversational path in which they can recognize thoughts and feelings from their own lives. My favorite story in *Back to the Garden* is "A Good Winter." I instantly identified with cold days, turning up the heat, hibernating inside and reading. In person, Cooper is a gentle and personable man, entertaining as well as knowledgeable. These characteristics come through in his "voice." When you finish a Jackie K. Cooper book, you feel like you've been with a friend.

*The StinkyKids* Series, by Atlanta Author Britt Menzies, presents an entertaining and educational way to teach children (ten and under) decision-making and moral values as they strive to be "leaders of good." Beginning with *Stinky Kids and the Runaway Scissors*, the collection brings a diversity of topics to bear on children's everyday life. Enhancing each volume is a "Parent and Teacher Corner," written by Dr. Kelli B. Ritter, PhD (founder and president of Effective Parenting, LLC in Atlanta) filled with suggestions related to engaging young readers in related conversations. The series donates a percentage of its profits to Books, Bears, and Bonnets, Inc., a charity that delivers gift boxes to children and adults fighting life-threatening illnesses. (www.stinkykids.com); The Heavenly Heart (Jackie Lee Miles, avail Amazon 2011)

*Jekyll Island: The Nearest Faraway Place* is a beautifully rendered coffee table book filled with pictures, articles and poems by visitors and locals who have been awed by the island's beauty. Having spent my teenage years in this magnificent place, I can attest to the memories this wonderful work evokes. Those who have not yet experienced this Georgia treasure will feel compelled to visit after viewing its pages. A percentage of the sales goes to the Jekyll Island Foundation, an organization devoted to the preservation, conservation and appreciation of Jekyll Island, Ga. Note: My experiences living on Jekyll and St. Simons islands led to the writing of my recently released and highly reviewed suspense thriller, *Tides of Fear*, which is set on the Georgia coast.

*A Yellow Watermelon* by Ted Dunagan is a young adult tale, particularly suitable for children in middle school. Largely autobiographical, the story takes place in the 1940s and revolves around the friendship between a black boy and a white boy in the mid-century segregated south.

The work provides an exploration of poverty and cultural differences through an interesting story as it also presents the opportunity for shared adult-child discussion. *A Yellow Watermelon* won the Georgia Author of the Year Award for Dunagan.

Terry Kay always comes through. His books are beloved, not only by Georgians but by readers all over the world. His latest release, *Bogmeadow's Wish* is the story of a young man's journey as he carries his Irish grandfather's ashes home. This is a must for anyone who loves Ireland or plans to travel there. As with all of Kay's books, *Bogmeadow's Wish* is rich in description and character development. Inspired by his 1995 trip to Ireland, this work differs from Kay's others in its ethereal exploration of Irish settings and folklore. In many ways, his characters seem as magical as his story.

Many of you are now reading books electronically. Southern author Jackie Lee Miles has just released *The Heavenly Heart* on Kindle. This uplifting story tells how one girl's death makes a positive impact on many people, including her father. *The Heavenly Heart* gives insight into how our choices make a difference in others through our lives and through death.

*********

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


**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

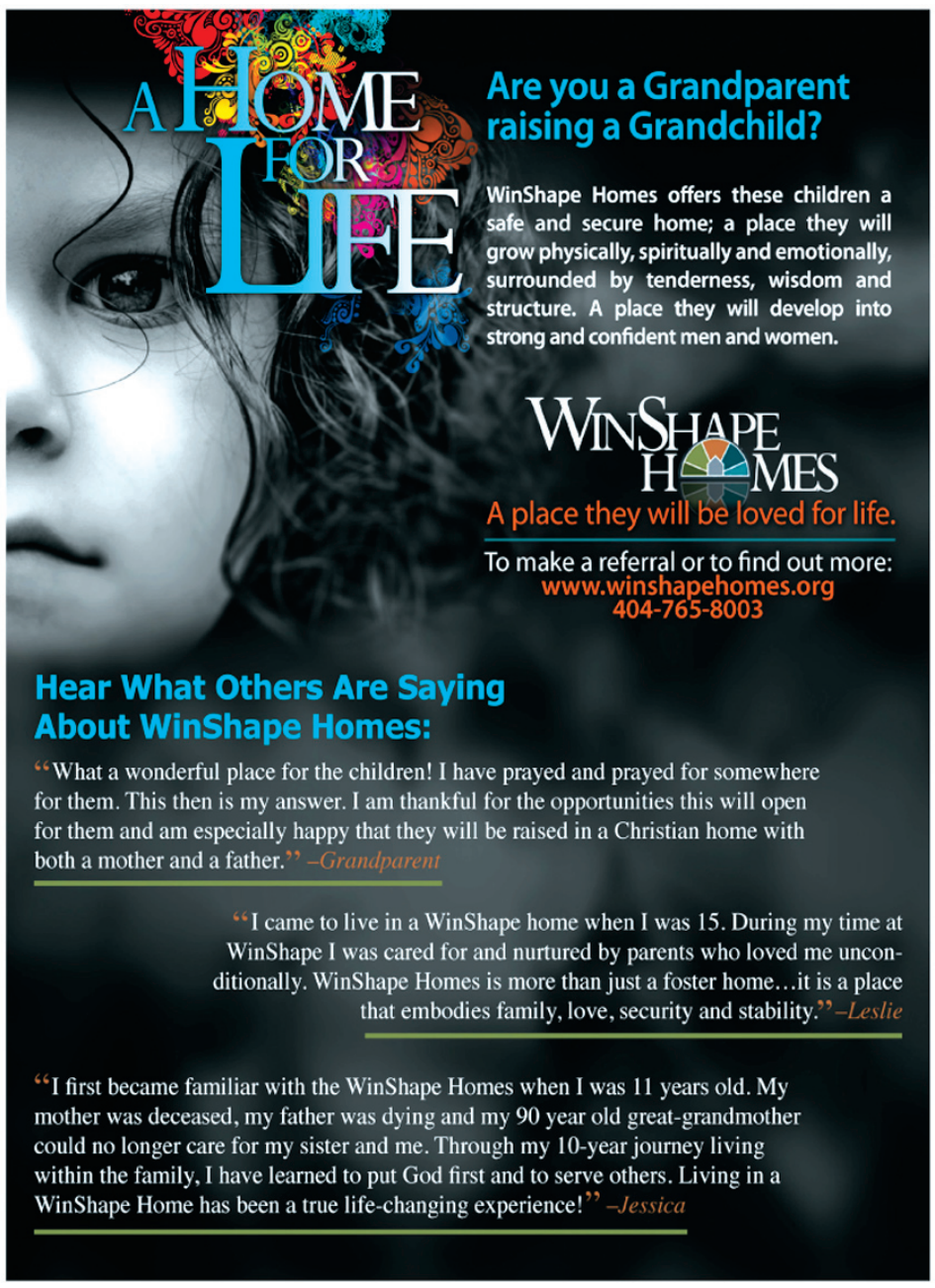
**Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30046**

I'm interested in taking advantage of this special opportunity

Veteran _____ Address _____

City _____ State _____ Zip _____ Phone _____

Spouse's Name _____ Number In Family _____



Ridgeview INSTITUTE

From **Ridgeview,** life starts to look **manageable.**

Ridgeview Institute is a private, not-for-profit provider of psychiatric and addiction treatment for youth, young adults, adults, and older adults. We offer specialized treatment tracks for older adults (age 60 and above):

- Addiction
- Psychiatry
- Cognitive Challenges

770-434-4567
**www.ridgeviewinstitute.com**
3995 South Cobb Drive, Smyrna