

# Senior News

Serving **ATLANTA** & Suburban Areas

Information For Ages  
**50 PLUS!**

BEAM ME UP,  
BISCOTTI.

*Software engineer switches  
applications from  
computers to cookies!*

*Story on page 2*



On the Cover

Software engineer switches applications from computers to cookies

by SUSAN LARSON

ON THE COVER

Steve Stokes, President of Starship Endeavors, prepares his signature Beam Me Up Biscotti.

It's happened a lot in this economy. Someone who is very skilled at what he does and is extremely dedicated to the job is suddenly laid off. It happened to Steve Stokes.

All his life, Stokes was an achiever. At age 12, he earned the rank of Life Scout. He entered Georgia Tech a year early, earned his degree and when computers were still in their infancy, he worked as a computer guru for specialized economic studies in Hawaii and Nova Scotia. But despite his proficiency in the computer field, the bad economy finally cost him his job.

But unlike many who have had a bout of bad luck in the job market, Stokes hung on to his primary identity, that of philoso-

pher.

Over the years Stokes has collected bits of philosophical wisdom from magazine ads and wrote quite a few of his own. With lots of time on his hands, he revisited his own writings. "A person of exemplary caliber doesn't squander his talents or ignore his passions" is one that stuck out. He thought back on what he thought were his passions.

"I remember watching the Galloping Gourmet with my mother and that I had a cooking column in my high school newspaper," Stokes said.

Combining those memories with his interest in Star Trek, Stokes followed through with his own philosophy and gave lots of attention to his passion for cooking.

He came up with a variety of "Beam Me Up Biscotti" recipes such as tarragon, orange walnut black pepper and Tuscan spice. He has also developed recipes for Philosopher Scones, named for



Stokes prepares materials for a monthly discussion at The Philosophy Cafe in Buckhead.

the original Harry Potter title, Philosopher Stones, pauper's pouches, little pies filled with fruit or berries and millennium mousse. The latest addition to his menu is kid's sushi, a rolled up blend of sweet treats. And, as a type II diabetic, Stokes has crafted his recipes to be nutritious as well as tasty.

Stokes started taking his baked goods as refreshments at computer networking groups and the next thing he knew people were asking him to bake for special events and corporate gift giving. And that's how his business, Starship Endeavors, got off the ground. Stokes has supplied nutritious desserts for various metro-Atlanta functions, including a Christmas party at St.

Joseph's Hospital.

When he's not cooking up something in the oven, he's cooking up things in his head. Over the years Stokes has designed board games, written sci-fi scripts and invented, among other things, a cost-efficient DeckNet which was featured in Atlanta Home Improvement Magazine. Following his passion for philosophy, on the second Wednesday of every month, Stokes moderates The Philosophy Café at Moe's in Buckhead.

"It's part of my volunteerism to the community," said Stokes, whose new Starship Endeavor is proof of where the application of a little sound philosophy can take you. More info: beammeupbiscotti@gmail.com.

**Up to \$400 off a set of digital hearing aids!**

**Ding! Dong!**

Time to get your hearing checked?

To hear for yourself, please call to schedule an appointment

Deborah Golden  
M.S., CCC-A  
Audiologist

Joel J. Alexander  
D.O., F.A.A.C.  
Board Certified

**Alexander**  
EAR, NOSE & THROAT  
CENTER

2726 Lawrenceville Highway  
Decatur, Georgia 30033

**(770) 414-1130**  
Fax: (770) 414-1135

**Have You Ever Experienced...**

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

**BATHTUB SAFETY**

Cut Downs • Grab Bars

Slip Resistant Bottoms

Benches

**\$50 OFF WITH THIS AD**

**UNIQUE®**  
**REFINISHERS, INC.**

770-945-0072

ga@uniquerefinishers.com

www.uniquerefinishers.com

The Nation's Oldest & Largest Bathtub Safety Company

**Genworth®**  
Financial

**REVERSE MORTGAGES**

**(770) 984-0125**

**Dan Wolbe**  
Reverse Mortgage Advisor  
daniel.wolbe@genworth.com

© 2010 Genworth Financial, Inc. All rights reserved. Genworth Financial Home Equity Access, Inc. 10001 White Rock Road, Suite 200, Rancho Cordova, CA 95670. Company NMLS ID# 3313, Loan Originator NMLS ID# 169220. GA - Mortgage Lender License #22250. Georgia Residential Mortgage License.



## The Next Chapter Deception

Book Reviews by  
ANNE B. JONES, PhD

*Deception*  
by Jonathan Kellerman  
Random House 2010

When a female staff member at a prestigious Los Angeles prep school is found tortured and murdered, Los Angeles homicide detective Milo Sturgis is assigned the sensitive case. Using evidence found at the scene and the help of his psychologist friend Alex Delaware, Sturgis fights an uphill battle for clues while facing numerous political obstacles. Many of those involved are among society's heavy hitters, making the path to truth a treacherous and dangerous journey.

Traditionally, opening a Jonathan Kellerman mystery is like opening a door to old friends. Through the

years, his *Alex Delaware* series has attracted millions of loyal readers due to his expert character development, realistic dialogue, sense of setting and depth of plot. This work is an exception. *Deception* was an entertaining fast read, but doesn't measure up to Kellerman's usual quality. Amazon customers have given the book a four-star rating. Personally, I'd rate it a three. The character development is superficial and the plot is simplistic. In addition, the book has many typos, giving the appearance of hasty editing. Kellerman's unusual lackluster writing was apparent on every page. This is probably bound to happen sometime to an author who has published more than thirty best-selling crime novels, meeting continual deadlines. After the author sees his reviews, I bet the next one will be better. And, because he's a master, I'll buy it.

Feedback and comments welcome: [annebjones@msn.com](mailto:annebjones@msn.com).

## Harvest of Art scheduled for September 11th

Special to Senior News

The Harvest of Art festival, presented by the Georgia Piedmont Arts Center (GPAC) in partnership with the City of Auburn and the Auburn Downtown Development Authority, will be held on Seventh Street in downtown Auburn from 10:00 a.m. until 5:00 p.m. on Saturday, September 11th.

This street festival will showcase and offer fine art and fine crafts for sale. All work will be original and hand created by the participating artisans from all around North Georgia. There will be musical entertainment during the day, arranged by the folks at 106 West Music School. In an adjacent indoor venue GPAC will be offering FREE mini art lessons to anyone who wishes to participate. There will be adult classes in Acrylic Painting, Watercolor Pencil Drawing, Mosaics and Watercolor Painting. There also

will be fun and creative children's art activities. These FREE mini lessons will be offered at scheduled times all during the day.

Several of the GPAC member artists will be creating original artwork commemorating and honoring the victims and heroes of 9/11. The artwork will be displayed during the festival and will be given to the members of the Auburn Fire Department at the end of the day.

GPAC relocated to "The Cottage" in downtown Auburn in April, and the group is excited and anxious to bring the Harvest of Art Festival and other art opportunities to the community. The folks at the cottage offer many ongoing art lessons, including painting, sculpture, drawing, pottery on the wheel, and various and informative workshops.

For additional information contact Kathleen Gill at 404-202-3044. Please visit GPAC on their web site [www.GeorgiaPiedmontArtsCenter.com](http://www.GeorgiaPiedmontArtsCenter.com).



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

Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30046.

Gwinnett Memorial & East Shadowlawn Memorial Gardens, Lawrenceville • White Chapel Memorial Gardens, Duluth  
\*Not Affiliated With Any Government Agency

Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30046

I'm interested in taking advantage of this special opportunity

Veteran \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Spouse's Name \_\_\_\_\_ Number In Family \_\_\_\_\_



There really is no place like home to provide a healing, relaxing environment when recovering from an illness, injury or surgical procedure. Home is the place where family, friends and familiar surroundings make you feel most comfortable and help you recover faster.

MEDICARE covers all of our services, which include:

- Skilled Nursing
- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Medical Social Services
- Home Health Aide

Let us show you why we are Atlanta's Premier Home Health Provider!  
Call **SunCrest** 24 hours a day, 7 days a week at 770-427-2056.



## ThriftyMedsNow.com

You don't have to pay full price for your prescription drugs. Fill your prescriptions with a licensed Canadian pharmacy... IT'S EASY. GET A FREE PRICE QUOTE TODAY.

### SAMPLE SAVINGS

	Strength	Size	US	Canada	Generic	Save
Aciphex	20 mg	100 tabs	\$585	\$152	\$ 86	84%
Actonel	35 mg	4 tabs	\$105	\$ 46	\$ 28	74%
Effexor XR	150 mg	100 caps	\$411	\$207	\$106	74%
Plavix	75 mg	28 tabs	\$142	\$ 83	N/A	46%
Flomax	0.4 mg	30 caps	\$109	\$ 26	\$ 17	85%
Femara	2.5 mg	30 tabs	\$441	\$180	\$ 83	81%
Proscar	5 mg	30 tabs	\$106	\$ 67	\$ 38	64%
Lipitor	40 mg	100 tabs	\$415	\$203	\$115	72%

GeoTrust



All of the medications we carry are approved by Canada's health Protection Branch (Canada's regulatory body, similar to the United States USDA).

**1-866-999-7928** toll free  
**www.ThriftyMedsNow.com**

## Laurel Creek

Assisted Living Community

Assisted Living The Way It Used To Be...

...All Inclusive Services For One Monthly Fee!

No Levels of Care • Respite and Day Care



Serving Those Who Have Served Us!

— 10% DISCOUNT FOR —

Retired Teachers • Retired Police Officers  
Retired Firefighters • Retired Veterans

Call For Additional Information

**678-456-8363**

7955 Majors Rd. • Cumming, GA 30041

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





# Senior NEWS

Atlanta's Senior Newspaper

## Atlanta Manager/Editor

**Ann Tunali**

Phone: 770-698-0031

Fax: 770-395-7271

Website

www.seniornewsgeorgia.com

www.seniornewsga.com

Email: seniornews@msn.com

SENIOR NEWS

5579 Chamblee-Dunwoody Rd.

Suite 478

Atlanta, GA 30338

## Advertising Account Executives

**Janet Tassitano**

Phone: 770-993-2943

Fax: 770-992-0210

Email: jantas@bellsouth.net

**Linda Conyers**

Phone: 770-924-6905

Fax: 770-517-6716

Email: Lconyers@bellsouth.net

## Copy Editor

**Faye Jones**

email: byronfaye1@aol.com

## Writers

Susan Larson - Columnist

Faye Jones - Columnist

## Contributing Writers

Dr. Bill Baggett

Mary Frances

Dorothy O'Sayer

Lisa M. Petsche

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.

Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logotypes, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publisher's error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the right to edit or reject any materials submitted for publication.

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

## CORPORATE OFFICE

Billy R. Tucker, President/Publisher

Phone: 478-929-3636; 800-752-5037

FAX: 478-929-4258

www.seniornewsga.com

E-mail: Seniornewsga@cox.net

Copyright 1987

Senior News & Views of Georgia

## Times Not Forgotten

# Is relief in sight?

by CHRISTINE COLEMAN

Is it my imagination or what? I think I've been feeling a slight change in our hot, humid weather. If that's true, I'm very thankful. Dog days have been with us for quite a while, and they will continue into the first week of this month. After that, things should be much better.

Have you missed hearing the birds sing during Dog days? I surely have. I missed them fussing at me as I picked "their" blueberries in my back yard. I'm ready for them to come around again and make themselves known.

When I was growing up in the 1930s, there were things our parents pointed out to us concerning this time of year. First, they cautioned us to be careful not to skin our knees and elbows. They advised us that scrapes were harder to heal during Dog days. Also, they

reminded us to be careful when we walked in wooded areas. Snakes usually did their shedding during this time. As a result, they were partially blind and couldn't get out of the way as well as at other times.

Of course, we're going to have much more hot, uncomfortable weather, but the time is growing shorter. We can soon get out and walk and drive around in comfort. Even the children have been staying inside in air-conditioned homes. I'm looking forward to taking some drives (mainly to get out of the house) and see what has been going on during these hot, sultry times. What would we do without air conditioning? "Back then," when I was growing up, we had to be content with electric fans as soon as electricity became available. Before that, we had to keep doors and windows open. Thank you, Lord for all you do.

Maybe in the near future, I

can stop paying to have my grass cut, but then there'll be leaves to rake. I can't wait to see the leaves turn their beautiful, bright colors, but then there'll be frost. I'll be uncomfortable, but I'm ready to take the bad with the good. We'll always have things to complain about, but I'm so thankful to have seen and lived through all the different phases of life.

Take a minute sometime to think about all the things you appreciate and all the things you don't really care about. I'll bet you (as well as I) will find there's so much more good than we can really understand or deserve.

Try to stay cool and take heart. There's better weather on the horizon. We'll just remember that Dog days will come again next year.

\*\*\*\*\*

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

## Spiritual Notes

# A Spiritual Vacation

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

Summer is a time for a vacation. My wife and I had a special opportunity this year as we traveled to Yellowstone National Park to spend a few days of vacation with our granddaughter Jennifer Williams. Jennifer will be a junior in college this fall and has spent the summer with other college students on the staff at Yellowstone.

Although we had traveled some

in the western part of the country we had not been to a national park. Jennifer had a few hours a day of free time to give us the "grand tour." As we moved around the various sections of the Park, we were struck with the beauty of the mountains, lakes, the lush forest and the freedom of all the wild life as they moved at will wherever they pleased. Our days were filled with one "ah ha" experience after another. The deer and elk were beautiful and graceful while the Bison were large and not so handsome. It was obvious that they were at home and roamed

freely, even on the road ways. We were pleased that a Grizzly bear never came around!

We spent one day in Jackson Hole, Wyoming. My wife's maiden name is Jackson and she hoped to find some identity with the name-sake of the town. Unfortunately the town was named for a pioneer fur trapper with no ties to her Georgia family. We also spent some time in the Grand Tetons Park just north of Jackson Hole. They are indeed majestic.

As we ended each day, our conversations turned to the majesty of our God. Who else could form such beauty? The beauty of Yellowstone is a gift of our Heavenly Father. We were also thankful for the experience Jennifer had for the three months she spent in the Park. She made new friends and plans to work in a similar venue next summer.

We never expected to have fellowship with the Creator of the Universe on this vacation. We are thankful to have had this unique time of fellowship with God. Each day was one worshipful experience after the other.

\*\*\*\*\*

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

## Senior News Newspapers NOW AVAILABLE ONLINE!!!

Check us out at our new website...

**www.seniornewsga.com**

and

**www.seniornewsgeorgia.com**

To view recent editions of *Senior News*  
click on **ARCHIVES**

For advertising information  
click on **CONTACT US**  
or call us at 770-698-0031!



# 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.

\*\*\*\*\*

## Circle Your Wagons

by Nina L. Clauss

Circle the wagons when storms appear,  
Let God lead the wagons, His love will endure.  
When storm clouds are darkest, His light comes through,  
Trust Him always, He'll be there for you.  
I've seen dark tunnels and mountains so high,  
Passageways narrow, he will get you by.  
God gave us abilities, for Him I use them,  
I'll use my skills in a way to please Him.  
I write of my blessings, many have come my way,  
I count them daily, to the Lord I say.  
Thank you Jesus for being here for me,  
I am older and wiser and now I can see.  
Where I've had you in my life forever,  
With the Lord my life is a pleasant endeavor.  
So, I'll circle my wagons as I've always done,  
No matter what, it's God's way or none.  
GOD IS GOOD... ALL THE TIME!  
(2005)

\*\*\*\*\*

## The Soul Who Wrote

by Tabatha McCormick

The soul who wrote this little rhyme  
was a pretty good person, most of the time  
Life was great and according to plan  
but something was missing, not at all grand  
One late night it all became clear

when a friend spoke life, words so dear  
It wasn't enough just to believe  
Jesus was calling and He'll never leave  
Falling to my knees  
I begged "Lord please"  
Forgive me for the way I've been living my life  
Father give me the strength to defeat my strife.  
I felt Jesus' heart so full of gladness  
a love so deep, to the world it's madness  
I know I am changed, in Christ I'm made new  
I wrote this to say, "Would you like to know Him to?"

\*\*\*\*\*

## Lord I Praise Thee

by Rachel Thompson

In Thee O Lord I put my trust,  
through all that I endure in my life.  
You are my strength and help in times of trouble, my rock and fortress in my strife.  
It is in my trials that I remember your goodness, even though my eyes can't see.  
It is my Faith in you God why I lift my hands and will always Praise Thee.  
In those times when I lift my voice in Prayer to ask you, Father, please help.  
You might no answer at that very moment, because you are teaching me to be patient and wait.  
For you God and only you are in control of my fate.  
I can't Thank you enough, or Praise you enough, for all that you have done for me.  
So I will hold on through it all, and continue to Praise you unconditionally.

\*\*\*\*\*

## True Love

by Esther M. Thomas

I rang the doorbell and you let me in,  
I was quickly aroused by the sight of your skin.

We hugged for a long length of time,  
I knew then that I needed to unwind.  
I stepped away from your sweet embrace,  
And I return to God's unchanging grace.

We ate the delicious dinner without haste,  
And we shared the chores of tidying up the place.

"What Now?" I spoke with an air of surprise,  
As we sit on the sofa in a state of disguise.

The messages of God echoed deep inside,  
And I turned to you without wavering and said...

"We must wait until marriage, said the Lord from above,  
"For this is the only way we will experience "TRUE LOVE."

**PRIVATE HOMECARE  
WHEN YOU NEED IT!  
STAY IN THE COMFORT  
OF YOUR OWN HOME!**



**BrightStar**

**MAKING MORE POSSIBLE  
LIFECARE | KIDCARE | STAFFING**

- Certified Nursing Assistants
- Live-In Companions
- No Minimum Commitments
- Errands & Shopping
- Light Housekeeping
- Skilled Nursing Care
- Meal Prep
- Bathing Assistance
- Licensed, Bonded & Insured
- 24/7 Availability

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

**678-377-6985**

INDEPENDENTLY OWNED AND OPERATED



## Computer Training

Do you know a senior who has a desire to learn how to use the computer but has a fear of technology? MySavvySeniors provides mobile computer training to seniors. Let us help you guide the seniors you love into the millennium and connect to the world.

For more information please call 678-444-4193



## QUALITY SENIOR LIVING!

- Rent Based on Income
- No Application Fee
- Applicant(s) Must Meet Eligibility Requirements
- Utilities Included
- Conveniently Located Near Historic Downtown Marietta
- Fax: 770-419-3225

## HENDERSON ARMS APARTMENTS

The Choice For Comfort, Safety, Convenience, and Affordability!

55 Henderson Street, SW • Marietta, Georgia 30064



**770-419-3221**



**AZALEA**  
HOME CARE, INC.  
Loving Support at Home  
[www.AzaleaHomeCare.com](http://www.AzaleaHomeCare.com)

Azalea HomeCare is the Unique Provider of Private Home Care Services. Our mission is to keep your expenses to a minimum. We are here for one reason only: **You.**

### Services Include:

- Bathing, Dressing & Grooming Assistance
- Escorts to Appointments and Outings
- Medication Reminders
- Grocery Shopping
- Light Housekeeping
- Meal Plan and Preparation

Services available 24/7 and customized to your need

**770-491-7122**

Just off the press... Free Report shows Metro Atlanta Residents age 50+...

## 7 Strategies To Increase Investment Income, And Eliminate 'Little-Known' But Routine Investment Mistakes Most People Make!

Metro Atlanta, GA - Enlightening informational report reveals:

- Dynamic Investment Allocation Strategies
- The investment plan "TRAP" that could cost you dearly if the economy doesn't improve substantially
- How to intelligently structure retirement portfolios for maximizing your risk adjusted return (many brokers completely ignore this proven academic approach)
- And other financial strategies your broker, advisor, and CPA probably don't even know exist.

To request your free, no obligation report please call our toll-free recorded message line at 1-866-945-1713. There is no salesperson to hassle you, just leave your name and address or email and your report will be rushed to you within 3 business days. Call 24 hrs, 7 days a week: 1-866-945-1713.

## The Calandra Group

1301 Shiloh Road, Suite 1240 • Kennesaw, GA 30144

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



# Taking Care

## Take charge of your health to reduce complications... How to prevent situations that could land you or a loved one in the hospital

by LISA M. PETSCHKE

As we age, our chances of being hospitalized increase due to the increased likelihood of multiple chronic health conditions. The good news is that numerous risk factors are within our control and can help us prevent or manage health problems, reducing our chances of complications and hospitalizations.

Follow these tips to help preserve your well-being and independence or that of a loved one for whom you are providing care.

### Physical health

- Get regular medical checkups. If you miss an appointment or a test, call to reschedule right away.
- Have your vision and hearing tested on a regular basis.
- Ensure vaccinations are up to date. Get vaccinated against influenza annually and early in the season.
- Stay away from people with colds, flu or other contagious illnesses. Keep hand sanitizer by your front entrance and use it coming and going. Also keep a travel size bottle in your vehicle or handbag, or a miniature sized one in your pocket.

• Take medications as prescribed and at regularly scheduled times each day. Fill all prescriptions at one pharmacy. Ask the pharmacist about available aids for organizing and remembering to take medications.

• Practice healthy lifestyle habits: eat nutritious meals, get adequate rest and exercise regularly.

• Limit your sun exposure and always use sunscreen outdoors. A wide-brimmed hat is also advisable, as are sunglasses that block out 100 percent of ultraviolet rays.

• Do as much for yourself as possible, to maintain your abilities.

• Investigate available resources in your community, which might include grocery delivery services, meals on wheels, volunteer driver programs, accessible transportation, home health services and seniors' housing. Such information can be obtained from the local office on aging.

### Mental health

• Do things that center you and bring inner peace, such as practicing yoga, keeping a journal or spending time in nature.

• Set aside daily time for relaxation – for example, reading or listening to music.

• Keep in regular contact with friends. If your social network has diminished, make new connections

through taking a class, volunteering or joining a club.

### Safety

In addition to health and age related changes, hazardous conditions in the home environment are a major cause of falls resulting in hospitalization. Fortunately, there are numerous ways to reduce these hazards for yourself or a loved one.

• In stairwells: Ensure steps are in good repair and have a non-skid surface. Keep them free of clutter. Have solid handrails installed on both sides of stairways and ensure adequate lighting.

• In the kitchen: Keep regularly used pots, dishes, staple foods and other supplies within easy reach. Ensure the heaviest items are stored in the lower cupboards. If you must reach high places, get a step stool that has a high handrail and rubber tips. Never use a chair.

• In the bathroom: Have grab bars professionally installed by the toilet and in the bathtub or shower area. Use a rubber mat (the kind with suction cups) in the tub or shower, and a non-skid bath mat on the floor. Consider getting a raised toilet seat, a bathtub seat or shower chair and a hand-held shower attachment.

• Wear slippers or shoes that fit snugly offer good support and have a non-skid sole.

• Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them.

• Keep walkways clear of electrical and telephone cords.

• Avoid clutter in rooms and hallways.

• Use night-lights in the bedroom, hallways and bathroom. Get the kind that has a built-in sensor that automatically turns the light on in dim conditions. Also get plug-in, rechargeable flashlights that automatically come on when the power goes out.

• Sign on with a personal emergency response service, whereby you wear a lightweight, waterproof pendant or bracelet that has a button to press if you run into a crisis and need help.


• Visit a medical supply store and check out the many products that can make daily activities easier and safer.

• Consider a cane or walker if balance is an ongoing problem. Make sure you are fitted with the appropriate type of aid and receive instruction on how to properly use it.

\*\*\*\*\*

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

### The Zaban Tower at The William Breman Jewish Home



*"Home is where your heart is and there is lots of heart at The Zaban Tower."*

*"People ask me what it's like to get older, and I say, 'When I get there, I'll let you know.'"*


**Rachel Lehmann**

- Independent and Assisted Living Available
- 1 Bedroom and Studio Apartments NOW AVAILABLE
- Kosher Dining

3156 Howell Mill Road  
Atlanta, Georgia 30327


Call Marcy Graiser at  
404-351-8410 x532

[www.wbjhome.org](http://www.wbjhome.org)



Rent subsidized by HUD. Must meet HUD age and income requirements.  
\* Must be 62 years of age or older. Income limit \$24,900 for 1 person, \$28,500 for 2 persons. Certain medical deductions allowed and assets are not considered income.

## Redefining active living!




### Senior Living that is just your speed.

Fitness, wellness and yoga center • On-site activities director • Business library  
Community dance floor • Resort-style pool • Card room • Beauty salon

Alta Johns Creek  
4345 Alta Drive Suwanee, GA 30024  
866.319.4991  
[www.AltajohnsCreek.com](http://www.AltajohnsCreek.com)

Directions: We are located at the intersection of Peachtree Parkway and Johns Creek Parkway



**RIVERSTONE**  
RESIDENTIAL



# Proven Knee Pain Relief with New FDA Cleared Treatment

*Covered by most health insurance including Medicare*



## New pain relief treatment for knee pain

**Atlanta Medical Clinic** now has a new FDA approved knee pain treatment that can restore your mobility, without having to go through painful surgery.

Would you like to get back to riding a bike, exercising, playing golf, or enjoying your activities without worry about your painful knee? Please call **404-872-8837** for an evaluation.

## Are you right for this pain relief treatment?

Do you experience pain when walking? Is it painful to go up or down stairs? Do you feel pain when exercising or working? Does your knee pain keep you from enjoying activities? Are you taking pain medications without relief? Have you been told you need joint replacement surgery, but don't want to suffer through a painful and long recovery? Please call us and we can evaluate your condition and recommend the right treatment.

## What causes knee pain?

Wear due to your age, injury, poor posture or work habits or being overweight can result in knee pain. Often knee pain is the result of arthritis, especially the most common type, osteoarthritis which is degenerative joint disease. It causes the cartilage that cushions your bones to wear, so your bones rub together causing pain and swelling.

## Get advice from our doctor

See our doctor and he'll evaluate your knee pain and advise you on the best way to get pain relief.

## Osteoarthritis



**Healthy  
knee joint**

**Hypertrophy and  
spurring of bone and  
erosion of cartilage**

 **ADAM.**

**Atlanta Medical Clinic**

**404-872-8837**

699 Piedmont Ave NE Ste B  
Atlanta, GA 30308-1400

## Call Today to Schedule Your Evaluation

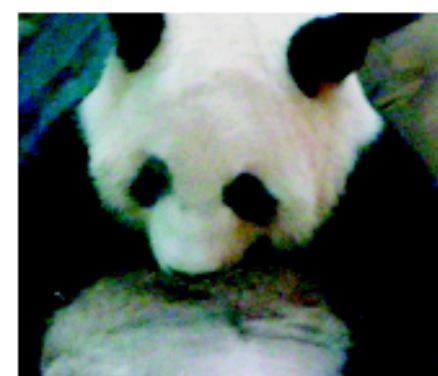
- Comprehensive therapy that is safe
- Requires no surgery
- Has an excellent success rate
- Start living your life pain free



# The Panda Lady

by MARY FRANCES

“People get so much joy from seeing the pandas,” said Panda Lady Dorothy Kuhlman, a Volunteer at Zoo Atlanta. Dorothy, has learned much about these solitary creatures who sleep in trees. She is a plant enthusiast and water conservationist and has been a volunteer at the zoo for 20 years. Zoo Atlanta has a man-made Asian for-



LunLun

est and African plains and is located in the heart of Atlanta.

“In Atlanta, Pandas live in air-conditioning in the summer and eat peeled bamboo with leaves, fruits and vegetables. Because they are fed so well in the 34-acre Atlanta zoo, their life span is expanded to 30 years. Similar Pandas living in the wild live only from 16 to 18 years. Zoo Atlanta pampers its pandas, says the Panda Lady, with regular physicals and dental attention and man-made cookies that contain protein, minerals, and vitamins. At Zoo Atlanta pandas enjoy lounging in a hammock made of used fire hoses.

Baby pandas are born tiny, the size of a stick of butter, but their lungs are fully developed. It's a good thing too, says the Panda Lady, else they would be overlooked by their mother. She responds to their squeals by scooping the infant from the ground to nurse him. For a year and a half she cares for her offspring then

frees the young to live on their own.

Dorothy Kuhlman, age 78, resides in north DeKalb County in a tree-shaded home with two cats. The house is surrounded by beds of blooming plants that drink a lot of water, says Kuhlman. Multi-colored, empty buckets sit among the plants waiting to capture the rain.

Kuhlman was a military wife of 22 years, the mother of two daughters and a son. After the death of her even-tempered pilot husband, who died of cancer, Kuhlman turned to volunteering at Zoo Atlanta, the Alliance Theater, and the Botanical Gardens. When she was in training at the zoo she jumped at the opportunity to work with the pandas. Today, in zoo uniform, she wipes the humidity from the viewing window and eagerly answers the questions of hundreds of viewers that



Dorothy Kuhlman at home in her garden

stroll through the zoo. For all her devotion and attention, the Panda Lady has not talked to or touched a panda. “They have sharp claws,” she says. It's devotion at a distance.

To learn more about pandas and other zoo animals contact [www.zooatlanta.org](http://www.zooatlanta.org). Visitors are welcome to visit the zoo in person at 800 Cherokee Avenue SE, 30315 or call 404 824-5600.

## The road to crown the ULTIMATE CHEF AMERICA



The entrees will be sizzling, the desserts enticing and the chefs entertaining as they put on a show extraordinaire and invite you to sample their spectacular culinary creations at **Chambrel Roswell**. This is our 5th stop in a 6 city national tour and features celebrity judges, gourmet food, unique educational seminars, and a silent auction to benefit the Leeza Gibbons Memory Foundation and a chance to meet Leeza at her book signing. And you can be part of it all. Join us for this exciting national competition among Brookdale® Master Chefs to crown the ULTIMATE CHEF AMERICA.

**Thursday, September 23, 2010 • 4:00 p.m.**

Seating is limited.

For reservations call (770) 594-4616 by September 17.

Location: Chambrel Roswell • Complimentary Admission

**CHAMBREL**  
— ROSWELL —

BROOKDALE SENIOR LIVING

Independent Living  
Personalized Assisted Living

Exceptional Experiences Every Day™

1000 Applewood Drive, Roswell, Georgia 30076  
(Corner of Houze Road and Mansell Rd.)

(770) 594-4600

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

Our People Make the Difference is a Service Mark of Brookdale Senior Living, Inc., Nashville, TN, USA. © Reg. U.S. Patent and TM Office. 04/09/2009-0010

Receive a complimentary gift when you take a tour the day of the event and enter a raffle for a chance to win a vacation package!



The Atlanta Zoo

## Historic Wheat Street Towers

Waiting List now open to those 62 years and older

375 Auburn Avenue, NE – Atlanta, Georgia 30312

**(404) 525-5673**

Fax: (404) 525-3314 TDD Service: (800) 925-8689

- Media/Community Center
- Controlled Access Building
- Computer Center • Free Bus Shuttle
- On-Site Laundry Room
- All Utilities Included
- Cable Ready
- On-Site Service Coordinator
- Planned Activities



- Convenient to Marta
- Convenient to Medical Facilities





# Senior Connections launches "Fixit Connection"

## Professional Home Repair Service for Metro-Atlanta Seniors Also Provides Peace of Mind

Special to Senior News

**R**ecently, Senior Connections, the nonprofit agency that provides Meals on Wheels, home repair, in-home care and neighborhood centers to Metro Atlanta seniors, announced the launch of its new Fixit Connection, a home repair and handyman service for senior homeowners that provides guaranteed professional services plus peace of mind.

"We've learned through our publicly-funded home repair work what a relief it is to be able to put one's trust in Senior Connections to get the repair work done correctly and on time," notes Debra Furtado, CEO of Senior Connections. "That same relief should be available at competitive prices to any senior paying for the work themselves. In the past, too many seniors haven't had that safety net."

Seniors will feel secure opening their front door to the Fixit Connection repairmen – they've got 37 years of Senior Connections' experience and reputation behind them. Whenever an electrician or plumber or carpenter comes out to handle a repair job, Senior Connections is still the homeowner's point of

contact. Senior Connections will guarantee the work, handle the billing and payment and make sure that the clients are never left with unfinished or poor quality work. All services are available to those 55 years or older. Fees vary according to job but each client receives a written proposal that explains all costs and guarantees.

"It's all about trust and reputation," Ms. Furtado emphasized. "For almost three decades, we've been watching out for seniors in metro Atlanta. Our mission is to maximize independence for seniors through advocacy, information and services. We know that the Fixit Connection is a much needed service in today's market."

### Services Provided by the Fixit Connection:

General home repairs designed to make a senior's home safe, from roof and floor repairs to adding bathroom safety items and wheelchair ramps for accessibility; electrical and plumbing solutions; smaller interior and exterior handyman serv-

ices. Other services include weatherizing doors and windows; painting and more.

Seniors interested in learning more about the Fixit Connection can call Senior Connections at 770-455-7602 or visit the organization's website at [www.senior-connectionsatl.org](http://www.senior-connectionsatl.org).

### About Senior Connections

Since 1973 Senior Connections has served the counties of the metropolitan Atlanta area with programs and services designed to help seniors "age in place" in the comfort of their own homes. The nonprofit agency provides Meals on

Wheels, home repair, in-home care and neighborhood centers to area seniors. As a 501(c)(3) nonprofit organization headquartered in Atlanta, Georgia, services are available to anyone over the age of 60, regardless of income level. In 2009, Senior Connections began providing educational classes and travel excursions as well. Senior Connections also offers services and information to help families cope with the many dilemmas that can arise as parents, grandparents, friends, and loved ones "come of age." For more information on Senior Connections, visit [www.senior-connectionsatl.org](http://www.senior-connectionsatl.org).




- Walking
- Wheelchair
- Stretcher

**WE OFFER SERVICE TO:**

Doctor's Offices • Hospitals • Nursing Homes  
Diagnostic Centers • Rehabilitation Facilities • Churches  
Funerals • Social Events • Home Visits • And Much Much More

**For Medical and Non-Medical Transportation**

**404-875-8444**

We Accept All Major Credit Cards • Member: ACA, MICA, AC&VB & Chamber of Commerce

**E-mail us at: [info@actexpinc.com](mailto:info@actexpinc.com) or visit [www.actexpinc.com](http://www.actexpinc.com)**



**"Ask me about the AARP Auto Insurance Program from The Hartford."**  
Now available in your area!

**Gillman Insurance Group**  
**[www.GILLMANINS.com](http://www.GILLMANINS.com)**

This auto insurance is designed exclusively for AARP members – and is now available through your local Hartford independent agent!

**Call Today for your FREE, no-obligation quote:**

**888-869-6509**

**Gillman Insurance Group**  
**[www.GILLMANINS.com](http://www.GILLMANINS.com)**  
11375 Southbridge Parkway #100  
Alpharetta, GA 30022



The AARP Automobile Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates, One Hartford Plaza, Hartford CT 06155. In Washington, the Program is underwritten by Trumbull Insurance Company. AARP membership is required for Program eligibility in most states. This Program is provided by The Hartford, not AARP or its affiliates. The Hartford pays a royalty fee to AARP for the use of AARP intellectual property. These fees are used for the general purposes of AARP. Applicants are individually underwritten and some may not qualify. Specific features, credits and discounts may vary and may not be available in all states in accordance with state filings and applicable laws. The premiums quoted by an authorized agent for an AARP program policy include the costs associated with the advice and counsel that your local agent provides.

107293 Rev

## TOUCHSTONE Healthcare Services

*Providing Reliable and Personalized Care.*

Skilled Professional RN, LPN • CNAs  
Personal Care • Companions/Sitters

Providing 24-Hours Per Day  
7 Days Per Week Service  
State Licensed and Insured  
We Accept: Private Pay  
HMO • Medicare and Medicaid

### Contact Persons

Jane Morris, RN, DON

678-237-6702

[jmorris@touchstonehcs.com](mailto:jmorris@touchstonehcs.com)

Leonard Gordon, Administrator

404-207-9815

[jgordon@touchstonehcs.com](mailto:jgordon@touchstonehcs.com)

Website: [www.touchstonehcs.com](http://www.touchstonehcs.com)

Touchstone is offering for a limited time only One Free RN assessment visit – 8 hours of Home Health Care

### Service Available In

DeKalb, Gwinnett, Fulton, Cobb, Fayette, Clayton, Douglas and Coweta Counties

*"We are committed to care"*



# Out & About

## Ansel Adams: A Legacy Exhibition Makes Georgia Premiere Booth Western Art Museum announces largest temporary exhibition in Museum history

Special to Senior News

**O**n September 25, 2010, the Booth Western Art Museum will open the largest temporary exhibition ever held at the Museum. Ansel Adams: A Legacy will occupy two galleries and feature more than one hundred original photographs which span the career of Ansel Adams. The exhibition will be open through February 20, 2011.

"Ansel Adams is considered one of the best landscape photographers of all time and we are ecstatic to premiere this exhibition in Georgia right here at the Booth Museum," said Booth Museum Executive Director Seth Hopkins. "Not only will this be the largest exhibition we have ever had at the Museum, but it is the largest collection of Adams' works to ever be displayed in the state. Even those who have viewed other Ansel Adams exhibitions are sure to see some new and somewhat rare photographs in A Legacy."

Adams is well known as both a skilled photographer and environmentalist. His black and white images of the American West, especially in Yosemite National Park, are often reproduced for posters, calendars and in books, making his artwork widely recognized. Though other Adams' exhibitions have been displayed in Georgia, this collection will include several cityscapes and rarely seen portraits of the artists in his circle, including Georgia O'Keeffe, as well as many of his most famous images of all time.

The works in A Legacy, originally printed by the artist himself in his California darkroom, were given to his organization, The Friends of Photography, and initially displayed as an exhibition in China. The Booth Museum exhibition will showcase these works in

the intimate scale Adams intended, and will also include educational components unique to the Museum.

An only child, Adams was born in San Francisco, California in 1902. His shy demeanor made it difficult for Adams to fit in at school and make friends. At the age of 12, he found a love and talent for reading music and playing piano which brought substance and worth to his life.

Though he established a professional career as a pianist, Adams abandoned the trade to pursue a career in photography which he discovered he also had a natural gift. An avid supporter and member of the environmental organization Sierra Club, Adams most enjoyed capturing images of the land and helping to raise awareness of the importance of conservation.

Booth Museum members are invited to a members-only opening reception for Ansel Adams: A Legacy on Saturday, September 25, beginning at 5:00 p.m. At 7:00 p.m., respected photography curator Susan Todd-Raque, will present a lecture on the life and art of Ansel Adams in the Booth Theatre. Memberships will be available at the door.

For more information about Ansel Adams: A Legacy, call 770-387-1300 or visit [www.boothmuseum.org](http://www.boothmuseum.org).

### About the Booth Western Art Museum

The Booth Western Art Museum, an Affiliate of the Smithsonian Institution, is a 120,000 square foot

museum located in Cartersville, Georgia. Guests are invited to explore the American West through contemporary Western artwork. The Museum also houses a Presidential Gallery, Civil War art gallery, more than 200 Native American artifacts, and Sagebrush Ranch children's gallery. Visitors to Booth Museum also enjoy the intimate downtown setting with unique specialty and antique shops, boutiques and nationally featured restaurants all within walking distance of the Museum. Open since August 2003, the Booth Museum is the second largest art museum in the state of Georgia, and houses the largest permanent exhibition space for Western art in the country. To learn more about the Booth Western Art Museum, visit [www.boothmuseum.org](http://www.boothmuseum.org).

## 51st AAUW Bookfair



September 29 - October 3, 2010

Perimeter Mall

[www.bookfairaaauw.org](http://www.bookfairaaauw.org)



This bike will be given to a senior at the Duluth Fall Festival - September 25.

Stop by our booth there to enter this free raffle!

Allcare Urgent Care  
678-417-5233

## Andersonville Historic Fair

October 2 & 3, 2010

Mock Civil War Battles, Living History Programs  
Parade featuring Civil War Personalities Arts,  
Crafts, Collectibles. If you would like to be an arts  
& craft vendor, please call for more information.

229-924-2558

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

## Everyday is Senior Citizen's Day!

\*7 Gate Admission  
\*6 Per Person Groups of 10  
**FREE Parking!**

Georgia National Fairgrounds & Agricenter  
Perry ~ I-75 at Exits 134 & 135  
478/987-3247 or 800/987-3247 (Georgia only)

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

Georgia National  
**FAIR**  
Oct. 7-17, 2010

## Wild Animal Safari

at Pine Mountain, Georgia

## Summer Special

Monday - Friday Only

**BUY ONE ADMISSION, GET ONE FREE!**

Special ends September 3, 2010

**YOU MUST PRESENT THIS COUPON AT TIME OF PURCHASE.**



Wild Animal Safari, Inc.  
1300 Oak Grove Rd  
Pine Mountain, GA 31822

1-800-367-2751  
[animalsafari.com](http://animalsafari.com)



# Georgia eye doctor helps legally blind to see again

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

by ELENA LOMBARDI  
Atlanta, Georgia —

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

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

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

\*\*\*\*\*

**TOZAL Eye Health Formula**  
Vitamins clinically proven to help maintain macular function.  
[www.tozalformula.com/26702](http://www.tozalformula.com/26702)  
or call 1-877-948-7784.

\*\*\*\*\*

— Paid Advertisement —

## New Year! New Start!

Get your house in order and receive your complimentary Preplanning Guide from:

**AS Turner & Sons**  
Funeral Home & Cremation Services  
Decatur, GA • [www.asturner.com](http://www.asturner.com) • 404-292-1551

## New! *The Cottage* at Plantation South

An Alzheimer's and Dementia Care Residence

Does someone you love need daily assistance, or memory support?

Call today for a FREE assessment.  
Now accepting applications for Assisted Living & Memory Support residency.



**Plantation South**  
Assisted Living and Alzheimer's Residence

Assisted Living • Alzheimer's Care • Short-term Stays  
4594 Barclay Dr., Dunwoody, GA 30338  
**770-936-9857**  
[www.assistedsenior.com](http://www.assistedsenior.com)



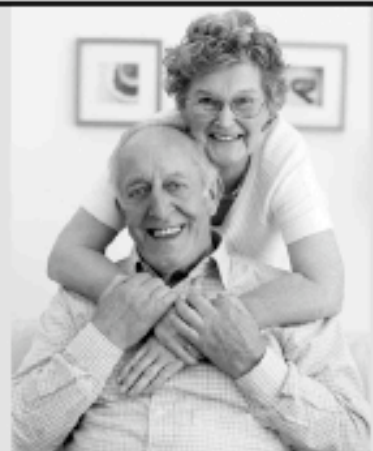
## Explore Your Options!

- Beautiful studio apartments
- Delicious, nutritious chef-prepared meals
- Art, music and pet therapy
- On site home health care • Beauty salon
- Medication supervision • Nurse on staff
- Housekeeping and laundry service
- Full calendar of social activities
- Exercise and recreation programs
- FREE scheduled local transportation



**Plantation South**  
Assisted Living Residence

Assisted Living • Senior Day Program • Short-term Stays  
3450 Duluth Park Ln., Duluth, GA 30096  
**770-623-0617**  
[www.assistedsenior.com](http://www.assistedsenior.com)



## Benson Manor

A Retirement Housing Foundation® Community  
2348 Benson Poole Road • Smyrna, GA 30080

Benson Manor is a 76-unit affordable senior housing community designed with stone and sturdy wood-like siding. Each apartment is approximately 540 square feet. Benson Manor is conveniently located close to shopping, churches, medical facilities, and a major bus route.

Residents must be 62 years of age or older. Some units have special features for mobility and sensory impaired persons. Income limitations are determined by the U.S. Department of Housing and Urban Development (HUD). Residents pay 30 percent of their adjusted income for rent. Gross income must not exceed \$24,900 for one person and \$28,500 for two persons.

For An Application or More Information  
Please Call **770-435-6406**  
Website: [www.rhf.org](http://www.rhf.org)





# Atlanta CALENDAR

## Senior Citizen Services

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

## Cobb Senior Services

• Administrative Office: 32 N. Fairground Street, Marietta, GA 30060, 770-528-5355  
• For events & activities: [www.cobbseiors.org](http://www.cobbseiors.org)

## Multipurpose Centers

(Seniors age 55+)  
• East Cobb Senior Center: 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900  
• Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400  
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-975-7740

• West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200  
• Windy Hill Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5320  
• Senior Day Center: 277 S. Fairground St., Marietta, GA 30060, 770-528-5399

## Neighborhood Centers

(Seniors age 60+)  
• Austell Senior Center: 5580 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200  
• Marietta Senior Center: 32 N. Fairground St., Marietta, GA 30060, 770-528-2516  
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-974-2984  
• Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

## 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](http://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.L.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](http://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](http://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

continued on page 13

## Companion & Caregiver

### Need help with personal care?

Available to work flexible hours daily so that your loved ones can remain at home and independent.

Professional care with 15 years of experience  
Call for complete details

"There's no place like home"

[sherriecoln@yahoo.com](mailto:sherriecoln@yahoo.com)  
404-856-0321 678-755-2447

## CARING FOR PATIENTS. With kindness and compassion.

Choosing a provider for hospice services is a very important decision. You want to ensure that your loved ones will be cared for both professionally and compassionately. Amedisys Hospice Care of Kennesaw promises both. We improve the quality of life for patients facing a life-limiting illness and provide comfort and support for their loved ones.

**Amedisys Hospice Care of Kennesaw**  
Kennesaw, GA  
770.423.1316 • 866.921.1668

## Vickers Cleaning Service

Immaculate, Reliable & Affordable  
Home Cleaning Service.

Weekly • Bi-Weekly • Monthly • Move-In/Out

Call us TODAY for FREE estimate  
Senior Citizens Discount Available

404-988-1000  
[www.vickerscleaning.com](http://www.vickerscleaning.com)

## SAVANNAH COURT

Savannah Court is an Assisted Living community providing excellence in services, care and hospitality. We also offer The Cottage, a secured memory support residence, for those who may have Alzheimer's disease or related dementia.

Please call us today to schedule your personal tour.

886 Johnson Ferry Road • Marietta, GA 30068

(770) 977-4420

[www.slm.net/scmarietta](http://www.slm.net/scmarietta)

Assisted Living License #033-03-017-1

A signature property of Senior Living Management Corporation

## Law Office of Thomas W. Nilson

### Serving Senior Citizens & Their Families

- Estate Planning
- Estate Administration
- Wills, Trusts, Advance Directives
- Guardianship & Conservatorship Services
- Comprehensive Estate & Medicaid Planning Evaluations
- Medicare and Medicaid Advocacy
- Uncontested Divorce

Tom Nilson, Attorney at Law  
P. O. Box 670373, Marietta, GA 30066

678-560-2149

Email: [twneiderlaw@bellsouth.net](mailto:twneiderlaw@bellsouth.net)  
Member, National Academy of Elder Law Attorneys, Inc.

## Renew Personal Care Home

Decatur, Georgia

678-736-4424

[RenewPersonalCareHome.com](http://RenewPersonalCareHome.com)

Owned and directed by rehabilitation specialist with 30 years experience in providing and supervising medical home care services.

## UNDER NEW MANAGEMENT ~ NOW LEASING ~

## BAPTIST TOWERS SENIOR RETIREMENT COMMUNITY

FOR A LIMITED TIME

NOW ACCEPTING AGE 62 AND OLDER!

1881 Myrtle Drive, SW  
Atlanta, GA 30311

404-758-4562

Fax: 404-753-2217

- All Utilities Included
- Controlled Access Building
- Rent Based on Income
- Free Shuttle
- No Application Fee
- Emergency Call System
- Service Coordinator On-Site
- Planned Activities

Professionally managed by National Church Residences • [www.ncr.org](http://www.ncr.org)



**COLBERT SQUARE APARTMENTS**211 Woodpark Place  
Woodstock, GA 30188**770-926-5506 Fax: 770-926-2448**

1 Bedroom and efficiency Apartments for those 62 years of age or mobility impaired. Rent based on income. All Utilities Included. Community Room/Resident Activities. For more information or a tour of our facility, please call or visit Mon. - Fri., 8:00 - 4:30.

**Reliable CNA/Caregiver with over 10 years experience**

Available to work privately 24 hours, 7 days a week with your loved ones in the comfort of their homes.

**winsome2427@yahoo.com****678-755-0039 • 678-768-9066****Marietta Health and Rehabilitation Center**50 Saine Drive  
Marietta, GA 30008-3824

We provide Long and Short Term Services  
24-Hour Skilled Nursing Services • Physical Therapy  
Occupational Therapy • Speech Therapy • Tube Feeding  
IV Therapy • Quality Assurance Program • Social Events and Activities  
Contact Person: Sarita Hunley, Admissions Director  
**770-429-8600 Fax: 770-429-8677**

**Change Your Water...  
...Change Your Life!**

Learn the **SECRET** to a healthier, more vibrant body at any age! Learn what Dr. Hiromi Shinya, Oncologist and Developer of the Colonoscopy, shares with his patients! Ask Dr. Dave Carpenter, one of the foremost authorities on the **Right Kind of Water to Drink**, questions that can help you learn the secret to a healthier body! Get your copy of the **DVD** that could change your life! Go to [www.iLoveGoodWater.com](http://www.iLoveGoodWater.com). Or let me hear from you by sending your name and address to: I LOVE GOOD WATER, 5579 Chamblee Dunwoody Rd., Suite 403, Atlanta, GA 30338.

**Quality Elderly Living  
Lenox Summit  
Apartment Homes**

- Spacious Apartments - One Bedroom
- Rent Based On Income
- All Utilities Included
- Great Location - Buckhead
- Easy Access To MARTA

2449 East Club Drive  
Atlanta, Georgia**404-231-1580** Equal Housing Opportunity**CALENDAR**

from page 12

[www.thewypers@bellsouth.net](http://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 Support Group**

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

**Friends of Smyrna Library**

100 Village Green Circle, Smyrna  
[www.friendsofsmymnalibrary.org](http://www.friendsofsmymnalibrary.org)  
770-436-8062; Third Thursdays

**Friends of Dunwoody Library Book Sale**

Sept. 23, 1-4 p.m. for FODL member and 4-8 p.m. for the public. Fri. & Sat., Sept. 24 & 25, 10 a.m.-5 p.m. Mon., Sept. 27, 10 a.m.-8 p.m. (Bag day... fill a bag for \$6). Most paperbacks are 75¢; most hard covers are \$1.50. Huge assortment of large print books, tapes, DVD's, children's books, and tons of fiction books. Call 770-512-4640.

**Georgia Center for the Book**

DeKalb County Public Library  
215 Sycamore Street, Decatur  
404-370-8450, [www.georgiacenterforthebook.org](http://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

**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.

continued on page 14

**ATS NON EMERGENCY  
MEDICAL TRANSPORT**

Providing Services to the Atlanta Metropolitan Area

Clean, Well-Maintained Vehicles  
Courteous and Professional Services • Ambulatory and Wheelchair Services • Private Pay



**ATS Transport**  
Powder Springs, Georgia  
**678-398-0200**

**Point of Need, Inc.****Medical Equipment & Supplies**

2390 Main Street, Tucker, GA 30084

**770-938-7922 770-938-7923**

Monday-Friday • 9:00 a.m.-6:00 p.m.

Wheelchairs • Scooters • Lift Chairs • Walkers/Rollators/Canes  
Diabetic Shoes/Supplies • Bath Aids • Bathroom Equipment • Medical Supplies

Sales - Rentals - Repairs

Free Delivery &amp; Set-Up within 60 miles • Private Pay &amp; Most Insurance Accepted

[pointofneedinc@yahoo.com](mailto:pointofneedinc@yahoo.com)**BUSINESS  
CARD SECTION**

For Advertising Information Call  
Janet Tassitano at 770-993-2943  
or Linda Conyers at 770-924-6905

**ams vans INC** since 1983 **FREE GA DELIVERY!**

Finally! Affordable Wheelchair Accessible Transportation!

- Newly Converted vans starting in the LOW 20's
- Over 100 vans in stock and on site
- Over 25 years industry experience
- 7year/70,000 mile warranty on all conversions

Just 15 minutes North of Atlanta off I-85  
Come see us Today

Local rental service available

**800.775.8267 amsvans.com**

**HMS**  
The Home Medical Equipment & Supply Store  
[www.thehomemedicalstore.net](http://www.thehomemedicalstore.net) **770-939-7160**

The Home Medical Equipment & Supply Store (HMS) offers an extensive selection of products for most any home treatment or rehabilitation program prescribed for you to match your needs and your budget. We specialize in products such as: Wheelchairs, Hospital Beds, CPAP Supplies, Diabetic Shoes, Compression Stockings, Orthopedic Braces and Supports. We have the ability to special order anything you may need that we do not stock. Home Medical Equipment Orthopedics and Bracing Patient Lifts Specialty Items to improve your home and ease of living. Medicare and most insurance accepted.

**4377 Hugh Howell Road Suite A, Tucker GA 30084**  
(Tucker Plaza Shopping Center)

**Camellia**  
HOME HEALTH & HOSPICE

Families Helping Families Since 1974

**Services Available:**

Skilled Nursing • Physical Therapy  
Speech Therapy • Occupational Therapy  
Social Workers • Certified Nurse Aides  
Registered Dietician • Specialized Services  
Wound Care • Orthopedic Rehab

Now Recruiting for Full-time and Part-time Physical Therapists and Physical Therapy Assistants. Please contact Linda Secunda, RN, DON at [lsecunda@camelliahealth.com](mailto:lsecunda@camelliahealth.com) or fax resume to 678-797-5761.

Now serving the following Georgia Counties:  
Cobb, Cherokee, DeKalb, Douglas, Fayette, Gwinnett

1337 Canton Road, Suite B Marietta, GA 30066 **678-354-1456 Office**  
**678-797-5761 Fax**

[www.camelliahealth.com](http://www.camelliahealth.com)  
GA License #033-234-H



## ATLANTA CHECKER CAB

Transporting You & Your Packages  
In Atlanta For Over 60 Years!

**NOW OFFERING  
Wheelchair Assist Vehicles**



24 Hour Computer Dispatched  
**404-351-1111**  
Corporate accounts welcomed  
call 404-351-8225 X-103

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

## Committed to Caring

We are a skilled nursing center. We provide 24-hour nursing services. We offer excellent Rehab service specializing in Physical, Speech, and Occupational therapies. We also offer hospice services. Austell Health Care accepts Medicare, Medicaid, private pay, and most commercial insurance. Please contact:

Priscilla Briley, Admissions Director, at

**770-941-5750**

## UNIHEALTH POST ACUTE CARE AUSTELL

1700 Mulkey Road  
Austell, Georgia 30106

## Now Accepting Applications!

*Affordable Apartments for Seniors Age 62 +*

You'll love the feeling of community and independence in our cozy apartment homes - Lakewood Christian Manor celebrates the splendor of senior life!

Cozy 1-bedroom & efficiency apartment homes  
Utilities included in rent • Beauty Shop  
Library • On bus line • On-site laundry  
Planned activities • Community bus for special trips!  
Close to everything • We welcome small pets!

**CALL TODAY!**

**404-766-1466**

**Lakewood Christian Manor**

2141 Springdale Road, SW  
Atlanta, GA



## CALENDAR

from page 13

**Senior Connections' Adventures In Learning Classes**  
Mack Love Senior Center, 1340 McConnell Dr., Decatur  
Online catalog available at [www.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org) or call 404-321-6060.

### Decatur Monthly Sacred Harp Singing

Thurs., Sept. 2, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Cold Mountain*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details call 404-892-6836 or visit [www.atlantasacredharp.org](http://www.atlantasacredharp.org).

### Monthly Singalong

Fri., Sept. 24, 7:30 p.m. Group singing just for fun... no performances. Open to all. East Lake location. For complete information call Bob at 404-378-5424.

### 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](http://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 [enaumann@atlantaregional.com](mailto:enaumann@atlantaregional.com); [www.agewiseconnection.com/volunteer](http://www.agewiseconnection.com/volunteer).

### 21st Georgia National Fair

October 7-17. For details visit [www.georgianationalfair.com](http://www.georgianationalfair.com).

### Alpharetta Convention & Visitors Bureau Park Plaza

178 South Main St., Suite 200, Alpharetta. Call 770-297-2811.

### Appalachian Jam

Ever Sat. until Oct. 9, 2-5 p.m., Dahlonega Gold Museum Historic Site, 1 Public Square, Dahlonega. Call 706-864-3513 or visit [www.gastateparks.org](http://www.gastateparks.org).

### Car Show At The Plaza

Sat., Sept. 25, 11 a.m.-2 p.m. Free admission, lunch provided,

continued on page 15



**404-580-7003 • [www.hutsonhomepros.com](http://www.hutsonhomepros.com)**

*Specializing in Home Modifications for Seniors*  
**Convenience • Handicap • Quality Living at Home**

Widened Entry Ways • Bathroom Safety & Comfort  
Custom Handrails • Grab Bars/Safety Equipment for Baths  
Stairway Gates • Raised Washer & Dryer for Ease  
Tubs/Shower Handicap Safety & Wheelchair Entry



**Duluth Medical Services**  
**Home Health Care**

*Helping families...*

*...Nurturing Lives*

**Screened & Certified Staff**

**Skilled Nursing, Physical Therapy, Occupational & Speech Therapy & Personal Care Services such as:**

Bathing & Dressing	Grooming
Medication Reminders	Skin Care
Meal Preparation	Toileting
Ambulation & Transfer	Shopping

**We accept Medicaid-Source, CCSP  
and Private Insurance.**

**- Contact Us -**

**678-957-0871 • 678-687-9292  
404-993-4044**

## Skilled Nursing Care

Conveniently located across the street from Kennestone Hospital, Specialty Care of Marietta is a 140 bed Skilled Nursing Facility. Our facility offers Medically Complex Care including 24-hr. Skilled Nursing, Pain Management, Tube Feeding, Diabetes Treatment, Ostomy Care, Complex Wound Care, and Tracheostomy Care. Specialized Rehabilitation Care includes Physical Therapy, Occupational Therapy, and Speech Therapy. Our Rehab Department is the recipient of the 4th Quarter "Commitment to Team" Award. Our mission is to Promote Healing, Provide Hope and Preserve Dignity.

## Specialty Care of Marietta

26 Tower Road • Marietta, GA 30060

**770-422-8913**



**FAMILY ADDITION**

*Home Care Servicing the  
Metro Atlanta Area*

**770-482-4943**

Personal home care services available 24/7 to all ages in their own homes. Through our compassionate and loving Caregivers, our goal is to wrap our arms around each client, one by one. We not only allow our clients to experience a healthy independent life but we also afford their families peace of mind.

### Client Services Available

Accompany to doctor visits • Monitor vital signs  
• Run errands • Grocery shopping • Assistance w/hygiene • Monitor prescription intake  
• Daily/overnight visits • Light housework  
• Respite services • Nanny services and other services available upon requests.

*Allow us to become your "Family Addition"*



**HDS VANS  
& MOBILITY**

**Handicapped Driver Services**

### HDS VANS

...the south's largest provider of  
consumer wheelchair vans & wheelchair  
van modifications including:



- New Wheelchair Vans
- Certified Pre-Owned Wheelchair Vans
- Scooter Lifts
- Turning Automotive Seats

**1-877-437-8267**

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

Locations in Atlanta, Birmingham,  
Chattanooga, Jacksonville and Nashville

## Life Care Center of Gwinnett



Thirty miles outside of Atlanta, Life Care Center of Gwinnett offers the convenience of a large city with the charms of a small town. Residents enjoy a friendly environment, dedicated staff, comfortable surroundings and individualized care that promotes maximum independence.

**Life Care Center of Gwinnett**

3850 Safehaven Drive • Lawrenceville, GA 30044

**770-923-0005**



## HEARING AIDS

**Over 30 Years  
Experience!**

### DECATUR HEARING AID SERVICE

917 N. Indian Creek Dr. • Clarkston, GA 30021

**404-299-1141**

## Assisted Living Home with Affordable Prices!!!

### Services & Facilities

- Family Style Living
- 24-Hour Supervision Assistance
- 3 Home-Cooked Meals with 2 Health Snacks Daily
- Medication Supervision
- Daily Personal Assistance & Activities
- Professional Team Staff
- Daily Laundry
- House Keeping Services
- Transportation Services
- Barber / Hair Styling (On Call)
- Physician / RN (On Call)
- ...And So Much More

**Starting Price \$1,850.00 per month**  
(semi-private room)

Private Rooms with or without Private Bath available!!!



Atlanta - Phases I & II  
Tucker - Phase III  
Smyrna - Phase IV  
Stone Mountain - Phase V  
[www.TheGardensMT.com](http://www.TheGardensMT.com)  
(Off Clairmont & 85 N. Access Road)  
**404-549-4732**

"Tradition of Serving Seniors with Great Care"

## CALENDAR

from page 14

rocking sounds of the Class Act Band, Garden Plaza, 230 Collins Ind. Way, Lawrenceville. Call 770-236-8333.

### Anne Frank World Exhibit 1929-45

Lessons for Humanity informs visitors about the history of the Holocaust from the perspective of Anne Frank and her family. Docent tours offered at no cost to groups with advance reservations. Volunteer opportunity available. Training provided. Parkside Shopping Center, 5920 Roswell Rd., Suite 209, Sandy Springs. Call Sandra Craine at 770-206-1558.

### Brushstroke's 3rd Annual Signature Art Show

Fri.-Sun., Oct. 8-10, 11-6. Open reception Thurs., Oct. 7, 5-9. Will highlight the work of 15 talented local artists. 75 Bennett St., in the Tula Building, Atlanta. Call Judy Clark at 404-543-8470.

### 4th Annual Men's Health & Wellness Center Fundraising Gala

"MOMENTUM 2010," Sat., Oct. 2, Atlanta History Center. Call Scott Garrett at 770-393-9853.

### Fundraiser for Hawk Talk

Thurs., Sept. 2, 5-8 p.m., Champps Americana, 7955 North Point Pkwy., Alpharetta. Tickets, \$10 to enter. Silent auction to be held. Contact Monteen at 770-720-1847 or monteen@hawk-talk.org.

### 2010 Atlanta Arts Festival

Sept. 18 & 19, Piedmont Park. Visit [www.atlantaartsfestival.com](http://www.atlantaartsfestival.com).

### Yellow Daisy Festival

Sept. 9-12, Stone Mountain Park. Visit [www.stonemountain-park.com](http://www.stonemountain-park.com).

### Atlanta Hong Kong Dragon Boat Festival

Sept. 11, Lake Lanier Olympic Venue. Visit [www.dragonboatatlanta.com](http://www.dragonboatatlanta.com).

### JapanFest Atlanta

Sept. 18 & 19, Gwinnett Convention Center, Duluth. Visit [www.japanfest.org](http://www.japanfest.org).

### Atlanta Greek Festival

Sept. 30-Oct. 3, Greek Orthodox Cathedral, Atlanta. Visit [www.atlantagreekfestival.org](http://www.atlantagreekfestival.org).

### Statham Sunflower Festival

Sept. 18, Statham, GA. Visit [www.cityofstatham.com](http://www.cityofstatham.com).

### Lake Oconee BBQ and Blues Festival

Sept. 24 & 25, Greensboro, GA. All proceeds go to Children's Healthcare of Atlanta. Visit [www.festivalsandevents.com](http://www.festivalsandevents.com).

### The Spirituality of Labyrinths and Mazes

Sept. 8-Oct. 13, 6:30-7:15 p.m., Harmony Grove United Methodist Church, 50 Harmony Grove Rd., NW, Lilburn. Six-week class led by Dr. John Rhodes. For additional information call 770-921-7747.

### Shema Yisrael - The Open Synagogue Services

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

### 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.

## FREE BLADDER CONTROL PRODUCTS

and money paid to people willing to test absorbent products at home.

If you or someone you know or care for has a bladder control problem, we'd like to talk with you about testing absorbent products. The information we gather will be kept strictly confidential but will be used by a national manufacturer to develop improved bladder control products. Qualified participants will be paid for testing in the privacy of their homes. If you or someone you know would be interested, please call.

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

## When climbing stairs becomes difficult...



### Stairlifts

- A/C or battery powered lifts
- lifts for all stairway shapes or angles
- folds when not in use

**Rental Programs Available!**

Installation • Repairs  
Maintenance

Free In-Home  
Consultation

### ThyssenKrupp Access Solution Center

2197 Canton Road, Suite 105 • Marietta, GA 30066  
**678-581-0551 or 404-909-5558**

[www.tkaccess.com/solution](http://www.tkaccess.com/solution)

WE ARE COMFORT KEEPERS®

### IN-HOME CARE THAT'S

*Always Nearby.*

Comfort Keepers® provides the kind of trusted, in-home care that helps people maintain full and independent lives, right in the comfort of their own home.

Screened, Trained, & Bonded Staff

**404-303-5113**

- Companionship
- Incidental Transportation
- Laundry, Cooking
- Light Housekeeping
- Grooming, Dressing Guidance
- Errands, Shopping
- Medication Reminders
- Personal Care Services:  
- Bathing, Hygiene  
- Incontinence Care



Comfort  
Keepers



Each office independently owned and operated. © 2009 CK Franchising, Inc.

[WWW.COMFORTKEEPERS.COM](http://WWW.COMFORTKEEPERS.COM)

## NEWLY RENOVATED COMMUNITY

### TRINITY TOWERS

Senior Retirement Community

(62 Years and Older)

2611 Springdale Road SW, Atlanta, GA 30315

**404-763-4044**

- All Utilities Included • Cable Ready
- On-Site Service Coordinator
- Planned Activities
- Media/Community Center
- Controlled Access Building
- Computer Center • Free Bus Shuttle

Managed by

National Church Residences [www.ncr.org](http://www.ncr.org)

## DENTAL PLAN

**As Low As \$7.50 per mo.**

- Immediate Benefits • No Deductibles
- Pre-existing Conditions Covered
- No Claim Forms • Unlimited Benefits
- Benefits for all Procedures;  
Including Cosmetic Dentistry

### Medical/Health Insurance Also Available

*In Business 57 Years*

Licensed by the Georgia Insurance Department

### Consumer's Choice Dental Plan

2641-B Club Valley Drive • Marietta, GA 30068

**770-383-2482 x100**



### New Generation Home Care, Inc.

*"We bring the Care to your Home"*

255 Corporate Center Drive, Suite C  
Stockbridge, Georgia 30281

**Phone: 678-565-5913**

**After-Hours: 678-492-1754**

Email: [nghomecare@hotmail.com](mailto:nghomecare@hotmail.com)

Website: [www.newgenerationcare.com](http://www.newgenerationcare.com)

**Services: WE DO IT ALL!!!** Skilled Nursing Services - All types, Live-In/Private Duty, Personal Hygiene Care, New Mother/New Baby Education, Alzheimer's Care, General Home Health Services and Light Housekeeping.

**Staff:** Registered Nurses, Licensed Practical Nurses, Certified Nurses Assistants, Companions/Sitters.



# Smyrna Golden K Club inspired by speaker to donate to VRS

Special to Senior News

**T**he Golden Kiwanis club of Smyrna, GA presented a donation to Vision Rehabilitation Services (VRS) to provide funds for services for individuals who are blind or visually impaired. The club was inspired to donate by a recent guest speaker, Deidri Cumbie. Deidri, a VRS board member, shared her story about how she suddenly went blind almost 20 years ago and how she found services to teach her how to live an independent life at VRS.

Completely blinded as a result of surgery to remove a brain tumor, Deidri struggled to perform her activities of daily living as a mother and a wife without her vision. A year later, she heard about the services that VRS could offer her. She began the program by meeting with

VRS' Licensed Clinical Social Worker to discuss her needs and with the help of the staff at VRS; a custom plan of services was built around her. Deidri was taught how to read and write Braille. A Certified Vision Rehabilitation Therapist then came to her home and labeled in Braille the kitchen appliances, the pantry items, the washer and dryer, her toiletries, her clothing and more so she could identify which buttons to press, how to match an outfit and how differentiate between conditioner and shampoo without her sight. She was also taught how to navigate outside her home by a Certified Orientation and Mobility Specialist from VRS using a white cane. Deidri continued her training a few years later and became proficient on computer access software for the visually impaired. Deidri also has a guide dog and lives a very full life.



Left to right are: Alan Wilgus, President of Smyrna Golden K; Joan M. Stuart, CEO & Executive Director of VRS; Joe Bland, Golden K and VRS board member; and, Charles "Pete" Wood, Golden K and VRS board member.

She told the Golden K Club, "the only thing I can't do is drive." After Deidri shared her story,

the Golden K members voted unanimously to donate funds to the organization. The club also voted to provide volunteer services to the organization's upcoming fundraiser, the Race to See. The Race to See is an annual 5K race and 1K walk that raises funds to teach people who are blind or visually impaired how to function independently in their own environment. The event will be held on Saturday morning, October 23, 2010 at 8:00 am at Campbell High School in Smyrna. A spaghetti dinner will be held the night before, Friday, October 22, 2010 from 5:30 pm to 8:00 pm and will feature a silent auction and 50/50 raffle. For more information on the Race to See, visit [www.vrsga.org](http://www.vrsga.org) or find us on Facebook at [www.facebook.com/RaceToSee](http://www.facebook.com/RaceToSee) benefiting Vision Rehabilitation Services. VRS is located at 3830 South Cobb Drive in Smyrna and may also be contacted at 770-432-7280.

## HITECH HEALTHCARE



### Oxygen & Respiratory Therapy

- Stationary Oxygen Concentrators
- HELIOS/Liquid Oxygen
- HomeFill
- Ultra-Light Portable Systems and Lightweight Conserving Devices
- Portable Travel Concentrators

### Respiratory Medications, Aerosol & Humidity Therapy

Hi-Tech Healthcare, Inc. provides aerosol therapy. This includes high humidity trach therapy, nebulizers, and unit dose medications.

### Mechanical Ventilation

- Non-Invasive Positive Pressure provides augmented assistance and rest.
- Portable Ventilators provide life support.
- Pressure Support Ventilators

### Sleep Disorder Therapy

#### CPAP / BI-LEVEL

- CPAP and BI-LEVEL for treatment of obstructive sleep apnea.
- CPAP with Humidification is often medically necessary.
- Nasal interface options are key to successful treatment and compliance. There are numerous options available.
- Compliance and comfort are our objectives.

### Durable Medical Equipment

- Hospital beds and accessories
- Wheelchairs are available with many options for safety.
- Walking aids

### Enteral Nutrition

- Tube feeding supplies

### Our Professional Staff

Medical Director, MD  
Licensed Respiratory Care Professionals  
Service Delivery Technicians  
Professional Office Staff

*Count On Us To Care.*

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

Accredited By



Joint Commission

on Accreditation of Healthcare Organizations

**Gainesville**  
502 South Enola Drive  
Gainesville, GA 30601  
Phone: 770-536-7870  
Fax: 770-536-7840

**Norcross**  
1805 Shackleford Court  
Suite 100  
Norcross, GA 30093  
Phone: 770-449-6785  
Toll Free: 800-449-6785  
Fax: 770-449-0648

**Athens**  
843 Prince Avenue  
Athens, GA 30605  
Phone: 706-613-7114  
Fax: 706-613-7186

**Marietta**  
718 Cherokee Street  
Marietta, GA 30060  
Phone: 770-792-0930  
Fax: 770-792-0150

**Fayetteville**  
1233 Highway 54 West  
Suite #1  
Fayetteville, GA 30214  
Phone: 770-460-7744  
Fax: 770-460-7864

CORPORATE OFFICE

"Locally owned and operated since 1990"

**Looking for a power lift chair that's right for you?**



Choose your style, size and fabric, starting at \$54999

SAVE \$25 WITH THIS COUPON!

The Comfortable Chair Store™

Serving Metro Atlanta Since 1992

770-518-8518

30 E. Crossville Rd, Roswell 30075  
(2.7 mi W of GA 400 at Crabapple)  
[www.TheComfortableChairStore.com](http://www.TheComfortableChairStore.com)