

Senior News

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*Exercise is
Medicine!*

February 2011
Vol. 25, No. 12

Story on page 2

On the Cover

Exercise is Medicine

by BRADFORD BAILEY

Photos courtesy of
Bradford Bailey

ON THE COVER

Bradford Bailey with client

On any given day, you can find me working long strenuous hours and living out my dream of keeping the residents of Atlanta fit. As a fitness expert, I provide exercise training to well known professional athletes, award winning actors, famous musicians, as well as successful business men and women.

Although this aspect of my business is extremely fun and entertaining, there is nothing that I enjoy more than working with my favorite clients, senior citizens. There is so much wisdom to be gained from our elders. They are the crown jewels of

earth.

Through working with elderly I have noticed the lack of concern and interest in senior fitness. Although the elderly and baby boomer population have great purchasing power, the vast majority of exercise and wellness market is geared toward the 50 and under age group. Seniors have the most to benefit from fitness. As a Clinical Exercise Physiologist, geriatric fitness specialist and advocate of the elderly I suggest the following exercise guidelines for seniors:

Older adults should participate at least 2 days a week in strength training activities that improve and maintain muscular strength and endurance. Older adults should also perform physical activities that enhance and maintain flexibility. Seniors are sensitive to the effects of physical activity, and even small amounts of activity are healthier than a sedentary lifestyle.

Older adults with chronic illnesses or disabilities can gain significant health benefits with a moderate amount of physical activity, especially if it is done daily. Physical activity need not be strenuous to bring health benefits. What is important is to include activity as part of a regular routine. There are various low-impact exercises that can be done by those who have certain disabilities, such as wheelchair exercises and games, muscle-strengthening activities to help improve the ability to perform daily tasks, and strength training exercises such as calisthenics or light weight lifting. Gentle forms of yoga and tai chi are designed to promote flexibility, improve balance, and increase strength as well.

Remember! Exercise need not be formal to be effective. So elders don't have to attend a formal class in order to exercise. Simple activities such as walking, gardening or even shopping are considered exercise. Anything that expends energy is effective!



Ms. Gloria Broome, 82, and Mr. Ben Wright, 90. Mr. Wright lifts weights and does cardio daily and takes no medicine!

It is imperative that health care professionals lead the way in promotion of senior fitness. This is especially true for physicians, since they are highly trusted by seniors. Seniors tend to listen and follow the instructions and guidelines of their doctors. I also suggest that current healthcare model turn to a decreased prescription of medicine to an increased prescription of exercise.

What Our Doctors Can Do

- Assess how much physical activity your patients are getting and explore reasons that they aren't more active.
- The most promising interventions in primary care practices include patient goal setting, written exercise prescriptions, individually tailored physical activity regimens, and mailed or telephone follow ups.
- Refer patients to community resources where they can join group activities to promote and reinforce physical activity.

What Our Community Can Do

- Establish community-based programs, such as those that take place

at community centers and senior centers that can provide individually tailored programs for seniors to become more active.

- Establish community programs that help build social support for physical activity.

continued on page 8



Brad and 94 year old client "Muv" in an Iron Chef cook-off! Muv lifts weights two times per week.

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- Difficulty hearing in a noisy environment?
- Complaints from family members that you don't pay attention?
- Prefer the TV or radio louder than others do?

What goes around comes around in reading circles

by SUSAN LARSON

When I taught fourth grade in 1970, I had my kids record every book they read on index cards with the title, author, setting and brief summary. But it was a “do as I say, not as I do” assignment. It wasn’t until 2009 that I actually did it for myself and it was very gratifying to look back at how much I had read.

As I looked over my 2010 list, my interest was piqued not so much by what I had read or how much I had read as by why I had read it.

Book number one, “Chenda and the Airship Brofman” was obvious. My friend Emilie Bush had just written it and I felt honored to be among the first to read it “Glass Castle,” “The Help,” “Water for Elephants,” “Learning to Breathe,” “The Girl with the Dragon Tattoo” and “Scratch Beginnings” were no brainers. Not in content, but in why I read them. My book club had made up our yearly agenda on a night I wasn’t there. And I must admit, that even without my valuable input, they made some good choices.

At a Lunch and Listen library event hosted by Garden Plaza I heard authors Jack Riggs and Paul Guest talk about their respective books, “When the Finch Rises” and “Another Theory About Happiness” and was inspired to read them both.

“Silent Honor,” one of probably three Danielle Steel books I’ve read in my whole life came recommended by my sister-in-law, Pat. I was pleasantly surprised at how much I learned about the Japanese interment camps and how they contrast to civil rights issues today.

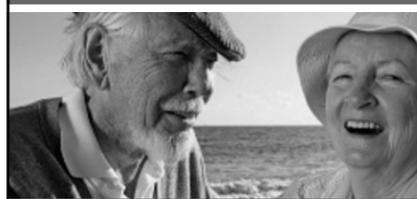
While browsing at the library, I saw “A Work Song” by Ivan Doig on the display rack. Since the story was set in Montana, where my husband’s grandfather had lived, I thought he

might like it. He liked it so much he asked me to read it, too, and we have both become big Doig fans.

I was inspired to read Kathleen McGowan’s “The Source of Miracles,” because while taking a class on labyrinths at Harmony Grove United Methodist Church, the instructor, Dr. John Rhodes, used her book to help illustrate his lectures.

And just last fall at our church festival I carefully ran my fingers over every one of the thousand or so books we had on display. It was there I found a tattered copy of “The Cabin Faced West,” which had been required reading for my fourth graders back in 1970. So of course I reread it and retroactively added it to that list that I wish I’d been keeping for the last 40 years.

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Effexor XR	150 mg	100 caps	\$411	\$207	\$106	74%
Plavix	75 mg	28 tabs	\$142	\$ 83	N/A	46%
Flomax	0.4 mg	30 caps	\$109	\$ 26	\$ 17	85%
Femara	2.5 mg	30 tabs	\$441	\$180	\$ 83	81%
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Senior News & Views of Georgia

Times Not Forgotten

Thrashing and Winnowing Peas

by CHRISTINE COLEMAN

Well, Christmas and New Years have come and gone. They are now only faint memories. February is here and we're looking for Valentine's Day. There will be goodies, gifts, cards and love notes sent and received by many. February 14th is THE day for planting Irish potatoes and several other veggies.

As I think about planting, I remember how my folks saved dried peas from the end of one season 'til the beginning of the next. When our peas had dried on the vines, my brothers would go to the garden and gather them in sacks. They'd bring them home to Mama so that she could begin the thrashing and winnowing procedure. Mama would have us spread a cotton sheet on the ground and then pour peas on the sheet. The only type peas I can remember were the red hulled speckled peas and LadyFingers. They were kept separated, of course.

Mama would take our battlin' stick (which was used when we

washed clothes) and start thrashing the dried peas. She allowed us children to try our hand at the thrashing bit. I tend to think this was a way she had of letting us vent our anger or frustration. Anyway, when the hulls had been beaten and the peas had dropped out, Mama would have us stop and have two children hold up the sides of the sheet. Then we'd bounce the sheet up and down on the ground, causing the peas to drop to the bottom and the hulls stay on top. She'd have us let down one side of the sheet, and she'd reach in and lift off the top layer of hulls. Then, we'd bounce the sheet of peas again for more hulls to come to the top. She would lift off another layer of hulls. Of course, there were bits and pieces of hulls left, but that would be taken care of at winnowing time.

Papa always talked of winding peas instead of winnowing. It was in my later years that I learned the word was winnowing, but the same ritual was used. We waited for a day when there was a stiff breeze blowing, and my folks would exclaim this was a good day to wind peas. Mama

would take her pan of peas, a dishpan with a soft cloth inside and a sheet spread out on the dirt. She'd hold that pan of peas over her head and slowly let the peas fall into the pan below. The chaff that had been left would blow away. She might repeat the task until the peas looked to suit her. The soft cloth in the pan below would keep the peas from bouncing out.

Papa and my brothers would take all the peas and put them in croaker sacks to be hung in our barn from the rafters. They'd tie the sacks with wire and put the wire over the rafters up high. In this way, rats would be unable to get to the peas and eat them.

I doubt that people do that today, but "back then" it was necessary to save money for other things. But we had peas for planting when the time came. By the way, isn't Spring right around the corner?

Christine Coleman lives in Swainsboro. Feel free to E-mail her at cfc@reicomputers.com.

Spiritual Notes

Be Happy!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

As we begin 2011 instead of making New Year's resolutions in which you may or may not be successful, I recommend you resolve to be happier. It is one we can all strive to keep! Happiness is contagious and our world needs more of it. I would like to share an article I particularly enjoyed that was posted by Dr. Mercola on March 27 on msnb.com.

Things That Can Make You Happier

1. Be Grateful – People who we asked to write letters of gratitude to people who had helped them in some way reported a lasting increase in happiness – over weeks and even months – after implementing the habit. Even when people wrote letters but never delivered them to the addresses, they reported feeling better afterwards.

2. Be Optimistic – People were asked to visualize an ideal future and describe the image in a journal entry. After doing this for a few weeks, these people too reported increased feelings of well-being.

3. Count Your Blessings – People who practice writing down

three good things that have happened to them every week show significant boosts in happiness. The act of focusing on the positive helps people remember reasons to be glad.

4. Use Your Strengths – Another study asked people to identify their greatest strengths, and then to try to use these strengths in new ways. This habit, too, seems to heighten happiness.

5. Commit Acts Of Kindness – It turns out helping others also helps ourselves. People who donate time or money to charity, or who altruistically assist people in need, report improvements in their own happiness.

Happiness makes us healthier Physically, Mentally, and Spiritually. In the book of 1 Peter, Chapter 4, verses 8-11, the Apostle reminds us, "Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each one should use whatever gift he/she has received to serve others, faithfully administering God's grace in its various forms."

Trust that God will grace your life in a special way this year as you resolve to be happy.

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

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Do you suffer from knee pain?

A recent study showed that nearly 100 million Americans suffer from knee pain. Moreover, knee and joint pain account for 25% of all primary care physician visits and half of all anti-inflammatory medications prescribed.

Does your knee pain affect your quality of life? How would your life be different if you didn't suffer from knee pain? What would you do? Where would you go? What would you give to be able to get around without limitations brought upon by your chronic knee pain? If you suffer from knee pain and are looking for an alternative to surgery, you don't need to wait any longer as the FDA has approved an advanced non-surgical treatment that works.

If you suffer from chronic knee pain and are looking to get your quality of life back I'd like to extend an invitation to Atlanta Medical Clinic, a cutting edge medical facility.



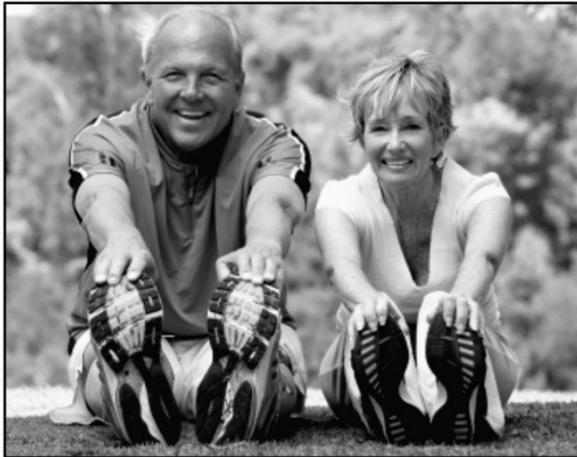
What causes osteoarthritis?

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

- 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
- Stress on the joints from certain activities including sports, work and leisure activities

What else is available to treat knee pain?

After several in depth studies and trials the FDA has approved a new treatment geared toward helping people get relief of their chronic knee pain. This new treatment is the latest in all natural, non-surgical pain relief that promotes the healing of damaged areas as opposed to masking the problem with prescribed medication.



“I started experiencing knee pain years ago and my Dr. told me eventually I would need a knee replacement. I couldn't go up and down stairs or walk/stand very long without pain. Then I went to Atlanta Medical Clinic to experience their non-surgical, comprehensive knee program and in 8 weeks I'm pain free. Thanks for giving me my life back!”
– P. Merriman

Will my insurance cover this treatment?

YES, most major insurances and Medicare will pay for some, if not all, of our services.

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 knee pain?

Do you have difficulty going up and down stairs due to knee pain?

Are you considering surgery to alleviate knee pain?

Have you tried everything to get rid of knee pain with no success?

If you answered yes to any of these questions, you are ready to experience the relief and healing found at the Atlanta Medical Clinic.

How do I know that this is right for me?

For the most part, if you suffer from chronic knee pain this is a great solution. Our doctors will give you a thorough and focused evaluation of your knee pain. The consultation is FREE but space is limited. Call today!

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Atlanta, Georgia –

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

Georgia optometrist Dr. Brian Saunders is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Here are some stories from Dr. Saunders' Low Vision patients:

Randall Day of North Georgia writes, "I am writing this letter to thank you for changing my everyday living with the bioptic glasses. It has

greatly changed my outdoor activities, as well as the things I do in the house – like seeing TV, the computer, and reading books. This letter can in no way explain the changes in my everyday living and no words could ever express my gratitude. I truly thank you."

"I wish to thank you for the telescopic lenses you fitted for me. The game plan of reading the Wall Street Journal and watching FOX NEWS at the same time is working perfectly. Thank you for a good job." J. W. Buckley.

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

"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

"Telescopic glasses can cost over

\$2,000 says Dr. Saunders. Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

For more information, contact Dr. Brian Saunders at 1-877-948-7784, 770-948-7784 or visit our website at www.IALVS.com.

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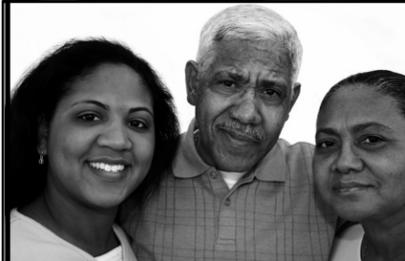
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Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

Prayer For Guidance by Margaret Hewitt

Lord, as I grow older and a different path must take;
Give me strength and wisdom in decisions I must make.
Keep me joyful, caring, serving, helpful to my fellowman;
Help me seek Your will and guidance and to do the best I can.
Always loving, looking upward daily as I run the race;
Then one day I'll join my loved ones, see my Savior, face to face.

The Computer Is Now My Friend by Fred Holland, Sr.

I use to be intimidated by computers and the associated technology;
But with the urging of my children, I have changed my ideology.

Taking a few classes... and trial and error;
Has eliminated my once perceived terror.

The complexity is not at all like I first predicted;
And now I'm on the verge of being addicted.

My computer is my link to the world since my pension and advanced age limit my travel;
I've found that many a question the computer can unravel.

I Google this and Yahoo that;
I can even do an Online Chat.

I keep in contact with family and friends who are far away;
And wow, There are so many games you can play!
You have to be careful, 'cause the computer can consume your day,

I do my banking and shop online;
The computer can save you so much time.

Now my children are urging me to join Facebook, My Space and other social networks that are popular.

But I told them that's going a little too doggone far;
I'm not ready yet to raise the bar.

A Prayer For Your Life by Mrs. Renee Kozlicki

I pray the eyes of your heart be

enlightened,
So that you may know the hope of His call.
I pray His incredible love be so real
That you're willing to give Him your all.

I pray the surpassing greatness of His power
Toward the believer you come to know.
I pray the wisdom He constantly provides
Is with you wherever you go.

I pray the Lord of Peace, Himself,
Continually grant to you peace;
So whatever circumstance you find yourself in,
The completeness of His peace does not cease.

I pray your spirit and soul and body
Be preserved complete without blame;
That many acts be accomplished by you
To the glory of His name.

I pray when this earthly life is over,
And you stand before the Son,
He'll gently gather you in His arms,
Delighted with all you have done.

Love Has No Eyes by Esther Thomas

Love has no eyes,
Love is often disguised.
Love feels no pain,
Love should never be in vain.

What's love to you?
Caring for many or caring for a few?
Search your heart and you will know,
Love is never for show.

Love is as bright as the morning sun,
Love started long before you were

borne.
Love turns your frowns into smiles,
Love makes your living worthwhile.

Love is never tied in a knot,
Love keeps on ticking just like a clock.
Love is the twinkle in a star,
Love is like the light of a June bug in a jar.

Love takes you through this life's journey on earth,

Love restores you for your rebirth.
Love teaches kindness and truth.
Love laminates the spirit of Jesus Christ in you.

Love creates peace in the time of war,
Love reaches near, wide and far.
Love never sleeps,
Love is always visible and deep.

Love has no eyes!



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EXERCISE from page 2

- Improve access to places that seniors can be active, such as walking or bike trails, and classes at senior centers or gyms.
- Churches can play a great role in establishing senior exercise programs.

We must work diligently to protect, love, and care for our most precious assets. Take time to visit the

seniors in our community, for it is you that will reap the benefits.

Men do not quit playing because they grow old; they grow old because they quit playing.

Oliver Wendell Holmes
"EXERCISE IS MEDICINE"

I have several clients that exercise regularly and are living a high quality life well into their 9th and 10th decades. Pictured are a few of them. I asked them what they attributed their longevity to. The one thing



Ms. Mary Lee Sharp, 106!!! She attributes her longevity to the "Lord's Grace." She also exercises daily, is an active musician, and has traveled the world with choruses, operas and symphonies! AMAZING!!!



Ms. Bernice, 89, comments, "I've been exercising all my life;" and, Ms. Margaret Ann Williams, 84, attributes her longevity to "Exercise."

that they all had in common was "Exercise."

Please feel free to contact Brad with any questions or comments concerning senior fitness: Bradford Bailey BSEP, CSCS; Clinical Exercise Physiologist; 404-909-6872; or, Bradford@baileyfitness.net

Bradford Bailey, holds a Bachelors of Science degree in Exercise Physiology from Valdosta State University. He has extensive

training in the area of clinical exercise physiology, exercise testing and prescription, biomechanics, and cardiac rehabilitation.

Bailey's passion is geriatric wellness, cardiovascular physiology, exercise prescription, and health related fitness.

Mr. Bailey is also certified through and an active member of American College of Sports Medicine (ACSM) as well as National Strength and Conditioning Association (NSCA).

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MLK Mural is commemorated

by MARY FRANCES

The Buckhead Library hosts the anniversary exhibit of the Martin Luther King, Jr. Memorial Mural by Louis Delsarte. The mural adorns the



Holy Kiss by Mary Bradley

walls of the King Center Park Service Museum.

Over fifty of the three hundred artists who assisted Delsarte with the mural, attended and displayed their personal work at this first birthday celebration. A

reception was held Saturday, January 3rd, from 3:00 to 5:00 p.m. at which Louis Delsarte was presented with a glossy photo collage of the artists who worked with him on the mural. A miniature of the museum mural, completed a year ago, hangs in the Library along with the personal art of the talented mural painters. Barbara Kendall Reed, one of the artists thought the work was “stunning and diverse,” and sees Delsarte as a “truly talented” artist.

In the children’s section of the Library hangs a second original mural entitled, “And the Children Marched.”



Tuscany Poppies by Melissa Snyder

Designed by Barbara Kendall Reed, it captures a moment when children contributed to the civil rights movement. This mural was painted by children under the direction of adults.

The citizens of Georgia are welcome to visit the Martin Luther King, Jr. Memorial Mural

at The King Center, 449 Auburn Avenue, NE 30312 and also view the individual works of the artists who assisted with the project at the Buckhead Library. The library is located at 269 Buckhead Avenue NE and the exhibit can be viewed through March 2011.

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Out & About

Kursk Root Icon comes to Atlanta

by SUSAN LARSON

Atlanta is on the itinerary for the Kursk Root Icon of the Mother of God, an object held sacred by the Russian Orthodox Church.

The Icon was found by hunters at the root of a tree in Russia in 1285 and has been associated with miracles ever since. It has traveled around the world, attracting people from all faiths and all walks of life.

Due to many attempts to destroy the Icon in communist Russia, it was kept outside of its country of origin for 90 years, with its most recent home being in New York City.

"It's been a beacon of hope for

Russian émigré that they might someday go back to their homeland of their roots," Father Steven Ritter of St. Mary of Egypt Orthodox Church said. "When it went back to Kursk in 2009, not only was it welcomed by a crowd of 20,000, some of whom stood in line for nine hours to venerate it for 10 seconds, but they also built a new church to house it in when it returned."

Gerdeen Dyer, who has venerated the Icon twice said, "I saw the icon last year after it had just toured Russia and drawn large, emotional crowds. Hearing about that made me realize that I had seen miracles in my time.

When I was a baby boomer growing up in America, it seemed impossible that communism would ever fall in Russia. But the icon toured its homeland in 2009. That would have been unthinkable as recently as 1980."

"There are stories of miracles, but I believe what's most important is that it is a symbol of hope, since no one thought communism in Russian would ever fall," Fr. Ritter said.

The Icon will be displayed at St. Mary of Egypt Orthodox Church, 1765 Woodstock Road, Roswell on February 15 during the Divine Liturgy for the Great Feast of the Meeting of the Lord, starting at 9:40 a.m., and will remain for one hour after the service. For more information, call 770-640-1780.



AARP offers free tax help for seniors

Special to Senior News

During this tax season, over 700 IRS-certified volunteers will be assisting Georgians in preparing their 2010 tax returns through AARP's Tax-Aide program. The service is offered at many libraries and senior centers around the state.

Tax-Aide is the nation's largest free, volunteer-run tax counseling and preparation service. Assistance is provided to limited and moderate income taxpayers with special attention to those age 60 and older. It is not necessary to be a member of AARP to take advantage of this service.

Tax-Aide's volunteer counselors are trained to address situations that apply to seniors, such as taxable and non-taxable pensions, Social Security income, estimated tax payments, and many other issues which can be confusing and difficult. This program reduces errors that often come about as taxpayers attempt to deal with perplexing tax matters. Taxpayers who have more complex returns will be advised to seek paid tax assistance.

Completed returns are electronically filed for the taxpayer at no cost. E-filing assures much quicker processing and greatly speeds up refunds.

Community volunteers give many hours each year performing this valuable service. Most of the men and women return year after year, ensuring an experienced core of certified volunteers. Last year, Tax-Aide volunteers assisted more than 60,000 Georgians with their tax returns and 2.6 million nationwide.

Taxpayers can find out if they qualify for this service by visiting one of the sites. To locate the nearest Tax-Aide site, taxpayers can call the toll-free number, 1-888-AARP-NOW (1-888-227-7669) or visit the website www.aarp.org/taxaide.

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C'mon, let's eat

by FAYE JONES

We may be a hair late with our salutation, but Happy New Year! We hope all is well with all you dear readers.

If my guess is correct, I'll betcha we have a lot of good cooks who don't want to see a kitchen for the next six months. Cooking is not easy on an everyday basis; it is a double whammy during the holidays. And we're not through yet. We have Valentine's Day, Easter and July 4th. We are so lucky.

If you need a little help, read on and let's have fun putting smiles on the faces of our family members.

Read on.

BEEFSTEAK TOMATO AND BERMUDA ONION SALAD

4 large beefsteak tomatoes (or other large tomatoes)
2 medium Bermuda onions
1 head butter lettuce (may substitute mixed baby greens)
Mustard basil vinaigrette dressing (recipe follows)

Slice tomatoes into 1/2-inch slices. Peel and slice onions into about 1/4-inch slices. Separate lettuce leaves and wash

thoroughly. Pat dry on paper towels. Place 2 lettuce leaves on a salad plate and top lettuce with alternating slices of tomato and onion. Evenly distribute the tomato and onion among four salads. Serve with Mustard Basil Vinaigrette Dressing.

MUSTARD BASIL VINAIGRETTE DRESSING

2 Tbsp Dijon mustard
1/2 lemon, juiced
2 Tbsp red wine vinegar
1 whole egg
2 Tbsp fresh basil, finely chopped
1 cup olive oil

In a small mixing bowl, combine all ingredients except oil and mix well. Slowly add oil in a steady stream while mixing to incorporate. Spoon over salad.

BAKED GROUPEL WITH HERB BUTTER AND PARMESAN GRITS

4 6-ounce grouper fillets
8 ounces herb butter (recipe follows)
Salt and pepper to taste

Prepare herb butter. Preheat oven to 325 degrees. Grease a baking sheet with about 1-ounce herb butter. Wash grouper fillets in cold water and pat dry with

paper towels. Place fillets on prepared baking sheet. Lightly season each fillet with salt and pepper, then evenly brush top with about 1 ounce herbed butter. Bake 20-25 minutes or until flesh is firm to the touch. Remove from oven. To serve, place a serving of grits in the center of a plate. Top grits with 1 fillet, then top fillet with about 1-ounce of herb butter. Garnish with parsley and a wedge of fresh lemon.

PARMESAN GRITS

2/3 white grits
1 1/2 cups water (or more)
Salt to taste
1/2 cup Parmesan cheese

Boil grits in salted water until smooth, lower heat and cook about 25 minutes. Add Parmesan cheese just before serving. Sprinkle fish fillet with a bit of the cheese.

DEEP DISH APPLE PIE

4 large apples
3/4 cup sugar
1/4 tsp cinnamon
1 1/2 Tbsp cornstarch
Pinch salt
1 Tbsp butter, softened
Pastry for a 9-inch, 2 crust pie

Preheat oven to 350 degrees. Core

and peel apples. Cut each apple into 16 slices. Finely chop apple peels in a food processor with a steel blade. Arrange sliced apples in a buttered 2-quart baking dish. Combine sugar, cinnamon, cornstarch, salt, and apple peelings. Sprinkle with apples. Dot with butter and cover baking dish. Bake for 20 minutes until apples are tender but not soft. Remove baking dish from oven and turn heat up to 425 degrees. Spoon apples into bottom crust of a 9-inch pie shell. Roll out to crust and cover apples, crimping edges and cutting two small vent holes in top of pie to allow steam to escape. Return pie to oven and bake another 15-20 minutes or until crust is brown. Serve hot or cold, with or without ice cream or whipped cream.

Enjoy! ©1/25/11

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

The Next Chapter **With the Stroke of a Pen**

Book Reviews by
ANNE B. JONES, PhD

With the Stroke of a Pen
A Louise Staman, Thomas Dunne Books, St. Martin's Press, New York, 2002

I never dreamed as book reviewer for *Senior News*, I would retrace the steps of true crime through the streets of Paris, with an author whose research solved a murder. While working on *A Light on Peachtree*, my friend and fellow author George B. Mettler urged me to read A. Louise Staman's *Loosening Corsets*. The book relates the story of Rebecca Latimer Felton, the nation's first female senator. Felton was from Georgia and I found the work both interesting and usable as a reference for my book. A question came up and I decided to email the author.

By fateful coincidence, A. "Louise" Staman lives nearby so we decided to meet. Louise is a Fulbright scholar and talented writer with dual masters in French history and language. She is also a fascinating woman who is an expert on the circumstances surrounding the murder of the famous French publisher, Robert Denoel. After years of intensive research, she wrote *With the Stroke of a Pen*, a biography of Denoel which tells of events leading up to his death. Having met Louise and learned about her research, I decided to read the book.

Set against the background of early 20th century France and the outbreak of World War II, her vivid descriptions of Paris and tales of Denoel intrigued me. I decided I must go to Paris, and see the city and sights for myself. Unbelievably, Louise agreed to go with me.

A highlight of the trip was meeting Louise's friend Henri Thyssens from Belgium. Also a researcher of Robert Denoel, Henri met Louise through the internet when he discovered St. Martin's Press had published the English version of *With the Stroke of a Pen* and then sold the rights to the French translation to E-dite (a Parisian publishing house). Louise shared her research with Henri and they became fast friends. Both are now involved in research related to Denoel's publishing partner Bernard Steele, who was an American Jew and decorated spy for the U.S. Navy.

Because of the research I'd done in writing my thriller, the two decided to take me to the scene of the crime and solicit my opinion as to how the murder occurred. This was an experience dreams are made of, to be relived in my

mind for years. Coming to the same conclusion as Henri and Louise, I leave it up to you to read the book and do the same. I recommend *With the Stroke of a Pen* for those who appreciate history, those who like to solve crimes, and those who just love to read. Who knows? The next time we go to Paris, we may see you.

To order *Loosening Corsets* or *With the Stroke of a Pen*, go to www.TigerIronPress.com or Mail \$18 plus \$3 shipping and handling per book to Tiger Iron Press, Box 27705, Macon, GA 31221.

Feedback and comments welcome; annebjones@msn.com; annebjones.com.



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• Administrative Office: 32 N. Fairground Street, Marietta, GA 30066, 770-509-4900
• 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 Highway 293, Acworth, GA 30101, 770-975-7740
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• 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:

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• 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
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• Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

Fulton County Senior Services

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

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.

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• 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.
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• 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.
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The Bridge Community Center

continued on page 13



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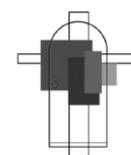
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 from page 12

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

Alzheimer's Support Group
 On the third Monday of every month at 7:00 p.m., Cypress Court and Vinings Place and the Greater Georgia Chapter of the Alzheimer's Association are sponsoring an Alzheimer's Support Group. This support group is intended for families and friends of a loved one afflicted with Alzheimer's Disease. For additional information and directions call 770-803-0100.

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

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

Alzheimer/Caregiver Support Group
 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@mind-spring.com; caller: Jesse Oliver, 404-346-7528.

Square Dance Class
 FREE Open House, Thurs., Sept. 2, 7:30-9:30 p.m., Ben Robertson Kennesaw Community Center. 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 404-294-1789.

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 115 Norcross St., Roswell
 770-640-3075

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

Buckhead Library
 269 Buckhead Ave., Atlanta

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.

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CALENDAR
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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.

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

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

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

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.

Cong. Shema Yisrael - The Open Synagogue Services
 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 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 enau-mann@atlantaregional.com.

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CALENDAR
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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.

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.

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

Volunteers Needed by CASA – Court Appointed Special Advocates
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Newnan-Coweta Habitat for Humanity ReStore
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Alpharetta Convention & Visitors Bureau Park Plaza
 178 South Main St., Suite 200, Alpharetta. Call 678-297-2811.

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

Christmas in Roswell 2010
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Harmony Grove UMC Events
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Sounds of the Spirit Concert Series - Cotton Patch Gospel
 Sun., Feb. 27, 4 p.m., Roswell United Methodist Church Sanctuary. \$10 in advance; \$15 at door (for all ages). For information call 770-594-0512.

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Taking Care

Simple improvements can make home safer... some tips to avoid a potentially serious spill

by LISA M. PETSCHKE

Falls are the primary cause of injury and hospitalization for older adults, and half of those injured do not regain their former level of independence. Even more sobering, falls are the seventh leading cause of death in people aged 65-plus.

The majority of falls by seniors take place at home while they are carrying out everyday activities. Most often they occur in the bathroom, bedroom or a stairwell.

Health and age-related changes that contribute to falls include arthritis, decreased sensation in the feet (known as peripheral neuropathy),

loss of strength, visual impairment, balance problems and the use of certain medications.

The other major cause of falls is hazardous conditions in the home environment. Fortunately, there are numerous ways to reduce these hazards for yourself or a loved one. Many of them involve little or no cost.

In the kitchen

- Keep regularly used pots, dishes, staple foods and other supplies within easy reach. Ensure the heaviest items are stored in the lower cupboards.

- If you must reach high places, get a step stool that has a high handrail and rubber tips. Never use a chair.

In the bedroom

- Situate a lamp within easy reach of your bed. Also keep a flashlight on hand in case there is a power failure (don't forget to regularly replace the batteries).

- Keep a phone at your bedside. If your bedroom does not have a phone jack, get a cordless phone and keep the receiver with you at night. (Don't forget to place it back on the base in the morning, so it can recharge during the day.)

- Ensure there is a clear path from your bed to the bathroom.

In the bathroom

- Have grab bars installed by the toilet and in the bathtub or shower area. Ensure they are placed in the proper location and well anchored to the wall.

- Use a rubber mat (the kind with suction cups) in the tub or shower,

and a not-skid bath mat on the floor.

- Get a bathtub seat or shower chair.
- Obtain a raised toilet seat if you have trouble getting on and off the toilet.
- Get a hand-held showerhead so you can shower sitting down.

In stairwells

- Steps should be in good repair and have a non-skid surface.
- Have solid handrails installed on both sides of stairways – ideally these should project past the top and bottom steps.
- Keep steps free of clutter.
- Ensure stairwells are well lit. (If necessary, get battery-powered dome lights that easily attach to the wall.)

General tips

- Wear slippers or shoes that fit snugly, offer good support and have a non-skid sole (avoid a sticky sole like crepe, though).
- Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them, since they are one of the most common causes of falls.
- Keep walkways clear of electrical and telephone cords.
- Avoid clutter in rooms and hallways.
- Post emergency numbers by the telephone for easy access. If vision is a problem, get a phone with a large, lighted keypad.
- Sign on with a personal emergency response service, whereby you wear a lightweight, waterproof pendant or bracelet that has a button to press if you run into a crisis and need help. (Studies have found that getting help quickly after a fall reduces the risk of hospitalization and death.)
- Use night-lights in the bedroom, hallway and bathroom. Get the kind that have a built-in sensor that automatically turns the light on in dim conditions. Also consider getting one or more plug-in, rechargeable flashlights that automatically come on when the power goes out.
- Spend some time browsing in medical supply stores or perusing their catalogs to discover the many items available – for example, reachers and electric-lift armchairs – that can increase household safety and make everyday activities easier.
- Consider a cane or walker if balance is an ongoing problem. Make sure you are fitted with the appropriate type of aid and receive instruction on proper usage.
- Arrange for a home assessment by an occupational therapist if you would like more information about identifying potential safety hazards and successfully addressing them. The therapist may point out areas of risk and make recommendations that would not have occurred to you or your family.

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



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