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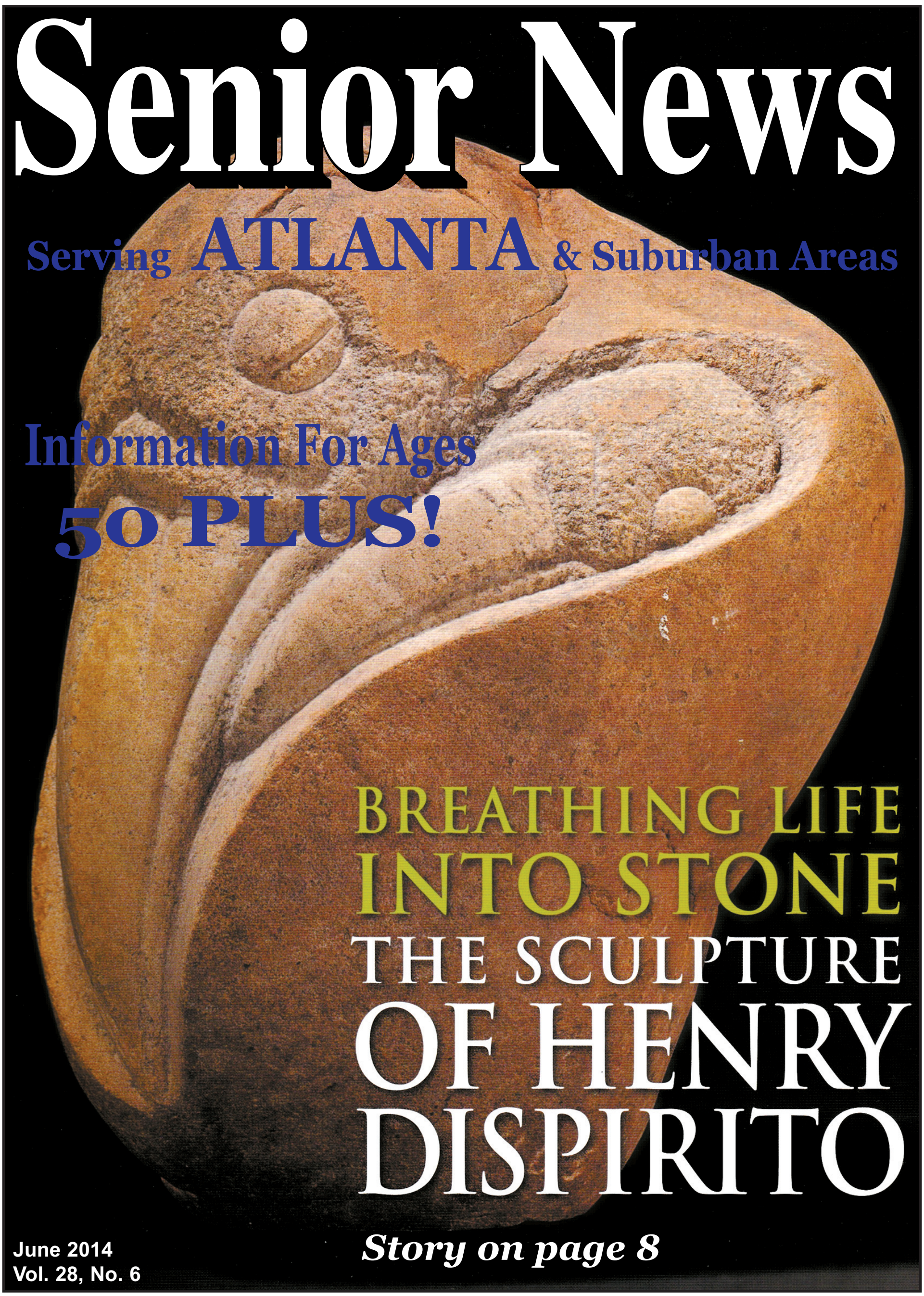

BREATHING LIFE INTO STONE
THE SCULPTURE OF HENRY DISPIRITO

Story on page 8

June 2014
Vol. 28, No. 6

Everyone wants your stuff

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

I am sometimes asked, "How can I get the most out of my charitable contributions?" I have discussed monetary donations on numerous occasions in these columns but what about the donation of your used items? Whether it's used clothing, household goods or automobiles, there are numerous organizations that want your no-longer-needed items. Some use your donations to provide services for their charitable mission. Others refurbish and sell your items to provide revenue to fund those services.

And some sell your stuff for personal profit. That's the fate of items dropped into many of the donation bins sitting in parking lots all over town. Brightly colored and labeled with "Clothing and Shoes" or "Books." Some have contact information with benevolent sounding names but many times it is difficult to determine who actually owns these bins. Donation boxes sometimes used by charities have been visible for many years and for many represent a no hassle way to donate your used items.

That similarity might mislead donors into believing their items will be put to philanthropic use. In reality, those donations are bundled up and sold to bulk recyclers, with the revenues going to private companies – many from outside our community.

That's obviously a concern for local charities that depend on donations of material goods, such as Goodwill Industries, the Salvation Army and other local homeless shelters, because donations placed inside for-profit bins are then unavailable for their missions. But it also is a concern for donors who might believe their generosity is helping the less fortunate, when in reality the donations are boosting the bottom line of private companies.

State and local laws often require that these for-profit bins carry labels marking them as such, but enforcement is spotty at best – and the sheer number of donation boxes would make policing them a full-time job. Donors who want their items to go to reputable charities should take a few simple steps to ensure their generosity is appropriately directed:

• Get a receipt. Donations usually aren't tax-deductible unless the taxpayer includes a signed, dated receipt listing the items donated and their anticipated resale value with his or her tax return. Reputable charities will provide a receipt to the donor, while donations to for-profit companies aren't tax-deductible.

Ask for a copy of the organization's IRS determination letter that verifies they are tax exempt as a charity under section 501(c)(3) of the Internal Revenue Code. Don't assume that a charitable-sounding organization requesting donations is eligible to receive tax deductible gifts.

• Read the labels on the bins carefully. Many of the for-profit bins, in an effort to appear philanthropic, will include such language as "A portion of profits goes to charity." By that measure, the company could drop a penny in a Salvation Army kettle and substantiate such a claim.

• Know where your donations go. Donors who want to support specific philanthropic causes should contact the charities directly to make sure those organizations are the beneficiaries of their generosity. Some of these agencies offer at home pickup services for larger donations.

Everyone wants your stuff. With a little care, you can make sure your stuff remains useful long after it has outlived its usefulness to you.

For more tips you can trust, visit www.bbb.org.

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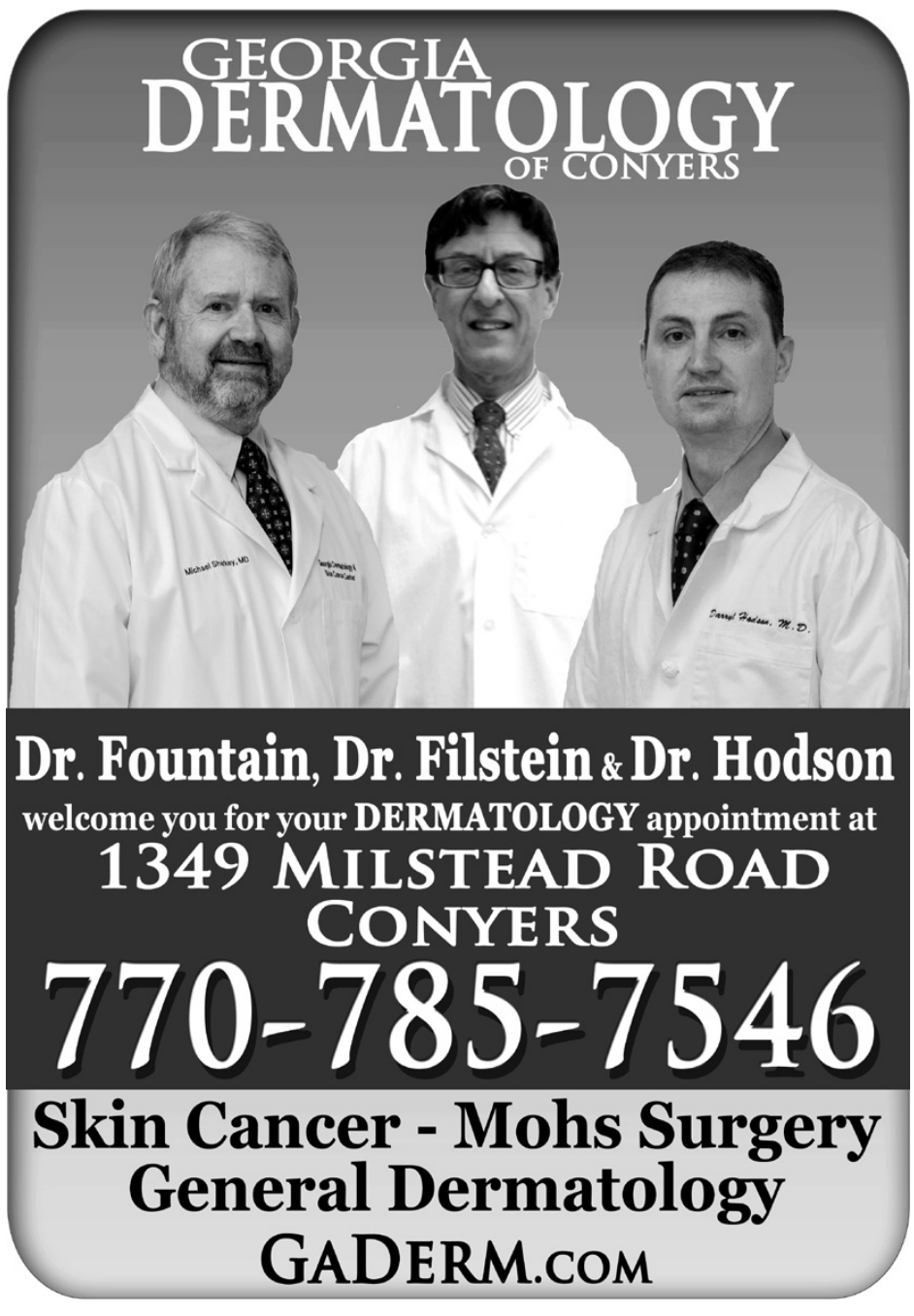
Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about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



The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

The Rosie Project, Graeme Simsion, Simon and Schuster, 2013

When my sister-in-law Judy came for a week and clung to a book for much of her visit, I knew she'd found a good one. On her recommendation I ordered my own copy of *The Rosie Project* as soon as she left. Written by Graeme Simsion, the work is a fun and fascinating characterization of Don Tillman, a man with Asperger's Syndrome who decides to find a mate. After deciding who may be suitable, he scientifically designs a questionnaire to eliminate those who are not.

Told from Tillman's perspective, the story is occasionally laugh-out-loud funny, especially when the author startles readers with unexpected and incongruous one-liners. I admit to having read some of these during waiting times in doctors' offices and explaining I was stifling laughter not choking. It's fun when someone suggests a book this good and you not only enjoy a great read but have ideas to share.

Both Judy and I thought the book's portrayal of Asperger's was accurate. "Don Tillman was a classic case but he had a lot to offer," she claims, basing her analysis on her years of public school teaching. "As a society we're quick to judge who's acceptable. When we don't identify with people because they're not like us, we fail to see their attributes. This also happens politically. We should be open to differences. We're probably all borderline something."

I thought about our discussion and the points Judy made. I thought about how the rich are often prejudiced against the poor and poor prejudiced against the rich; how Democrats feel about Republicans and vice versa. I considered our society's challenges with ethnic differences.

To his credit, Simsion emphasizes the positive aspects of differences in *The Rosie Project*. He writes with insight and compassion as he depicts the struggles and gifts inherent in Tillman's biologically affected personality. He also realistically portrays the personality of Rosie, a woman who suffers from self-imposed limitations and is, at first, rejected by Tillman. Although the ending is somewhat formulaic, I wouldn't have wanted to change it. *The Rosie Project* is uplifting while offering the premise there's hope for everyone and everyone has something to give. This book isn't just an entertaining story... it's a lesson for all of us.

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You may contact Anne at annebjones@msn.com.

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Advair	250/50	60 doses	$175	$110	N/A	39%
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Poets' Corner

FATHER'S DAY
by Frankie Lee

What makes a Father special
Is not what he gives to you
But the time you spend together
In special things you do.

It's time when you are sick
And he touches your head
With his hand
It's the time you won the race
And he told you "Yes you can"

It's the hugs that are the greatest gift
That you treasure the most
It's the love he has for you
In his voice when he talks of you and boasts

It's that special look he gives you
That makes you feel so good
Knowing that he watches over you
Because he wants to, not because he should

Being a Father is a gift
It comes from our Father above
It makes a person become so special
Because his heart has love

And when he gives it to his child
He becomes much more than a man
Because he has that special power
To make that child be all it can

What makes a Father special?
It's not what he gives to you
But the time you spend together
In special things you do.

****

GRIEF
by Doris Highsmith Charnock

Grief said, "Once again, I have you in my grip."
Christ said, "Once again, I will release you."

Grief said, "I will give you sleepless nights."
Christ said, "Talk to me, and I will comfort you."

Grief said, "I will make you cry."
Christ said, "i will dry your tears."

Grief said, "I will make you get angry."
Christ said, "I will calm you."
Grief said, "I will make you act irrational."
Christ said, "I will bring you back in focus."

Grief said, "I will make you feel guilty."
Christ said, "I will forgive you."

Grief said, "I will give you many burdens."
Christ said, "I will lighten your load."

Grief said, "I will send people to vex you."
Christ said, "I will give you strength to repel them."

Grief said, "I will be with you forever."
Christ said, "Only while on this earth."

****

RECAPITULATION 50
by Tom Garman

Written for a 50th high school reunion in July 1995.

I offer you my hand
because our friendship is one that has endured for near a life time.

I offer you my words
for there is much for us to share of love and joy and hurts and loss.

I offer you my memories
of times when we were young and strong, when all our skies were blue and we feared nothing.

I offer you my thanks
for times you never knew you helped me with a smile or words.

I offer you my prayers
for there may be trials and sorrows on ahead,
but prayers can somehow change them into joy!

****

TRANSITION
by Henry Newton Goldman

Lord, let me not fear the death
That I know is imminent some day.
Just hold my hand and walk with me,
As you guide me along that way.

I know there may be pain to bear,
But help me suffer it through,
Until I rest in your kind arms,
And start new life with you.

Give me a mind that's clear to the end,
Before my final rest.
Keep my eyes open to see 'til I sleep,
All those with me you have blessed.

I know that I can bear it best,
While your comforting arms enfold.
Oh, let me not turn loose your hand,
Until in heaven your face I behold.

Spiritual Notes

A Mother's Love

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Mother's Day has passed but it is never too late to say THANK YOU to those women who have served in this role with distinction. There were many deserved celebrations on May 11 as families demonstrated their love and affection to a mother, grandmother or wife.

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This is a belated recognition of appreciation to all mothers.

As a senior adult I have participated in many events surrounding Mother's Day and never turned to a dictionary for a definition of mother. What I found sums up the various attributes of motherhood, as I observed in my mother. Qualities attributed to a mother were; creative source, position of authority, capacity to love, watches over. nourish and protect. These are things we learned "at our mother's knee."

Mothers play a major role in the spiritual development of their children. A mother spends more hours with her child during formative years of their life than the father. Bovee wrote: "A mother's love is indeed the golden link that binds youth to age: and he is still a child, however, time may have furrowed his cheek or silvered his brown, who can yet call, with a softened heart, the fond devotion, or gentle chiding of the best friend that God ever gives us?"

In the book of Proverbs, Chapter 31: 30-30, we read, "Charm is deceitful and beauty is passing, but a woman who reveres the Lord will be praised. Acknowledging the product of her hands; let her works praise her in the gates." David McKay observes that "If I were asked to name the world's greatest need, I would unhesitatingly say wise mother; and exemplary fathers."

Mothers, we need you, love you, and thank you for your devotion to God and family. May God continue to bless you in the days ahead!!!

****

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

Taking Care

Have a plan in place for medical emergencies... being prepared can help reduce stress

by LISA M. PETSCHE

Chances are good that the relative you care for will require medical attention at some point, especially if he or she has chronic health conditions. Trips to the Emergency Department are stressful at best, and can also be frightening in some cases.

Lisa Petsche

Fortunately there are numerous ways you can prepare for a medical crisis. Then, should one arise, you will be ready to assist your relative and the hospital staff and manage your stress in the process.

At home – advance planning

• Maintain a log of your relative's medical diagnoses, medications, specialists consulted and hospitalizations.

• Be ready with the following paperwork to bring to the hospital: a list of current medications, including the dosage; health insurance information; and a copy of your relative's advance directives or living will and power or attorney.

• Prepare a list of relatives and friends who should be notified in an emergency. Regularly review information to ensure it is up to date.

• Keep the above information organized in a file folder or binder. Store it in an easily accessible place and bring it to any hospital visits.

• Get a cell phone if you do not have one, and become comfortable with its basic features.

• Prepare an emergency kit of essential items to bring to the hospital. You may wish to include: a notebook and pen for jotting down questions and recording information provided to you and your relative; a change purse with coins and small bills for parking, payphones and vending machines; a spare cell phone charger and a phone card with extra minutes, if applicable; reading material and a spare pair of reading glasses; and, non-perishable snacks. Attach a note reminding you to bring your relative's medical file and medications.

• Keep cell phones charged so they are ready to use in a crisis.

At the hospital

• Let staff know if your relative has hearing or vision impairment, language impairment from a stroke or dementia, or a limited command of English. In the latter case, arrange for someone you know to provide interpretation.

• Be prepared to share your relative's health symptoms and medical history multiple times, with a variety of healthcare professionals, and exercise patience.

• Give your full attention when medical professionals are speaking. Do not interrupt unless you need to correct information. They will ask questions as they feel the need. Ensure before they leave that you are clear about findings and next steps.

• Keep the volume of your voice as low as possible during conversations, for privacy reasons and because others may be trying to rest. Keep in mind, too, that even if your relative is relatively stable or becomes stabilized, surrounding patients may be in serious medical condition.

Coping tips

The following are some suggestions to help you through this unsettling time.

• Initially take things an hour at a time so you do not get overwhelmed.

• Call, or ask staff to call, a supportive person in your social network, especially if you do not cope well with crisis. If no one is available, ask for a visit from the staff social worker or chaplain.

• If you anticipate significant waiting periods, purchase a newspaper or magazine from the hospital gift shop. Or, if you own a personal music player, arrange for someone to deliver it to help you pass the time and manage stress.

• Make it easy to keep others informed by identifying a key contact person who can fan out updates from you.

• Encourage your relative (if able) and close family members to share in decision making. Do not unnecessarily shoulder all of the responsibility.

• Look after yourself. Step away from your relative's bedside periodically to stretch your legs, and get nourishment at regular intervals. If you are expecting a prolonged stay for your relative, arrange for family members or friends to spell you off so you can go home to rest and freshen up.

• If you do not feel prepared when your relative is being discharged, ask to speak with a social worker. He or she can discuss options and share information about community supports.

****

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

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Out & About

Callanwolde presents "Jazz on the Lawn 2014"... a summer outdoor jazz concert series

Special to *Senior News*

Callanwolde's Jazz on the Lawn showcases a lineup of Atlanta's finest jazz treasures performing a mix of classic and contemporary jazz, swing, fusion, smooth and blues, in a perfect setting for summer outdoor concerts. Surrounded by the natural beauty of Callanwolde's grounds it's a great way to join friends, unwind and listen to an evening of live music. Guests are invited to bring a blanket and a picnic and enjoy these special concerts under the stars.

Jazz on the Lawn series continues throughout the summer as Callanwolde hosts a brilliant selection of musicians on the following dates:

• Friday, June 13 at 7:30 pm: An Evening Of Duke Ellington With Ted Howe . Howe skillfully reinvents Duke Ellington's music in this entertaining, sophisticated and virtuosic presentation. Enjoy the music Duke Ellington as Howe, past instructor at the famous Berklee College of Music, shares background and humorous anecdotes about the legend. Howe has performed with jazz greats such as Buddy Rich, Joe Williams, Zoot Sims, John Patitucci, and Herbie Mann along with stars such as Lainie Kazan, Henry Mancini, Mel Torme, and Diahann Carrol.

• Friday, June 27 at 7:30 pm: Ike Stubblefield and Friends – Soulful R&B Jazz. B3 organ virtuoso Ike Stubblefield is a music industry legend with almost 50 years in the business. Stubblefield's craft and ingenuity on the keys helped create the classic B3 sound that others would imitate for generations to come. He cut his teeth backing Motown legends like the Four Tops, The Temptations, Marvin Gaye, Martha Reeves, Stevie Wonder and Rare Earth. He lent his soulful R&B style to Al Green, Ike & Tina Turner, Curtis Mayfield, B.B. King, The Pointer Sisters and George Benson, and helped create the classic B3 sound that others would imitate for generations to come. In 2010, he collaborated with Grammy-winning Atlanta soul man Cee Lo Green, recording organ and keyboards on 9 tracks.

• Friday, July 11 at 7:30 pm: Diane Durrett – Blues Jazz. Durrett has long reflected the musical passions that inspired her while growing up in Atlanta, GA. She is a down-to-earth-diva. She sings from her soul, writes with heart and humor. Diane brings her southern wit and charm to every event. She's pure entertainment! With a blend of raw soulful vocals, passionate tones and strong original songs Durrett has sung with Sting, The Indigo Girls, Gregg Allman and Chuck Leavell (Rolling Stones). Durrett has opened shows for Tina Turner, Faith Hill and Delbert McClinton.

• Friday, August 1 at 7:30 pm: Joe Gransden – Straight Ahead Jazz. Renowned first for the hard bop approach of his trumpet, Gransden's singing voice has been compared to that of Chet Baker and Frank Sinatra. Joe was on the road as a sideman with the big bands of Tommy Dorsey and Glenn Miller. A number of A.F.M. contracted sideman gigs include Barry White, The Moody Blues, Kenny Rogers, The Temptations, Aretha Franklin, and The Whispers. At 38 years old, Joe Gransden has already performed worldwide and released eight CDs under his own name.

• Friday, August 15 at 7:30 pm: Bradford Rogers – Contemporary Jazz . Atlanta native Bradford Rogers is a producer, engineer, singer, songwriter, and multi-instrumentalist. He is a Chapter Governor of the Recording Academy and has performed with such multiplatinum artists as Michael McDonald, James Brown, Michael Bolton, Bobby Valentino, En Vogue's Dawn Robinson, Sleepy Brown and Cee Lo Green. He has performed as a featured artist at venues such as the Atlanta Jazz Festival and the Jacksonville Jazz Festival (flute and piano), has won awards including the Future Of Jazz competition, has appeared on programs such as Fox 5's Good Day Atlanta; and his music is played regularly on jazz and college radio.

Tickets: $15 advance purchase online; $20 at the door. Buy tickets online at Callanwolde.org/jazz-on-the-lawn-2014.

In case of rain, the concert will be moved to Callanwolde's indoor courtyard.

Parking is free and on site. For more information call 404-872-5338 or visit Callanwolde.org/jazz-on-the-lawn-2014. Callanwolde Fine Arts Center is located at 980 Briarcliff Rd, NE, Atlanta, Georgia.

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Reverse Mortgages... Are They For You?

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

If you have been within earshot of a television or radio in the last year, then you have no doubt heard about Reverse Mortgages. While the term seems to be self-explanatory, most consumers have no idea how they work and being uneducated is dangerous territory when it comes to making a major financial decision.

A reverse mortgage allows homeowners to convert part of the equity in a home to cash without having to sell the property. In other words, it is a loan against your home that you do not have to pay back for as long as you live in your home. Due to the attractiveness of these loans, some senior citizens are being charged excessive up-front fees for services that are generally available free of charge or at a very low cost through the Department of Housing and Urban Development (HUD).

The Better Business Bureau (BBB) advises consumers to use caution if approached with the opportunity to obtain a reverse mortgage; taking the time to understand the requirements, consider all the factors involved, and learn what free resources are available to help them make an informed decision. And don't be swayed by celebrity spokes persons until you have all of your questions answered.

The BBB provides the following tips when considering a reverse mortgage:

Know the basic requirements.

To apply for a reverse mortgage, all owners of the home must be at least 62 years of age, have equity in the home and sign the loan paperwork. The home must be the primary residence and remain in good condition. Reverse mortgage borrowers continue to own their homes. So you are still responsible for property taxes, insurance, and repairs. If you fail to carry out those responsibilities, your loan could become due and payable in full. The loan process can't be initiated until the senior receives counseling from a Home Equity Conversion Mortgages (HECM) counselor.

Consult an HECM counselor.

An HECM counselor will help answer questions regarding eligibility, financial implications and other alternatives. The Fair Housing Association (FHA) does not recommend using any service charging a fee for referring a borrower to an FHA lender as FHA provides all the information free of charge and HECM housing counselors are available free or at a very low cost. For a list of approved counseling agencies, call 800-569-4287 or visit the HUD website at www.hud.gov.

Involve heirs in the decision-making.

Because a reverse mortgage affects the assets of the borrower in case of death, involving heirs will avoid future misunderstandings and family discord.

Make sure a reverse mortgage suits your needs.

The amount you can get from a reverse mortgage generally depends on your age, your home's value and location, the cost of the loan, and who is making the loan. Determine whether it is practical to remain in the home for 5-10 years to make the reverse mortgage economical. Also take into consideration future health care needs as well as safety and ease of use of the home.

Consider all the costs associated with obtaining a reverse mortgage.

Be prepared to pay for some of the fees involved in the processing of a reverse mortgage loan, which can include an origination fee, closing costs, a mortgage insurance premium, a servicing fee, and the interest rate.

Understand the repayment terms.

A reverse mortgage loan must be repaid in full when the owner dies or sells the home. Other conditions that affect loan repayment include failure to pay property taxes or hazard insurance, allowing the property to deteriorate, and if the borrower permanently moves, has a new primary residence, or fails to live in the home for 12 consecutive months.

Because you make no monthly payments, the amount you owe grows larger over time. As your debt grows larger, the amount of cash you would have left after selling and paying off the loan (your equity) generally grows smaller. But you never owe more than your home's value at the time the loan is repaid.

As with any program, reverse mortgages can be ideal for some consumers but the BBB urges you to ensure that you have all of your questions answered before committing.

For more tips you can trust, visit www.bbb.org.

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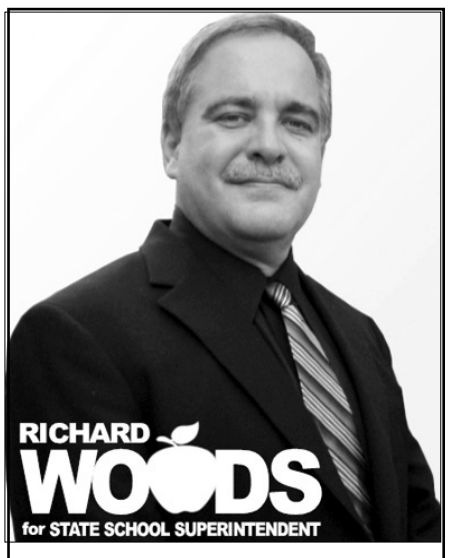
Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about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



READY TO LEAD

Richard Woods has over twenty-two years of Pre-K through 12th grade experience in public education.

Classroom Experience
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- Home School Director

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Brookhaven
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3535 Ashton Woods Drive, Atlanta, GA 30319
Phone: (770) 451-0236, Fax: (770) 451-0154
pruitthealth.com

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On the Cover

"Breathing Life into Stone: The Sculpture of Henry DiSpirito"

by SUSAN LARSON

ON THE COVER:
"Breathing Life Into Sculpture of Henry DiSpirito" by Ashley Hopkins-Bento. Contributors by Dr. Eugene Paul Nassar, Dolores A. DiSpirito, Theresa M. DiSpirito and Loretta DiSpirito Loconto. Photography by Richard Walker. Book can be purchased at the Fenimore Art Museum, Coopertown, New York, www.fenimoreartmuseum.org

Not many people have memories of their father carved in stone, but Delores A. DiSpirito, Theresa M. DiSpirito, of Utica, New York and Loretta DiSpirito Loconto, of Sandy Springs, can cherish stone sculptures created by their father Henry DiSpirito. His award winning pieces are exhibited in museums all over the United States, including "Lizard" which is displayed at the High Museum in Atlanta.

Henry DiSpirito had a deep love of nature and a profound respect for all living things. In the backyard of his home in Utica, New York, and at his studio at Utica College, DiSpirito carved stone images of people, animals, and insects, often while engaging visitors in lively conversations.

Henry DiSpirito working life into stone

Born in 1898 in Castelforte, Italy, DiSpirito started working with his father as an apprentice stonemason at the age of eleven. He served in the Italian Army in World War I. To escape poverty and the rising tide of fascism, DiSpirito emigrated to the United States in 1921. He settled in Utica, New York, where he worked as a stonecutter and bricklayer. In the early 1940s he joined the WPA Art Project, creating small wax figures for historical dioramas at the Children's Museum in Utica.

In 1941, DiSpirito enrolled in night classes in clay modeling where sculptor Richard Davis discovered his talent and mentored him in stone sculpture. He went from carving in his backyard at night and on weekends to

continued on page 9

DiSpirito's "Lizard" is displayed at High Museum in Atlanta

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DiSpirito
from page 8

becoming one of the most highly recognized sculptors in America.

DiSpirito's works reflect his love of nature, particularly animals and insects. They recall the medieval tradition of animal carving on Romanesque and Gothic cathedrals. DiSpirito used his artwork to benefit his community and to communicate with a broad range of individuals, including children, the blind, and those of limited financial means.

Now to carve out a new place for their father's memory in the world of art, his daughters have published a book, "Breathing Life into Stone: The Sculpture of Henry DiSpirito." which in addition to glorious photographs of his work includes his memoirs as transcribed by Delores from Italian into English and a series of vignettes highlighting Theresa's memories of her father.

Paul S. D'Ambrosio, President and CEO of the New York State Historical Association, Fenimore Art Museum, wrote in his forward to the book, "It is obvious that DiSpirito had a profound effect on his community and the art world at large. His home and garden are etched into the memories of nearly everyone who lived in Utica prior to his passing, as well as a stream of dignitaries who made a point of visiting there while stopping in the city. DiSpirito's devotion to his community, and Utica's reverence for him and his work shaped and defined his life and led to the creation of this long overdue book about the soft-spoken little man who could somehow transform stone into lifelike sculpture."

Even his name captures the essence of his gift to both the world of art and to the people's lives he touched.

The book can be ordered through the Fenimore Art Museum at www.fenimore-artmuseum.org.

A bookmark captures the collection of DiSpirito scultures

Three daughters of DiSpirito: Theresa DiSpirito, Loretta DiSpirito Loconto, & Delorce DiSpirito stand with their father's "Lizard" sculpture.

Out & About

Locomotive celebration June 7 & 8 at the Southeastern Railway Museum

Special to *Senior News*

Celebrate the start of Summer and the magic of trains at the annual Locomotive Celebration festival at the Southeastern Railway Museum in Duluth! The weekend celebration offers themed activities, special guests, and loads of historic fun along with the Museum's dozens of railroad cars, locomotives, antique firefighting vehicles, buses, and other transportation exhibits to explore.

According to Randy Pirkle, Museum Administrator, the festival is one of the Museum's most popular events. "Locomotive Celebration weekend is always a highlight for the Museum and our guests; there's just something about locomotives that sparks people's imaginations. With the special activities, expert guests, informative exhibits and the fun of riding on a real train, there's something for everyone to enjoy."

Locomotive Celebration offers activities for all ages. Children can get a temporary tattoo then go on a locomotive scavenger hunt, with a prize for winning. There is also a creative craft corner for kids to design their own locomotive-themed mobile. Several retired locomotive crew members will be on hand, and the Museum will showcase locomotives and historic railcars for touring.

Collections Manager Sam Rehonic, who spearheads the Locomotive Celebration festival, underscores the importance of the locomotive to our region's history. "In many ways, the steam locomotive made the Industrial Revolution possible, and the confluence of major rail lines made Atlanta a major city and a vital transportation hub for more than a century and a half. With the introduction of diesel power in the last century, railroads became perhaps the most efficient means of transporting freight and people in human history. The Locomotive Celebration lets us take time to remember how important rail travel is to our lives, and to reacquaint ourselves with these magnificent machines. Plus, it's a lot of fun!"

Museum docents will be on hand throughout the weekend to answer questions and offer insights into the history of the locomotive and its place in the development and economy of the Southeast.

Southeastern Railway Museum's Locomotive Celebration will run Saturday, June 7 and Sunday, June 8, from 10am to 5pm. Prices and admissions remain the same as last year: $8 for adults, $6 for seniors (65+), and $5 for children ages 2-12; children under 2 enter for free. Train rides are $3 per person; miniature park train rides are $2 per person. The Museum is located at 3595 Buford Highway, just north of Pleasant Hill Road and south of downtown Duluth.

About the Southeastern Railway Museum

The Southeastern Railway Museum, in operation since 1970, is Georgia's Official Transportation History Museum. Occupying a 35-acre site in Duluth, Georgia, at 3595 Buford Highway just north of Pleasant Hill Road and south of downtown Duluth, the museum offers exhibits dealing with the history and importance of transportation in the development of the state and the region. The collection includes roughly 90 pieces of railroad rolling stock, including historic locomotives, passenger and freight cars, and maintenance vehicles. The museum also exhibits historic automobiles, firefighting equipment, and buses from MARTA and its predecessors.

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

Photo Credit – C. Hardt: There's more than one train to ride during Locomotive Celebration at the Southeastern Railway Museum!

Photo courtesy of Southeastern Railway Museum

Photo courtesy of Southeastern Railway Museum: Engine 6901 once pulled the Southern Crescent; now, it's in retirement at the Southeastern Railway Museum.

Georgia Golden Olympics

Established in 1983

501 (c) 3 Organization

Athletes Age 50+

22 sports-over 55 events

Gold, Silver, Bronze medals

Social events

500+ competitors

Georgia Golden Olympics

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Bowling
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Frisbee throw
Golf
Horseshoes
Pickleball
Road Races
Race Walking
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Fax: 770-867-3640

Atlanta CALENDAR

ATLANTA METRO AREA
Opportunities Directory
Senior News & seniornewsga.com Opportunites Directory Submission Guidelines: "Opportunities" are provided FREE of charge for certain "truely" non-profit organizations. In order to provide for an orderly and timely processing of requests, we must receive your materials request by the 15th of the month prior to the desired month of publication. Please email requests to: seniornewsga@cox.net for consideration. All publication requests will be considered; however, it is understood and agreed upon as a requirement of submission that publication determination of each request is reserved entirely as a decision right of the publishers and refusals of publication requests require no explanation. Senior News & seniornewsga.com reserve the right to reject publication of any/all requests at the sole discretion of the publishers.

For additional *Opportunities* listings, please visit our website at: seniornewsga.com.

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Senior Citizen Services
1705 Commerce Drive, NW, Atlanta. For information on programs offered call 404-351-3889.

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Cobb Senior Services
• Administrative Office: 1150 Powder Springs St., Suite 100, Marietta, GA 30064, 770-528-5355
• For events & activities**:** www.cobbseniors.org

Multipurpose Centers:
(Seniors age 55+)
• East Cobb Senior Center**:** 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900
• Freeman Poole Senior Center**:** 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400
• North Cobb Senior Center**:** 4100 Old Highway 41, Acworth, GA 30101, 770-975-7740
• West Cobb Senior Center**:** 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200

Neighborhood Centers:
(Seniors age 60+)
• Austell Neighborhood Center**:** 4915 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
• Marietta Neighborhood Center**:** 1150 Powder Springs St., Marietta, GA 30064, 770-528-2516
• Senior Wellness Center: 1150 Powder Springs St., Suite 100, Marietta, GA 30064
• North Cobb Neighborhood Center**:** 4100 Old Highway 41, Acworth, GA 30101, 770-974-2984

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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.

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.

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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.

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Lawrenceville Senior Center
225 Benson Street, Lawrenceville 770-822-5180.

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Gwinnett Senior Center
225 Bethesda Church Road, Lawrenceville, 770-822-5147

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Bartow County Senior Center
Cassville, 770-383-7383
www.bartowga.org

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

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

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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.

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

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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.mscatl.org.

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

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

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

****

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

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

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CALENDAR
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Atlanta History Center
130 W. Paces Ferry Road, NW, Atlanta; 404-814-4033, LMassey@AtlantaHistoryCenter.com

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High Museum of Art
1280 Peachtree St., NE, 404-733-4437; www.high.org

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Center For The Arts At Georgia Tech
404-895-9600; www.ferstcenter.org

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Schwartz Center For Performing Arts, Emory University
1700 N. Decatur Rd; 404-727-5050; www.arts.emory.edu

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The Michael C. Carlos Museum
Emory University, 571 Kilgo Circle
404-727-4282; www.carlos.emory.edu

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Fernbank Museum of Natural History
767 Clifton Rd., NE. 404-929-6300, www.fernbank.edu/museum

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Theatre In The Square
770-422-8369, www.theatreinthesquare.com/library_dragon

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Callanwolde Fine Arts Center
980 Briarcliff Rd., NE, Atlanta. For complete events details call 404-872-5338 or visit www.callanwolde.org

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Alpharetta Convention & Visitors Bureau Park Plaza
178 South Main St., Suite 200, Alpharetta. Call 678-297-2811.

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

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Alpharetta's Main Street Markets
Third weekend of each month. Call 678-297-6078.

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Cumming Fairground Events
Call 770-781-3491 for schedule of events.

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Atlanta Artists Center and Gallery
2979 Grandview Ave., 404-237-2324, www.atlantaartistscenter.org

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The Breman Museum
For information call 404-575-3767 or visit www.thebreman.org/jgsg.htm.

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Balzer Theater at Herren's Luckie Street
www.theatricaloutfit.org
404-577-5257

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Rialto Center for the Performing Arts
Georgia State University, 404-651-4727, www.rialtocenter.org

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Jimmy Carter Presidential Library
441 Freedom Parkway, 404-865-7100, www.jimmycarterlibrary.org

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Center For Southern Literature Margaret Mitchell House & Museum
990 Peachtree St., 770-578-3502. www.gwtw.org

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High Museum of Art Folk and Photographer Galleries
133 Peachtree St., 404-577-6940

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Spivey Hall, Clayton College & State University
5900 North Lee Street, Morrow
770-961-3498, www.spiveyhall.org

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

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The Mable House Arts Center
5239 Floyd Road, Mableton
770-819-3285; cobbcounty.org; mablehouse.org

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Marietta Museum of History
770-794-5710 or mary@mariettahistory.org

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Friends of Smyrna Library
100 Village Green Circle, Smyrna
www.friendsofsmyrnalibrary.org
770-436-8062; Third Thursdays

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Georgia Center for the Book DeKalb County Public Library
215 Sycamore Street, Decatur
404-370-8450, www.georgiacenterforthebook.org

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Roswell Library
115 Norcross St., Roswell
770-640-3075

****

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

****

Buckhead Library
269 Buckhead Ave., Atlanta

****

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

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

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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.

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PALS Lunch 'n Learn Sessions
For details call PALS (Perimeter Adult Learning and Services) at 770-698-0801.

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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.

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Monthly Sacred Harp Singing
Thurs., June 5, 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., June 20, 7:30 p.m. Group singing just for fun... no performances. Open to all. Folk music, old standards, spirituals, political songs, pop, freedom songs, country, show tunes, and more. East Lake location. For directions and more information call Bob at 404-378-5424.

****

Volunteers Needed To Deliver Food

South Fulton Senior Services Inc. (SFSS) is a non-profit agency. Its mission is to provide a range of services and activities which promote wellness, wholeness and self-suffiency for adults, sixty (60) years of age and older, who reside in South Fulton County.

SFSS has serviced the South Fulton Community for 21 years. In order to enhance the level of support and services, volunteers are needed to help deliver meals on wheels. Service areas include: East Point, Hapeville, College Park, Union City, Fairburn, Rico, Palmetto,

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SENIOR RETIREMENT FACILITIES

Azalea Estates Assisted Living and Retirement Community
105 Autumn Circle, Fayetteville, GA
www.azaleaestates.com
770-461-0039

Baptist Towers Senior Retirement Community
1881 Myrtle Drive, SW, Atlanta, GA
www.ncr.org
404-758-4562

Benson Manor
2348 Benson Poole Road
Smyrna, GA
www.rhf.org
770-435-6406

Forest at York
301 Calumet Parkway, Newnan, GA
www.forestatyorkapts.com
770-683-9675

Hollander Senior Living & Memory Care
5399 Northland Drive, Atlanta, GA
www.hollanderseniorliving.com
404-477-3800

Lenox Summit Apartment Homes
2449 East Club Drive, Atlanta, GA
404-231-1580

Life Care Center of Gwinnett
3850 Safehaven Drive
Lawrenceville, GA
770-923-0005

Park Trace Apartments
700 Atlanta Avenue, Decatur, GA
404-371-0887

The Zaban Tower
3156 Howell Mill Road, NW
Atlanta, GA
www.wbjh.org
404-751-2255

CALENDAR

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and Chattahoochee Hills. If you would like to become a volunteer for meals on wheels, please contact Debra Hood or Adam Surfus at 404-559-0070.

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

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

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

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

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

****

Volunteers Need for Meals on Wheels

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

****

New Neighbors League Club

Prospective member orientation, first Wed. each month at the New Neighbors Welcome Center, 479 S. Atlanta St., Roswell. Luncheon and program second Wed. each month at various locations. Volunteer orientations are conducted every Monday at 1 p.m. For complete details call 770-993-7886.

****

Volunteers Need for Meals on Wheels

Meals on Wheels volunteers needed in DeKalb neighborhoods. Deliver hot, nutritious meals to homebound senior neighbors in your area. Three convenient pickup locations including Chamblee, Scottdale and Lithonia. Call Senior Connections at 770-216-2574.

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Congregation Shema Yisrael

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

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

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Congregation Beth Shalom

5303 Winters Chapel Rd., Atlanta 770-399-5300; www.bshalom.net

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Congregation Chabad of North Fulton

10180 Jones Bridge Rd., Johns Creek, 770-410-9000; www.chabadnf.org.

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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 challanges. Contact Leah Steiner at 404-603-5756 for information.

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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@

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June for Geology: Walks and Talks by Fernbank Geologist and Author

Special to *Senior News*

Atlanta Bible

June for Geology: Walks and Talks by Fernbank Geologist and Author

Fernbank Science Center Geologist and co-author of Roadside Geology of Georgia, Dr. Bill Witherspoon, will hit the road on three June weekends to give geology programs for the general public at several of Georgia's favorite destinations. *Roadside Geology of Georgia* (Mountain Press Publishing, 2013) "takes the general reader to Georgia's natural wonders and explains the science that lies behind the scenery," according to Witherspoon, and his walks and talks extend this theme.

Witherspoon will show visitors the geology that makes Amicalola Falls, one of the highest cascading waterfalls (729 feet) east of the Mississippi River, in a walk on June 6 at 11:00 a.m. The following afternoon, June 7, at 1:00 p.m. at the Amicalola Falls Visitor Center, he will present "River Rivalries: the Battle That Made Georgia Mountain Scenery." The slideshow illustrates how competition between eroding streams created scenic features, such as Tallulah Gorge, Amicalola Falls, and steep mountain slopes across Northeast Georgia.

At 3:30 p.m. on June 7, Witherspoon will speak at the Dahlonega Gold Museum. The slideshow "Geology, Gold, and the Making of Georgia" tells how Georgia's gold became concentrated over a time span of half a billion years, then sparked America' s first gold rush that contributed to the state's unique character.

The following weekend, Witherspoon will visit FD Roosevelt State Park for a June 14 walk along the crest of Pine Mountain. The 9:30 a.m. walk will be followed by a slide program, "The Ridge that Drew Roosevelt: The Origin and Life of Pine Mountain and Warm Springs." Appearing with him will be Georgia State University biogeographer Dr. Leslie Edwards, co-author of Natural Communities of Georgia (UGA Press, 2013). She will show why Pine Mountain is famous among botanists as a "geographic crossroads" where plants from the Coastal Plain, Piedmont, and mountains can be found in close proximity.

On June 28, the two authors will team up again to reveal the geology of Brasstown Bald and how it influences plants and animals. In a slide program, "A Window through Time: Geology and Nature at Georgia's Highest Summit," Witherspoon shows how Brasstown Bald's craggy rocks, with their tiny red garnets, are surrounded by very different rocks from a far-distant ocean floor. Edwards will explain, both in the talk and on the walk that follows, how the peak is like an "island in the sky," sheltering plants that were more widespread in the southeast when the climate was cooler, and are now in their southernmost outpost here.

Anna Ruby Falls, near Helen, is the last June stop for Witherspoon. On June 29 at 1:00 p.m. he will repeat a geology walk that drew a good crowd last year, despite a particularly rainy day.

All events are free with admission to the respective venues. Attendees who register for these and other upcoming Roadside Geology of Georgia author events are eligible for a COOL BILLION-year-old rock. Register at georgiarocks.us/events or "Join" in facebook.com/RoadsideGeologyGA/events. Contact for information: Dr. Bill Witherspoon, Fernbank Science Center, 678-874-7150; Bill_Witherspoon@fc.dekalb.k12.ga.us.

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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.

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

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

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Lifespan Resources, Inc.
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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.lifespanseniorresources.com.

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

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

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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.

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Care & Share Support Group
First Mon., 6 p.m., Arbor Terrace of East Cobb, 886 Johnson Ferry Rd., Marietta, 770-977-4420.

****

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

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

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Hospice Volunteer Opportunities
Seasons Hospice is looking for angels who can make a difference by providing companionship for hospice patients and their families. Volunteer selection begins with an application and an interview in which potential volunteers may express their personal goals, availability, interests and talents. Our volunteers are carefully screened through a criminal background check, motor vehicle report, and personal references. Volunteer training give volunteers an opportunity to learn new skills and become aware of skills they already possess.
Volunteering for hospice can enrich your life by enriching the lives of others. If you are ready to make a commitment to caring for others, we would love to hear from you. Please email Janice Danford at jdanford@seasons.org or call 404-250-4950.

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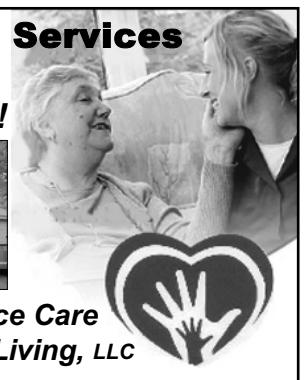

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CALENDAR

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5th Annual Monastery 5K-Run/Wal & 1.5-Mile Fun Run
Sat., June 7, 8:30 a.m. start time. For details visit www.trappist.net.

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A Picture is Worth a Thousand Printouts

by SUSAN LARSON

My days as an ESOL teacher left me with many graphic memories, not only of races and faces, but of backgrounds and aspirations as well. Sixth grade dropouts illiterate in their own language sat next to doctors needing to perfect their English to pass the medical boards.

Classes met for three hours, two nights a week. We had a 15-minute break, but more often than not, someone cornered me before I could leave the room seeking a private tutoring session. It was hard to say no.

One night our supervisor greeted us with great news. She'd purchased software to accompany our textbooks. One night a week, for 45 minutes, she would monitor the lab allowing us teachers time to catch up on our paperwork.

Most students were thrilled. Some were a bit intimidated, but willing to try. Then there was Sofie, a Russian immigrant who looked to be in her mid fifties. Sofie refused to go to the lab.

"But there will be no lessons here," I said, "You'll be alone in the room."

"I don't care. I just sit. I don't need computer," she said.

I was really looking forward to that 45 minutes. A dozen teachers shared one copy machine and we had reams of government forms to fill out. I didn't want her to "just sit" while I did paperwork. I couldn't. So I didn't.

"Sofie, would you like to use this time to practice speaking English?" I asked.

"That would be good," she replied.

I told her about a friend's ornate samovar and asked if she had one. She told me all about samovars. The next week I brought an ethnic cookbook. We discussed kugel and kolacé. Another time I brought my grandmother's babushka and draped it across her desk. She gently stroked it as she told me stories of her grandmother.

"Next week," I said, "you decide what we talk about."

The next week Sofie began, "My granddaughter, in school she make what you say, project. My son, he buy big white stiff paper. He buy sticky letters. They cut pictures from magazines and stick them all together. Her project, it look like every other project. What we say, schlock. This is not good. In Russia, I was what you say, fourth grade teacher. Every day, for the last hour my children put away their books and pencils and we paint. And relax. Then everyday, we hang our paintings up to dry. In time, every day,

I can tell which child did each painting, even if they don't put their names on them.

My granddaughter, with projects, her teacher will never know her the way I knew my children. This is not good."

At the end of the quarter I was given printouts of my other students' computer activity. I was thrilled, and so were they, to see their progress so well illustrated.

But somehow, I think it would thrill me more if someday Sofie and I each could paint a picture and hang it up to dry with dozens of others. And I could find hers and she could find mine. Even if we didn't put our names on them.

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

Georgia's 30-mile trail system celebrates completion

Special to *Senior News*

A collaboration of the Arabia Mountain National Heritage Alliance (AMNHA) and the Rockdale County Parks and Recreation Commission (RCPRC) presents "Try the Trails." This is an inaugural event marking the formal opening of the completed 30-mile trail system that makes up the Arabia Mountain National Heritage Area. The AMNHA and RCPRC will host this long-awaited celebration on June 14 beginning at 8:00 a.m.

The "Rockdale River Trail" leading to the Monastery is the most recent completed section and is open to bikers, hikers and walkers. Be sure to follow AMNHA on Facebook for the latest updates!

This breathtaking project was made possible by the hard work of the PATH Foundation and many partner organizations within the AMNHA. The partners involved in the entire project include: The City of Lithonia, DeKalb County, Georgia DOT, Georgia State Parks, The Mall at Stonecrest, The Monastery of the Holy Spirit, and Rockdale County. This event marks the culmination of the 30-mile trail system that required years of coordinated effort. Info: www.trappist.net

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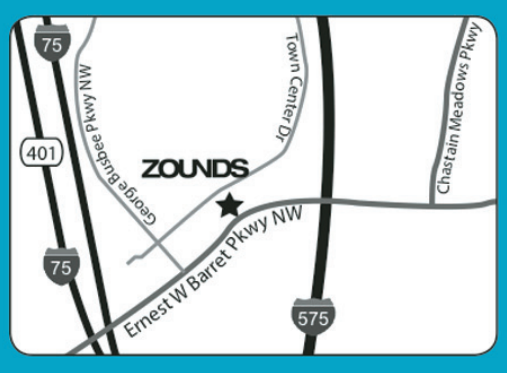

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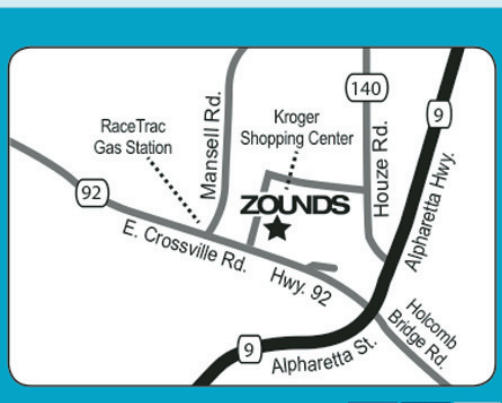

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