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*Story on page 8*

October 2012  
Vol. 26, No. 10

## Taking Care

# Coping with uncertainty when caring for a loved one... Planning and self-care can minimize stress

by LISA M. PETSCHÉ

**L**ooking after a senior relative, however rewarding, is not without its share of stress. If the relative has been diagnosed with a chronic illness, one source of stress may be uncertainty about the future. For instance, how are your relative's needs likely to change and over what time period? How will your own health hold up? Will your relative eventually require residential care?

While no one knows what the future holds, there are strategies that can be used to cope with challenges and changes. If you are a caregiver, read on for some of them.

### Accept

- Accept the reality of your relative's illness so you can move forward and channel your energy in constructive ways.
- Allow yourself to experience all emotions that surface.
- Accept that how your relative feels and what they can do may fluctuate, and be flexible about plans and expectations.

### Learn

- Educate yourself about your relative's diagnosis.
- Be open to learning practical skills,

such as proper transferring and bathing techniques. This will make caregiving as safe and pleasant as possible and boost your self-confidence.

- Contact the local Agency on Aging to learn about community services that can assist you and your relative.

### Communicate

- Allow yourself and your relative plenty of time to adjust to the illness and the changes it necessitates. Be patient and keep communication lines open.
- Keep the rest of the family informed of changes in your relative's status.
- Involve your relative and other family members in decision making as much as possible.
- Share information with healthcare professionals about your relative's needs, abilities and preferences. Ask questions, express concerns and offer opinions as you feel the need.

### Prepare

- Find out what to expect during the course of the illness in terms of probable symptom progression as well as caregiving skills, medical equipment and community supports likely to be needed.
- Determine your relative's wishes regarding living arrangements, outside help, surrogate decision-making, medical intervention and end-of-life care and funeral arrangement. Be careful, though, not to make promises you may not be able to keep.
- Help your relative get their affairs in order, including completing legal paper-

work such as advance directions, powers of attorney and a will.

### Simplify

- Eliminate sources of stress in your life whenever possible. Set priorities, streamline tasks and learn to settle for less than perfection.
- Take things one day at a time so you do not become overwhelmed.
- Learn to live in the moment and enjoy life's simpler pleasures.

### Practice self-care

- Cultivate a healthy sense of humor.
- Set aside quiet time each day to nurture your spirituality and help to keep you grounded.
- Do something that provides you with meaning and purpose outside of the caregiving role, such as scrapbooking or researching your family tree.
- Look after your health. Eat nutritious meals, get adequate rest, exercise and see your physician regularly.
- Find something relaxing you can do to give yourself a daily mini-break – perhaps reading or listening to music.
- Schedule regular breaks from caregiving duties to recharge your batteries. Take a couple of hours, a day or an overnight.

### Connect

- Stay connected to your friends.
- Find someone you can comfortably talk to about your thoughts and feelings.
- Take with other caregivers. They understand better than anyone else what you are going through. Join a support group in your community or on the Internet.

### Get help

- Accept offers of help. Ask other family members to share the load and be specific about what you need. Do not try to go it alone.
- Research and take advantage of respite services in your community.
- Join a caregivers' organization - for example, the National Family Caregivers Association ([www.nfcares.org](http://www.nfcares.org)) – that offers information and support and advocates for caregivers' needs.
- Seek help from your primary physician or a counselor if you continually feel sad, angry, hopeless or incompetent. You may have a clinical depression, which is treatable.

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

## Dr. Brion McClanahan spoke at Constitution Week Commemoration

by DEBBIE HOUSTON

**C**onstitutional Scholar Dr. Brion McClanahan spoke at the Constitution Week Luncheon in Atlanta on September 22, commemorating the U. S. Constitution's 225th birthday. The event, sponsored by the Georgia State Society DAR, broke an attendance record, according to State Regent Virginia Grace Lingelbach.

Dr. McClanahan noted, "We need to know what the Founders said about the Constitution." For example, "The Founding Fathers thought the legislative branch would be the most powerful, not the executive... But today, questions are asked of presidents that should be asked of states."

During Constitution Week, Chair

Janet Perry of the Philadelphia Winn Chapter NSDAR in Lawrenceville spearheaded the distribution of hundreds of pocket editions of the Constitution to the public. She and her Philadelphia Winn volunteers also delivered Constitutional teaching aids, posters, bookmarks, and other items to branch libraries, schools, and assisted living homes. Lilburn, Snellville, and Lawrenceville mayors signed official proclamations, and Grayson United Methodist Church rang its bells at designated times throughout the week.

Dr. McClanahan concluded his speech with the poignant words, "We live under the liberty of the Founders' posterity."

If you would like to join the DAR, please email [philwinndar@gmail.com](mailto:philwinndar@gmail.com).



Left to right: Philadelphia Daughters Mary Swint of Lawrenceville, Helen Hay of Lawrenceville, Regent Peggy Freeman of Lilburn, Constitutional Scholar Dr. Brion McClanahan, Daughters Debbie Houston of Lilburn and Tommy Moore of Lawrenceville.

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# 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.

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## COME FOLLOW ME by Vera King

*My balance is getting off line  
I'm afraid it might be a sign  
The time is approaching  
I'll no longer be poaching  
My eggs in the morning  
I think it's a warning  
I've had a good run for my money  
Most days have been pleasant and sunny  
The good news is knowing the fact  
Others my age are also attacked  
My generations' declining  
But there's a silver lining  
"My peace I leave you"  
To the bold, the brave, the few.*

\*\*\*\*\*

## SHALL NOT WANT by Henry N. Goldman

Psalm 23:1  
An acrostic poem

*Thousands of blessings, a lifetime bestowed,  
Held in His arms, His love ever flows.  
Each moment so precious, being His own,*

*Letting His death for my sins now atone.  
Over my being, love's circling band,  
Reaching to life me, His merciful hand.  
Drawn upward from world's constant turmoil,*

*Into His haven from danger and toil.*

*Searching for peace, He quieted my fears,*

*Melting away my sadness and tears.  
Year after year, He supplies all my needs,*

*Scriptures do promise, if we will but heed.*

*Healings bestowed on this oft-weakened soul,  
Ever restoring, that I remain whole.  
Promises uplifting, gives hope and great joy,*

*He always bestows, our Lord will employ.  
Ever here for me, He is there every day,*

*Returning to bless me in so many ways.*

*Death shall forsake me – my Shepherd will save.*

\*\*\*\*\*

## ANGELS by Frankie Lee

*We all need an angel in our life  
Someone to give us strength and point us in the right direction  
Keep us out of harm's way  
And when times are hardest wrap their wings around us so we feel safe*

*An angel that will hold our hand when we feel we are falling  
And when we fall hold us up to keep going  
Someone to wipe away our tears  
And make sense of our fears  
Someone to talk to when we have something difficult to say*

*Life isn't always easy and sometimes gets so rough  
It stuns us to a point that we feel numb  
Our heart beats to hard with worry for all the ones we love  
And as much as we hate to admit we briefly lost touch with the one above*

*We are human after all and that is why we sometimes take the fall  
The strength we should have crumbles and we feel lost  
We question and we ask but we have no answers  
We wonder if we are heard and if we should be  
We think we are good and deserving but we wonder  
What went wrong... and we reach up*

*To touch the hand of God, if only we knew  
Our angel keeps us safe and upright and focused  
If we believe we know... we are only human, its ok to ask  
It's ok to question and even doubt at*

*times, as long as our heart always knows  
Without God there never will be an answer  
I thank God for always being there, when it is time for the answer  
We will know.*

*Angels keep us upright and give us strength  
But God gives us life and hope and faith.  
Sometimes we feel lost and filled with doubt  
It's ok. he understands we are human after all  
God gives us an angel to catch our fall  
Thank you*

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# “Rights” can’t be Wrong!

by ANGELA S. CHAVOUS  
Long Term Care Ombudsman

October is National Long Term Care Resident’s Rights Month; it is a time to acknowledge residents living in Nursing Homes, Intermediate Care Facilities, Assisted Living Facilities, Personal Care Homes and Community Living Arrangements. This is an annual event designated by the Consumer Voice Organization celebrating and reflecting on the Nursing Home Reform Law of 1987 that promises quality of life, care and rights for each resident. We take this opportunity to celebrate and focus on the awareness of dignity, respect and the value of long term care residents. The theme of Resident’s Rights Month 2012 is “My Voice, My Right, My Vote.”

Another election year and what excitement is in the air regarding the political process. We can’t help but think about our rights as American citizens including the

very important right to vote. We often take our rights as citizens of this wonderful country for granted; however, we must never forget the sacrifices made by our forefathers in establishing our rights and freedoms and to ponder the contributions residents of our long term care facilities have made to secure our future. You know, our rights don’t change because of our address, the same rights that apply to you and I apply to those that reside in a Long Term Care Facility.

Rights affect our daily lives in every way; we choose when to get up and when to go to bed, when to shower, what to eat and when, what to wear, whether we want to socialize or be alone, and so many other daily choices as well. Can you imagine what it would feel like for all of this to change tomorrow? To be told when to go to bed, when to get up, when to shower, when and what to eat... I think you get the idea. This can be the life of a Resident. There are many routines that are necessary for communal living; schedules of sorts must be

in place. Living in a facility can completely and abruptly disrupt the lifelong routines and limit options for choice. This is why the Long Term Care Ombudsman Program works diligently every day to remind residents, families, facility staff and the community as a whole that Residents have the right to choose the way they live their lives.

The Long Term Care Ombudsman Program was created as a result of the Older American’s Act to protect and advocate for residents in long term care facilities. We assist with complaint resolution as our primary goal and provide confidential services following the directions of our residents. Long Term Care Ombudsman staff visits facilities routinely to empower residents and to promote residents rights.

Take a moment not only in October, but in any opportunity that you may find, to celebrate the importance of choices, rights and freedom for all people; especially those that spend their days in a Long Term Care Facility.

## Spiritual Notes

# Overcoming suffering

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

Today’s world seems to be in flux. Perhaps it is no worse than in years past but, with the advent of advanced technology, we see and hear about events as they are happening. On any given day we are made aware of hunger, famine, murder, revolution, uprisings, and natural devastation, just to name a few. The overwhelming flood of bad news leave us with a feeling of hopelessness.

Not only is this true in the world but in our every day lives. As senior adults we are faced with our own tsunamis. Often we are flooded with issues that cause crisis which sometimes seem insurmountable. Not only does this affect us physically but also psychologically, and spiritually.

Actually the world may not be in a worse condition than in years gone by but we often feel that way because we are more aware of events daily through media coverage. The physical body changes because of the passage of time. Our minds and bodies simply don’t work as accu-

rately as they once did.

Helen Keller said, “Although the world is full of suffering, it is also full of overcoming of it.” We all know the story of this outstanding woman. Her life is a sterling example of overcoming tremendous physical and psychological odds. There are numerous stories of other individuals in history that have proven the accuracy of her statement.

The Bible provides a blueprint for success in dealing with suffering. The Apostle Paul, in Philippians 4:6-7 states: “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.” The Apostle also said in verse 11 that, “I have learned to be content whatever the circumstances,” and in verse 13, “I can do everything through Him who gives me strength.”

Suffering is a fact of life. How we deal with it depends on our attitude, willingness, and perseverance. Ask for God’s help because of the promise made to all those who believe. Call on Him!

\*\*\*\*\*

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

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# Goals can go global without being grandiose

by SUSAN LARSON

I was at an out-of-my-league social gathering trying to relate to people's comments so I could join the conversation. It wasn't easy. Don't own a yacht. Can't fly a plane. Never had to stress out over how to spend a \$5,000 gift certificate at Tiffany's.

Then a lady proudly said, "My daughter just left for Africa. Her goal is to run a marathon on every continent and this is her last one."

"Won't you be going there to watch?" another lady asked.

"Unfortunately, no. We have other obligations. But we went to the other six."

Gee, I can relate to that. Due to other obligations, I missed a few of

my kids' soccer games. I totally understand.

Seriously, I admire anyone who sets such a goal and works at it. And with some, I can truly relate. Like my friend Aimee Burgamy, an art teacher who aspires to hike every waterfall trail in Georgia. She has a map in her classroom to record her progress and I love checking it every time I sub for her.

Walter Chow aims to visit every one of our national parks. He's up to about 250 and his list is still growing.

"While visiting a park in Arizona last November, I met a fellow who had gotten all 396 sites!" the Snellville resident said, noting how hard it is to make that claim since some parks are only accessi-

ble by private plane.

Dr. Maurice Jove', an orthopedic surgeon, set a traveling goal two decades ago. Jove, a big baseball fan, wanted to take his son Nathan to see a game at all 30 major league stadiums.

So far, they've cheered at 22 ballparks. Now that Nathan has completed the rigorous demands of his residency, he will soon join his father's practice as the third generation orthopedist in the Jove' family. I expect part of the celebration will include a beer and a hotdog somewhere besides Turner Field.

But these theme-based trips don't need to be to numbered destinations. Years ago I had a friend who was an art professor. When traveling, she visited and drew the local cathedrals. I thought about

her recently while attending a wedding at the spectacular Cathedral of St. Paul in Birmingham. I sure hope she has that one in her sketchbook.

As for me, I like to visit libraries. Not because I'm that bookish, but it's fun to see the different architecture and the activities they sponsor. And if I ever get to the point where I've seen every library in America, I can just move on to another continent. It's free entertainment and I'll never have to worry about my feelings being hurt because my family has too many obligations to come watch me.

\*\*\*\*\*

Susan Larson is a writer from Lilburn. E-mail her at [susanlarson79@gmail.com](mailto:susanlarson79@gmail.com).

## The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

*Slugfest*, Rosemary Harris, Chestnut Hill Books, 2012

Rosemary Harris is a prolific writer, acclaimed by reviewers for her traditional cozies. No slash, bash, blood or guts in this mystery writer's repertoire. Her first book, *Pushing Up Daisies*, introduced an engaging female sleuth, Paula Holliday. The book was nominated for both the Anthony and Agatha awards. *Slugfest*, her fourth book in the series is for those who want to read a mystery that is just plain fun.

The plot centers around Holliday's participation in a professional gardening show in Manhattan and the discovery of bodies of people connected with the show. A change of venue from her usual Connecticut setting, the story involves jealousy, rivalry, a curse, and the discovery that Holliday herself holds a clue as to the identity and motivation of the killer. The title of the book is taken from a "foolproof pest repellent people are dying to get their hands on."

NPR CT describes the book as "A Wild and Funny Ride." Crimespreem Magazine is quoted as saying the work is "Smart, hip and laugh-out-loud funny." Known for her humor, originality and quirkiness, Harris is an expert in witty dialogue.

Rosemary Harris and her husband Bruce live in Manhattan and Fairfield County, Connecticut. Writing is just one of Harris' careers. She has worked in book

retailing; publishing; direct marketing; and television. She is also a generous author who has supported many endeavors for writing and the arts in Georgia. Advocates and volunteers for Habitat for Humanity, she and her

husband are also working on building a library in central Tanzania. Among the professional organizations she belongs to is Sisters in Crime. Sisters in Crime is active in the Atlanta area and is open to fans, aspiring authors and

professionals. For more information, contact [www.sistersin-crimeatlantachapter.com/](http://www.sistersin-crimeatlantachapter.com/)

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

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## Grandparent Scams are on the rise... Do you know the Red Flags?

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

**S**unday, September 9th was National Grandparents Day and as many celebrated this day with the grandparents that we love, it's important to take the time to educate our loved ones on the scams that target them. The Better Business Bureau is warning well-meaning seniors about "emergency" scams designed to fool them into thinking that their grandchild is hurt, arrested or stranded, and in need of money.

According to recent FBI reports, the "Grandparent Scam" has been around since 2008, but there has been a surge recently. Retirees are an attractive target for financial scammers. As noted by Western Union, emergency scams play off of peoples' emotions and strong desire to help

others in need. Scammers impersonate their victims and make up an urgent situation – "I've been arrested," "I've been mugged," "I'm in the hospital" – and target friends and family with urgent pleas for help, and money.

The BBB offers the following tips to avoid the Grandparent Scam:

**Communicate.** Teens should share travel plans with family members before leaving the state or country.

**Share information.** Teens should provide the cell phone number and email address of a friend they are traveling with in the case of an emergency. Family members should remind students to be cautious when sharing details about travel plans on social media.

**Know the red flags.** Typically, the grandparent receives a frantic phone call from a scammer posing as their grandchild or a so-called "officer of the court". The "grandchild"

explains that he or she has gotten into trouble and needs help, perhaps caused a car accident or was arrested for drug possession. The "grandchild" pleads to the grandparents not to tell his or her parents and asks that they wire thousands of dollars for reasons posting bail, repairing the car, covering lawyer's fees or even paying hospital bills for a person the grandchild injured in a car accident.

**Ask a personal question, but don't disclose too much information.** If a grandparent receives a call from someone claiming to be their grandchild in distress, the BBB advises that the grandparent not disclose any information before confirming that it really is their grandchild. If a caller says "It's me, Grandma!" don't respond with a name, but instead let the caller explain who he or she is. One easy way to confirm their identity is to ask a simple question that the grandchild would know such as what

school he or she goes to or their middle name.

For anyone victimized by this type of distressed loved-one call, the BBB recommends reporting the incident immediately to local police departments. For more information you can trust, visit [www.bbb.org](http://www.bbb.org)  
\*\*\*\*\*

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

## The Atlanta Balalaika Society presents a concert of Russian and Gypsy Folk Music, Song, and Dance

Special to Senior News

**T**he Atlanta Balalaika Society will present a concert of Russian and Gypsy folk music, song and dance on Saturday, October 20, 2012 at 7:30pm at the Roswell Cultural Arts Center, 950 Forrest St., Roswell, GA 30075. Tickets may be purchased in advance by calling (404) 325-2449, with a credit card at [www.atlantabalalaika.com](http://www.atlantabalalaika.com), or in the

lobby with check or cash one hour prior to the performance. Adult tickets are \$20, students and seniors \$18.

The concert will feature the internationally acclaimed Russian-Romani (Gypsy) ensemble, Via Romen, with Vadim Kolpakov, Russian-Romani seven-string guitar, vocals and dance; Arkadiy Gips, violin; Oleg Timofeyev, Russian seven-string guitar; and vocalist Eugenia Zolotariova. The Atlanta Balalaika Society will perform with domra vir-

tuoso Angelina Galashenkova-Reed.

The Atlanta Balalaika Society, now in its 31st year, is one of the largest orchestras of Russian folk instruments outside of Russia, and is the primary promoter of Russian folk culture in the Southeast. Colorfully dressed in traditional folk costumes, the orchestra performs on balalaikas, domras, and bayans (Russian button

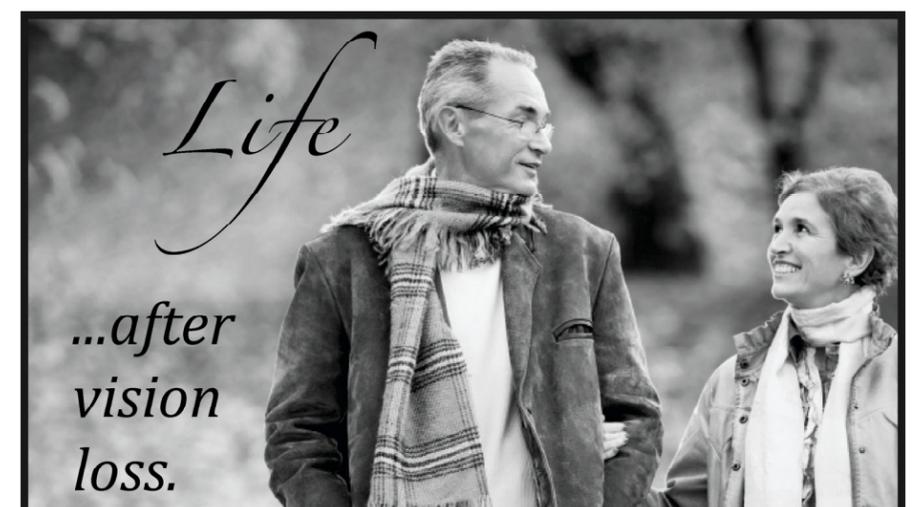
accordions), along with other ancient wind and percussion instruments.

The Atlanta Balalaika Society is a non-profit 501(c)(3) community orchestra dedicated to the performance and preservation of Russian and Eastern European folk music in the Southeast and in the United States.

The evening's performance will be conducted by David C. Cooper.



The Atlanta Balalaika Society will present a concert of Russian and Gypsy folk music, song and dance on Saturday, October 20 at 7:30pm at the Roswell Cultural Arts Center, 950 Forrest St., Roswell.



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# Out & About

## Local artists photograph Southern Appalachia



Carter Shields Cabin by Carmen Diaz-Hardman

by MARY FRANCES

The Sawnee Artists Association (SAA) presented the third Annual "Through the Lens" photography show: Life in Southern Appalachia from September 8 thru 16. This professional exhibit circled the grand room at Sexton Hall Center in Cumming, Georgia. On exhibit were 76 photos by 27 artists. Their color and black and white photos included landscapes, nature, people and architecture.

On the opening day, friends and artists gathered at a reception hosted by City Bistro. Loretta Marks, harpist, played for the guests. After viewing the show, visitors had the opportunity



River Reflections by Betty Loud

to vote for their favorite photo in the People's Choice Award contest. Six monetary and ribbon awards were given out to the winners, along with four honorable mentions. "It was an exciting evening for everybody," said one attendee.

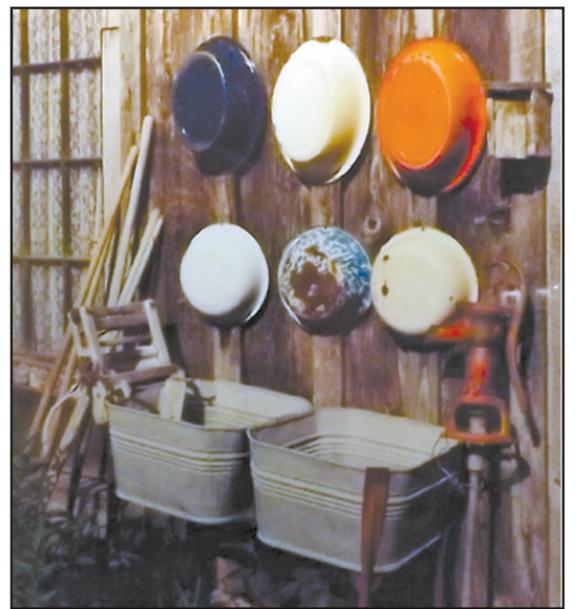
After viewing the photography, visitors strolled along the wide corridors on either side of the great room, to view more art by SAA members. This



exhibit, which rotates year round, included large and small paintings in oil, acrylic, water color and ink.

Sexton Hall is a spacious, modern facility much appreciated by the Cumming community.

For more information about this and future shows visit [www.thoughthelensphotoshow.org](http://www.thoughthelensphotoshow.org) and [www.sawneeart.org](http://www.sawneeart.org). The Center is located at 2115 Chloe Road, Cumming.



Handy Pantry by Al Levine



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### Coming Events

- Oct 6: Park Train Grand Opening
- Oct 11: Preschool Program
- Oct 27: **Train-or-Treat**  
Come as you are or in costume for non-scary fun!

**770-476-2013**

[www.SoutheasternRailwayMuseum.org](http://www.SoutheasternRailwayMuseum.org)  
3595 Buford Hwy., Duluth, Georgia

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© John Moyers, The Sitters Song, Not dated, oil on canvas, 50 x 40" from the Collection of Ta

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## On the Cover

# Count on “Scary Ride” with Emory’s Timothy Albrecht

Special to Senior News

### ON THE COVER

**Timothy Albrecht. When not moonlighting as Count Dracula, Albrecht serves as the University Organist and teaches in the graduate organ program.**

**T**imothy Albrecht (“Count Dracula”) returns amid thunder, lightning, smoke, ghouls and gargoyles for the sixth rendition of his Halloween organ concert, *Scary Ride!*, featuring selections from *Phantom of the Opera* and *Messiaen’s The Apparition*.

*Scary Ride!* embraces the power of the organ and the spirit of Halloween to spook all ages. The concert is inspired by days long ago when Albrecht took his daughter trick-or-treating. As they waited for candy on the doorstep, he could hear organ music floating out of many of the houses. In 2007 he brought Halloween’s background music to life with the first *Scary Ride!*, and as the years have passed the program has escalated not only in popularity, but in production value.

*Scary Ride!* offers a full-scale Halloween experience with tombstones scattered throughout the choir loft and the Schwartz Center technical staff providing thunder and lighting effects to set the mood.

“There’s quite a show before the 8 p.m. curtain,” states Albrecht. In addition to pre-show effects, the graduate organ students provide elements of surprise with eerie choreography, screams and visual effects.

For the first concert in 2007, Albrecht donned only a small black cape, and Hunter Hanger of the Theater Studies department did his makeup. However, each year the concert has become grander. This year Albrecht says, “There are more sound effects, more props – the first year there was no smoke – now it’s like a rock concert when I enter the organ loft.”

When asked what excites him most about the performance, Albrecht remarks, “It’s the only time the organist is shown on a projection screen on stage. People actually get to see the organ and the organist in action.” Since organists are most often situated with their backs to the spectator, *Scary Ride!* provides a unique opportunity to connect with the audience. However, even

when his face isn’t projected onto the wall, Albrecht shares an inside joke with his followers. “I always wear red socks,” he says. “It’s my signature.”

When not moonlighting as Count Dracula, Albrecht serves as the University Organist and teaches in the graduate organ program. During his 30 year tenure, Albrecht was part of the planning and the 2005 installation of the \$1.3 million Jaekel organ in the Schwartz Center’s Emerson Concert Hall, which is really showcased in his *Scary Ride!*

*Scary Ride!* will begin at 8 p.m. on Oct. 27 at Emory University - Schwartz Center for Performing Arts. Don’t forget to wear your costume and stay for the “Trick-or-Treat” candy reception after the show.

### Other “Safe” Scary Places to Go

- Oakland Cemetery Tours, October 25-28. Info: [www.oaklandcemetery.com](http://www.oaklandcemetery.com)
- Stone Mountain Park 27th Annual Tour of Southern Ghosts, October 11-28. Visit <http://www.artstation.org/ToSG/SouthernGhosts.htm>
- Netherworld Haunted House, Oct. 31 and Nov. 1, Norcross. Visit [www.fearworld.com](http://www.fearworld.com)
- Haunted Decatur Tours, October 12-31. Visit [www.haunteddecatur.com](http://www.haunteddecatur.com)
- Lawrenceville Ghost Tours, Oct. 1 - 31. Visit [info@scarystroll.com](mailto:info@scarystroll.com)
- Spooky Stories, Family storytelling and costume parade, Callenwolde Fine Arts Center, Atlanta, Oct. 19, 7 p.m. Visit [www.callenwolde.org](http://www.callenwolde.org)
- Historical Cemetery Tour, Oct. 27, 5:30-8:30 p.m., Pine Grove Cemetery, Eatonton, GA. Call 706-923-1655



Timothy Albrecht in costume as “Count Dracula”



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# Out & About

## Georgia Golden Olympics 30th year celebrated in Warner Robins

Special to *Senior News*

**T**he Georgia Golden Olympics celebrated its 30th anniversary this past month. What began in 1983 with six events and about 70 participants has since evolved into 18 sports and 55 events... Hammer Throw, Wii Bowling and a 50M Run were events added this year... with approximately 640 participants. Additionally, it has gone from a one day to a four day event. The participants... male and female over 50 years of age and with different physical abilities... were broken down by gender, age and ability levels, enabling all who wished to participate. Medals were awarded to the top three contestants in each event and age category; and, all participants received a t-shirt as

well as a certificate showing their participation.

Additionally, the local games, which are considered to be a National event, served as the qualifying games for the National Senior Games scheduled for late summer 2013 in Cleveland, Ohio. Athletes who finished in first and second place qualified to compete in the Nationals.

Mr. James Dobson and his staff of the Warner Robins Recreation Department host the games each year, and again this year they did an excellent job. When one considers that the 55 events went from A (Archery) to W (Wheelchair Race) and most alphabetical letters in between, one quickly realizes how logistically challenging scheduling the times and locations for all events is.

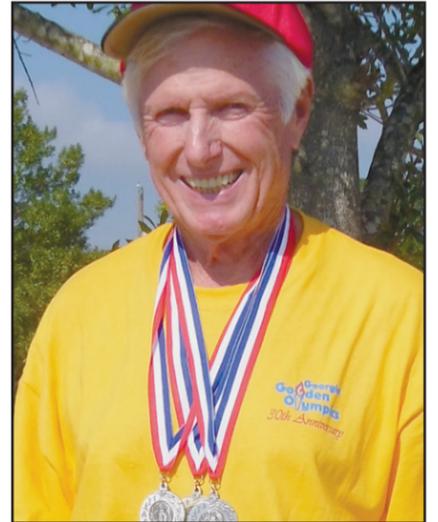
The events were held at 15 different locations in and around Warner Robins to include both city/county and privately owned places. Golf was held at the Landings Golf Course; Basketball in the gym of First Baptist Church on Garmon as well as the Recreation Department Gymnasium on Watson; Bowling at Gold Cup Lanes; Swimming, Softball, Tennis, Clock Golf, Frisbee, Softball, Horseshoe Throw plus the Wheel chair race were held at one of four County and City Parks: Fountain, Perkins, Memorial or Tanner.

McConnell-Talbert football stadium on Davis Drive was the site of the track and field events, and Robins Air Force Base, the original site of the Golden Olympics, hosted the Racquetball competition. Also various indoor sites, to include the Warner Robins Recreation Department, Wellston Senior Center and the B & W Recreation Center, hosted other

smaller indoor competitions: Wii Bowling, Checkers, Table Tennis, Badminton, Billiards and Shuffleboard.

Vicki Pilgrim, the director of the Golden Olympics, indicates that this is Georgia's only state competition for seniors, but that the event is also open to senior athletes from other states. So, these Olympics bring folks from near and far to spend a day or a few nights, dine in our restaurants and shop in our stores. The Georgia Golden Olympics is not just beneficial for senior athletes, it's beneficial for the entire area!

*Senior News* would like to say thanks to all who made this event possible and encourage all of our senior athletes to keep up the keen competition! And Good Luck to the many who did qualify for the Nationals 2013!!



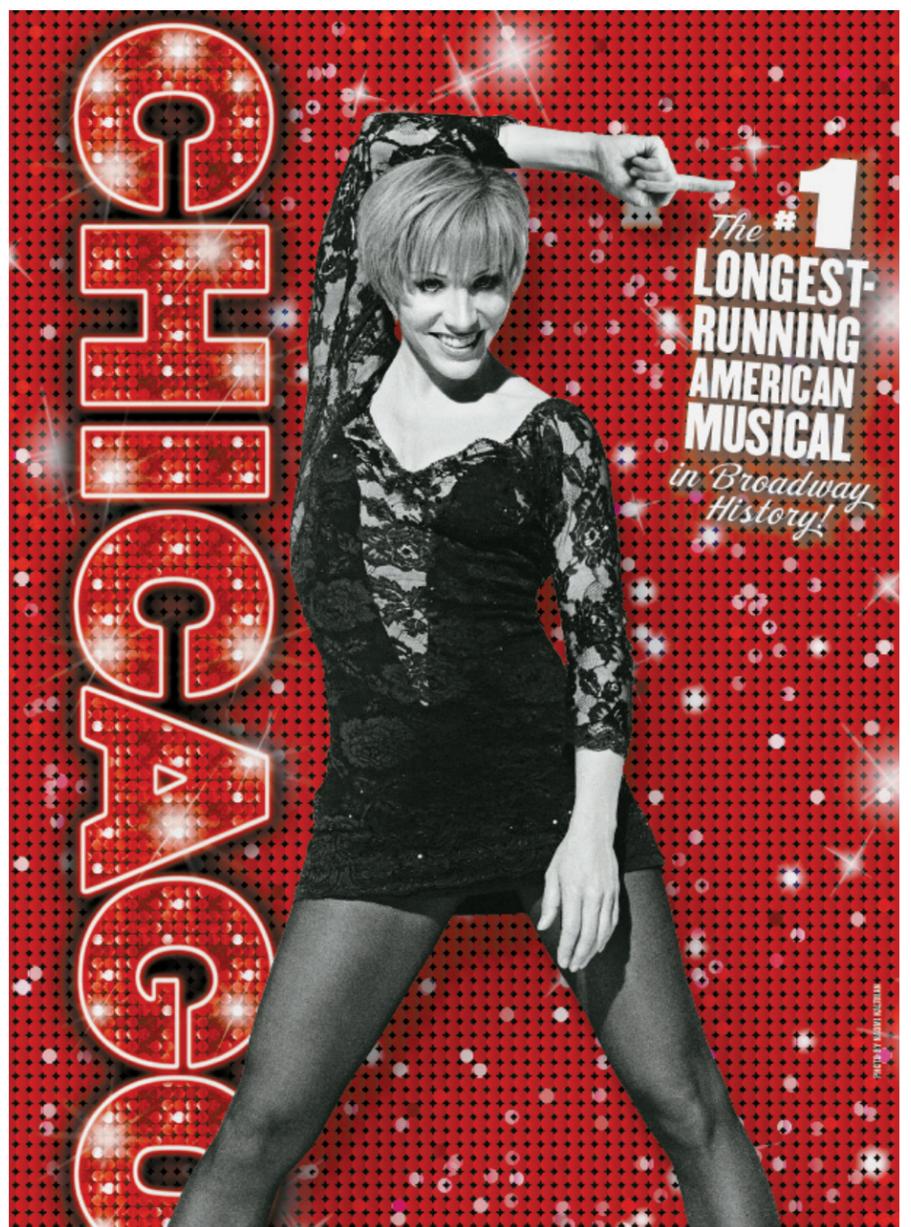
**Emmett Vollenweider, 80, is from Roswell, GA. He earned a gold medal in the long jump and silver in the 100 and 200 meter road races. Softball is his love, and he is in the Softball Hall of Fame. He recently played in 5 states in 7 weeks!**



**Syble Hemphill, 77, from Dalton, GA practicing horseshoes prior to the event. She qualified for the nationals in shuffleboard by winning a gold medal.**



**Three-on-three basketball team from Atlanta: Kevin Baldwin, Tony Brizzolara and Frank Dalton. They are known as the Georgia Boys and they claimed the Gold Medal in the 2009 Nationals. They placed third in 2011. (They are obviously over 50 but less than 60!)**



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# 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](http://www.cobbse-niors.org)

## Multipurpose Centers:

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

## Neighborhood Centers:

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

## Fulton County Senior Services

The Fulton County Government coordinates a variety of services at 20 senior centers. For the nearest center or more information call the Fulton County Senior Information and Assistance at 404-613-6000, or visit [www.myfulton-countyga.us](http://www.myfulton-countyga.us).

## Senior Multipurpose Facilities

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

## Neighborhood Senior Centers

• Alpharetta/Crabapple Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.  
• Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.  
• Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.  
• Camp Truitt Neighborhood Senior

Center, 4320 Herschel Road, College Park, 404-762-4802.

• Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.  
• Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.  
• Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.  
• Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.  
• Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.  
• New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.  
• Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.  
• Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.  
• Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583  
• St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.  
• Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.  
• Southeast Neighborhood Senior Center: 1650 New Town Circle, SE,

Atlanta, 404-624-0641.

\*\*\*\*\*

## Roswell Recreation & Parks Offerings

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

\*\*\*\*\*

## Lawrenceville Senior Center

225 Benson Street, Lawrenceville 770-822-5180.

\*\*\*\*\*

## Gwinnett Senior Center

225 Bethesda Church Road, Lawrenceville, 770-822-5147

\*\*\*\*\*

## Bartow County Senior Center

Cassville, 770-383-7383  
[www.bartowga.org](http://www.bartowga.org)

\*\*\*\*\*

## Fayette Senior Services

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

\*\*\*\*\*

## CLUB 55

The Bridge Community Center 225 Willowbend Rd., Peachtree City [www.thebridge-cc.org](http://www.thebridge-cc.org)

• Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details call The Bridge Community Center or visit [www.thewypers@bellsouth.net](mailto:www.thewypers@bellsouth.net).

\*\*\*\*\*

## Alzheimer's Support Group

On the third Monday of every month at 7:00 p.m., Cypress Court and Vinings Place and the Greater Georgia Chapter of the Alzheimer's Association are sponsoring an Alzheimer's Support

Group. This support group is intended for families and friends of a loved one afflicted with Alzheimer's Disease. For additional information and directions call 770-803-0100.

\*\*\*\*\*

## Parkinson Disease Support Groups

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

\*\*\*\*\*

## Multiple Sclerosis Center of Atlanta

Support group meetings second Tuesday each month, 4-5:30 p.m., MSCA in Buckhead, 3200 Downwood Circle, Suite 550, The Palisades Building. For additional information call 404-351-0205, ext. 110, or visit [www.mscaatl.org](http://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 child-care, ages 5+. Hosted by Kennesaw Square Dancers. Call 404-808-8689 or visit [www.squaredealers.com](http://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](mailto:elliott@brack.net).

\*\*\*\*\*

## Greater Atlanta Archaeological Society

Meets 2nd Tues. of each month,

continued on page 12

**If you have a spouse in a nursing home and your spouse is not on Medicaid, then you are paying too much for the cost of care!**

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Victoria Collier is a Certified Elder Law Attorney through the National Elder Law Foundation, a Fellow of the National Academy of Elder Law Attorneys, Inc., appointed by Governor Sonny Perdue to the Georgia Council on Aging, and founder of The Elder & Disability Law Firm of Victoria L. Collier, PC.

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## CALENDAR from page 11

7:30 p.m., at the Fernbank Museum of Natural History, just off Ponce de Leon at 767 Clifton, Rd. NE, Atlanta. Call 770-242-2249 for recorded message.  
\*\*\*\*\*

### Senior Ballroom Dance

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

### Atlanta History Center

130 W. Paces Ferry Road, NW, Atlanta; 404-814-4033, LMassey@AtlantaHistoryCenter.com  
\*\*\*\*\*

### High Museum of Art

1280 Peachtree St., NE, 404-733-4437; www.high.org  
\*\*\*\*\*

### Center For The Arts At Georgia Tech

404-895-9600; www.ferstcenter.org  
\*\*\*\*\*

### Schwartz Center For Performing Arts, Emory University

1700 N. Decatur Rd; 404-727-5050; www.arts.emory.edu  
\*\*\*\*\*

### The Michael C. Carlos Museum

Emory University, 571 Kilgo Circle 404-727-4282; www.carlos.emory.edu  
\*\*\*\*\*

### Fernbank Museum of Natural History

767 Clifton Rd., NE, 404-929-6300, www.fernbank.edu/museum  
\*\*\*\*\*

### Theatre In The Square

770-422-8369, www.theatreinthesquare.com/library\_dragon  
\*\*\*\*\*

### Callanwolde Fine Arts Center

980 Briarcliff Rd., NE, Atlanta 404-872-5338, www.callanwolde.org  
\*\*\*\*\*

### Alpharetta Convention & Visitors Bureau Park Plaza

178 South Main St., Suite 200, Alpharetta. Call 678-297-2811.  
\*\*\*\*\*

### Georgia Museum of Art

90 Carlton St., University of Georgia, Athens; 706-542-4662; www.uga.edu/gamuseum/press  
\*\*\*\*\*

### Alpharetta's Main Street Markets

Third weekend of each month. Call 678-297-6078.  
\*\*\*\*\*

### Cumming Fairground Events

Call 770-781-3491 for schedule of events.  
\*\*\*\*\*

### Atlanta Artists Center and Gallery

2979 Grandview Ave., 404-237-2324, www.atlantaartistscenter.org  
\*\*\*\*\*

### The Breman Museum

For information call 404-575-3767 or visit www.thebreman.org/jsg.htm.  
\*\*\*\*\*

### Balzer Theater at Herren's

Luckie Street

www.theatricaloutfit.org  
404-577-5257  
\*\*\*\*\*

### Rialto Center for the Performing Arts

Georgia State University, 404-651-4727, www.rialtocenter.org  
\*\*\*\*\*

### Jimmy Carter Presidential Library

441 Freedom Parkway, 404-865-7100, www.jimmycarterlibrary.org  
\*\*\*\*\*

### Center For Southern Literature

Margaret Mitchell House & Museum 990 Peachtree St., 770-578-3502. www.gwtw.org  
\*\*\*\*\*

### High Museum of Art Folk and Photographer Galleries

133 Peachtree St., 404-577-6940  
\*\*\*\*\*

### Spivey Hall, Clayton College & State University

5900 North Lee Street, Morrow 770-961-3498, www.spiveyhall.org  
\*\*\*\*\*

### The Atlanta Opera

28 West Peachtree Street, N.W. 404-881-8885/1-800-35.OPERA www.AtlantaOpera.org  
\*\*\*\*\*

### The Mable House Arts Center

5239 Floyd Road, Mableton 770-819-3285; cobbcounty.org; mable-house.org  
\*\*\*\*\*

### Marietta Museum of History

770-794-5710 or mary@mariettahistory.org  
\*\*\*\*\*

### Friends of Smyrna Library

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

### Georgia Center for the Book DeKalb County Public Library

215 Sycamore Street, Decatur 404-370-8450, www.georgiacenter-forthebook.org  
\*\*\*\*\*

### Roswell Library

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

### East Point Library

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

### Buckhead Library

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

### Atlanta World War II Round Table

Preserving History. For information call John Kovach at 770-928-4579 or visit our website at http://atlantawwii-roundtable.org.  
\*\*\*\*\*

### East Cobb AARP

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

### Woodstock AARP Chapter 5173

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

### Sandy Springs AARP

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

### PALS Lunch 'n Learn Sessions

For details call PALS (Perimeter Adult Learning and Services) at 770-698-0801.  
\*\*\*\*\*

### Senior Connections' Adventures In Learning Classes

Mack Love Senior Center, 1340 McConnell Dr., Decatur Online catalog available at www.senior-connectionsatl.org or call 404-321-6060.  
\*\*\*\*\*

### Monthly Sacred Harp Singing

Thurs., Oct. 4, 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., Oct. 26, 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 mis-

sion is to provide a range of services and activities which promote wellness, wholeness and self-sufficiency for adults, sixty (60) years of age and older, who reside in South Fulton County.

SFSS has serviced the South Fulton Community for 21 years. In order to enhance the level of support and 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

continued on page 13

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\*Amount of federal rent assistance varies. Must meet age and income qualifications set by the Department of Housing and Urban Development (HUD). Assets are not considered income, but can be used to pay for supportive services. Call 404.751.2255 for details.



## NOTICE TO ALL VETERANS

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Because of the lack of burial space land devoted to a national cemetery, we at Gwinnett Cemetery Group proudly... have dedicated a Garden of Honor to accommodate honorably discharged Veterans and SPOUSES. As an Honorably Discharged Veteran who does not already own cemetery property, you qualify for a space at NO CHARGE. Payment of endowment care and deed transfer fees required. However, you must register for the space and show proof of an Honorable Discharge Certificate for the space. Spaces will be granted on a first come, first-served basis. To assure a reservation for you and your spouse mail coupon below to:

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I'm interested in taking advantage of this special opportunity

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

## CALENDAR from page 12

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

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

for new class offerings.

\*\*\*\*\*

### New Neighbors League Club

Prospective member orientation, first Wed. each month at the New Neighbors Welcome Center, 479 S. Atlanta St., Roswell. Luncheon and program 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, Scottsdale and Lithonia. Call Senior Connections at 770-216-2574.

\*\*\*\*\*

### Congregation Shema Yisrael

4549 Chamblee-Dunwoody Rd., Atlanta. Call 404-943-1100.

The Open Synagogue holds services every Sat. at 10:15 a.m., Jewish Family and Career Services.

\*\*\*\*\*

### Congregation Beth Shalom

5303 Winters Chapel Rd., Atlanta  
770-399-5300; [www.bshalom.net](http://www.bshalom.net)

\*\*\*\*\*

### 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 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](mailto:enaumann@atlantaregional.com).

\*\*\*\*\*

### Alzheimer's Support Group

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

\*\*\*\*\*

### Grandparents on the Move Meeting

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

\*\*\*\*\*

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

All federal civilian employees and retirees are invited to join N.A.R.F.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 Hearsd 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

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## BUSINESS CARD SECTION

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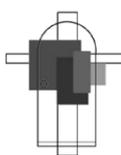
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**CALENDAR**  
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mnewton @atlantaregional.com.

**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](http://www.lifespanresources.com).

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

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

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

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

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

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

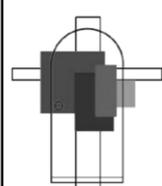
**Harmony Grove UMC Events**  
50 Harmony Grove Rd., Lilburn  
770-921-7747  
• Trunk or Treat - Spider Beware!: Oct. 31, 6-8 p.m. Call for details.  
• AARP Defensive Driving Classes: Nov. 3 & 10, 9 a.m.-12 noon

**Southern Winds Concert Band Welcomes 50 & Older Musicians**  
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continued on page 15

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**CALENDAR**  
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- October Events**
- Oct. 4-7, Atlanta Greek Festival, Greek Orthodox Cathedral, atlantagreekfestival.org
  - Oct. 5, The Kazanetti String Quartet in Concert with Clampitt & Samolesky, Eatonton, http://theplazaarts-center.com
  - Oct. 6, Scarecrow Harvest and Brew Moon Fest, Downtown Alpharetta, awesomealpharetta.com
  - Oct. 6, Crossroads at Crabapple Antiques Art Festival, crossroadsatcrabapplefestival.com
  - Oct. 6-7, Norcross Art Fest, Historic Norcross, norcrossga.net
  - Oct. 6-7, Cotton Pickin Fair, Gay, GA, www.cpfair.org
  - Oct. 7, Chattapoochee Pet Fest, Duluth Town Green, www.duluthhistorical.org
  - Oct. 10, Dan Veach Poetry Reading/Book Release, Library at Callanwolde Fine Arts Center, 404-872-5338, x228
  - Oct. 13, Lilburn Daze Arts and Crafts Festival, Lilburn City Park, www.lilburnwomansclub.org
  - Oct. 13, Peachtree Corners Art Fest, Peachtree Corners, www.peachtreecornersartfest.com
  - Oct. 13, Sugar Hill's Fall Festival, Sugar Hill, www.cityofsugarhill.com
  - Oct. 13-14, Candler Fall Fest and Tour of Homes, candlerparkfallfest.org
  - Oct. 13-14, Oktoberfest in the Village, Stone Mt Village, stonemountainvillage.com
  - Oct. 13, Oakhurst Arts and Music Festival, Decatur, oakhurstartandmusicfestival.com
  - Oct. 19-21, 40th Annual Highland Games and Scottish Festival, Stone Mt. Park, stonemountain-park.com
  - Oct. 20, Loganville's Autumn Heritage Festival, Loganville, www.autumnheritagefestival.com
  - Oct. 20, 36th Annual Harvest Square Arts and Crafts Festival, Marietta Square, marietta.com
  - Oct. 20-21, Autumn Fest Arts and Music Festival, Avondale Estates, avondalearts.org
  - Oct. 27, Briar Patch Arts and Craft Festival, Eatonton, www.eatontonmainstreet.com
  - Oct. 27, Halloween on the Green, Duluth Town Center, duluthga.net
  - Oct. 27, Great Pumpkin Festival, Canton, cantoned.com
  - Oct. 27--28, Fall Jonquil Festival, Smyrna, Smyrna city.com
  - Oct. 31, BooFest, Norcross Thrasher Park, norcross-ga.net
  - Nov. 3, 46th Annual Monticello-Jasper County Deer Festival, Monticello, 706-468-8994
  - Nov. 4, Kathy Witt signs new books, Gone With the Wind Museum, Scarlett on the Square, Marietta, www.GWTWMarietta.com
- \*\*\*\*\*
- Roswell Garden Club**  
 "Winter Gardens:" Oct. 23, 10 a.m. Free. Bill Johnson Community Activity Building, 10495 Woodstock Rd., Roswell, www.roswellgardenclub.com.
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- East Hampton Garage Sale**  
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# Michael N. Henderson spoke on Discovering His Revolutionary War Patriot

by DEBBIE HOUSTON

**M**ichael N. Henderson, Retired Lieutenant Commander USN, spoke to the Philadelphia Winn Chapter NSDAR during its monthly meeting on September 16, 2012. Henderson, who lives in Sugar Hill, Georgia, spoke on discovering his Revolutionary War Patriot.

“When I first began tracing



Michael N. Henderson, Retired Lieutenant Commander USN

my history,” he said, “I wasn’t interested in finding a patriot.” Then he found documentation on his fourth great-grandmother, Agnes, who was a slave and who gained her freedom in a court battle with the aid of Mathieu Devaux, a veteran of the Revolutionary War. Agnes and Mathieu produced seven children, one of whom was Henderson’s ancestor.

Henderson credited American principles described in the U.S. Constitution and Declaration of Independence and those who fought for them as bringing about freedom for Agnes. “Our military is still fighting for those principles,” he said. Henderson himself joined the United States Navy, serving his country in the same spirit set forth by Devaux.

When conducting family research, Henderson noted, “People of color may find information they don’t feel good about.” Nevertheless, he encourages them not to stop. Henderson was the first in his family to pursue membership in the National Society Sons of the American Revolution. Today he is the president of the Button Gwinnett

Chapter, Georgia Society SAR. So far, he has three SAR-certified Revolutionary War Patriots, and will have ten altogether once he receives the required documentation.

The NSSAR and the NSDAR

have genealogists who will help you trace your family history. If you are interested in joining the NSSAR, please email [www.sar.org](http://www.sar.org). If you are interested in joining the NSDAR, please email [philwinndar@gmail.com](mailto:philwinndar@gmail.com).

## The City of Lithonia announces Inaugural Veterans Day Parade

Special to Senior News

**T**he City of Lithonia and The Friends of Lithonia Cemetery One, dates back to the 1800’s, is proud to announce the Inaugural Veterans Day Parade on November 10, 2012, 11:00 a.m. to 12:00 p.m. The parade will start at Lithonia Middle School and will make its way through downtown Lithonia where it will end at The Lithonia Cemetery One followed by a Celebration of Living and Fallen Veterans.

The City of Lithonia Inaugural Veterans Day Parade serves as an opportunity to honor the brave men and women from every generation who have risked their lives to preserve our freedoms. It will be the

centerpiece of the celebrations in Lithonia for Veterans family, friends, civic leaders and politicians to come together on this day to honor all the branches of the military.

If you have a relative who is a veteran that is buried in The Lithonia City Cemetery or The Bruce Street African American Cemetery and would like to have them represented in the commemorative booklet, you are encouraged to contact The Veterans Committee at Post Office Box 42, Redan, GA 30074-0042 or telephone 678-459-8687.

- 11:00 a.m. – Parade
- 11:30 a.m. – Passing the Grand Stand on Bruce Street
- 12:00 p.m. - Remembrance Ceremony at the Lithonia Cemetery One

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<p>Standard-Depth Refrigerator FFHS2622MS</p> <p>30" Electric / Gas Freestanding Range FFEF3043LS / FFGF3047LS (shown) <i>Built with American Pride**</i></p>	<p>30" Over-The-Range Microwave FFMV164LS</p> <p>24" Built-In Dishwasher FFBD241NS <i>Built with American Pride**</i></p>
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\*Applies to select stainless steel kitchen appliances only. Instant discount or retailer incentives. Promotions may vary. See in-store sales associate for qualifying model numbers and details.  
\*\*Applies to select freestanding cooling, dishwashing, top mount refrigeration and freezer appliances that are designed, assembled and engineered in the U.S.A. See Frigidaire.com for additional model details. See dealer for gas range package price.

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**FRIGIDAIRE GALLERY**  
Dishwasher — with — OrbitClean™ Wash Arm




**\$599**  
FGHD2465NF

**FRIGIDAIRE**

double Ovens  
DOUBLE offer



SEPT 30 - DEC 29, 2012

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Frigidaire Gallery® Symmetry Double Oven\* Double Offer...  
*get \$50 back + All Clad Pan*



\*Via Mail-In rebate. Rebate is a Visa Prepaid Card subject to terms and conditions. See in-store sales associate or Frigidaire.com for qualifying model numbers and details. At participating retailers.

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