

# Senior News

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*Brushstrings blends  
acoustics, art and  
autism!*

*Story on page 2*

April 2013  
Vol. 27, No. 4

## On the Cover

# Brushstrings blends acoustics, art and autism

by SUSAN LARSON

### ON THE COVER

**Brushstrings co-creators: Artist, Monique Simone Fowler, and Guitarist, Lee E. Fowler.**

Photo courteous of Dennis Stevens Photography.

One in 88 children in the US is diagnosed with autism spectrum disorder. So for every child born, that involves two parents, and as many as four grandparents and eight great-grandparents. And that's in families where there has never been a divorce and no step parents are involved. More and more senior citizens are having to come to grips with grandchildren with autism, a condition many never even heard of while raising their own children. Although there is no known cure, some seniors are stepping forward to at least do what they can to contribute to research and education concerning autism.

Among them are visual artist Monique Simone and guitarist Lee E. Fowler who formed Brushstrings as a creative expression of their blended art and musi-

cal talents.

The Fowlers met as young at heart "seniors," married in 2012 and have committed their lives together to making music and art. Their home is filled with art and music and they prioritize their creativity and artistic expression. Believing strongly in the importance of giving back, the couple dedicates time and energy into fund raising efforts, including Autism Spectrum Disorder.

Lee has performed his unique blend of folk and classic standards at musical venues and his schedule is always available to include fund raising events. Monique has recently created a new series of art prints, entitled "Art and Garden" (one piece shown in the photograph) where she explores her love of colorful expression and gardening. She is marketing this series to support fund raising events especially for children's healthcare causes.

With cause work in mind, on a chance meeting on a flight last year, Monique met the director of the Marcus Autism Center in Atlanta, Dr. Catherine Trapani (catherine.trapani@CHOA.com) which led to Brushstring's successful participation in an annual

art fundraiser at the Marcus Institute, Convergence of Artist VII consisting of two interactive workshops designed by Brushstrings. During the workshops "Seahorses and Sonatas" and "Tony the Turtle", Lee played acoustic folk guitar selections and Monique encouraged the children's participation in an interactive storytelling and art making experience; the resulting silk screened art work was later auctioned at the fundraising event.

This was the couples first experience working with the Autism community and they found that "Art and music are universal languages that speak to all levels of ability"

The feedback from the workshops from staff and parents was very positive. Dr. Trapani said she was quite astounded by the reaction of some of the students who are often challenged to engage in

projects. She looks forward to further collaborations.

Brushstrings has recently began working with Manana Cain, owner of vintage fashion and home decor shop, "The Bridge Boutique" in Virginia Highlands, (1054 St. Charles Ave NE Atl, GA 30306).

The boutique will host a Fundraising Brushstrings workshop entitled "F.A.M.E.- Fashion, Art, Music. Etc.", on Saturday, April 27 1- 4 pm. cost 20.00 for art supplies. Each participant will create their own fashion art print while enjoying live acoustic guitar music. Proceeds of the workshop will benefit Marcus Autism Center of Children's Healthcare of Atlanta. And Brushstrings will continue to work towards helping children with autism and all the grandparents who love them.

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Left to right: Lee Fowler , guitarist; Monique Simone Fowler, artist; and, child participant, Imani Cain . Monique discusses art with Imani Cain at a CHOA event while Lee enhances their experience with his guitar. Photo taken at Bridge Boutique, 1054 St. Charles Ave., NE, Atlanta, GA 30306.

# The Next Chapter

Book Recommendations by  
ANNE B. JONES, PhD

*Skinny Dipping in Daylight*,  
Corey Basil, Fog Ink, 2012

*Selvage*, Donna Johnson,  
Carnegie Mellon University Press  
2013

*Lotus Buffet*, Rupert Fike, Brick  
Road Poetry Press 2011

*Another Season Spent*, Richard  
Allen Anderson, Vabella Publishing  
2013

April is National Poetry Month. Inaugurated by the Academy of American Poets in 1996, this is a time when schools, publishers, libraries, booksellers, and poets throughout the United States celebrate poetry's vital place in American culture. Organizations throughout the United States hold readings, festivals, book displays, workshops, and other events. In the spirit of this tradition, we dedicate our April column to poetry. The following books are selected as recommendations:

*Skinny Dipping in Daylight* by Corey Basil is for those looking for poetry that strips away the façades of the human experience exposing naked reality in the process. This work is an engaging and artfully crafted collection characterized by thoughtfulness and raw honesty. Both a poet and a painter, Basil's word choices are as meticulously chosen as the hues he uses in his paintings. According to author Kevin Max, Cory Basil's voice is simple and plain and also "truth in obscurity, unrelenting honesty and tortured revelations."

*Selvage* by Donna Johnson, is a take on the word "selvage," the finished edge of fabric that keeps the cloth from fraying. In many ways, the work is a rebellion against the southern belle tradition of giving oneself away, satisfying no one while relinquishing parts of one's soul, leaving oneself torn in the process. Born and bred in the deep south, I identified with her poems. We often conceal who we are, hiding feelings that are only discerned when our emotions are raw and exposed.

Having heard Rupert Fike's poetry readings first-hand, I consider *Lotus Buffet* to be written testimony to the talent of this wonderful poet. The book was a Georgia Author of the Year Finalist for 2012 and the first word that comes to mind to describe it is entertaining. The work probes our everyday and not so common life experiences, presenting insightful looks at everything from worldly travels to refilling bird feeders. Fike is a knowledgeable intellectual whose work is highly accessible. He is also a playwright.

Richard Allen Anderson's *Another Season Spent* is a thought-provoking work that ranges from funny to sad, touching on a wide spectrum of human emotions and common memories. Anderson offers a unique perspective on things that might ordinarily pass through our lives unnoted, an address book, a doctor's waiting room, an estate sale.

Anyone interested in reading, hearing or writing poetry can easily connect with the Georgia Poetry Society. The Society encompasses a membership of approximately 200 poets and supporters of poetry. The majority are Georgians, but members from other states are welcome. According to Georgia poet Ron Self, the group's objectives are:

- To stimulate a love and appreciation of poetry for everyone, poets and listeners alike.
- Through Quarterly Meetings and the Poetry In The Schools program, to provide opportunities for all poets whether young, new or established, to study, practice, hear and read good poetry.
- To provide adult and youth contests, anthologies and chapbooks to highlight winning poems and further encourage poets.

Quarterly meetings are held in various locations throughout the state and are packed with poetry-related programming, including member readings, featured poets, poetry workshops, and various talks on poetry-related topics. The public is welcome. On April 20th, 2013, The Georgia Poetry Society will host the Alabama State Poetry Society at

their Quarterly Meeting, held in Carrollton GA at West Georgia State University in the lower level of the Food Service Building (Z-6), 1601 Maple Street, Carrollton, GA 30117. Natasha Trethewey, U.S. Poet Laureate and Pulitzer Prize winning poet is the special guest speaker. For more information contact The Georgia Poetry Society at georgiapo-

etrysociety.org.

"Painting is poetry that is seen rather than felt, and poetry is painting that is felt rather than seen."  
Leonardo da Vinci

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You may contact Anne at [annebjones@msn.com](mailto:annebjones@msn.com); [annebjones.com](http://annebjones.com).

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Senior News & Views of Georgia

# The Gift of the Resurrection... Finding comfort in Christ's victory over sin and death

by DR. CHARLES F. STANLEY

Jesus' crucifixion left His disciples heartbroken and dejected, but they left their grief behind when they discovered His empty tomb. The



**Dr. Charles Stanley**

words, "He is not here, He is risen!" made all the difference to the first believers.

Jesus' resurrection should also have a profound effect on your life and mine. It means we can find healing from our past, experience power in our daily lives, and rejoice in the promise of heaven. Consider these five comforting gifts we receive because of Christ's victory over sin and death.

## 1. Jesus Christ has risen from the dead and is alive.

The disciples had seen Him crucified. They watched as His lifeless body was lowered from the cross, wrapped in cloth, and laid in the tomb by Joseph of Arimathea. They knew He had truly died. To make sure no one stole the body, the authorities sent Roman soldiers to guard the tomb (Matt. 27:65-66). But when the women arrived on Sunday morning, they found only His grave clothes.

## 2. There is life beyond the grave.

Some people believe that when you die, you simply cease to exist. If that's the case, what purpose does your life have? Only the Creator can give our lives true meaning. Because of Christ's triumph over death, we

know there is a world beyond the grave. That hope gives us significance because we are all accountable to the Lord for how we spend our time (Heb. 9:27). Also, we have the ability to influence others and impact them for eternity – not just a limited time here on earth.

## 3. Christ's atoning sacrifice for our sins was accepted.

Before you and I accepted God's gift of salvation, our sinfulness separated us from Him. Through the crucifixion, Jesus became our substitute. He took our punishment so that the Father could forgive us of our sin, justify us, and declare us no longer guilty (1 Peter 2:24). He reconciled us to Himself – meaning He brought us into a relationship so we can love and enjoy Him for all eternity (2 Cor. 5:18-21).

## 4. Every believer will experience a bodily resurrection.

Jesus rose from the grave with a glorified physical body. When the disciples thought He was a spirit, He told them to feel the scars on His hands, feet, and side (Luke 24:39). Our Lord also ate with them on two occasions, proving He had a physical body.

Christ's resurrection is a foretaste of what we will experience one day (1 Cor. 15:20). Our bodies will be renewed and perfectly fitted for eternal life. The Bible says we will spend eternity serving God, worshipping Him, and reigning with Him. We will need a physical body in eternity – we won't merely be spirits.

## 5. You and I do not have to fear death.

Most people are afraid of dying. Why? It's unknown, and their sins and rebellion against God make them unsure of what to expect. Many boast that they are prepared to stand before the Lord, but when that day comes, all their excuses will fall away. No one is an exception to the laws of God. Jesus said, "I am the way, and the truth, and the life; no one comes to the Father but through me" (John 14:6). He also promised that He would prepare a home in heaven for those who place their trust in Him (John 14:2-3). God's people will have the confidence to stand before Him – not because of their good deeds, but because of His gift of salvation.

The resurrection of Jesus Christ is the single most important event of the Christian faith. Because of it, we know that our Lord is alive today. We have confidence that there is life beyond the grave. We have the assurance that Christ's atoning sacrifice for our sins was accepted. We can look forward to the restoration of our bodies, and we no longer need to fear death.

If Christ didn't rise from the dead, our faith is in vain. We may as well live like the rest of the world – without direction, hope, or purpose. But He triumphed over the grave and has gone to prepare a home in heaven for us. Because of the resurrection, you and I can have confidence that all Jesus promised will come to pass and rejoice in the awesome significance of the empty tomb.

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## Spiritual Notes

# Crimes of the Crucifiers

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

As we focus our attention on the Cross during the celebration of Easter, it is a good time to consider what brought about the Crucifixion.

Generally, we think more about who crucified Jesus than what did it. Therefore, we blame the Crucifixion on various ones like Pilate, Judas, etc. Certainly they were not without guilt; but we need to realize that the same attitudes and forces which put Jesus on the Cross are still at work today.

Of course, we should take into consideration that the Cross was in

God's purpose for Jesus. Yet, this fact does not alleviate man's guilt in crucifying Him.

The crime of a closed mind helped to put Jesus on the Cross. A closed mind is not considered a crime today any more than it was in Jesus' time. On the contrary, a closed mind is often considered a virtue. This is especially sad when it is true in the Church. We must remember it was the religious leaders who were the instigators of the Crucifixion.

Compromise also played a part in the Crucifixion. Though Judas and Pilate stands out as the chief compromisers, there were others. But following the way of expediency rather than principle did not cease with Judas and Pilate.

Complacency was as prevalent when Jesus was crucified as now. Regrettably we do not think of complacency or indifference as a crime or sin. But complacency on the part of people when great issues are being decided takes on the magnitude of a terrible crime.

Jesus had had followers who were devoted to Him, but where were they when the conflict became intense? They did what most of us do when great battles rage... remain silent.

The lesson here is obvious; think on these things.

\*\*\*\*\*

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

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## Taking Care

# When Cancer Hits Close To Home

### Help for caregivers to manage the stress

by LISA M. PETSCHÉ

A diagnosis of cancer is life changing for the diagnosed person and those close to them. It launches them into a whole new world of medical information and procedures. Life suddenly revolves around consultations, tests and treatments, and the outcome is uncertain.

If the diagnosed person has pre-existing health conditions, such as dementia, their care needs are multiplied.

If you are caring for a relative with cancer, the following are some things you can do to help manage the stress.

#### Accept

- Accept the reality of the illness. Let go of any bitterness resulting from interrupted plans and dreams so you can channel your energy in constructive ways.
- Allow yourself to experience all emotions that surface.
- Bear in mind that cancer affects people physically, mentally, emotionally and spiritually and that, although there may be similarities, no two people will experience it the same way.
- Accept that how your relative feels and what they can do may fluctuate. Be flexible about plans and expectations.

#### Learn

- Educate yourself about your relative's type of cancer. Share the information with family and friends to help them understand.
- Research community services that can help. The local Cancer Society branch and office on aging are good resources.

#### Communicate

- Allow yourself time to adjust to your relative's illness and the changes it necessitates. Your relative will also need time to adapt. Be patient and keep communication lines open.
- Allow your relative to express any and all emotions. Do not try to talk them out of their feelings, discourage tears or change the subject because of your discomfort.
- Involve your relative (if able) and other family members in decision making as much as possible. Do not shoulder all of the responsibility.
- Ask questions and express concerns when meeting with health professionals. Bring a notebook to appointments.
- Keep loved ones informed of changes in your relative's treatment plan and health status.

#### Prepare

- Find out what to expect in terms of caregiving skills, medical equipment and community support likely to be needed.
- Talk with your relative about their wishes. Discuss living arrangements, outside help, surrogate decision-making, medical intervention and end-of-life care, and funeral arrangements.

Be careful not to make promises you may not be able to keep.

- Help your relative complete legal paperwork such as advance directives, powers of attorney and a will.

#### Simplify

- Eliminate as many sources of stress in your life as possible. Set priorities, streamline tasks and learn to settle for less than perfection.
- Take things one day at a time so you do not become overwhelmed.
- Learn to live in the moment and focus on life's simpler pleasures.

#### Practice Self-Care

- Set aside quiet time each day, to nurture your spirituality and help keep you grounded.
- Do something that provides you with meaning and purpose outside of the caregiving role, such as scrapbooking or researching your family tree.
- Look after your health. Eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.
- Find something relaxing you can do every day – perhaps reading or listening to music.
- Schedule regular breaks. Take a couple of hours, a day or an overnight. By being kind to yourself this way, you will be more effective when you resume your caregiving tasks.

#### Connect

- Stay connected to your friends.
- Find a person you can talk to openly – someone who will lis-

ten and empathize, It is important to express your thoughts and feelings.

- Talk with other caregivers. Join a support group in your community or online.

#### Get Help

- Accept offers of help. Ask other family members to pitch in and be specific about what you need.
- Take advantage of outpatient and home care services in your community.

\*\*\*\*\*

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



Lisa Petsche

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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.

\*\*\*\*\*

## CALVARY

by Henry Newton Goldman

*And when they were come to the place, which is called Calvary, there they crucified him,... John 19:17*

*Two thousand years have passed since then;  
The tree has turned to dust,  
And every spiring we bring Him forth,  
With praises and our trust.*

*The lilies white as His pure love,  
Are spread upon the ground.  
With flowers red like His shed blood;  
Which flowed that death be bound.*

*O wretched soul, when season's past  
Why do we soon forget,  
This sacrifice of His dear life,  
Replaced by small regret.*

*The celebration of that day,  
So soon is put away.  
Forgotten now His wounded side,  
An how His frame was flayed.*

*Upon a cross on Calvary's Hill,  
So many years ago,  
His blood He spilled for all the lost,  
That salvation we could know.*

\*\*\*\*\*

## TYPICAL SENIOR CITIZEN'S DAY

by Frederic Holland

*Woke up this morning and took my vitamins and pills;  
In hopes that they will keep away the*

*pains and ills.*

*After a shower and shave my appearance had some improvement;  
Ate some cereal with fiber in it so I will have good movement.*

*Cleaned my glasses and got them right;  
So that I could have good sight.*

*Looked at the weather prediction to see if there will be any cold or rain;  
That way I'll know if my joints will give me any aches or pain.*

*Going shopping at the dollar store at the mall;  
Because I have to be cautious spending 'cause my pension seems too small.*

*Because of my age, people greet me by calling me sir... even the cops;  
Still can't get use to young folk calling me "pops."*

*One nice thing about being older is I get things at the senior citizen discount cost;  
Sometimes I'm a little forgetful and my keys get temporarily lost.*

*I should do more exercising, but its not much fun anymore;  
Now what was it I was looking for?*

*Children and grandchildren try to keep me up-to-date;  
They seem to be in a hurry about everything,  
But I keep telling them I can wait.*

*I have to watch what I eat I have come to learn;  
Cause I don't want to get that darn heartburn.*

*Its night time, so I'm on the sofa watching TV;  
I nod off pretty easy.*

*So when watching a movie, the ending seldom do I see.*

\*\*\*\*\*

## JOY COMETH IN THE MORNING

by Ron Dennard

*Things may be dark now,  
But Joy cometh in the morning.  
When things bear down on us,  
We can look to God, for Him we can trust.*

*Things may no seen well at all.  
Joy cometh in the morning, we can stand tall.  
Joy cometh in the morning in every*

*sorrow,  
We look for a better day on the 'morrow.*

*He didn't promise all sunshine and no rain,  
He did say he's coming back again.  
Joy cometh in the morning and we can live instead of die,  
Joy cometh in the morning and we can laugh instead of cry.*

*Let's look toward the promise of the Son,  
Let's not forget all He's done.  
The hills may be hard to climb,  
But Joy Cometh in the Morning,  
God's always around.*

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# Hundreds attend Senior Expo

by MARY FRANCES

**H**undreds of people attended the 11th Annual 3-hour 2013 Forsyth Senior Expo held Saturday, February 16, 2013 at the Forsyth Conference Center at Lanier Technical College. There was free admission, free lunch and free health screenings

for blood pressure, glucose levels, stroke, and vision and hearing tests were conducted. All of this took place in the grand ballroom.

Door prizes were awarded after visitors participated in a fun game of BINGO, where visitors compared their numbered cards with exhibitor cards. No senior who attended, missed becoming acquainted with the many community services available offered by the seventy-eight vendors present. Vendors included master gardeners, hospice providers, insurance companies, medical providers, tour guides, historical clubs, art and other non-profit groups, and several city and county offices were represented.

“This is unbelievable,” said one of the visitors to Donna Grizzle, Event Coordinator. “I didn't



The Crowd



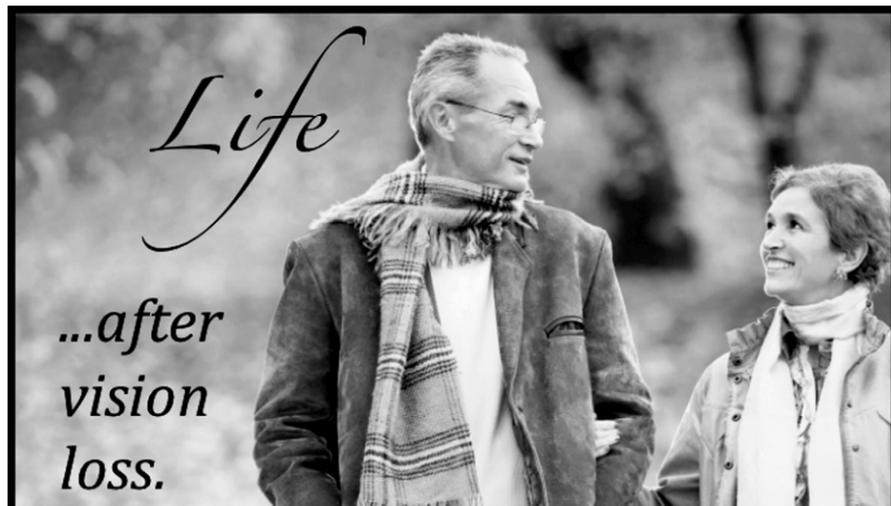
Todd Lancaster and Logan Stewart

believe there was so much for seniors! Anything you need is right here. You just have to find it.”

Forsyth County is the home of three senior service centers. For more information about the centers and next year's Senior Expo, call 770-781-2178 ext 5032, e-mail [djgrizzle@forsythco.com](mailto:djgrizzle@forsythco.com); or, check the website: [www.forsythco.com](http://www.forsythco.com).



Ann Anderson, Retired Educator



**Living with Macular Degeneration,**  
or another vision-limiting condition?

*EVEN if you've been told nothing more can be done, you owe it to yourself to seek a second opinion.*

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Elizabeth Zyestra and Gail Lancaster with Peonies



William Cook Taking a Break

## Meadow Garden in Augusta hosts Philadelphia Winn chapter NSDAR

Submitted by **DEBBIE HOUSTON**  
Media Chair, Philadelphia Winn  
Chapter NSDAR, Lawrenceville

**O**n March 23, 2013, a group from the Philadelphia Winn Chapter National Society Daughters of the American Revolution visited Augusta, Georgia, for a tour of Meadow Garden, the historic farm home of George Walton, one of three Georgia signers of the Declaration of Independence. In fact, at age twenty-six, he was one of the youngest to sign. In his honor, Walton County received his name.

Walton served six terms as a Congressional representative from Georgia, one term as a senator, and two terms as the governor. In 1778, as Acting

Commander of Georgia militia forces, Walton led his troops against the British after they attacked Savannah. The British captured the wounded commander and held him captive for a time.

The Walton house is a National Historic Landmark, owned and operated by the Georgia State Society Daughters of the American Revolution. Philadelphia Winn NSDAR also actively supports the preservation of the home.

Guided tours are available five days a week from 10:00 a.m. through 4:00 p.m. For more information on Meadow Garden, email [www.historicmeadowgarden.org](http://www.historicmeadowgarden.org). If you would like to join Philadelphia Winn Chapter NSDAR, please email [philwinndar@gmail.com](mailto:philwinndar@gmail.com).

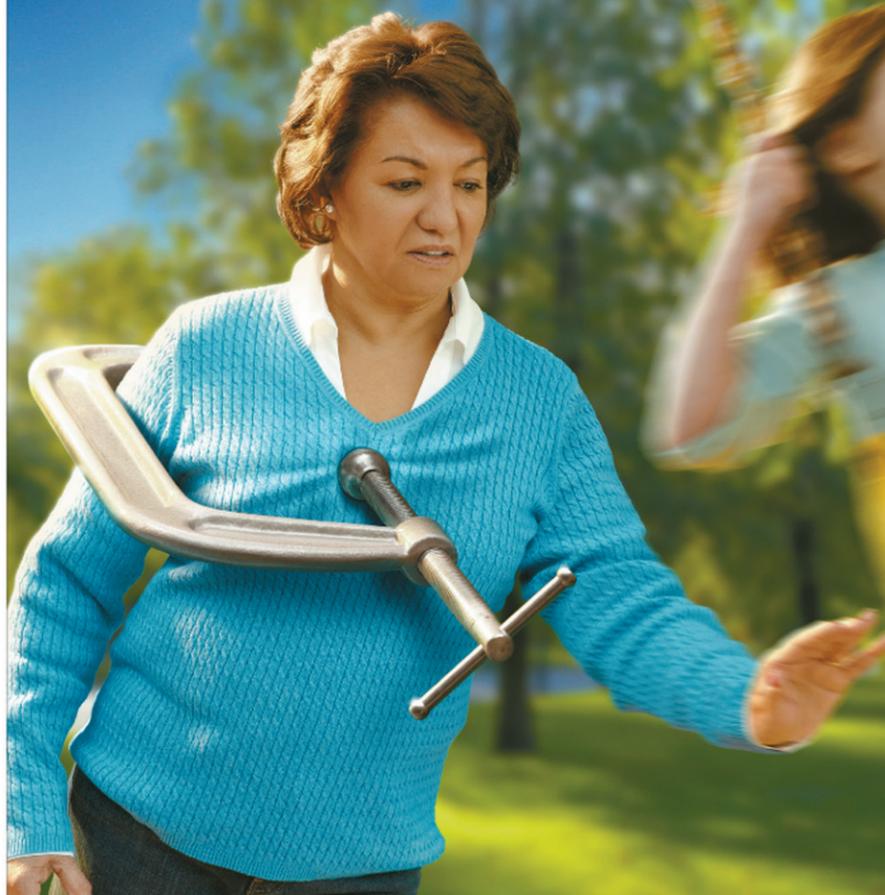


From Left: Philadelphia Winn NSDAR Daughter Jen Clark of Tucker, Regent Peggy Freeman of Lilburn, Philadelphia Winn NSDAR Daughters Mary Lou Godbey of Lilburn, Sara Rawlins of Lawrenceville, Helen Hay of Lawrenceville, Janice Rinaldo of Dacula, Miriam Machida of Duluth, and Debbie Houston of Lilburn.



Meadow Garden, the historic home of George Walton

## IS ANGINA SQUEEZING THE ENJOYMENT OUT OF YOUR LIFE?



### Announcing a clinical research study for people with angina.

If you've been unable to control your symptoms of angina, you're invited to see if you may qualify for the Renew Study. The purpose of the study is to determine the safety and effectiveness of an investigational therapy using a patient's own stem cells for the treatment of angina.

Each individual must be 21 or older, and will be evaluated to determine his or her eligibility. Qualified participants will receive either the investigational therapy or placebo, or continue with current approved angina treatment options, providing researchers with a standard comparison to the investigational therapy. All participants will receive study-related medical exams and lab tests at no charge. Compensation for time and travel may be available.

To find out if you may qualify, visit [RENEWstudy.com](http://RENEWstudy.com) and call the area doctor below.

Contact: Amr Mohamed  
Arshed A. Quyyumi, MD  
1364 Clifton Road NE  
Atlanta, GA 30322  
770-686-8175

RENEWstudy

# Out & About

## Marietta Gone With the Wind Museum celebrates 10th Anniversary, April 19-21

### Actors, Authors, Artifacts and Autograph Signings

Special to Senior News

**G**eorgia's Marietta Gone With the Wind Museum-Scarlett on the Square is marking its 10th anniversary with a celebrity event headlined by stage and silver screen star Anne Jeffreys. The April 19-21, 2013, event also stars author Anne Edwards, GWTW cast members Patrick Curtis, Greg Giese and Mickey Kuhn, artist Joseph Yakovetic and Wilbur Kurtz III. Weekend festivities will include interviews, Q&As and autograph signings with the celebrities, a Hollywood dinner and two receptions.

#### Premier GWTW collection

The star-studded event celebrates 10 years of showing off the extensive GWTW collection of Dr. Chris Sullivan, which includes memorabilia relating to the Pulitzer Prize-winning novel and Academy Award-winning movie. Treasured pieces include the original Bengaline honeymoon Bengaline Gown worn by Vivien Leigh as Scarlett O'Hara in the movie, Margaret Mitchell's personal volumes of the novel, Ann Rutherford's personal jewelry pieces, actors contracts and more.

Housed in the circa 1875 Thomas Warehouse building on Marietta's historic town square, the collection has become a much-loved attraction. Since 2003, the Marietta

Gone With the Wind Museum has seen visitors from more than 75 countries and all 50 states. It was a favorite stop for the late Rutherford ("Carreen O'Hara") who was given the keys to the city in 2009.

#### Stellar celebrity lineup

During the anniversary event, Jeffreys will discuss her career and her friendship with Rutherford. Jeffreys starred in "Kiss Me Kate" on Broadway and the 1950s television series, "Topper." Her long and active career also includes roles on "General Hospital," "Baywatch" and "Falcon Crest."

Celebrity biographer Anne Edwards will discuss her latest book, *Leaving Home*, and the re-release of her 1977 biography of actress Vivien Leigh. Edwards also penned *The Road to Tara* and biographies on Judy Garland, Katharine Hepburn, Princess Diana and the Reagans. Edwards was commissioned to write a sequel to *Gone With the Wind* that

was never released; this story is told in *Scarlett and Me*, published by the Marietta Gone With the Wind Museum in 2011.

The Three Beaus: *Gone With the Wind*'s three "Beaus" will also appear. Giese played both infant Beau and infant Bonnie Blue Butler. Curtis was Baby Beau, seen cuddled in the arms of on-screen mom "Melanie" played by Olivia de Havilland. Kuhn, a noted child actor in Hollywood at the time, portrayed seven-year-old Beau. He holds the honor of being the only male actor to star in the two Oscar-winning films for actress Vivien Leigh (*Gone With the Wind* and *A Streetcar Named Desire*).

Wilbur Kurtz III will share stories and display artifacts relating to his grandfather's time on the set of *Gone With the Wind* as artist and technical advisor. The senior Kurtz was also Margaret Mitchell's friend.

Artist Joseph Yakovetic will paint a likeness of Ann Rutherford as

"Carreen O'Hara," sister to Scarlett in the film. Visitors will be able to watch the progress of the painting as Yakovetic works on it live throughout the weekend. The painting will be auctioned on Sun., April 21, at the museum prior to the autograph signing.

Tickets are on sale now for this celebrity anniversary event that will include talks by the actors, author and artist, autograph signings,



Actress Anne Jeffreys. Photo courteous of Marietta Gone With the Wind Museum-Scarlett on the Square.



The Three Beaus. Photo courteous of Marietta Gone With the Wind Museum-Scarlett on the Square.

tours of the GWTW collection, dinner, receptions and more. Individual tickets may be purchased for each event. Call 770-794-5145 or visit [www.GWTWMarietta.com](http://www.GWTWMarietta.com) for event details and information about the museum.

#### ABOUT THE MARIETTA GONE WITH THE WIND MUSEUM

*Gone With the Wind* Museum-Scarlett on the Square houses the private collection of Dr. Chris Sullivan of Akron, Ohio. With hundreds of original artifacts relating to the famous book and film, the museum attracts visitors both nationally and abroad. Celebrating 10 years in 2013, the museum, a major tourist attraction for the City of Marietta, is best known to fans and out-of-state travelers as a gathering place for Hollywood celebrities and authors.



The Bengaline gown worn by Vivien Leigh as Scarlett O'Hara in the 1939 film classic, *Gone With the Wind*. Photo courteous of Marietta Gone With the Wind Museum-Scarlett on the Square.

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[www.garenfest.com/promo](http://www.garenfest.com/promo)  
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# Out & About

## Clothes can keep folks in the pink

by SUSAN LARSON

**T**his drab weather makes me think of a phone call I receive a few years back. When I picked up the phone, my neighbor Marge said, "I just wanted to tell you how you lifted my spirits this morning."

"How?" I asked. "All I've done this morning is work in the yard."

But it was that bright pink outfit you were wearing. Looking out at that gray sky and bare trees, you looked like a flower moving around your yard. It was so uplifting I just had to tell you about it."

I looked down at my raspberry-colored sweats. They obviously would have been the only color visible from her window on that dreary day. And they made me think of all the times I've been cheered up at the grocery store just standing in line behind a woman in a beautiful sweater or a man wearing a colorful tie. Eye candy, I think they call it.

Not everyone needs to wear electric blue or neon green to make my day, but I do wonder why so many people don't make the effort to at least look decent. I am often so appalled at all the grungy garb people will wear in public. Even some

teachers, I've noticed, show up in ill-fitted cargo pants and faded t-shirts, hardly what I would call professional.

And then there are the modern day bands. Remember when dressing decently in coordinated outfits was part of the presentation? Part of what said, we are in sync and we want it to show?

Last summer we went to an outdoor beach music concert. They asked the audience to dress in beach attire and even had a table decoration contest to really set the stage for the performance. With all the Hawaiian shirts, sarongs, sandals and halter

tops, and tables adorned with driftwood, sand buckets and seashells, it looked to me like what a Margaritaville cruise would look like.

And then the band came on stage. One guitarist was wearing a Braves t-shirt with a hole in it. The lead singer wore a gray athletic t-shirt with a stretched out hem and what appeared to be bleach stains. They looked like they'd just changed the oil in their car and didn't clean up. Why didn't they bill it as a grunge concert?

I'm not suggesting that we go back to the 50's look with turquoise tuxedos and black satin lapels. But if people are asked to pay \$25 and dress for the occasion, is it asking too much for the performers to get in on the act? And besides, I'm still young enough to appreciate a little eye-candy!

\*\*\*\*\*

Susan Larson is a writer from Lilburn. E-mail her at [susanlarson79@gmail.com](mailto:susanlarson79@gmail.com).

## Spring Cleaning? Know what to keep, what to discard... and when!

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

**S**pringtime is finally here. Now is a good time to rid your home of the clutter and paperwork you have accumulated over the past year. When it comes to reviewing your financial records, how do you know what to discard and what to keep?

Credit card and bank statements, canceled checks and past tax records are all important documents. But when is it safe to throw away certain financial records? Developing a plan to manage your paperwork can help ensure that you have the appropriate documents on hand if something should arise.

The Better Business Bureau, along with the Federal Deposit Insurance Commission, suggests the following record retention system as a reasonable approach for many people:

- Canceled checks: Those with no long-term significance for tax or other purposes probably can be destroyed after about a year. But canceled checks that support your tax returns, such as charitable contributions or tax payments, probably should be held for at least seven years – long enough to cover the six-year tax assessment period that starts when you file your tax return for the year the check was written. And, keep indefinitely (for other tax reasons) any canceled checks and related receipts or documents for a home purchase or sale, renovations or other improvements to a property you own, and non-deductible contributions to an Individual Retirement Account.

- Deposit, ATM, credit card and debit card receipts: Save them until the transaction appears on your

statement and you have verified that the information is accurate.

- Credit card and bank account statements: Save those with no tax or other long-term significance for about a year, but save the rest for up to seven years. If you get a detailed annual statement, keep that and discard the corresponding monthly statements. Be sure to mark closed deposit accounts as such, so your heirs do not waste time wondering what happened to the money.

- Credit card contracts and other loan agreements: Keep for as long as the account is active, in case you have a dispute with your lender over the terms of your contract.

- Documentation of your purchase or sale of stocks, bonds and other investments: Retain these while you own the investment and then seven years after that.

To avoid becoming a victim of identity theft, be sure to shred any document that contains a Social Security number, bank account number or other personal information (especially financial information), before tossing.

The BBB of Central Georgia & the CSRA hosts several free shredding events each year to assist consumers in the proper disposal of personally identifiable information. For dates and locations or for more trustworthy tips, visit [www.bbb.org](http://www.bbb.org).

\*\*\*\*\*

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints

about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: [www.bbb.org](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org).

featuring musical hits of the 1950's & 1960's!

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Created & Written by Roger Bean  
Direction & Musical Direction by Leigh Ann Cannady  
Choreography by Becky Binion

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101 School St, Cumming GA

**May 2 - 18**

Thurs - Sat 8:00 PM  
Sun Matinee 3:00 PM  
Box Office: 770-781-9178  
[www.PlayhouseCumming.com](http://www.PlayhouseCumming.com)

# 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.cobb seniors.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

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## Fulton County Senior Services

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

## Senior Multipurpose Facilities

- Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-705-4900. "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 Center): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.

• Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

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• Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.

• 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.

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

\*\*\*\*\*

## Alzheimer's Support Group

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

\*\*\*\*\*

## Parkinson Disease Support Groups

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

slross@emory.edu.

\*\*\*\*\*

## Multiple Sclerosis Center of Atlanta

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

\*\*\*\*\*

## Alzheimer/Caregiver Support Group 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,

continued on page 13

## Need help in finding the right assisted living facility?

Submitted by Shelley Reig  
Assisted Transition Atlanta  
www.assistedtransition.com/Atlanta  
404-782-2223

In looking for Independent, Assisted living, Memory Care/ Alzheimer's or respite communities, you have a choice of doing the searching yourself or soliciting the help of a placement agency. In this article I will highlight the process and how personal placement agencies can be a huge help in finding the appropriate assisted living facility.

First, what is a placement agency and how does it operate? A placement agency is a business that helps consumers find an assisted living facility, or another care facility. These agencies which are with you every step of the way are better known as Personal Placement Agencies. A personal placement agency "assesses and matches each client with the appropriate facility to best meet their psychological, cultural, social, physical, and financial needs." This service is free for the client. The agency has contracts with a large number of assisted living facilities, to which the agency refers its clients. When the client moves into a facility the facility pays the agency, and that is why it is free to the family looking for placement.

**What is their process?** These agencies visit seniors at home to assess their medical, social and financial situation and then search their database to find three to five communities which match their needs and schedule tours of each of the facilities. The agency then picks the family up and takes them to each facility until the senior finds the one just right for themselves or their parent. In addition, the agency is with you during the tour and can point out and ask questions to clarify all the details for you. The agency has done a prior evaluation of all the facilities it has contracted with and checks periodically to see that facilities stay in compliance with licensing regulations. A good agency would not refer a client to a facility with a documented history of sub-standard care.

Other value the placement agency offers is knowledge of referral sources such as the VA benefit of Aid and Attendance Pension, which can generate anywhere from \$1100-\$2100 additional income if the couple or single qualify. They also offer referrals of: senior organization and moving companies, real estate and estate sales, financial and legal; to name just a few.

In all, a good agency takes the stress off of the family, making the decision much easier. And yes, it is FREE for the family... rather a no-brainer!

## Benson Manor

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

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

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

For An Application or More Information

Please Call 770-435-6406

Website: www.rhf.org



## NOTICE TO ALL VETERANS

### Who Have Honorably Served Their Country in War & Peace

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

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

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

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

I'm interested in taking advantage of this special opportunity

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

# CALENDAR

from page 12

ages 5+. Hosted by Kennesaw Square Dancers. Call 404-808-8689 or visit [www.squaredealers.com](http://www.squaredealers.com).

## Button Gwinnett Society

Meets quarterly at the 1818 Club for fellowship and interesting speakers. Meetings begin at 6 p.m. For complete details call Elliott at 770-840-1003 or [elliott@brack.net](mailto:elliott@brack.net).

## Greater Atlanta Archaeological Society

Meets 2nd Tues. of each month, 7:30 p.m., at the Fernbank Museum of Natural History, just off Ponce de Leon at 767 Clifton, Rd. NE, Atlanta. Call 770-242-2249 for recorded message.

## Senior Ballroom Dance

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

## Atlanta History Center

130 W. Paces Ferry Road, NW, Atlanta; 404-814-4033, [LMassey@AtlantaHistoryCenter.com](mailto:LMassey@AtlantaHistoryCenter.com)

## High Museum of Art

1280 Peachtree St., NE, 404-733-4437; [www.high.org](http://www.high.org)

## Center For The Arts At Georgia Tech

404-895-9600; [www.ferstcenter.org](http://www.ferstcenter.org)

## Schwartz Center For Performing Arts, Emory University

1700 N. Decatur Rd; 404-727-5050; [www.arts.emory.edu](http://www.arts.emory.edu)

## The Michael C. Carlos Museum

Emory University, 571 Kilgo Circle 404-727-4282; [www.carlos.emory.edu](http://www.carlos.emory.edu)

## Fernbank Museum of Natural History

767 Clifton Rd., NE. 404-929-6300, [www.fernbank.edu/museum](http://www.fernbank.edu/museum)

## Theatre In The Square

770-422-8369, [www.theatreinthesquare.com/library\\_dragon](http://www.theatreinthesquare.com/library_dragon)

## Callanwolde Fine Arts Center

980 Briarcliff Rd., NE, Atlanta 404-872-5338, [www.callanwolde.org](http://www.callanwolde.org)

## Alpharetta Convention & Visitors Bureau Park Plaza

178 South Main St., Suite 200, Alpharetta. Call 678-297-2811.

## Georgia Museum of Art

90 Carlton St., University of Georgia, Athens; 706-542-4662; [www.uga.edu/gamu-seum/press](http://www.uga.edu/gamu-seum/press)

## Alpharetta's Main Street Markets

Third weekend of each month. Call 678-297-6078.

## Cumming Fairground Events

Call 770-781-3491 for schedule of events.

## Atlanta Artists Center and Gallery

2979 Grandview Ave., 404-237-2324, [www.atlantaartistscenter.org](http://www.atlantaartistscenter.org)

## The Breman Museum

For information call 404-575-3767 or visit [www.thebreman.org/jgsg.htm](http://www.thebreman.org/jgsg.htm).

## Balzer Theater at Herren's Luckie Street

[www.theatricaloutfit.org](http://www.theatricaloutfit.org) 404-577-5257

## Rialto Center for the Performing Arts

Georgia State University, 404-651-4727, [www.rialtocenter.org](http://www.rialtocenter.org)

## Jimmy Carter Presidential Library

441 Freedom Parkway, 404-865-7100, [www.jimmycarterlibrary.org](http://www.jimmycarterlibrary.org)

## Center For Southern Literature Margaret Mitchell House & Museum

990 Peachtree St., 770-578-3502. [www.gwtw.org](http://www.gwtw.org)  
• 10th Anniversary Celebration: April 19-21. Actors, authors, artifacts and autograph signings.

\*\*\*\*\*

## High Museum of Art Folk and Photographer Galleries

133 Peachtree St., 404-577-6940

## Spivey Hall, Clayton College & State University

5900 North Lee Street, Morrow 770-961-3498, [www.spiveyhall.org](http://www.spiveyhall.org)

## The Atlanta Opera

28 West Peachtree Street, N.W. 404-881-8885/1-800-35.OPERA [www.AtlantaOpera.org](http://www.AtlantaOpera.org)

## The Mable House Arts Center

5239 Floyd Road, Mableton 770-819-3285; [cobbcounty.org](http://cobbcounty.org); [mable-house.org](http://mable-house.org)

## Marietta Museum of History

770-794-5710 or [mary@mariettahistory.org](mailto:mary@mariettahistory.org)

## Friends of Smyrna Library

100 Village Green Circle, Smyrna [www.friendsofsmyrnalibrary.org](http://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.georgiacenterforthe-book.org](http://www.georgiacenterforthe-book.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

## Scott-Candler Library

1917 Candler Rd., Decatur 404-286-6986  
• Book Sale/Book Fest: Fri., & Sat., April 26-27, 10 a.m.-4:30 p.m. Please call for complete details.

## Atlanta World War II Round Table

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

## East Cobb AARP

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

## Woodstock AARP Chapter 5173

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

## Sandy Springs AARP

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

## PALS Lunch 'n Learn Sessions

For details call PALS (Perimeter Adult Learning and Services) at 770-698-0801.  
• Mondays April 8-May 13, 10 a.m.-3 p.m., Temple Emanu-El. Please call for complete details and a brochure.

## Senior Connections' Adventures In Learning Classes

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

## Monthly Sacred Harp Singing

Thurs., April 4, 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](http://www.atlantasacredharp.org).

## Monthly Song Circle

Fri., April 26, 7:30 p.m. Group singing just

for fun... no performances. Open to all. Folk music, old standards, spirituals, 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 Inc. (SFSS) is a non-profit agency. Its mission is to provide a range of services and activities which promote wellness, wholeness and self-sufficiency for adults, sixty (60) years of age and older, who reside in South Fulton County.

SFSS has serviced the South Fulton Community for 21 years. In order to enhance the level of support and services, volunteers are needed to help deliver meals on wheels. Service areas include: East Point, Hapeville, College Park, Union City, Fairburn, Rico, Palmetto, and Chattahoochee Hills. If you would like to become a volunteer for meals on wheels, please contact Debra Hood or Adam Surfus at 404-559-0070.

## Get Connected with SeniorNet at the Marcus Jewish Community Center of Atlanta

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

The SeniorNet curriculum covers a broad spectrum of computer-related courses including learning beginning, intermediate, and advanced Microsoft Windows applications (word processing, database, spreadsheets), discovering the Internet, how to buy a computer, the ins and 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](http://www.atlantajcc.org).

## Volunteers Need for Meals on Wheels

Senior Connections needs volunteers to deliver hot, nutritious meals to homebound seniors in your area. Three convenient pickup locations in Chamblee, Decatur and Lithonia. Call 770-455-7602 or register to volunteer online at [www.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org). Call for new class offerings.

## New Neighbors League Club

Prospective member orientation, first Wed. each month at the New Neighbors Welcome Center, 479 S. Atlanta St., Roswell. Luncheon and program second Wed. each month at various locations. Volunteer orientations are conducted every Monday at 1 p.m. For complete details call 770-993-7886.

## 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

continued on page 14

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\*Amount of federal rent assistance varies. Must meet age and income qualifications set by the Department of Housing and Urban Development (HUD). Assets are not considered income, but can be used to pay for supportive services. **Call 404.751.2255 for details.**



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**CALENDAR**  
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404-943-1100.  
 The Open Synagogue holds services every Sat. at 10:15 a.m., Jewish Family and Career Services.

**Congregation Beth Shalom**  
 5303 Winters Chapel Rd., Atlanta  
 770-399-5300; www.bshalom.net

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

**VOLUNTEER OPPORTUNITIES FOR 55+**

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

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

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

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

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

**Volunteers Needed by CASA – Court Appointed Special Advocates**  
 Be a positive influence and help provide stability and leadership in a child's life. Consider volunteering with CASA. For complete details call 770-345-3274 or visit www.casacherokee.org.

**Newnan-Coweta Habitat for Humanity ReStore**  
 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.

**The Matt Adler Entertainers**  
 "The Matt Adler Entertainers," a Troupe O' Traveli' Seniors offers delightful entertainment for senior groups. One-act plays, skits, mostly comedy. Call Alice Adler at 404-296-7288 or alicerhodes357@mindspring.com.

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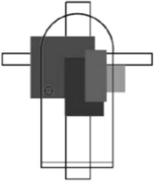
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**CALENDAR**  
from page 14

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

**Harmony Grove UMC Events**  
50 Harmony Grove Rd., Lilburn 770-921-7747

**Columbia Presbyterian Church**  
711 Columbia Dr., Decatur 404-284-2441

**Southern Winds Concert Band Welcomes 50 & Older Musicians**

Members meet together to share their love of music and the joy of playing together. No auditions. Typically, the band plays one concert each month. The band rehearses at Northbrook United Methodist Church, 11225 Crabapple Rd., Roswell, every Thurs., 2:30-5:00 p.m. For complete details contact Dorothy Parker at 770-993-2059 or e-mail arw1935@att.net.

**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.

**Volunteers Needed**

Court Appointed Special Advocates (CASA) connects qualified, compassionate adults to advocate for children in the foster care system, one child at a time. You will be trained and equipped to advocate for a child's right to be safe, to be treated with dignity and to learn and grow in the security of a loving family. Connect with CASA by calling 770-345-3274, email at info@casacherokee.org or visit www.casacherokee.org.

**Inaugural 2013 Chastain Chase 6K Run**

Sun., April 21. Includes Tot Trot for kids under 5. Proceeds benefits the Cancer Support Community, Northside Hospital. For information visit [www.cscatlanta.kintera.org/chastainchase](http://www.cscatlanta.kintera.org/chastainchase).

**"Beauty from the Inside Out"**

Love in Action Outreach Ministries presents: "Beauty from the Inside Out." Sat., April 13, 3-6 p.m., Norcross Community Center, 10 College St., NW, Norcross. Tickets: \$25. Doors open at 2 p.m. For information and to RSVP call 404-513-5683.

**Lilburn Community Garden**

Ribbon Cutting Ceremony: Sat., April 20, 10 a.m. Garden located across from Lilburn City Hall parking lot. For details contact: [lilburncommunitygarden.org](http://lilburncommunitygarden.org).

**Callanwolde Events**

980 Briarcliff Rd., Atlanta 404-872-5338; [www.callanwolde.org](http://www.callanwolde.org)

- "Examining the Overlooked:" Works by Jaynie Crimmins: April 5-May 24. Reception April 5, 7-9 p.m.
- Poetry Reading: Wed., April 10, 8 p.m.
- Tango Night - Azalea Tango: Fri., April 12, 8 p.m.
- Family Storytelling: Emerging Voices "Family Night:" Fri., April 12, 7 p.m.
- Callanwolde Dance Ensemble Spring Show 2013: Sat., April 20, 2 p.m. & 7 p.m.

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## Connie Wiggins speaks on “Our Pledge – Keep America Beautiful”

Submitted by DEBBIE HOUSTON  
Media Chair, Philadelphia Winn  
Chapter NSDAR, Lawrenceville

Connie Wiggins, CEO of Gwinnett Clean and Beautiful, spoke to the Philadelphia Winn Chapter National Society Daughters of the American Revolution at Ashton Senior Living on March 10 in

Lawrenceville.

Recycling was one of the topics she covered. She asked for a show of hands on how many women in the room recycle. Nearly all hands went up. Connie noted that being a good citizen and Patriot are qualities both the DAR and Gwinnett Clean and Beautiful share. It is our individual responsibility to keep the world clean. When we

see trash, we pick it up, or, if we see litter more than we can handle, we call Gwinnett Clean & Beautiful.

The annual “Great American Cleanup – Gwinnett Challenge,” hosted by Gwinnett Clean and Beautiful, began March 1 and ends May 31. This year, Connie is asking Gwinnettians to sign a pledge to keep our world clean and beautiful. At the end of the

Philadelphia Winn Chapter meeting, Daughters lined up to sign a banner with the pledge.

For more information on “The Great American Cleanup – Gwinnett Challenge,” or to volunteer, email <http://www.gwinnettcleanandbeautiful.org/great-american-cleanup/>. If you would like to join Philadelphia Winn Chapter NSDAR, please email [philwinndar@gmail.com](mailto:philwinndar@gmail.com).



Left to right: Philadelphia Winn Chapter Regent Peggy Freeman, Second Vice Regent Kitty Watters, and First Vice Regent Lydia McGill.



Left to right: Philadelphia Winn Chapter NSDAR Regent Peggy Freeman and CEO of Gwinnett Clean and Beautiful Connie Wiggins.

## We want YOU!

The Georgia Institute of Technology Memory and Aging Lab is conducting behavioral, EEG, and fMRI studies about memory and aging!

### Why volunteer?

Your results will aid in our understanding of aging and memory. We compensate you \$10/hr PLUS travel expenses.

### What will I have to do?

Simple computer tasks, such as looking at pictures, words, and maybe listening to music.

### Who can volunteer?

We are looking for volunteers between the ages of 60-80.

### What are EEG and fMRI?

Safe, painless, and non-invasive brain imaging techniques that help us look at how the brain functions.

### How long will this take?

Each study will take 1-3 hours to complete.

Studies are held on the Georgia Tech campus at **831 Marietta Street, Atlanta, GA 30318**. Free parking. For additional information, please call us at **404-385-3699**, or email us at [techmemorylab@gmail.com](mailto:techmemorylab@gmail.com).

Professor Audrey Duarte, Ph.D. is the lab director and is happy to answer your questions.

