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*The Conyers-Rockdale
Bike & Trail Coalition!*

Story on page 6

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Taking Care

Bring comfort to an ill friend

by LISA M. PETSCHÉ

When someone you know is diagnosed with a serious illness, you may want to reach out to that individual but feel unsure of what to say or do. This uncertainty can keep you away at the time when your help is needed most. The following are some ways to show you care.



Lisa Petsche

Emotional Support

- Don't agonize over what to say. Keep it simple and heartfelt – for example, "I'm here for you." Don't be afraid to share your emotions. Remember, too, that a touch of the hand, a pat on the shoulder or a hug can often convey support and caring better than words.
- Educate yourself about the disease to understand the challenges your friend faces.
- Allow the person to express emotions freely. Serious illness

affects people physically, mentally, emotionally and spiritually. But although there may be similarities, no two people experience it the same way. Feelings may include shock, anxiety, fear, anger, guilt, sadness, loneliness and hopelessness.

- Recognize and accept that people cope with illness in different ways. Some may alter their priorities and lifestyle while others may choose to carry on as usual. Some may use humor as a coping mechanism while others may become introspective or more spiritual. Don't take bad moods or uncharacteristic behavior personally.

Maintaining the Relationship

- Keep in mind that you may have to be the one who makes most of the effort. Call ahead to determine the best time to visit. Be sensitive to signs of fatigue that signal you should conclude the visit.
- Treat your friend the way you always have. Don't hesitate to smile or tell a joke. Be yourself.
- Listen non-judgmentally, demonstrate compassion and don't give unsolicited advice. Instead,

provide words of support and encouragement.

- Encourage your friend to take one day at a time and to trust that they will be able to cope with whatever lies ahead.
- Don't underestimate the pain – physical, emotional, and spiritual – your friend may be experiencing and don't discourage tears or urge them to "be strong." Don't withhold your own tears, either – they are a sign that you care.
- Take cues from your friend as to how they wish to deal with the illness, don't make assumptions.
- Encourage your friend to practice self-care, including proper nutrition, exercise (if appropriate), getting adequate rest and avoiding unnecessary stress. Also encourage them to keep medical appointments.
- Help a female friend feel good about her appearance. Offer to style her hair or do her nails, or bring her an attractive new accessory, such as a scarf or costume jewelry. Bring a surprise gift, such as flowers or a favorite movie, magazine or food treat.
- Invite your friend on an outing, if feasible, keeping in mind any

energy limitations. If the person declines visits, telephone or send cards or notes to show support.

Instrumental Help

- Assist in practical ways to help your friend concentrate on treatment and ensure needed rest. Walk the dog, run errands, perform household chores or drive them to appointments. Offer to get information about community resources that may be of assistance.

Final Thoughts

- Remember that emotional support and time are the two most valuable gifts you can give a friend who is grappling with a serious health problem.
- People who are ill don't expect friends to provide answers to difficult questions such as, "Why did this happen to me?" or to take away their pain.
- What they do want and need is the comfort of knowing they are not alone.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in health and elder care.

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The 2012 Georgia Golden Olympics will be held September 19-22 in Warner Robins. The games will be hosted by the Warner Robins Recreation Department.

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Poets' Corner

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

IMPORTANCE OF A FATHER by Frederic Holland, Sr.

Having never known my father, I often have many wonders; If he had been around would I have committed as many blunders?

Sometimes I get a little angry because his presence I was deprived; But because of a God and a dedicated, loving mother, I not only survived, but in some areas ...thrived.

As a boy I had no one to teach me how to throw a football, tie a tie or punch with a left hook. But it made me go to the library and learn things from a book.

I never saw the correct way to relate to a woman or the importance of fidelity in marriage; I didn't really understand that the father's role is the family's support carriage.

Being fatherless however, helped strengthen my boyhood resolution; In order to be like my friends with fathers... problems on my own, I learned how to find a solution.

Growing up, my self-esteem was pretty low; Partially because of the father, I didn't know.

As I began to mature and develop, my confidence began to grow; Maybe it was because of the interest in me the girls began to show.

But how to talk to and treat girls, I didn't have a clue; When it came to courting, I didn't know what to do.

I had no knowledge of how a relationship was supposed to grow; I could only relate to what I had seen in the picture show.

I think as a result of my father's DNA... I have made some of the same mistakes he made... so sad to say.

So I continue to wonder how much different my life would have been if my father had been in my life some way; Cause there are a lot of things a mother just can't convey.

MY DOG (For Mary) by Bobby Cline

She was just a little puppy, full of love and happiness, And all that love she gave to me, I was surely blessed. She would run and romp and play all day, until she needed rest, Then jump into my lap at last and lay upon my breast.

As she lay there quietly sleeping, I held her close to me. I'd stroke her head and rub her fur so slowly and gently. Just a small sweet puppy, with only love to give, But she gave it so completely, to those where she did live.

As time went by she lived with me, we found our love would grow. She seem to know I needed her, and this was truly so. For years we walked together, we learned each other's ways, All my needs were know by her and things that made my day.

Each day as dawn was breaking, she would wake me with a bark, She would smile and wag her tail; she seemed to be so smart. I'd rise and say good morning, it seemed to thrill her so. She'd run and jump around the bed and grab me by the toe. When at last we rose together, my

every step she'll trace. I'd pick her up so gently, and hold her to my face. "You are my dog," I told her, "I love you heart and soul. But now it's time to leave you for it's off to work I go."

I'd hurry home to see her; she would meet me at the door. She would run around and in circles and slide about the floor. In my lap she would jump and play, and back and forth did dart, And I ask myself in silence, how this dog could steal my heart?

She was just a flop-eared puppy that often got her way. And if she did a wrongful thing, she didn't have to pay. I'd scold her for a moment, she'd

bow her head in shame. But later she would win my grace, no more would there be blame.

So often we did have great joy. The love between us grew. I never thought that it would end; the years, they seemed so few. But she had lived a dog's full life, and then her time did come. The Lord reached down His holy hands and took my little one.

Of course my heart was broken, it hurts some ever day. But I must hold her memory dear, it must not fade away. As time goes by my heart will mend, but never will it heal. Because the dog I loved so well, I will but love her still.

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Senior News & Views of Georgia

Hospice isn't what it used to be... Common myths dispelled

by TASHA (BLACKWELL) GANSON
Omega Health Care

Upon its inception into this country in the 1970s, hospice care was thought of primarily for cancer patients in the last days of life. Since then, the industry has been ever-evolving, as has the concept and philosophy of hospice care. With the country's rapidly aging population, interest seems to be growing in the area of in-home and end-of-life health care services; yet, skepticism, concerns and confusion keep many at arm's length. The truth of the matter is, although death can be difficult to discuss, it remains an inevitable part of life that each one of us must face. This article is aimed at dispelling many of the common misconceptions associated with the term "hospice" and to shed new light on resources available to someone nearing the end of life.

"Hospice" does not mean that a person is giving up or forgoing any further medical care, nor is it a death sentence – rather, quite the contrary. A study conducted by the National Hospice and Palliative Care Organization revealed that patients facing a life-limiting illness who receive hospice care live, on average,

29 days longer than those who choose to forego the benefit. Once a patient qualifies to receive hospice services, he or she is granted access to an interdisciplinary team of nurses, home health aides, social workers, chaplains, volunteers and medical directors (physicians). Among many other things, this interaction often results in more accurate medication management, an increase in quality of care, better hygiene and safety for the patient and, in many cases, a simple increase in human interaction that the patient may or may not have been receiving before. Hospice care puts the patient in charge of their care, empowering them to make decisions about their own care, have open discussions about their health and choose what is best for their situation.

Hospice also helps with end of life planning, such as knowing one's wishes. Does the patient prefer to be aware of their surroundings, even if it means being in pain? Would he/she rather be comfortable, even if it means an increase in medication?

Hospice care is a philosophy, not a place, and therefore is not where people go to die. Hospice services can be received wherever a person resides, such as at home, in a nursing facility or with a relative. Hospice is not about death, but rather adding quality to

whatever life may remain. One of the most common things heard from families following death of a hospice patient is, "I only wish we had known about this sooner."

If you or a loved one find yourself facing an end-of-life situation, consider the following: hospice is covered by Medicare, Medicaid and private insurances and therefore provides services at no cost to the patient. Hospice also provides: incontinence supplies (such as diapers, wipes and skin care products), nutritional supplies (such as Boost or Glucerna), medical equipment (such as hospital beds, bedside commodes, shower chairs, wheelchairs) and payment for any prescription related to the hospice diagnosis. As a result, hospice care not only provides physical, spiritual and emotional care to the patient, but also substantial financial relief for the family.

Tasha (Blackwell) Ganson is the director of marketing for Omega Health Care of Southwest Missouri and Omega Health Care of Joplin. Tasha received her BS in Marketing, as well as her MBA, from Missouri State University in Springfield, where she and her husband reside. For more information on hospice services, contact Omega Healthcare at 770-382-5055.

Spiritual Notes

"I Can Do All Things"

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

The month of May is a time of celebration for many students who are graduating from high school and college. Our family has experienced four graduations, two grandchildren from high school and two from college. The entire month has been a whirl-wind of activities. At the end of any week we have dragged ourselves to bed after a concert, scholarship signing, graduation party, and/or a baccalaureate or commencement ceremony. We hear this story from

many of our friends. Obviously all of us are taking great pride in the accomplishments of our "Tribe."

As my wife and I have reflected on these events we are astonished at what we have witnessed. At a large public high school twenty three athletes were signing scholarships to various colleges. When introduced they were asked to say a few words. In every instance their first words were giving thanks to God and their parents for being with them during their high school years. We also attended a banquet of over three hundred students at another public high school which was opened in prayer by a graduating senior. She

thanked God for His guidance and protection for all the students during the school year.. Our college grads also had prayers at their commencement exercises. There were hymns and testimonials given at both.

Our hearts were filled with joy. In a world that seems to have lost its moral fiber what we observed gives us hope that all is not lost. Most senior adults grew up when there were less temptations, virtually no electronic devices, and certainly more parental discipline than the youth of today seem to experience. Psychology had advised us against the "Spare the rod and spoil the child" philosophy. The signals we got from these youth indicate strong character and a depth of spiritual conviction.

One of our granddaughters had the scripture verse Luke 1:37 written on the back of her hand throughout her four years in a large suburban high school. She was a popular student having been elected to numerous positions of leadership every year. Her witness was subtle but strong. She believed in the Scripture verse "For nothing is impossible with God." What if all youth as well as senior adults believed and practiced the promise of this passage? Can you even imagine the results?

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

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Out & About

The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

Be Fearless: Change Your Life in 28 Days; Jonathan Alpert; Center Street, New York, 2012

Finding Water: The Art of Perseverance; Julia Cameron; Jeremy P. Tarcher, Penguin, New York, 2006

Both Jonathan Alpert's *Be Fearless: Change Your Life in 28 Days* and Julia Cameron's *Finding Water: The Art of Perseverance* have had contradictory reviews. Noting this, I realize that books can affect people differently, and, particularly with self-help, one shoe does not fit all.

I chose self-help and personal growth as this month's topics because so many of us are going through life changes. In the old days, people thought of goal-setting and developing coping skills as manifestations of youth. Not so. One only has to look at current issues of magazines from teen-oriented to AARP to read about men and women, regardless of age, seeking better lives.

A chronic self-improver myself, I came across a recommendation for *Be Fearless: Change Your Life in 28 Days* by psychotherapist Jonathan Alpert in a recent women's magazine and decided to order it. I was rewarded with a work that gives concrete tools for assessing problems, making changes and reaching one's dreams.

Today's readers often expect self-coaching motivational hype and they get it, but beyond the usual encouragement sound bites are realistic exercises that can be applied to almost any situation. A key component is the confrontation and diffusion of fear through self-education, and Alpert provides case examples. Three things set this work apart from similar books. First, Alpert renounces traditional long-term and costly therapy for those not suffering from severe mental illness or challenges that require intense psycho-analytic help (This has been taken as an affront by many psychologists). Secondly, his recommendation includes a reality check (No, I'm not going to be drafted as a Falcons quarterback). Third, he shows how to break down big goals into tiny baby steps (O.K., if I do plan to be

a Falcon's quarterback, I will have to practice throwing a football). The book is results-oriented and insightful and offers a fresh perspective to those who are unable to reach their goals due to fear. Whether the fear is large or small, the tools he suggests have worked in numerous incidences and may well have a place as an additional component to long term therapies. This book would be especially useful to people who are going through change, considering career or geographical moves, or facing illness.

Finding Water: The Art of Perseverance, the third book in Julia Cameron's trilogy on creative self-renewal is now available in paperback. The format is similar to *The Artist's Way: A Spiritual Path to Higher Creativity* and *Walking in This World: The Practical Art of Creativity*, each of which utilizes free-flow writing and special time for oneself as crucial to one's mental health. *Walking in This World* adds the meditative influence of walking.

In *Finding Water*, Cameron reiterates the necessity of using writing, time alone and walking exercises in coming to grips with problems and expanding one's creativity. This creativity is not limited to visual artists, writers, songwriters, dancers, and singers (those we traditionally think of as artists). Rather, it is the creative spirit that enables one to reach his or her potential and lead a centered satis-

fying life. The book is for everyone, young and old, male and female.

Among the subjects addressed are finding strength within; sources of inspiration; keeping balanced; focusing; developing a sense of resilience; and the need for ongoing spiritual growth. All of these are issues most people want to improve in their lives.

Finding Water received criticism because of Cameron's expose' of her own struggles on its pages. Personally, I find it easy to relate to an author who is willing to admit to grappling with ongoing challenges and willing to tell what they do to overcome them. The message is there are ways to alleviate suffering and help us grow stronger as

we face struggles throughout our lives. As psychologist Scott Peck said in *The Road Less Traveled*, "Life is difficult."

The difference in those who are able to overcome adversities and those who are not appears to be in their willingness for self-examination and the acceptance of tools, such as Alpert and Cameron provide, to help us get through them. I am a much better person because of Julia Cameron's books. There, I've said it. I don't see that as a weakness in my review and I hope, as I did in *Finding Water*, readers view my revelation as strength.

You may contact Anne at annebjones@msn.com; annebjones.com.



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On the Cover

The Conyers-Rockdale Bike & Trail Coalition

by SUSAN LARSON

ON THE COVER

Eddie Shirey getting ready for Pave the Path event

The Conyers-Rockdale Bike & Trail Coalition may sound like a high falutin' big time government agency, but according to Eddie Shirey, pictured on the cover, it is in fact a group of citizen activists. Most are senior citizens that use their years of experience to effectively work within the system to make sure all of their community's active citizens have safe opportunities to travel by bike or on foot for recreation or practical purposes.

A few years ago in Rockdale County, citizens were asked for input for how money should be spent for an upcoming Parks and recreation SPLOST. These active seniors spoke up and suggested that a multi-use path for biking and walking fit the bill perfectly. But they didn't just sit around waiting for the government to do all the work. They got their own wheels turing.

For five years now, they have sponsored a Pave the Path 10K run and Metric Century bike ride every May in Olde Town Conyers. The event raises funds to bring more awareness to cycling and walking along the South River Trail and in the community.

This year, the organizers added sev-

eral new events, including rides for children and the Metric Century (62 miles) bike ride in which bikers won cash and other prizes by participating in a poker challenge as they rode the path, in which riders picked up cards at designated checkpoints.

Shirey, who was instrumental in starting the Pave the Path event, said participation has grown steadily over the years. This year's Pave the Path drew over – 200 – participants.

"It has grown, and we are working to grow it," Shirey said. "The purpose in this is to get more and more of our neighbors out walking, running and riding bicycles. And then, in a different picture, to encourage our elected officials that way, to demonstrate to them that we have a lot of folks who are interested, and not only for recreation but for transportation."

The Coalition is particularly proud of the South Rockdale Trail that, when completed, will link Alexander Lakes to the Monastery of the Holy Spirit. Parts of this trail are already complete. For this trail an important trailhead park, officially the Lorraine Trailhead, has been completed at the intersection of Georgia Highway 138 and the South River. For some it's easier to recognize this park by it's former life as junkyard, hence the nickname "Junkyard Trailhead." Rockdale County cleaned up the eyesore, removing the junk cars and thousands of old tires and has made a lovely park.

"It was a wonderful thing the coun-



Conyers-Rockdale Bike and Trail Coalition Officers: Brent Taylor (outgoing chairman), Shawn Bilak (Secretary), Patricia Shirey, Eddie Shirey, Kuni Takeuchi (Treasurer).

ty took on,' Shirey said. "They removed tens of thousands of tires from this site."

These senior cyclists encourage people to not only exercise their bodies, but also their brains. At the Pine Street School they provide safety information for kids who ride their bikes to school, bring in speakers from the League of American Cyclists and deliver bicycle safety lectures at a local Drivers Education School. They have also held a

bike festival for kids at the Boys and Girls Club in Conyers and look forward to future events there.

But biking for fun is still a big priority. And the more the merrier. So on the fourth Sunday of every month at 4 p.m. (weather permitting), a free ride for everyone starts at the Conyers Depot, which is also the Welcome Center, and ends at Creamberry's, where everyone is treated to free ice cream.

Go green with the grandchildren

by SUSAN LARSON

Most of us grandmas remember the recycled art projects of our youth. In fact, my mother had a subscription to Pack-O-Fun, a magazine started in 1951 devoted entirely to scrap crafts.

I chuckle now as I look over some of the projects, like the one in November 1970 that shows how to make Christmas cards out of computer punch cards, "the newest of scrap materials."

As a Sunday school teacher I always had kids collect pie plates and toilet paper tubes. And as a teacher, I tried to tie in scrap crafts with my social studies lessons.

Today, however, recycling has taken on a different meaning. With time constraints of modern living, Sunday school projects now come in pre-cut kits and the school curriculum has become more demanding and uniform, leaving no time for old-fashioned creativity. Instead of re-creating a castoff, recycling now merely means tossing it into an appropriately labeled bin so some industry can profit from it.

But a recent discussion with Shelly Everett, an art educator at Rock Springs Elementary in Lawrenceville gave me a little encouragement about how to help our grandkids get into what is now called "being green."

"Art for kids is not necessarily about beauty; rather it is about learning and discovering materials that can be manipulated into something new through the use of the lifelong skill of problem

solving," Everett said. "Art has links to math, science, language, and history and because of that it makes it an integral part of a child's education."

Everett, who is almost young enough to be my granddaughter, gave me a list of throwaways that outdid anything I ever read in Pack-O-Fun with a list of suggestions on linking their creations to the rest of the world and even their future.

"Some kids are more interested in some things than others," Everett said, noting that a child's creations could indicate career interests. Whether it's a bracelet made from bottle caps or a car made from cans, it provides an opportunity for parents to help their kids explore that field of interest either at the library or online.

She also suggested some field trips to enhance that experience.

Summer exhibits at the Hudgens Art Center include Skateboard Designs by Didi Dunphy and Pulp Fashion, The Art of the Paper Dress, both incorporating math and science with art and Altered Books, the ultimate in "re-creational" reading.

At Hartsfield Jackson Airport, junk sculptor Leo Sewell's exhibit in main terminal is free to the public.

The High Museum displays recycled art by Howard Finster, who also has his own museum, Paradise Gardens, in Summerville, GA. And from June 26-Sept 11, kids can see Atlanta artist Radcliffe Bailey's creations which includes Windward Coast, "a rolling ocean of wooden keys harvested from over 400 pianos," inspired by events in history.

Sounds like a real "pack of fun!"

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Out & About

GPC Art Students Shine!

by MARY FRANCES

Georgia Perimeter College (GPC) Clarkston held their annual student art show, featuring ninety entries from students who attend one of the three GPC campuses.

The entries were judged by Lance Carlson (painter, collage artist and architect by profession), who selected 19 students for cash or in-kind awards. Art organizations and art suppliers throughout greater Atlanta donated awards to recognize the excellent student artists attending GPC.

This annual college-wide event has been held for over 17 years. Displayed were charcoal and pencil drawings, paintings in acrylic or oil, collages, black and white photographs, ceramics and

sculpture.

A reception was held for the artists and visiting guests on April 20, 2012. They enjoyed refreshments of cranberry juice, hummus, crackers and assorted vegetables and fruits.

Professor Don Dugan, the Gallery Director, said that after two weeks at Clarkston, the exhibit will be transferred to the Decatur Campus for the summer of 2012. The unsold art will be returned to the artists in July.

Anyone wishing to view this exhibit is invited to visit the Clarkston Campus at 555 North Indian Creek Drive, Clarkston, GA 30021 and the Decatur Campus at 3251 Pantersville Rd, Decatur GA 30034. For further information Don Dugan may be reached at dondougan@juno.com. This exhibit is open to the public, free of charge.



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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.cobbse-niors.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.myfulton-countyga.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. "Council on Aging," Mon.-Fri., 8:30 a.m.-5 p.m.
• H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point,

404-762-4821.

• Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.
• Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353.

Neighborhood Senior Centers

• Alpharetta/Crabapple Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.
• Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
• Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.
• Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.
• Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.
• Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.
• Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.
• Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.
• Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.
• New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.
• Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.
• Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
• Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583
• St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.
• Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.
• Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

• Roswell Recreation Senior Citizens Club: Meets each Wednesday. Activities include trips, parties, guest speakers,

social functions and other activities. For membership information call 770-641-3950.

• Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.
• Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.

Lawrenceville Senior Center

225 Benson Street, Lawrenceville 770-822-5180.

Gwinnett Senior Center

225 Bethesda Church Road, Lawrenceville, 770-822-5147

Bartow County Senior Center

Cassville, 770-383-7383
www.bartowga.org

Fayette Senior Services

4 Center Drive, Fayetteville 770-461-0813. Call for complete details

on services offered.

CLUB 55

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

• Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details call The Bridge Community Center or visit www.thewypers@bellsouth.net.

Alzheimer's Support Group

On the third Monday of every month at 7:00 p.m., Cypress Court and Vinings Place and the Greater Georgia Chapter of the Alzheimer's Association are sponsoring an Alzheimer's Support Group. This support group is intended for families and friends of a loved one afflicted with Alzheimer's Disease. For additional information and directions call 770-803-0100.

continued on page 9



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CALENDAR

from page 8

Parkinson Disease Support Groups

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

Multiple Sclerosis Center of Atlanta

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

Alzheimer/Caregiver Support Group Meeting

First Mon. each month, 10:30 a.m. Free respite care for your loved one during meeting, must call in advance.

Aloha to Aging, Inc. located in the Mt. Bethel Community Center, 4608 Lower Roswell Rd., Marietta. Call 678-439-1177.

Square Dance Class

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

Senior Ballroom Dance

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

Friends of Smyrna Library

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

Georgia Center for the Book

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

Roswell Library

115 Norcross St., Roswell
770-640-3075

East Point Library

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

Buckhead Library

269 Buckhead Ave., Atlanta

Atlanta World War II Round Table

Preserving History. For information call John Kovach at 770-928-4579 or visit our website at <http://atlantawwiroundtable.org>.

East Cobb AARP

AARP New Members and Volunteers Welcome. First Thurs. of the month, 1:30-3 p.m., East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. Contact Joan

continued on page 10

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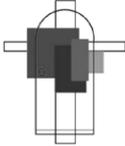
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CALENDAR
 from page 9

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.

Monthly Sacred Harp Singing
 Thurs., June 7, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Awake My Soul*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details and directions call 404-892-6836 or visit www.atlantasacredharp.org.

Monthly Song Circle
 Fri., June 22, 7:30 p.m. Group singing just for fun... no performances. Open to all. Folk music, old standards, gospel, political songs, pop, freedom songs, country, show tunes, and more. East Lake location. For directions and more 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. Call for new class offerings.

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.

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

Congregation Beth Shalom
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continued on page 11

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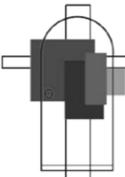
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CALENDAR
 from page 10

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

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

Volunteers Needed by CASA – Court Appointed Special Advocates
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 2nd Wed. each month, 10:30 a.m., Savannah Court of Marietta, 886 Johnson Ferry Rd., Marietta, 770-977-4420.

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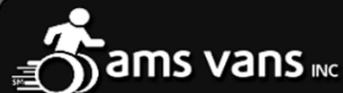
 

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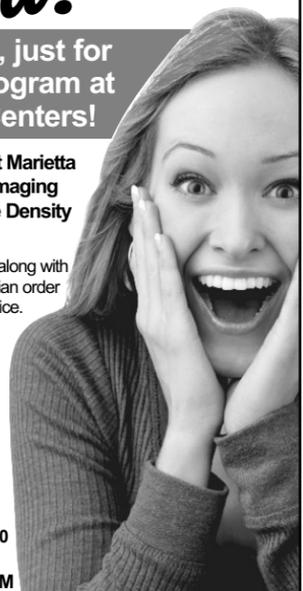
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Atlanta Medical Clinic is moving

Special to Senior News

After over a year of searching for the perfect place to call home, AMC is moving to a beautiful, updated 5300 square foot facility with unlimited free parking! This is not a misprint, the days of circling around looking for parking will soon be over. AMC's new office will be located at 1801 Peachtree Street just South of Piedmont Hospital. Our projected grand opening will be in early September as we don't expect to have much, if any down time, while completing the move. We are very excited to be able to provide the same quality care in a five star facility that will be more convenient for everybody! We'll have more details next month as the date gets closer.

There is one thing that every one of us can agree on; with each day that passes we are a day wiser and chronologically a day older. As we age it is inevitable that from a structural standpoint we degenerate a little bit each day, nobody has beaten the odds and gotten younger as time ticks off the clock. This means, quite simply, that we need to prolong the life of what we have by being proactive about our health and

longevity.

While aging is a process that we cannot physically control the rate at which our body breaks down can be altered significantly with the right game plan. Growing into our age is never easy as routine aches and pains can manifest into chronic lingering issues, so distinguishing what is routine versus what needs attention is where most of us veer off course.

For example, knee pain often starts out as minor pain that is made worse when doing certain activities like going up and down stairs, walking for prolonged periods or standing up from a seated position. As the clock ticks days, weeks, months pass and that knee pain starts to become more frequent and more painful. Before you know it getting out of bed becomes a chore as the pain becomes more severe and constant. It's usually at that point when many of us feel it's time to seek



Dr. Timothy Dembowski
Clinic Director

medical help by calling the doctor.

I am sure this sounds like a familiar scenario as everyone at some point has held off to the last possible moment to see the doctor dreading the diagnosis. Well, this mentality needs to change and for good reason.

The reason is OPTIONS! In 2012 the options for pain relief are becoming more and more abundant. Unfortunately,

the longer you wait and live in pain, the fewer and fewer your options become. Waiting for the pain to become unbearable before seeking help will only limit the possible positive outcomes. It is always best to be proactive about your health in an effort to broaden your scope of treatment options.

Have you ever been told you need back, neck, knee or hip surgery? Well if you have, those conditions certainly didn't pop up over night and in many cases could be avoided. The point is don't wait until an ailment becomes so painful it drastically effects your quality of

life before you do something about it.

At Atlanta Medical Clinic we have saved over 500 hundred people from spine surgery and over 250 from knee replacement surgery. We offer a wide variety of treatments for low back pain, neck pain, sciatica, neuropathy, osteoarthritis, allergies, headaches and the list goes on. Our number one goal is to get our patients off the medication and save them from invasive surgeries.

Now one thing we cannot do is turn back the hands of time and take 25 years off your life, but what we will do is help to restore your health to ensure you get the most out of your body at this stage of your life. The time is now to be proactive about your health challenges and concerns as the race against the clock is on and with each passing day your treatment options become more and more limited.

Tired of living in pain? Consider yourself wiser for reading this and contact AMC today and take control of your quality of life. You can follow AMC on Twitter at www.twitter.com/AtlantaMedicalC/ or by mail at Atlanta Medical Clinic, 699B Piedmont Ave., Atlanta, GA 30308.

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