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A photograph of four women standing behind a table filled with various Christmas shoebox gifts. The woman on the far left is wearing a blue blazer over a yellow top and a necklace. The woman next to her is wearing a light-colored patterned jacket. The woman in the center is wearing a dark blazer over a brown turtleneck. The woman on the far right is wearing a brown patterned jacket. The table in front of them is covered with many small, wrapped gifts in various colors like red, blue, and purple, along with some larger items in clear plastic bins.

*Atlanta Woman's Club
Holds Seniority in
Christmas Shoebox
Giving!*

Story on page 2

December 2010
Vol. 24, No. 12

On the Cover

Atlanta Woman's Club Holds Seniority in Christmas Shoebox Giving

by SUSAN LARSON

ON THE COVER

Atlanta Woman's Club members (left to right) Lucy Willard, past president; Louise Vernon; Karen

Bacheller, President; and, Sharon Carter, President of GFWC.

The Atlanta Woman's Club, established in 1895, is the

largest and oldest member of the Georgia Federation of Woman's Clubs in the state.

For over a century, The Atlanta Woman's Club has been involved in community and national needs including promoting the quality of life in Atlanta, education, preserving natural resources, stressing good citizenship, encouraging healthy lifestyles, contributing to world peace and international understanding, and supporting participation in the arts. AWC has engaged in a diverse range of projects, from working to establish the Atlanta public kinder-

garten system, mobile libraries, the farmers market, and the establishment of Hartsfield International Airport. The club also actively supports the Tallulah Falls School, which has been owned and operated by the Georgia Federation since 1909.

The Atlanta Woman's Club is the only Woman's Club in Georgia that owns its own building. Formerly known as the Wimbish Mansion, it was built in 1906 as a private residence. Located in the heart of Midtown near the intersection of 14th St. and Peachtree St., this historic venue is a reminder of the life on Peachtree Street at the turn of the century. In addition to over a century of active volunteerism, the AWC also rents out their building for wedding ceremonies, bridal showers, bar and bat mitzvahs, office parties, and other Atlanta events. A significant portion of the proceeds from all event rentals are used to support charitable works.

One of AWC's most recent traditions is filling shoeboxes for Operation Christmas Child, a project sponsored by Samaritan's Purse. As one of the first volunteer organizations to get on board when Franklin Graham founded OCC in 1993, AWC has packed nearly 1,000 shoe boxes for children in need. Even as members age and take up residence in assisted living facilities, they continue to stay connect to the club and the world by contributing gift for the shoe boxes. Betty Daniels is one of them. For the entire ten years she has been living at Clairmont Place in Decatur, she has been rounding up volunteers to help decorate flip flops and sun visors to be placed in the boxes.

"We have an arts and crafts program every two weeks and we're always looking for projects," Daniels said. "This year I had six volunteers. If we're doing something for a good cause, more people will volunteer."

Even though the collection drive is over for 2010, it is never too late to get involved with OCC. And it doesn't have to take a lot of effort. If just once a month everyone picked up a dollar store special, in eleven months, just imagine how many shoe boxes can be filled for Christmas of 2011!



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The Next Chapter

Fabulous books to give and get!

Book Reviews by
ANNE B. JONES, PhD

Just in case your Holiday gift list isn't complete, here are suggestions:

Drive, by Daniel H. Pink is for those who love psychological insight. According to Pink most of us have outdated ideas about the causes of our actions. Whether we're CEOs trying to expand productivity or we just want to learn more about ourselves, *Drive* offers enlightenment about what makes us "tick." Basing his theories on scientific studies, Pink suggests people are inspired more by the ability to grow and develop than profit. His thought-provoking case studies are interesting and educational.

Taking Care of Me: The Habits of Happiness and 8 to Great: The Powerful Process for Positive Change are two self-help works by Mary Kay Mueller. Both are practical books for those seeking personal growth. *Taking Care of Me* is a useful present for someone going through hard times, searching for a new beginning, or attempting to heal wounds and relate to others. Simple and direct, it offers readers self-empowerment with the tools to make this attainable. *8 to Great* presents a step-by-step process for breaking out of negative patterns and acquiring greater self-fulfillment and success. This book would be very helpful to teachers, youth ministers and other adults who are working with teens.

Women's Uncommon Prayers: Our Lives Revealed, Nurtured, Celebrated, by Elizabeth Rankin Greitz, Marjorie A. Burke, Ann Smith, Debra Q. Bennett, et al. *Women's Uncommon Prayers* is one of the most beautifully written books I have encountered. This comprehensive collection includes prayers and poems, some serious, others light and humorous, all arranged by a wide range of topics. There are

prayers for guidance, special circumstances and occasions, transitions and everyday life. *Women's Uncommon Prayers* is such a treasure, I ordered three. One of them was for me.

I previously reviewed *The Total Money Makeover* by Dave Ramsey. It's such a good choice for a young couple, I'm suggesting it again. Those who abide by Ramsey's common sense money principles are bound to improve their lot in life. *The Total Money Makeover* is worth its time and money investment many times over.

Pet lovers will be entranced by Ted Kerasote's *Merle's Door*. This story of the bond between a man and his dog explores how two different species can nurture and expand each other's lives. At times the book brings forth laughter. At times it brings tears. Always it is entertaining.

Rupert and the Bag is written by A. Louise Staman and illustrated by famed western artist Rich Adams. Nominated for the Georgia Children's Book of the Year Award, it provides a fun learning experience for young children. Lessons include colors, color combinations, tolerance and "the wonderful results of sharing talents."

Racing fans will love *Gold Thunder*, the autobiography of 1960 NASCAR Champion Rex White. This book explores how, with self-education and determination, a young man overcame a physical handicap to become one of the sport's greatest drivers. Set against the backdrop of the development of NASCAR, *Gold Thunder* gives insight into the making of a champion whose "magical" Chevrolet was painted with gold dust. O.K., O.K., I cheated. It's *Gold Thunder* as told to Anne B. Jones. Yes I wrote this book. BUT, since it's had three printings as well as good reviews I didn't write... I heartily recommend it.

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

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Senior News & Views of Georgia

Protect your Debit Card Number from ATM Skimming

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

Even if you're choosy about which ATMs you use, you can still become a victim of identity thieves who place seamless devices on machines to steal debit card information. ATM skimming is a growing problem and the Better Business Bureau recommends consumers take a few steps to protect themselves from becoming the next victim.

According to Bankrate.com, ATM skimmers are close to reaping \$1 billion annually from unsuspecting consumers. Javelin Strategy & Research estimates that one in five people have become victims.

Identity thieves tamper with ATMs in any number of different ways in order to steal debit card numbers and PINs. It only takes a few seconds to install cameras over the keypad or a device over the card reader. ATMs aren't the only hot spots, credit card swipers at gas pumps and retailers can be tampered with as well.

Skimming devices are becoming increasingly harder to detect and often blend in seamlessly with the ATM. If you're going to use an ATM, you could become a victim, and it's important to monitor your

accounts closely so you can quickly detect any fraudulent activity on your card and minimize your losses.

Following are a few ways to fight identity thieves at the ATM:

- **Protect your PIN:** When entering your PIN, cover the keypad with your other hand to prevent any cameras from catching your digits. False keypads placed over the real keypad are also a way scammers get PIN numbers so if the keypad looks different, move on.

- **Give it a wiggle:** Skimming devices are often false panels attached to the ATM – such as where you put your card into the machine. If parts of the ATM look damaged or different, give it a wiggle. Also look for new or suspiciously placed cameras and unusual signage. Don't hesitate to walk away and use another ATM if it doesn't feel right.

- **Be picky with your ATMs:** Avoid using ATMs in poorly lit areas or low trafficked areas. Experts often recommend choosing a bank ATM over standalone ATMs in public places. Not only do identity thieves attach devices to legitimate ATMs to steal numbers. They will also place their own phony ATMs in public places.

- **Keep an eye on your statements:** The most vigilant person can still fall victim to ATM skimmers,

and it's important to always keep a close eye on your accounts – particularly the itemized breakdown of charges and debits – so that you can quickly report any suspicious activity on your account.

- **Report Fraud Immediately:** Report any fraudulent activity to your bank as soon as you discover it. Consumer protections for debit cards vary but depend largely on when you report the fraudulent activity. If you wait too long to report the fraud, your bank account could be cleaned out and your bank might not reimburse you.

For more advice on fighting identity thieves and preventing fraud, visit us online at www.bbb.org/us/consumer-tips-scams/

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

Spiritual Notes

God is Great, God is Good!

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

"God is great; God is good, let us thank Him for our food." Do you remember this prayer which you probably said many times as a child? We not only remember saying it often, but we have taught it to our children and grandchildren and have voiced it with groups of children over the years.

I recently heard a devotional message by a minister who challenged us to

think of the beginning of this familiar prayer, "God is Great, God is Good." These six words are an acknowledgment of who our God is. Often times we repeat them without comprehending the reality of our words.

David sings of the greatness of God in many of the Psalms. In the 47th Psalm we read: "The Lord, the Most High is awesome, a great King over all the earth. He chose our heritage for us. God is king over all nations; God sits on His holy throne." The Bible speaks repeatedly of the greatness of God.

Throughout history there are stories of individuals who developed a "God

Complex." They became powerful rulers or spiritual leaders and persuaded their followers of their divinity. One such story was of a French King who had conquered many lands and had set himself up as a god. When he died a great state funeral was prepared, and a single lighted candle was placed at the head of his gold casket. When the priest came in to start the service, he walked over and blew out the candle, saying, "only God is great."

As we enter these days of Thanksgiving and Christmas, we will again celebrate the goodness of God. The Apostle Paul reminds us in 2nd Corinthians 8-9, "God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work. He scatters abroad, he gives to the poor; His righteousness endures forever."

God is great and He is good. We are recipients of His grace, protection, and love every day. We acknowledge His goodness in allowing us to live in a country where we have freedom to worship and work as we choose.

God's greatest gift to us was the birth of His Son, Jesus. Through our belief in Him, "We might have life and have it more abundantly." During this Holiday season, may your prayers continue to recognize God for His greatness and His goodness; and, yes, for the food.

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

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Georgia eye doctor helps legally blind to see again

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

by ELENA LOMBARDI
Atlanta, Georgia —

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

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

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

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

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

James Wheeler of West Georgia was seen in the Atlanta



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

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

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

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

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

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

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Do not take NovoLog® if:

- Your blood sugar is too low (hypoglycemia).
- You are allergic to anything in NovoLog®. See the end of this leaflet for a complete list of ingredients in NovoLog®. Check with your healthcare provider if you are not sure.

Tell your healthcare provider:

- **about all of your medical conditions.** Medical conditions can affect your insulin needs and your dose of NovoLog®.
- **if you are pregnant or breastfeeding.** You and your healthcare provider should talk about the best way to manage your diabetes while you are pregnant or breastfeeding. NovoLog® has not been studied in nursing women.
- **about all medicines you take,** including prescriptions and non-prescription medicines, vitamins and herbal supplements. Your NovoLog® dose may change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show your healthcare providers when you get a new medicine.

How should I take NovoLog®?

Only use NovoLog® if it appears clear and colorless. There may be air bubbles. This is normal. If it looks cloudy, thickened, or colored, or if it contains solid particles do not use it and call Novo Nordisk at 1-800-727-6500.

NovoLog® comes in:

- 10 mL vials (small bottles) for use with syringe
- 3 mL PenFill® cartridges for use with the Novo Nordisk 3 mL PenFill® cartridge compatible insulin delivery devices and NovoFine® disposable needles. The cartridge delivery device can be used with a NovoPen® 3 PenMate®
- 3 mL NovoLog® FlexPen®

Read the instructions for use that come with your NovoLog® product.

Talk to your healthcare provider if you have any questions. Your healthcare provider should show you how to inject NovoLog® before you start taking it.

- **Take NovoLog® exactly as prescribed.** You should eat a meal within 5 to 10 minutes after using NovoLog® to avoid low blood sugar.
- **NovoLog® is a fast-acting insulin.** The effects of NovoLog® start working 10 to 20 minutes after injection or bolus pump infusion.
- **Do not inject NovoLog® if you do not plan to eat right after your injection or bolus pump infusion.**
- The greatest blood sugar lowering effect is between 1 and 3 hours after the injection or infusion. This blood sugar lowering lasts for 3 to 5 hours.
- **While using NovoLog® you may have to change your total dose of insulin, your dose of longer-acting insulin, or the number of injections of longer-acting insulin you use.** Pump users given NovoLog® may need to change the amount of total insulin given as a basal infusion.
- **Do not mix NovoLog®:**
 - with any other insulins when used in a pump
 - with any insulins other than NPH when used with injections by syringe

If your healthcare provider recommends diluting NovoLog®, follow your healthcare provider's instructions exactly so that you know:

- How to make NovoLog® more dilute (that is, a smaller number of units of NovoLog® for a given amount of liquid) and
- How to use this more dilute form of NovoLog®. **Do not use dilute insulin in a pump.**
- **Inject NovoLog® into the skin of your stomach area, upper arms, buttocks or upper legs.** NovoLog® may affect your blood sugar levels sooner if you inject it into the skin of your stomach area. **Never inject NovoLog® into a vein or into a muscle.**
- **Change (rotate) your injection site within the chosen area (for example, stomach or upper arm) with each dose. Do not inject into the exact same spot for each injection.**
- **If you take too much NovoLog®, your blood sugar may fall low (hypoglycemia).** You can treat mild low blood sugar (hypoglycemia) by drinking or eating something sugary right away (fruit juice, sugar candies, or glucose tablets). It is important to treat low blood sugar (hypoglycemia) right away because it could get worse and you could pass out (become unconscious). If you pass out you will need help from another person or emergency medical services right away, and will need treatment with a glucagon injection or treatment at a hospital. See "What are the possible side effects of NovoLog®?" for more information on low blood sugar (hypoglycemia).
- **If you forget to take your dose of NovoLog®, your blood sugar may go too high (hyperglycemia).** If high blood sugar (hyperglycemia) is not treated it can lead to serious problems, like loss of consciousness (passing out), coma or even death. Follow your healthcare provider's instructions for treating high blood sugar. Know your symptoms of high blood sugar which may include:
 - increased thirst
 - frequent urination
 - loss of appetite
 - high amounts of sugar and ketones in your urine
 - nausea, vomiting (throwing up) or stomach pain
 - fruity smell on the breath
 - drowsiness
 - a hard time breathing
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels.

Your insulin dosage may need to change because of:

- illness
- stress
- change in diet
- other medicines you take
- change in physical activity or exercise

What should I avoid while using NovoLog®?

- **Alcohol.** Alcohol, including beer and wine, may affect your blood sugar when you take NovoLog®.
- **Driving and operating machinery.** You may have difficulty concentrating or reacting if you have low blood sugar (hypoglycemia). Be careful when you drive a car or operate machinery. Ask your healthcare provider if it is alright to drive if you often have:
 - low blood sugar
 - decreased or no warning signs of low blood sugar

What are the possible side effects of NovoLog®?

- **Low blood sugar (hypoglycemia).** Symptoms of low blood sugar may include:
 - sweating
 - blurred vision
 - trouble concentrating or confusion
 - hunger
 - dizziness or lightheadedness
 - slurred speech
 - shakiness
 - tingling of lips and tongue
 - fast heart beat
 - anxiety, irritability or mood changes
 - headache

Severe low blood sugar can cause unconsciousness (passing out), seizures, and death. Know your symptoms of low blood sugar. Follow your healthcare provider's instructions for treating low blood sugar. Talk to your healthcare provider if low blood sugar is a problem for you.

- **Serious allergic reaction (whole body reaction).** Get medical help right away. If you develop a rash over your whole body, have trouble breathing, a fast heartbeat, or sweating.
- **Reactions at the injection site (local allergic reaction).** You may get redness, swelling, and itching at the injection site. If you keep having skin reactions or they are serious talk to your healthcare provider. You may need to stop using NovoLog® and use a different insulin. Do not inject insulin into skin that is red, swollen, or itchy.
- **Skin thickens or pits at the injection site (lipodystrophy).** Change (rotate) where you inject your insulin to help to prevent these skin changes from happening. Do not inject insulin into this type of skin.
- **Swelling of your hands and feet**

- **Vision changes**
- **Low potassium in your blood (hypokalemia)**
- **Weight gain**

These are not all of the possible side effects from NovoLog®. Ask your healthcare provider or pharmacist for more information. Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store NovoLog®?

All Unopened NovoLog®:

- **Keep all unopened NovoLog® in the refrigerator between 36° to 46°F (2° to 8°C).**
- Do not freeze. Do not use NovoLog® if it has been frozen.
- Keep unopened NovoLog® in the carton to protect from light.

NovoLog® in use:

- **Vials**
 - Keep in the refrigerator or at room temperature below 86°F (30°C) for up to 28 days.
 - Keep vials away from direct heat or light.
 - Throw away an opened vial after 28 days of use, even if there is insulin left in the vial.
 - Do not draw up NovoLog® into a syringe and store for later use.
 - Unopened vials can be used until the expiration date on the NovoLog® label, if the medicine has been stored in a refrigerator.
- **PenFill® Cartridges or NovoLog® FlexPen®**
 - Keep at room temperature below 86°F (30°C) for up to 28 days.
 - Do not store a PenFill® cartridge or NovoLog® FlexPen® that you are using in the refrigerator.
 - Keep PenFill® cartridges and NovoLog® FlexPen® away from direct heat or light.
 - Throw away a used PenFill® cartridge or NovoLog® FlexPen® after 28 days, even if there is insulin left in the cartridge or syringe.
- **NovoLog® in the pump reservoir and the complete external pump infusion set**
 - The infusion set and the infusion site should be changed at least every 3 days. The insulin in the reservoir should be changed at least every 6 days even if you have not used all of the insulin. Change the infusion set and the infusion site more often than every 3 days if you have high blood sugar (hyperglycemia), the pump alarm sounds, or the insulin flow is blocked (occlusion).

General advice about NovoLog®

Medicines are sometimes prescribed for conditions that are not mentioned in the patient leaflet. Do not use NovoLog® for a condition for which it was not prescribed. Do not give NovoLog® to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about NovoLog®. If you would like more information about NovoLog® or diabetes, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information about NovoLog® that is written for healthcare professionals. Call 1-800-727-6500 or visit www.novonordisk-us.com for more information.

Helpful information for people with diabetes is published by the American Diabetes Association, 1701 N Beauregard Street, Alexandria, VA 22311 and on www.diabetes.org.

NovoLog® ingredients include:

- insulin aspart
- zinc
- glycerin
- phenol
- metacresol
- sodium chloride
- disodium hydrogen phosphate dihydrate
- water for injection

All NovoLog® vials, PenFill® cartridges and NovoLog® FlexPen® are latex free.

Date of Issue: March 17, 2010

Version: 9

NovoLog®, PenFill®, FlexPen®, NovoPen®, NovoFine®, and PenMate® are registered trademarks of Novo Nordisk A/S.

NovoLog® is covered by US Patent Nos. 5,618,913; 5,866,538, and other patents pending.

FlexPen® is covered by US Patent Nos. 6,542,404; 6,004,297; 6,235,004, and other patents pending.

PenFill® is covered by US Patent No. 5,693,627.

Manufactured by:

Novo Nordisk A/S

DK-2800 Bagsvaerd, Denmark

For information about NovoLog® contact:

Novo Nordisk Inc.

100 College Road West

Princeton, New Jersey 08540

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131818-R5 4/10



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Misleading postcards are not from Medicare

Submitted by Georgia Department of Human Services

The Department of Human Services urges older adults to be on the alert for misleading post cards titled "Important: Projected Medicare Changes." The cards are sent on behalf of insurance salespeople and are not endorsed by Medicare.

"Private insurance companies request signatures, ages, and other details on these post cards and then use the information to make sales calls and visits to people's homes," said Dr.

James J. Bulot, Director of the Georgia Department of Human Services (DHS) Division of Aging Services. "If consumers have questions about Medicare changes, they should contact the GeorgiaCares network."

The GeorgiaCares State Health Insurance Assistance Program (SHIP) offers individuals free, one-on-one help provided by trained local counselors. The program is managed statewide by the DHS Division of Aging Services and Georgia's 12 Area Agencies on Aging. To contact GeorgiaCares, call 1-800-669-8387 toll-free or visit www.MyGeorgiaCares.org.

Callers may request person-

alized information about Medicare, Medicaid and Medigap matters, including long-term care insurance, claims, the resolution of billing problems, information and referral on public benefit programs aimed at those with limited incomes and assets, and other health care insurance information.

The GeorgiaCares team is ready to answer questions now about open enrollment for Medicare Part C (prescription drug coverage) and Part D (Medicare Advantage plans). Enrollment began November 15th, and recipients will have until December 31, 2010, to make their choices. After this period, beneficiaries may make limited changes during the annual Disenrollment Period of January 1 - February 14th of each year. Beneficiaries who do not want to make a change can remain in their plan from 2010.

GeorgiaCares SHIP counselors will answer hotline calls from individuals and provide community education sessions for any group throughout the state to help beneficiaries under-

stand their options for next year. Beneficiaries can call GeorgiaCares toll-free at 1-800-669-8387 or Medicare at 1-800-Medicare (1-800-633-4227) for assistance.

GeorgiaCares SHIP urges everyone to review their coverage and make sure that any changes to the plan for 2011 will still meet their needs. Beneficiaries who want to consider all of their options will have access to help from many sources, including a notice of any coverage changes from their drug plan; the enhanced Medicare Drug Plan Finder at www.medicare.gov; the Medicare & You 2011 annual handbook that explains Medicare coverage; 1-800-Medicare (1-800-633-4227), which will be available 24/7; and GeorgiaCares - Local Help for People with Medicare, 1-800-669-8387.

For more information about services available to older Georgians and their families, visit the DHS Division of Aging Services at <http://www.aging.dhr.georgia.gov> or call 866-55-AGING (552-4464).




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



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Oglethorpe Museum holds Treasure!

by MARY FRANCES

Nineteenth Century French Master Drawings and Sculpture from the Schlossberg Collection are now on display at the Oglethorpe Museum until December 21, 2010. This voluminous collection of art under glass (with the exception of the sculptures) features Ingres, Gauguin, Degas, Renoir, Seurat, Bourdelle, Couture, Pissarro, Rodin and others. There are etchings, pre-painted sketches and personal sketch books that show behind-the-scenes revelations by French artists

in their quiet, pre-famous moments where they imitated Japanese art, sketched the fashions of the day, inked the French Algiers in battle, drew the face of another artist and whipped out satirical cartoons of political figures i.e. Napoleon.

"Some of the works are elegant and others are whimsical. It's all wonderful," said Marlene Puca, an art student.

"The exhibit starts in the Classical period when drawing was disciplined and conformed to strict form, i.e. Jean Ingres, and evolves into other works emerging from the Romantic era where emotion and imagery engage the artist and viewer," said Docent Bev

Center. Of special surprise is a sculpture by actress Sarah Bernhardt.

The public is invited to see the exhibit at Oglethorpe Museum located at Oglethorpe University, 4484 Peachtree Road, N.E., Atlanta, GA 30319. Museum hours are Tuesday through Sunday, Noon until 5:00 p.m. Docent tours are Sunday at 2:00 p.m. For additional information call 404-364-8555.



Honore Daumier, *STUDY OF TWO MALE HEADS IN PROFILE*



Jean-Louis Forain, *IN THE WINGS*



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Don't delay. Get the information you need so you can be confident in your decision. The Annual Enrollment Period ends December 31. You can count on us to provide the information and support you need. Call or go online today!

1-877-762-3057 (TTY/TDD 711 Telecommunications Relay Service) 8 a.m. to 8 p.m., seven days a week.

www.MyCoventryMedicare.com/GA

Y0022_2011_4002_033 CMS Approval Date: 10/05/2010

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**Plan benefits may vary. For additional information, please contact the plan.*

A Coordinated Care plan with a Medicare Advantage contract. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.



Out & About



Kid Zone



Author Larel Snyder speaks to a young reader

More than a Book Festival!

by MARY FRANCES

The Marcus Jewish Community Center of Atlanta (MJCCA) in partnership with Barnes and Noble, sponsored their 19th two-week book festival from November 6 through 21, 2010. The books of forty plus authors were featured. Some of the writers were Gene Wilder, Jeffery Stepakoff, Pat Conroy, and Neil Sedaka. Topics were nutrition, suicide, romance, motivation, aging, humor, and politics. Some wrote their memoirs.

November 14th was the PJ Library Storytelling Festival at Zaban Park, where an entire table of colorful children's books were displayed and perused by intent youngsters. Authors were nearby to sign copies. Of special interest was Baxter the Pig Who Wanted to be Kosher. On Sunday, the Zaban building was a Kids Zone filled with strollers and children running around, chatting with each other. Some of the girls wore beautiful bright colored dresses.

Upstairs on the balcony the Atlanta Jewish Gene Screen was taking place. Medical technicians drew blood from festival goers to detect for carriers of 18 preventable genetic diseases. "Genetic counseling is available for couples who are found to be carriers," said Belinda Ossip, Atlanta Coordinator.

The musical family called the "Laughing Pizza" entertained the

children and Gregory Levey, with BREW HA HA entertained the adults. "This festival was phenomenal and we look forward to next year's," said Beth Arogeti, Co-Chairman of the event.

The Book Festival of the MJCCA was held at Zaban Park, 5342 Tilly Mill Road, 30338. For more information, phone 678-0812-4005 or go online at www.atlantajcc.org.



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Taking Care

A little holiday planning goes a long way

by LISA M. PETSCHKE

The holiday season is a hectic time for many of us due to the preparations and festivities that typically take place. It is even more challenging, though, when you are caring for a relative with chronic health problems – a demanding role at even the best of times.

To keep stress manageable and make your holidays more meaningful, follow these suggestions.

- Set realistic expectations, and be prepared to alter traditions. Keep it simple, and let relatives and friends know your needs and limitations. Decide what is really important to you, focus on that and forget the rest.

- Set a budget for holiday-related expenses and stick to it. If finances allow, consider arranging for a house-cleaning or a catered meal (or both) to save precious time and energy.

- Whatever tasks you decide to take on, ask for help and delegate responsibilities. Make plans and start necessary preparations well in advance. Make lists to stay organized and keep them handy.

- Include your relative in preparations to the best of his or her ability. Contributing in even small ways – such as deciding what decorations to put where or helping to select gifts from a catalog – will make your relative feel valued and create a feeling of partnership.

- Reminisce to help you both get into the spirit of the season. Share special memories, bring out photo albums or home movies, and listen to favorite carols.

- If you accept an invitation, do so on the condition that you may back out at the last minute if you or your relative does not feel up to the occasion. Take

things one day and one event at a time.

- Give yourself permission to attend an event without your relative. If it is not feasible to take your relative with you but you'd really like to go and can arrange respite care, go.

- Space out activities as much as possible by scheduling quiet days between busy ones.

- Look after your health: get adequate rest, eat nutritious foods and try to fit in some exercise. A stationary bike or a treadmill is a good choice year-round, since it may be hard to get out for a walk, let alone to find a fitness center.

- Find something relaxing you can do to give yourself a break, whether it is quietly enjoying a cup of tea, reading something uplifting, writing in a journal, calling a friend or listening to some favorite music. Make it a priority to continue this daily time for you in the New Year.

- Take responsibility for you well being by doing something nice for yourself. Some caregivers treat themselves to a special gift at this time of the year.

- Look for moments of joy in which to delight. If you slow your pace and keep your priorities in check, you will be sure to find them.

Special Tips for Alzheimer's caregivers

- Keep decorations minimal and out of reach as much as possible if your relative is prone to rummaging or hiding things. Do not put out anything that is

valuable or breakable, or could be dangerous if ingested. Avoid lights that flash or play music, as well as sound or motion activated items that can startle.

- Schedule activities during your relative's calmest time of day. Generally, the earlier in the day the better, since behavior tends to worsen as fatigue sets in.

- Stick to routines as much as possible to avoid anxiety and confusion.

- Entertain at home rather than taking your relative out to an unfamiliar place.

- Keep gatherings small to minimize noise and confusion for our relative. Otherwise, situate him or her in another room and have guests visit one or two at a time.

- If you are planning to go out visiting, ensure there is a quiet spot your relative can retreat to if he or she cannot

handle the stimulation.

- Whether you are at home or out somewhere be prepared for escalation of challenging behavior and have a plan in place. If your relative is at risk for wandering or likes to rummage, enlist the help of a family member or friend to ensure he or she is occupied in a harmless manner while you are mingling or engaged in hosting duties.

- Do not pressure your relative to participate in festivities. Previously enjoyed events may now cause distress if he or she does not understand what is going on or no longer recognizes family members and friends.

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

ASHTON BROWNS MILL SITE-BASED WAITING LIST OPENING

December 1, 2010

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

COMMUNITY:

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

Pre-application period:

Open Date: December 1, 2010, 10:00 a.m.

Pre-application forms will be distributed beginning December 1, 2010 on Tuesdays and Thursdays from 10:00 a.m. to 3:00 p.m., until further notice. The final date for accepting pre-applications will be publicly advertised at least thirty (30) days in advance of that date. All pre-applications must be completed on site.

Eligibility Criteria:

(1) HOUSING FOR OLDER PERSONS (HFOP – AGES 55+):

Head of the household must be 55 years of age or older.

At least one adult member of the household, 18 to 61 years of age, must be either legally and gainfully employed on a fulltime basis for at least 30 hours per week or legally and gainfully self-employed in a legitimate business enterprise, appropriately documented, for at least 30 hours per week. All information provided on the Pre-Application is subject to verification.

All other adult household member, 18 to 61 years of age must be either:

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

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

Annual Household Income:

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

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

Priority Categories:

Eligible applicants will be placed on the site-based waiting list and will be ranked by the date/time stamp method. The order in which the application is received will determine the applicant's ranking on the waiting list.

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

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

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

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

Request for Reasonable Accommodations during the pre-application process will be taken by telephone beginning December 1, 2010 on Tuesdays and Thursdays from 10 am to 3 pm by contacting 1-888-707-9292 or TTY/Relay 711. Future re-opening of the site-based waiting list will be publicly advertised.



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Cobb Senior Services

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

Multipurpose Centers:

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

Neighborhood Centers:

(Seniors age 60+)
• Austell Senior Center: 5580 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
• Marietta Senior Center: 32 N. Fairground

St., Marietta, GA 30060, 770-528-2516

• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-974-2984
Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

Fulton County Senior Services

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

continued on page 16

NOTICE TO ALL VETERANS

Who Have Honorably Served Their Country in War & Peace



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

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Gwinnett Memorial & East Shalston Memorial Gardens, Lawrenceville • White Chapel Memorial Gardens, Duluth
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I'm interested in taking advantage of this special opportunity

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

SITE-BASED WAITING LIST OPENING

11/27/10

ADAMSVILLE GREEN SENIOR LIVING COMMUNITY is accepting pre-applications for apartment units receiving rental assistance. Eligible residents will pay no more than 30% of their adjusted monthly income for rent.

COMMUNITY:

ADAMSVILLE GREEN, 3537 MARTIN LUTHER KING JR. DR., SW, ATLANTA, GA 30310

Pre-application period:

Open Date: November 29, 2010 at 10:00 am

Pre-application forms will be distributed beginning November 29, 2010 from 10:00 am to 5:30 pm Monday - Friday, until further notice. The final date for accepting pre-applications will be publicly advertised at least thirty (30) days in advance of that date. All pre-applications must be completed on site.

Eligibility Criteria:

(1) HOUSING FOR OLDER PERSONS (AGES 62+):

All members of household must be 62 years of age or older, excluding live-in aides.

Annual Household Income:

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

1	2
\$25,150	\$28,750

Priority Categories:

Eligible applicants will be placed on the site-based waiting list and will be ranked by the date/time stamp method. The order in which the application is received will determine the applicant's ranking on the waiting list.

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

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

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

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

Request for Reasonable Accommodations during the pre-application process will be taken by telephone beginning November 8, 2010 by contacting 404-699-0045 or TTY/Relay 711. Future re-opening of the site-based waiting list will be publicly advertised.



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CALENDAR

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(Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.

- Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.
- Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

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

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

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

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

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

CLUB 55
The Bridge Community Center
225 Willowbend Rd., Peachtree City
www.thebridge-cc.org

- 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 slross@emory.edu.

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

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.

continued on page 17

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CALENDAR

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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 alicer-hodes357@mindspring.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.

Friends of Smyrna Library

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

Georgia Center for the Book

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

Roswell Library

115 Norcross St., Roswell
770-640-3075

East Point Library

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

Buckhead Library

269 Buckhead Ave., Atlanta

Atlanta World War II Round Table

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

• The French Government is conducting its annual search for living WWII veterans who served in Normandy during the war. These veterans are entitled to receive the National Order of the Legion of Honor from the French Government. For additional information contact Arnold Whittaker at 770-993-2439.

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

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CALENDAR
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information.

PALS Lunch 'n Learn Sessions
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Senior Connections' Adventures in Learning Classes
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Monthly Song Circle
Fri., Dec. 17, 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.

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.

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

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CALENDAR

from page 18

enaumann@atlantaregional.com.

Alzheimer's Support Group

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

Metro Atlanta RSVP Needs Volunteers 55+

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

Volunteers Needed by CASA - Court Appointed Special Advocates

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

FODAC Needs Donations

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

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

For events and details visit www.visitroswellga.com.

Harmony Grove UMC Events

50 Harmony Grove Rd., Lilburn

770-921-7747

• Breakfast with Santa: Dec. 11, 9-11 a.m. \$5 adults; \$3 children; \$12 family.

• Drive Thru Nativity: Dec. 18 & 19, 5-8 p.m.

Southeastern Railway Museum Events

3595 Buford Hwy., Duluth

www.southeasternrailwaymuseum.org; 770-495-0253, ext. 2

• Breakfast and/or Lunch with Santa: Dec. 4, 11, 18

• Polar Express Experience: Dec. 4, 11, 18

"Nutcracker" Roswell Dance Theatre

Dec. 1-5, Roswell Cultural Arts Center, 950 Forest St., Roswell. Tickets: Tolbert Yilmaz School of Dance, 10400-D, Alpharetta St., Roswell. 770-998-0259.

2010 Marietta Pilgrimage Christmas Home Tour

Dec. 4 & 5. Showcases nine historic public buildings and six historic private homes. Day Tour and evening Candlelight Tour offered. For details call 770-429-1115 or 770-426-4982; or, visit www.mariettasquare.com or www.marietapilgrimage.com.

Aloha to Aging, Inc. Offerings

Located in the Mt. Bethel Community Center, 4608 Lower Roswell Rd., Marietta. 678-439-1177

• Pictures with Santa: Sat., Dec. 4, 9:30 a.m.-12 p.m., Mt. Bethel UMC, 4385 Lower Roswell Rd., Marietta. \$10 fee per sitting.

• Making the Most of the Holidays - For Family Caregivers with Aging Loved Ones: Thurs., Dec. 9, 11 a.m.-12:30 p.m.

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Poets' Corner

Artificial Christmas Tree

by Lydia P. O'Nan

*Tiny little Christmas tree
Standing there so merrily –
Your plastic needles and limbs of wire
Do not a one deceive.
You've never stood in the forest wide,
Nor clung to a steep mountain side.
From factory to store, from store to
home
Is all you've been allowed to roam.
Yet, you too tell the story
Of Christmas joy, love, and glory,
By giving the gift of hope and cheer
To the hearts of all who see you here.*

Why Do I Cry?

by Geri Noel

*Teardrops fall like rain
From my eyes
And people will ask me
Why do I cry?*

But for us the living

*We must go on
We'll remember our loved ones
In our prayers and in our songs*

*God has looked down from Heaven
And chose your loved one to ascend*

*I cry out of loneliness
I cry out of fear
I cry out of anger
At unkind words that I hear*

*I cry at births
I cry at death
I cry for my friends
And the tears they have wept*

*People will say
In death there is a better place
No loneliness, no fear
No anger to erase*

*But for us the living
We must go on
We'll remember our loved ones
In our prayers and in our songs*

*God has looked down from Heaven
And chose your loved one to ascend
That's why I cry for you
You are a good person and a good friend*

This Thanksgiving Be Sure To...

by Mrs. Renee Kozlicki
(Written for Thanksgiving 2008)

*Take time to see the beauty of the fall
season.
Remember to give thanks for your
vision.
Help someone who is in need.
Remember to give thanks for what you
have.
Appreciate someone else's performance.
Remember to give thanks for unique
talents.
Notice how lovely something is
decorated.
Remember to give thanks for creativity.
Kiss and hug someone special to you.
Remember to give thanks for
compassion.
Give respect to your elders.*

*Remember to give thanks for your
ancestors.
Inquire how you may be of help.
Remember to give thanks for all those
who serve.
Visit a friend you haven't seen for a
while.
Remember to give thanks for friendship.
Instruct someone on how to do
something.
Remember to give thanks for education.
Never forget how fortunate you are to be
a U.S. citizen.
Remember to give thanks for your hard
won freedoms.
Go before the Lord in prayer.
Remember to give thanks for His many
blessings.*

My Mirror

by Margaret Hewitt

*I look into my mirror; who is this I see?
I don't know who this lady is – no way it
can be me.*

*This lady's old and wrinkled; my hair's
not gray, you see.
Where she came from I don't know. I'm
just glad it isn't me.*

*I'll go and get my glasses to see what I
can see.
Holy Smoke! I can't believe that that old
lady's me!*

Trust in God's Tomorrow

by Allene Rayle

*God has not promised us tomorrow
But He has given us today.
Should we not be up and doing
As He guides us in our way?*

*If only we wait on Him, He will lift
us up and say;
Great things will I accomplish
If only you trust and pray.*

*God has not promised joy without
sorrow,
Sunshine without rain,
Peace and comfort always,
No, sometimes the pain.*

*Through all our trials and heartaches,
God promises to be by our side.
Always ready to lead and guide us
Lest our wayward feet may slide.*

*The road is not always smooth
Not always easy to travel.
Hills and valleys may confront us
And rocks we may encounter.*

*Let us always be up and doing
That our lives will richer be
If we only trust in Him
God's tomorrow we shall see.*

Our Wall Woes

by Vera King

*We've heard there's a wall that wails
And we're all well aware there's a China
Wall
That stretches at length
There's a street in the North
Lined with walls that tower above
Many may remember the garden wall
That keeps a secret
And all the walls that divide to conquer
But the wall that captures
My present attention
Is the one that divides
Us and Our Maker.*

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