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*Phoenix Players  
put on a Good Act!*

*Story on page 6*

August 2015  
Vol. 29, No. 8

## Taking Care

# How to beat summer's heat... many ways to keep cool as temperatures rise

by LISA M. PETSCHÉ

**W**hen temperatures start pushing those summer highs, you need to do something to stay comfortable. Sure, you can crank up the air conditioning, but there are other less expensive and more environmentally friendly ways for you and the person you are caring for to feel a bit better when things heat up.



Lisa Petsche

### Choosing Clothing:

- Wear lightweight, loose-fitting clothes that allow air to circulate and perspiration to evaporate. Stick to natural fibers like cotton; or micro fiber materials with an open weave.
- Wear a hat to shade your face from sun and remember the sunscreen.

### Activities:

- Avoid strenuous activity,

including exercising, gardening and mowing. If possible, stay indoors during the hottest part of the day.

- Try to schedule outdoor activities in the early morning or evening. Otherwise, rest often in the shade.

### Around the House:

- Close drapes and blinds on sunny days.
- Consider awnings, shutters or roll-up porch blinds to shade your house.
- Run an electric fan to circulate air in the room you are using. While it will not alter the room temperature, it will evaporate sweat, which will increase your comfort. Place a fan in front of an open window at night to draw in the cool evening air.
- Install ceiling fans to circulate air in the rooms you use most. They can be reasonably priced, and use relatively little energy.
- Stay on the lowest floor of your home.
- Use a dehumidifier to remove excess moisture from basement
- Hang laundry outside to dry. If

you use the dryer, do so during the coolest parts of the day. The same goes for the dishwasher, to minimize the impact of its heat. Consider washing dishes by hand during heat waves.

### Cooling the Décor:

- Accessorize your home with light, bright colors. Room accents can take the form of cushion covers, tablecloths, place mats or a mantel scarf, for instance. For color inspiration, think summer flowers and tropical fruits. Do not overlook white, which gives a crisp, fresh look. For patterns, try florals and gingham checks.
- Choose ocean blues and greens for a psychological cooling effect.
- Marine themes are always popular at this time of year. Bring out that collection of seashells and display them in a shallow bowl.
- Summer is a good time to be whimsical – have some fun with summer decorating.

### Cooling yourself:

- Try cool showers or sponge baths.
- If you do not have air conditioning (or it breaks down) and the heat becomes unbearable, visit a friend or relative who has air conditioning, or go to a cool public place such as a seniors center, shopping mall or public library during the hottest part of the day.
- Avoid extreme temperature change. For example, do not have a cold shower right after coming in from outside on a sweltering day.
- Cook meals outdoors on a grill or use the microwave in place of a regular stovetop or oven.
- Drink plenty of extra fluids even if you do not feel thirsty. Sip water or stock up on fruit juice and iced tea.
- Avoid alcohol and caffeine.

• Eat foods high in water content, like fresh fruits and vegetables.

• Eat light, more frequent meals to avoid taxing your digestive system. Go easy on protein and stay clear of foods that are spicy or heavy on calories.

### Energy Efficiency:

An air conditioning unit is advisable for older adults, especially those with chronic illnesses, to prevent adverse health effects when heat and humidity become oppressive. The following are some ways to maximize its efficiency.

If you have a room air conditioner, try to shade it from the sun so it does not have to work as hard.

If you have central air, keep your furnace and air conditioning system, which function together, properly maintained to ensure maximum air-cooling and save energy. Follow the tips below.

- regularly check and replace air filters.
- keep the area around your furnace and air conditioning unit free of clutter, plant overgrowth and debris.
- keep vents free of obstructions.
- dust around equipment, and vacuum filter and vents regularly.
- have your system regularly inspected by professionals.
- adjust controls accordingly when your home will be empty for several hours or more.
- turn off air conditioning and open windows when the outdoor temperature significantly decreases at night, especially if there is a cool breeze.

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*Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior health matters. She has personal and professional experience with elder care.*



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# Finding royal treatment for thin skin

by SUSAN LARSON

The first time I heard the fairy tale “The Princess and the Pea” I just knew I had been switched at birth. I bruise so easily that I knew that if I slept on 20 mattresses with a pea slipped underneath them that I would wake up totally black and blue. I just had to have been born of royal blood. But while fantasizing about being a princess may add a little levity to dealing with my delicate dermatological condition, I still would rather have been born with tougher skin.

What's most frustrating is that I bruise so easily, most of the time I have know idea how it happened. Now there was the time about ten years ago that I took a long term subbing position in a kindergarten class and I was able to pinpoint the cause and effect. My husband was concerned about sudden appearance of two levels of black and blue stripes on my thighs and little blue dots on my arms. When I stopped to think about it, I realized that the stripes were the result of bumping into the little tables and chairs and the blue dots were mementos of the little kids poking me with their fingers, crying, “Teacher, teacher,” to get my attention. But other than that, most of my bruises are mystery marks.

Now it wouldn't bother me at that much if my husband were the only one who noticed.

But, no. Total strangers, store clerks, cashiers, people standing behind me in line feel like it's their business to know the story behind my bruises. And what I really hate is when I walk into the gym and someone from clear across the room shouts, “Susan, how did you get that huge black and blue mark?” causing every one in the room to drop their dumbbells and pivot towards me.

Of course, there are things I can do about it. I can stay home. I can wear a full body suit at all times and in all places. I've even thought about taking a blue marker and outlining my bruises to look like an eagle or a dragon or whatever animal the shape might suggest. That would keep all the strangers quiet. They would just think it was a tattoo – most of which as far as I'm concerned look like black and blue marks anyway – and ignore me.

But then there are my friends and people who know me well. They would be the ones to yell across the room, “Susan, I can't believe you got a tattoo!”

But then, I just thought of another alternative. I could have a T-shirt made with a picture of a princess sleeping on top of twenty mattresses with the words, “If you want to

know, I slept on a pea.”

Hmm. I wonder. If I had a bunch of them made, would they sell?

\*\*\*\*\*

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

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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.

\*\*\*\*\*

**DREAMS**

by Sandra Schwamlein Moore

*I sat all alone as the teardrops fell,  
 She has him now, he's under her spell.*

*She'll toss him around and have a little fun,  
 'Cause of all the other boys she has none.*

*She'll laugh and be gay and drive him wild,  
 'Till his puppy love has stopped being mild.*

*Then, one day, she told him good-bye,  
 It broke my heart to see him cry.*

*I left him alone until the time came,  
 When he would smile and it would*

*remain.*

*As I sat and watched him with a tender sigh,  
 He turned and spoke with a gleam in his eye.*

*We talked and we laughed and had loads of fun,  
 Of the pain she had brought now there was none!*

*I see him now, as he sits there,  
 With a smile on his face, and the wind in his hair!*

*The sun was warm and the sky was blue,  
 And the twinkle in his eye, told me he knew.*

*We walked through the meadow and down by the stream,  
 But even the kiss was only a dream.*

*I woke with a stare! And, looked at the sky,  
 I remembered it all and wanted to cry.*

*But I held it back, for my dreams are few,  
 And, I'm hoping someday that they*

*will come true.*

\*\*\*\*\*

**WHY**

by Sue J. Shealy  
 (Published in 1997 in "Searching For Soft Voices" The National Library of Poetry)

*Why do we hold within us:  
 A song that longs to be sung?  
 A prayer that years to be prayed?  
 A kindness that desires to be expressed?  
 A deed that wants to be done?  
 A smile that wants to be shown?  
 A heart that seeks to be opened?  
 A love that begs to be shared?*

*What a waste!*

\*\*\*\*\*

**MUSIC**

by Paul R. Goniea, Sr.

*Music says what words cannot say,  
 And it pictures what eyes cannot see.*

*Like the beauty of flowers that blossom in May,  
 It's God's heartspeak for you, and for me.*

*Music is God's math on display,  
 A welcome buoy in life's troubled sea.*

*Music is God's living pulse at play,  
 And it can set god's people free.*

*It can pacify a mind's tormented way.  
 It's heaven's answer to a weakened heart's plea.*

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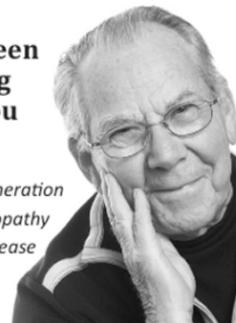
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# Out & About

## Valerie Craft leads Philadelphia Winn Chapter in Historic Preservation Project at Tamassee DAR School

by Lee Schermerhorn, Chairman  
Philadelphia Winn Chapter  
Publicity and Media

The Philadelphia Winn Chapter of the National Society Daughters of the American Revolution (NSDAR) is proud to support our State Regent Bea Fischer in her initiatives at Tamassee DAR School. The school, located in Tamassee, SC, was founded in 1919 by the DAR to serve underprivileged children of Appalachia. The current project of the Georgia State Society DAR is to complete exterior repairs on the May Erwin Talmadge Auditorium at the school.

Valerie Craft, one of our Junior Members, was looking for a way to use her talents in service to God, home and country. She discovered an opportunity at Tamassee to carry out the DAR mission to promote historic preservation. Last year she visited the Tamassee DAR School to help deliver our chapter's donations to the Thrift Store and to take a tour of the school. During the visit, she noticed many historic photos lining the walls of the Talmadge Auditorium. One of Valerie's passions is preserving historic photographs, and she was inspired to propose a digitiza-

tion project to preserve the school's 95-year-old collection of historic photos and documents. Many were framed or were scattered loosely throughout drawers and cabinets and left susceptible to damage and loss. Philadelphia Winn Regent Lydia McGill enthusiastically agreed to make Photo Digitization at Tamassee the 2014-2016 Philadelphia Winn Chapter Project.

Valerie, who is Philadelphia Winn's Historic Preservation Committee Chairman, immediately went to work. Approximately 5,000 records have now been scanned. Volunteers brought their own scanners and laptops from home and scanned each record, creating a digital file that was stored on a hard drive and uploaded to an online storage system. Two computers with large storage capacities and a laptop were donated by members of Philadelphia Winn Chapter and their husbands. The Chapter also purchased archival boxes and safe storage materials for the originals. After many days of work by Chapter volunteers, the collection of original photos and records are now protected and stored in an organized system. The images are currently being organized in a digital system that will allow anyone to quickly find specific photos and documents based on names,



Valerie Craft

dates, and subject matter.

For many of the children who grew up at Tamassee DAR School, these are the only pictures that exist of their childhood years. Thanks to the attention and great idea of a DAR Junior member, the generous and enthusiastic sup-

port of our Chapter, and many hours of dedication and service, the photo digitization project will safeguard these irreplaceable images forever. For her ideas, technical expertise and can-do spirit, Philadelphia Winn Chapter recognizes and applauds our Valerie Craft.

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## On the Cover

# Phoenix Players put on a Good Act!

by SUSAN LARSON

### COVER

**Phoenix Players: Front row, L to R – Phyllis Wright, Emily Kisber, Howard Busby; 2nd row, L to R – Margie Avery, Jim Busby, Hazel Wyatt; 3rd row, L to R – Francine Kohler, Woody Driskill; Top – Robert Smith**

Putting on a good act is just part of what the Phoenix Players are



**Carolyn Erling**  
Phoenix Players Director

all about. For 20 years this group of seniors, under the direction of Carolyn Erling, has been performing live drama for seniors at retirement homes, independent living homes, church luncheons, and for anyone else that might need a little laughter and entertainment in their lives. They range in age from 68 to 92 and their past occupations include flight attendant, lawyer, educator, family counselor, secretary, insurance executive, and estate planner.

Erling, who has a degree in music and theater has worked as a teacher, vocalist, music director, theater director, actor, pianist, keyboardist, and organist. After a mid-life career change she worked at CDC for 18 years, but has now retired and gotten back to what she loves: creating, coordinating, and entertaining.

“We believe in the importance of participation in the arts and that involvement can improve people’s overall health whether on stage, in the audience, or through writing and creating,” Erling said.

A variety of skits makes up their one-hour presentation which they perform all over Metro Atlanta. Past venues include Clairmont Place

Independent Living, Wesley Woods Towers, The Jewish Tower, Living Grace Lutheran Church, Saint Anne Terrace and The Cohen Home.

Their repertoire runs the gamut from classic dialogs like “Who’s on First?” by Abbott and Costello to original works, many written by the players themselves.

Robert Smith, a retired lawyer, has been with the group since 2004 when his late friend Bridgette McGuffog got him interested. He had never acted before, but has since added scriptwriting to his list of creative outlets. His favorite work, “You May See a Stranger” is about a widower going to a dance at a rest home and falling for a retired nun. He enjoys not only the opportunities for creativity and camaraderie with the other players, but also the reaction from the audience as they relate to the performance.

Francine Kohler, a retired marriage and family therapist, also takes particular pleasure in how their performances resonate with the audience.

“In one skit, I played the daughter of a man who was widowed and was always in his face. In the end he told my character off and the audience got up and cheered,” Kohler said.

Connecting to senior experiences is key to their success.

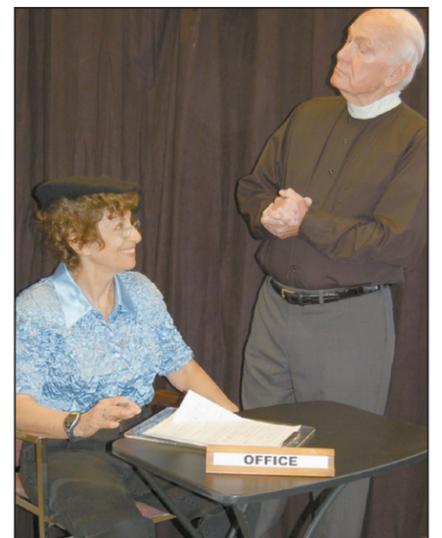
As one nursing home resident put it, “We need more joy in our lives and you sure help to bring it to us.”

Phoenix Players rehearse at Peachtree Road United Methodist Church in the fall and then perform weekly from January until May. There is no charge for their hour-long performance but they are pleased to accept donations which helps carry out their mission.

“I usually talk to folks before



**Emily Kisber wonders what is going on with Woody Driskell and Phyllis Wright.**



**Actors Francine Kohler and Howard Busby have a friendly conversation.**

they come to our first meeting to explain our mission. There is quite a commitment that has to be made on the performer’s part. It ties us up from September until May with time off at December holidays,” Erling said.

The new season is starting up soon. For further information on getting in on the act, whether on stage, backstage or in the audience, contact Carolyn Erling at 770-856-5149.

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## The Next Chapter

### Recommendations by ANNE B. JONES, PhD

- *Shadow Divers*: Robert Kurston, Random House, 2004
- *Pirate Hunters: Treasure, Obsession, and the Search for a Legendary Pirate Ship*: Robert Kurston, Random House 2015
- *Falling Upward: A Spirituality for the Two Halves of Life*: Richard Rohr, Jossey-Bass 2011
- *Falling Upward: A Spirituality for the Two Halves of Life, A Companion Journal*: Richard Rohr, Jossey-Bass, 2013

**S**hadow Divers, a former New York Times bestseller, is one of my favorite books. The work is a fascinating story of divers who explore shipwrecks, often focusing on the remains of World War II submarines. Many see these sunken relics as ripe for scavenging. To others, they are sacred tombs. In *Shadow Divers*, author Robert Kurston describes the dangerous mission of single-focused divers who are determined to identify the wreckage of a U-boat off the New Jersey coast. The book is as suspenseful as an action

film as it recounts the hazards and death-defying experiences of underwater exploration.

Kurston has recently released another revealing and riveting work related to diving. *Pirate Hunters: Treasure, Obsession, and the Search for a Legendary Pirate Ship* has been described by Lee Childs as “A great thriller full of tough guys and long odds...” But, this work is more than a true action-adventure. John Chatterton and John Mattera risk everything to find the Golden Fleece, known as the “greatest pirate ship that ever sailed.” In an unusual parallel to profilers who search for criminal offenders, the two learn that in order to be successful, they can’t just rely on research. They must get into the mind of the ship’s infamous captain, Joseph Bannister. It is only after they become psychologically in tune with Bannister, that they are able to find the ship.

*Falling Upward: A Spirituality for the Two Halves of Life* is popular around the metro area. Written by Father Richard Rohr, a Franciscan priest who is founder of the Center for Action and Contemplation, the work is especially appropriate for those of us who are facing our older years. As Dr. Mehmet Oz aptly comments “Richard Rohr has given us a perfect guide to

what he calls the ‘further journey,’ a voyage into the mystery and beauty of healthy spiritual maturity.”

According to Rohr, there are at least two major tasks to human life. The first involves establishing our identity. The second requires we go beyond our comfort zone, self-examine, let go of the falsely reassuring familiar and habitual, and face our mortality. During our lives, we all have times of failure, make mistakes and have periods of suffering. Rohr states that that these experiences are all part of our journey and that no human being can avoid them. We fail. We fall. But, this falling is necessary for our inner development.

The second half is a time when we “fall upward,” reaching out to God, opening ourselves up and moving beyond our fears and failures to more fulfilling and compelling spiritual growth. It is a map for navigating the remaining part of our journey, in the face of a culture whose values may work against us.

Rohr calls upon the ideas of some of the world’s most renowned thinkers in presenting this work. There are insights from Carl Jung, T. S. Eliot, and Erik Erikson to name a few and the book contains notes, a bibliography and an index. In addition, there is

a companion journal with questions and exercises to help each reader in their spiritual progression. I recommend this for those who are ready to become deeply involved in these issues. The work is a far cry from the pop-psych spiritual self-help books that are so often best-sellers.

\*\*\*\*\*

You may contact Anne at [annebjones@msn.com](mailto:annebjones@msn.com)... (*Tides of Fear, Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart*).

# Georgia Writers Museum sponsors third annual contest

by SUSAN LARSON

**T**he Georgia Writers Museum is accepting entries for its third annual amateur creative writing contest through Aug. 7. Entries must be original, unpublished literary works in the genre of a short story, flash prose, essay, biography or memoir. No poetry will be accepted. Entries, limited to 750 words, must be in the form of a word document, not a PDF. The fee is \$20 per entry, with a limit of three entries per author.

Detailed rules and entry forms are available online at [www.georgiawritersmuseum.com](http://www.georgiawritersmuseum.com).

When registration and payment are received, authors will then receive information on where to forward an electronic copy of the work(s) as an attachment to email. This year submissions, payments, and entries can be made online. Rules are listed on the Web site under “EVENTS.”

First prize is \$125 with publication in *Lakelife* magazine and *The Eatonton Messenger*. Second prize is \$75 and third prize, \$25, with gifts awarded to the honorable mention. An awards reception is set for 6 p.m. Oct. 9 at the temporary home of the Georgia Writers Museum, 109 S. Jefferson Ave., Eatonton.

Last year, several *Senior News*

readers placed in the finals. Let's hope that this year our senior population is represented at the awards reception.



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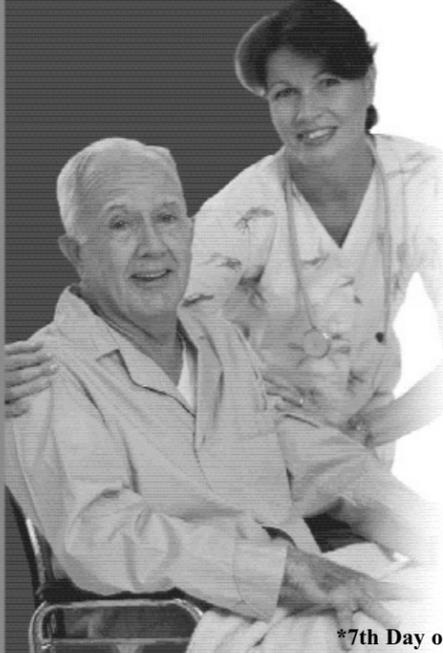
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# Dr. Chinna will see you now

Special to *Senior News*

If you have an injury or illness, there is a board-certified internal medicine physician right around the corner.

At Internal Medicine Associates of Atlanta Medical Center, Dr. Veena Chinna provides care for all adults – healthy and sick. Dr. Chinna understands that seniors tend to have multiple medical problems, and she takes the time to explain their treatment thoroughly.

“I love to spend the time to go through seniors’ medical problems and care for them,” she says. “It is important to me to develop a good patient/doctor relationship.”

Dr. Chinna specializes in chronic disease management, treating such conditions as: high blood pressure, diabetes, high cholesterol, asthma,



Dr. Veena Chinna

COPD, thyroid disorders and sleep apnea. She also coordinates care with specialists.

She focuses on making lifestyle changes to prevent disease, such as exercise, diet and weight loss, as well as promoting smoking cessation and cutting back on alcohol.

“These small lifestyle changes can make a big impact,” Dr. Chinna says. “Most of the time, my patients are not aware of that, or they don’t get reinforcement.”

Originally from India, Dr. Chinna completed her internal medicine residency at Atlanta Medical Center. She has been living in Atlanta for the past 4 years.

“The people here are great. They’re very friendly,” she says. “And at the same time, the weather is beautiful compared to Northeast, where I lived for the last few years.”

Dr. Chinna is board-certified in internal medicine, and belongs to the American College of Physicians and the American Medical Association.

She enjoys practicing medicine because she can make a difference in her patients’ lives. “I feel good about helping someone at the end of the day.”

To make an appointment with Dr. Veena Chinna, please call 844-204-3278. Same-day appointments are available.

## Adult Computer Classes for the Fall Quarter 2015

Special to *Senior News*

ROSWELL ADULT LEARNING CENTER will be offering Adult Computer Classes for the Fall Quarter 2015. Classes and registration are at the Roswell Adult Recreation Center 830 Grimes Bridge Road Roswell, GA 30075. Classes are open to the public. Visit our website [www.roswellalc.org](http://www.roswellalc.org) for full course description, dates and fees. Classes Begin 9/14.

Our Learning Center provides a place where seniors can enroll in computer classes taught by their peers. The lessons are designed to allow older adults to learn at their own pace, and the volunteer instructors and coaches provide plenty of time and assistance to ensure that all tasks are completed.

### Class list:

Introduction to Windows 8; Working with TurboTax; Internet and E-mail; Introduction to Excel; Computer Basic 101; Digital Camera; Genealogy & Family History; Word Processing – Foundation; How to Download Pictures; How to Scan Pictures; Making a movie with Windows Movie Maker;;

Understanding Folders and Files; Android Basics; More Fun with Android; Introduction to Excel; Introduction to the iPad; Facebook; eBay, Buying and Selling; Introduction to Outlook; Windows 8.1 Tips and Tricks; Computer Skills for Reentering the Workforce; Windows 10 Introduction.

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## The Arts Council and partner sponsor Peach State Bank proudly present "Back in Time Band"

Special to Senior News

**T**HE ARTS COUNCIL and Peach State Bank partner to bring you BACK IN TIME BAND on August 8th at 8 pm on the lawn of The Arts Council Smithgall Arts Center. Gates open at 6pm for picnickers. Tickets: \$20 Adult; \$18 Senior/Student; Tables of 8 \$200. 7% tax will be added to all ticket sales. For tickets call 770.534.2787 or visit [www.TheArtsCouncil.net](http://www.TheArtsCouncil.net)

BACK IN TIME is a 9-piece rock-n-roll power house featuring a 4-piece horn section. Band members hail from cities/towns all over Northeast Georgia - Marietta, Gainesville, Athens, Duluth and Braselton. They range in age from 30 to 60 but are all young at heart and have a passion for playing classic Rock-n-Roll, Soul and East Coast Beach Music. Band members include Jonathan Jackson – Lead Vocalist, Guitar; Bob Cowles – Alto, Tenor, & Bari Sax, Vocals; Tom Wallace – trumpet, Vocals; Michael Crook –

Trumpet, Percussion, Vocals; Rory Crook – Trombone, Percussion, Vocals; Mercer Crook – Keyboards, Percussion, Vocals; Glenn Brown – Lead Guitar, Vocals; John Harriman – Bass, Vocals; Chuck McKissick – Drums, Percussion.

Whether you choose to sit or boogie, it won't matter. With songs this glorious the concert is going to be one big singalong. Back In Time Band is an airtight unit that will deliver a generous set-list with fertile smatterings of unleashed sizzling guitar, precise and verve filled harmonies, electricity, excitement and energy that will make you want to shout, throw your hands up in the air and put on your dancing shoes again. And again. And again. These musicians have listened widely and have added their twist, perceptions and instincts to magnify their mentors of rock-n-roll, beach and soul music! Back in Time is a musical tour de force of talent, vocal precision and a stage presence that has garnered them local and regional fame. This is a show for all ages – a family friend-



BACK IN TIME BAND

ly atmosphere weaved into a powerful rock-n-roll concert experience. You will stay until that last note is played and then beg for more. Bring your lawn chairs, picnics and beverages of choice and come enjoy some finger-licking good peach ice-cream,

courtesy of Peach State Bank! Sweet Butts BBQ will be on-site with food for purchase for your convenience.

For artist interviews/information call Gladys Wyant at 770-534-2787; for tickets call 770.534.2787 or visit [www.TheArtsCouncil.net](http://www.TheArtsCouncil.net).

## Brand New Waterfall and Back Road Guide to Northern Georgia

**A complete guide with turn by turn driving and hiking directions to over 100 waterfalls across the state of Georgia**

Submitted by DAVE WOLFE

**A**fter five wonderful years of hiking, photographing and map-

ping over 200 waterfalls Dave & Tammy Wolfe have released the first ever Wayward Traveler's Guide to Northern GA. They have included the best and most majestic falls that can be easily and safely explored. The majority of waterfalls included are hikes of less than two miles roundtrip, and many are short 5-10 minute walks or even roadside. All falls are color coded with ease of access and detailed trail descriptions,

allowing you to access them without worry of getting lost.

The full color, magazine size guide has photographs of most every fall. Also inside, you will find directions to some unique attractions across the state including swinging bridges, mills and swimming holes. According to Mr. Wolfe, "What we tried to do was produce a guide allowing folks to find lesser known places along with the major attractions that we would want to purchase if we were traveling. We think we have accomplished that and more. For only \$8.95 a copy you can hardly go wrong."

If you are interested in learning more about this great resource, you can go to their website [www.waywardguide.com](http://www.waywardguide.com). You can order a copy from there or locate one of the many stores across the state that car-

ries them. They also have a Facebook page Waterfalls and Back Roads of North Georgia that has daily updates on their explorations.

### – NOTICE –

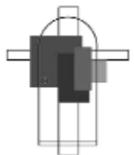
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# ~ NOTICES ~

### Hospice Volunteer Opportunities

Seasons Hospice is looking for angels who can make a difference by providing companionship for hospice patients and their families. Volunteer selection begins with an application and an interview in which potential volunteers may express their personal goals, availability, interests and talents. Our volunteers are carefully screened through a criminal background check, motor vehicle report, and personal references. Volunteer training give volunteers an opportunity to learn new skills and become aware of skills they already possess. Volunteering for hospice can enrich your life by enriching the lives of others. If you are ready to make a commitment to caring for others, we would love to hear from you. Please email Janice Danford at [jdanford@seasons.org](mailto:jdanford@seasons.org) or call 404-250-4950.

\*\*\*\*\*

### DivorceCare

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- 1) 30-40 minutes video seminar covering various topics (like God during your divorce, anger, loneliness, children, finances, etc.)
- 2) a support group with focus.

We'll be starting our 13-week series Tuesday evening, Aug 5 in the Education Building in the Library (Room 313) from 6:30-8:30 pm. at McKendree United Methodist Church, 1570 Lawrenceville Suwanee Rd, Lawrenceville, 770-339-9801. All are welcome and invitation is considered an open door arrangement... meaning you can join us at any time.

For additional information, contact Susan Rowe, Director of Christian Education, at 770-339-9801, ext. 26 or facilitators, Jay & Nancy Rowland, at 678-618-8735 or [nancy.m.rowland@gmail.com](mailto:nancy.m.rowland@gmail.com).

\*\*\*\*\*

### Southern Wings Bird Club

Featured speaker, Sandy Komito, Gwinnett Justice & Administration Center, : 75 Langley Drive, Lawrenceville, GA, August 10, 7:00 pm (Allow 10 minutes to park & pass security) Admission: Free.

**Additional Senior Services & Events Information Available at [www.seniornewsga.com](http://www.seniornewsga.com)**

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# Beach Blanket Bingo!

by MARY FRANCES

**O**n Thursday, July 16, 2015, at 10:30 am, eighty-five seniors gathered at the Sexton Hall Enrichment Center in Cumming, Georgia to ply their skills at Beach Blanket Bingo, an annual event.

After entering a gaily decorated foyer and social visiting, guests found a place at one of the round tables and settled down to Beach Bingo. The large, high-ceilinged room became silent, as white-haired individuals sat in folded chairs. In front of each were strips of newsprint BINGO sheets. Carefully, hands applied colorful markers on selected numbers creating a random quilt of colorful dots, as the caller, Jane Vargas, announced random letters and numbers. Silence and attention ended, when someone yelled "BINGO" and raised their hand. Markers were put aside, shoulders relaxed and players turned their attention to munching on oversized muffins, sipping coffee from Styrofoam cups, and chattering with their neighbors. Then Vargas announced, "That's a good one," so players busied themselves preparing for the next BINGO game.

When asked how it felt to win, Tom Dorn said, "Great." As the games progressed and more winners were announced, Bob Harding said, "This table is hot," counting the three winners surrounding him. Along with prizes for winning Bingo games, door prizes were announced. The beach party concluded with a boxed lunch consisting of sandwiches, chips and friendly chatter.

Besides Bingo, Cumming Seniors enjoy a variety of activities which includes exercise, walking, line dancing, Wii bowling, shopping trips, puzzles, games, informative talks, Mexican train, community trips, classes in Spanish, computer and art and lunches five days a week at the enrichment center. Busses are provided for individuals who do not drive.



Julie Green, Coordinator, and Kathy "Red" Lamb at the sign-in table



April Milam, Team Leader, with door prizes.



Callers Jane Vargas and Lyndon Lang



Bob Harding shows off his Bingo Prize

## Brain Health & Memory Study

Are you over the age of 65 and have difficulty walking a few blocks? Are you worried about falling or concerned with your brain health and memory? Emory University and the Department of Veterans Affairs are working jointly to study non-pharmacological interventions aimed at improving physical and cognitive health in adults aged 65 and over.



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If you are interested in hearing more about participating in this study, please contact **Holly Hudson** at (404) 321-6111 ext. 7099.