Veterans Museum honors military all year round!

Story on page 2
by SUSAN LARSON

ON THE COVER
Paul Pickard, retired Air Force veteran, serves as Director of the Gwinnett County Veterans Memorial Museum.

Paul Pickard may be retired from the Air Force, but that doesn’t mean he can’t still have a military mission. When they renovated the old courthouse in Lawrenceville, they set aside a small area to display a few Civil War relics they had sitting around. In 2005, Pickard, along with a group of veterans from American Legion Post 232 in Snellville, asked if they could work on improving the display. As soon as word got out, donations started pouring in. People went through their attics and provided over 60 military uniforms plus 900 pieces of war memorabilia. And thus began the Veteran’s Memorial Museum at the Gwinnett Historic Courthouse.

“A lot of it came from grandpa-
ents whose grandkids didn’t want it,” Pickard said. Some items were gifts. Others are on loan just in case a family member might want to reclaim them.

“The museum has grown to four rooms packed with memorabilia and is maintained by about 20 volunteers.”

“Gwinnett Parks and Recreation has been very good to us,” Pickard said. “When we started to have a space problem, they built all our bookcases and display tables. Thanks to them, we’re now a full-fledged museum and we’ve had over 20,000 visitors.”

Among the attractions are a document of Japan’s declaration of war on the United States and Great Britain, a phone used by John “Black Jack” Pershing during WWI and a flag that flew over a pup tent at Wheeler Army Airfield on Pearl Harbor Day, full of shrapnel and bullet holes. And then there’s the Japanese hand grenade, well, you have to hear that story from one of them.

But the museum is about more than a collection of things. David Berndt, retired Navy, likes to point out that they like to focus on the stories.

“We try to give life to the veterans and their stories,” Berndt said.

One of their most treasured items is “Unforgettable Faces,” a book of pencil drawings and biographical sketches of POWs and MIAs in Southeast Asia, by Shary Aument. Catherine Calhoun of Lilburn had found the book in a Goodwill Store and donated it. It sits in a case next to the poem, “What is a Vet,” by Father Denis Edward O’Brien, USMC, donated by retired Marine Buddy Wilkins. Another display highlights stories of the Tuskegee Airmen.

Clarence Dixon, who was recently named Volunteer of the Year, especially enjoys giving tours of the museum and adding personalities to the pictures.

“We try to get word out to the schools,” Dixon said. “Phoenix High School visits every year, but a lot of people still don’t know about us.”

Well, now at least Senior News readers know!

The museum is open Monday through Saturday and admission is free. Visitors, volunteers and veterans’ memorabilia are always welcome. For more information, go to www.americanlegionpost232.org or become a fan on Facebook.

Research Participants Wanted!
The Center for Research and Education on Aging and Technology Enhancement (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.

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On the Cover
Veterans Museum honors military all year round

If you want to live in one of America’s premiere recreational areas, only one mile from town (5 minutes from city center) with privacy, acreage, and a possibility of income from development if future regulations permit, then this is a must see home! This house is in a resort area (Sunriver - 15 miles, Mr. Bachelor - 33 miles, Cascades Lakes Hwy. - 18 miles, Newberry Crater Park vicinity - 6 miles) with approximately 270 days of sunshine. What distinguishes this home from others is the potential for future development and income if future regulations permit. The property is large enough for development as a possible storage facility, mobile home park, subdivision, driving range, or bed and breakfast. Consider investing in a home which has the potential to make you real income rather than just go up in price due to inflation. Why not make one of your biggest investments - JUST THAT - an investment!

The shop is a car enthusiast’s dream. It’s 4,000 sq. ft., fully insulated, heated, and includes an 800 sq. ft. game room with full bath.

The house is an entertainer’s delight with a large great room (25’ x 30’) with a vaulted ceiling and large deck. It contains 2,612 sq. ft. with 3 bedrooms, 2 1/2 baths, office, and large utility/exercise room. It’s nestled in the trees in a park-like setting in La Pine, Oregon. $499,500.

For a flier presenting full property details, contact Paul at 541-536-1561

One of America’s Premiere Recreational Areas... La Pine, Oregon!
Discover Your Hidden Medicare Benefits

by KIMBERLY PARKER
Homestead HOPE Foundation

Are you or someone you know coping with a terminal illness? Are you having difficulties managing physical pain, emotional stress and financial burdens all at once? Are you aware that there is help available? Surprisingly, many people don’t know that Medicare’s all-inclusive Hospice Benefit is available to help them during this difficult time.

Cameron P. of Atlanta wrote, “We weren’t ready to accept that it was time for hospice, but once we had the help, we wished we’d chosen hospice sooner,” adding, “We are grateful to the entire Homestead Hospice team. They kept my grandfather comfortable and kept us informed every step of the way.”

Medicare covers the costs of Hospice care, which consists of a team of specialists; including a physician, nurse, social worker, chaplain, bereavement professional, volunteers and hospice aides to assist the entire family. This care is delivered wherever the patient lives: at home, in an assisted living facility, nursing home, or in a hospice facility.

“Many people in their final days want to be in the comfort of their own home,” shared Rita Isnetto, Vice President of Clinical Operations of Homestead Hospice. “When someone you love is diagnosed with a life limiting illness, everything changes. We at Homestead Hospice are here to guide you through this difficult journey so that you can spend quality time with your loved one.”

The Medicare Hospice Benefit covers: Physician Services, Nursing care, Medical equipment and supplies, Medications related to the hospice diagnosis, Short-term Inpatient/ respite care, Homemaker/hospice aide, Counseling, Social work Service, Spiritual care, Volunteer participation, and Bereavement Services.

Services are considered appropriate if they are aimed at providing comfort and improving the patient’s life. Physical, occupational and speech therapy, and even chemotherapy, may be covered if they are for comfort, not cure.

“Seniors have paid for these Medicare benefits for many years while they worked. They are entitled to receive them when they are in need,” shares Jeanne Pete, VP of Homestead Hospice & Palliative Care. She adds, “Additionally, patients who choose hospice care, sometimes live longer than those who do not choose Hospice. By effectively managing their symptoms, we can keep their bodies stronger and give them more lasting memories with their families.” If you know someone who may benefit from hospice care, call Homestead Hospice at 877-355- HHPC (4472) or visit www.home- steadhospice.com.

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<thead>
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<th>Strength</th>
<th>Size</th>
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<th>Canada</th>
<th>Generic</th>
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<td>$  36</td>
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**Times Not Forgotten**

**Let’s Teach The Children**

by CHRISTINE COLEMAN

When I was growing up in the 1930s, we made our own games. There was no money to buy toys. We made do with whatever was available. In addition, our parents taught us how to make playthings and how to play games.

Today, children watch television, play video games and some sit contently at the computer. All this is well and good. In fact, grown-ups do the same. What saddens me, however, is that today’s young people who once enjoyed simple and inexpensive games from simpler times are not handling them down to today’s children and grandchildren. It now seems toys have to be plastic to be playable.

I’d like for today’s children to be able to walk through fields and find a hall tree. We used to find these thorny bushes and eat the berries they held. Often we’d get pricked as we picked blackberries to eat. I wonder if our children would recognize a maypop vine. We used to like to take maypops and stomp them just to hear the noise.

We used to kick ant hills just to see the busy ants running to and fro trying to rebuild their mounds. Occasionally, we’d find a plum tree with pretty plums. When we tried to eat them, we found they were too bitter to eat. Thus, they were called “hog plums.”

Once my brothers bet me I couldn’t bite into a green persimmon and then whistle. I felt I could surely win that bet. Guess what? I can’t be done. Do children know that? We used to make Tommy Walkers by nailing thin pieces of wood to the bottom of two poles. We’d stand on steps to get on the walkers and then walk all over the yard on our “stilts.” We’d take two empty tin cans, run wires through their tops with enough slack for us to hold and walk around on them for hours.

Then there were the iron wheels that we pushed ahead of us with a strong piece of wire which had a crook to fit the wheel. That would entertain us for a while at least.

We used a board and a block of wood to play Jump Board. And there was the Flying Jenny (a long board nailed atop a block of wood buried in the ground) that carried us around and around in a circle. We enjoyed Jump Rope, Kick-the-Can and Hop Scotch. We played Tag, You’re it, Hide and Go Seek and Cowboys and Indians as well.

We used to climb trees and swing ourselves to the ground from the lower limbs. We curled ourselves into discarded truck and car tires. Then we’d have to roll us down a hill. We learned the art of making a slingshot. The perfect forked tree branch was a necessity. Then two rubber bands were cut from inner tubes. No shoe was ever discarded without first having the tongue cut out... to make the pocket for rocks or acorns to be shot. Every child had or his own slingshot. These games didn’t cost money; however, they provided many hours of entertainment.

I’d like to see all of us make a special effort to teach our children and grandchildren how we had hours and hours of fun with home-made toys and lots of imagination. One more thing, they will miss something that cannot be replaced.

Christine Coleman lives in Swainsboro. Feel free to e-mail her at cfe@reicompurers.com.

**Spiritual Notes**

by Dr. Bill Baggett

**“To Russia With Love”**

Dr. Bill Baggett

Minister to Seniors

Dunwoody Baptist Church

My wife and I made a trip to Russia recently with friends. As we prepared for our journey, we discussed the feelings we had toward this country over past decades. We remembered the issues surrounding World War II, the Berlin Wall, the Cuban Crisis and the antics of the threatening Russian leader. The possibility of a Russian attack with atom weapons was always in the back of our minds.

As we processed these thoughts, we were also reminded that in recent years the country has undergone numerous changes. Since the death of Stalin, the Soviet Union has been divided into a number of separate states, and the new leadership is now more open to progress and flexibility with its citizens. We have met a number of Russians who live in the Atlanta area and found them to be friendly and shared our excitement regarding the trip. They also provided helpful hints as to what we should see and what to avoid.

After two weeks on Russian soil and traveling a lot of miles, I can report that we were impressed by many things. The people appeared glad to see us and we never had any fears of personal harm. The country is definitely in a period of change. We saw the old and the new, Housing is primarily apartments. The older structures were gray and many in need of repair. The new ones were modern and had the luxury of elevators and the residents were required to carry every item up many flights of stairs. In Moscow there are beautiful sky scrapers being constructed everywhere. Of course, the beautiful castles and residences of the Caurs, the Kremlin, Red Square, and the Cathedrals were impressive.

We attended services in the Russian Orthodox Churches. Unlike in our country, worshippers stand throughout the services, sometimes lasting for two hours. It is obvious that the citizens are now experiencing freedom of worship. One is struck by the presence of the cross on the Churches and on items in the gift shops. Stalin and other soviet leaders destroyed churches and during those years, religion was not tolerated. Many denominations are free to establish churches in the country. Guides are quick to share this fact because it indicts Stalin.

We loved Russia and the Russian people. There is a spirit among those we encountered that wish for a closer relationship with Americans. They speak of God in their hearts and the new free-domes they are feeling. Many issues still face these people but their attitudes are positive as they anticipate the future.

In my opinion, God is alive and well in Russia. Please join in praying for openness and courage for the citizens of Russia and for the days ahead.
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.

OUR STARS AND STRIPES

In honor of all who served our country
by Henry Newton Goldman Veteran of WWII

From yonder staff this banner flies, 
Waving to all against blue skies, 
With heartfelt pride we skyward gaze, 
And with bowed heads give grateful praise
For all who fight and dare to die, 
To keep these colors flying high.

Over fields of battle she has flown, 
To all the vanquished we have shown; 
This nation under God did rise, 
In it’s infancy – seized liberty’s prize.

Liberty and justice – our sacred trust, 
These cherished rights, defend we must. 
If other’s liberty we must defend, 
We’ll answer the call to other lands;
No comfort to the dying, no thought worthy egress seen. 
Nor will our standard ebb.

War is Satan’s glory, seed of hate, 
No comfort to the dying, no thought worthy egress seen. 
War must be fought, no worthy egress seen. 
Man-to-man as silent muskets drop.

The fiber of man is weakened as 
War is Satan’s glory, seed of hate, 
No comfort to the dying, no thought worthy egress seen. 
War must be fought, no worthy egress seen. 
And “In God we trust” be our cry.

Oh may forever our standard fly. 
And “In God we trust” be our cry.

SILVER STRANDS

by Sheila Cayolle
Author of award-winning children’s book, Morning Rain

My great-aunts brushed their hair carefully. 
Their long, white strands hung daringly. 
If braided, twisted, or even curled, 
Their tresses danced and shone like pearls.

My grandma’s was so shiny and clean. 
Her short, snowy locks would glow and gleam. 
Her silver hair didn’t give her strike. 
She never let it control her life.

Now streaks of silver surround my face. 
It’s deep, dark color has been erased. 
My hair reflects my years on earth. 
Some think this makes me lose my worth.

“Your hair needs color,” they’d plainly say, 
Hoping this will wash the years away. 
But no to L’Oreal or Clairol for me, 
I display my silver for all to see.

My hair reflects my years on earth. 
Some think this makes me lose my worth. 
“Your hair needs color,” they’d plainly say, 
Hoping this will wash the years away.

But no to L’Oreal or Clairol for me, 
I display my silver for all to see.

So I braid and twist and give it curls. 
And brush it gently, just like a girl. 
As I slowly check my new hairstyle, 
I see my aunts and grandma smile.

WAR

by Carlton C. Cook

As fallen trees they lie in the meadow gold, 
Echoing jolts of thunder by men of courage bold. 
A haze obscures the scrimmage, cries of battle evoke. 
Cannons fire, projectiles whine, amid the choking smoke.

Wagon paths are lined deep with bodies felled. 
Streams of blood form crimson rivers swelled. 
A short distance away, a town in ruins sinks into dust. 
No comfort to the dying, no thought of children’s just.

War is Satan’s glory, seed of hate, 
No comfort to the dying, no thought worthy egress seen. 
War must be fought, no worthy egress seen. 
Man-to-man as silent muskets drop.

What shall we do but fight, no worthy egress seen. 
Even the valiant falter with no refuge there to glean.

Gleaming swords dress their rifles, a last stand is made. 
Man-to-man as silent muskets drop the weary and the frayed.

RETURN TO ME

by Vera King

It’s never too late to make amends

It’s never too late to regain friends
As long as there’s life to live
You can find a way to give
It may be an e-mail or more
That can begin to restore
Mixed chances to partake
Of joy just for joy’s sake
Joy is a gift of the heart
Whether we’re near or apart.

FAMILY REUNION

by A. E. Johnson

Reach out and embrace the one you love,
Your strength will come from Heaven above,
The time spent with each other should be cherished and
Nurtured with every ounce of love you have to give.
Because we never know how much time we have to live.

Our days on Earth are numbered in the Great Book of Life,
Even though at times, we may suffer frustrations, toils and strife,
We must try and be ready when he calls,
Be it Winter, Spring, Summer or Fall,

We know not the hour, place or time,
So we must try to be ready to receive
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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.

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The Next Chapter

The Three Weissmans of Westport suggested by neighbor

Book Reviews by ANNE B. JONES, PhD

The Three Weissmans of Westport
Cathleen Schine
Blackstone Audio 2010

The Three Weissmans of Westport was suggested to me by my neighbor Bunny Steinka as a consideration for our local book club. She recommended the book because she had recently moved to the south from Connecticut where the novel is set. Since I was about to embark on a car trip, I decided to order it on CD.

The time has come for novelists to realistically address divorce and new beginnings for those of us who are older and The Three Weissmans of Westport does this especially well. It also depicts how people’s actions directly and indirectly affect each other and result in unforeseen consequences, both good and bad.

The story begins as Betty Weissman’s husband Joseph announces he is divorcing her. Of course, there is another woman in the background. “Felicity” envies the lifestyle Betty and Joseph have worked so hard to build over the past fifty years and manipulatively inserts herself in its middle. Betty’s children, who have grown to love Joseph as their own father, rally to Betty’s aid, even as their own lives are falling apart.

The Three Weissmans of Westport is a great summer read for the beach or just curling up on the couch. There are several surprising twists that, while unpredictable, could easily happen in today’s modern world. The book is well plotted with good character development and sense of place. I have become spoiled by the ease of passive CD listening, but it is easy to miss important parts if interrupted. It’s a companionable book and because of its many nuances, slow enjoyable reading is probably the best way to go.

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

DHS alerts aging community of Medicare Scams

Special to Senior News

Elder abuse is one of the most unrecognized and under-reported crimes. The Georgia Department of Human Services, Division of Aging Services is alerting the aging community and Medicare recipients of potential elder abuse through Medicare scams. Criminals may offer bogus products and services, pretend to be federal officials or insurance company representatives, or even set up fake health screening booths to steal Medicare numbers. Consumers should always check their Medicare Summary Notices to make certain that they or their doctors have authorized the charges shown.

Common scams include:
- Sales pitches for discounted prescription drugs that never arrive
- Telemarketers selling unnecessary Medicare-covered products or services, such as “Medicare Arthritis Kits” which do not exist
- Offers of help in applying for Medicare-issued checks to cover prescription costs, even though Medicare provides the checks automatically to eligible individuals who reach a gap in Medicare prescription drug coverage known as the “donut hole”
- Free health screening booths at malls or other public places are usually safe, but scams do exist. Consumers should make sure that the screeners represent a legitimate organization such as a local hospital or public health center before they provide their Medicare numbers
- Scan artists use Medicare numbers to submit fake bills or commit identity theft; and some may use banking information to charge consumers for products that are never delivered. A few criminals even empty their victims’ checking accounts.

If a consumer is unsure about someone requesting information or offering services related to Medicare, he or she should contact GeorgiaCares SMP (Senior Medicare Patrol) at 1-800-669-8387. GeorgiaCares is a public-private partnership managed by the Georgia Department of Human Services, Division of Aging Services in collaboration with Georgia’s Area Agencies on Aging. For more information, consumers may call the toll-free number shown or visit http://www.MyGeorgiaCares.org.

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DHS alerts aging community of Medicare Scams
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Book writing very rewarding in senior years
by SUSAN LARSON

Ever think about that book you’ve always wanted to write? Well, it’s never too late and you never know what it will open up for you. Sure, there’s the satisfaction of having done it, and the admiration of your friends, and any money, however small the amount, that you might make off of it. But then there is also the chance of winning the Georgia Author of the Year Award from Georgia Writers. Such was the case with Dr. D. Craig Rikard, author of “Hidden Epidemic,” published by Tiger Iron Press in Macon. Rikard grew up with a mother who was addicted to prescription drugs, which continued to haunt him four decades into adulthood. At his wife’s suggestion, he wrote a book about it. The semi-autobiographical work reveals problems of children whose parents are addicted to prescription drugs, a problem which has reached epidemic proportions. Rikard describes the effects of abuse and shows readers how to seek and get help. As a Methodist minister and family therapist he once specialized in dealing with this problem one client at a time. Now because of his book, which won him GAYA for Memoir, he now gives presentations on his subject throughout Georgia.

In a more whimsical style, Grady Thrasher, after retiring from his law practice, also drew from his childhood experiences. “My Grandmother was a terrific backyard gardener. She had me helping her from the time I was in kindergarten. Mornings and evenings with her in the garden are some of my favorite childhood memories. I guess I’ve always wanted to write about them,” Thrasher said.

The most recent work of this Athens grandfather, “Tim and Sally’s Year in Poems,” garnered him a GAYA for Picture Books.

Ted M. Dunagan, born in 1943 in rural southwestern Alabama, also drew from memories of his youth. Starting his writing career after retiring from the cosmetics industry, Dunagan received the GAYA 2009 in the Young Adult category for his debut novel “A Yellow Watermelon” which was also listed among the 25 Books Every Young Georgian Should Read by Georgia Center for the Book. He did a repeat performance this year with “Secret of the Satilfa,” which continues the saga of two young boys – one black, one white – in the rural racially divided South that he grew up in.

Dr. John A. Burrison, whose award winning book on Georgia folk pottery, comes about his expertise in a different manner. It has nothing to do with his childhood. An academic interest in folklore evolved during his undergraduate years at Pennsylvania State University, where he published and edited Folkways magazine. He came to Georgia State University in 1966 to develop the folklore curriculum in the Department of English, where he teaches various courses in folklore.

He wrote his first survey book on Georgia pottery in 1983 after 14 years of research. This year, he won the GAYA for “From Mud to Jug,” which updates and enriches his wealth of information and insight with detailed photographs and the actual words of four generations of Georgia potters.

If you think there just might be a book in you in your golden years, Georgia Writers Association and Atlanta Writers Club both sponsor workshops, conferences, seminars, critique groups and contests to help people of any age become writers. For information, visit www.georgiawriters.org and www.atlantawritersclub.org.

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What does a career musician do when he finds he is the last man standing? He searches for others like himself and schedules a jam session. A jam session of accomplished professionals is what the audience at the Dunwoody campus of Georgia Perimeter College (GPC) heard on June 10, 2011.

Dressed in Hawaiian shirts, the bespectacled gray-haired musicians played many memorable songs such as “Bourbon Street Parade,” “I Wonder Where My Baby Is Tonight?” and “Alexander’s Rag Time Band.” It didn’t take long for the toes of three-year-old Leah to start tapping to the music when they played “Dr. Jazz,” “Shimme She Wobble” and “Digga-Digga Do.” The audience of several hundred responded with loud applause.

Before the intermission, Don Erdman, the band’s leader, asked members of the audience to select from over 80 songs listed on the program, the ones they most wanted to hear during the second half.

During intermission, guests were eager to buy their CDs and to select their favorite tunes to be played. “I didn’t think they’d be this professional.” “They are terrific!” were some of the comments heard at the break.

The second half of the show began when Greg McLean entered from the back of the auditorium playing his trumpet, as the other members of the band gathered on stage. A wonderful medley of fifteen songs was then played to the audience’s delight. Even those in wheel chairs, rose to participate in the standing ovation at the conclusion of the concert.

The band members are drummer, Ray Trant; tuba player, Hal Johnson; vocalist and banjo player, Bill Rutan; trombonist, Neal McElroy; cornet and trumpet, Greg McLean; and clarinetist, Don Erdman.

Founded in 1990, the Hotlanta Dixieland Jazz band has performed throughout the United States, Europe and Asia and at festivals in Spain, Germany, Japan, France, Belgium, Finland, Denmark, Poland, Belarus, Saudi Arabia, Russia, and Singapore. Travelled though this group is, their home is in Atlanta, while their hearts are in the New Orleans’ French Quarter. Learn more about them at their web site, www.hotlanta-jazz.com or e-mail, donerdman@aol.com; or, call 770 493-9183.

The GPC Dunwoody Student Government Association sponsors a variety of free programs for ages 4-10. They are in the New Orleans’ French Quarter. Handmade arts & crafts, children’s games & rides, live music, parade, car show & so much more... Food, Family & Fun! Visit the Southeastern Railway Museum Georgia’s Official Transportation History Museum

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Cobb Senior Services
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- For events & activities: www.cobbse-niors.org

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  - East Cobb Senior Center: 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900
  - Freeman Poole Senior Center: 4023 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

- Sandy Hills Senior Center: 1855 Sandy Hills Drive, Marietta, GA 30068, 770-528-5399

- Veterans: 5930 Austell-Powell 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.

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- H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point, 404-762-4621
- Harrett C. Daniel Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8380
- Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353

Neighborhood Centers
- Alpharetta/Camp Truitt 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, 404-224-4961
- Dogwood Neighborhood Senior Center: 1901 Mankhank Hwy., Atlanta, 404-792-4964
- Fairburn Neighborhood Senior Center: 1292 Miller Street, SE, Fairburn, 404-393-1555
- Fulton County (QS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-696-1086.
- North Cobb Senior Center: 1250 Wacow Rd., Acworth, 770-460-1583
- St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., Marietta, 770-726-3600.
- Southeast Neighborhood Senior Center: 7500 Vernon Woodward Drive, Sandy Springs, 404-705-4909
- Southeast Neighborhood Senior Center: 160 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.
- Alzheimer’s Support Group: Meets the 1st and 3rd Tues. 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.

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296-7288 or Grace Lutheran Church, 1812 Cooledge Street, NE, Atlanta, 404-763-9006.

Senior Services in the metro area, please visit www.mscatl.org.

Alzheimer’s Support Group
On the third Monday of every month at 7:00 p.m., Cypress Court and Vinings Place at 4 Center Drive, Fayetteville 404-688-2250. Call for complete details on services offered.

CLub 55
The Bridge Community Center 25 Willowbend Rd., Peachtree City www.thebridge-cc.org

Alzheimer’s Association
For information on Parkinson Disease Support Group programs 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.

Multiple Sclerosis Center of Atlanta
Support group meetings second Tuesday each month, 4:30-5:30 p.m., MSAC in Buckhead, 3200 Downwood Circle, Suite 505, Atlanta. For additional information call 404-351-0205, ext. 110, or visit www.mscaatl.org.

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

Square Dance Class
Every Tues., 10 a.m-dinner, Basic & Mainstream. No partner needed. Living Grace Lutheran Church, 1812 Coolidge Rd., Tucker. Contact Alice Adler at 404-296-7288 or alliebud537@bellsouth.net; caller: Jesse Oliver, 404-346-7528.

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CALANDAR

from page 13
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Monthly Song Circle
Fri., July 22, 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 complete information call Bob at 404-378-5424.

South Cobb Yellow Rocks
Square Dance Club
Dances on the second and fourth Saturday nights, 8-10:30 p.m., each month at the South Cobb Community Center, 620 Lions Club Dr., Mableton. Call Marshall/Edna Vix at 770-941-3632 or Ronald/Kathy Bickers at 678-838-8198.

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 meal. For details contact Harry Miller or Jerrell Hall at 404-559-0870.

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

Volunteer Opportunities for 55+
The Metro Atlanta RSVP program, sponsored by 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.

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CALENDAR
from page 14
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 enauman@atlantaregional.com.

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

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: enauman@atlantaregional.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.

Southern Winds Concert Band Welcomes 50 & Older Musicians
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Help an older relative enjoy the summer
by LISA M. PETSCHE

Many people look forward to the mild temperatures and increased daylight of summer, which positively affect their mood and allow new opportunities for enjoyment, especially outdoors. However, those who are older and socially isolated—due to illness, disability or loss of a companion, for example—may find it difficult to reap the benefits of the season.

Fortunately there are many things that you can do to help a relative in this situation enjoy summer’s pleasures. Of course many of these tips could also apply to a friend or neighbor.

Lighten the load
• Prepare extra foods or beverages to share with the person—for example, homemade lemonade or iced tea, pasta salad, sliced watermelon, strawberry shortcake or rhubarb pie.
• Offer to help with gardening or lawn care.
• Take your relative out to the mall for shopping—perhaps for a new summer wardrobe—and lunch. If they use a wheelchair, investigate accessible taxi options or register them with the local accessible transportation service. If they can get in and out of a car and walk short distances, arrange to borrow a wheelchair from the mall’s customer service kiosk.
• Let them know when you are heading out to the grocery store or on other errands, and ask what you can drop off or pick up to make things easier.
• If they don’t drive, offer transportation so they can get their hair done, do banking or attend a special event.

Do some pampering
• Share fresh fruit, vegetables or flowers from your garden or the market. Include a vase with the latter, so they’re ready to display.
• Buy your relative some toiletries or home fragrance products in a summery scent, such as lily of the valley or peach.
• Get them a box of favorite ice cream treats the next time you’re at the grocery store. Or take them out to the local dairy for an ice cream cone or sundae.
• Buy them a seasonal outdoor gift to enjoy—for example, wind chimes, a hanging plant, decorative flower pots, a bird feeder, solar garden accents or a patio chair and side table.

Ideas for activities
The following are some ideas for enjoying quality time together:
• Invite your relative over for a barbecue or to watch a favorite summer-time movie.
• Have a picnic in their backyard or, or at a nearby park.
• Go for a stroll around the neighborhood, using a wheelchair if necessary.
• Take them to the local farmers’ market for fresh fruits and vegetables, as well as favorite meat, cheeses and baked goods.
• Go to a park or other outdoor public space and people-watch.
• Invite them to some of your children’s or grandchildren’s baseball or soccer games and provide transportation. Just be sure they can safely navigate the distance and terrain from parking lot to sports field. And don’t forget a chair for them that offers good support.
• Take them to an outdoor concert or summer arts festival.
• Go for a drive in the country.
• Encourage them to reminisce about summers from their youth, including family customs, special people and places and touching or humorous moments.

Heat wave hints
• Make daily checks during heat waves to ensure they are eating and especially drinking sufficiently. Buy them pre-cooked foods that only require warming, and arrange for more groceries as necessary. Also ensure they aren’t over-dressed and are acting normally. Seek immediate medical attention if you have any concerns about their physical or mental state.
• If they don’t have central air conditioning, ensure they have fans or window air conditioners to improve air flow and evaporate sweat. Check that any such appliances are in good repair and being used. Encourage your relative to stay on the lowest possible floor of their home, preferably on the shaded side, and to open windows in the evening if there’s a breeze.
• Help them obtain an air conditioning unit if they don’t have one, or arrange during a heat wave for them to stay with someone (you, another relative or a friend) whose home is climate controlled.
• Provide or arrange for transportation to appointments, for errands, or to take them to a cool place. They should not be walking any distance or waiting at bus stops in extreme weather.

*********
Linda M. Petch is a social worker and a freelance writer specializing in boomer and senior issues. She has professional and personal experience with elder care.