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*St. Vincent de Paul
thrives with senior
staffing!*

Story on Page 2

January 2010
Vol. 24, No. 1

On the Cover

St. Vincent de Paul thrives with senior staffing

by SUSAN LARSON

ON THE COVER:

Retiree, Jan Harvey, greets customers at the cash register at the St. Vincent de Paul Society Thrift Store in Buford.

When Wieka Koenraad volunteered to start a St. Vincent de Paul thrift store in Buford, she had no idea how that one move would change her life and the lives of those around her. After all, she'd never set foot in a thrift store. In fact, her father had owned a high-end retail store and she grew up wearing only the best.

Koenraad, whose testimony is recorded in Tom Brokaw's *The Greatest Generation Speaks*, answered this way: "I'm originally from Holland and lived through World War II. Americans and their allies liberated Holland. If that would not have happened, I would not be alive. My family was very fortunate to emigrate to the United States in 1977. This country has been very good to us. We are proud to call ourselves Americans. To give something back is what I want to do. I want to put my shoulders under this store as a thank you to the United States."

With no business experience whatsoever, Koenraad turned to the only way she knew to accom-



Senior staffers Ofelia Herrero, Peg Eggers and Polly Herrin sort out donations in the back room of the Thrift Store.

plish her goal: prayer.

"God has his hand in this place. You can feel it," Koenraad said. "We prayed for guidance. We prayed for volunteers. We have fifty plus regular volunteers."

"Len and Pat Tate, who owned Tate Air Conditioning retired and have become a vital part of our store," Koenraad said. "Everyone is here because they want to be. That is what makes this so special."

Many of those volunteers are seniors who faithfully show up on a regular basis.

Jan Harvey, age 73, is a

retired commercial real estate agent. Harvey is perhaps the most visible volunteer, working the cash register and greeting everyone coming and going. Among those working behind the scenes are Ofelia Herrero, age 80, Peg Eggers, age 76 and Polly Herrin, age 79. Herrero, a retired teacher, said, "Peg's a nurse. When I got sick of teaching, Peg gave me the medicine by bringing me here." Herrin, a retired rehab coordinator also finds the job offers big benefits.

Wieka Koenraad, age 72 and

continued on page 3





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Thrift Store founder Wieka Koenraad makes sure all the merchandise is properly displayed.



Hans Koenraad keeps up with the financial needs in the community.



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THRIFT STORE from page 2

her husband Hans, age 76, stay pretty busy in the office answering calls from people needing assistance and in general, just keeping the place running. "When we first started we were getting 100 calls a month. Now we get 100 calls a week," Hans said.

As the workload increases, so does the roster of senior volunteers. Retired from prestigious positions, highly skilled professions and lucrative careers, they all agree that this is the best paying job they've ever had.

About the St. Vincent de Paul Society

The St. Vincent de Paul Society was founded in 1833 in Paris by a 19-year-old college student who began serving the poor with his friends. The Society came to the United States in 1845 and to Atlanta in 1903. Today, there are more than 400,000 members serving in 133 countries around the globe.

In 2007, the St. Vincent de Paul Society served approximately 135,000 people throughout Middle and North Georgia, delivered \$4.7 million in direct financial aid, and almost \$1 Million in food, clothing and household goods. Committed to stewardship, more than 94% of all donations received by the Society go directly to client services. The Vision of The Society of St. Vincent de Paul Atlanta is to change the face of charity by offering hope as well as help to all through the guidance of the Holy Spirit.

For more information visit www.svdpatl.org

St. Vincent de Paul Thrift Store Locations

Buford
1433 Buford Highway, Buford,
GA 30518; 770-271-1764

Chamblee
5463 Peachtree Road, Chamblee,
GA 30341; 770-936-0766

Duluth
3256 Buford Hwy., Duluth, GA
30096; 770-622-9533

Hapeville
685 North Central Ave.,
Hapeville, GA 30354;
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2720 Summers St., Kennesaw,
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Lawrenceville
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GA 30045; 770-339-7997

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Atlanta Manager/Editor

Ann Tunali

Phone: 770-698-0031

Fax: 770-395-7271

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

Dolores Irvin - Columnist

Susan Larson - Columnist

Faye Jones - Columnist

Contributing Writers

Dr. Bill Baggett

Mary Frances

Dorothy O'Sayer

Lisa M. Petsche

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CORPORATE OFFICE

Billy R. Tucker, President/Publisher

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

FAX: 478-929-4258

E-mail: Seniornews@cox.net

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

Oh my, the millions of calories I consumed over the holidays have taken their toll on my hips and tummy. I am now a certified Apple Person with no waistline, no ankles, a waddle under my neck and my upper arms look very similar to a flying squirrel. Yep, I did it up big time and never made a cake nor a batch of candy.

This was the first Christmas in my life that I didn't cook for weeks ahead of the big day but when one lives alone, it loses something to bake and then sit and eat it all myself. The calories I mentioned came from friends who have been overly zealous in bringing me the most fantastic array of goodies I have ever seen. They brought flowers, too. I must have done something good but for the life of me I can't remember what it was.

Did you notice this year how few homes decorated with large light displays? In our neighborhood only one house in 10 or 15 had anything more than a wreath on the door. I suppose we are all getting the message that this economy is about to chop the feet from under a bunch of folks and mostly seniors on fixed income. It is getting scary.

It was also very evident that "Happy Holidays" was used on TV instead of the age old "Merry Christmas." I didn't change my greeting and I won't until they turn my toes up. No Christmas carols in schools but we did have a beautiful Nativity scene in the middle of our town.

This was my third Christmas with-

out my precious Handsome Husband Doyle. Things are still not the same. A lot of healing has taken place and I make it a day at a time but he left a big hole in my life and I wonder if I shall ever be able to climb out.

We couples always knew that one day one of us would have to say goodbye. I didn't think it would be so hard. After all this time I am just now remembering advice he gave me. I wish I had listened more intently and I wish he had taught me more about "men things," like what to do when you turn on the dryer and blue sparks fly all over the room. I am not supposed to lift over five pounds but I moved a standing freezer, full to the brim, in about half a second the other day when my pig-tail blew out. I thanked God that night for every electrician that ever drew a breath on this earth.

And then there was the faucet in one of my bathrooms. It turns off, but if you push the handle a quarter of an inch on back, the water comes on again. I must tend to that this week when I get over the holidays.

The worst thing that happened to me during the holidays was that I lost my four upper back teeth bridge. I looked everywhere. My front teeth look very nice but the chewing has to be done on the back teeth. I know I must have looked like a rabbit eating for about five days until I found my teeth.

The first thing I did was pray for God to find them for me. I suppose he thought since he didn't take them out it was not his job to find them so I got no help. Finally I remembered that I had

taken a course several years ago in using divining rods. Got pretty good with them, too. I could locate water and gas pipes and locate lost objects around the house. But I had forgotten about them completely. Then I remembered. I held them in my hands and they turned toward my bedroom.

I don't take my teeth out except in the bathroom and I had looked there a dozen times. I followed the rods. They whirled and whirled. Finally I asked, "Are my teeth in this room." They turned to "yes." I said point the direction. They turned and I nearly fell over. There about one foot in front of me was my bridge with my four treasured teeth. They were under a stool that I use to get up on my bed. I must have taken them out during the night and fanned them off the bed spread onto the floor.

Now don't go getting your feathers up, ladies. I do not practice witchcraft, nor do I read cards and such, but my grandfather could locate water with a forked branch from a cherry tree. Folks still use them in industry - believe it or not. There are some things in this world that are too big for my brain but I never bite the hand that feeds me.

I appreciate all the knowledge God can spare 'cause I spend half my life looking for car keys, purses and the like. I forget to lock doors but am getting better about that. Things like that were always LH's job. Oh, how I miss him. He would have laughed at my latest dumb act.

This year we may all face situations that frighten us. Medical care as we have known it is a thing of the past. Maybe we seniors should band together and buy out Ted Turner's buffalo farm in Montana, move out there and form a compound for old folks and declare ourselves a nation. Of course we wouldn't last long before we got put in jail but sometimes I think of doing something just like that.

Perhaps the government has found a better way. Stop paying for adequate health care and we'll die off quicker. I don't like the sound of that either.

Whatever happens to us we have been a great and wonderful part of history. We built this land and made way for the technology we have today. We plowed the land before society built the sky scrapers. We saw cars with no tops and men walk on the moon. We have seen a nation slid into an abyss because we let our leaders become as complacent as we are.

But we still have jobs on this earth or we wouldn't be here. Theodore Roosevelt said "When you are asked if you can do a job, tell 'em, 'Certainly I can!' Then get busy and find out how to do it." Sounds like a plan to me.

Let's all get busy in our homes, churches and neighborhoods and make this old world a better place. Love has to start somewhere. Why not begin with the best - us! It will be like walking on sunshine!

We thank you dear readers for your support this past year. You are special to us and we want you to be a part of Senior News. If you have stories or poems in your heart and head, share them with us. This paper is all about you!

Have a blessed year!

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

Spiritual Notes

A New Chapter

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

During the holidays my family and I attended a wedding of a nephew in Alabama. It was a joyous occasion with all the traditional activities normally occurring at an affair of this nature. The Bride and Groom's families and a great host of friends were present to congratulate and support these two young people. At the After Rehearsal Dinner someone concluded their toast to the couple by saying, "Life is lived best when lived in chapters." In addition, they were challenged to make this new chapter one of love, happiness, devotion, hope, and commitment to each other.

After hearing this toast I thought of my own life and the many chapters I have lived in the 50 years of my marriage. As is true with anyone, some chapters of my life were outstanding and some were not so good. With a New Year approaching, I did some introspection. I pondered, why can't Chapter 2010 be a sterling new Chapter for me? There are always some things in my senior years I could rearrange to make me be a better person. I didn't want to engage in the normal New Year's resolution's dilemma; losing weight, etc. The new chapter

must be substantive and sensible.

Recently in a Bible Study we discussed the first chapter of the Book of James, verses 19-21, which read: "My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires. Therefore get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you." As a senior, I don't listen as well as I once did, I often speak too quickly, and things that fall in the "so what" category sometimes make me angry.

Just because we are seniors doesn't mean that we can't write a new chapter in our lives. The young married couple has a longer road ahead of them than most of us. This is more the reason for reassessing our lives and taking measures to make the Chapters which we have left count for something. As seniors, I believe our job is to be role models for our juniors. The James reference is a good place to start.

Happy planning and Happy New Year!

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

Hi-Tech Healthcare urges passage of bipartisan bill to eliminate flawed Medicare bidding program for home medical equipment

H.R. 3790 would reduce Medicare spending, preserve patient access to quality care, and save thousands of small businesses.

by **TODD TYSON**
Hi-Tech Healthcare

Metropolitan Atlanta will soon begin the bidding process for the second round of Competitive Bidding (CB) for Medicare Home Medical Equipment (HME) slated to begin in Atlanta in 2011.



Todd Tyson

Competitive Bidding was part of the Medicare Modernization Act (MMA) of 2003 that most of us recognize as the prescription drug bill which mandates that Medicare bid for home medical equipment and services. Competitive Bidding was originally supposed to begin in 10 Metropolitan Service Area (MSAs) in 2009 and expand to 80 more in 2010 including Atlanta; however, the program was so fatally flawed that Congress passed the Medicare Improvement for Patients and Providers Act (MIPPA) to postpone the implementation until 2010 so that the Centers for Medicare and Medicaid Services (CMS) could fix the problems inherent in the Medical Modernization Act.

Sadly, Centers for Medicare and Medicaid Services has decided to move forward again with Competitive Bidding in 9 Metropolitan Service Areas without any real improvement to the initial plan or process. The first round of bidding awarded contracts to providers that were not appropriately qualified or licensed to satisfy the regulatory requirements established by CMS supplier standards. Many winning bidders had never provided the services that they bid for and were awarded. Most did not have the credit necessary to fund the business and the growth required to satisfy the capacity that they were legally obligated to provide. One manufacturer was even quoted as saying that of the 380 winning bidders he would not extend credit to more than 50% and several of the other 50% were already on credit hold.

The original bid process was to yield a 27% saving to Medicare Home Medical Equipment only because non-qualified, under funded bidders bid way below Medicare allowed fees. Some local providers bid low for fear that they would be barred from participation and other non-local providers bid even lower in order to eliminate local providers and gain new markets. No one truly understands why

providers were willing to low ball bids but the reality of the contracts were unsustainable for most bid winners.

What does this mean for Medicare beneficiaries? Limited access, No choice, sub-standard equipment and services. What good can come from low bid providers being awarded contracts with Medicare? Savings, sure, but at what cost? Extended hospital stays, patient's safety concerns, restricted number of providers, elimination of 90% of small business providers.

Medicare Home Medical Equipment is the most cost-effective and is the slowest-growing portion of Medicare spending according to the most recent National Health Expenditures data from CMS. Home Medical Equipment accounts for less than 1.5% of the Medicare budget and Centers for Medicare and Medicaid Services hope to expand Competitive Bidding to physicians, hospitals and other healthcare providers in order to cut cost and ration healthcare to seniors and people with disabilities.

Competitive Bidding will likely increase spending because it will shift cost from Medicare Part B (Home) to Part A (Hospital). Longer hospital stays and cost shifting from home to the institutional setting will surely follow service disruption and limited access for beneficiaries. Currently under Medicare, a day of oxygen therapy costs less than \$7 per day and a day in the hospital costs more than \$5,500.

Home is the most cost effective way to treat most patients and home is where most people would rather be. Home Medical Equipment is one solution to rising healthcare costs but once again the Federal government has put our Medicare beneficiaries at risk in order to eliminate providers because they cannot control cost, fraud or abuse in the system. Once again they want to say that providers are the crooks when they are the ones that issued the provider the supplier number and are responsible for policing their behavior.

There are numerous homecare heroes who are out at all hours of the day and night providing in-home services so that patients can live independently in their home where they prefer to be. These heroes appear at a moment's notice ready to discharge you from the hospital, follow you home to install equipment, educate/instruct patients and caregivers on proper use and then leave only to provide 24 hour, 7 days per week on call services and follow-up to those that need it. Congress is clueless about the services component involved with Home Medical Equipment services and only reimburse for the equipment. Home Medical Equipment is so much more and deserves the recognition that "Home Medical Equipment (HME) is the solution and NOT the problem."

Call your representative and ask them to protect Home Medical Equipment (HME) and sponsor HR3790 to repeal Medicare Competitive Bidding.



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Aging Research at Georgia Tech

Submitted by Professor Minoru "Shino" Shinohara, PhD



Cognitive and motor abilities decline with age. As a result, older individuals sometimes have difficulty performing everyday tasks such as opening a jar or balancing while standing. The Georgia Institute of Technology's Neuromuscular Physiology Lab (School of Applied Physiology) is undertaking unique aging research projects to understand the functional mechanisms behind these phenomena. The lab is currently inviting healthy elderly adults who are interested in being involved in aging research.

Professor Minoru "Shino" Shinohara, PhD, is the director of the lab, who also has an appointment at the Rehabilitation R&D Center of Excellence for Aging Veterans with Vision Loss (Atlanta VA Medical Center) and at the Department of Physiology (Emory University School of Medicine). With an ultimate goal of helping improve the quality of life in aging adults, Shino has been studying physiological mechanisms for movement control in young and elderly adults for 20 years. He utilizes the state-of-the-art noninvasive techniques including transcranial magnetic stimulation (TMS) of the brain, functional magnetic resonance imaging (fMRI), ultrafast ultrasound imaging, and exoskeleton robotics in his own lab and in his domestic and international collaborations.

Currently, two aging research projects are going on in the Neuromuscular Physiology Lab – a hand function project and a balance project. For the hand function project, Shino has found that elderly adults often have difficulties in controlling their finger force, especially when both hands are used at the same time. Bimanual activity requires divided attention. The lab is now trying to understand how divided attention influences the age-related decline in hand and brain functions by looking at the brain and muscle activity in healthy elderly adults.

In the hand research, the participants are asked to perform multi tasks that divide their attention. In one condition, they are asked to produce small finger force as steady as possible in their right hand while performing basic addition and subtraction in their mind. In another condition, they are

asked to do the same thing in their right hand while matching their finger force at a varying target in their left hand. Their muscle and brain activities during these tasks are recorded with miniature electrodes that are attached to the skin overlaying the brain and muscle. The muscle and brain activities are analyzed with a computer to elucidate common features across individuals. The results obtained in this study can later be used to identify elderly individuals who may be at risk of cognitive or motor impairment.

The balance project is performed in collaboration with the Neuromechanics Group (Director: Professor Lena H. Ting, PhD, Biomedical Engineering) at Georgia Tech/Emory. The project originated from Shino's previous findings that very small vibrations to the foot improved balance in young adults during one-leg standing. It is proposed that certain vibrations may enhance sensory functions. The lab is now testing if such vibrations can improve balance in healthy elderly adults and individuals with Peripheral Neuropathy.

During the balance study, participants stand on a platform that is equipped with computer-controlled vibrators. They are asked to stand quietly with their feet together for no longer than 1 minute at a time. Various kinds of small vibrations (so small that most people cannot feel it) are turned on underneath the feet. The effects of the small vibrations on the person's balance are measured using force plates and a motion capture system. The results obtained in this study would eventually be used for the improvement of balance for elderly individuals that have difficulties in postural control.

The Neuromuscular Physiology Lab is inviting interested healthy elderly adults to be involved in one or both of these studies that would lead to improving the quality of life in aging adults. Both studies are non-invasive and require a one-time visit to the Georgia Institute of Technology campus (midtown Atlanta). All study participants are volunteers and will be

compensated for their time (~2.5 hours) and travel expenses. To be admitted to the study, you must be over the age of 60 and healthy. Other inclusion criteria may be clarified by contacting the Neuromuscular Physiology Lab.

If you are interested in learning

more, please call 404-894-9985 (Neuromuscular Physiology Lab), or email Ashley (re: hand study) ashley.johnson@gatech.edu or Vasilii (re: balance study) gtg924n@mail.gatech.edu. The website of the Neuromuscular Physiology Lab can be found at <http://www.ap.gatech.edu>.



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Hand function study

Clarkston celebrates Christmas

by MARY FRANCES

The Georgia Perimeter College (GPC) Arts and Crafts Christmas Sale began with the Visual Arts Faculty Exhibit. The event concluded with a spirited concert by the GPC Community Wind Ensemble conducted by Slava Prudchenko. All activities were held at the Fine Arts Gallery in Building F on the Clarkston Campus.

The Annual Arts and Crafts Sale held from December 1st through 3rd, 2009 featured hand-made pottery, jewelry, decoupage figures, and individually-crafted boxes.

The art exhibit featured 27 pieces by 17 GPC instructors: Deirdre Aims, Cynthia

Boos, Lorraine Brennan, Margee Bright-Ragland, Josh Chuzi, Don Dougan, Patricia Farley, Maureen Holmberg, Jane Jaskevich, David Koffman, Val Koonce, David Lasker, Carole Lawrence, Carl Linstrum, Phillip Mosier, Gerry Sattelle, and Carlos Hidalgo. This diverse and eclectic 16th Annual Exhibit hung from November 5 through December 4th, 2009, and featured oil, encaustic, acrylic, pencil, photograph, mixed-media, sculpture, wood, plaster, stone, ceramic, and computer generated images referred to as rifamento art.

"Don Dougan's sculpture reminded me of the ocean washing up on the shore. I was at the beach again," said student Kelly Glass looking up from her sketchbook.

Concert goers gathered at 7:30 p.m. in the lobby of the arts building and were serenaded by an instrumental quintet in the foyer and then, at 8:00 p.m., the music-lovers retreated into Cole Auditorium for the Christmas Concert.

The Wind Ensemble is open to GPC, local high and middle school students, professional musicians, amateurs, teachers, GPC faculty, and community residents. They meet every Thursday from 7:30 to 9:45 p.m. on the Clarkston campus.

The Department of Fine Arts sponsors the exhibits, craft events, and musical concerts. Don Dougan coordinated the month-long Faculty Art Exhibit and the three-day craft sale. He may be reached via e-mail at dondougan@juno.com. For more information about the Wind Ensemble contact the conductor Prudchenko at 678 891-3563, e-mail prudche@tpc.edu or the Music Department Chair David Koffman at 678 891-3577, e-mail dkoffman@gpc.edu. The GPC Fine Arts Gallery and Building F is located at 555 N. Indian Creek Drive, Clarkston, GA 30021. Inquiring readers may view the Fine Arts Calendar at the GPC website at www.gpc.edu.



Tomato Reflections by Carol Lawrence

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C'mon, let's eat

by FAYE JONES

Bet y'all don't want any more turkey and ham for a while do you? I have been just about as innovative as a cook can be with left-overs. I believe with all my heart I will be eating ham on the 4th of July!

Weren't the holidays wonderful? And aren't you glad to get back to everyday living like having a bowl of soup and cornbread for lunch or dinner. Salads are so good to me right now. I suppose we all need a round or two of greens and fresh veggies. Fruit is also good to get our systems back in shape after our steady diet of sugar and butter for the past month.

Try a few of these old recipes and see how you like them.

CREAMED SPINACH

1 10-ounce package frozen chopped spinach
2 Tbsp butter
1 1/2 Tbsp all-purpose flour
1/3 cup heavy cream
1/4 tsp salt
Dash pepper
Dash nutmeg
Dash cayenne pepper

Cook spinach following the directions on the package. Drain and squeeze all the liquid from the spinach when it's done. Melt butter in a saucepan over medium heat. Be careful not to burn it. Add flour to butter and stir until smooth. Add the cream and

heat for 3 minutes or until sauce thickens. Stir constantly. Add the spinach, salt, pepper, nutmeg, and cayenne. Cook for 2 - 4 minutes. Stirring often. Serve hot. Serves 4.

DADDY'S WESTERN OMELETTE

(This is my version of my father's recipe. He made lovely omelettes. I just stir the ingredients together. It is the same thing only his looked better. This makes a heavy breakfast or a nice supper on a cold night.)

1 cup frozen cubed hashbrown potatoes, thawed
3 Tbsp butter
1 green bell pepper, diced
1 small - medium white onion, diced
1 cup mushrooms, fresh or canned
1/3 cup diced left-over ham (may use sandwich or breakfast ham)
1 medium fresh tomato, seeded and diced
1/2 pound Velveeta cheese spread
4 Tbsps evaporated milk (May use regular milk)
6 large eggs, well beaten
Salt and pepper to taste
Pinch of cayenne pepper

Pan fry potatoes in butter in a large skillet until tender and lightly browned. Before the potatoes brown, add green bell pepper, onion, mushrooms, tomato. Cook, stirring occasionally until vegetables are tender. Beat eggs with the evaporated milk. Pour over potato mixture. Quickly stir in Velveeta cheese,

salt and pepper and pinch of cayenne. Stir only until eggs begin to get solid. Remove from heat and place in a serving bowl. Eggs will continue to cook in the bowl and you do not want them to be dry. Serve alone or with grits or biscuits. So filling and good.

RIB EYE LOIN

1 10-12-pound boneless rib-eye loin
Salt and cracked pepper
Chopped garlic from a jar
Paprika
2 Tbsps parsley flakes
1 cup sweet red wine
1/2 cup water

This is a large roast and a hand full to deal with - but also very easy. Simple remove all silver membrane from the roast. You will remove a lot of fat from the sides and bottoms as you skin the roast (if the butcher hasn't done it for you).

Leave a thin layer of fat on top of the roast. You may cut it off, season the meat and then replace the slab of fat if you desire. Cut slash marks 3-inches across the meat about 1/2-inch deep. Sprinkle meat with salt and cracked pepper, a little roasted paprika, parsley flakes in the slits in the meat. Then cover liberally with chopped garlic - about 4 tablespoons.

Place meat on a rack if you have one; it is not necessary. Pour wine and water in bottom of pan. Place in a 400 degree oven for 30 minutes. Reduce oven heat to 300 and continue to bake until internal temperature reaches about

160. If you like rare meat, check often.

When done, remove meat from oven, tent lightly with foil. Do not wrap tightly. Let meat rest at least 18-20 minutes so juices will return to center of roast. Slice as you desire cross-wise and pig out! Simple and oh, so good.

GRAVY FOR RIB-EYE

3 shallots, finely minced
2 large portabella mushrooms, gills and stems removed and caps diced in 1/2-inch pieces
1/2 cup sweet red wine
Salt and pepper to taste
1/2 pint whipping cream
1 quart half - and - half
2 Tbsps flour
4 Tbsps fat strained from cooking pan where roast was cooked.

Place fat into a large skillet or Dutch oven. Add shallots and portabella mushrooms. Pour red wine over mixture and cook until mushrooms are dry. Add salt and pepper to taste. Heat whipping cream and 2 cups half-and-half. Add flour to mushroom mix, stirring well, then add hot cream to make the gravy. Adjust seasoning. It is so rich that a little goes a long way. Leftovers keep well. Enjoy! ©12/22/09

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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Taking Care

Caring in cold times... take extra precautions during winter weather

by LISA M. PETSCHKE



Lisa Petschke

Due to cold temperatures, ice and the possibility of snow, as well as the prevalence of viruses, winter poses extra health and safety risks, especially for seniors. The following are numerous ways to minimize the risk of problems for a relative in your care.

Health Tips:

- If you haven't already done so, arrange for your relative to get a flu shot. Those over 65, especially if they have chronic illnesses, are at high risk for complications from influenza, which is a leading cause of death among adults in that age group.
- Ensure your relative takes in plenty of fluids, as the dryness caused by heating systems can lead to dehydration.
- Serve foods rich in vitamin C, to help ward off viruses and infections. Serve warm foods and beverages to raise body temperature.
- Limit intake of alcohol, as it's dehydrating and also speeds up body heat loss.
- Stock up on non-perishable foods and bottled water, and refill prescriptions at least a week before they run out.
- Ensure the indoor temperature remains above 65 F, ideally no lower than 68 F. Hypothermia is a risk to seniors even indoors, due to the decreased circulation that tends to accompany aging, as well as to inactivity, illness and some medications.
- Ask your relative's doctor or pharmacist to review his/her medications and advise if any of them affect the body's ability to regulate temperature.
- Ensure your relative dresses warmly, in loose-fitting layers. Don't forget warm footwear, too. Slippers should offer adequate support, fit well and have a skid-resistant sole.
- Provide your relative with several layers of warm bedding.
- Keep throws in the living room and bedroom, for easy access to extra warmth on drafty days and nights.
- Prepare for a power outage by creating a kit containing candles, proper candleholders, matches, flashlights or a bat-

tery-powered lamp, a battery-operated radio, fresh batteries, blankets, bottled water and non-perishable food. Store it in an accessible place.

Indoor Safety:

- Buy rechargeable flashlights that plug into the wall and automatically turn on when the power goes out.
- Ensure heat registers and vents are not obstructed.
- Exercise caution with space heaters, which can pose a significant fire hazard. Keep them several feet away from walls and combustible objects, as well as out of traffic areas.
- Place candles where they won't be knocked over, and away from lampshades, curtains and other flammable materials.
- Ensure any fires - from a fireplace or burning candles - are extinguished before you go out or retire to bed.
- Remain indoors during storms and extreme cold. Take into account not only the thermometer temperature but also the wind-chill factor.

Outdoor Safety:

- When you venture out, ensure your relative has a warm coat, scarf, gloves or mittens and a hat. If he or she is weight-bearing, a pair of boots with good treads is a must. You, too, should have non-skid boots, in case you need to provide hands-on assistance.
- If your relative uses a cane, buy an ice pick that fits onto the end of it and folds up when not in use. These are available at home healthcare stores.
- Keep walkways clear of ice and snow. Enlist a neighbor's help if necessary.
- Keep your car well maintained and the fuel tank at least half full. Ensure the following emergency supplies are on board: a flashlight with extra batteries, emergency flares, blankets, hats and mittens, and non-perishable snacks. A cell phone also comes in handy, to summon help quickly if needed. An automobile club membership is another good idea.
- Check the local weather report before heading out on the road. Avoid going out if a storm warning has been issued.

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



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Poets' Corner

The Light of Life By Bobby Cline

Deep within the heart and soul
Lies a burning light that seeks to
grow
Seeded by man with no remorse
It waits its time to blossom forth.

Both pain and joy will bring it nigh
Bright as the sun that fills the sky.
Warm air will rush to fill the lungs
And we will know life has begun.

This light will dance across our day,
As if to skip and jump and play.
first bright then dim and back again
Always shining out then in.

In time of youth it lights the way
To guide the dreams with strong
bright rays.
Goals long sought will come to pass
True pride will fill the heart at last.

When all that life requires is done
The light will be as the setting sun.
Slowly sinking into the ground
It fades away without a sound.

And near the end as Death walks by
With his long black cloak and glaring
eyes
He dims the light and out it goes.
Forever more? I think not so.

Say Hi To High Tech By Vera King

Oh, for the bygone days
Of peace and quiet
When silence was golden
All day and all nite

Now we have noises
Subtle, at least
That manage to slip
Into our peace

An avalanche of ice
Falls into an empty tray
As beeps keep on beeping
Throughout nite and day

But we may as well smile
And accept this foray
The digits have conquered
They have all come to stay.

Of Treasured Things By Henry N. Goldman

There is a place she covets so,
Where her small treasures finally go.
A wisp of hair from our child's locks.
Some photos of a varied lot.
Sometimes an item she forgot was
there,

A pair of tickets to a concert where
We mostly held each other's hand -
At moments failed to hear the band.

The ribbon that adorned her hair,
The time I took her to the fair.
My card, when I forgiveness pled,
Some stupid thing that I had said.
A book pressed blossom that she

saved,
From someone's flower covered
grave.
A tiny knitted woolen sock,
That matched our child's first baby
frock.

Love letter of mine, bound with a
bow,
I begged of her to please let go.
Some favorite poems she wanted to
save,
That long ago her mother gave.
At times I see her slip away,
On some cold, dreary, cloudy day.
I understand just why she's gone,
To be among her treasures alone.

Today By Marjorie Walker

Today, Dear Lord, I'm 89.
And I certainly don't feel, Dear Lord,
I'm at the end of my line.
A bridge master I'll never become
But please give me one GRAND
SLAM before I'm 91.
I'm hoping to perfect using the weak
TWO.

But no fancy conventions with them,
I am THROUGH.
I haven't eaten my fill of SARA LEE,
So please don't take me before I'm 93.
I've still got some second-hand
clothes I haven't wore,
So I've just gotta visit the Last
Chance Thrift Store once MORE,
When I'm 94!

I've just gotta eat one more hot dog
at a Braves game and the Georgia
Dome - before you call me HOME.
The Jimmy Carter Library is on my
SLATE
I've got reservations there when I'm
98.

So, when my birthdays are all used up,
I'll be ready, Dear Lord, to go
To hell for YA...or
PHILADELPHIA...cause when I first
Heard your story, Dear God, I fell for
YA.

Out on the street stand the day laborers,
those MEN.

I help clothe and feed them and that
ain't no SIN.

And each day I make the rounds feeding
my 20+ cats,

plus dozens of pigeons,
'Cause seems like most folks don't give a
SMIDGEON.

So I pray you won't route me to some
SANATARIUM

Because heaven to me is the Georgia
AQUARIUM.

Form **1040** Department of the Treasury—Internal Revenue Service **2009**
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For the year Jan. 1-Dec. 31, 2008, or other tax year beginning

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3 If a joint return, spouse's first name and initial	4 Last name	
5 Home address (number and street). If you have a P.O. box, see page 1		
6 City, town or post office, state, and ZIP code. If you have a foreign address, see page 1		

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Out & About

The 57th Fighter Group Restaurant reopens

by SUSAN LARSON

Anyone who has a passion for flight, food and fun is sure to experience a three-point landing at The 57th Fighter Group Restaurant at the end of the south runway of the DeKalb Peachtree Airport on Clairmont Road.

After entering the Atlanta restaurant scene in 1985 and quickly becoming

one of the city's favorite destination restaurants, decorated in and out with relics and remembrances of World War II, the 57th Restaurant took a few years out of the spotlight until pleas by friends and the community encouraged the doors to be opened. Renovated, refreshed and newly reopened, the 57th Restaurant is destined to be the place to make memories and celebrate with friends once again.



Ann Tunali, Manager/Editor of *Senior News*, Atlanta, celebrates her birthday with "Sunday Brunch" at the reopening of the 57th Fighter Group Restaurant located on Clairmont Road.

Under the general management of Tricia Clancy, the 57th Restaurant has been restored to the glory that Atlantans and visitors remembered for decades. Clancy directs the hospitality team that creates a special experience for each guest whether they are coming to the restaurant for an intimate dinner, special event or a drink on the patio. The 57th Fighter Group Restaurant is locally owned and operated by Epps 57th Restaurant LLC.

Senior News Atlanta Manager/Editor Ann Tunali recently experienced the 57th when college friends she hadn't seen since 1966 took her out for her 61st birthday. The 57th Fighter Group Restaurant is the premiere dining destination for guests arriving or departing DeKalb Peachtree Airport. Located just at the end of the south runways, the 57th Restaurant is the closest upscale casual restaurant to the airport.

The restaurant's aviation theme, headsets and fantastic view of the runway makes it an ideal spot for aviation enthusiasts and pilots to fully immerse themselves in flight while on the ground.



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Georgia eye doctor helps legally blind to see again

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

by ELENA LOMBARDI
Atlanta, Georgia —



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

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

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

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

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

James Wheeler of West Georgia was seen in the Atlanta

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

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

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

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

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

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

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Out & About

Callanwolde Fine Arts Center to launch "Highlands-A-Go-Go" on Friday, January 15th

Special to Senior News

Callanwolde Fine Arts Center is pleased to sponsor the launch of a new novel, "Highlands-A-Go-Go: Finding Virginia-Highland" with a reception and a reading by the author on Friday, January 15, 2010 at 7:00 pm in the Samuel Goldman Retreat at Callanwolde Fine Arts Center.

The book, by local author D. M. Paule, is set in Atlanta's Virginia Highland neighborhood. Per the author, "Depending on who you talk to, Virginia-Highland is an entertainment district; a left-wing, political powerhouse; or a state-of-mind." The book tells the tale of Donovan Ford, an über-hip New York columnist who is unmotivated, under-employed and suddenly un-married, and who finds himself riding out an existential crisis in this quirky Atlanta neighborhood. After years of writing about all that's trendy and new, he begins to learn what he has missed in life when his octogenarian Aunt DeLaine – the grandest of Atlanta's grande dames – loads him into her biodiesel Rolls-Royce with a thermos of Manhattans and takes him on a ride of self-discovery. Over the course of a year, she introduces him to local customs, southern flora, society fauna... and to himself.

"The goal of this book is to preserve a moment in time," says Paule. "I wanted to capture the

magic, energy and eccentricities of this incredible place where I've lived for the last ten years." Paule is also the author of the highly successful novel "The Monarch of Key West," which was published in 2001.

The book launch will be held at 7:00 pm in the Samuel Goldman Retreat, located on the grounds of Callanwolde Fine Arts Center, 980 Briarcliff Rd, Atlanta, GA 30306. Books will be available to be purchased and signed by the author.

Reservations are required, and a tax-deductible contribution of \$20 will go to benefit Callanwolde's arts programming. For reservations, contact Jane Edwards at 404-872-5338 ext. 240, or by email: jedwards@callanwolde.org.

Callanwolde Fine Arts Center is located at 980 Briarcliff Road, N.E., Atlanta, Georgia 30306. Information on "Highlands-A-Go-Go: Finding Virginia-Highland" can be found at www.highlandsagogo.com.

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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.cobbsejors.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 Hunt 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 Hotline

at 404-730-6000, or visit www.myfultoncountyga.us.

• Offering "At Your Service," a transportation program that is available to anyone 60+ or disabled living in North Fulton. Will transport an individual from their home. For complete details on distances, charges, etc., call 770-993-1906.

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 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.

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The right side of the brain is the wellspring of creative endeavors where the seeds of poetry, music, and writing germinate and fuel the creative process. *AM1690 - The Voice of the Arts* gives listeners a taste of the esoteric featuring great music from artists like Johnny Cash, Leadbelly, Ella Fitzgerald, Bob Dylan and others. You'll also hear memorable selections from classic movies, interviews of prominent contemporary artists and poets reading their work. *AM1690* is radio that spans the entire creative process!



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770-817-1414

Marriott City Center
Macon, GA
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478-621-5300

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CALENDAR

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- 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@bell-south.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.

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 Coolidge Rd., Tucker. Contact Alice Adler at 404-296-7288 or alicerhodes357@mind-spring.com; caller: Jesse Oliver, 404-346-7528.

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CALENDAR

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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.

Atlanta History Center

130 W. Paces Ferry Road, NW, Atlanta: 404-814-4033. LMassey@AtlantaHistoryCenter.com
• Native Lands: Indians and Georgia: Through summer 2010, Howell Gallery
• Let Your Motto Be Resistance: African American Portraits: Jan. 30-April 25, Nicholson Gallery

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100 Village Green Circle, Smyrna
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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
• Yoga Classes: Tuesdays, 10:30-11:30 a.m. Call for details.
• Mystery Readers Book Club: Jan. 26, 6:30 p.m., meeting room, "A Beautiful Place to Die" by Malla Nunn.
• Korean Spirit and Culture Promotion Project Film Series and Lecture Entitled "Thirty Treasures" Sat., Jan. 23, 12:30 p.m.

Atlanta World War II Round Table

Thurs., Jan. 21, 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.

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.

Life Enrichment Classes

For adults 50 and older in DeKalb County and surrounding areas. For details call Senior Connections at 404-321-6960 or visit www.srconn.org.

Decatur Monthly Sacred Harp Singing

Thurs., Jan. 7, 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

Sat., Jan. 23, 7:30 p.m. Group singing just for fun... no performances. Open to all. East Lake location. For complete information call

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CALENDAR

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Bob at 404-378-5424.

South Cobb Yellow Rocks Square Dance Club

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

Volunteers Needed

Senior Connections is looking for volunteers to participate in delivering meals to home-bound seniors, Adopt-a-Senior, and Adopt-a-Yard. For more information visit www.srconn.org or call 770-455-7602.

Cumming Fairground Events

Call 770-781-3491 for schedule of events.

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.

Self Help for Hard of Hearing People

Hearing loss resource group meets the 3rd Wed. of each month at 10 a.m. at the Woodstock Public Library. For information email: woodstockshhinfo@phydeaux.org or call 678-438-9135.

Get Connected with SeniorNet

at the Marcus Jewish Community Center of Atlanta

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

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

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

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

Volunteers Need for Meals on Wheels

Help deliver meals to homebound elderly residents of North Fulton County. You choose the day, you choose the route - Alpharetta, Roswell or Sandy Springs. Routes take approximately 2 hours, start to finish; start time between 10-11 a.m. Volunteer one morning or a month or more, if you choose. The choice is yours! Call Kimberly Whitten at 770-993-1906.

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.

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

continued on page 19

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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
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770-422-8913

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.

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3850 Safehaven Drive • Lawrenceville, GA 30044
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Volunteers for Research Study

Georgia Tech Neuromuscular Physiology Lab is recruiting healthy older adults (60+) for two research studies (cognitive and motor).

Each study lasts ~ 2.5 hours.
Compensation at \$10 per hour.

For more information:
404-894-9985 or gtneuro@gmail.com

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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 Bev or Dot at 404-321-0453

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 - Incontinence Care



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CALENDAR

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

Your Help Is Needed

LIFESPAN, a station of the metro Atlanta RSVP program needs volunteers 55+ to help older adults in your community live healthy, independent lives. Share your skills and talents by: Teaching older adults how to use the computer and/or become more computer literate; Become a friend to a senior by visiting regularly and/or providing transportation to important medical appointments. Educate older adults on important topics such as: How to avoid becoming a victim of Consumer/Medicare Fraud; The Importance of Preventive Health Services; Disaster Preparedness; and, Medicare Insurance Counseling. Benefits include Free Training and mileage reimbursement. For complete details on all offerings 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 Gery Saunders at 770-961-2200.

Life Enrichment Services Looking For Volunteers

Includes administrative duties, front desk receptionists, administrative assistance, and Handyman Services Program. For complete details call 404-321-6960 or email christi.behrend@lifeenrichmentservices.org. Or, visit Life Enrichment's office at the Mack Love Center, 1340 McConnell Dr., Decatur.

WBO Newnan Networkers Meeting

Third Mon. each month, 11:30 a.m.-1 p.m., O'Charley's in Newnan. Call Gazelle Simmons at 678-423-3187 or email: gazelle@womenbizowners.org.

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.casaherokee.org.

Newnan-Coweta Habitat for Humanity ReStore

Open Tues.-Sat., 9 a.m.-5 p.m., 150 Pine Rd., Newnan. Donations accepted 9 a.m.-4:30 p.m. Tues.-Sat. Call 770-252-4061.

FODAC Needs Donations

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

The Matt Adler Entertainers

Seniors are invited to join this recently formed group to put together a show to take to other senior groups, retirement centers, etc. Alice Rhodes Adler, former director of the "Funtastics," is the director. For complete details call Alice at 404-296-7288 or email: alicerhodes357@mindspring.com.

Task Force Patriot

Meets First Thursdays, 6:30 p.m., Lilburn First Baptist Church, 285 Main St., Lilburn. Dinner, \$7, reservations required. Provides an opportunity for military men and women to connect with each other. \$1 used book sale Jan. 7th. For complete details call 770-381-9577 or email: Reservations@taskforcepatriot.com.

Roswell Garden Club

New Rose Varieties: Tues., Jan. 26, 10 a.m. FREE. Bill Johnson Community Activity Building, 10495 Woodstock Rd., Roswell. 770-650-4607; www.roswellgardenclub.com.

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Attention Medicare Patients and Healthcare Providers

*The inaction of Congress may lead to the inability of your
Medical Equipment Provider to provide quality care for you!*

The Medicare Modernization Act of 2003 mandates Competitive Bidding for Home Medical Equipment (HME) in Metro Atlanta in 2011. The real problem is Competitive Bidding (CB) was originally slated to begin 2009 but it was such a train wreck that Congress delayed the implementation so that Centers for Medicare & Medicaid Services (CMS) could fix the problems inherent with the initial process. CMS has started the process again with little attention to fix the problems once again.

Sacrifices Care for Seniors and People with Disabilities

- Reduces patient access and choice for quality HME items and services
- Restricts the number of providers based on lowest bid prices

Eliminates Businesses and Jobs (Anti-Competitive)

- 90% of providers will be barred from providing HME items
- Job losses and business failures for thousands of small business providers

Bidding is NOT Cost-Effective Solution for Medicare

Increase Medicare spending because IT WILL lead to more expensive, longer hospital stays, shifting cost from Medicare Part B to Part A.

Home medical equipment and services already provides a cost-effective alternative to expensive institutional care and a solution for controlling spending in Medicare. For instance, under Medicare, a day of oxygen therapy cost less than \$7 per day. A day in the hospital cost more than \$5,500.

HME is the most cost-effective and is the slowest-growing portion of Medicare spending according to the most recent National Health Expenditures data from CMS.

**Call Your Congressman Today and Ask that
they protect Homecare by supporting HR3790!**

Congressman John Lewis	202-225-3801	Congressman John Linder	202-225-4272
Congressman Nathan Deal	202-225-5211	Congressman Tom Price	202-225-4501
Congressman Lynn Westmoreland	202-225-5901	Congressman Phil Gingrey	202-225-2931
Congressman David Scott	202-225-2939		

U.S. Capital Switchboard (202) 224-3121 to speak to your representative.

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