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***Duluth dance company keeps students' dreams afoot!***

***Story on page 2***

June 2010  
Vol. 24, No. 6

## On the Cover

# Duluth dance company keeps students' dreams afoot

by SUSAN LARSON  
Photos by Alexia Paraschos

### ON THE COVER

Three generations of dancers:  
Joanna Paraschos, daughter Alexia  
and grandson Iianni.

**J**oanna Paraschos has fond memories of her Uncle George. The youngest of nine children raised in

an impoverished neighborhood in Flint, Michigan, Paraschos fell in love with dance when her uncle took her to a ballet. She just couldn't stop talking about what she saw. Since money was a real issue for her family, her uncle paid for her dance lessons, which launched her career not only as a professional dancer, but as an "Uncle George" to hundreds of others like herself.

In 1993, with the late Anthony

B. White, Paraschos founded The Company to provide affordable training for students of all races and economic backgrounds. Unlike most dance studios, The Company, now located at the New Dawn Theater in Duluth, accepts students of any age or body type.

"We like variety and will take students with dedication, desire, and determination over talent any day," Paraschos said.

Paraschos's unorthodox philosophy apparently pays off since 100 percent of her graduates have gone on to college with full dance scholarships. Sixty percent have become professional dancers or athletes, including Chris Wilson of the Washington Redskins. Other students, not officially enrolled in a program, not only tone up their bodies and improve their reflexes and coordination, but also gain a sense of

accomplishment through her rigorous training.

Part of the Paraschos's secret is that she teaches not only dance, but also life. She has choreographed ballets about historical events like the Holocaust and the Underground Railroad, for which her students must understand what makes up their movements.

"We're not just doing steps on stage."

Paraschos feels blessed to have the opportunity to carry on the work of her Uncle George.

If you've always had the desire to dance or would like to play a backstage role with Uncle George for budding young dancers who otherwise could not afford to pursue their dreams, visit [www.thecompany-dancers.com](http://www.thecompany-dancers.com). Either way, you'll be performing with a team that for 17 years has been batting 1000.



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The Company Dancers director Joanna Paraschos with her youngest generation of dancers, grandsons Iianni (age 4) and Iliya (age 3).

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# BBB warns that Insurance Scams are flourishing in current economy

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

**I**n the midst of a tight economy and in the wake of the new national healthcare reform bill, State and Federal regulators are warning about a surge in healthcare-related scams. Better Business Bureau advises consumers to do their research before signing up for insurance coverage because their personal and financial health is on the line.

According to an October 2009 survey conducted by the Coalition Against Insurance Fraud, 57 percent of state fraud bureaus reported a higher incidence of health insurance fraud in 2009 compared to the previous year. The increase was largely attributed to "unauthorized entities selling fake coverage" and "the rise of medical discount plans."

Navigating the healthcare system can be a tricky maze and coordinating your physicians, prescriptions and insurance coverage isn't always easy. One of the first steps to finding healthcare services that are a good personal fit, is to start with a provider you can trust.

Companies such as HealthcareOne/Elite Healthcare, Consolidated Workers Association, and Smart Data Solutions/American Trade Association, have all recently come under fire from state regulators for peddling worthless coverage or discount medical plans—instead of actual insurance—to thousands of consumers.

Additionally, the new healthcare reform bill quickly sparked new scams; shortly after it was signed into law, the US Department of Health and Human Services issued a warning to consumers to beware of health insurance offers claiming to be part of new federal regulations. For example in Missouri, the state Insurance Director warned that a door-to-door salesman was claiming to be a federal agent selling insurance under the new law.

BBB recommends taking the fol-

lowing steps when shopping for health insurance coverage to avoid getting ripped off:

Research the company with BBB. Always check out the insurer's BBB Reliability Report online at [bbb.org](http://bbb.org). Reliability reports are available for free and will tell you how many complaints the business has received, whether there has been any government actions brought against the business, as well as BBB's overall rating.

Confirm the company is licensed with the state insurance commissioner. Each state has a department devoted to regulating insurance companies. Make sure the insurer is licensed to operate in your state.

Read the fine print carefully. Make sure all verbal commitments are in the fine print. Don't just take the company's word for it. Also confirm with your pharmacist and doctor that they accept the plan you're considering.

Recognize the difference between insurance and discount medical cards. Some consumers purchased what they thought was health insurance but was actually a discount medical card which could only be used to get reduced rates at limited doctor's offices and pharmacies. Make sure you're purchasing insurance coverage and not just a discount medical card.

Beware of copy cats. Some phony insurers will go by a name that is similar to a trusted company. Confirm that you're really dealing with the right company that has a good reputation.

For more advice on finding healthcare companies and services you can trust, visit <http://www.bbb.org/us/consumer-tips-health/>.

\*\*\*\*\*

*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).

## Lilburn hosts Farmer's Market

Special to Senior News

**E**very Friday evening starting June 4 through the end of August the City of Lilburn will host a Farmer's Market from 4 to 8 p.m. on Railroad Avenue. The organizing committee is seeking vendors to sell their produce, handmade crafts, live plants and herbs, honey, eggs, breads and pastries, meat and dairy products, jams and jellies, pickles and salsas.

Complete details and an application are available at [www.cityoflilburn.com](http://www.cityoflilburn.com) or at City Hall. Cost to vendors is \$10 per week for a 10x10 space or \$15 for a premium space with electricity. Sellers can commit to the whole summer or just come on the weeks they desire.

For additional information call Mandy McManus, Market Manager, at 678-380-4095. Spread the word to your friends and neighbors... and get ready to enjoy some wonderful, fresh food this summer!



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# Poets' Corner

## Those Who Came To Die

by Bobby Cline

(Dedicated to those who charged the beach at Iwo Jima)

He knew not what the future held,  
this lad of seventeen.  
But go he must to seek his fate in  
places never seen.  
It was a time of war and grief, and  
jobs that needed done.  
His mother cried and hugged him  
dear, then gave her loving son.

Ready for the fight to come, he went  
to distant lands.  
The glory he had sought for days  
was finally near at hand.  
Guns roared like thunder from  
above, thick smoke, it filled the  
sky.  
Young men would charge this shore  
of death. Those who came to die.

Crouched low within the landing  
craft, his weapon in his hand,  
His mind could think of nothing but,  
that beach of hot black sand.  
Put there by God in heaven, but  
cursed by him below.  
The black sand of the island called  
forth his mortal soul.

When at last the ramp was down, the  
deadly charge began.  
The gates of hell had opened and he  
saw that deadly sand.  
He waded through the water, then  
crawled upon the shore.

He tried to raise himself to run, his  
body said no more.

He searched his heart for courage,  
but only fear was found.  
He listened for his heart to beat, it  
never made a sound.  
Was this the coward in him, was this  
his day to die?  
Would he lay there on that cursing  
sand, and never even try?

He lay there in the dark sand, his  
eyes were opened wide.  
He saw the spread of color red  
before his very eyes.  
The blood was not of those before,  
but Him who died for all.  
Was then he knew what he must do,  
to heed the deadly call.

With new found faith within his  
heart, his courage was renewed.  
He stood and walked among those  
left; there only was a few.  
A motion with his arm he gave, and  
forward they did run.  
Into the face of death they moved,  
toward the sound of guns.

This evil land and those they fought  
could not defeat these men.  
They battled forth for many days,  
until the bitter end.  
The battle nil, the victory won, they  
sat and wondered why.  
And gave an every lasting thought to  
who came to die.

\*\*\*\*\*

## Four Seasons of Life

by Beni Handley

In the Spring of Life, when we are  
young,  
All is exciting, everything's fun.  
We eagerly look forward to each new  
day,  
Life is budding, there's much time to  
play.

Then comes the Summer, we play  
when we can,  
For school, and education are  
always first hand.  
We're anxious to learn, we are ever  
so willing,  
For becoming of age is very  
appealing.

When Fall catches up, we see longer  
days,  
More work and less play, we've a  
family to raise.  
We're buying a house, the bills are  
due,  
No rest for the weary, it's all up to  
you.

But Winter will come, with the  
blessing of age,  
The last chapter to write, but not the  
last page.  
For this is the best time, life has to  
give,  
You do as you please, and you've  
just learned to live.

\*\*\*\*\*

## Leigh's Song

by Ernest D. Wilkes

Events can sometimes happen that  
are so hard to explain,  
And to probe for answers can leave  
one feeling drained.  
I've spent my lifetime searching,  
hunting for a clue;  
Now, I feel as though my quest has  
ended whenever I'm with you.

I'm just another dreamer - took a  
while to face the truth -  
But I've dreaded of someone like  
you since somewhere within my  
youth.  
Please, take my hand and we'll  
explore the tomorrow of our  
dreams,  
And together we can share our  
future memories.

I know you're sometimes burdened  
by the pains within your past.  
I know your hopes and dreams  
involve a commitment that will  
last.  
Longer than these bodies our souls  
are wrapped within,  
'Cause a love between two soul-  
mates is a love that has no end.

The years have rolled on by, and  
we've lived out many dreams.  
And I struggle to express in word,  
just what you've meant to me.  
Now, your ship has slipped away to  
moor at Heaven's berth,  
And the only thing that keeps me  
from you, is my time left here on  
Earth.

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# Spiritual Notes

# Lasting influence

by Dr. Bill Baggett

Minister to Seniors

Dunwoody Baptist Church

**M**other's Day has just passed. Our family celebrated at a family dinner with our grown children, their spouses and the five grandchildren. My wife received an early morning call from our son telling her how much he loved her and that she was also a wonderful grandmother. Her response was, "being a mother was special but being a grandmother was even more special." Mothers, through the ages, have been the source of encouragement and stability in families. (So have Dads, whose day we will celebrate soon.) My wife received the adoration she deserved from the kids and grandkids on her special day, and if I'm lucky, perhaps I'll get the same treatment.

Family occasions remind us how important words of encouragement are to family members. This is especially true to young people who are faced daily with hard decisions. As we reflect on the gifts we received from our parents, it wasn't the "tangible things" that meant so much but the "intangibles." So often we heard from our parents, "Pretty is as pretty does," "Right is right and it never hurts anyone." Of course there are many more. We learned a lot by trial and error but these voices of wisdom still resonate in our minds.

Forbes magazine printed an article

some time ago on methods of dealing with others effectively. So much of what the author gained from his research is apropos to the approach that works in dealing with others in today's world, whether it is with family or those we encounter daily. The author summarized his findings in 5 sentences as follows: "The most important 5 words are: *I am proud of you.* The most important 4 words are: *What is your opinion?* The most important 3 words are: *If you please.* The most important 2 words are: *Thank you!* The least important word is: *I.* The survey found that these words had a great and positive influence on those interviewed.

The world is full of negativism. In Proverbs 15:1 we read: "A soft answer turns away wrath, but a harsh word stirs up anger." These words from the Scripture are so true. You have seen this in your families. The soft spoken word can reduce tension and, in many cases, can start a much needed healing process. We can use this biblical admonition in our families, with friends, and even strangers.

Mothers, Fathers, Grandparents... continue to speak softly but clearly to your children and grandchildren, and remember the 5 important sentences. It will positively increase your legacy on these special recognition days.

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

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# 2010 Dunwoody Art Festival

by MARY FRANCES

On Mother's Day weekend the intersection of Chamblee Dunwoody and Mt. Vernon Roads was cleared for feet, strollers, bikes, and popsicle-munching art lovers. The Dunwoody Art Festival was off to a stunning start with rows of 143 white canopies sheltering a variety of fiber, clay, glittery glass, folk, metal, jewelry, paintings, photography, wood, and dazzling collage art. Hundreds filled the converted streets, as the bright May sun reflected on the sparkling art.

"Fabulous," said art lover, Elizabeth Anderson.

"It's all beautiful – nice creations," said one enthused stroller.

The Festival included whimsical art by creative artists; musical presentations by eleven bands throughout the two days; a Kidz Zone with slides, rides, and tattoos; hundreds of t-shirted volunteers; and multiple food cabanas encircled a dining courtyard.

"This has been a good show," said Rita Orr of Osage Beach, Missouri. "There is a crowd. I sold more in one day here than I sold in three days in my previous show."

On Sunday, the trio Foxtrot November, played the old favorite "Rolling on the River" and several

original songs, on the stage erected on the lawn next to the North Georgia Bank. Lawn chairs and round tables seated those who weren't dancing.

Of unique interest was the "Chairs for Charity" Auction. Students from Austin, Dunwoody, Kingsley, and Vanderlyn Elementary schools, along with Peachtree Middle and Dunwoody High Schools, decorated one-of-a-kind chairs and stools for auction to the highest bidder, with the proceeds going to the art programs in the schools.

The Dunwoody Farmhouse was open for tours. The Dunwoody Chamber of Commerce, the Rotary Club of Dunwoody, Atrium at Georgetown, Home Instead Senior Care, and local merchants exhibited. Dunwoody high school students, Boy Scouts of Troop 764, and community volunteers assisted the smooth running of this well-attended event.

In collaboration with the Art Festival, Dunwoody High School sponsored their own two nights of visual art, musical groups, poetry readings, a student photography exhibit, and a Broadway musical of Gershwin classics called, "Crazy for You."

Organized by Cindy Flynn and Frances Schube of Splash Festivals,

merchants throughout Dunwoody donated \$100 and up to make this successful festival free to the community. For more information about this and future Dunwoody Festivals call 770 452-1727 or check the website of [www.DunwoodyArtFestival.com](http://www.DunwoodyArtFestival.com).

## Publisher's Notice

Due to complications associated with a knee replacement operation, Ms. Faye's columns, *Walking on Sunshine* and *C'mon, let's eat*, are not included within this month's edition of *Senior News*. Needless to say, we miss Ms. Faye's columns. But, more importantly, WE MISS MS. FAYE. Prayerfully she'll fully recover in the near future; and, hopefully her entertaining and informative columns will be back in the paper for our July edition.

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Dunwoody Art Festival

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# Get swept back in time with Scarlett on the Square

by SUSAN LARSON

The rustle of petticoats. The smell of gunpowder. Cotton fields and plantations. Step back in time with the sights and sounds of Atlanta during the Civil War and Reconstruction as told through the eyes of Scarlett O'Hara and her dashing romancer, Rhett Butler.

The Marietta Gone with the Wind Museum: Scarlett on the Square has been a mainstay in downtown Marietta since April 2003 when it opened in the historic Old Thomas Warehouse Building. With an extensive collection of memorabilia provided by Dr. Christopher Sullivan the museum is sure to delight and intrigue any Gone with the Wind fan, from novice to aficionado.

Highlights of the museum include the original Bengaline honeymoon gown worn by Vivien Leigh as Scarlett O'Hara in the movie, several of

Margaret Mitchell's personal volumes of the novel, an educational display dedicated to the African American cast members, foreign editions of the novel and striking promotional pieces.

Conveniently located steps away from the historic Marietta Square on Whitlock Avenue, the museum is within walking distance of quaint shops and

unique dining experiences. A visit to the Marietta Gone with the Wind museum truly incorporates all that historic Marietta has to offer.

Marietta Gone with the Wind Museum: Scarlett on the Square, 18 Whitlock Avenue Marietta, Georgia 30064, 770-794-5576, [www.marietta.ga.gov/gwtw](http://www.marietta.ga.gov/gwtw) Hours, Monday – Saturday,

10 a.m. – 5 p.m.; Admission, \$7 Adults, \$6 Seniors & Students, \$5 Groups of 15 or more.



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# Fruit in its Season play to be presented June 13th

Submitted by Steve Kimbrell

**O**n Sunday night, June 13th, at 5:00 p.m., the Church of Atonement Episcopal Church located at 4945 High Point Road, NE in Sandy Springs, is proud to be hosting the traveling cast of the theatrical production, *Fruit in its Season*, a three-act play inspired by the Psalms of King David – Psalms 1, 2 and 3.

The play is the story of David Lewis Meriwether, a young farmer who is surrounded by fervor for city growth and enticed to sell his property to make room for a new mall. Conducting his business from a rocking chair in his humble abode, David is visited by all the city's movers and shakers, who seem unable to get him to do so.

The play is written by daily columnist Jonathan Richard Cring (www.jonathans.com), who is the winner of the Best Screenplay at the Top Ten Films in America and author of the new situation comedy, *Commons*.

"I have taken the soul, heart and passion of the great poet, David, and infused this trinity into a delicious story about human struggle and humor," says Mr. Cring from his home in Hendersonville, Tennessee. "Add a little music, singing, giggles and heart, and you've got a great evening that will always be remembered."

The presentation lasts seventy minutes and is suitable for the entire family. Pastor Chris Starr says that a collection will be gathered at the end of the evening to defray the costs of the traveling cast. For additional information, call 404-252-3324.

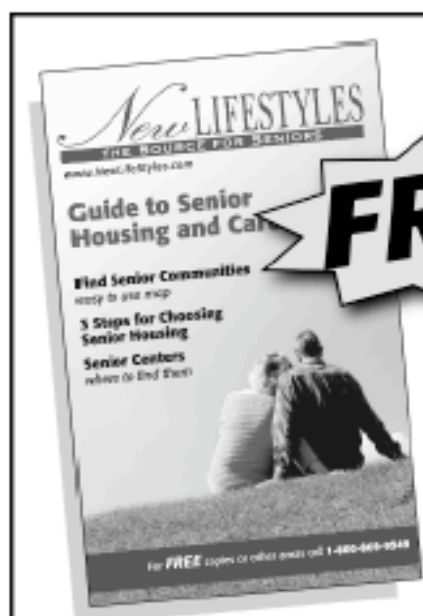
Jasson Cring, lead actor in the play, is a talented 23 year old Hollywood Actor who has lived and toured all over the United States. After attending High School in Hendersonville, Tennessee, he's made 12 films in Tennessee, Georgia, Arizona and California, many of which have won awards. He has also performed from coast to coast with two national tours in original plays. He currently resides in Los Angeles, California where

he was flourishing as a full time actor.

Jasson left his immediately promising future of acting in Los Angeles for two very exciting reasons: "I fell in Love with a young lady and I fell in love with the play *Fruit in its Season*. Now, I am taking the rest of the year to build my relationship with this lady and to share this incredibly powerful and poignant piece of art with numerous venues across the States."

This event is a legitimate theater experience, where families can come to an original production, performed for the entertainment, inspiration, and enjoyment of all. The event is held in a small venue where no microphones and sound amplification are used, so as to give an intimate experience of actor to audience.

This is a FREE event. For complete information visit website [www.fruitinitsseason.net](http://www.fruitinitsseason.net).



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## Do you suffer from knee pain?

Did you know that over 100 million Americans suffer from knee and joint pain? In fact, this pain accounts for 25% of all visits to primary care physicians and half of all anti-inflammatory drug prescriptions. Have you ever wondered how different your life would be if you could get rid of your knee pain? Where would you go; what would you do? What would you give for a day or a week or a lifetime of pain free mobility? I'm pleased to announce that knee pain sufferers don't have to wait any longer to get the most advanced non-surgical FDA cleared treatment.

If you suffer from any degree of knee pain, I invite you to regain control of your life by visiting Neurospine Institute, a state of the art medical facility.

## What is osteoarthritis (OA)?

Osteoarthritis, also known as degenerative joint disease, is the most common type of arthritis. In 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.

## What causes osteoarthritis?

The cause of osteoarthritis is unknown. Factors that might cause it include:

- Being overweight
- Getting Older (wear and tear)
- Joint Injury
- Joints that are not properly formed (alignment/imbalance problems)
- A genetic defect in the joint cartilage
- Stresses on the joints from certain activities including sports, work and leisure activities.

## 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 that surgery is the only option. Before you put yourself through months of immobility, pain, rehab and hefty medical bills, consider something else.

## 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 sometime suffer from sore knees? Do you take medications for pain? Do you have difficulty going up and down stairs? Are you considering surgery to alleviate knee pain? Have you tried everything to get rid of knee pain?

## How do I know that this is right for me?

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# What is a Reverse Mortgage?

by WAYNE BLACK  
President, Retire Secure

I'm always astounded to find that many people are suspicious of reverse mortgages, believing them to be somehow bad or a dangerous. When I ask, "why?" I hear the proverbial crickets chirping...

Apparently, the confusion stems from a financial product offered many years ago whereby a nursing home would offer to take care of a senior in exchange for the senior taking out a "reverse mortgage." The senior would sell his home to the nursing home and when the senior died, the nursing home would receive the senior's house. Of course that is a horrible loan product and fortunately I have never even heard of such a loan in today's market place.

HUD developed a loan called a Home Equity Conversion Loan as part of the Housing and Community Development Act of 1987. A FHA HECM is a mortgage just like any loan against the home, but it has special terms for people 62 and older. It was initially limited to 2,500 total mortgages, although that limit was soon raised. HUD insured the first HECM loan in November 1989 (fiscal year 1990).

In 1998, the HUD Appropriations Act made HECM a permanent program. Over time, people began to call FHA's Home Equity Conversion Loan a "reverse mortgage". Unfortunately, when people hear the term reverse mortgage they incorrectly think of the old "nursing home loan" product and not the FHA Home Equity Conversion Loan.

The FHA Home Equity Conversion Loan (or HECM) was developed by Congress to assist seniors. The loan was not developed by any bank or investment group to sell to seniors. The HECM is set up to be revenue neutral for the government. In other words, it is a fantastic deal for the senior because the end result is only that the loan program breaks even.

For a senior to have any type of loan or debt other than a FHA/HECM is like a senior choosing private insurance instead of Medicare. If you don't have a FHA/HECM reverse loan then you are subsidizing a neighbor who does. The popularity of FHA/HECM has increased from just 2,500 loans to over 100,000 last year. AARP did a study in 2007 and found that 97 % of FHA HECM's customers were satisfied that they received the loan.

David P. Sloane, senior vice president for government relations and advocacy for AARP, urged Congress in 2009 to continue its funding and commitment to a stable and active HECM program, stating, "The HECM program is the nation's oldest and most popular reverse mortgage product. The program provides an extreme-

ly important retirement tool, providing financial security, independence and great improvement in [the senior's] quality of life."

With a HECM Reverse Mortgage, the lender or the bank does not own the home. You own the home, and you keep the title, just like a standard loan. There are no income or credit score requirements to qualify and no monthly payments are required.

Funds are received by you and this may be structured several ways: a line of credit, a lump sum or a combination. You can remain in the home as long as it is the primary residence (or, in the case of a couple, as long as one borrower is still in the home as the primary residence).

When the home is sold, you or your heirs (not the bank) receive the difference between the sale price and the loan balance. You are not leaving a debt to your children. When the loan is paid off, 99% of the time the home has equity that the heirs inherit. In the unlikely event that the loan balance does exceed the value of the property, HUD absorbs the loss and no heirs are responsible.

Just like a conventional mortgage, with a HECM Reverse mortgage you are still responsible for property taxes

and insurance, association fees (if any) and property maintenance costs.

With a traditional loan, you make payments and the loan balance gradually decreases. With a reverse mortgage, you do not have to make any payments, but the loan balance gradually increases. That's the basic difference between a traditional forward loan and a HECM reverse loan.

All FHA HECM's are insured through HUD, making them the most highly regulated mortgages available. Fees are regulated, and only HUD allowed fees are permitted, with no mark-ups or junk fees. Insuring with HUD offers many advantages and guarantees.

Of course, everyone's situation is different, and there are many cases where a HECM Reverse Mortgage isn't recommended or even possible. But for hundreds of thousands of seniors, the HECM Reverse Mortgage has made a major improvement to their lives during retirement.

To learn more about whether it's right for you or a loved one, call Atlanta's Leading Trusted expert on FHA HECM Reverse Mortgages, Retire Secure (770) 844-7200, ext. 25. Ask for a free FHA HECM handbook.

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\* Must be 62 years of age or older. Income limit \$24,500 for 1 person, \$28,500 for 2 persons. Certain medical deductions allowed and assets are not considered income.

### "Pops" is in the Park... and I don't mean your grand pop!

Submitted by Sue Haggerty  
Executive Director  
Johns Creek Symphony Orchestra

Yes, "pops" will be in the park on Saturday, June 12. But this is no ordinary pops! This first-ever collaboration is an exciting evening of free music brought to you by the City of Johns Creek and performed by the Johns Creek Symphony Orchestra. Come enjoy a concert out under the stars of light classics, patriotic standards, a bit of jazz and popular favorites from Gershwin's Summertime to selections from Phantom of the Opera, the Beatles, and John Philip Sousa on the eve of National Flag Day.

What? You've never heard of the JCSCO? Didn't know there is a professional symphonic orchestra in the Johns Creek area? Well now is the time for you

to come and find out what we're all about. You'll be amazed by our Founder and Conductor, Maestro J. Wayne Baughman, a fixture on the Atlanta music scene for nearly forty years, and will be astounded by the exceptional quality of our professional musicians.

"Music in the Park" will be held at Newtown Park, 3150 Old Alabama Road in Johns Creek. The park opens at 4:00 p.m. with the concert from 6:00-8:00 p.m. Bring your blanket, bring your lawn chairs, bring a picnic! And if it's good enough, you might win one of the prizes the city is sponsoring for "Most Beautiful Picnic," "Best Georgia Themed Picnic," and "Best Musical Themed Picnic." Food will also be available from local vendors starting at 4 p.m.

So save-the-date and make your plans. "Pops" will be awaiting your arrival! Visit: [www.johnscreeksymphony.org](http://www.johnscreeksymphony.org).

  
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## Out & About

### "Senior Prom" combines fun with fundraising



Senior Connections' Chairman Charles Miller and Former Decatur Mayor Elizabeth Wilson, recipient of the 2010 Community Connections Award. (Photograph by Teryl Jackson)

### Gala evening helps fund vital Senior Connections programs

Special to Senior News

Several hundred guests in their prom finery danced the night away on Saturday, May 22 at the Second Annual Senior Prom hosted by Senior Connections. The fun (and sold-out) fundraiser was held at the Letitia Pate Evens Hall on the Agnes Scott College campus, and event included a reception, dinner and dancing to the big band sounds of The Usual Suspects. One of the highlights of the evening was the special moment when only couples who'd been together 50 years filled the dance floor.

Senior Connections is a home and community-based service organization that provides programs and services designed to help seniors "age in

place" in the comfort of their homes. Proceeds from the "Senior Prom" fund home delivered meals, in-home care, home repair programs and operational expenses of the 37-year old organization, a leading agency of senior services in metro-Atlanta.

Mrs. Wilson received Senior Connections' Community Connections Award from Board Chairman Charles Miller for her lifetime of community, civic and civil rights work. In addition, Congressman Johnson presented a special Congressional proclamation to Mrs. Wilson in recognition of her contributions to Georgia.

"Our theme was 'Celebrating Aging,'" Senior Connections' Chief Executive Officer Debra Furtado said. "Our 'Senior Prom' is a true celebration of life - something that was really obvious to me when I saw all the couples on the floor for the '50 Years Dance'! Our mission is to help seniors stay in their own homes, as vital members of their communities, for as long as possible, and to enjoy every day."

The event raised in excess of \$55,000 to fund services for at-risk metro Atlanta seniors. To make a donation or to volunteer with Senior Connections, please visit [www.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org) or call 770-455-7602 for more information.

#### The 33rd Annual Homespun Festival



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[www.thehomespunfestival.com](http://www.thehomespunfestival.com)

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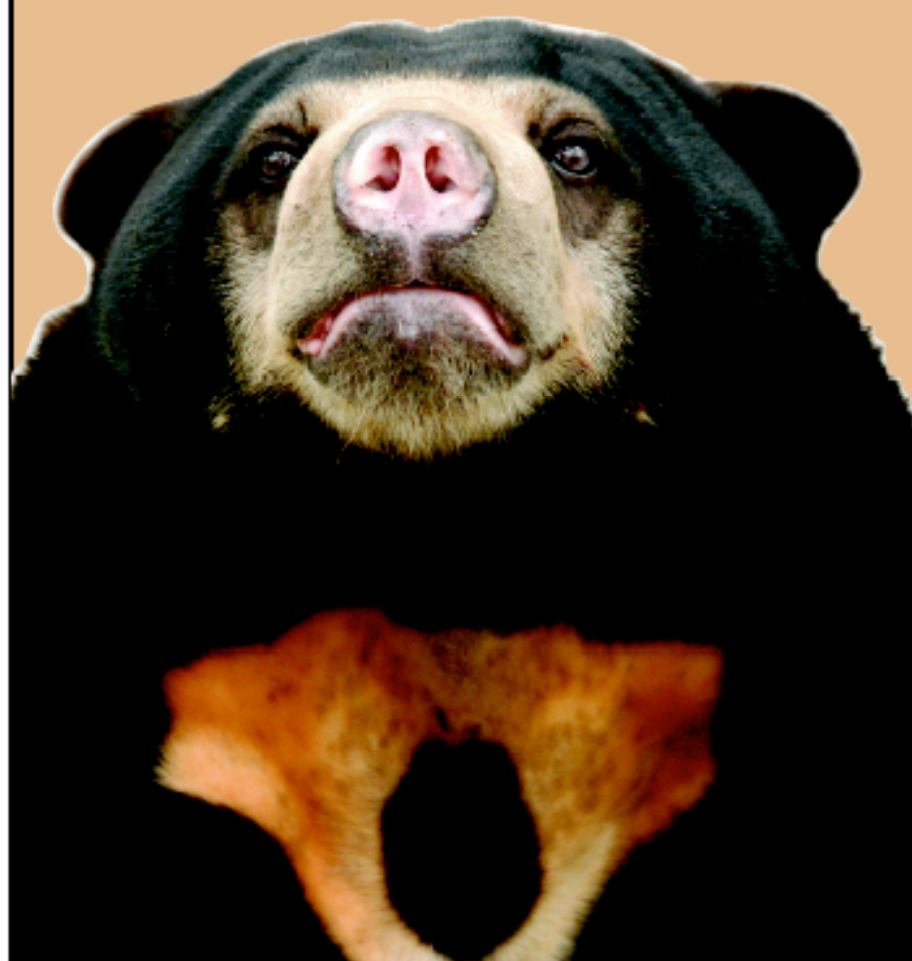
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# Georgia eye doctor helps legally blind to see again

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

by ELENA LOMBARDI  
Atlanta, Georgia —

**J**ust because you have macular degeneration or other eye diseases like diabetic retinopathy doesn't mean you must give up driving or reading.

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

Georgia optometrist, Dr. Brian Saunders, is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. "Some of my patients consider us the last stop for people who have vision loss," said Dr. Saunders, one of only a few doctors who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that could improve your vision enough to change your life. Biopic telescopes may be the breakthrough in optical technology that could help you regain your independence. "Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Saunders. "Even if it's driving."

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

James Wheeler of West Georgia was seen in the Atlanta



office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fit him with a pair of biopic telescopes for driving. "I can now read the street signs and I feel much more comfortable driving again," says James. Dr. Saunders also prescribed microscope glasses for reading newspapers and playing dominos.

Randy Day of North Georgia came to Dr. Saunders having trouble with everyday activities. "These biopic glasses have greatly changed my outdoor activities, as well as, the things I can do in the house," says Randy. "They help me see the TV, the computer, and read books. As you know, I'm a ham radio operator and the new technology has made everything much smaller, but with my biopic glasses, it's no longer a challenge for me."

Telescopic glasses can cost over \$2,000, says Dr. Saunders.

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

To learn more about biopic telescopes, or to schedule a complimentary phone consultation with Dr. Saunders, call 770-948-7784 or toll free at 1-877-948-7784.

\*\*\*\*\*

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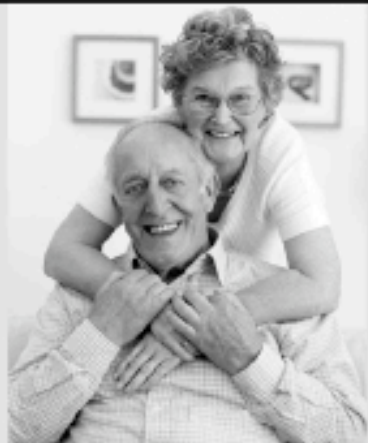
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## Taking Care

### Working with the pros... How to build good relationships with health care providers

by LISA M. PETSCHKE

**A**s you age, and especially if you are caring for someone with a chronic illness, you will likely come in



Lisa Petschke

contact with a variety of health care providers. These may include doctors, nurses and allied professionals such as physical, occupational and speech therapists, whom you will

meet in various settings: home, clinic, hospital and perhaps even long-term care.

Health care today is viewed as a partnership between patient and provider, with both parties responsible for ensuring constructive relationships. Patients and caregivers are taking a more active role than ever.

The following are some ways you can do your part to enhance interactions with health care professionals:

- Prepare questions in advance of phone conversations and meetings, and prioritize them.

- If you or your loved one has a hearing or vision impairment, let the professional know at the outset of the conversation.

- Share information that will help the professional better understand and assist you or your loved one: medical history, relevant social history, lifestyle, abilities and limitations, temperament, likes and dislikes.

- Educate yourself about you or your loved one's health condition, to facilitate communication with professionals. Don't try to be an expert, though.

- Educate yourself about the roles of involved professionals, and ask about their goals and plans for care.

- Ensure you are dealing with the right person by briefly stating the nature of any questions or concerns. If they can't help you, ask them to direct you to someone who can.

- Ensure the person has time to talk if you have numerous questions or a major concern. If not, ask to schedule an appropriate block of time.

- When making telephone contact, be prepared to leave a concise voice-mail message if the person is not available. Include the date and time of your

call, your name and, if applicable, your loved one's name and your relationship to him or her, the nature of your call, your daytime phone number, and the best time to reach you. If either of you is hard to reach, you may need to make an appointment to talk by phone or in person.

- Write down key information provided during conversations and conferences. Request a layman's explanation if you don't understand medical jargon, and ask for clarification when instructions are not clear.

- Be forthcoming about what you need and expect – don't assume others know. Learn to be assertive and proactive in your role as advocate.

- Address a concern directly with the relevant care provider. Express it as calmly as possible and in a timely fashion. Provide details and include an example or two; prepare notes if you are easily flustered. Involve the provider's supervisor only if the issue does not get resolved.

- If the situation causes you significant

distress, try to compose yourself before addressing your concern – otherwise, it's difficult to have a constructive discussion.

- Depending on the issue and the number of people involved, you may wish to request a meeting.

- If you are anxious or angry, have a relative or friend present – preferably someone less emotional – for support and to help you stay focused.

Whenever possible, suggest solutions to problems. Be courteous and give others the benefit of the doubt; expect

to be treated likewise.

Keep in mind that you and professional care providers are partners, and do your best to work with them.

When you are pleased with the care that professionals have provided, express appreciation: a little goes a long way.

\*\*\*\*\*

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

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\*\*\*\*\*

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• Administrative Office: 32 N. Fairground Street, Marietta, GA 30060, 770-528-5355  
• For events & activities: www.cobbseiors.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  
\*\*\*\*\*

## Hop aboard for locomotive celebration

by SUSAN LARSON

All aboard! Don't miss the Locomotive Celebration at the Southeastern Railway Museum on June 5 & 6. This will be a celebration of locomotives old and new and in particular the celebration of the 100th birthday of Savannah & Atlanta #750

The Southeastern Railway Museum, in operation since 1970, is Georgia's Official Transportation History Museum. The museum has over 80 other pieces of retired railway rolling stock including vintage steam and diesel locomotives, passenger coaches, private business cars, a World War II army troop kitchen, wooden freight cars, railway post office car and maintenance of way equipment. Transit history is also represented with busses and trolleys from the early 1900's through the mid 1980's, including historic MARTA busses.

Be sure to bring the grandkids, because admission will include temporary locomotive tattoos, arts & crafts, games, slideshows, tours and ice cream and cookies. Other refreshments and caboose rides will be available.

Locomotive Celebration:  
Southeastern Railway Museum, 3595 Buford Hwy., Duluth, GA, June 5 &

6 from 10 a.m. – 5 p.m. Admission, Adults \$8, Seniors, \$6, Children \$5, children under 2, free. For more information call 770-476-2013 or visit www.southeasternrailwaymuseum.org.

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## 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.

• 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.

continued on page 16



## NOTICE TO ALL VETERANS

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Because of the lack of burial space and 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. However, you must register for the space and show proof of an Honorable Discharge Certificate for the space. Spaces will be granted on a first come, first-served basis. To assure a reservation for you and your spouse mail coupon below to:

**Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30046.**  
Gwinnett Memorial & East Shadowlawn Memorial Gardens, Lawrenceville • White Chapel Memorial Gardens, Duluth  
\*Not Affiliated With Any Government Agency

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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		

## ASHTON BROWNS MILL SITE-BASED WAITING LIST OPENING

June 1, 2010

Ashton Browns Mill/Ambling Management Company is accepting pre-applications for apartment units receiving rental assistance at Ashton Browns Mill. Eligible residents will pay no more than 30% of their adjusted monthly income for rent.

**COMMUNITY: Ashton Browns Mill, 500 Cleveland Avenue S.E., Atlanta, GA 30354**  
(404) 366-3535

**Pre-application period: Open Date: June 1, 2010, 9:00 a.m.**

**Close Date: June 10, 2010, 3:00 p.m.**

Pre-application forms will be distributed from June 1st through June 10th from 9:00 a.m. to 5:00 p.m. Acceptance of the completed pre-application forms will close at 5:00 p.m. on June 10th. Pre-applications can be completed on site or mailed to the Community at the address above. If returned by mail, all pre-applications must be postmarked no later than June 10, 2010. Pre-applications postmarked after this date are not eligible.

### Eligibility Criteria:

(1) **HOUSING FOR OLDER PERSONS (HFOP – AGES 55+):** All members of the household must be 55 years of age or older. At least one adult member of the household, 55 to 61 years of age, must be either legally and gainfully employed on a fulltime basis for at least 30 hours per week or legally and gainfully self-employed in a legitimate business enterprise, appropriately documented, for at least 30 hours per week. All information provided on the Pre-Application is subject to verification. All other adult household member, 55 to 61 years of age must be either:

- Legally and gainfully employed or self-employed (as described above) on a full-time basis at least 30 hours per week;
- Attending an AHA recognized school or institution as a full-time student;
- Engaged in a combination, totaling at least 30 hours per week, of legal employment but not self-employed, education (as described above) and/or participation in AHA approved training program;
- Elderly; or
- Disabled

(Note: The work requirement does not apply when the sole adult member or each adult member of the household is age 62 or older or a person with a verifiable disability.)

### Annual Household Income:

Annual Household Income cannot exceed the following amounts based on the number of persons in the household:

1 PERSON HOUSEHOLD	2 PERSON HOUSEHOLD	3 PERSON HOUSEHOLD
25,100	28,700	32,250

### Priority Categories:

Eligible applicants will be placed on the site-based waiting list and will be ranked by the lottery method. The random order in which the applicant is posted by the computer will determine the applicant's ranking on the waiting list.

All pre-applications will be prioritized according to the following:

- First, to a resident or former resident of an Atlanta Housing Authority (AHA) owned public housing community that has undergone revitalization where there are no longer any AHA-assisted units available as part of the revitalized community, who has not been permanently relocated;
- Second, to residents of other AHA owned public housing community who are required to relocate due to a scheduled demolition, which is not being done in conjunction with the revitalization of the community;
- Third, to all other applicants receiving assistance through an AHA program and is referred to the community by AHA, including applicants participation in an AHA-sponsored special needs program; and
- Fourth, all other applicants.

The announcement is being advertised in the Atlanta Journal Constitution and Senior News.

It is the sole responsibility of the applicant to provide the appropriate priority category for their household. Ambling Management Company will not verify the applicant's claim for a particular priority prior to final application for occupancy. If an applicant changes his/her preference claim, the applicant will be transferred to the appropriate category and placed at the bottom of that category. If it is determined that the applicant does not qualify for the priority category in which he/she indicated on the application, the applicant will be transferred to the appropriate category and placed at the bottom of the list for that category. Applicants who have committed fraud or have misrepresented the qualifications for a priority will be removed from the waiting list.

Request for Reasonable Accommodations during the pre-application process will be taken by telephone on June 1st through June 10th from 9 am to 5 pm by contacting 1-888-707-9292 or TTY/Relay 711. Future re-opening of the site-based waiting list will be publicly advertised.



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## CALENDAR

from page 15

### 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.thebridgecc.org  
• Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, football, 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

continued on page 17

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## CALENDAR

from page 16

a loved one afflicted with Alzheimer's Disease. For additional information and directions call 770-803-0100.

### Parkinson Support Group

Meets second Thursday of every month, 1-2:30 p.m., Mount Pisgah United Methodist Church in Alpharetta and the Prime Time Ministry will host a North Atlanta/North Fulton support group for Parkinson's Disease patients and their caregivers. Call 770-772-0591 or 770-442-2281, ext. 139.

### Alzheimer/Caregiver Support Group

First Mon. each month, 10:30 a.m., Mt. Bethel UMC, Older Adult Center, 4608 Lower Roswell Rd., Marietta. Care is provided for your loved one while we meet. Call 770-579-9224.

### Square Dance Class

Every Tues., 10 a.m.-noon. Basic & Mainstream. No partner needed. Living Grace Lutheran Church, 1812 Cooledge Rd., Tucker. Contact Alice Adler at 404-296-7288 or alicerhodes357@mindspring.com; caller: Jesse Oliver, 404-346-7528.

### Senior Ballroom Dance

First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-294-1789.

### Friends of Smyrna Library

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

### Georgia Center for the Book

DeKalb County Public Library  
215 Sycamore Street, Decatur  
404-370-8450, www.georgiacenterforthebook.org

### Roswell Library

115 Norcross St., Roswell  
770-640-3075

### East Point Library

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

• Summer Senior Reading Program: Every Fri., June 4-July 30, 2-4 p.m. Call for additional details.

### Atlanta World War II Round Table

Petite Au Berge Restaurant, 2935 N. Druid Hills Rd., Atl. Rest: 404-634-6268, www.petiteauberge.com. For information call John Kovach at 770-928-4579 or visit our website at <http://atlantawwiiroundtable.org>.

### East Cobb AARP

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

### Woodstock AARP Chapter 5173

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

### Sandy Springs AARP

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

### Decatur Monthly Sacred Harp Singing

Thurs., June 3, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Cold Mountain*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details call 404-892-6836 or visit [www.atlantasacredharp.org](http://www.atlantasacredharp.org).

continued on page 18

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## CALENDAR

from page 17

### Monthly Singalong

Fri., June 25, 7:30 p.m. Group singing just for fun... no performances. Open to all. East Lake location. For complete information call Bob at 404-378-5424.

### Atlanta Artists Center and Gallery

2979 Grandview Ave., 404-237-2324, [www.atlantaartistscenter.org](http://www.atlantaartistscenter.org)

### The Brennan Museum

For information call 404-575-3767 or visit [www.thebrennan.org/jgsg.htm](http://www.thebrennan.org/jgsg.htm).

### South Cobb Yellow Rocks

#### Square Dance Club

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

### Georgia Museum of Art

90 Carlton St., University of Georgia, Athens; 706-542-4662; [www.uga.edu/gamuseum/press](http://www.uga.edu/gamuseum/press)

### Newnan-Coweta Habitat for Humanity Sales

Every Sat., 8 a.m.-5 p.m., 1082 East Highway 16, Newnan. Call Glenn at 770-252-4061.

### Volunteers Needed

Senior Connections is looking for volunteers to participate in delivering meals to home-bound seniors, Adopt-a-Senior, and Adopt-a-Yard. For more information visit [www.srconn.org](http://www.srconn.org) or call 770-455-7602.

### Volunteers Needed To Deliver Food

South Fulton Senior Services Meals on Wheels Program is currently seeking dedicated volunteers to deliver hot meals to senior citizens in the South Fulton County Region. Your warm and friendly face can brighten up a senior's day. Only takes 1 to 1 1/2 hours to collect and deliver the meals. For details contact Harry Miller or Jerrell Hall at 404-559-0070.

### Self Help for Hard of Hearing People

Hearing loss resource group meets the 3rd Wed. of each month at 10 a.m. at the Woodstock Public Library. For information email: [woodstockshhinfo@phydeaux.org](mailto:woodstockshhinfo@phydeaux.org) or call 678-438-9135.

### Volunteers Need for Meals on Wheels

Help deliver meals to homebound elderly residents of North Fulton County. You choose the day, your choice the route - Alpharetta, Roswell or Sandy Springs. Routes take approximately 2 hours, start to finish; start time between 10-11 a.m. Volunteer one morning or a month or more, if you choose. The choice is yours! Call Kimberly Whitten at 770-993-1906.

### Shema Yisrael - The Open Synagogue Services

Every Sat., 10:15 a.m., Jewish Family and Career Services, 4549 Chamblee-Dunwoody Rd., Atlanta. Call 404-943-1100.

### 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.

### Cong. Shema Yisrael

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

### 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

continued on page 19

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## CALENDAR

from page 18

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; www.agewiseconnection.com/volunteer.

### 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.

### Life Enrichment Services Looking For Volunteers

Includes administrative duties, front desk receptionists, administrative assistance, and Handyman Services Program. For complete details call 404-321-6960 or email christi.behrend@lifeenrichmentservices.org. Or, visit Life Enrichment's office at the Mack Love Center, 1340 McConnell Dr., Decatur.

### 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.

### Metro Atlanta RSVP Needs Volunteers 55+

To help educate older adults on topics important to helping them live independent healthy lifestyles. For complete details call 404-463-3119 or email: enaumann@atlantaregional.com.

### 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.casachero-kee.org.

### 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

Seniors are invited to join this recently formed group to put together a show to take to other senior groups, retirement centers, etc. Alice Rhodes Adler, former director of the "Fantasies," is the director. For complete details call Alice at 404-296-7288 or email: alicerhodes357@mindspring.com.

### Roswell City-Wide Celebration

Through June 6. Art exhibitions, wildlife presentations, gallery showings, historic home and walking tours, flower shows, Shakespeare, venomous snakes, canoe adventures, and more. For details visit www.visitroswellga.com or call the Visitors Center at 1-800-776-7935.

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## Times Not Forgotten

# Picnicking and Tybee Island

by CHRISTINE COLEMAN

The outing that stands out most in my memory is the summer day when all of us went to Tybee for a picnic and to swim at the beach. Some of the children had married and had families of their own. Mama and Papa had never been to the beach. Plans had been made that on this particular day, we would all get together and drive to Savannah and on to the beach. We loaded up in cars and headed out.

Between Savannah and the beach, we stopped at a spacious area to have a picnic. There was a convenience store there and also several cages of animals. It had a sort of carnival air. We watched mostly the monkeys while we ate. After lunch, we loaded up the leftovers and headed to the beach.

As soon as we reached our destination, all of us who wanted to swim changed into our swimsuits at the beach bathhouse. Then we raced to the water to jump waves and swim. Papa didn't have a swimsuit. We encouraged him to rent a

suit and join us in the water. He decided to do just that. There was no need to ask Mama to join us. No way was she going to put on a bathing suit and go swimming in front of God and everybody. She and some of the others stayed on the beach and enjoyed watching the rest of us swim and have fun.

The summer we were there, only remnants of the "Tybera Pavilion" were visible. The pavilion, built out over the water, had long since washed away into the ocean. Papa swam out to the last standing pole. He intended to rest a bit and then swim back to the ocean's edge. He ran into much difficulty. Every time he attempted to push away from the pole, the undercurrent would pull him back. Barnacles were embedded on the pole, and as he was slammed back against the pole, those shells would scratch him severely.

We swam out to see about him, but he waved us off and told us not to come any closer. He told us the reason he couldn't turn loose. My oldest brother told him to hang on while he went for help. My brother brought two lifeguards back with him.

With the help and expertise of both the lifeguards, they were able to get Papa away from the pole into water where he could swim back to shore. On shore, they had a first aid kit and attended to Papa's wounds. It was a scary situation, but Papa stayed calm the whole time. Later, some of the people on the beach said Mama was watching every move. We would not have been surprised had she swam out to where

Papa was (in her dress, of course), as she too was an excellent swimmer.

That was the only time my parents went to the ocean. We still had picnics occasionally, but they were held away from Tybee Island.

Christine Coleman lives in Swainsboro. Feel free to Email her at cfc@reicomputers.com.

## Honor Graduate receives citation award

by ANN TUNALI  
Editor

Christy Lynn Brown, was honored Sunday, May 23, at Crossview Baptist Church, Fitzgerald, Georgia, receiving the Citation Award which is the ultimate achievement of the AWANA CLUBS INTERNATIONAL. The Citation Award represents ten years

of a Biblically grounded curriculum of hard work and service spending untold hours of attending group meetings, studying scriptures, working with children, and getting involved in community projects. Only 1100 students through out the United States received this award in 2010.

One of Christy's community projects was visiting and writing cards to Seniors in assisted/nursing homes for a three month period. "Many Seniors who live in assisted living and nursing homes do not have many visitors," Christy stated. "It brightens their day to have someone sit and chat with them about important events in their lives." She said she enjoyed sending cards to the Seniors. One of Christy's favorite Seniors was her grandmother. She said as a child when she would go spend days with her grandmother she always saw her grandmother reading her Bible every night. She said that never changed. Even when her grandmother went to live in a nursing home she would still see her grandmother reading her Bible. Christy cheerfully commented, "My grandmother was so sweet, she influenced my life greatly!" Christy is a niece of the Editor and Publisher.

Christy, a 2010 Honor Graduate of Tiftarea Academy, received a four year Scholarship to Mercer University where she will be pursuing a business/law degree in the Fall. She is a member of the National Society of High School Scholars, member of the People to People Student Ambassador Program, Captain of Tiftarea Academy Cheerleading Squad, honor member of the Sociedad Honoraria Hispanica, Exchange Club of Tifton 2010 Youth of the Year Finalist, and a member of the Eleven Hundred Club are but a few of her many accomplishments.

We salute Christy Lynn Brown for a job well done and congratulate the proud parents, Jerry Eugene and R. Dianne Brown of Fitzgerald.



Christy Lynn Brown

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