

Senior News

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Robert Fowler Talks Turkey!

Story on page 8

October 2013
Vol. 27, No. 10

Poets' Corner

I 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 lift 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.

SOUL MATE by Robbie Harris Allen

Many women have husbands
 Who play out that role.
 But only a few, have a mate
 Of their soul.
 A soul mate is one who,
 Loves you complete.
 A love you never dared dream
 Could be so sweet.
 You know to protect you,
 He would give his own life.
 And makes you feel special
 everyday,
 Just to be his wife.
 With him you travel down
 The road this life sends.
 Some days warm sunshine,
 Some days fierce winds.
 But no matter what comes,
 You know he won't leave your side.
 And you both strive to stay
 Grounded in the Almighty Guide.

A Guide who you know in your heart
 Brought you together.

And that's why you know
 You will be soul mates forever.

TREASURES TO TRASH by June D. Wilhite

Mail boxes line roads like tin soldiers.
 Each awaits daily doses of treasures.
 Though each vary in size and exteriors,
 It's their uniform functions that matter.
 Trash cans sit by roads like corpse biers,
 Filled with trash once esteemed as true treasures.
 Oft mistreated they bear dents and scars,
 Just existing for trash to transfer.
 Early values, impulses, and tempters,
 Offer promise of rendering pleasures.
 But feast turns to fat, the sale ends in cinder,
 Gifts are re-gifted, and looks disappear.
 So look down the road at the future.
 Will the things that I value endure?
 Or lose their appeal, become dross in the fire?
 Seek to measure the worth of the treasure.

Our God can turn "trash" into treasure.
 He took soil and turned it to creatures.
 He gave hopeless souls a new future.
 Gave His life, then arose. He's our Savior!

WHAT'S BOILING IN YOUR LIFE? LET GOD HELP YOU OUT! by Pauline M. Brown

What's boiling you your life?
 Is it problems or daily fights?
 What's boiling on your mind?
 Too many problems will get you down.
 What's boiling in your heart? Is it fear?
 God knows all about it.
 We all are human and at our best
 We sometimes fail.
 Jesus has all the power! He is able.
 When life's problems get you down,
 don't worry
 Things will work out.
 Say Jesus and feel the breeze.
 Jesus has power to save you and me.
 When things start boiling in your life,
 Relax, God is going to bring you out.

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The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

Our Cherished Things: A Family Record, Patricia Sprinkle, patriciasprinkle.com, 2013

Atlanta author Patricia Sprinkle's *Our Cherished Things: A Family Record* was first brought to my attention by a neighbor, Ginger Foshee, who recently purchased it. "I have two boys, who don't usually listen to inheritance talks," she explained. "I found *Our Cherished Things* very useful for them. They will know where pieces came from when I'm gone."

When I contacted Patricia Sprinkle asking for a review copy of the book for *Senior News*, she commented, "I am convinced this is a book that a number of people in our age group will find helpful. People who have bought it have said the most amazing things."

Among readers' quotes are "I didn't know we had any 'cherished things' until I got the book for my birthday. Now I look at our home with new eyes." And, "I had fun remembering some of the stories my mother told me about things I now have."

"That is exactly the point, of course," says Sprinkle, "to remind us that our cherished things are cherished not because they are things but because they carry stories and memories we cherish and want to pass on. I see it as a bridge between myself and future generations."

Sprinkle is best known for her cozies, comfortable easy-to-read mysteries, often set in the south and metro area. This time, she has published a book for all of us, regardless of our favorite genre. *Our Cherished Things: Our Family Record* is a book in which readers become authors as they enter the stories of their family heirlooms so that future generations may value them. Each page has space for an item's name, its description, the story of why it's precious to the family; and, when available, information about appraisals. There is also enough room on the page for a notation about who should inherit the heirloom. What a remarkable idea and so helpful! The book serves as a present for our children and those who follow as it provides insight into family ancestors and emphasizes the importance of taking care of handed-down treasures. The book is available from her website

www.patriciasprinkle.com. Copies will make lovely gifts for family and friends. I plan to send one to my sister-in-law for Christmas.

On this same note, among the author's most recent other books is *Friday's Daughter*, a southern fiction novel that includes the coming together of two people from different

cultures and issues related to inheritance. Her works with a metro Atlanta setting include the popular work, *Death of a Dunwoody Matron* and *A Mystery Bred in Buckhead*.

When Sprinkle is not writing, she is often involved in her "book project," working with others to improve the library of a school for Dalit (formerly Untouchable) children in South India. She taught creative writing there in 2010, and she and a friend who traveled with her were greatly impressed with the quality of the school. It has international accreditation, excellent teachers, and students eager to learn. All they lacked was books for the school library. Patricia and her friend returned home determined to build a better school library. In the past two years they have assembled a team of media specialists for elementary, middle and high schools to advise them and through generous donations of people who know the importance of good books, they have purchased and sent over 1300 books to the school. Another shipment will go out next summer. If you are interested in being part of this project, you can send a tax-deductible contribution check made out to First Presbyterian Church Marietta at 189 Church Street, Marietta, GA 30060. Be sure to write "India Library" on the "for" line.

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Diovan	320mg	28 tabs	\$113	\$ 42	\$ 18	85%
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Website

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SENIOR NEWS

7511 Auden Trail

Atlanta, GA 30350

Advertising Account Executives

Janet Tassitano

Phone: 770-993-2943

Email: jan@jjmconsulting.com

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

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Senior News & Views of Georgia

Are you trying to unload your Timeshare?

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

In a tough economy, struggling families look for ways to reduce their expenses. One popular option is to unload any timeshares so they can hopefully recoup their investment and stop paying maintenance fees. Many businesses specialize in reselling timeshares, but the Better Business Bureau warns that many companies are using deceptive sales tactics to bilk thousands from already cash-strapped timeshare owners.

Many timeshare owners want to cash out now but unfortunately, not as many vacationers are buying. Timeshare sales have been steadily dropping and as a result, timeshare owners who are eager to sell are increasingly susceptible to offers that are simply too good to be true. Some unscrupulous timeshare resellers are taking advantage of the situation by misleading timeshare owners into paying thousands of dollars in the hopes of unloading their timeshare quickly. Many companies succeed in convincing timeshare owners that they already have interested buyers but require thousands of dollars in upfront fees – such as closing costs – from the sellers but ultimately fail to complete the promised sale.

One man who complained to the BBB was promised that the business had a buyer for his timeshare. The representative assured him that if the sale did not go through; he would get his money back. He paid a total of \$7,710. The sale never went through and he never got his money back, despite the guarantee from the company.

The BBB offers the following advice to timeshare owners who are looking for help in selling their timeshare:

- **Use a Business You can Trust** – Make sure the timeshare reseller you use is a BBB Accredited Business or at the very least has a good rating with the BBB. Avoid any company that fails to provide a street address and alternate contact information. A UPS or post office box is not enough. Check out bbb.org for Business Reviews and warnings. Verify the address with a mapping service, property manager and the licensing authority.

- **Confirm Licensing Requirements** – Some timeshare resellers will use fake addresses or PO boxes in order to mislead timeshare owners. Confirm where the company is located and in what states it does business. Ask if the company's salespeople are licensed to sell real estate where your timeshare is located. If so, verify this with that state's licensing board.

- **Get the Facts on the Figures** – Find out if the business charges a commission. Do they handle the entire closing and provide escrow services? Do they charge an up-front listing or advertising fee? What does it cover and is it refundable?

- **Be Wary of Upfront Fees** – Many complainants to BBB were burned by companies charging an advance "appraisal" fee for services or were told that they just had to pay closing costs and the timeshare would be taken off their hands. Consider opting for a company that offers to sell for a fee only after the timeshare is sold.

- **Be Aware of the "Balloon Strategy"** – Dishonest timeshare resellers may start with an outrageous fee, and then reduce it to a more appealing number, to lure the seller to pay.

- **Don't Fall for the Hard Sell or an Offer that Sounds Too Good to Be True** – Don't agree to anything over the phone but instead ask the salesperson to send you written materials; take the time to think it over and

don't be pressured. Unscrupulous timeshare resellers may claim that your property is in demand and they can sell it immediately; unfortunately, these promises are often empty. Also remember that a guarantee is only as good as the company backing that guarantee.

- **Know the Process** – Inexperienced timeshare sellers can be easily misled. Before doing business with a broker know the approximate value of what you own. Call the timeshare company itself to get the current selling price. Find out if the agent's fees and marketing practices are consistent with the practices of other agencies. To ensure the proper value of your property BBB suggests using a timeshare appraisal service. To do this for U.S. based timeshares, you'll need to research the company with the real estate commission in the state in which your timeshare property is located. The Federal Trade Commission also has helpful tips for timeshare buyers and sellers.

- **Remember the Too Good to be True Rule** – Trust your gut, if it seems too good to be true; it probably is.

For more tips you can trust, visit 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 or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

Spiritual Notes

RECHARGE

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

On numerous occasions I talk to senior adults who are frustrated and unhappy with life, generally. Aging in today's world is more difficult than in years past. Families are more mobile and, in many cases, do not live near family members. In

some instances grandparents rarely have opportunities to see their grandchildren. Young families are so involved with activities and so often they live miles away.

In addition to family separation issues, with aging comes health problems, retirement concerns and a rash of other dilemmas. All of these tend to deflate and cripple spirits. No doubt most senior adults can identify with one or more of these circumstances.

We all have our weary days and burdens to bear. Jesus said in Matthew 11:28-30: "Come to me, you that are weary and are carrying heavy burdens and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Isn't it

great that we have this promise?

A pastor friend shared this passage with his senior adult parishioners and encouraged them to get involved with each other along with various ministries in the community and the church. His message was meant to RECHARGE his congregates. The promise of Jesus can only be played out if there is positive action on the part of the listeners.

The Lesson is, rather than engaging in self pity and frustration, realize that we have been yoked with Jesus as our companion. He will teach us with gentleness. It may be time to RECHARGE your life!

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

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Taking Care

Reap the rewards of autumn initiatives... Homework can pay off for caregivers

by LISA M. PETSCHÉ

Autumn is a good time for implementing change. There is a fresh-start feeling and renewed sense of purpose and productivity that typically accompany the early part of a new school year, ingrained in us from our youth and perhaps also from years of raising children. As well, moderating temperatures tend to result in an increase in our energy.



Lisa Petsche

Homework that pays off:

Although your school days may be behind you, doing some homework in the coming weeks can really pay off, improving your well-being and that of the person you care for. Read on for suggestions.

- If you have not yet done so, educate yourself about your relative's medical condition and share the information with him or her and other family members as appropriate, to ensure you have a common and thorough understanding.

- Request a medication review by your relative's primary physician or a geriatrician, to check for drug interaction and determine whether your relative still needs all the medications they are currently taking.

- Arrange for an experienced lawyer to assist your relative in assigning powers of attorney for personal care and property (finances) and preparing a will. Or review such documents if they were done some time ago, to determine if they need updating.

Self-care strategies:

It is well known that self-care can improve your effectiveness and longevity as a caregiver. So it is worthwhile to consider the following strategies.

- Book an appointment with your primary physician if you are overdue

for a medical check-up or you are experiencing physical or mental health issues.

- Buy a piece of home fitness equipment, such as a treadmill, or get some workout DVDs so you can exercise with leaving home.

- Do something that provides you with meaning and purpose apart from caregiving, such as scrapbooking or researching your family tree. It is important to nurture your identity, Revive an old pastime or try something new.

- If it is physically difficult for you to perform outdoor maintenance tasks such as mowing the lawn, tending the garden and raking leaves, or finding time ins an issue, enlist the help of a reliable neighbor (considering hiring a teenager from the block) or contract with a reputable yard maintenance service.

- If your relative can safely be left alone but you are anxious about the prospect, supply him or her with a portable phone and get yourself a cell phone so you can stay in touch. An emergency response system may also help put your mind at ease.

- If your relative cannot be left alone, research respite services in your community so you can arrange breaks from caregiving. It is a win-win, because your relative will benefit from the added stimulation that comes from a visiting companion or meeting new people and trying new things at a community program. In-home options include respite provided by home healthcare agency staff, an individual hired under a private arrangement (most often located via word of mouth or newspaper classified advertising) and a trained volunteer (for example, from the Alzheimer's Association). There are also adult day care programs and residential care homes that have a short-stay program (so caregivers can plan a vacation). To learn about resources, contact your local office on aging or the non-profit organization associated with your relative's disease.

- Connect with other caregivers. Consider joining a community sup-

port group; some offer concurrent care. Information on caregiver groups can be obtained from community social workers and your local office on aging. Online caregiver message boards and chat rooms and electronic mailing lists or discussion forums are some at-home alternatives.

- Join a caregivers' organization – for example, the Caregiver Action Network (formerly the National

Family Caregivers Association) at www.caregiveraction.org, which offers information and support and advocates for caregivers' needs.

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

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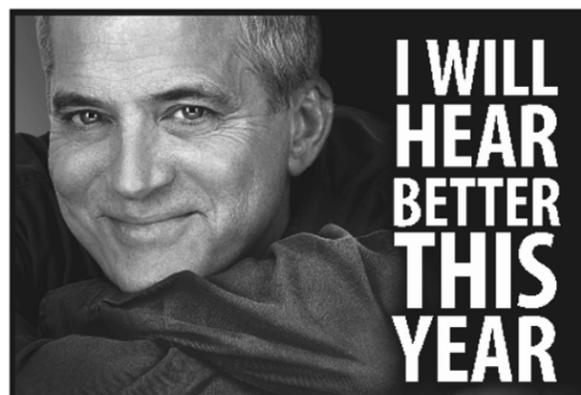
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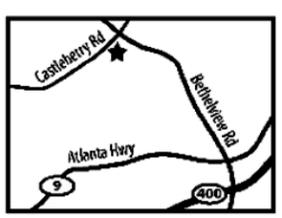




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How would you feel if there was a FDA cleared treatment available locally that could provide the relief you have been searching for even if nothing else has worked for you? Now what if I told you this treatment required no surgery, was virtually pain-free, and above all was covered by most insurance carriers including Medicare?

These are not rhetorical questions and this treatment is not a dream. Modern science may have finally cracked the code to ending knee pain caused by osteoarthritis once and for all.

If you suffer from any degree of knee pain I invite you to regain control of your life by taking advantage of our no cost to you consultation offer where we can explore if this scientific discovery and medical breakthrough may be right for you.

If you are not yet ready to take the next step in your recovery however we understand. You may have seen many doctors who have promised you miraculous results yet after investing both your time and hard earned money here you are; still suffering in pain unable to perform basic daily activities that where once simply an afterthought.

But don't give up just yet, take the next five minutes of your life and read this entire article. What you discover may not only surprise you but also offer a real solution to your knee pain, one you have never tried before. If you finish reading this article and you still have unanswered questions please feel free to call our office and schedule an appointment to learn more, you have nothing to lose but your pain and a world of freedom and mobility to gain! Our goal is to help relieve your pain and return you to a normal lifestyle.

What Is Osteoarthritis (OA)?

Osteoarthritis, also known as degenerative joint disease, is the most common type of arthritis. With osteoarthritis, the surface layer of cartilage breaks down and wears away. This allows the bones under the cartilage to rub together resulting in pain, swelling, and loss of motion of the joint. Although in some people it progresses quickly, in most individuals joint damage develops gradually over years.

Who has OA?

Osteoarthritis is most common in older people. However, younger people can also develop the disease, typically as a result of a joint injury, a joint malformation, or a genetic defect in the joint cartilage. It is also more likely to occur in people who are overweight and those with jobs that stress particular joints.

Considering Surgery?

People who suffer from knee pain typically try supplements or pain medications before seeking help from a doctor. When all else fails and the pain is too much, some feel surgery is the only option.

Consider these facts before surgery:

	Treatment With Hyalgan	Surgery
Cost	Covered by most insurance plans including Medicare	Deductible, Co-Pay, Meds, time off work, etc.
Risk	No known side affects	Complications, poor outcomes, addiction to pain medications
Pain	Little to none	Can be severe and last for months
Recovery	Immediate	Months/Years

What else is available to treat knee pain?

After careful study and several trials the FDA cleared a new treatment aimed at helping those with knee pain. This new treatment is a natural scientific answer for all those who think that surgery, dietary supplements, and medications are the only option to eliminate knee pain.

How does this treatment work?

Key Pain Center uses high tech medical equipment and decades of experience to pinpoint problem areas with extreme accuracy. Hyalgan is then injected into the knee and bonds with naturally occurring joint fluid to create a lubricating and cushioning layer. It also reduces pain, inflammation, and swelling of the joint. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.

What is injected into the knee?

Hyaluronic Acid (Hyalgan) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint called synovial fluid. In patients with osteoarthritis synovial fluid "dries up" allowing the cartilage of the joint to rub against itself and other surfaces causing pain, inflammation, and in most cases damage to the joint. Think of this treatment like oiling a squeaky door hinge, once applied the squeaking stops and the door moves more freely.

When will I feel results?

Most feel an immediate reduction in pain and return to normal activities in weeks.

Will my insurance cover this treatment?

Yes, most major insurances and Medicare will pay for this treatment.

Who is a good candidate for this treatment?

Do you wake up with knee pain? Does your knee pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from sore knees? Do you take medications for knee pain? Do you have difficulty going up and down stairs? Are you considering surgery to alleviate your knee pain? Have you tried everything to get rid of your knee pain without success?

If you have answered YES to any of these questions or if you are experiencing similar symptoms then you are likely ready to experience the relief and healing that our office can offer.

How do I know that this is right for me?

The American Academy of Rheumatology recommends the use of Hyalgan for treatment of Osteoarthritis of the knee. In most cases if you have knee pain this is a great solution. We will give you an honest and fair evaluation of your particular knee pain. Please call our office today to schedule a RISK FREE Consultation for you or a loved one.

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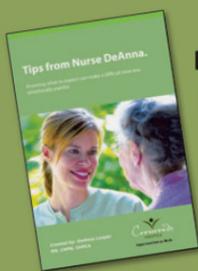
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On the Cover

Robert Fowler Talks Turkey!

by SUSAN LARSON

ON THE COVER: Robert Fowler Enjoys "Talking Turkey"

While many across America are drawn in by *Duck Dynasty* and the attention it has brought to duck calls, some folks, like Robert Fowler of Newborn, are tuning in to turkeys.

Fowler, a graduate of Tucker High School, spent his working days as a plumber. Although he wasn't involved with turkeys at the time, he found even that job required some hunting skills. He recalls an instance when he was installing all the sinks and toilets in an elementary school during a truckers' strike. He tracked down suppliers and drove all the way to Texas to pick up all the fixtures he needed for the job.

While raising his three sons, he coached football and Little League Baseball for 15 years and then for four years took on girls' and women's softball teams.

In 1979 he had a bout with cancer and couldn't work for awhile, so just to busy himself, he made a turkey call. It wasn't until he had a heart attack in 2005 that he made a second one. Now fully retired, he had the time to create for himself a whole new career.

Fowler creates box calls and scratch box calls out of wood and friction pot calls with wood and copper.

"Every one is different and we use local wood we cut and mill ourselves," he said, referring to his neighbor Danny Whitby who owns a sawmill and helps him craft his calls out of honey locust, china berry, worm hickory and pecan wood, just to name a few... "He's one of the best neighbors I ever had in my life."

The calls are all finely polished and bear various hand carved

designs and are guaranteed to work. Long time turkey hunter, Mike Buhler, has bought several of Fowler's calls for relatives and friends.

Fowler's wife, Betsy, goes out hunting with him and he loves taking other people out hunting and calling for them.

"I get just as much from calling one in for someone else as I do for myself," Fowler said. "They're a lot of fun to make and a lot of fun to use, but if I don't get another turkey, I've had my share. God's been good to me."

Fowler has yet to get his own reality TV show like the Robinsons did with their duck calls, but he does travel around to farmers markets and fairs where people get to meet him in person. If you'd like to "talk turkey" with him, he can be hunted down at 404-849-4973 or rfowlercustom-calls@gmail.com.



Robert Fowler talks turkey at farmers markets and fairs all over the area.



Turkey calls handcrafted by Robert Fowler come in an array of designs and colors.

Childhood memories gone with the wind

by SUSAN LARSON

Last month I saw that a local farm, preserved to illustrate life in the 1930's held a special program for Grandparents Day. I had to wonder, how many grandparents of young children are old enough to remember the 1930's unless they entered parenthood on Simon Cowell's time line?

I talked to the program director about it and he said the farm setting was merely a means of prompting memories.

"Grandparents might say 'I don't remember this but this does remind me of something else' and then a discussion begins," he said.

He also said they stage these events as an incentive to get kids away from the television and computer games and communicate in person with their grandparents. As we talked, it occurred to me – by way of a broad brushstroke – that kids today are the first generation to have grandparents who grew up from infancy on television. In the early 50's we watched Mr. Wizard, the "grandfather" of Bill Nye the Science Guy and Ted Mack's Amateur Hour, the "grandfather" of America's Got Talent. We rushed home from school to catch every minute of American Bandstand, while at the same time rolled our eyes at our grandparents for gluing their eyes to Lawrence Welk.

But back to West's objective of getting away from television and sharing

real live memories. There are a couple that stick out for me.

When I was in high school they built a new YMCA, a three story building with a fence around the roof. In the summer we had Saturday night dances up there and under the moonlight danced to Paul Anka and Johnny Mathis sometimes with a gentle breeze blowing through our hair. But not anymore. Society got kind of crazy and the YMCA feared that some kid might get doped up on LSD and jump off the roof, so the dances were relocated to the windowless gym.

A similar memory traces back to the airport. After a movie and maybe a Coke at the drugstore, we'd go out to the airport where we would climb the stairs to the observation deck and watch the planes

land and take off. I'll never forget the gusts of wind and the vicarious thrill of seeing the comings and goings of the world from that deck. Of course, that can't happen anymore and I don't need to overstate the obvious about airport security. Another memory gone with the wind.

I love that we have historic places where we can recreate down to earth activities of the past whether anyone remembers them or not, but no computer generated simulator, no matter how high tech, can ever recreate that feeling of being up on the roof.

Susan Larson is a writer from Lilburn. E-mail her at susanlarson79@gmail.com.

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Out & About

Judge McMillian speaks at Constitution Week Luncheon

Special to *Senior News*

On September 21, 2013, the Honorable Carla Wong McMillian of the Georgia Court of Appeals addressed the Georgia State Society of the Daughters of the American Revolution at their annual Constitution Week Luncheon held at the Ansley Golf Club in Atlanta, GA. Judge McMillian is the first appointed Asian Pacific American state appellate judge in the Southeast.

Judge McMillian discussed how the Constitution

established a balance of power with three branches of government: executive, legislative, and judiciary. As such, she noted courts need to exercise judicial restraint and to interpret what the law is within the purview of the Constitution, rather than overreaching in a more legislative capacity to make new law. She referenced the apprehension Thomas Jefferson expressed in a letter to Spencer Roane in 1819 regarding his fear that the Constitution would be "...a mere thing of wax in the hands of the judiciary, which

they may twist and shape into any form they please."

Judge McMillian is also a member of the Fayette County Historical Society. Her American lineage began in 1872 when her ancestor

emigrated from China to work on the Augusta Canal, a time in which there were only seventeen Chinese in Georgia. Her mother emigrated from Hong Kong and became a naturalized citizen.



Left to right: Virginia Lingelbach, National Society Daughters of the American Revolution Georgia State Regent, Bonaire; Judge Carla Wong McMillian of Georgia Court of Appeals, Tyrone; and Peggy Freeman, Lawrenceville Philadelphia Winn Chapter Regent, Lilburn.

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Coca-Cola Series on the Alliance Stage

Out & About

Photographic Refacimento exhibit scheduled at Buckhead Ida Williams Library

Special to Senior News

PHOTOGRAPHIC REFACIMENTO*, a solo show by H Gay Allen, will be at the Buckhead Ida Williams Library for the month of November. The show features over 60 original works which demonstrate Ms. Allen's commitment to honoring the traditional principles of both photographic and conventional fine arts, while exploring and refining new digital and creative techniques. She has been hailed as "a driving force behind the emerging digital/computer art scene."

All work begins with original photography, which is refined using automated technology that replicates traditional manual techniques. Then, using various digital applications and some of her original processes, she deconstructs and reconstructs the work to enhance the human experience of the objective scene. Some works are easily recognizable; some are mysteriously familiar, but not readily identifiable; and others have been taken beyond recognizable images to the impressionistic or surreal.

"My goal originally was to have fun combining my creative interests

in photography and my skills on the computer, but I couldn't resist the opportunity to push the edge of current art forms," said Ms. Allen. "However, I soon learned that not everyone was ready for it. I have had to listen to unfair criticisms in silence; appeal exclusions from competitions; and petition to get by-laws changed in art groups that I sought to join.

"But, my perseverance has paid off. I am now on the advisory board of the Museum of Computer Art, New York; chair the Photography Salon at the Atlanta Artists Center, Atlanta; and I regularly am juried into shows and win awards. I often give talks about altered photography (recently to the Art Partners of the High Museum of Art) and I now feel

comfortable with the reception my work receives. An additional thrill is to see those I've mentored improve their skills, as well."

The reception for the show is November 2, 3-5 p.m. at the library, when Ms. Allen will discuss her work. The library is located at 269 Buckhead Ave, Atlanta, GA 30305.

For more information: H. Gay Allen 770-313-2846. www.HGAY-ALLEN.com, hgayallen@earthlink.net.

*The term "Refacimento," (pronounced ree-FAHTCH-e-men-toe) was first used by William Safire, in On Language, NY Times Magazine, 02-15-09, and is defined as "the radical refashioning of a work of art, often by computer."

Callanwolde Events – October 2013

Special to Senior News

POETRY READING: Wednesday, October 9, 8:00 p.m.

Join two guest poets, to be announced, as Callanwolde celebrates the art and performance of poetry with readings in the unique setting of the Callanwolde Library.

Tickets are sold at the door, cash or check only. \$5 General Admission, \$3 Students with ID, Seniors, and Members. For more information call 404-872-5338 or visit www.callanwolde.org

EMERGING VOICES FAMILY STORYTELLING: SPOOKY STORIES: Friday, October 18, 7:00 p.m.

Celebrate the power of storytelling as Callanwolde showcases the Atlanta area's best stories, storytellers and storytelling traditions. Audiences will enjoy a diverse group of professional and student storytellers as they entertain audiences with tales for all ages. October features Spooky Stories with Georgia Youth Storytellers and Emerging Voices. Children are welcome to wear costumes for a parade and contest, and festive snacks will be served. This event will be held in the Retreat at Callanwolde.

\$3 General Admission, \$1 Children. Tickets are sold at the door, cash or check only. For more information, call (404) 872-5338 or visit www.callanwolde.org.

COSTUME TANGO NIGHT with TANGO-RIO: Friday, October 25, 8:00 p.m.

What better place to Masquerade than the Callanwolde Mansion!! 8:00 pm introductory lesson from the expert instructors of Tango Rio. 9:15 pm until the witching hour TANGO DANCE PARTY (milonga). Come solo or with a partner. Masquerade optional. If it's not your thing to wear a costume, come be amused by those who have. Tickets are sold at the door, cash or check only. \$15 for the evening, \$10 after 9:15 includes light refreshments. For more information, call 404-872-5338 or visit

www.callanwolde.org

About Callanwolde

Callanwolde Fine Arts Center offers classes and workshops for all ages in the visual, literary and performing arts. A full range of concerts, literary events, gallery exhibitions and fundraisers complement the center's busy calendar each month. Callanwolde Fine Arts Center is housed in a magnificent 27,000 square foot Gothic-Tudor style mansion, which was built by The Coca-Cola Company heir Charles Howard Candler in 1920.

Callanwolde Fine Arts Center is located at 980 Briarcliff Road, N.E., Atlanta, Georgia 30306. For more information about the classes and events offered at Callanwolde, visit our web site at www.callanwolde.org, or call at (404) 872-5338.



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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: 1150 Powder Springs St., Suite 100, Marietta, GA 30064, 770-528-5355

• For events & activities: www.cobb-seniors.org

Multipurpose Centers:

(Seniors age 55+)

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

• Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400

• North Cobb Senior Center: 4100 Old Highway 41, Acworth, GA 30101, 770-975-7740

• West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200

Neighborhood Centers:

(Seniors age 60+)

• Austell Neighborhood Center: 4915 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200

• Marietta Neighborhood Center: 1150 Powder Springs St., Marietta, GA 30064, 770-528-2516

• Senior Wellness Center: 1150 Powder Springs St., Suite 100,

Marietta, GA 30064

• North Cobb Neighborhood Center: 4100 Old Highway 41, Acworth, GA 30101, 770-974-2984

Fulton County Senior Services

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

Senior Multipurpose Facilities

• Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-705-4900.

“Council on Aging,” Mon.-Fri., 8:30 a.m.-5 p.m.

• H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point, 404-762-4821.

• Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.

• Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353.

Neighborhood Senior Centers

• Alpharetta/Crabapple Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.

• Auburn Avenue Neighborhood

Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.

• Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.

• Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.

• Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.

• Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.

• Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.

• Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.

• Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.

• New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.

• Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.

• Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.

• Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583

• St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.

• Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.

• Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

• Roswell Recreation Senior Citizens Club: Meets each Wednesday.

Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.

• Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.

• Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.

Lawrenceville Senior Center

225 Benson Street, Lawrenceville 770-822-5180.

Gwinnett Senior Center

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

Bartow County Senior Center

Cassville, 770-383-7383

www.bartowga.org

Fayette Senior Services

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

CLUB 55

The Bridge Community Center 225 Willowbend Rd., Peachtree City www.thebridge-cc.org

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CALENDAR
from page 12

• **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 sloss@emory.edu.

Multiple Sclerosis Center of Atlanta

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

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.georgiacenter-forthebook.org

Roswell Library

115 Norcross St., Roswell 770-640-3075

East Point Library

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

Buckhead Library

269 Buckhead Ave., Atlanta

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

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

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., Oct. 3, 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. 25, 7:30 p.m. Group singing just for fun... no performances. Open to all. Folk music, old standards, spirituals, political songs, pop, freedom songs, country, show tunes, and more. East Lake location. For directions and more information call Bob at 404-378-5424.

Volunteers Needed To Deliver Food

South Fulton Senior Services Inc. (SFSS) is a non-profit agency. Its 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.

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CALENDAR from page 13

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 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.

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

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

Newnan-Coweta Habitat for Humanity ReStore

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

Tues.-Sat. Call 770-252-4061.

Atlanta Scrabble Club

Meets the 2nd Sat. each month, 10 a.m.-noon, Centerville Community Center, 3025 Bethany Church Rd., Snellville. Bring Scrabble games and dictionaries. Cost \$1 per person per game (in cash – exact bills, please). For details call 770-557-1343 or email doc2barbara@earthlink.net.

FODAC Needs Donations

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

The Matt Adler Entertainers

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

Care & Share Support Group

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

Harmony Grove UMC Events

50 Harmony Grove Rd., Lilburn
770-921-7747

continued on page 15

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404-490-4265

TTD: 614-442-4390



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CALENDAR

from page 14

Columbia Presbyterian Church
711 Columbia Dr., Decatur
404-284-2441

Southern Winds Concert Band Welcomes 50 & Older Musicians
Members meet together to share their love of music and the joy of playing together. No auditions. Typically, the band plays one concert each month. The band rehearses at Northbrook United Methodist Church, 11225 Crabapple Rd., Roswell, every Thurs., 2:30-5:00 p.m. For complete details contact Dorothy Parker at 770-993-2059 or e-mail arw1935@att.net.

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

Fall Festivals – Mark your calendar!

- October 5: Oktoberfest, Trinity Lutheran Church, Lilburn GA
- October 12: Fortieth Annual Lilburn Daze, Lilburn Park, Lilburn GA
- October 12: Mule Day Southern Heritage Festival, Callaway Plantation, Washington, GA
- Oct 19 -Oct 20: Hummingbird Festival, Main Street, Hogansville, GA
- Oct 24 -Oct 27: Cowboy Festival & Symposium, 501 Museum Drive, Cartersville, GA
- Oct. 26: Briar Patch Arts Festival, Downtown on Courthouse Square, Eatonton, GA
- November 2: Deer Festival, Downtown, Montecello, GA

Cindy Donald Dreams of Recovery Fifth Annual Auction
To benefit individuals with spinal cord or acquired brain injuries, October 19, 6 p.m., Villa Cristina, Dunwoody, tickets \$75, for more info call or e-mail Patti Mosely at 770-675-6565 or info@dreamsofrecovery.org.

Magnolia Ball 2013
Sun., Oct. 6, 4-6 p.m., Johnson Ferry Baptist Church, 955 Johnson Ferry Rd., Marietta. For seniors and their caregivers or adult children. MUST register – call 770-794-2968 to RSVP.

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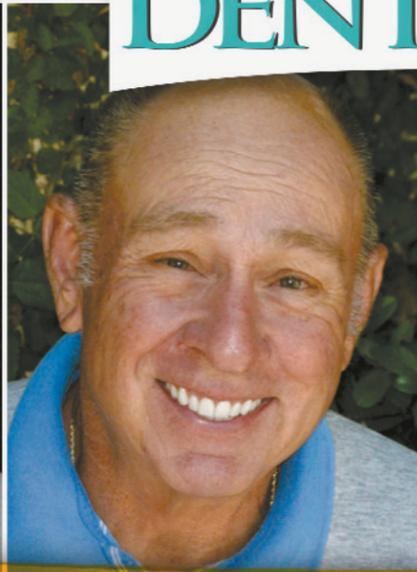
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