

# Senior News

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*Age is no obstacle  
to mountaintop  
experience!*

*Story on Page 3*

December 2009  
Vol. 23, No. 12



# Abernathy Art Center displays fine art

by MARY FRANCES

**“W**e are proud of our artists,” said Lauren Bernazza, Arts Program Coordinator for the Abernathy Arts Center. Thirty-three artists exhibited their art inside and outside of the Art Center located at the corner of Johnson’s Ferry Road and Abernathy Road. The 23rd Annual Art Show and Sale was held Saturday and Sunday, November 7 & 8, 2009. Sunny, comfortable weather accommodated the artisans and their guests. The attendees exclaimed about



Denise Knaggs  
at the Pottery Wheel

the skillfully rendered traditional art works in water

color, oil, drawings, acrylics, and pastels as well as age-old mediums of pottery, wood turning and jewelry making.

“Great Show – such talent,” said Josh. “So many good artists in one place.”

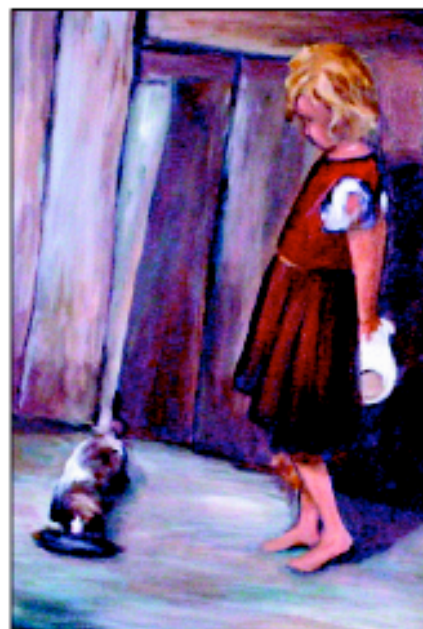
“Inspirational,” said Cathy gazing at the jewelry. “And the pottery is exquisite.”

Sponsored by the Fulton County Arts Council, Abernathy is one of five community-based Arts Centers spanning the 70-square miles of Fulton County. People of all ages receive quality instruction from ballet to photography, from creative writing to video production. Readers desiring more information visit [www.fultonarts.org](http://www.fultonarts.org) or phone 404-612-5780.

Charges for instruction range from \$71 to \$95 per course. For direct contact with the Abernathy Arts Center, you may reach Lauren Bernazza at 404-303-6172 or e-mail

[lauren.bernazza@fultoncountygga.gov](mailto:lauren.bernazza@fultoncountygga.gov).

The Abernathy Art Center presently has a new showing entitled “All Art Considered” which will continue through December 17, 2009.



“Watching Kitty Drink”  
by Sita Saidi

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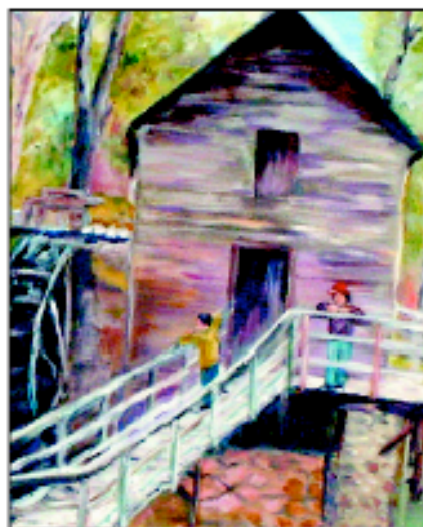
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“Stone Mountain’s Old Mill”  
by Sita Saidi



“Sapelo Island March,”  
pastel by Janey Suarez

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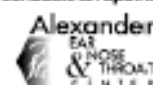
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## On the Cover

# Age is no obstacle to mountaintop experience!

by SUSAN LARSON

### ON THE COVER:

Aggie Calder, Julia Bridges and Kathy Baker reach their goal at the northern end of the Appalachian Trail.

Last year when my friend Kathy and I were featured on the cover of *Senior News*, I considered it quite an accomplishment that she and I trekked the ten-mile round trip up to the Len Foote Hike Inn in Dawsonville. We could have spent another night and attempted the nine-mile round trip hike to Springer Mountain, the Southern Terminal of the Appalachian Trail. But considering we didn't know what we were getting into when we made our reservations, we let the Hike Inn be our mountaintop experience. The AT, we thought, is best left to real hikers.

By real hikers, I mean those who spend years training and staying in shape specifically for walking the entire 2,175 mile trail from Georgia to Maine. For about 20 years, Aggie Calder of Stone Mountain, Julia Bridges of Winder and Kathy Baker of Bremen hiked the AT on the installment plan.

The three ladies, who'd each hiked the Georgia portion of the AT in the 1980's, met in the early 1990's.

"I had no intention of doing the whole trail," Bridges said, "but in 1993, I commented that if we were going to do all this hiking, we might as well be going somewhere. Not the whole trail, but just a little farther."

Calder agreed and nicknamed herself Gofer, saying she'd go as "fer" as she could, having no idea how "fer" that might be.

For 16 years, on and off, the threesome stepped over roots and around rocks, trudged through mud in pouring down rain, dodged rattlesnakes and dealt with any other surprises along the way.

"In 1998 it rained so much some streams were hip deep and we had to go maybe a mile out of our way to find a place with a log across it. And we had to be cautious around blueberry bushes because you never knew if Yogi Bear might be looking for a snack," Calder said.

Finally, on September 13, 2009, the trekking trio had their mountaintop experience atop Mt. Katahdin. Having reached their goal, Baker, age 63, Bridges, age 66 and Calder, age 79, say as far as long distance hiking goes, they're at the end of the

trail. But they won't be sitting around in rocking chairs, either.

"So what now?" Bridges said. "River trips. I have a 17-foot Blue

Hole canoe. I can carry an ice chest and a chair! Oh, luxury, luxury!"

"And," Calder added, "it'll be easier on the knees!"



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# Walking on Sunshine

by FAYE JONES

**A**t this writing we have yet to eat our Thanksgiving turkey. Newspapers and magazines work many weeks in advance so sometimes we must be very imaginative. Our plans are to be with some group in the family and then fan out to the homes of several friends on the big day. Same with Christmas.

Sort of makes my blood run cold to think we are only three weeks away from Christmas. Where did another year go? When did I get so old? Where's the Christmas tree? I must start paying more attention to things.

The fall season not only brings the joy of the holidays but it is also great for those among us who go into the wilderness and bring back a mess of meat – our ever-present hunters of deer and other edibles with fur or feathers. This is their time of year and I just heard from my next door neighbor the funniest

hunting story ever. I may ramble a little but the story has a beginning, a middle and an end.

In the beginning, my neighbor Calvin Pierce (who is one of my "adopted" sons and the very skilled landscaper who keeps my yard looking like Southern Living and also shares his cat with me), came over one afternoon to tell me he had turned over a new leaf and was going to become more active, get out and meet more people and improve his lonely life in general. We whine endlessly together – He the young widower and I the old widow. We have a lot in common. So, starting that very night Calvin went to a football game alone to help get things pumping.

On the way home from the game he decided he would go deer hunting next morning which was on Saturday. I want to mention here that from time to time we discuss this thing about hard luck. Calvin said his co-workers used to walk on the other side of the room from him

because he was so unlucky.

That being said, Calvin hauled out the hunting gear, his big shiny deer rifle and readied himself for the early morning trek. He told me that at about 5 a.m., he cranked the truck and exited his driveway. At 5:01 a.m. a gigantic buck sprang from the field across from our houses, and right into Cal's truck. He hit the truck so hard it knocked his antlers off. It didn't put a scratch on Cal's old stand-by truck that has more than 200,000 miles on it. This has to set a time record for hunting deer.

The bad part of this is that this man could hardly sleep because of the anticipation of getting into the woods and hunting and just getting back into the swing of things. Now, here he was, one minute from home and he had already killed his deer. What are the odds of a hunter turning out of his driveway and coming nose to nose with a very large deer. I suppose if you stop to think, it was economical. He didn't have to drive far, never fired a shot and the thought of road-kill didn't bother him.

I love to laugh and I love to think. The next bit of trivia came to me over the internet. A story that made me stop and think about my life for my hut has burned several times this year. Hope you enjoy it.

## When your hut is on fire...

The only survivor of a shipwreck was washed up on a small, uninhabited island. He prayed feverishly for God to rescue him. Every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements, and to store his few possessions.

One day, after scavenging for food, he arrived home to find his little hut in flames, with smoke rolling up to the sky. He felt the worst had happened, and everything was lost. He was stunned with disbelief, grief and anger. He cried out, "God! How could you do this to me?"

Early the next day, he was awakened by the sound of a ship approaching the island! It had come to rescue him! "How did you know I was here?" asked the weary man of his rescuers. "We saw your smoke signal," they replied.

The Moral of This Story: It's easy to get discouraged when things are going bad, but we shouldn't lose heart, because God is at work in our lives, even in the midst of our pain and suffering. Remember that the next time your little hut seems to be burning to the ground. It just may be a smoke signal that summons the Grace of God. ©11/23/09

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Faye Jones is a syndicated writer and columnist and can be reached at [byronfaye1@aol.com](mailto:byronfaye1@aol.com).

## Spiritual Notes

# Celebrate Coming of Age

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**N**ancy B. Millner has written a book entitled "Creative Aging." In the book she addresses the upside of older age. Man of us, I dare say, want to know about how aging can be creative and we ask the question, "What doesn't work so well any more?" "My got up and go, got up and went," "Senior moments," and on and on. We do tend to laugh at ourselves, which is a good thing. Humor is healthy, although not at the expense of others; rather, in terms of taking oneself and others less serious. Someone has said that humor is "knowledge with a soft smile."

Millner suggests that we find those parts of ourselves that we have not developed and integrate them into our personality. It is about finding those things that were ours to do but we didn't address because we were too busy establishing a career, raising a family and participating in our community activities.

As we come to age, we among other things, understand our limitations better, accept ambiguity, and have learned that evil and good in the world and ourselves dwell side by side and are often hard to distinguish. This

period of our lives is frequently marked by a greater desire to express our true gifts and often we have more adequate resources with which to do so. Millner points to the fact that, "Coming of age frees one from expectations of parents and culture." As one person said, "I'm freer now, for there is nothing I really need that I don't have." This comes from one who defines need from a place of deep understanding. Apparently this person is very selective about what they call a need, and allows for a profound freedom almost never known to the young.

A very important aspect of coming to age is one's spirituality, or as Carl Jung put it, "having a relationship to the infinite." Seniors want to know that their lives have meaning and purpose. So many have found peace and a sense of direction through a close relationship to God.

As you "come to age," do some personal introspection. Ask yourself the question, "Am I thinking creatively about my life?" As we celebrate the upcoming holidays of Christmas, thank God for your gifts and use them to His glory.

\*\*\*\*\*

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

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Senior News & Views of Georgia



# Five questions to ask before donating to charity

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

**M**ost charities rely heavily on the goodwill of individual donors during the holiday season to fund their activities throughout the coming year. Last year, charity contributions totaled \$307.65 billion: 75 percent of this total came from individuals, according to the Giving USA Foundation. BBB Wise Giving Alliance advises donors to research a charity prior to giving and provides five questions to ask when vetting where to contribute this holiday season.

The holidays are all about giving, not only to friends and family, but also to those in need," said H. Art Taylor, President & CEO, BBB Wise Giving Alliance. "When donating to a charity, give wisely by vetting the organization fully; this will ensure your dollar goes as far as it can to help those less fortunate."

BBB recommends asking the following questions before choosing to donate to a specific charity this holiday season:

## **Is this a charity I can trust?**

Look at the appeal carefully; some charities' names sound the same. Don't be fooled by names that look impressive or that closely resemble the name of a well-known organization. Check with your appropriate state government authorities (charities division of the Secretary of State's office) to verify the charity is registered to solicit in your state. Also, visit the Web site of the BBB Wise Giving Alliance ([www.bbb.org/charity](http://www.bbb.org/charity)) to find out whether a national charity meets the 20

BBB charity standards that address charity governance, finances, fund raising, donor privacy, and other accountability issues. For assistance with local charity appeals, contact the BBB serving your area ([www.bbb.org](http://www.bbb.org)).

## **How will the charity use my donation?**

Ask questions about how your donation will be used. Beware of appeals that bring tears to your eyes but tell you little about what the charity is doing about the problem it describes so well. For example, if the charity says it's helping the homeless, do they explain how (shelter, food, medical care) and where this is taking place?

Watch out for statements such as "all proceeds will go to the charity." This can mean that only the money left after expenses, such as the cost of written materials and fund raising efforts, will go to the charity. These expenses can be high, so check carefully.

## **Is my donation tax deductible?**

If you want to take a charitable deduction for federal income tax purposes, make sure the organization is tax exempt as a charity under section 501(c)(3) of the Internal Revenue Code. A charity appeal will usually include a reference to this. To verify a charity's tax status, access an IRS database of organizations by viewing Publication 78 on the IRS website at [www.irs.gov](http://www.irs.gov).

## **Can the charity actually use what I'm donating?**

All charities welcome the receipt of monetary donations, but some also solicit in-kind donations such as clothing, food, and toys. If you're planning to donate

items to a worthy cause, make sure you know the in-kind contributions your charity prefers. For example, a food bank may prefer food items that are not perishable such as canned goods, and a toy drive may be seeking new and not used toys.

## **Am I feeling pressured to give?**

Don't succumb to pressure to give money on the spot, either immediately over the phone via credit card or by allowing a "runner" to pick up a contribution. Take the time to research the charity fully; the charity that needs your money today will welcome it just as much tomorrow.

For more advice on giving over the

holidays and to view reports on charities visit [www.bbb.org/charity](http://www.bbb.org/charity).

\*\*\*\*\*

*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).*



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# Stone Mountain commemorates its heroes



Interested folk listen to Tim Turner

by MARY FRANCES

**A** Tour of Stone Mountain Cemetery conducted by The Confederate Memorial Camp No. 1432, kicked off at 11:00 a.m., Saturday, October 24th, with an artillery display. Over 50 people took the hour-long tour and enjoyed hotdogs and drinks at the conclusion.

"This commemoration has been an annual event but this first time we've served food," said Jeff Ray Bailey, Confederate descendent and event organizer. "I think it went well. Adults were impressed by the history and kids ran between the tombstones."

The guided tour highlighted twelve of the over 250 known and unknown Confederate soldiers buried at the corner of Memorial Drive and East Ponce de Leon Avenue. The cemetery was erected in 1880 when DeKalb County resident, Dr. John L. Hamilton, donated a resting place for local Confederate soldiers and their immediate families who survived the "Second American Revolution" fought between 1861 and 1865. The states of Virginia, North Carolina, Tennessee, and Arkansas joined Georgia and founded the Confederate States of America. They backed their passionate belief in the principle of self-governance as described in the 10th Amendment of the US Constitution with a life-altering military commitment.

Today, the descendants of these brave soldiers are known as the Sons (and daughters) of the Confederate Veterans (SCV). Organized in 1896, the organization provides a network of genealogists for individuals exploring their heritage, performs historical re-enactments, contributes to scholarly publications, and provides financial assistance for medical research grants. SCV also reprints rare historical books, preserves graves, and erects monuments in its dedication to preserve confederate history.

"I didn't know Confederate soldiers were here," said first time visitor David Day. "I'm glad someone is honoring them."

The following are sketchy snippets and highlights of this year's commemoration ceremony of twelve enlistees. Their stories were told by the grand children and other living relatives.

Andrew Jackson Thompson, a tie cutter before the war, served as a nurse in a military hospital. Widower Thompson had filed a hardship petition for discharge to care for his five motherless children and was refused. After Lee's surrender he returned to DeKalb County, married a Confederate widow and later was murdered by the perpetrator of a scheme to defraud him of \$700.

James A. Mackin enlisted in Calhoun and surrendered at Appomattox Courthouse, April 9, 1865, and after release, resided in DeKalb County as a harness maker.

Michal Winningham was a stone mason by trade. He dug the first grave in Stone Mountain Cemetery where he was buried with his son, Oliver, a stone merchant.

Dr. John L. Hamilton held deed to a portion of Stone Mountain, became an army surgeon assigned to hospitals at Vineville near Macon. After the war he resided in Rome, Georgia before returning to Stone Mountain. He later served two terms in the state legislature from 1879 to 1888.

George L. Summey had six children in Pickens County and had become successful in the marble business before

enlisting. While in service, he was a Confederate Postmaster at the Marble Works. After the war he became bookkeeper and general manager of the Stone Mountain Granite Company.

William F. Hardman farmed in DeKalb County before the war. He enlisted in Captain J. J. Clemons' Company out of Augusta before surrendering at Decatur. After the war he resumed farming in

DeKalb. He later opened a blacksmith shop. He died in 1911 at the age of 85.

After enlisting, George Riley Wells got sick and later was wounded twice during his Confederate service before his capture at the Battle of Fishers Hill. Upon his release, he returned to Stone Mountain where he became a prominent local

continued on page 7



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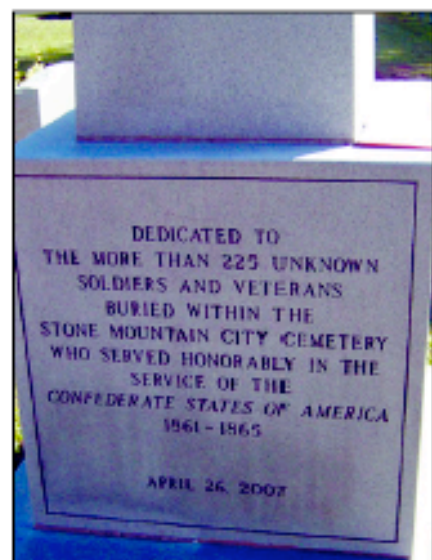
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## HEROES

from page 6

businessman and Sunday school superintendent for the Stone Mountain Baptist Church for fifty years. He died at age 82.

John Forsyth McClelland was injured at the end of the Virginia and Maryland campaigns. When returned to duty, he was captured, and admitted to a hospital where he stayed until surrender several weeks later. After the war he settled in Rockdale County where he became a teacher, and Presbyterian minister, then head of the Stone Mountain Institute and served as Chaplain of the Georgia House of Representatives for two terms. He died in 1885 just before his 45th birthday.

Charles King was a blacksmith when he enlisted in Gwinnett's Independent Rebels. He died a year later from chronic diarrhea. After the war, his wife Elizabeth and three children petitioned and received a state pension for her husband's service.

John Gray Rankin received commendations for his participation at the Battle of

Fredericksburg in 1862. A year later he was wounded and captured in the third Battle of Winchester. He wouldn't take the oath of allegiance until he heard that all Confederate armies had surrendered. When returning to DeKalb County he resumed his trade as a stone cutter and eventually became a quarry superintendent. He died at age 86.

George Pressley Trout received \$50 enlistment bounty. Months after enlisting with his brother Walter, he was admitted to a hospital in Knoxville, Tennessee. A year later after return to service he was captured at Vicksburg where he took sick again and was sent to Montgomery. In the Atlanta Campaign he was wounded near Troup House (Atlanta Cyclorama). At the war's end he was captured and paroled in Athens, Georgia. He died at age 82 and was buried with his favorite horse.

William C. Austin went into the hospital months after his entry into the war in 1861. After release he was readmitted for typhoid fever. He returned to the regiment and then was captured at Saylor's Creek. After his release he became a house painter and died at 81.



Flags Flown by Steve Tobelman, David Denard, and Frank Ruffell

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# C'mon, let's eat

by FAYE JONES

**M**erry Christmas! Isn't it exciting to be in the hustle and bustle of the holiday season? Only three weeks until Christmas and I have not begun baking yet. Not that I don't have the time nor the will, it's trying to lose weight before the big day had made me ashamed of myself. Some families eat to live, my family lives to eat. It has always been that way and we have the hips to prove it; so, putting my guilty conscience to rest, let's blast off with some good old fashioned candy recipes that are guaranteed to fill out at least six wrinkles on your face.

## CARAMEL PEANUTS

**4 cups raw peanuts**  
**2 cups sugar**  
**1 cup water**  
**few drops vanilla flavoring**  
**(optional)**

Add all ingredients and boil until liquid begins to dry out and peanuts are sugar coated, stirring constantly. Place in a preheated 350 degree oven and bake for 15 minutes. You may want to add red coloring for the holidays.

## OLD FASHIONED DIVINITY

**2 cups sugar**  
**1/2 cup white corn syrup**  
**1/2 cup hot water**  
**1/4 tsp salt**  
**2 stiff-beaten egg whites**  
**1 tsp vanilla**  
**1/2 cup chopped pecans or walnuts**

Butter sides of heavy saucepan. Combine sugar, syrup, water and salt. Cook, stirring constantly, until sugar dissolves and mixture comes to a boil. Cook to 250 degrees without stirring. Remove from heat. Pour hot syrup over egg whites, beating constantly with mixer at high speed until candy loses its gloss and holds a curl. Stir in vanilla and nuts and quickly drop by teaspoonfuls on waxed paper.

## BUCKEYES

**2 lbs. creamy peanut butter**  
**1 lb butter**  
**3 lb. confectioner's sugar**  
**2 (12-oz) pkgs. chocolate chips**  
**1/2 bar paraffin**

Mix peanut butter, butter and sugar until smooth texture develops. Form small balls the size of buckeyes. Refrigerate. Melt slowly the chocolate chips and paraffin together in the top of a double boiler. Using a toothpick, dip cold buckeyes into the chocolate until covered. Let dry on waxed paper. Makes 166 pieces.

Note: Paraffin may be omitted but the candy will become too soft

and have to be kept refrigerated. Shave paraffin bar before melting to quicken the melting process and remember to be very CAREFUL. Paraffin is wax and it is combustible.

## CHEESE DROPS

**1 stick margarine**  
**1 cup grated sharp cheese**  
**1 1/4 cup flour**  
**1/8 tsp cayenne pepper**  
**1 cup Rice Krispies cereal**

Cream together margarine and cheese. Sift flour and cayenne pepper and add to creamed mixture. Stir in cereal. Drop by teaspoon on ungreased cookie sheet. Bake in a preheated 350 degree oven for 15 - 20 minutes. Makes 2 dozen.

## PECAN BALLS

(I have used this recipe for more than 50 years. So simple, so good, and a part of every Christmas at our house)

**1 cup margarine, softened**  
**4 Tbsp sugar**  
**1 1/2 cups self rising flour**  
**1 cup finely chopped pecans**

**1 tsp vanilla**

**1 box powdered sugar**

Cream oleo and sugar; add other ingredients. Shape into small balls and bake at 300 degrees until brown. Roll in powdered sugar. Cool and store in an airtight tin between layers of waxed paper. They last for weeks.

## RUM BALLS

**2 cups powdered sugar**  
**2 cups finely chopped nuts**  
**6 Tbsp milk**  
**1 lb box vanilla wafers, crushed**

**1/2 cup rum**

Mix all dry ingredients and add liquid. Let stand in refrigerator for 3 hours, then roll into balls and dust with powdered sugar. A few of these go a long way.

Enjoy! ©11/23/09

**EDITORS NOTE:** If you have a favorite recipe, please share with us!

\*\*\*\*\*

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

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# Book Festival Par Excellence

by MARY FRANCES

**Z**aban Park hosted the 18th Annual Book Festival at the Marcus Jewish Community Center of Atlanta (MJCCA) from November 10 through 22, 2009. Featured were 42 authors addressing over 8,000 attendees with a variety of topics from inspiration to historical fiction, from homosexuality to juvenile fantasy, and from memoir to cook book. Locations for the sprawling festival were Zaban Park, Dunwoody Nature Center, 5 Seasons Brewing Company, and Ahavath Achim Synagogue where Vice-President Al Gore discussed his latest book, *Our Choice*.

"This year's lineup features Pulitzer Prize-winning, bestselling authors, rising literary voices, television and film stars, humorists, journalists, historians, novelists, and scholars" said Pam Morton, MAAJC's Marketing Director. "Our slate of authors has never been so diverse."

Of special interest was the juvenile PJ Festival on Sunday, November 15th where pajama-clad young attendees were invited to get caught reading and listening to story-

tellers. Books abound.

"My son loves science," said one doting dad as he looked down at his red-headed boy who opened a book to a graph.

Stunning original art by Lorraine Peltz, and Judy Greenberg adorned the hallway of the Jewish Center.

For more information about this and future book festivals contact [www.atlantajcc.org](http://www.atlantajcc.org).



Joshua Lesser, *Torah Queeries*



Red Rain by Judy Greenberg



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## Open Season is here: Time to hunt for your prescription drug plan

by **PAUL D. BARNES**  
Social Security Regional  
Commissioner, Atlanta

**H**unting season is upon us; time to set your target for the Medicare prescription drug plan that's best for you.

Newly eligible Medicare beneficiaries, and current beneficiaries who are considering changes to their Medicare Part D plan, should mark their calendars for November 15. The "open season" will run from to December 31.

The Medicare Part D prescription drug program is available to all Medicare beneficiaries to help with the costs of medications. Joining a Medicare prescription drug plan is voluntary, and participants pay an additional monthly premium for the coverage.

While all Medicare beneficiaries can participate in the prescription drug program, some people with limited income and resources also are eligible for "extra help" to pay for monthly premiums, annual deductibles, and prescription co-payments. The extra help is worth an average of \$3,900 per year.

To figure out whether you are eligible for the extra help, Social Security needs to know your income and the value of any savings, investments, and real estate (other than the home you live in). To qualify, you must be receiving Medicare and also have:

- Income limited to \$16,245 for an individual or \$21,855 for a married couple living together. Even if your annual income is higher, you still may be able to get

some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples where your income may be higher include if you or your spouse:

- Support other family members who live with you;
- Have earnings from work; or
- Live in Alaska or Hawaii; and

- Resources limited to \$12,510 for an individual or \$25,010 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count your house or car as resources.

You can complete an easy-to-use online application for the extra help at [www.socialsecurity.gov](http://www.socialsecurity.gov). Click on Medicare on the top right side of the page. Then click on "Apply for help with Medicare prescription drug plan costs." To apply for the extra help by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Application for Help with Medicare Prescription Drug Plan Costs (SSA-1020). Or go to your nearest Social Security office. And if you would like more information about the Medicare Part D Prescription Drug Program itself, visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

So this open season, hunt for something that could put \$3,900 in your pocket — bag the best Medicare prescription drug plan for you and see if you qualify for the extra help through Social Security.

## Les' Ponderin' What do you want for Christmas?

by **DOROTHY O'SAYER**

**I**s it That Christmas Feeling? What is it... how do we get it... keep it... and, why? We do so in our own way.

We "deck the halls" that is our homes with store-bought items or visit the woods and our yards for greenery. A tree is decorated with strung popcorn, cranberries, electric lights, and favorite ornaments from years of Christmases, filled with memories. 'Tis said "Christmas Beckons," filling our hearts as candles glow.

The yester years of our hearts spring forward — childhood memories come down memory lane midst the haze of hurrying that these modern days seem to afford. As candles glow from our hearts, and homes, we seem to seek a feeling — That Christmas Feeling — as we purchase gifts, hide them, locate them, then wrap, signing "That Christmas Feeling" on the gift tag "To and From, Merry Christmas" with love, as we tie a Christmas bow.

God did that, too, in Bethlehem with no gift wrap more beautiful than the "swaddling clothes."

We bake and cook, especially traditional Christmas candy. We peel oranges, simmer potpourri, producing "That Christmas Feeling" aroma from our kitchens. There's a hushed silence o'er the world, our world, as we leave a Christmas Eve service smiling with "That Christmas Feeling."

Is it the old time simplicity that we seek — does the world and personal responsibilities invade, crowding out the Season's Reason for That Christmas feeling? In our hurry and scurry we need the quietness of the scene at the manger, that First Silent Night.

Happy Holy Hubbub is needed; however, tho we seem to want to close the door of a busy world seeking That Christmas Feeling, glancing at the star-filled sky, looking for that Big Bright one, you know — the Bethlehem Star — it, too, sparkling with That Christmas Feeling.

Together we walk memory paths! So, in the glow of a Christmas candle, I hope your stocking is filled to overflowing with That Christmas Feeling from the "Peace that passeth all understanding," — filling your hearts and homes as we remember "Love came down in Bethlehem."

Merry Christmas everyone!





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# Out & About

## First Annual "Jug Drop" to be held in Winder

Special to Senior News

**"T**he Jug will Drop" at midnight on New Years Eve from the Hanging Tower of the first Barrow County Jail (now the Barrow County Museum)... and best of all, this will be a FREE event!

My name is Beth Barton & I am a Trustee of the Barrow County Historical Society which operates the Museum in Winder. Nearly 100 years ago, Winder was named Jug Tavern, well known for its abundance of pottery manufacturing businesses – thus the reason our event will be a "Jug" Drop. The building & adjoining old courthouse are still owned by the county so this will most definitely be an alcohol free event in which families can participate.

We will have live entertainment from 9 – midnight and a "Miss Jug" contest which will feature MEN dressed as WOMEN competing for the "prettiest" & most "talented." (Some prominent citizens from our area have already signed up for the contest.) The winner will be awarded a Gold Jug & will have the honor of "Dropping" the Jug at midnight.

The Museum Volunteers will be selling Nodroce Mud (hot chocolate named after our volcanic pit of the 1800's), Wog Nog (red apple cider named after the legendary creature who roamed the area), Jail House Gin (bottled ginger ale), & Moon Shine (bottled water). We have several other non-profit organizations signed up to have food booths on site including a group of local law enforcement officers who will be selling boiled peanuts as they make their presence known, preventing the possibility of any problems throughout the night.

We will also have giveaways every hour (coupons, gift certificates & other things our local merchants have provided). The Jug will be raised to the top of the Hanging Tower & then lowered at midnight with much fan fair!

The idea for the event was borrowed from the Possum Drop in Clay's Corner, North Carolina (you can see this online). One of our members (Susan Ryan) & some friends attended that event last year in 20 degree weather. Susan thought we should do something similar in Winder (Jug Tavern). Maybe it won't be so cold!

The Jug Drop is not really a fundraiser but an awareness campaign for the museum. We have been open for 16 years & still have people in the county & other parts of Georgia that are not aware of this great community asset. There is no charge for admittance at any time & the building is FULL of artifacts & photos donated by Barrow County citizens &

their families. Each month we have a new feature display. For December, the feature display will include a HUGE whiskey still on loan to us from the North Georgia Mountain Fair, along with photos of the Sheriff's & their families that actually lived in the building from the time of its creation in 1916 until the 1970's. This display ties in perfectly with the Jug Drop since illegal whiskey running was a well known crime in the area during prohibition. It is reported that one of the Sheriff's actually had a working whiskey still in the basement! Hey, free labor!

For additional information call 770-868-7573 or email: bethcrp@aol.com.

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# Georgia eye doctor helps legally blind to see again

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

by ELENA LOMBARDI  
Atlanta, Georgia —

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

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

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

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

Many states now allow the use of telescopic glasses to help



meet the vision requirements for driving.

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

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

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

Low vision devices are not always expensive. Some read-

ing glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

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

To learn more about biopic telescopes, or to schedule a

complimentary phone consultation with Dr. Saunders, call 770-948-7784 or toll free at 1-877-948-7784.

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## Taking Care

# Nursing home for the holidays... Tips for festive visits with those in care

by LISA M. PETSCH

**H**ow do you include, in seasonal celebrations, a relative who has entered a nursing home? The following suggestions can make the holidays meaningful while keeping stress manageable for the whole family.

- Set realistic expectations and be prepared to modify traditions.
- Include your relative in preparations to the best of his ability. Contributing in even small ways — such as signing cards or helping to select gifts from a catalog — will make him feel valued and create a feeling of partnership.
- Reminisce about past holidays to help your relative get into the spirit of the season. Share special memories, bring in photo albums or favorite music, read aloud a favorite holiday story, or watch home movies or a classic holiday film.
- Plan ahead and space out activities as much as possible, scheduling quiet days in between eventful ones.

### At nursing and retirement homes

- Give staff at least a day's notice when you'd like to ensure your relative is up and ready for a special visit or other event.
- Visit when you are not rushed for time.
- Bring children or grandchildren with you. (Ensure adult supervision at all times for youngsters.)
- Decorate your relative's room using window clings, children's artwork, garland or a miniature Christmas tree.
- Bring in greeting cards received to share with your relative, and leave some with him.
- Bring homemade treats and take-out coffee or a thermal carafe of tea, and enjoy a holiday snack

together. Consider supplying enough sweets for your relative to share with roommates or staff if he wishes. Do check with nursing staff regarding dietary restrictions before you bring in anything.

- Review the activities calendar to learn about scheduled holiday events — such as bazaars and visiting choirs — and attend some of them with your relative.
- Offer to accompany family members planning a first-time visit, to ease their anxiety.
- Join your relative for dinner. Most facilities offer a midday meal with all the traditional holiday trimmings, and sell tickets to relatives and friends who would like to join residents. Another option is to hold a celebration in the family dining room or other private space that's available for booking; inquire about catering service.

### On outings

- Before deciding to bring your relative home for a visit, determine his environmental needs — addressing accessibility and safety issues — as well as his care needs for the time period you have in mind. Run ideas by staff to see if they have concerns or suggestions. Even overnight visits may be feasible with assistance from family, friends or a privately contracted personal support worker.
- If feasible, take your relative home for an afternoon so he can participate in (or simply observe, depending on his abilities) holiday preparations such as baking, decorating or gift-wrapping.
- If your home isn't accessible, take your relative out to the mall for gift shopping and lunch. Book accessible transportation if necessary. If he can get in and out of a car, take him out one evening for a holiday light tour.
- Ensure any destination is accessible, including its washroom facilities. If family members' homes

aren't accessible, choose a restaurant or banquet hall that meets everyone's needs.

- Book accessible transportation well in advance, since use peaks during the holidays. Consider celebrating with your relative on a day other than December 25 to increase the likelihood that the service will be able to accommodate him.
- Give staff plenty of notice of the date and pickup and estimated return times for your relative. This allows them sufficient time to make adjustments with food services and preparations with the pharmacy, as well as obtain a temporary leave of absence (TLA) order from the doctor.
- Prepare relatives and friends who haven't seen your relative in a while for any changes in his appearance, abilities or behavior.
- Ensure your relative has appropriate clothing on hand, as well as warm outerwear. Let staff know what you would like him to wear for an event if he's unable to communicate this.
- Take along any necessary medical equipment, supplies and medications.
- Videotape or photograph events

your relative is not able to attend.

\*\*\*\*\*

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



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Mark Lloyd & Brian Byars help optimize your retirement plans on **FOCUS ON YOUR RETIREMENT** Saturdays at 1pm on **Business Radio 1160** More info at: [www.estateplannersofgeorgia.com](http://www.estateplannersofgeorgia.com)

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# Atlanta CALENDAR

## Senior Citizen Services

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

## Cobb Senior Services

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

## Multipurpose Centers:

(Seniors age 55+)  
• East Cobb Senior Center: 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900  
• Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400  
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-975-7740  
• West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200  
• Windy Hill Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5320  
• Senior Day Center: 277 S. Fairground St., Marietta, GA 30060, 770-528-5399

## Neighborhood Centers:

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

## Fulton County Senior Services

The Fulton County Government coordinates a variety of services at 20 senior centers. For the nearest center or more information call the Fulton County Senior Information and Assistance Hotline at 404-730-6000, or visit [www.myfultoncountyga.us](http://www.myfultoncountyga.us).  
• Offering "At Your Service," a transportation program that is available to anyone 60+ or dis-

abled living in North Fulton. Will transport an individual from their home. For complete details on distances, charges, etc., call 770-993-1906.

## Senior Multipurpose Facilities

• Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-705-4900.  
• H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point, 404-762-4821.  
• Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.  
• Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353.

## Neighborhood Senior Centers

• Alpharetta Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.  
• Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.  
• Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.  
• Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.  
• Cosby Spears Neighborhood Senior Center, 355 North Ave., NE, Atlanta, 404-876-4031.  
• Dogwood Neighborhood Senior Center, 1953 Bankhead Hwy., Atlanta, 404-792-4964.  
• Fairburn Neighborhood Senior Center, 109 Milo Fisher St., Fairburn, 770-306-1555.  
• Fulton County QLS Senior Center, 4001 Danforth Road, SW, Atlanta, 404-699-1686.  
• Hapeville Neighborhood Senior Center, 527 King Arnold St., Hapeville, 404-762-3660.  
• New Horizons Neighborhood Senior Center, 745 Orr St., NW, Atlanta, 404-730-7100.  
• Northside Shepherd Neighborhood Senior Center, 1705 Commerce Dr., NW, Atlanta, 404-352-9303.

• Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.  
• Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583  
• St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.  
• Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.  
• Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.  
\*\*\*\*\*

## Roswell Recreation & Parks Offerings

• Roswell Recreation Senior Citizens Club: Meets each Wednesday. Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.  
• Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.  
• Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.  
\*\*\*\*\*

## Lawrenceville Senior Center

225 Benson Street, Lawrenceville  
770-822-5180.  
\*\*\*\*\*

## Gwinnett Senior Center

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

## Bartow County Senior Center

Cassville, 770-383-7383  
[www.bartowga.org](http://www.bartowga.org)  
\*\*\*\*\*

## Fayette Senior Services

4 Center Drive, Fayetteville  
770-461-0813. Call for complete details on services offered.  
\*\*\*\*\*

## CLUB 55

The Bridge Community Center  
225 Willowbend Rd., Peachtree City  
[www.thebridge-cc.org](http://www.thebridge-cc.org)  
• Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details call The Bridge Community Center or visit [www.thewyders@bellsouth.net](http://www.thewyders@bellsouth.net).  
\*\*\*\*\*

## Alzheimer's Support Group

On the third Monday of every month at

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

## Parkinson Support Group

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

## Saint Joseph's Hospital

Free Cancer Support Groups. For more information call Renee Rickles at 404-851-5051.  
\*\*\*\*\*

## 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](http://www.mscaatl.org).  
\*\*\*\*\*

## Alzheimer/Caregiver Support Group

First Mon. each month, 10:30 a.m., Mt. Bethel UMC, Older Adult Center, 4608 Lower Roswell Rd., Marietta. Care is provided for your loved one while we meet. Call 770-579-9224.  
\*\*\*\*\*

## 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.georgiacenterforthebook.org](http://www.georgiacenterforthebook.org)  
\*\*\*\*\*

## The Mable House Arts Center

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

## Marietta Museum of History

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

## Atlanta World War II Round Table

First organized in 1986 with 29 members,

continued on page 16

## Gwinnett Masters Special Olympics recently formed

### Special to Senior News

Special Olympics Georgia has recently formed Gwinnett Masters Special Olympics to serve the needs of Gwinnett County citizens from High School and beyond with year-round sports training and athletic competition in a variety of Olympic type sports for adults with intellectual disabilities giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and friendship with their families, other Special Olympics Athletes, and the community. The sports offered include Alpine Skiing, Basketball, Bocce, Bowling, Floor Hockey, Gymnastics, Soccer, Softball, Swimming, Tennis, Track & Field, Volleyball, and Walking to name a few.

Gwinnett Masters Special Olympics is seeking new members to participate in their year round sports training program. They will help you to become more physically fit and become a teammate and friend to other athletes. In addition

to Gwinnett County competitions, Gwinnett County Special Olympics sends athletes to statewide competitions in the summer, fall, and winter. There is also an opportunity for an athlete to compete in Special Olympics National Games and Special Olympics International Games for both the Winter and Summer Special Olympics held every four years.

You are invited to join as an athlete or as a Gwinnett Masters Special Olympics Coach. For more information call 770-925-4288 or write: GMSO, P. O. Box 491803, Lawrenceville, GA 30049.

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

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Spouse's Name		Number in Family	



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Email: [able2assist@yahoo.com](mailto:able2assist@yahoo.com)

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**CALENDAR**  
from page 15

The "Round Table" has now grown to over 254 active members. Meets the 3rd Thursday of the month (Sept-June), 11:30 a.m., at the Petite Auberge Restaurant located in Toco Hills Shopping Center, corner of North Druid Hills Road and LaVista Road in Northeast Atlanta. \$15 luncheon admission requirement. Reservations not required. For additional information call John Davis at 770-493-4745 or Ann Villwock at 404-377-3082.

**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 #173**  
Meetings held 2nd Tues. of each month, 11:30 a.m.-1:00 p.m., Hearth Restaurant, 3055 Eagle Watch Dr., Woodstock. Call Alice Kuzniak at 770-928-5640.

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

**PALS Lunch 'n Learn Sessions**  
For details call PALS (Perimeter Adult Learning and Services) at 770-698-0801.

**Life Enrichment Services Classes**  
For adults 50 and older in DeKalb County and surrounding areas. For details call 404-321-6960.

**Decatur Monthly Sacred Harp Singing**  
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**Monthly Singalong**  
Group singing just for fun... no performances. Open to all. East Lake location. For complete information call Bob at 404-378-5424.

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

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

continued on page 17

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## CALENDAR

from page 16

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

**Cumming Fairground Events**  
Call 770-781-3491 for schedule of events.

**Volunteers Needed To Deliver Food**  
South Fulton Senior Services Meals on Wheels Program is currently seeking dedicated volunteers to deliver hot meals to senior citizens in the South Fulton County Region. Your warm and friendly face can brighten up a senior's day. Only takes 1 to 1 1/2 hours to collect and deliver the meals. For details contact Harry Miller or Jerrell Hall at 404-559-0070.

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

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

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

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

continued on page 18

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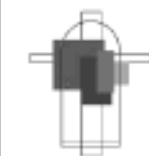


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## CALENDAR

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Zabon 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

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

### 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.

### Your Help Is Needed

LIFESPAN, a station of the metro Atlanta RSVP program needs volunteers 55+ to help older adults in your community live healthy, independent lives. Share your skills and talents by: Teaching older adults how to use the computer and/or become more computer literate; Become a friend to a senior by visiting regularly and/or providing transportation to important medical appointments. Educate older adults on important topics such as: How to avoid becoming a victim of Consumer/Medicare Fraud; The Importance of Preventive Health Services; Disaster Preparedness; and, Medicare Insurance Counseling. Benefits include Free Training and mileage reimbursement. For complete details on all offerings call 404-463-3119 or email: [enamann@atlantaregional.com](mailto:enamann@atlantaregional.com).

### Alzheimer's Support Group

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

### Life Enrichment Services Looking For Volunteers

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continued on page 19

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## CALENDAR

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details call 404-321-6960 or email christi.behrend@lifeenrichment-services.org. Or, visit Life Enrichment's office at the Mack Love Center, 1340 McConnell Dr., Decatur.

### Newman-Coweta Habitat for Humanity ReStore

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

### FODAC Needs Donations

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

### The Matt Adler Entertainers

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

### First Baptist Church Atlanta Christmas Dinner Theatre Presents "It's A Wonderful Life - The Musical," First Act Studio Theatre

Dec. 16-19, 6 p.m. Sat. matinee at noon. Tickets: \$18 adults; \$12 children 11 and under. Includes meal.  
Dec. 20, 2 p.m. Tickets: \$12 adults; \$8 children 11 and under. No meal. Tickets on sale beginning Nov. 7, 8:30 a.m.-11 a.m. For further details call 770-234-8451.

### Sing! Choirs of Angels With The Georgia Regional Girls Choir

Dec. 6, 3 p.m., Roswell United Methodist Church, 814 Mimosa Blvd.

### Messiah Sing - Along With The Riverside Chamber Players

Dec. 20, 3 p.m., Roswell United Methodist Church, 814 Mimosa Blvd.

### "A Northwinds Christmas"

Northwinds Symphonic Band presents "A Northwinds Christmas," Thurs., Dec. 3, 7:30 p.m., Lakewood Baptist Church, Gainesville. Free admission.

### Task Force Patriot

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

### An Evening In Bethlehem

Sat., Dec. 5, Roswell United Methodist Church, 814 Mimosa Blvd. Free, community-wide Christmas event for all ages. For details call 770-261-1701 or visit www.rumc.com/bethlehem.



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## Times Not Forgotten

# Christmas is A-Coming!

by CHRISTINE COLEMAN

Well, we made it through Halloween and Thanksgiving. I'm sure a good time was had by all. There was fun and games, and there was plenty of delicious food. A lot of preparation was necessary to put it all together.

Now, we're looking for the grand finale of 2009, and of course that's Christmas Day and the season surrounding it. When I was growing up in the 1930s, my parents started making plans ahead of time. They didn't wait 'til the last minute to pull things together. By the first week in December (the second week for

sure), Mama had made her fruitcake. She'd send Papa to town to get the ingredients that we didn't grow at home. She baked our cake in a big enamel pan. When it was done, she would place the cake in a cheese hoop that Papa had gotten her from the store. (These hoops would last for more than one year). She lined the cheese hoop with a large flour bag. The reason for that was when she poured grape juice (or wine) on the cake, this cloth would seal the juices in. That part of Christmas cooking was out of the way and readied to be consumed on the "big day."

Now, it was on to other things. Sweet potatoes were made ready. They were baked or made

into puddings a day or two ahead of time. "Greens" were gathered and dressed. We had turnips and collards (and sometimes rutabagas). There was fat back to put in the pot with our greens as we had our own pork. Old timers knew how to make hoghead cheese. Today, we sometimes refer to this as Soupe Meat. It's a tasty dish to have on hand for a family get-together.

I'm sure people do a lot of this type of preparation today, but back then there were no refrigerators. They had to do as much of the work as possible in order not to be exhausted on Christmas Day.

Yards had to be cleaned. Back then people didn't have grass in

their yards. (There was only dirt). They used yard brooms to sweep the dirt. Other families envied a house with yards of white dirt (swept clean).

Little by little, all the chores seemed to come together. Only the last minute details remained. And of course, that's the way it is today. We rush around to make sure everything is done and then we can afford to relax and enjoy our families and friends.

Oh, and by the way, have we decided what we're going to call the first day of our New Year? Are we going to say January 1, 2010 or maybe January 1, 10 or even January 1, 010? We'll come up with something suitable that everyone will be satisfied with. It'll just take time to get used to it all.

In the meantime, let's remember Christmas Time's A-Coming and let's enjoy the season.

\*\*\*\*\*

Christine Coleman lives in Swainsboro. Feel free to E-mail her at [cfc@reicomputers.com](mailto:cfc@reicomputers.com).

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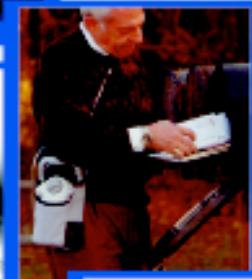
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