

Senior News

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*Silver Spurs step
and stroll for smiles!*

Story on page 2

August 2012 • Vol. 26, No. 8

On the Cover

Silver Spurs step and stroll for smiles

by SUSAN LARSON

ON THE COVER

Silver Spurs: Front row (l-r): Katherine Woodard, Margaret Fordham, Joan Wood. Back row (l-r): Gaynelle Gordon, Peggie Grantham, Shirley Giles, Diane Vann.

The Silver Spurs have every reason in the world to kick up their heels. For sixteen years this senior line dancing team from Macon has been scooting, shuffling, shimmying, sliding, stepping, strolling and strutting all over the state.

These seven ladies, four of whom are over 80 years old, entertain at nursing homes, senior centers, hospitals, crafts fairs – actually, anywhere they are invited – bringing smiles to their audiences. And their gigs keep them going as frequently and as far as any professional entertainers. Their appearance at Carlyle Place on August 7th will mark performances 50, 51, and 52 where they will be dancing three 30 minute routines back to back.

“We encourage audience partici-

pation,” Katherine Woodard, age 83 said. “The staff is welcome to dance with us and we help the residents join in with arm movements.”

Woodard and Margaret Fordham, age 84, are original members of this team which also includes Joan Wood, Gaynelle Gordon, Peggie Grantham, Shirley Giles, and Diane Vann.

The ladies provide their own transportation and buy and coordinate their own matching outfits.

“We feel like we’re doing a ministry. We love to see their smiles,” Woodard said. “Some of the people we dance for write us notes and we put them in our scrapbook.”

People for whom they perform really do have a lot of nice things to say about them.

At the John Wesley Villa in Macon, Activities Director Hattie Jones said, “For ten years they’ve been part of our Christmas celebration and Spring Fling. We always enjoy them.”

Word apparently gets around fast. At the recently opened Zebulon Park Health and Rehabilitation, the Silver Spurs were the very first entertainers to perform.

“They were energetic and

enthused and interested in the residents,” Executive Director Sandra Casper said. “We hope to have them back.”

They’ll certainly be happy to

return. In fact, they’ll be happy to go anywhere where they can bring smiles with their synchronized steps.

For information call Woodard at 478-781-7150.

Fifty-one reasons to visit Columbus, Georgia

Special to Senior News

“**F**ifty-one Reasons to Visit Columbus, GA?” Absolutely. And that’s just the tip of the iceberg! From barbecue to Bach, from ‘scrambled’ hot dogs to sculpture, reasons abound to see the sites in Columbus, GA.

Nestled in a valley in the west-central part of the state, Columbus was the last planned city of the original thirteen colonies. It’s now a blend of old and new; headquarters to international companies and home to a rich array of history.

A great way to start your visit is with a stroll along the 15-mile Chattahoochee RiverWalk. As you meander beside the river, you can almost hear the whistle of an arriving paddleboat loaded with cotton! Walking, jogging, biking, or in-line skating down the RiverWalk is a treat year round.

And soon, you will be able to experience the Chattahoochee River like never before! Currently under construction is a project that will result in the longest urban whitewater course in the world. Whether you like rafting, kayaking, or canoeing, you’ll get to pick how you want to enjoy this 2.5-mile section of the river.

History was made again with the opening of the new National Infantry Museum & Soldier Center at Patriot Park, honoring the 234-year legacy of valor and sacrifice of the American Infantryman. Inside the National Infantry Museum, you’re able to traverse the “Last 100 Yards Ramp,” where battles from each of the Infantry’s major conflicts over the years are depicted in striking realism, then amble through interactive galleries tracing Infantry history from colonial times to the present and the training of today’s Soldier.

Truly a one-of-a-kind experience is a visit to the National Civil War Naval Museum at Port Columbus—the only museum in the country dedicated to taking a

comprehensive look at this fascinating aspect of the Civil War. New on the grounds at Port Columbus is a full-scale replica of the USS Water Witch, representing one of the most exciting events in Civil War naval history.

But step back into today, and you’ll experience the new...the RiverCenter for the Performing Arts, the crown-jewel in Columbus’ arts and entertainment district; the Columbus Museum, one of the largest museums in the South and offering a rich collection of regional history artifacts, Native American crafts made on the Chattahoochee River, and fascinating American impressionist paintings and vibrant contemporary mixed-media pieces; or you can literally gaze into the future as you study faraway planets and distant galaxies or even board the space shuttle and go on a moon mission at the Coca-Cola Space Science Center!

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

Make sure your plans include time to venture out from the city to explore all there is to see and do in our region, known as Presidential Pathways. You’ll find a wealth of heritage from United States presidents; Providence Canyon, known as Georgia’s Little Grand Canyon; the 1850’s Village of Westville; even a Wild Animal Safari!

People make Columbus what it is today. It’s part of the unique southern heritage that’s reflected in the culture. Columbus, Georgia is a city unafraid of change...yet careful to uphold its heritage. Come experience for yourself this one of a kind city and her true Southern hospitality. “51 Reasons”...and that’s just the start!

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Poets' Corner

YOUR FOLKS MY FOLKS OLD FOLKS

by Mary P. Barrett

As I sit here with you in
mind, thoughts come to me soft and
kind,
Remembering when I held you as a
tiny babe soft and sweet
No one in the world came close as
your two tiny feet,
The ones that could one day walk
anywhere he surely pleased
And would always be the apple of
Grandmas eyes indeed,
When you fell and skinned your knee
I was there to comfort you
Tear stained cheeks full of pain I
managed to make your world
unblue,
You made me feel so proud for I
raised you as my own little boy
You never had to want for things
others wanted especially toys,
As the years have turned my hair a
lighter shade of white
My memories and thoughts of happy
times come to light,
For now you are grown and have a
little one on the way
You're hoping for a boy can't tell
quite yet oh the day,
When you get to hold your child the
first time new life
Then so proudly you say my son and
smile at your wife,
Days are past Grandma's not needed
like before
Lives are way to hectic too
that's what rest homes are for,
Seems at times I feel so alone and in
deep despair
Wondering to myself really now does
anyone care?
I was there from the beginning when
I was proud to boast
Can you toss me away like this when
I need you the most?
I was young now I have given you
my life and grown old
Now you want to treat me
meaningless and so very cold,
I was your Folks you are My Folks
Now Old Folks now I see
I pray this not be last I see of My
folks through eternity...

MY BEAUTIFUL

by Barbara Johnson

Your red is like a bowl of Cherries
Your blue is like the deep blue sea
Your white like the peaks of the
ocean
Your stars like the diamonds of the
night sky
You wave to the wind like a soaring
eagle
Yet you're quiet like a calming sea
Men and women have fought and
died for you
And we love you all the more
We will always honor and salute you
My beautiful flag of "The United
States of America"

SUMMER TIME IN THE ATLANTA

by Frederic Holland, Sr.

It's over 90 degrees in the Atlanta
and everybody's hot;
From your head down to your feet
you're sweating a lot!
To cool off, you run the AC all day;
When the Georgia Power bill comes,
a lot of cash you must pay.
Step outside the door and the heat
hits you like a hot oven blast;
In this kind of heat you better not
run or walk too fast.
The "big red" sun in the Atlanta ain't
no joke;
Don't take it lightly cause you might
have a stroke.
Young guys cruising in their vintage
"pimped up" cars full of pride;
Truth be told, the wheels and the
sound system cost more than the
ride.
Young girls wearing just enough to
cover;
Long weaves flowing, rocking a tat
too of their current lover.

We take the kids to White Water Park
and Six Flags to keep them cool
and busy;
Most of the rides make me dizzy.

Don't leave small children or pets in
a parked car with the windows up,
no matter how long you think it
might take;
Cause there is a chance that your
loved ones could bake.

I remember as a child, the heat
didn't bother me, I played in it
all day;
Now looking at the kids play...
makes me say no way!

Yea, living in Atlanta you have to
deal with some summer time heat;

But I love the Atlanta, cause the year
around weather is hard to beat!
So don't do too much in the heat and
drink plenty of water;
And we will all get through the
summer without too much bother.

DIVORCE

by Ann Morris Butler

Divorce makes fathers
Into uncles
And uncles into fathers
And children into half-orphans
Seeking scraps of love
Wherever they go
Looking for phantom fathers
To fill the holes in their souls

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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

Email: jantas@bellsouth.net

Linda Conyers

Phone: 770-924-6905

Fax: 770-517-6716

Email: Lconyers@bellsouth.net

Contributing Columnists

Susan Larson

Dr. Bill Baggett

Mary Frances

Lisa M. Petsche

Dr. Anne B. Jones

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CORPORATE OFFICE

Billy R. Tucker, President/Publisher

Phone: 478-929-3636

FAX: 478-929-4258

www.seniornewsgeorgia.com

E-mail: Seniornewsga@cox.net

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Senior News & Views of Georgia

The Next Chapter

Book Recommendations by
ANNE B. JONES, PhD

Secrets And Lies: Memoir of the Kennedy Years, by A Reluctant Witness, Former Special Agent, FBI, George B. Mettler, Tiger Iron Press, 2012

I first met George B. Mettler when I was invited to participate in a writing group that included professional authors. Those of us who attended were enthralled with him. His stories of his life as a young child growing up in a mob-dominated neighborhood, his career as an attorney, and his work as an undercover FBI agent with ties to the CIA were fascinating. As discussions continued and he felt more and more comfortable with us, we learned he had published seven novels, one non-fiction book and a textbook on criminal investigation. In addition, we discovered he is a successful artist.

As we listened in amazement to this "Renaissance Man," we soon found we were privy to information not readily available to the public. We were astounded to hear he was fulfilling his late wife Darlene Mettler's dying request that he write a memoir about his knowledge of J.F. Kennedy's assassination and his familiarity with many of the key players (such as Lee Harvey Oswald).

According to Tiger Iron Press Publisher A. Louise Staman, in *Secrets and Lies: Memoir of the Kennedy Years*, "George B. Mettler connects the dots, exposing corruption and deceit at the highest levels of American government and providing a new perspective on the life, times, and death of John Kennedy. In meticulous detail Mettler presents the personages of this drama, some in stark detail, shows the mistakes of the Warren Commission, and explains how our present-day experiences have been shaped by

the awful past... The result is a shocking, enlightening, expose."

It is doubtful anyone has been involved with as many individuals associated with the assassination of Kennedy as Mettler. His life circumstances have enabled him to have rare insight into the mob; the movers and shakers of the early 1960s; United States foreign relations; and secretive CIA operations.

This highly readable work contains numerous pictures, including some of Mettler's own paintings. The book lends itself to in-depth discussion, presenting a unique view of events that have had a profound effect on our nation. I might have been happier not knowing what has been included in this book, but then I would be less informed. In today's hard times, our country needs an aware and informed citizenry.

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

Spiritual Notes

There is plenty of work for love to do

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Recently I read the story of two mature ladies who worked in the same office and were having a discussion regarding the work habits of a fellow employee. One of the workers observed that the employee in question was lazy and worked very little. In response her fellow employee suggested that he was young and needed encouragement and support. As a follow up statement she said, "There is plenty

of work here for love to do." Her response was urging her friend to be patient and work at loving this young man. In other words, she was suggesting you have a lot of "love work" to do.

The world we live in today, with all the negative attitudes that one encounters and perhaps harbors, we have forgotten what Jesus said when asked in Matthew 22:36-39: "Teacher, which is the great commandment in the Law? Jesus said, you shall love the Lord your God with all your heart, with all your soul, and with your entire

mind. This is the first and great commandment. And the second is like it; you shall love your neighbor as yourself."

Regrettably, so many of us are like the negative worker, we find it easy to censure and/or blame those around us, friend or foe, for any number of faults. In contrast, if we follow the commands of Jesus there are no exceptions to the prescribed actions we are to take toward our neighbors. I believe Jesus included all those we encounter each day as neighbors.

I love the old hymn, "Love Lifted Me." One of the verses states: "But the Master heard my despairing cry; from the waters He lifted me; now safe am I. Love lifted me! Love lifted me! When nothing else could help, Love lifted me!"

Yes, "There is plenty of work for love to do." Love does lift us to act beyond our human capacities. Love is God's benevolence and mercy toward man. May we all practice the feeling of benevolence, kindness, and brotherhood toward others.

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

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Quick cleaning afoot at Asian market

by SUSAN LARSON

I was helping clean up the kitchen after Wednesday night dinner at church when some soup spilled on the floor. The kitchen was pretty crowded with not much bending room, so I threw a rag on the floor and swished it around with my foot. A lady a few years older than I stopped what she was doing and stared.

"My mother would be horrified if she saw this," I said.

So would mine," she replied.

As I continued with my footwork, she continued to stare.

"You're horrified, too, aren't you?" I asked.

"Actually, I am," she said.

Well, I know I'd never have

done that in front of my mother. Anytime she ever saw me take any shortcuts or use any new-fangled ways of doing things she would admonish me with "They don't do that in the old country" as if what her Slavic peasant ancestors did in the 1800's should set the standard for 20th century living in America. I guess this lady must have had similar upbringing.

But then, it wasn't just my mother. I thought back to this old Ma and Pa Kettle movie I saw when I was little. Ma and Pa Kettle were kind of country, as I recall, and they had 15 kids. In one scene they were cleaning house and one of the kids tied scrub brushes onto his feet to clean the floor. The audience laughed, of course, but it was

this kind of laugh that let on that everyone knew this kid was doing something naughty and was going to get into big trouble. It seems, as I recall, Ma Kettle did bop him on the head with a broom or something causing the audience to howl once more seeing that the kid got what was coming to him.

Anyway, I'd totally forgotten about the church incident until a few months later when I was shopping at an Asian market. What I love just as much as all the fresh produce are the little ethnic shops that line the walls. As I was browsing, I spotted some slippers with Chinese characters and little cartoon pigs all over them. At first I thought they were just the kind of slippers that Asians wear in the

house. But a closer look revealed mops sewn onto the soles. Too cute, I thought! But then I wondered, are these an ancient cleaning tool that the Chinese brought over from the "old country" or are they some newfangled invention?

It didn't matter. I had to buy a pair. Later that day as I was skating around the entryway mopping up dust and cat hair off the hardwood, my husband commented on how cool he thought they were.

But being an engineer he saw room for improvement and added that they should have pointed toes so I could get the spiders out of the corners while I was at it.

My mother would be horrified!

Get your Social Security statement online

by MICHAEL W. GROCHOWSKI
Social Security Regional
Commissioner in Atlanta

If you would like to get a Social Security Statement, which provides estimates of your future benefits, it is now available online at www.socialsecurity.gov.

"Our new online Social Security Statement is simple, easy-to-use and provides people with estimates they can use to plan for their retirement," said Michael J. Astrue, Commissioner of Social Security. "The online Statement also provides estimates for disability and survivors benefits, making the Statement an important financial planning tool. People should get in the habit of checking their online Statement each year, around their birthday, for example."

In addition to helping with financial planning, the online Statement also provides workers a convenient way to determine whether their earnings are accurately posted to their Social Security records. This feature is important because Social Security benefits are based on average earnings over a person's lifetime. If the information is incorrect, the person may not receive proper benefits.

The online Statement provides you the opportunity to

save or print the document for future reference, or to have handy for discussions with family members or a financial planner.

According to the American Customer Satisfaction Index, users are giving the online Statement a score of 89, making it competitive with our other top-rated, best-in-government online services, such as the Retirement Estimator and online retirement application.

To get a personalized online Statement, you must be age 18 or older and must be able to provide information about yourself that matches information already on file with Social Security. In addition, Social Security uses Experian, an external authentication service provider, for further verification. You must provide identifying information and answer security questions in order to pass this verification. Social Security will not share your Social Security number with Experian, but the identity check is an important part of this new, thorough verification process.

When your identity is verified, you can create a "My Social Security" account with a unique user name and password to access your online Statement. In addition, your online Statement includes links to information about other online Social Security services, such as

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Taking Care

The value of respite – enjoy personal time

by LISA M. PETSCHÉ

While the days of summer offer most of us the chance to enjoy a well-deserved break, sometimes caregivers are reluctant to take one. They know their responsibilities are constant, regardless of the season.



Lisa Petsche

But breaks from caregiving duties – commonly known as respite – are essential in order for caregivers to be able to provide optimal care over time. These can take place at home or away, and involve anywhere from a few minutes or hours, to several days or weeks.

The goal of respite is to refresh caregivers physically, mentally and spiritually. The change of pace – and often environment – can renew their energy and restore their perspective. When practiced regularly, respite helps keep the stresses of caregiving manageable, preventing physical and emotional burnout.

While respite is a year-round need, the dog days of summer are the perfect time to begin the habit of taking time out from caregiving.

If you are a caregiver, read on for some seasonal self-care tips.

Lighten your load

- If finances permit, hire a yard maintenance service or a neighborhood youth to cut the lawn. Otherwise, get a mulching mower so you do not have to bag grass.
- Buy low-maintenance out-

door plants or consider container gardening.

- Make double batches of meals and freeze half so you do not have to cook on hot days, or stock up on pre-cooked foods that only require warming. Better yet, order takeout food during a heat wave.

- When summer sun and heat keep you indoors, research options for day care, which would allow you a significant break and your loved one additional stimulation. You might also locate a suitable caregiver support group in your area. Many take a summer hiatus, but you can learn about options for the fall.

- Contact your local office on aging or the organization associated with your loved one's disease.

- Do not pass up an opportunity for a vacation, with or without your loved one, whether to a friend's cabin, a resort, an out-of-town wedding or other special event, or to visit relatives at a distance.

Enjoy personal time

- Get a portable baby monitor or two-way radios to allow you to engage in outdoor pursuits worry-free while your loved one is resting or involved in indoor activities.

- Read a magazine about a favorite summer pastime – gardening of golf, for example.

- Have a picnic in your backyard on a nearby park.

- Plan an outing to a sporting or cultural event, such as a baseball game or summer festival.

- Listen to relaxation tapes that feature your favorite summer sounds – for example, a water-

fall, gentle rain, birds or other wildlife.

- Sit on your front porch or balcony or go to a park and people-watch.

- Go to the local farmers' market and marvel at the offerings. Pick up a variety of fresh fruits and vegetables, as well as favorite meats, cheeses and baked goods.

- Take a drive in the country.

Pamper yourself

- Buy toiletries in a favorite summer scent, such as lily of the valley or peach.

- Grill your favorite meats and vegetables. Try some new marinades or salad dressings, for variety.

- Stock up on refreshing drinks, such as lemonade and iced tea, or the necessary ingredients to make your own, if you prefer.

- Buy a box of favorite ice cream treats the next time you are at the grocery store. Or head out to your local dairy for an ice cream cone, sundae, milkshake or float.

- Bring in flowers from your garden and display them in an attractive vase.

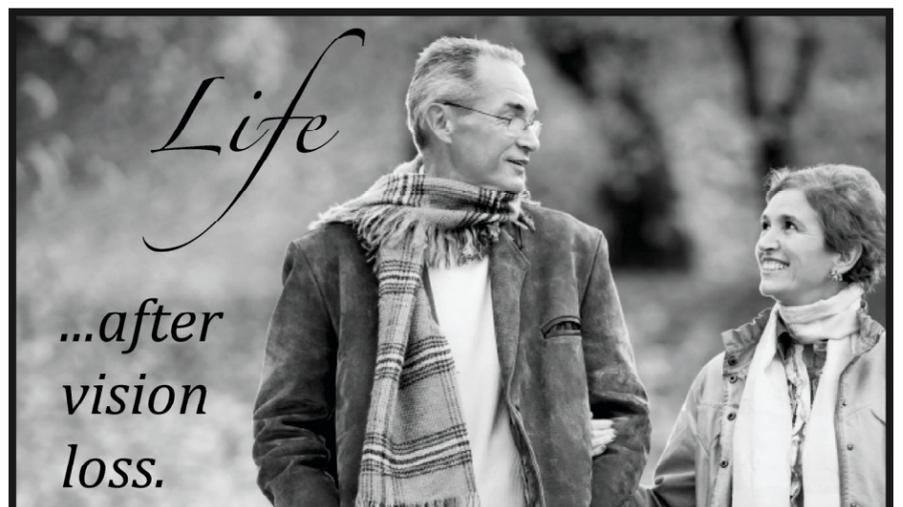
- Purchase something seasonal for your enjoyment – for example, an indoor plant, an additional to your wardrobe, wind chimes, a bird feeder or an outdoor lounge chair. Shop by catalog or the Internet if it is hard to get out.

- Invest in a set of satiny smooth bed sheets.

- Buy votive candles in floral or fruit scents and place them in decorative holders.

- If you do not have central air conditioning, get a window air conditioner, or oscillating fans for the rooms you use most. Keeping cool will help to prevent irritability and maintain your energy level.

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



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Out & About

Trains, Trucks & Tractors Meet New Technology at Southeastern Railway Museum

Special to Senior News

An annual festival gets an up-to-date addition this year at the Trains, Trucks & Tractors weekend, August 4-5 at the Southeastern Railway Museum in Duluth. In addition to a wide-ranging exhibition of, yes, trains, trucks and tractors, the museum this year has added a new technology to the mix: a next-generation electric vehicle and charging station, courtesy of Siemens.

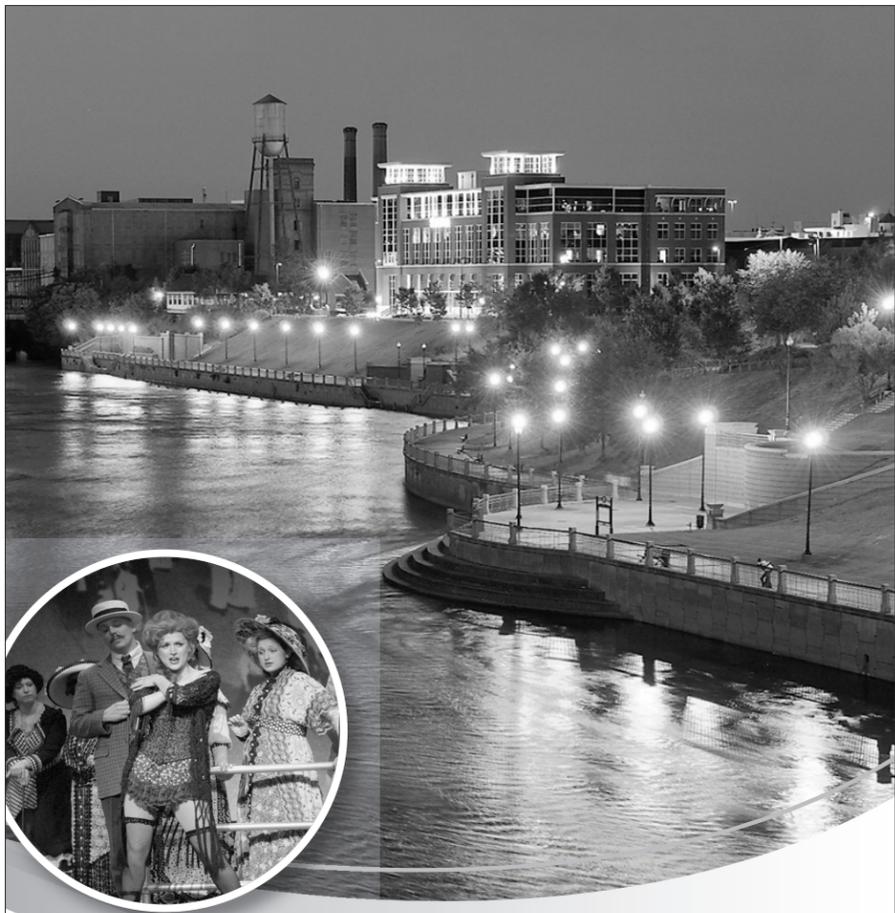
“Transportation technology is in an important transition stage right now,” said Museum Administrator Randy Pirkle. “Part of our job as a museum is to show people how transportation changes over time. We’re very proud to be able to partner with Siemens to show this cutting-edge technology to the public. It stands as both a remarkable contrast and a rational ‘next step’ when seen next to recent-model trucks and the vintage vehicles folks expect to find at the museum. It’s worth remembering, too, that the steam locomotives and other antiques on display were the cutting-edge transportation technology of their day.”

The weekend festival, called “Trains, Trucks, and Tractors,” is an annual event at the Duluth, Georgia, Southeastern Railway Museum. In addition to the museum’s extensive collection of rail equipment and other transportation artifacts, the festival adds numerous limited time exhibits and demonstrations. Included this year, in addition to the Siemens electric vehicle and charger, are vehicles from UPS, a variety of antique tractors, and both antique and modern trucks. Special activities include children’s crafts, temporary tattoos, and hayrides, as well as the museum’s signature ride on a vintage train. Food and drink will be available for visitors.

The Southeastern Railway Museum, in operation since 1970, is Georgia’s Official Transportation History Museum. Occupying a 35-acre site in

Duluth, Georgia, the museum offers exhibits dealing with the history and importance of transportation in the development of the state and the region. The collection includes roughly 90 pieces of railroad rolling stock, including historic locomotives, passenger and freight cars, and maintenance vehicles. The museum also exhibits historic automobiles, firefighting equipment, and buses from MARTA and its predecessors.

Because many of the exhibits are outdoors, the Southeastern Railway Museum varies its operating hours seasonally. Current days and hours, along with educational programming and other information, are available on the museum website at SoutheasternRailwayMuseum.org.



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Taste of Johns Creek set for Sunday, August 19th

Special to *Senior News*

Celebrating a tradition of great food and good times in the community with the 5th Annual Taste of Johns Creek.

Chattahoochee High School continues tradition with the 5th Annual Taste of Johns Creek. This community-wide event includes many of the past years, best features including Food and Presentation contests, a fun-filled Kidz Zone and great performances by local artists.

The 5th Annual Taste of Johns Creek takes place Sunday

Aug 19th from 4 pm - 7 pm on the grounds of Chattahoochee High School located at 5230 Taylor Rd, Johns Creek. Tickets are \$15 in advance or \$20 at the door (children 4 yrs and under are free).

Gourmet foods from several local restaurants will be in the spotlight as top chefs share their culinary treats. Business sponsors include Johns Creek Convention & Visitor Bureau, Publix Apron Cooking School, Trader Joe's, A-1 Driving School, Shell Food Mart, Just Fitness, Johns Creek Symphony Orchestra, Renew Health and

Costo.

A sampling of participating restaurants include: Adobo Taqueria, Azul Agave, Bagel Boys Café, Bamboo Garden, Bassano's Pizzeria, Chili's, Cuzi's, DA Butcher, Egg Harbor, Ipanema, Jet's Pizza, Kozmo Gastro Pub, Little Caesars Pizza, Marco's Pizza, On the Border, One Moore Cookie, Outback Steakhouse, Pepperoni's Tavern, Primo Italian Ice, Rita's Italian Ice, Shane's Rib Shack, Smashburger, 3 Brothers Catering & Events, Yates Sport Bar (for a complete list of participating restaurants visit www.tasteofjc.com)

Monies raised will benefit the efforts of: the Football team and stadium with new equipment and capital improvements for the 2011 Region and 2010



AAAA state champion Chattahoochee Cougars and the Cheer Club travel throughout the area for various competitions during the school year.

For additional information on the Taste of Johns Creek, or how to participate as a vendor, visit the Taste of Johns Creek Face Book page, or www.tasteofjc.com or www.hoochfootball.net.



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NovoLog® Mix 70/30 FlexPen®
 70% insulin aspart protamine suspension and
 30% insulin aspart injection, (rDNA origin)

Discover additional benefits
 for the **same cost** as
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Compared with other premix
 insulins like Novolin® 70/30,
 NovoLog® Mix 70/30 FlexPen® offers:



Better mealtime coverage



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 low blood sugar



More flexible dosing†:
 15 minutes before **or**
 after starting your meal

...and if you participate in Medicare
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Switch today and pay no
 more than \$3.30 or \$6.50
 just like Novolin® 70/30‡

**FlexPen®. Insulin
 delivery my way.**

Individual results may vary.

Indications and Usage

NovoLog® Mix 70/30 (70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin]) is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus.

It is not known if NovoLog® Mix 70/30 is safe or effective in children.

Important Safety Information

Do not take NovoLog® Mix 70/30 if your blood sugar is too low (hypoglycemia) or if you are allergic to any of the ingredients in NovoLog® Mix 70/30. If you take too much NovoLog® Mix 70/30, your blood sugar may fall too low (hypoglycemia). NovoLog® Mix 70/30 starts acting fast. If you have type 1 diabetes, inject it up to 15 minutes before you eat a meal. If you have type 2 diabetes, you may inject NovoLog® Mix 70/30 up to 15 minutes before or after starting your meal.

Check your blood sugar levels regularly. Ask your health care provider what your blood sugars should be and when you should check your blood sugar levels. Do not make any changes to your dose or type of insulin unless your health care provider tells you to. Alcohol, including beer and wine, may affect your blood sugar when you take NovoLog® Mix 70/30.

NovoLog® Mix 70/30 is a prescription medication. If you need assistance with prescription drug costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Talk to your doctor about the importance of diet and exercise in your treatment plan.

*Intended as a guide. Lower acquisition costs alone do not necessarily reflect a cost advantage in the outcome of the condition treated because there are other variables that affect relative costs. Formulary status is subject to change.

Before using NovoLog® Mix 70/30, tell your health care provider about all medicines you take and all of your medical conditions, including if you have kidney or liver problems or if you are pregnant or breastfeeding. It is not known if NovoLog® Mix 70/30 will harm your unborn baby or pass into breast milk. Your NovoLog® Mix 70/30 dose may change if you take other medicines.

Do not inject NovoLog® Mix 70/30 with any other insulin products or use in an insulin pump.

Do not share needles, insulin pens or syringes with others.

The most common side effects of NovoLog® Mix 70/30 include skin thickening or pits at the injection site (lipodystrophy), weight gain, swelling of your hands and feet, and vision changes. Serious adverse events may include low blood sugar (hypoglycemia), low potassium in your blood (hypokalemia), local allergic reactions at the injection site (like redness, swelling, and itching), and whole body reactions. Get medical help right away if you have any of these symptoms of an allergic reaction: a rash over the whole body, have trouble breathing, fast heart rate, sweating, or if you feel faint. Ask your health care provider or pharmacist for more information.

Please see Brief Summary of Prescribing Information on adjacent page.

†For patients with type 2 diabetes.

‡Partial LIS beneficiaries are required to pay up to 15% of drug costs up to the out-of-pocket threshold of \$6,657.50. After this threshold, LIS beneficiaries have co-pays of \$2.60 for generic drugs and \$6.50 for brand name drugs. Note that human insulin is not a generic drug.

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NovoLog® Mix 70/30

70% insulin aspart protamine suspension and 30% insulin aspart injection, (rDNA origin)

Patient Information

NovoLog® Mix 70/30 (Nō-vō-log-MIX-SEV-en-tee-THIR-tee)

(70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin])

This is a BRIEF SUMMARY of important information about NOVLOG® MIX 70/30. This information does not take the place of talking to your healthcare provider about your diabetes or your treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have any questions about managing your diabetes.

What is NovoLog® Mix 70/30?

NovoLog® Mix 70/30 is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus. It is not known if NovoLog® Mix 70/30 is safe or effective in children.

Who should not use NovoLog® Mix 70/30?

Do not take NovoLog® Mix 70/30 if:

- Your blood sugar is too low (hypoglycemia)
- You are allergic to any of the ingredients in NovoLog® Mix 70/30. See the end of this leaflet for a complete list of ingredients in NovoLog® Mix 70/30. Check with your healthcare provider if you are not sure.

What should I tell my healthcare provider before taking NovoLog® Mix 70/30?

Before you use NovoLog® Mix 70/30, tell your healthcare provider if you:

- have kidney or liver problems
- **have any other medical conditions.** Medical conditions can affect your insulin needs and your dose of NovoLog® Mix 70/30.
- **are pregnant or plan to become pregnant.** It is not known if NovoLog® Mix 70/30 will harm your unborn baby. Talk to your healthcare provider if you are pregnant or plan to become pregnant. You and your healthcare provider should decide about the best way to manage your diabetes while you are pregnant.
- **are breastfeeding or plan to breastfeed.** It is not known if NovoLog® Mix 70/30 passes into your breast milk. You and your healthcare provider should decide if you will take NovoLog® Mix 70/30 while you breastfeed.

Tell your healthcare provider about all medicines you take, including prescriptions and non-prescription medicines, vitamins and herbal supplements.

NovoLog® Mix 70/30 may affect the way other medicines work, and other medicines may affect how NovoLog® Mix 70/30 works. Your NovoLog® Mix 70/30 dose may change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show your healthcare providers and pharmacist when you get a new medicine.

How should I take NovoLog® Mix 70/30?

- Take NovoLog® Mix 70/30 exactly as your healthcare provider tells you to take it.
- Your healthcare provider will tell you how much NovoLog® Mix 70/30 to take and when to take it.
- Do not make any changes to your dose or type of insulin unless your healthcare provider tells you to.
- **NovoLog® Mix 70/30 starts acting fast. If you have Type 1 diabetes, inject it up to 15 minutes before you eat a meal.** Do not inject NovoLog® Mix 70/30 if you are not planning to eat within 15 minutes.
- **If you have Type 2 diabetes, you may inject NovoLog® Mix 70/30 up to 15 minutes before or after starting your meal.**
- **Do Not mix** NovoLog® Mix 70/30 with other insulin products.
- **Do Not** use NovoLog® Mix 70/30 in an insulin pump.

- **Inject NovoLog® Mix 70/30 under the skin (subcutaneously) of your stomach area, upper arms, buttocks or upper legs.** NovoLog® Mix 70/30 may affect your blood sugar levels faster if you inject it under the skin of your stomach area. Never inject NovoLog® Mix 70/30 into a vein or into a muscle.
- **Change (rotate) injection sites** within the area you choose with each dose. **Do not** inject into the exact same spot for each injection.
- **Read the instructions for use that come with your NovoLog® Mix 70/30.** Talk to your healthcare provider if you have any questions. Your healthcare provider should show you how to inject NovoLog® Mix 70/30 before you start using it.
- NovoLog® Mix 70/30 comes in:
 - 10 mL vials for use with a syringe
 - 3 mL NovoLog® Mix 70/30 FlexPen®
- **If you take too much NovoLog® Mix 70/30, your blood sugar may fall too low (hypoglycemia).** You can treat mild low blood sugar (hypoglycemia) by drinking or eating something sugary right away (fruit juice, sugar candies, or glucose tablets). It is important to treat low blood sugar (hypoglycemia) right away because it could get worse and you could pass out (loss of consciousness).
- **If you forget to take your dose of NovoLog® Mix 70/30, your blood sugar may go too high (hyperglycemia).** If high blood sugar (hyperglycemia) is not treated it can lead to serious problems, like passing out (loss of consciousness), coma or even death. Follow your healthcare provider's instructions for treating high blood sugar. Know your symptoms of high blood sugar which may include:
 - increased thirst
 - frequent urination
 - loss of appetite
 - high amounts of sugar and ketones in your urine
 - nausea, vomiting (throwing up) or stomach pain
- Do not share needles, insulin pens or syringes with others.
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels.

Your insulin dosage may need to change because of:

- illness
- stress
- change in diet
- other medicines you take
- change in physical activity or exercise

See the end of this patient information for instructions about preparing and giving your injection.

What should I consider while using NovoLog® Mix 70/30?

- **Alcohol.** Drinking alcohol may affect your blood sugar when you take NovoLog® Mix 70/30.
- **Driving and operating machinery.** You may have trouble paying attention or reacting if you have low blood sugar (hypoglycemia). Be careful when you drive a car or operate machinery. Ask your healthcare provider if it is alright for you to drive if you often have:
 - low blood sugar
 - decreased or no warning signs of low blood sugar

What are the possible side effects of NovoLog® Mix 70/30?

NovoLog® Mix 70/30 may cause serious side effects, including:

- **Low blood sugar (hypoglycemia).** Symptoms of low blood sugar may include:
 - sweating
 - trouble concentrating or confusion
 - headache
 - shakiness
 - fast heart beat
 - anxiety, irritability or mood changes
 - dizziness or lightheadedness
 - blurred vision
 - hunger
 - slurred speech
 - tingling of lips and tongue

Very low blood sugar can cause you to pass out (loss of consciousness), seizures, and death. Talk to your healthcare provider about how to tell if you have low blood sugar and what to do if this happens while taking NovoLog® Mix 70/30. Know your symptoms of low blood sugar. Follow your healthcare provider's instructions for treating low blood sugar.

Talk to your healthcare provider if low blood sugar is a problem for you. Your dose of NovoLog® Mix 70/30 may need to be changed.

- **Low potassium in your blood (hypokalemia)**
- **Reactions at the injection site (local allergic reaction).** You may get redness, swelling, and itching at the injection site. If you keep having skin reactions or they are serious talk to your healthcare provider.
- **Serious allergic reaction (whole body reaction). Get medical help right away, if you have any of these symptoms of an allergic reaction:**
 - a rash over your whole body
 - have trouble breathing
 - a fast heartbeat
 - sweating
 - feel faint

The most common side effects of NovoLog® Mix 70/30 include:

- **Skin thickening or pits at the injection site (lipodystrophy).** Change (rotate) where you inject your insulin to help to prevent these skin changes from happening. Do not inject insulin into this type of skin.
- **Weight gain**
- **Swelling of your hands and feet**
- **Vision changes**

These are not all of the possible side effects from NovoLog® Mix 70/30. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What are the ingredients in NovoLog® Mix 70/30?

- **Active Ingredients in NovoLog® Mix 70/30:** 70% insulin aspart protamine suspension and 30% insulin aspart injection (rDNA origin).
- **Inactive Ingredients in NovoLog® Mix 70/30:** glycerol, phenol, metacresol, zinc, disodium hydrogen phosphate dihydrate, sodium chloride, protamine sulfate, water for injection, hydrochloric acid or sodium hydroxide.

All NovoLog® Mix 70/30 vials and NovoLog® Mix 70/30 FlexPen® are latex free.

Helpful information for people with diabetes is published by the American Diabetes Association, 1701 N Beauregard Street, Alexandria, VA 22311 and is available at www.diabetes.org.

More detailed information is available upon request.

Available by prescription only.

For information about NovoLog® Mix 70/30 contact: Novo Nordisk Inc. 100 College Road West Princeton, New Jersey 08540 1-800-727-6500 www.novonordisk-us.com

Date of Issue: September 20, 2011

Version: 8

Novo Nordisk®, NovoLog®, and FlexPen® are registered trademarks of Novo Nordisk A/S.

NovoLog® Mix 70/30 is covered by US Patent Nos. 5,547,930; 5,618,913; 5,834,422; 5,840,680; 5,866,538 and other patents pending.

FlexPen® is covered by US Patent Nos. 6,582,404; 6,004,297; 6,235,004 and other patents pending.

Manufactured by: Novo Nordisk A/S DK-2880 Bagsvaerd, Denmark

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Free Trial Offers: Are they good deals?

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

Free trial offers are used by many companies to sell everything from books to CDs, from magazines to Internet access. Trail offers can be a great way to try out new products or services without making a long-term commitment. You should be aware, however, that by accepting a free trial offer, you might be agreeing to buy additional products and services, if you do not cancel within a specified period of time.

Before you accept a free trail offer, be sure you know what your obligations will be. For example, you may have to contact the company to cancel during the trial period to avoid receiving goods or services or to avoid paying for what you have already received. By not canceling, you may be agreeing to let the company enroll you in a membership, subscription or service contract, and to charge the fees to your credit card.

Pay close attention to the "material" terms advertisers use. According to the law, companies

must clearly and prominently disclose the material terms of their trail offers before you give your consent. Material terms may include:

- how much time you have to cancel before you incur charges;
- the fact that by accepting the trail offer, you are actually agreeing to be enrolled in a membership, subscription or service contract or agreeing to pay for additional products and services if you do not cancel within the trial period;
- the cost or range of costs of goods or services you will receive if you do not cancel during the trial period;
- how to cancel during the trial period;
- whether you will be charged a non-refundable membership fee if you do not cancel within the trial period; and,
- whether fees will be charged automatically to the credit card you used to buy other goods or services.

Trial offers are promoted through all types of media: newspaper and magazine ads, TV and radio commercials, direct mail, and the phone and Internet. In print ad

offers, the material terms may appear in fine print as a footnote at the bottom of a page, or on the back of the offer. To protect yourself, read the entire offer carefully before you decide whether it is a good deal for you. When offers are made orally – whether by radio, TV or on the phone – listen carefully to the message. If you do not understand the details, ask the caller to repeat the terms and conditions as many times as it takes until you understand. Or, ask them to send you the terms and conditions in writing. Never give into pressure to agree to a deal.

The BBB, along with the Federal Trade Commission, suggest you ask the following questions:

- Is the free trial offer related to a membership, subscription or extended service contract?
- Do I have to contact the company to avoid receiving more merchandise or services?
- Who do I contact to cancel?
- Will I receive other products with the free item? If so, will I have to pay for them or send them back if I do not want them? How long do I have to decide before incurring a

charge?

- Is there a membership fee? If so, is it refundable?
- Will you automatically bill my credit card for anything?
- Who is offering the trial – you or another company? What is the name and address of the company?

If you have a problem with a trial offer, try to resolve it with the seller first. If you are dissatisfied with the response, contact the Better Business Bureau (www.bbb.org) or the Federal Trade Commission, www.ftc.gov.

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

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.cobbse-niors.org

Multipurpose Centers:

(Seniors age 55+)

- East Cobb Senior Center: 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900
- Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400
- North Cobb Senior Center: 4100 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 coor-

dinates 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.

continued on page 12

Searching for Senior Living Options?

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and a site for that!

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log on to www.NewLifeStyles.com

or download the free iPhone® App

Callers requesting New LifeStyles may also receive information from providers in their area.

THE SOURCE FOR SENIOR LIVING

CALENDAR from page 11

- 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 sross@emory.edu.

Multiple Sclerosis Center of Atlanta
Support group meetings second Tuesday each month, 4-5:30 p.m., MSCA in Buckhead, 3200 Downwood Circle, Suite 550, The Palisades Building. For additional information call 404-351-0205, ext. 110, or visit www.mscaatl.org.

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

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

Button Gwinnett Society
Meets quarterly at the 1818 Club for fellowship and interesting speakers. Meetings begin at 6 p.m. For complete details call Elliott at 770-840-1003 or elliott@brack.net.

Greater Atlanta Archaeological Society
Meets 2nd Tues. of each month, 7:30 p.m., at the Fernbank Museum of Natural History, just off Ponce de Leon at 767 Clifton, Rd. NE, Atlanta. Call 770-242-2249 for recorded message.

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

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.georgiacenterforthe-book.org

Roswell Library
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770-640-3075

East Point Library
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404-762-2094

Buckhead Library
269 Buckhead Ave., Atlanta

Atlanta World War II Round Table Preserving History. 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.

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., Aug. 2, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Awake My Soul*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details and directions call 404-892-6836 or visit www.atlantasacredharp.org.

Monthly Song Circle
Fri., Aug. 24, 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 Inc. (SFSS) is a non-profit agency. Its mission is to provide a range of services and activities which promote wellness, wholeness and

self-sufficiency for adults, sixty (60) years of age and older, who reside in South Fulton County.

SFSS has serviced the South Fulton Community for 21 years. In order to enhance the level of support and services, volunteers are needed to help deliver meals on wheels. Service areas include: East Point, Hapeville, College Park, Union City, Fairburn, Rico, Palmetto, and Chattahoochee Hills. If you would like to become a volunteer for meals on wheels, please contact Debra Hood or Adam Surfus at 404-559-0070.

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

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

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

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

continued on page 13

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CALENDAR

from page 12

Resource Center at the MJCCA Zaban Park campus.

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

Volunteers Need for Meals on Wheels

Senior Connections needs volunteers to deliver hot, nutritious meals to homebound seniors in your area. Three convenient pickup locations in Chamblee, Decatur and Lithonia. Call 770-455-7602 or register to volunteer online at www.seniorconnectionsatl.org. 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

Achva Adult Day Club

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

VOLUNTEER OPPORTUNITIES FOR 55+

The Metro Atlanta RSVP program, sponsored by the

continued on page 14

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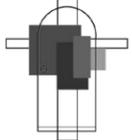
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CALENDAR
 from page 13

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.

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

N.A.R.F.E.
 All federal civilian employees and retirees are invited to join N.A.R.R.E. (National Active and Retired Federal Employees Association). Call T. Jerry Samples at 770-973-2834.

Have Fun. Make a Difference. Improve Your Health. CATCH Healthy Habits!
 The Metro Atlanta RSVP Volunteer Program, sponsored by the Atlanta Regional Commission, Area Agency on Aging, is recruiting volunteers 50+ years of age for the CATCH Healthy Habits Program, an innovative and fun way to make a difference in the life of a child and in your community and improve your health at the same time! CATCH Healthy Habits will help you help children learn the benefits of healthy eating and physical activity. For one hour each week after school, you will team up with children grades K-5 to encourage healthier eating and fitness. Each class includes education about good nutrition, a healthy snack that is fun and delicious, and a half-hour of fitness activity. You'll learn more about nutrition and healthier food choices. It's a Win-Win for all! Classes start in March at the Heard's Ferry Elementary School in Atlanta, and at the 4th/5th Academy in Decatur. We'll provide training and materials. To learn more or to volunteer, contact Mary Newton, CATCH coordinator at 404-463-4554 or mnewton@atlantaregional.com.

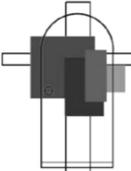
Lifespan Resources, Inc.
 3003 Howell Mill Rd., NW
 An interfaith, non-profit volunteer organization recognizing and responding to the needs of older persons in North Atlanta. For details call Laurie Stokes, Executive Director, at 404-237-7307 or www.lifespanresources.com.

Volunteers Needed by CASA – Court Appointed Special Advocates
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continued on page 15

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CALENDAR
 from page 14

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Griffin Choral Arts Auditions
 To be held on Mon. & Tues., Aug. 6 & 7, 5-7 p.m., Choir Room, Griffin First United Methodist Church, 1401 Maple Dr. For complete details call 770-468-3072.

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Christian City names welcome center to honor Dr. and Mrs. Harper

Special to Senior News

Recently, Christian City honored two well known Fayette County figures by naming the Christian City Welcome Center, "The Dr. Byron and Rose Marie Harper Welcome Center." Family and friends gathered for a dedication, reception and unveiling of a fountain commemorating their "vision of

Christian City, their commitment to sustain it, and their faithfulness to serving." Dr. Harper passed several years ago, but his wife Rose Marie currently resides in Fayette County and is still an active member of the Christian City Board of Trustees. It was nearly 50 years ago that Dr. Byron Harper, his wife Rose Marie, and several others sat down to begin the first planning stages of what would become Christian City. Recognizing a need for a place for



Mrs. Rose Marie Harper next to the fountain outside the Welcome Center representing the vision, commitment, and faithfulness of the Harper family.



Mrs. Rose Marie Harper with her family commemorating the Welcome Center Naming.

kids who did not have a safe place to live, the Harpers donated the first 50 acres of land to open Christian City, a home for abandoned and abused children. The first cottage was opened on Valentine's Day, 1965. That initial gift of love has now evolved into a bustling 500 acre campus with over 1,000 residents.

Located in Union City, Christian City is a conglomeration of nine not-for-profit organizations serving

homeless children, active seniors living in patio homes, and a full continuum of care for aging seniors, including assisted living, nursing and rehabilitation, and in home care. Christian City is recognized throughout the community as a great place to live and work. If you would like to learn more about Christian City or The Children's Village please visit www.christiancity.org or call 770-703-2636.

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