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*Seniors cooperatively
minister to community!*

Story on page 2

DAVID BOLSON
ALPORN CO-OP
ATTEND

November 2010
Vol. 24, No. 11

On the Cover

Seniors cooperatively minister to community

by SUSAN LARSON

ON THE COVER

David Bolton, Building Manager at the Lilburn Cooperative Ministry, keeps track of food donations.

The recent economy hasn't been particularly kind to a lot of folks. Even highly skilled professionals are losing their jobs and having to turn to alternative sources of support, which in many cases means more than just money. That was the case with David Bolton one and a half years ago.

"When I lost my job in sales, I came here to the Lilburn Coop for their services," Bolton said. Rather than sit at home and brood, Bolton started volunteering and is now the full time volunteer building manager. Though he's still looking for a paid job, he says working at the coop keeps him active and in touch with the world.

Another volunteer, Judy, who'd recently lost her job said, "I'd been donating things to the coop for years and thought now that I have plenty of time, I might as well volunteer.

They needed someone with office skills and this beats sitting at home having a pity party."

And then retirees like Peggy Archer and Donna Jackson volunteer just for the fun of it.

"About 60 percent of my volunteers are seniors," Executive Director Kay Whithear said, "and once they start, most of them stay with us for a long time."

The Lilburn Cooperative Ministry, supported by 40 area churches, is one of about ten cooperative ministries in Metro Atlanta. Seven of them are in Gwinnett County, the only county completely covered by cooperative ministries. Potential clients are screened to assess their needs, which might include food, clothing, gas cards, and assistance with medical or utility bills. Food comes in by way of donations and the money comes in by way of church fundraisers and private donations.

"I did a talk at Good Shepherd Presbyterian Church in 2002," Whithear said. "There was a man there who had never been there before and hasn't been back since. He donated \$50,000... exactly what we needed to buy our building.



Peggy Archer and Donna Jackson sort out clothing donations just for fun.

When Pilgrimage Presbyterian Church closed and sold their building, they gave us enough money to pay off our mortgage."

Regular supporters include Primerica, the U.S. Postal Service and Providence Christian Academy which conduct huge food drives each year.

But there are many other ways to be part of a cooperative ministry. Just one hour a week can do wonders for sorting donated clothing, which at the Lilburn Coop is sold for one dollar an item. There's a crucial need for people to pick up donations from restaurants and grocery stores, shop for miscellaneous supplies, do minor maintenance, and mow the lawn.

There is no end to the creativity of people's contributions. Assistant Director Patty Kosolapoff, an accomplished coupon clipper, knows how to maximize their value and scouts around for two-for-one specials.

"We put out coupons for our clients to use. When they expire, we send them to the troops overseas where they get a six-month extension to compensate for backlogs in the shipping of those products," Kosolapoff said.

Some really savvy shoppers scour the shelves for hidden treasures that they sell for a sizeable profit at consignment shops, and then return their earnings to the coop, much like the resourceful stewards in the Biblical parable of the talents.

For Christmas, the coop finds families that people can adopt. And for those who don't have the time to shop, they can purchase commemorative Christmas cards for a donation in honor of a loved one.

Anyone, no matter how high they are on the corporate ladder, can find themselves down in the dumps; but, cooperative ministries offers everyone, clients and volunteers alike, many opportunities to be uplifted.

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Kay Whithear, Executive Director of the Lilburn Coop, keeps up with the ever growing requests for assistance.

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Seniors show many ways to spread spirit of Christmas!

by SUSAN LARSON

When Life Care Center of Lawrenceville resident Gus Lang painted wooden toys for Operation Christmas Child shoe boxes last year, he inspired a fellow resident, Evelyn Maddox.

This year, Maddox is joining Lang in volunteering her time and creative talents to bless recipients of the boxes around the world. She is taking her own path, however, in painting small canvas bags and crocheting hats.

"I just love painting and knowing I will help (in some small way) to make a child happy this holiday," Maddox said.

Activities Director Sherry Forester purchases the bags and fabric paint for Maddox through a catalog. So far, Forester said, Maddox has painted almost 100. Designs vary from flowers and butterflies to stars and dots, but they all use bright and fun colors.

Forester noted that not everyone has to have artistic talent to bring happiness to a child. One thing they really need is small plastic bowls, because in some villages, when they give out porridge, they ladle it into the child's hand. If it's too hot, the child often drops it on the ground and doesn't get anything else to eat. She makes sure when

the Life Care residents have their packing party that in addition to all the wonderful hand crafted items that there are enough bowls to go around.

Operation Christmas Child is conducted by Samaritan's Purse, a world relief organization headquartered in Boone, N.C., and headed by Franklin Graham. Participants fill a regular sized shoe box with a mix of small toys, hard candy, school supplies and personal hygiene items. They are also encouraged to include a picture of themselves to create a personal connection. In addition, Samaritan's Purse asks that, if possible, participants tape \$7 to the inside of the box top to cover shipping and transportation charges. And of course, for anyone just not wanting to pack a box, any and all cash donations to defray postage and handling costs are welcome.

Life Care Center of Lawrenceville, located at 210 Collins Industrial Way, is a drop-off point for completed boxes. For other drop-off locations, visit www.operationchristmaschild.com and click on "drop off locations" in the drop down list. Enter a zip code in the zip code search box down on the left. It will bring up the closest locations to that zip code and the hours of operation during National Collection Week, Nov. 15 - 22.

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Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 15,000; Macon/Central Georgia, 8,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

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Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

As I write this epistle I am looking out the windows at maple trees that are bending down with a fall wind that feels like spring. It's hard to tell whether my body temperature is caused from the weather or hormones but something is out of balance. It's simply not normal to sweat in November - but then again, look at the beautiful roses that have been hybridized to bloom through December. Things ain't what they used to be.

We've already begun to plan our Thanksgiving dinner. I thought it would be neat to have something different but the kids fell out in a group at the mention of not having fried turkey. I had thought a crown roast would be nice but that idea bit the dust as soon as I presented it. Some traditions are here to stay but I truly don't mind. As long as there is dressing and cranberry sauce our dinner will be a success.

I have so much for which to be thankful this year. It has been a nightmare year but I am finally

beginning to cope. As you know, I have been recovering at my daughter's home in Eatonton from several surgeries. We thought it was short-term but now know that it may be permanent. Nerve damage done to my legs is permanent and I am unable to walk and maneuver without a walker or wheelchair.

It has been a challenge to accept the fact that I must sell my home and all my belongings. As I looked through my house a few weeks ago when we went home to check out the homestead, I became aware that it was small things in the house that I was attached to and wanted. It was not the huge bedroom suits nor the couches nor the Southwestern room with the fireplace that moved me. It was little things; a glass egg ring box given to me nearly 40 years ago by our minister's wife who was my dear, dear friend and who just left this world several months ago. Also, there are glass cats from my "sister" Helen. Seems the small things that are gifts from the children or friends are beyond price. I like that.

We have some changes to make but life is full of changes and I am

so thankful this Thanksgiving day that I have been taken into my daughter's home where there is love to spare. This transition is not easy but it has been nothing like I thought it would be. After I realized that I could no longer live alone in my home there was nothing left to do but go to daughter Susan's home. She is beyond happy since she has tried for years to get me to move to Eatonton.

God has blessed me beyond belief. Now all I would like to have is a Thanksgiving turkey with nice brown skin. You see, we have a family problem. No matter if the turkey is baked or fried, my family picks the skin off and the poor turkey looks pale and sick. In the meantime, kids are wiping their mouths and patting their tummies. Some kids never grow up. But you know, that's like walking on sunshine to an old mother who has so very much to be thankful for this year. Blessings to all. ©10/26/10

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

Spiritual Notes

Grandparents' Influence

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

My wife and I recently took a trip with a group of senior adults. Much of the conversation among those of us who were grandparents revolved around the actions and accomplishments of our grandkids. There are daily reports in the media today regarding the plight of the young. We read of teen robberies and murders as well as an increase of drug and alcohol use.

No one can deny that there are problems among our youth today.

Who is to blame? Some say the lack of concern among parents; others blame the movie industry and TV, as well as the school system. The arrival of the computer and other gadgets of technology can also be added to the list.

Because of the rapid pace of life in families today, there are few opportunities for them to spend quality time together. We all have observed families in restaurants where the kids and/or parents are on the cell phone or engrossed with a mechanical toy. Very few words are exchanged during the meal.

Parents are given good and prophetic advice on childrearing in

the following Scriptures. The Book of Proverbs states in Chapter 13, Verse 24: "He who spares the rod hates his son, but he who loves him disciplines him promptly." Also a familiar passage in Proverbs is 22:6: "Train up a child in the way he should go, and when he is old he will not depart from it."

These scripture verses obviously apply to the parents more than to grandparents; however, there are occasions where our influence can be effective. Grandparents are an important part of the family constellation. In Romans 12 we read in the first number of verses (paraphrased): "In Christ we who are many form one body, and each member belongs to all the others. We have different gifts, according to the grace given us."

Family members should work as a team. Our gifts are not the same as the parents; but, nevertheless, valuable. As grandparents our passion, prayers and mission should be to support and reinforce the efforts of the parents. Make the time you spend with your grandchildren, and all youth, count as we hopefully make a dent in the problems facing the youth of our country.

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. Bioptic 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 bioptic 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 bioptic 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 bioptic 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 bioptic 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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Poets' Corner

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

Harvests

by Ada Wynnelle Wade

From somewhere emerges a great moon burdened with gold
Struggling up sky-stairs, she floods fields and hay rolls in light
Now a gleam, now cloud-dimmed, an intermittent miracle stunning eyes
As, among myriad spectators blinking in awe, she seeks a seat.

Often drowned in memory by this October night, I hear hooves
In a circle and juice flowing;
A plump uncle in overalls
Beside a vat, stirring, testing, with syrup-stained bib,
In earnest talk with my father about crops, gallons, juices, and
Pork readied at summer's troughs for the coming winter kill,
Child chases kin-child, sprites in the night air, squealing at mice.
Shivery surprises happened upon in the approaching darkness
While the sky-queen ascends her sky-throne in magnificence.

Once again returned, in the twilight hush awash with her glow,
She stirs me. Silently I gaze, amazed at the eternal glory of
Her presence that speaks to my heart of yesterdays and
Of ancients who've watched her, enthralled as I, and are no more.

Crocheted by God

by Jeani M. Picklesimer

Crocheted by God, the bits of lace
Drift to the earth from outer space...
Small doilies fall at Father's Will.
Fresh patterns dance with feather grace.

Then take a bow; though I give chase
I cannot hold nor, thus, embrace
A single puff of Heaven's spill,
Crocheted by God.

Ice linens seek a landing place,
And silently some brush my face –
A dainty kiss, an instant thrill!
My eyelash hugs a flake until
The raveled net leaves but a trace,
Crocheted by God.

Growing Old

by Oliver Cantrell

As we age, why complain,
Maybe we didn't obtain wealth
& fame!
Some times were good,
Some might have been bad,
But overall look at the fun you had.
Anyway, what can you do...
But live your life good and true?
And hope that one day,
After you are finally laid to rest,
That you will be able
To past God's ultimate test...
The test of where you will finally dwell.
Will it be Heaven?
Or will it be Hell?

Your Son, My Son

by Bernice Eubank

There stood a dear old mother,
So well advanced in years,
Who stood beside an open grave
And wept with anguished tears.
She could not understand
Why God had called her son,
She had not other living kin,
He was her only one.

She turned her face toward Heaven
And asked "Dear Father," Why?
Why did you take my only child,
Why did he have to die?
I should have been the first to go,
You left me all alone.
There's no one left on earth "Dear Lord"
No one to lean upon.

The dear heartbroken mother
Said, Father tell me please
Just why you took my only son
Then I will be relieved.

A peaceful voice came down that day,
To comfort and be near,
He softened all her anguish and
Soothed her many tears.

And in a voice so strangely still,
He set a scene upon a hill

He said, "I too, had just one son,
His name was Jesus Christ"
He received the sins of many
And he paid an awful price.

He trudged that hill to Calvary
And hung upon a cross,
That day I lost my only son,
I understand your loss.

Golgotha claimed his life blood
He bled and died you see
So all the sons on earth down here
Could live eternally.

You asked me why I took your son,
"His place was next in time,"
But just remember mother,
In return, "I gave you mine."



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Taking Care

Being a supportive friend... 12 ways to help an Alzheimer's caregiver

by LISA M. PETSCHE

One in ten Americans over the age of 65 and almost half of those over 85 have Alzheimer's disease or a related type of dementia (loss of intellectual functioning).

Alzheimer's disease (AD), the most common form of dementia, involves gradual breakdown of nerve cells in the brain. Affected persons lose the ability to interpret information

and to send messages to their body to behave in certain ways. Over time they experience mental, emotional, behavioral and physical changes, necessitating increasing amounts of supervision and, eventually, hands-on help with activities of daily living.

Family members, particularly wives and daughters, provide most – and in many cases all – of the care. They are at increased risk for depression and other health problems due to the emotional strain and the physical toll of care giving.

The following are some things that you, as a friend or relative, can do to help prevent an Alzheimer's caregiver you know from wearing down.

1. Keep in touch.

Recognize that you may have to

make most of the effort in maintaining the relationship.

2. Become informed.

Educate yourself about AD – to help you understand the kinds of challenges caregivers can be faced with – and share information with family and friends. Share finding with the caregiver as well – especially strategies for managing challenging behavior.

3. Lend an ear.

Listen non-judgmentally and demonstrate compassion. Do not give unsolicited advice.

4. Connect them with other caregivers.

Locate caregiver support groups (contact the local office on aging or Alzheimer's Association chapter) and encourage the caregiver to try one. Offer to stay with their loved one while they attend meetings or, if concurrent care is provided, accompany them to the first meeting.

5. Promote self-care.

Encourage the caregiver to eat nutritiously, exercise and get sufficient rest in order to maintain good health. Do whatever you can to help make this happen. For example, bring over a meal, or offer to sit with their loved one while they go for a walk or take a nap. Also encourage them to get regular checkups. Offer to stay with their

loved one while they attend appointments.

6. Provide practical help.

Determine what kind of assistance the caregiver could use most. Perhaps it's picking up groceries, running errands, or doing laundry or yard work. If your assistance is declined, continue to express your desire to help. Meanwhile, take it upon yourself to deliver a casserole or baked goods or, if you're a neighbor, sweep both walks or bring in both sets of garbage cans.

7. Surprise the caregiver with a treat.

Ideas include a rented movie, a favorite magazine, fresh flowers or a plant, or a gift certificate to restaurant that has delivery service. If you're on a limited income, sign out reading materials, movies or CDs from the local library.

8. Give the caregiver a break.

Offer to sit with the loved one for an hour while they go out to a hair appointment or to church, or for a longer stretch so they can attend a cultural or social event.

9. Locate resources.

Offer to obtain information about community supported services – such as accessible transportation, home care, adult day care and residential respite programs – if none are in place, and encourage their use as appropriate.

10. Join the local chapter of the Alzheimer's Association.

Your support will assist them in providing aid not only to your friend or relative but also to other AD caregivers like them. Typical chapter programs and services include a telephone hotline, support groups, a Safe Return program for wanderers, training for family and professional caregivers, a newsletter and a resource library. Membership also makes a thoughtful gift for the caregiver, connecting them to a key resource.

11. Watch for signs of trouble.

Encourage the caregiver to seek help from their primary physician or a mental health worker if they feel overwhelmed or hopeless (possible signs of clinical depression), or if they start to fear for their safety or that of their loved one.

12. Stand by the caregiver.

Praise their efforts and be an ongoing source of encouragement. In particular, support them if they decide to pursue placement in a long-term care facility. Do whatever you can to help them and their loved one with the transition.

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

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Out & About

DHS continues public hearings on its state plan for aging

Special to Senior News

Public hearings to get consumer input for the Division of Aging Services (DAS) 2011 State Plan renewal will continue through November 18.

Public hearings are scheduled in Savannah, Milledgeville, Athens and LaGrange for November. Below is a listing of the times and locations of public hearings.

"The public hearings are scheduled statewide so customers and stakeholders can provide feedback and input regarding current and future programs and services for older adults, adults with disabilities, and family members and caregivers," said DAS Director Dr. James Bulot. "People who are unable to attend are invited to send us written comments."

The State Plan indicates how Georgia plans to meet the requirements of the Older Americans Act and its goals and objectives for service delivery, strategic planning and intrastate funding. The State Plan provides a blueprint for building capacity and modernizing long-term care efforts. The federal Administration on Aging (AoA) requires all states to submit multi-year plans outlining their aging program goals, objectives and activities, and the needs of the aging population.

AoA priorities for the State

Plan include increasing the number of older adults who have access to home and community based services; increasing the number of older adults who stay active and healthy; increasing the number of families who are supported in their efforts to care for their loved ones at home and in the community; and increasing the number of older adults who benefit from programs that protect their rights and prevent elder abuse, neglect and exploitation.

DAS, in partnership with the Area Agencies on Aging (AAAs), administers these programs:

- Home and Community Based Services (HCBS) to non-Medicaid customers and the Community Care Services Program (CCSP), which provides home and community-based Medicaid services to help nursing home-eligible consumers remain in their homes;

- Adult Protective Services investigates reports of abuse, neglect or exploitation of disabled adults and older persons living within their home or community;

- Long-Term Care Ombudsman Program works to improve the quality of life for residents of long-term care facilities including nursing homes, personal care homes, and community living arrangements (CLAs) and intermediate care facilities for persons with mental retardation (ICF/MRs).

- Elder Rights and Advocacy

programs that include legal services, elder abuse prevention, and health insurance counseling through the GeorgiaCares program and the Aging and Disability Resource Connection (ADRC) which provides a single, entry point for citizens needing access to information and services; and the

- Senior Community Service Employment Program, which provides training for unemployed low-income Georgia seniors age 55 and older and helps them obtain paid employment.

If you are not able to attend one of the public hearings, you may send written comments until 5:00 p.m. on November 30, 2010, to svthurman@dhr.state.ga.us. For more information, call the Division of Aging Services at 404-657-5281 or your local AAA.

Here is the list of upcoming public hearings:

- Tuesday, November 9, 2010, 10:00am to 12 noon (Savannah),

Armstrong Center, 11935 Abercorn Street, Savannah, GA 31419. Co-sponsored by Coastal Regional Commission of Georgia Area Agency on Aging

- Wednesday, November 10, 2010, 10:00am to 12 noon (Athens), Athens Community Council on Aging, 135 Hoyt Street, Athens, GA 30601. Co-sponsored by Northeast Georgia Regional Commission Area Agency on Aging

- Tuesday, November 16, 2010, 10:00am to 11:30am (LaGrange), Troup County Senior Active Center, 140 Ragland Street, LaGrange, GA 30241. Co-sponsored by Three Rivers Regional Commission Southern Crescent Area Agency on Aging

- Thursday, November 18, 2010, 10:00am to 12 noon (Milledgeville), Baldwin Senior Center, 290 Linda Drive, Milledgeville, GA 31061. Co-sponsored by Middle Georgia Regional Commission Area Agency on Aging

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The Ultimate Dining Experience

by MARY FRANCES

The culinary competition of the century took place in Roswell, Georgia, September 29, 2010, at the elegant Chambrel in Roswell. Brookdale Senior Living retirement community, who operates Chambrel and 563 other communities in 35 states, hosted this first class competition that involved culinary professionals from ten regional senior living communities in five southern states. Two teams, each with four chefs, prepared a four course meal that was low in salt

and sugar. One team called themselves The Thyme Bandits and the other was called The Southern Sizzlers. Four judges sampled the fare. One of the judges, Dewey McClain of Falcon Football fame, appeared to be enjoying his judging duties, as he sampled the many prepared dishes. The meals were judged on presentation, creativity and taste.

Hundreds of guests were seated under a large canopy and enjoyed tasting a variety of beautifully displayed dishes. Among them was a swordfish kebob, peach coleslaw and chilled almond soup. "Senior living has taken a giant step,"

said Mary, a Chambrel resident, after sampling some of the food. "This is worth growing old for."

See this event on www.facebook.com/ultimatechiefbrookdale and learn more about the Ultimate Chef America at www.ultimatechiefamerica.com.

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This study is being performed by Dr. Nadine Rouphael and Dr. Aneesh Mehta at the Hope Clinic of Emory University, 603 Church Street, Decatur, GA 30030.

Version 1.0 (9.9/2010)

The 2010 Scottish Festival comes to Atlanta

by MARY FRANCES

Stone Mountain hosted the 38th Annual Scottish Festival and Highland Games on October 17th and 18th. Gentlemen wore plaid kilts and the ladies were in turn-of-the-century peasant dresses. Children could be seen wheeling light-weight swords and shields as they all walked the paths of Stone Mountain listening to bag pipes and feasting on ethnic foods.

Over one hundred volunteers serving on twenty-four committees helped to bring the festival to Atlanta. Eleven vendors working out of tents, sold authentic imports and thirteen craftsmen and artisans exhibited unique art,

jewelry, and period pieces. Marching bands, whose members were dressed in kilts, played throughout the weekend, entertaining visitors with their music and bravado. They could be seen marching along the festival pathways flanked by decorated tents.

Hefty athletes competed in an open field surrounded by spectators. They showed their expertise in the rugged ancient games called Stone of Strength, Sheaf Toss, Weight Toss, Weight Throw, Hammer Throw and Caber Toss. One of the most popular events was the games for "wee ladies and lassies."

Musicians and dancers entertained

continued on page 12



Atlanta Bagpipe Band



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Bill Mixon, the Falconer

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Out & About

FESTIVAL from page 11

on three stages throughout the two-day festival from 8:00am till 6:00 pm. Twenty-eight dancing trophies were awarded from novice to professional for Sword Dancing, Irish Jig, Highland Fling, and Sailors Hornpipe.

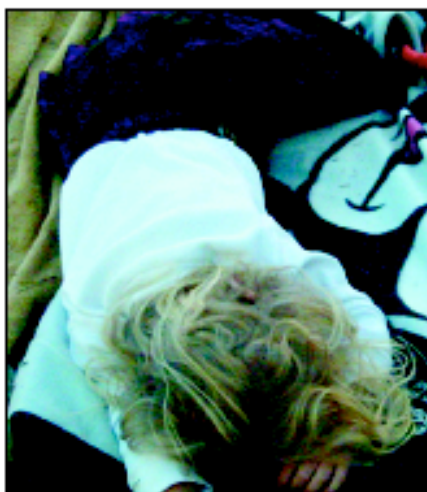
Musical groups included the Stonewall Scots Irish Folk Group based in Northern Ireland, Squinting Patrick, a rowdy pub band, Caledonia Swing who played traditional and contemporary Celtic music, and the Ballybeg Band who specialized in Irish Jigs and Reels. Musical instruments prominent during the festival were harps, whistles, bagpipes, fiddles, and drums.

Ninety-two clans of Australian, Scottish, and Irish ancestry came from as far away as Terra Haute, IN, Waco, TX and Bethel, OH. On Sunday afternoon, they gathered under decorated canopies and then paraded throughout Stone Mountain Park donned in tartans and holding banners.

Besides Celtic costumed participants, also seen at the Stone Mountain Scottish Festival were Highland cattle, Scottish Sheepdogs, A Scottish Falcon,

Mr. and Mrs. Clause, Betsy Ross, and hundreds of local folk.

Highland enthusiasts may attend the 30th Annual Smoky Mountain Highland Games May 20-22, 2011, in Maryville, TN or the 56th Grandfather Mountain Highland Games July 7-10, 2011, in Lincoln, NC. A proven crowd pleaser, the Highland Games will be held again at Stone Mountain October 15th and 16th, 2011. More information is available on smhg.org.



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C'mon, let's eat

by FAYE JONES

Happy Thanksgiving! Can't believe it's time for turkey and the trimmings again. Where did another year go? Since all of you dear readers have mountains of recipes for entrees and sides, we thought you might enjoy a few recipes for drinks and good things to nibble on while waiting for the turkey to bake. Read on and enjoy!

HOLIDAY EGGNOG

12 eggs
1 1/2 cups sugar
1/2 tsp salt
2 quarts milk, divided
2 Tbsp vanilla extract
1 tsp ground nutmeg
2 cups whipping cream
Additional whipped cream and nutmeg, optional

In a heavy 4-quart saucepan, whisk together eggs, sugar and salt. Gradually add 1 quart of milk. Cook over low heat, stirring constantly, until a thermometer reads 160 degrees – about 25 minutes. Pour into a large bowl; stir in vanilla, nutmeg and remaining milk. Place bowl in an ice-water bath; stir frequently

until mixture cools. If mixture separates, process in a blender until smooth. Cover and refrigerate for at least 3 hours.

When ready to serve, beat cream in a mixing bowl on high until soft peaks form; whisk gently into cooled mixture. Pour into a chilled 5-quart punch bowl. If desired top with dollops of whipped cream and sprinkle with nutmeg. Yield: 18 servings 3/4-cup each.

STRAWBERRY DIP

The fresh and delightful flavor of this dip will bring back memories of summer.

1 package (8-ounces) cream cheese, softened
1/2 cup sour cream
1 carton (6-ounces) lemon yogurt
1/4 cup mashed strawberries
3 tablespoons honey
1 tablespoon maple syrup
Fresh fruit

In a mixing bowl, beat cream cheese and sour cream until smooth. Add yogurt, strawberries, honey and syrup; mix well. Refrigerate for at least 4 hours. Stir before serving. Use fresh fruit for dipping. Yield: Two cups

dip.

CRAB-STUFFED CHERRY TOMATOES

1 Pint cherry tomatoes
1 (6-ounce) can crabmeat, drained, flaked and all cartilage removed
1/2 cup diced green pepper
2 green onions diced
2 Tbsps Italian-seasoned bread crumbs
1 tsp cider or white wine vinegar
1/2 tsp dried parsley flakes
1/4 tsp dill weed
1/2 tsp thyme
1/8 tsp salt

Cut a thin slice off tops of tomatoes and carefully scoop out insides; invert on paper towel to drain. In a small bowl, combine remaining ingredients; mix well. Stuff tomatoes; place in an ungreased 13 x 9 x 2-inch baking dish. Bake, uncovered, at 350 degrees for 8 - 10 minutes or until heated through. Serve warm. Yield: About 1 1/2 dozen.

HOT MACADAMIA SPREAD

1 Package 8-ounces, cream cheese, softened
2 Tbsp milk
1/2 cup sour cream
2 tsps prepared horseradish
1/4 cup finely chopped green pepper
1 green onion, chopped
1/2 tsp garlic salt
1/4 tsp pepper
1/2 cup chopped macadamia nuts or blanched almonds
2 tsps butter or margarine
Assorted crackers

In a mixing bowl, beat cream cheese and milk until smooth. Stir in sour cream, horseradish, green pepper, onion, garlic, salt and pepper. Spoon into an ungreased shallow 2-cup baking dish; set aside.

In a skillet, sauté the nuts in butter for 3-4 minutes or until lightly browned. Sprinkle over

the cream cheese mixture. Bake, uncovered, at 350 degrees for 20 minutes. Serve with crackers. Serves: 6-8.

Enjoy! ©10/24/10

EDITORS NOTE: If you have a favorite recipe, please share with us!

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

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The Next Chapter

Big Girl... a light read

Book Reviews by
ANNE B. JONES, PhD

Big Girl
by Danielle Steel
Delacorte Press, New York, 2010

Big Girl is a light read with an interesting but predictable look at a woman whose weight has been an issue all of her life. Danielle Steel is one of our most popular female authors and this work reflects her tendency to explore current topics and women's issues in an entertaining informative way. As is her usual style, she has included a large and satisfying portion of romance.

Big Girl opens with a heart rending portrait of Victoria Dawson, a young woman raised in Los Angeles, who is deemed unlovable by her family because of her looks and size. Unable to fit in, she escapes to a different world, establishing a new home and a refuge in New York.

Steel's depiction of how parents contribute to and destroy

their children's self-esteem is a lesson well taught. Using a psychologist as a supporting character, she gives readers a view of the results of dysfunctional family dynamics, while demonstrating how one can change them.

The author is a master storyteller and the book held my attention; however, I was appalled by the lack of editing and depth. I saw bad punctuation errors and sometimes a lack of good sentence structure. There were many opportunities for the author to have probed further into such important issues and her characters seemed unnecessarily shallow. My one-word review for the book would be "plastic." But, for many readers it is a great escape without the burden of thinking and that can sometimes be a good thing.

Feedback and comments
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Avoid making common mistakes

by EVA MOR, PhD
Author of
Making the Golden Years Golden

In my book *Making the Golden Years Golden*, I help the reader develop plans for their future retirement. Women tend to be less prepared than men. In this article I address the women that are more likely to be less financially savvy, and thus make costly mistakes.

The statistics show that women live longer than men, on the average 8-10 years longer, 50 percent of marriages end in divorces, so you must be prepared to manage your finances wisely if you should be one of the women that are living on their own. The following are 10 mistakes that are most commonly made as well as suggestions of how to avoid them, or correct them:

1. Being unfamiliar with finances.

Women tend to let their spouses handle family finances and all related decisions. Protect yourself by making sure you know of all investments, all accounts, and your name appears on all of them. Joint ownership establishes your legal right to all assets in the event of your spouse becoming ill, or the unfortunate event of the marriage ending.

2. Not saving early enough for retirement.

It is never too late, start today. Resist unnecessary spending. However small the steps, start as soon as possible.

3. Investing in one basket.

Diversify your investment to reduce risk. When investing for retirement go with lower levels of risk, and put money into accounts that will give you a tax break, such as 401K or an Individual Retirement Account (IRA). The longer you build up your retirement assets with tax deferred accounts the better of a retirement you will have.

4. Starting tapping into retirement account too soon.

No matter what is the reason, do not use your retirement money. It is difficult to replenish it.

5. Starting to collect Social Security too early.

Some two third of retiring Americans begin to collect early at a reduced rate. If you wait 'till you're 65 years old with collecting

your Social Security benefits, your monthly check will be 20 percent higher, then if you start at 62 years.

6. Not purchasing Long Term Health Insurance.

Women are more likely not to have Long Term Health Insurance, assuming that Medicare will cover home care or nursing home stay. Medicare will only cover 100 days of rehabilitation and only if you will recover from the condition you are being rehabilitated from. If you purchase LTI early, in your fifties, it will be much lower than if the same policy is purchased in your sixties.

7. Carrying Debt.

Decrease debt that so easily piles up on credit cards. Avoid needing to pay interest on credit card balances. Try to enter your retirement years debt free.

8. Not having a Will or Health

Proxy.

Eight out of ten women do not have Wills or Health Proxy. The first instruction as to what should be done with your assets, the second empowering someone you trust to speak for you when you are unable to do so regarding medical care. If you do not have a Will, the state may step in to administer it (and charge your estate for this favor), if you do not have a Health Proxy, doctors that may not know you will decide regarding your care.

9. Not Planning for Residential Options in the Future.

Plan your life after retiring. You will need about 80 percent of your current income to live comfortably. You should preplan your residential situation. Consider scaling down housing expenses. Most of us do not need the large houses we lived in with our children. Research ahead of time what are

the option and the cost for them, i.e. retirement communities, residential facilities, senior housing, etc.

10. Women are less likely to start second careers.

If you need to supplement your income there are many opportunities that can be suitable for you. You need to research what is available, you may check out the local school, they always need aides, the local hospital, nursing homes, libraries, they all need part time workers.

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• 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.myfultoncountygga.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.

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 sloss@emory.edu.

Saint Joseph's Hospital

Free Cancer Support Groups. For more information call Renee Rickles at 404-851-5051.

Multiple Sclerosis Center of Atlanta

Support group meetings second Tuesday each month, 4:53 p.m., MSCA in Buckhead, 3200 Downwood Circle, Suite 550, The Palisades Building. For additional information call 404-351-0205, ext. 110, or visit www.mscaatl.org.

Alzheimer/Caregiver Support Group

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

Square Dance Class

Every Tues., 10 a.m.-noon. Basic & Mainstream. No partner needed. Living Grace Lutheran Church, 1812 Cooledge Rd., Tucker. Contact Alice Adler at 404-296-7288 or alicerhodes357@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

continued on page 16

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CALENDAR

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Kennesaw Square Dancers. Call 404-808-8689 or visit www.squaredealers.com.

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.

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

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

East Cobb AARP

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

Woodstock AARP Chapter 5173

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

Sandy Springs AARP

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

PALS Lunch 'n Learn Sessions

For details call PALS (Perimeter Adult Learning and Services) at 770-698-0801.

• 50+ Lunch & Learn Programs: Mondays Sept. 13-Nov. 1, 9 a.m.-3 p.m., Dunwoody Baptist Church, Dunwoody. Call 770-698-0801.

Senior Connections' Adventures In Learning Classes

Mack Love Senior Center, 1340 McConnell Dr., Decatur
Online catalog available at www.seniorconnectionsatl.org or call 404-321-6060.

Decatur Monthly Sacred Harp Singing

Thurs., Nov. 4, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Cold Mountain*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details call 404-892-6836 or visit www.atlantasacredharp.org.

Monthly Singalong

Group singing just for fun... no performances. Open to all. East Lake location. For complete information call Bob at 404-378-5424.

Atlanta Artists Center and Gallery

2979 Grandview Ave., 404-237-2324, www.atlantaartists-center.org

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.

Newnan-Coweta Habitat for Humanity Sales

Every Sat., 8 a.m.-5 p.m., 1082 East Highway 16,

Newnan. Call Glenn at 770-252-4061.

Volunteers Needed 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.

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 outs 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.

continued on page 17

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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.atlantajcc.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.

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.

Cong. Shema Yisrael - The Open Synagogue Services

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

Volunteers Need for Meals on Wheels

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

Cong. Shema Yisrael

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

Achva Adult Day Club

The Achva Adult Day Club meets at Ahavath Achim Synagogue on Wednesdays and Fridays, 11 a.m.-3 p.m. Open to the community and provide meaningful activities for those with memory loss or physical challenges. Contact Leah Steiner at 404-603-5756 for information.

VOLUNTEER OPPORTUNITIES FOR 55+

The Metro Atlanta RSVP program, sponsored by the Atlanta Regional Commission, Area Agency on Aging, is currently accepting applications for volunteers to help educate older adults about issues that are important for remaining healthy and independent in their communities. Join a force of talented volunteers, age 55 and over, whose members are utilizing their unique life experiences and skills to share important information with older adults. RSVP volunteers play a critical role in providing education and outreach in the community so older adults can make informed choices about available programs and services. Free training is provided for all volunteers and flexible schedules are

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CALENDAR

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available. Volunteers 55+ are eligible to receive mileage reimbursement and supplemental insurance.

For more information, please call 404-463-3119 or email enaumann@atlantaregional.com.

Alzheimer's Support Group

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

Grandparents on the Move Meeting

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

N.A.R.R.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.

Metro Atlanta RSVP Needs Volunteers 55+

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

Lifespan Resources, Inc.

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

Volunteers Needed by CASA - Court Appointed Special Advocates

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

Newnan-Coweta Habitat for Humanity ReStore

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Ask for Janet at 404-321-0453**CALENDAR**

from page 18

Care & Share Support Group

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

25th Annual Mt. Zion Craft Show

Fri., Nov. 12, 9-5 & Sat., Nov. 13, 9-4. Mt. Zion United Methodist Church, 1770 Johnson Ferry Rd., Marietta. Proceeds benefit local and church charities. Call 770-971-1465 or visit www.mtzionumw.org.

AARP Defensive Driving Classes

Nov. 6 & 13, 9-12 a.m., Harmony Grove UMC, 50 Harmony Grove Rd., Lilburn. For complete details call 770-921-7747.

Christmas in Roswell 2010

For events and details visit www.visitroswellga.com.

Harmony Grove UMC Events

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

• Hanging of the Greens: Nov. 28, 11 a.m. No 8:30 a.m. service this day.

• 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.

Breakfast With Santa

Dec. 4, Evergreen Marriott Resort, Stone Mountain Park. For details contact Christy Clark at 770-491-9014, ext. 128 or christyclark@fodac.org.

An Evening With Chopin

Sat., Nov. 6, 6 p.m., The Country Club of the South, 4100 Old Alabama Rd., Johns Creek. \$75 per person. Chopin Society of Atlanta's Annual Fundraising Event. Visit www.chopinatlanta.org.

VA Benefits & Senior Scams Seminar

Nov. 9, 1-2:30 p.m., Aloha To Aging, Inc., Mt. Bethel Community Center, 4608 Lower Roswell Rd., Marietta. Call 678-439-1177.

Southeastern Railway Museum Events

3595 Buford Hwy., Duluth
www.southeasternrailwaymuseum.org; 770-495-0253, ext. 2

• Model Railroad Days: Nov. 6 & 7, 10-5

• Full Speed Ahead: Nov. 27, 10:30-noon

Alzheimer's Disease & Other Dementias - What Everyone Wants To Know

Tues., Nov. 9, 6-7 p.m., Northlake Gardens Assisted Living & Memory Care. 770-934-0034.

"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.

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MediCare open enrollment starts November 15th

Submitted by the Georgia Department of Human Services

The GeorgiaCares State Health Insurance Assistance Program (SHIP) is helping Medicare recipients make informed decisions about which prescription drug and Advantage plan options are best for them. Consumers can compare available plans by visiting www.Medicare.gov. They may also call GeorgiaCares toll-free at 1-800-669-8387 for personalized assistance.

Open enrollment for Medicare Part C and D begins November 15, and recipients will have until December 31, 2010, to make their choices. With so many options available, choosing the right one is important. This is the first year that there will be one election period for both Part C and D plans. After this time, plan changes can be made during the annual Disenrollment Period of January 1 - February 15th of each year. During the Disenrollment Period, beneficiaries will only be allowed to leave a Medicare Part C plan and return to Original Medicare (Parts A and B) with the option of choosing a prescription drug plan.

"The GeorgiaCares SHIP network provides one-on-one assistance, so that callers can get personalized help as they compare

their options and decide on which plans best meet their needs," said Dr. James J. Bulot, director of the DHS Division of Aging Services.

GeorgiaCares SHIP counselors are available through the statewide network of Area Agencies on Aging and will provide community education sessions and answer hotline calls to help beneficiaries understand 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 and the Centers for Medicare and Medicaid Services (CMS) advise people who wish to make a change to do so as close as possible to the November 15 opening date to ensure their coverage will be available on January 1, 2011. Companies began marketing their plans on October 1.

GeorgiaCares SHIP services are free and also assist Medicare beneficiaries on Medicare, Medicaid and Medigap matters, including long-term care insurance, claims, resolution to billing problems, information and referral on public benefit programs aimed at those with limited incomes and assets, and other health care insurance information.

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 do not want to make a change can remain in their plan from 2010.

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.dhs.ga.gov> or call (866) 55-AGING (552-4464).

Substitute teaching helps shave off cost of entertainment

by SUSAN LARSON

With the cost of movie tickets these days, sometimes entertainment just gets cut from the budget, especially when one is living on Social Security. But here's where I get a break. I'm a substitute teacher. I get free entertainment just by showing up for work. And sometimes I can even give - and learn - real life lessons that help bridge the generation gap. And that usually provides even more entertainment.

For example, a middle school class was

studying the Russian Revolution. The plans included reading from a book about Anastasia, Grand Duchess of Russia.

I held the book up high so everyone could see the pictures as I read. I turned to a picture of Anastasia and her three sisters in their bathing suits, which had bloomers with ruffles below their knees.

"Did women just shave their legs up to their knees back then?" a young lady asked. "Women didn't shave at all back then," I told her.

They all gasped in disbelief. "My mother never shaved her legs," I told them. "In fact, she was horrified when she found out I was shaving my legs in high school. She told me only prostitutes shaved their legs, which was pretty much true when she was growing up in the early 1900's. She just couldn't accept that times had changed."

"I relate to that, Mrs. Larson," a young man piped in. "My mother really lost it when she found out I was shaving my legs. She just couldn't understand that if you want to make serious time on swim team, you have to shave your legs."

With that, all the male swimmers started volunteering stories about their families' reactions to their shaving habits.

"OK, back to the book," I said, figuring we'd learned all we needed to know about the history of shaving in America. I turned the page to a photograph of Anastasia's mother in her Victorian wedding gown.

"All wedding dresses must have had long sleeves back then," a young man observed.

"Why's that?" I asked.

"Just think. If the Tsar saw her coming down the aisle with hair coming out of her armpits, he never would have married her and we wouldn't be sitting here talking about Anastasia."

Yes, I had to laugh at that. And also take delight in knowing that not only was all of this entertainment free, but that I actually got paid to take part in it!

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