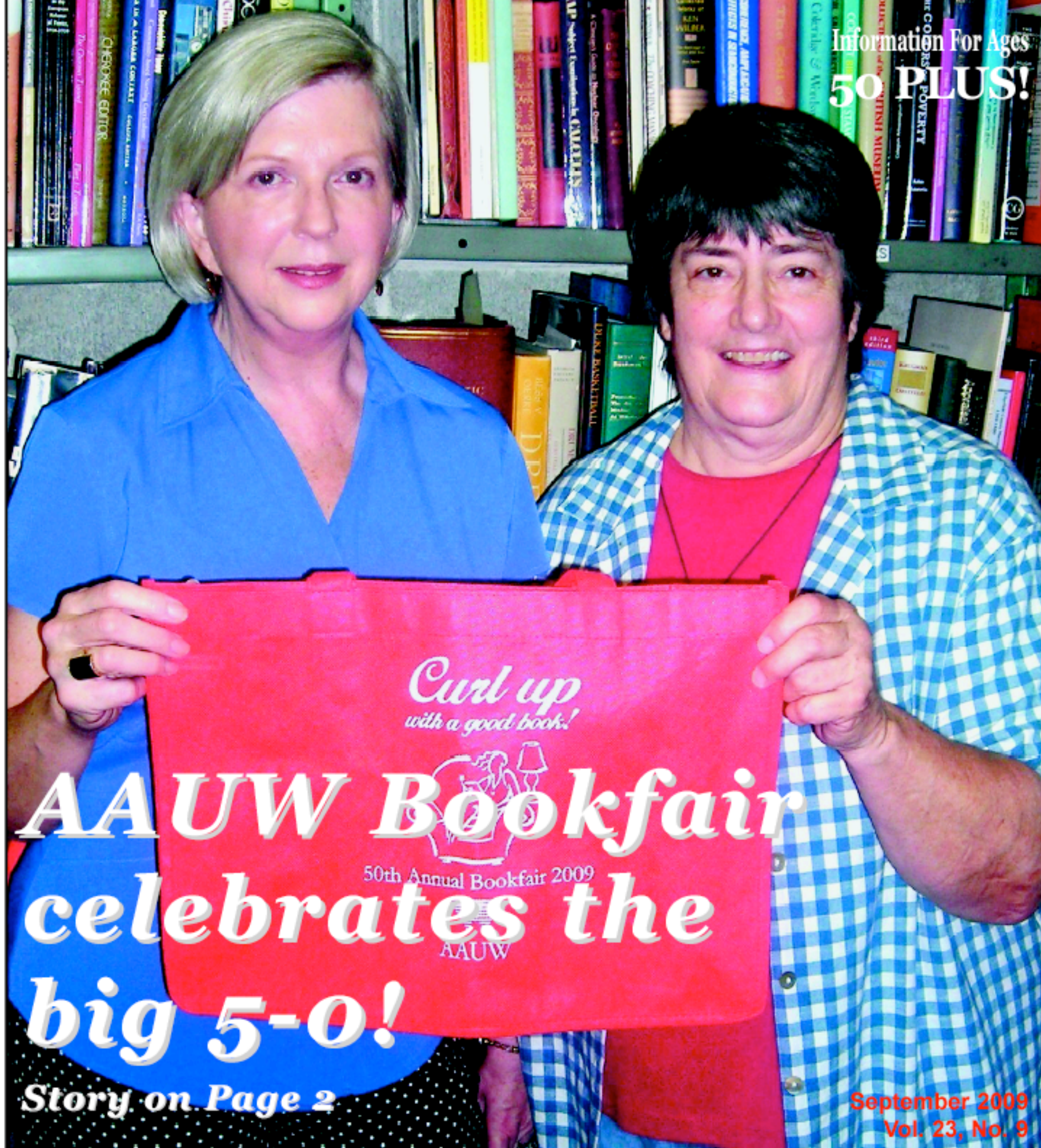


# Senior News

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Story on Page 2

September 2009  
Vol. 23, No. 9



## On the Cover

# AAUW fundraiser booked solid for 50 years

by SUSAN LARSON

### ON THE COVER:

Former AAUW Bookfair chair Barbara Buchanan and current co-chair Debra Karvey show off the canvas bag designed to celebrate their 50th anniversary.

One of Atlanta's most popular fall events, the American Association of University Women's Bookfair turns fifty this month! Over the past half century this annual fundraiser has contributed over \$1.1 million dollars to educational purposes in the Atlanta community. Colleges benefiting from their efforts include Georgia Tech, Atlanta Christian College, Spelman College, Georgia State University and Agnes Scott College. Nonprofit organizations receiving money include Juvenile Justice Fund, Synchronicity Performance Group, The Bridge, Circle of Friends, Recording for Blind and Dyslexic and Women Watch Afrika.

In 1960, Atlanta Branch AAUW volunteers started collecting books in their trademark red barrels around the city. They sorted and priced them throughout the year. But about twelve years ago the workload grew to be more than the Atlanta Branch could handle alone, so they enlisted

the help of the Cobb County Branch AAUW and the North Fulton Branch AAUW. And now, with all this time and talent behind them, 2009 co-chairs Debra Karvey and Sylvia Goodyear anticipate their 50th to be the best Bookfair yet! And why not, since some of that longstanding talent is still with them?

Alta Birdsong, who joined AAUW in the early 1970's, can speak volumes about Bookfair history. Birdsong has worked with the event for 37 years, having served twice as Bookfair co-chair. She currently prices a book category and directs publicity for this milestone anniversary.

"We have printed our bookmarks for the event and are purchasing grocery-style tote bags advertising our 50th Annual AAUW Bookfair. We try to be good stewards of our environment and reduce the use of plastic," Birdsong said.

Birdsong currently serves as branch treasurer and also works part time as an accountant. "I've worked more years than I can count as banker for the Bookfair," she joked. Records show she's also tallied up well over 100 hours each year in service to the event.

Even though AAUW takes pride in the huge sums of money the

continued on page 6



Former AAUW Bookfair chairs Alta Birdsong and Betty Slater continue to be active by cleaning up books for pricing and boxing.



AAUW Bookfair participants



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# Poets' Corner

## Lend a Hand By Paul J. Hewitt

As a country we tend to ignore the poor.  
And it is very sad indeed.  
To help the poor feels so right.  
That is when we see God's light.

I do not have to depend on others for food.  
I am blessed, He does the rest.  
But others do and it is painful for them.  
Our helping hands and prayers help them see God's light.

I help the poor and I feel good more and more.  
To serve like God did, is to help and not to judge.  
We should help the poor every chance we get.

\*\*\*\*\*

## Of A Winter's Day By Henry Newton Goldman

The quietness of this day,  
so white like deep depression in a vacuum -  
siphoning out inner most thoughts; thoughts caught up watching snowy crystals twirling and falling to a beat like dandelion seeds quietly kissing the earth.  
Silhouettes of trees photographed on smooth snowy hills by the sun passing through an aperture of the clouds - closing its shutter instantly.  
Occasionally a wind gust kicks up dry snow in granular diamond dust, tumbling quietly like miniature ocean waves piling to a final stop as dunes.  
And I retreat once more to my book of garden poems - to bring cheer to this dreary day.

\*\*\*\*\*

## The Pulpit By Charlotte Owens Phillips

A young man stood in the pulpit.  
Where the preacher would usually stand,  
An open Bible before him,  
A few notes in his hand.

"Friends," he began, "I'm nervous.  
I tremble as I speak.  
If I falter, bear with me,  
My voice is very weak.

Tonight is New Year's Eve.  
I had planned somewhere to go,  
But when I was asked to speak to you  
How could I say no?

Our church has many college students.  
I wish they all were here.  
I'll tell you about life at college  
And what Christ has meant to me there."

Then his voice became steady.  
His testimony overflowed.  
He told of his own experiences,  
About those who witnessed for our Lord.

He spoke of good and evil  
And the choice one has to make,  
To step out on the Lord's side  
Would never be a mistake.

He encouraged the high school

students  
To seek a college education,  
To listen to their parents and teachers,  
And go without persuasion.

Then, he read from Matthew,  
"Seek and ye shall find..."  
As he finished the scripture,  
He had used his allotted time.

All the time that he was talking  
Tears were rolling down my face.  
It was my son there in the pulpit  
Who stood in the preacher's place.

As I sat in solemn silence,  
I unclasped a little boy's hand.  
In those few minutes I realized  
My son had become a man.

In a whisper of a voice,  
I began humbly to pray,  
"Dear Lord, I'd like  
To turn him over to you today.

I cannot go with him  
Through all of his life,  
To college, to serve his country,  
And when he takes a wife.

But Lord, you will be with him,  
Here and in all places.

Bless him with faith, hope and love  
No matter what he faces.

Although he is grown now,  
He's still a child of thine  
Take hold of that little boy's hand,  
That I just released from mine.



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# Senior NEWS

Atlanta's Senior Newspaper

## Atlanta Manager/Editor

**Ann Tunali**

Phone: 770-698-0031

Fax: 770-395-7271

Email: seniornews@msn.com

SENIOR NEWS

5579 Chamblee-Dunwoody Rd.

Suite 478

Atlanta, GA 30338

## Advertising Account Executives

**Janet Tassitano**

Phone: 770-993-2943

Fax: 770-992-0210

Email: jantass@bellsouth.net

•

**Linda Conyers**

Phone: 770-924-6905

Fax: 770-517-6716

Email: Lconyers@bellsouth.net

## Copy Editor

**Faye Jones**

email: byronfaye1@aol.com

## Writers

Dolores Irvin - Columnist

Susan Larson - Columnist

Faye Jones - Columnist

## Contributing Writers

Dr. Bill Baggett

Mary Frances

Dorothy O'Sayer

Lisa M. Petsche

Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 15,000; Macon/Central Georgia, 8,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

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Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

## CORPORATE OFFICE

Billy R. Tucker, President/Publisher

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

FAX: 478-929-4258

E-mail: Seniornews@cox.net

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Senior News & Views of Georgia

# Walking on Sunshine

by FAYE JONES

Isn't it funny to look back over the years and compare our lives then and now? When I first began thinking about it, depression set in. Then I heard a wonderful sermon by Joel Osteen about living my life to the fullest and beginning all over again no matter how old we are or the state of our health. I know that child stayed up all night writing that sermon just for me and it really hit home.

Armed with my new ambition to conquer the earth, I began with the homestead. It began with painting the living room. I soon learned that the huge wall-size window not only needed painting, it needed to be replaced. Nothing but luck was holding it in. I was appalled! Where have I been. Must have been a while since I had washed the thing or I would have noticed that the panes were about to fall out.

Onward and upward, another sweet friend answered my cry for help and in one day installed a new modern, 3-pane window that is lovely. Bad thing is the blinds don't fit anymore. Neither do the curtains. In addition, the remaining three windows in the room need replacing.

Well, there's no need to buy blinds and curtains for the big window until the small ones are replaced. At this writing they have been ordered. In the meantime, I am sitting nightly in a naked living room sans most of the furniture and nothing at the windows. Just hope I don't get booted by a peeping

Tom.

Other than being disgusted with our government at this point, life is good. Dr. Wayne Dyer advised on a recent TV program that when we think of where we are and find ourselves unhappy, we should think of where we want to be and FEEL that we are there. He says feelings bring things about. I am now thinking rich, famous, well-traveled and best dressed. If this works, you dear readers shall be the first to know.

For a bit of laughter, I thought you might possibly enjoy the following quotes from famous people. I found them hilarious.

*Sometimes, when I look at my children, I say to myself, "Lillian, you should have remained a virgin."*

Lillian Carter

(mother of Jimmy Carter)

*I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: "No good in a bed, but fine against a wall."*

Eleanor Roosevelt

*Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement.*

Mark Twain

*The secret of a good sermon is to have a good beginning and a good ending; and, to have the two as close*

*together as possible.*

George Burns

*Santa Claus has the right idea. Visit people only once a year.*

Victor Borge

*Be careful about reading health books. You may die of a misprint.*

Mark Twain

*By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.*

Socrates

*I was married by a judge. I should have asked for a jury.*

Groucho Marx

*My wife has a slight impediment in her speech. Every now and then she stops to breathe.*

Jimmy Durante

*I have never hated a man enough to give his diamonds back.*

Zsa Zsa Gabor

*Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat.*

Alex Levine

*My luck is so bad that if I bought a cemetery, people would stop dying.*

Rodney Dangerfield

*Money can't buy you happiness... But it does bring you a more pleasant form of misery.*

Spike Milligan

*Until I was thirteen I thought my name was SHUT UP.*

Joe Namath

*I don't feel old. I don't feel anything until noon. Then it's time for my nap.*

Bob Hope

*I never drink water because of the disgusting things that fish do in it*

W. C. Fields

*We could certainly slow the aging process down if it had to work its way through Congress.*

Will Rogers

*Don't worry about avoiding temptation. As you grow older, it will avoid you.*

Winston Churchill

*Maybe it's true that life begins at fifty; but, everything else starts to wear out, fall out, or spread out.*

Phyllis Diller

*By the time a man is wise enough to watch his step, he's too old to go anywhere.*

Billy Crystal

*Don't you love to laugh? It's like walking on sunshine! Have a blessed month and remember, it's almost apple pickin' time! ©8/21/09*

\*\*\*\*\*

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

## Spiritual Notes

# Teacher's Influence

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

Even though summer is still lingering, school children and teachers have returned to the classroom. The stores have been filled with parents getting their children set for the new school year with new clothes and supplies. My grandchildren were bemoaning the fact that all the freedom they experienced from daily classes is over. I think they protested too much! There was a lot of talk of seeing good friends again, band performances, football games and other special activities.

However, kids today face so many more issues than in years past. I remember when I was in "grade" school things were not nearly so complicated. The world was a different place. In many ways, in our day, we were naive, respected authority, and knew if we got into trouble at school, it wouldn't be over when we returned home. This doesn't seem to be the case today.

While students are braving complicated issues in the school room, I am well aware of the teachers and the responsibilities that are on their shoulders. The news is often filled with distressing events that take place in schools. Teachers are attacked by students and parents, and in some instances, have been killed in the classroom. Also, they are daily besieged with

discipline problems. Teachers are expected to play the role of administrators by keeping records, direct cafeteria and bus control, completing numerous forms in addition to preparing lectures and grading papers. Teachers have spent many years in college preparing for their duties as an educator and are so often inadequately compensated for their work.

Teachers are still in the business of influencing the youth of our country. Even with all the issues mentioned above, the teacher's role is critical to the healthy development of our young people. They are in a position to inspire and motivate these youthful minds to reach their maximum potential. May they have the insight and strength to guide their students to be individuals of strong character, honesty, academic inquiry, and faith!

In the book of Proverbs 22:6 we read: "Train up a child in the way he/she should go (and in keeping with his/her individual gift or bent) and when he/she is old they will not depart from it." This familiar passage was written primarily for parents; however, teachers spend many hours a day teaching and training our children. Their influence is profound. As we pray for our children, say a special prayer for their teachers.

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



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## Beating the economic times... retirees return to work as funds dwindle

by DEBRA LANG  
Village Nursing Care

**"F**ixed income" may no longer mean what it once did.

As stock values have plummeted and investment fraud has been uncovered, many seniors find their income stream broken and have decided to "fix" it by getting a job.

For years, the number of Americans working past age 65 declined. But several factors may be changing that trend. The aging Baby Boomer population will begin turning 65 in 2011. That means the sheer numbers of people of traditional retirement age will begin to grow tremendously.

This Boomer generation has a greater life expectancy, and therefore should be better able to work longer than most previous generations. The well publicized inadequacy of the Social Security fund is creating an expectancy among Baby Boomers that total retirement may not be an option. And finally, as noted earlier, retirement investments in the current economic recession have taken such a beating that those who had planned for years to supplement Social Security with investment income are taking another look.

The big question for retirees and those soon-to-be is, Will there be enough jobs to accommodate us?

In the past, seniors have not been on an equal footing with

younger workers. But there is a sense among many that one great hurdle to senior employment – age discrimination – may be disappearing. And why not? Those who formerly discriminated based on age are now or soon will be old. Employers, through the efforts of AARP and others, are beginning to see the wisdom of hiring more experienced, educated, stable, healthy and eager-to-work seniors.

If you are considering a return to the workplace, what can you do now to prepare yourself for a job that is not only worthy of your skills and abilities, but will also provide you with a decent income?

First, refresh your contacts. You've met a considerable number of people in your career. Begin letting them know you are back in the marketplace. And while you're contacting former employers and fellow employees, as well as any clients you may have worked closely with, ask for a letter of recommendation. Many are more than willing to help you by vouching for your skills, personality and work ethics. Also, find churches or other groups that host job networking events. Networking may be the most effective and efficient job-locating tool you have available.

Next, get a resume in shape. You may feel as though a resume is too sophomoric for someone of your age and background, but do it anyway. You will encounter employers who expect a synopsis of your experience,

education and goals for employment. If you don't have experience writing resumes, you can find samples online, especially at the more visited employment sites such as Montser.com or CareerBuilder.com.

And while we're talking about the Internet, get linked up with job networking web services such as LinkedIn.com. It's an easy no-fee way to expand your network of possible referrers and potential employers, as well as a good way to help you structure your resume information.

If you have been out of the marketplace for a while, you may need a refresher course on business or technology. Contact an area college or tech school to find out what they might offer. Even if you do not want to take day classes, quite a few will have convenient evening schedules, some for credit and others just for information and skill improvement.

Brush up on your interviewing skills. Your local library may have videos and books that can help you gain the confidence you need, to use open body language, dress up to expectations and handle curve-ball questions interviewers may ask.

Finally, how do you actually find the right prospective employer? One of the most frustrating ways is to scour classified ads day after day looking at what is available. Publicly advertised jobs are typically only a fraction of the available jobs. Instead, define in detail the

job you want and the kind of employer you want to work for. Start your search around the employers who fit that description. Contact those companies direct, either through the human resources department or through referrals by people who work there. Spread the word through your existing contacts, speak with employment counselors.

Having clear definitions of your desired job and the character of your prospective employer will help guide your job search efforts.

\*\*\*\*\*

*Debra L. Lang is the Administrator of Village Nursing Care Inc., a private home care provider in Gainesville, Ga. It is an entity of ACTS Retirement-Life Communities Inc. Contact VNC for a free copy of the booklet, On Aging, containing articles on a range of topics of interest to senior Americans. Call 770-536-0484.*

### BOOKFAIR

from page 2

Bookfair provided towards scholarships, Birdsong noted they do more than simply write out checks. Members take personal interest in where their money goes. For example, the Atlanta Branch and the Association Education Foundation jointly funded a two-year project for mentoring of two young women per year from the Refugee Family Services.

"One of these young women is the recipient of a Bill Gates scholarship, and I truly believe that our providing funding for the program and her participating has enabled her to achieve this honor," Birdsong said.

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# Dunwoody Library “Comes Out of the Books”

by MARY FRANCES

**L**ive storybook characters greeted readers Saturday, August 15, 2009, during the Celebrate the Renovation party. Over 300 members of the greater Dunwoody community drank coffee, sipped lemonade and munched on popcorn. They toured new shelves of books, and participated in a variety of events that concluded with a silent auction.

The activities started at 10:00 AM with a welcome from Dunwoody Mayor Ken Wright, John Nuazzulo, President of Friends of Dunwoody Library, and Mike Morrissey, Renovation Project Chairman. Lynne Byrd and Joyce Amacher presented the “Story of the History of Dunwoody.” People dressed as well-known characters from adult and children’s books moved through the library. Guests were encouraged to talk to the characters. A contest to name each



Friends of the Dunwoody Library



**Dunwoody Library Book Characters (left to right):** Michael Foust as Rapunzel, Scott Foust as conductor of the Polar Express, Connie Downing as Bertha Rochester from Jane Eyre, Chris and Ben Treadway as Little Bo Peep and her sheep, and Briebe as Dracula.

character, the title of her book, and the author was launched. Prizes were awarded.

Jim Strawn of Smythe Books, LLC in Dunwoody and Cliff Graubert of the Old New York Book Shop gave free book appraisals with no limit on the number of books a reader could bring.

Children’s story time was conducted by actress, writer and singer Holly Stevenson who told prairie stories dressed as Laura Ingalls wilder.

A treasure hunt for hidden tokens was held for children five and under. Found tokens were redeemed for prizes from several treasure chests.

The sale of second-hand book

by the 500-member strong Friends of the Dunwoody Library raised \$185,000. The funds were applied to brighten the library and create a more appealing place to visit.

“Wow, what a difference,” said Mike Morrissey, project manager standing back and viewing the entrance. “We really accomplished our purpose.”

Thanks to architect Maureen Arndt of 720 Design Inc. the branch is more accessible and functional with a new entryway and LCD video display, enlarged service desk, redesigned children’s area, more shelf space for books and audiovisual materials, and, in general, more attractive and user-

**continued on page 8**

Greg P.  
Humana Medicare Agent



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## LIBRARY

from page 7

friendly. Library card in hand, children stood on skid less stools to research a favorite author and when found, to check out selected books at the computer.

The biggest crowd pleaser of the day was the serenading and antics of Sentimental Journey, a male Barbara-shop quartet of seniors who charmed the audience. Harmony was created by Bill Balser, tenor, Jack Hale, Baritone, Chuck Green, lead, and Rex Simms, bass. At one point they serenaded a 12-year-old girl who smiled shyly and giggled in

response to "If You Were the Only Girl in the World." Other favorites they sang were "Lida Rose" from Music Man and "Alexander's



Mike Morissey, Friends of Dunwoody Library, with Dunwoody Mayor Ken Wright.



Sentimental Journey Quartet performs.

Ragtime Band."

From the audience could be heard, "Great," and "Amazing," and the audience clapped loudly.

Sponsored by the Friends of the Dunwoody Library, the day of celebration was a happy event as evidenced by the smiles on faces.

Dunwoody Library, part of the

DeKalb Library System, is located at 4339 Chamblee Dunwoody Road, Dunwoody, GA 30338, 770-512-4640. Friends of Dunwoody Library may be reached at FODL5339@bellsouth.net, and Sentimental Journey may be contacted at 770-394-7043 and bill-balser@bellsouth.net.

## DFCS case worker Rita Goodman receives national adoption award

Special to Senior News

**R**ita Goodman, a Clayton County adoption case manager for the Georgia Department of Human Services (DHS) Division of Family and Children Services (DFCS), has received the prestigious Adoption Excellence Award from the U.S. Department of Health and Human Services for her successful work with Georgia's foster children.

Goodman was honored August 4 in Washington, D.C., along with 16 other award recipients. She was recognized for finding permanent homes for more than 110 foster children, including some who faced enormous challenges to adoption.

"As the first Georgian ever to win this coveted award, we are all proud of Rita's great work," said Georgia Governor Sonny Perdue.

"Her efforts on behalf of Georgia's children reflect the state's commitment to find a loving home for every child."

Goodman, who works for Clayton County DFCS, was named "Queen of Adoptions" for metro Atlanta in 2006 and 2008. Her accomplishments include finding permanent homes for more than 18 sibling groups and more than 17 children aged 14 to 18 years old.

"We're very proud of Rita, especially her work with children who face obstacles to a permanent home," said B.J. Walker, commissioner of DHS. "Georgia is making real progress for foster children. Fewer kids are entering foster care. For those in our care, we are developing permanency plans that include a time table for when we hope to have each child matched with a safe and caring family."

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# C'mon, let's eat

by FAYE JONES

**"T**he goldenrod is yellow, the corn is turning brown, the trees in apple orchards with fruit are bending down." Well, almost. We're officially moving into fall and into the holiday spirit that will keep us going until the bills come due in January.

During the coming months, let's reward ourselves with good solid food that is easy to prepare and economical, too. Start with our old friend – the chicken. Read on.

## COMPANY CHICKEN SANDWICHES

2 cups cooked chicken breast  
1 rib celery  
1 hard boiled egg, finely chopped  
1/4 tsp salt  
1/2 tsp sugar  
Pepper to taste  
1/2 tsp thyme (fresh is better but dried will be o.k.)  
1/3 cup sweet pickle relish  
2/3 cup or more mayonnaise  
Texas toast slices or thick sandwich bread slices

Boil chicken breast until tender in slightly salted water. When tender but not dry, remove from broth and save broth for soup of dumplings at a later date. It will freeze well. When chicken is cool, cut in very small pieces and place in a bowl. Add all other ingredients and mix well. Butter one side on each of two slices of Texas toast. Grill in a skillet until browned. Turn grilled side to the outside and place chicken salad on the soft

inside. Get ready to smack your lips!

## CHICKEN CASSEROLE

3 cups boiled and diced chicken (about 1 whole breast)  
1 package wild and long grain rice, cooked according to box directions  
1 cup mayonnaise  
1 can cream of celery soup, undiluted  
1 can water chestnuts, coarsely chopped  
1 small jar pimento peppers  
2 cans French green beans, drained  
Salt and pepper to taste

Toss chicken and rice together. Add all other ingredients. Spoon into a greased casserole dish and bake for 25 to 30 minutes at 350 degrees.

Note: When boiling chicken, add a bay leaf to the water and a pinch of poultry seasoning. It gives the chicken and broth wonderful flavor.

## PEACHY PRALINE PIE

1 9-inch deep-dish pie shell, uncooked  
5 cups peeled, sliced Georgia peaches  
1/2 - 3/4 cup sugar  
2 1/2 Tbsp cornstarch  
1/8 tsp ground nutmeg  
1 Tbsp fresh lemon juice  
1/8 tsp vanilla extract  
1 egg white, lightly beaten  
1/3 cup firmly packed light brown sugar  
1/2 cup all-purpose flour  
6 Tbsp unsalted butter, cut into 1-inch cubes  
1 cup chopped pecans

Preheat oven to 425 degrees. In a large bowl, com-

bine sliced peaches, sugar, cornstarch and nutmeg. Set aside for 15 minutes. Stir lemon juice and vanilla into peaches. Lightly brush pie shell with a thin layer of egg white to make the crust moisture proof. Pour filling into pie shell. In a small bowl, combine brown sugar with flour. Cut in butter cubes until crumbly. Stir in pecans. Sprinkle mixture over peaches. Bake for 15 minutes at 425 degrees. Reduce oven heat to 400 degrees and continue baking for 35 to 40 minutes. Cover edges of crust with strips of aluminum foil if necessary to prevent excessive browning.

This pie will make you sooooo proud of yourself!

## GINGER COOKIES

1 cup brown sugar  
1/2 cup butter or margarine  
1/3 cup honey  
2 Tbsps sweet cream (or evaporated milk)  
1/2 tsp cinnamon

1/2 tsp allspice  
2 eggs  
1 cup flour  
2 Tsp baking powder  
1/4 tsp salt  
1 1/2 cups rolled oats  
1 tsp ginger  
1/2 cup chopped pecans

Cream butter or margarine and sugar. Add honey, cream and beaten egg yolks. Mix ell. Sift flour; measure and sift with salt, baking powder and spices. Add rolled oats and nuts. Mix thoroughly. Fold in stiffly beaten egg whites. Drop by teaspoonfuls on a well oiled baking pan. Bake at 375 degrees for about 10 minutes. Makes about 3 dozen.

Enjoy! ©8/21/09

**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](mailto:byronfaye1@aol.com).



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# Ellijay celebrates 38 Fun-Filled Years!

Special to Senior News

**T**he Ellijay Lion's Club, The Gilmer County Chamber of Commerce, and the Cities of Ellijay and East Ellijay invite everyone to join them in celebrating the 38th Year of the Georgia Apple Festival. This year's festival will include over 300 vendors with handmade, hand-crafted items; as well as many on-site demonstrations of how selected types of crafts are made. This year promises new crafts as well as favorites from past festivals. On the "first Saturday only," you'll want to check out the Antique Car Show;

and, on the "second Saturday only," join us for a special Apple Festival Parade. There will also be provided a special "Children" section for all the younger guest to enjoy.

The Apple Festival will be held for two weekends this year at the Ellijay Lion's Club Fairgrounds on Saturday and Sunday, October 10th and 11th; and, October 17th and 18th. Saturday hours will be from 9:00 a.m. to 6:00 p.m. both Saturdays and Sunday hours will be from 9:00 a.m. to 5:00 p.m. on both Sundays. Admission is \$5 for adults and children under 10 are free. No pets are allowed except for those assisting handicapped persons.

Since its inception in 1972, the Georgia Apple Festival has enjoyed many years of success; and, 2009 marks the 38th year that Ellijay, Georgia has celebrated its main agricultural product... the apple. Through many years of productive change and excellent growth, the Apple Festival has become known as one of the most well-attended and enjoyable shows in the state of Georgia and beyond! Last year's festival was attended by approximately 50,000 persons.

So, escape to the mountains of North Georgia for a day or two and where you'll find a weekend of fun and entertainment for the entire fam-

ily.

For additional information on the 38th Annual Apple Festival Arts & Crafts Fair, call 706-635-7400 or visit [www.georgiaapplefestival.org](http://www.georgiaapplefestival.org).

## Becoming a payee may be the best way to help

by **BOBBIE SIMS**  
Social Security Public Affairs  
Specialist, Marietta, GA

**I**f a loved one, friend or neighbor receives Social Security or Supplemental Security Income (SSI) benefits but is no longer physically or mentally able to take care of his or her financial affairs, you may want to consider becoming a representative payee. Then, you'll be able to help them with managing their money.

Keep in mind that being a representative payee is not the same as having power of attorney. Even if you do have power of attorney, you will need to apply to be a representative payee in order to have the benefit payments made to you on the beneficiary's behalf.

When we learn that a person is no longer able to handle his or her own Social Security or SSI benefits, we conduct a careful investigation and appoint a relative, friend or other interested party to serve as the representative payee. This means that if you agree to be a representative payee and we appoint you, we pay you the person's benefits to use on his or her behalf.

As a representative payee, you would be responsible for using the benefit payments to help meet the basic needs of the beneficiary. Primarily, the funds should be used to provide food, clothing, shelter, utilities and other essential needs for the person eligible for benefits. As a representative payee, you need to be aware of the beneficiary's needs so you can decide how benefits can best be used for his or her personal care and well-being.

Each year, Social Security will mail you a form to account

for the benefits you have received. The quickest and easiest way to complete the form is online, at [www.socialsecurity.gov/payee](http://www.socialsecurity.gov/payee). You can also complete the paper form and return it to Social Security.

As a representative payee, you will also need to tell Social Security about changes that may affect the beneficiary's eligibility. This includes things like changes in living arrangements, other income, and resources.

If you decide you want to help someone by becoming their representative payee, you're in good company. More than seven million people who get monthly Social Security or SSI payments each month have a representative payee because they need help managing their money.

By agreeing to serve as a representative payee, you have taken on an important responsi-

bility — one that can make a positive difference in both the beneficiary's life and your own.

Learn more by reading our online booklet, *A Guide For Representative Payees*, available on our website at [www.socialsecurity.gov/pubs/10076.html](http://www.socialsecurity.gov/pubs/10076.html).

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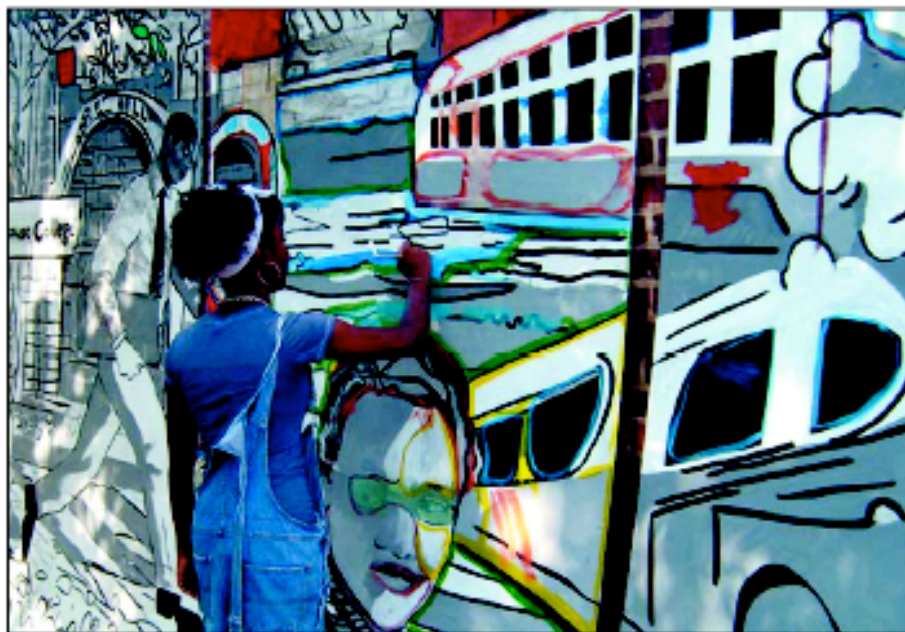
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# Mural in the Sun!



Artist Nia King at work.

by MARY FRANCES

Over 100 volunteers helped paint the 160-foot mural commemorating the life of Rev. Martin Luther King Jr. outside of Studioplex and Delsarte Studio on Saturday, July 25, 2009. The mural, commissioned by the City of Atlanta Office of Cultural Affairs, was transferred onto panels that leaned against the brick outside wall of Studioplex to accommodate the sidewalk artists. The panels begin with the house on Auburn Avenue, travel through Kings childhood, the Morehouse College years, his marriage, the marches for Civil Rights, and ends with the ultimate gift of freedom that we share as Americans.

"This is the most incredible honor that I have been given since the beginning of my career," said Louis Delsarte, artist under contract for this mural.

Upon arriving, volunteers registered and equipped with Styrofoam palettes with dabs of paint and a paint brush were invited to work on any section of the mural they could reach. Barbara Reed was in charge of a special section where the smallest children could paint their own murals. Beginning at 10:00 a.m. until 2:00 p.m. throughout the sunny day, community painters plied their brushes. Ice cold water, chips, brownies and hotdogs were provided when the workers became thirsty and hungry. Volunteers included Atlanta City employees, local Atlanta artists and interested friends. No one was turned away. Comfort canopies were erected in the parking lot to house the paint supplies, registration table, and food and drink.

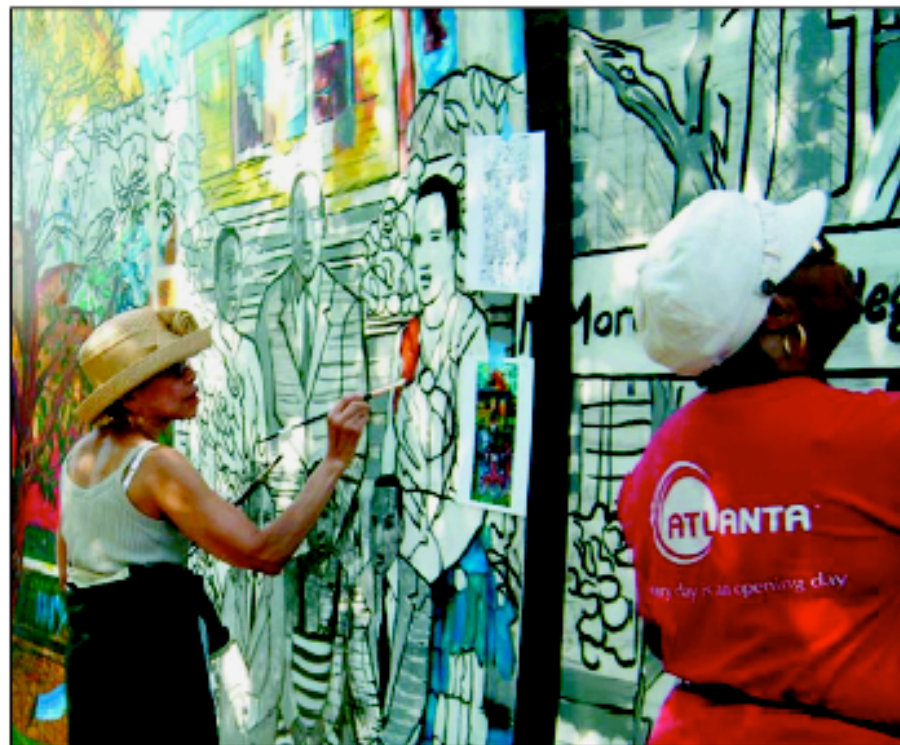
For the two weeks prior to the paint-in, artists had transferred the scale model of the mural to the twenty-five Dibond 5' x 10' panels, that the community painted on Saturday. After the paint-in, more work is being done in the Louis Delsarte Studio. October 10, 2009 is the dead-

line for mural completion. This fall 2009 the Memorial Mural will eventually be hung at the MLK, Jr. Natatorium located at 70 Boulevard Drive in the MLK Historic District.

"This mural will emphasize and enhance the story of Dr. King in a very visible place," said Camille Russell Love, Director of the Office of Cultural Affairs.

"I feel honored to be part of this important project and working with Louis Delsarte. I look forward to having it (the mural) last a long time and visiting the site where it will be installed. It's a moving piece of art, of history, of the community, and the world," said Cheryl D'Amato.

A complete view of a model of the mural may be found at [www.louisdelsarte.com](http://www.louisdelsarte.com). If you wish to volunteer to work in the Delsarte Studio from now until October 11, 2009, contact Cheryl D'Amato, Project Manager, Home 404-888-466, Cell 404-226-7368 or e-mail [aacdamato@gmail.com](mailto:aacdamoto@gmail.com).



Lydia Walker and friend are busy painting.



Young artists contribute to the works.

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# Dot Sayer named “Senior Citizen of the Year” and Barbara Southern “Lion of the Year”

Special to Senior News

**T**he Decatur Lions Club has named Dot Sayer “Senior Citizen of the Year 2009.” She retired from the Georgia Department of Labor in 1970. In spite of living with this little known health problem, Scleroderma, one of the 100 forms of arthritis, she has continued to be active in volunteer work in the community, church, state and health organizations. She co-founded a support group for persons diagnosed with Scleroderma and their families, with Dr. Gary Botstein, noted interested rheumatologist, called the Georgia Link. She works actively with the Ms. Georgia Senior America Pageant for Georgia women 60 plus, age of elegance, promoting the positive image of aging, Young Harris College Alumni Foundation, the Decatur Lions Club and the Georgia Lions Lighthouse Foundation.

Some of her other activities include State Commander for the DAVA (Disabled American Veterans Auxiliary), the WMU (Women's Missionary Union) at Emory Baptist Church 10 years, Medlock Garden Club President, The Georgia

Homemakers Council, Inc., club and district, and former associate Sunday School teacher for Clairmont Oaks. She participates regularly in the Young at Heart senior group and senior care ministry team, and is an active member of the Philathea Sunday School Class at First Baptist Church of Decatur.

Barbara Southern was selected as the 2008-2009 “Lion of the Year.” She retired from the DeKalb County Purchasing and Contracting Department in 2005 with 25 years of service. She has been a member of the American Business Women's Association for 27 years and has worked with DeKalb County Voter Registration for 10 years.

Barbara has actively participated in various Lions Club activities, including reading used eye glass prescriptions at the Georgia Lions Lighthouse Foundation, volunteering at the Good Samaritan Clinic in Atlanta, attending Lions Club cabinet meetings, region meetings and Georgia Lions Lighthouse Foundations meetings. Barbara will serve as President of the Decatur Lions Club 2009-2011.

The Decatur Lions Club salutes these outstanding volunteers.



Pictured on the left is Lion of the Year Barbara Southern with Senior Citizen of the Year Dot Sayer.





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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

# When caregiving ends... Tips for restructuring your life

by LISA M. PETSCH

**I**t's easy for caregivers to become isolated as a result of their relative's need for continual care, whether it's practical help or supervision.



Lisa Petsche

For instance, they may have to give up a career or volunteer work in order to provide full-time care. Over time they also may lose touch with friends because the heavy demands of caregiving limit their time and energy for nurturing relationships and their ability to get out of the house. All too easily, they become disengaged from supportive social networks and stress-relieving leisure activities.

When the person they have been caring for dies, caregivers are challenged with finding a new sense of purpose and new activities. They may also face the challenge of learning to live alone - some for the first time. Loneliness and feelings of emptiness may be difficult to overcome.

If you are in this situation, the following are some tips that may help.

### Be kind to yourself

- Give yourself permission to feel all the emotions that surface, including resentment, relief and guilt. Recognize that there will be good days and bad days. Prepare a list of things to do on the bad days - small indulgences to give you a lift as well as tasks or projects that will give you a sense of satisfaction.

- Look after your physical health. Eat nutritious meals, get adequate rest and exercise regularly. In addition to safeguarding your overall health, these measures will also help ward off depression.

- Take things one day at a time so you don't get overwhelmed.

### Nurture your spirit

- Write down your thoughts,

feelings and experiences in a journal, chronicling your journey of self-discovery and growth.

- Nurture your spirit by doing things that bring inner peace, such as meditating, praying, reading something uplifting, listening to music or spending time in nature.

- Get a pet. Cats and dogs provide companionship and affection and give you a sense of purpose.

### Get busy

- Get out of the house every day. For example, go out to buy the newspaper rather than have it delivered to your home. Enjoy a cup of java or tea at a local coffee shop while you read. Space out errands over the week. Bank in person rather than online. You never know who you might meet when you're out and about. To further combat isolation, consider joining a dinner club, fitness center or exercise class.

- Offer to chauffeur grandchildren, nieces or nephews to extracurricular activities. Find out their sports schedules and attend as many games as possible.

- Sign up for an adult education course or lessons that interest you - for example, gourmet cooking, pottery or modern jazz. Be sure to check out any available programs at the local senior center or recreation center as well as those offered by educational institutions. Learning something new is energizing and boosts your self-confidence. And you might make new friends in the process.

- Get involved in your community. Volunteer for a neighborhood association, charitable or environmental cause, animal shelter or political campaign. Some former caregivers like to give back in some way to an organization that helped them and their relative, such as the Alzheimer's Association or Cancer Society.

- Look for a job if your health is good, especially if you're concerned about finances.

- Cultivate some solitary pastimes. Take up crossword puzzles, woodworking, scrapbooking, writing or sketching. Learn to enjoy your own company.

### Reach out

- Take the initiative in calling friends and relatives to talk or get together. Instead of waiting for invitations, extend them. Suggest a regular time to get together for coffee or lunch.

- Plan a trip to visit loved ones who live far away.

- Do nice things for others, especially those who are also going through a difficult time. This takes your mind off your own situation, boosts your self-esteem and strengthens relationships.

- Find at least one person you can talk to openly, who will listen and empathize with your situation,

such as a close friend, spiritual leader or mental health worker.

- Join a bereavement support group. If it's hard to get out or you prefer anonymity, try an Internet forum instead.

- If feelings of isolation persist, you might take in a boarder, share accommodations with a relative or friend, move to a senior living community or relocate closer to loved ones. Don't make such a major decision hastily, though - give yourself plenty of time.

\*\*\*\*\*

*Lisa M. Petsche is a clinical social worker and freelance writer specializing in eldercare issues.*



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**SlowExposures:**  
A Juried Exhibition Celebrating  
Photography of the Rural South  
[www.slowexposures.org](http://www.slowexposures.org)  
Friday, September 18th through  
Sunday, September 27th, 2009  
Williamson, Pike County, GA

Special to Senior News

**P**hotographers from New York to Florida, from Massachusetts to Oklahoma – eighteen states total – have submitted their works for the 2009 edition of SlowExposures, the nationally recognized juried photo exhibition held annually in Pike County that realistically captures the rural South's character through fine art photography.

The seventh edition of the free photography showcase will move to the newly created Candler Field Museum in Williamson. Located one hour south of the Atlanta International Airport, SlowExposures attracts hundreds of visitors each year.

The two-week celebration also includes cutting edge seminars, satellite shows and the traditional, black tie SlowExposures Ball on Saturday, September 26th at the new Barnstormer's Grill. This year partygoers will dine and dance surrounded by the one hundred show images from all over the United States and the museum's collection of meticulously restored antique autos and planes.

In addition to the main events in Williamson, a map featuring a driving tour of satellite shows and historic sites throughout Pike County will be available for visitors.

SlowExposures is the annual fundraiser of Pike Historic Preservation and is dedicated to supporting the historical and cultural heritage of the rural south through contemporary photography. All proceeds from the show and the dinner/dance go to the preservation of Pike County's historic buildings and landscapes.

For more information, please visit [www.slowexposures.org](http://www.slowexposures.org) or contact Slow Exposures, P. O. Box 489, Zebulon, GA, 30295, 770-567-3600.



"Noni" by Owen Jones, Cultural Photography Worldwide.

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Antique Car Show October 10th

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Parade October 17th

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Additional Information

**706-635-7400**

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



# Out & About

## 18th Annual Book Festival of the MJCCA returns November 10-22

Special to Senior News

**T**he Marcus Jewish Community Center of Atlanta (MJCCA) is pleased to announce the return of one of the South's premiere cultural events, the 18th annual Book Festival of the MJCCA. A highlight of Atlanta's literary calendar, the Book Festival of the MJCCA presents dozens of the year's best and brightest authors in a variety of forums. Festival goers will enjoy engaging speaker programs, author meet-and-greets, book signings, panel discussions, The PJ Library Get Caught Reading Storytelling Festival, the annual Esther G. Levine Community Read, movie screenings, and more.

This year's lineup features Pulitzer Prize-winning, best-selling authors, rising literary voices, television and film stars, humorists, journalists, historians, novelists, and scholars – just to name a few.

A sample of authors making an appearance at this year's Book Festival includes: Opening Night Keynote Speaker: noted scholar and author, Harold Kushner (November 10); New York Times bestselling author, A.J. Jacobs (November 11); stars of the Emmy Award-winning TV series "L.A. Law," Michael Tucker and Jill Eikenberry (November 14); star of HBO's Curb Your Enthusiasm, Susie Essman (November 14); star of the hit movie, "Clueless," and environmental activist, Alicia Silverstone (November 19); and Wall Street Journal columnist and bestselling author, Jeffrey Zaslow (November 22). For a complete author listing, please visit [atlantajcc.org/bookfestival](http://atlantajcc.org/bookfestival).

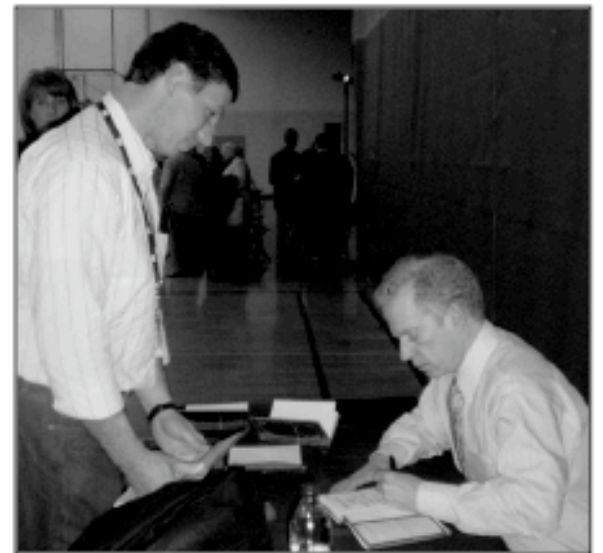
In addition, local book clubs are invited to register online at [atlantajcc.org](http://atlantajcc.org), receive discounts on Book Festival Book Club Selections from our official bookseller, Barnes & Noble, and meet and have their books autographed

at the author event.

The majority of Book Festival events will be held at the MJCCA - Zaban Park, 5342 Tilly Mill Road, Dunwoody, GA 30338. Many programs are free.

For information, a complete Book Festival schedule, and tickets (on sale mid-September), please visit [atlantajcc.org/bookfestival](http://atlantajcc.org/bookfestival) or contact Amy Schaaf, <mailto:amy.schaaf@atlantajcc.org>, or at 678.812.4005.

Author and Wall Street Journal Columnist Jeffrey Zaslow signs his 2008 New York Times bestseller, *The Last Lecture*, at the 2008 Book Festival of the MJCCA. Zaslow will appear again at this year's festival to promote his latest book, *The Girls from Ames*. Photo courtesy of MJCCA.



### You've stayed active through menopause. Will you be sidelined by its symptoms?



We are conducting a clinical research study to test the safety and efficacy of an investigational drug in preventing postmenopausal osteoporosis and treating menopausal symptoms while ensuring endometrial (uterine lining) safety.

**You may be able to participate if you:**

- Are currently 40 to 64 years old
- Are menopausal and experiencing menopausal symptoms
- Have not had a hysterectomy
- Have not used oral hormonal treatments such as estrogen, progestin, androgen-, or SERM containing products within the past 2 months

Study participation lasts for approximately 14 1/2 months. Participants can expect up to 8 visits to the study doctor. Qualified participants may receive study-related office visits, medical evaluations, mammograms, gynecological exams, bone density scans if eligible and the study drug at no cost.

**For more information about this study, please contact:**

**Atlanta Research Center**  
**404-292-6300**



# Out & About

## 20th Annual Georgia National Fair scheduled for October 8-18



Special to Senior News

**T**he annual, state-sponsored Georgia National Fair, October 8-18, 2009, is a family event celebrating "20 Years of Georgia's Best." The Fair is a "sense-ational" experience. See it. Smell it. Taste it. Feel it. Hear it. Livestock. Food. Exhibits. Midway rides. Concerts.

For 20 years, the Georgia National Fair has made great strides to promote the state's heritage, people, and agriculture. The Fair offers a safe and clean, family-oriented environment. The Fair is well-known for its comprehensive youth and home and fine arts exhibits. The Georgia National Schoolhouse attracts pre-K through high school students

from throughout the state to tour the educational and livestock displays. Midday at the Fair is a special recognition of Fair activities of interest to senior citizens, including free entertainment scheduled in the afternoon.

The Georgia National Fair appeals to everyone with its livestock and horse shows, competitive exhibits, food, midway rides and games, commercial vendors, major concerts, street entertainers, family entertainment, circus, and nightly fire-

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[www.SinglesDancesAtlanta.com](http://www.SinglesDancesAtlanta.com)

works.

The Georgia National Fair has been designated a "Top 50 Fair" by Amusement Business magazine and [www.carnival-warehouse.com](http://www.carnival-warehouse.com).

Since its beginning in 1990, the Georgia National Fair has won 81 awards from the International Association of Fairs and Expositions for its livestock and horse events, competitive exhibits, and communications programs. The Fair has been designated a Southeast Tourism Society "Top 20 Event for October" 12 times (1991, 1996, 1997, 2000-2007, 2009). The Fair has received one "Special Events Directory and Events Business News

Top 200 Event" award (1997). The Fair was designated one of Southern Living magazine's "Our Best 202 Things About the South First-Prize Fair" (2002).

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478/981-3247 or 800/981-3247 (Ga. only)

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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.cobbsecurities.org](http://www.cobbsecurities.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.fultoncountyga.us](http://www.fultoncountyga.us).  
• Offering "At Your Service," a transportation program that is available to anyone 60+ or disabled living in North Fulton. Will transport an individual from their home. For complete details on distances, charges, etc., call 770-993-1906.

## Senior Multipurpose Facilities

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

## Neighborhood Senior Centers

• Alpharetta Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.  
• Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.  
• Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.

• Camp Traut 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.thewyppers@bellsouth.net](http://www.thewyppers@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.

## Square Dance Class

Every Tues., 10 a.m.-noon. Basic & Mainstream. No partner needed. Living Grace Lutheran Church, 1812 Coolidge Rd., Tucker. Contact Alice Adler at 404-296-7288 or [alicerhodes357@mindspring.com](mailto:alicerhodes357@mindspring.com).

## Button Gwinnett Society

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

## Greater Atlanta Archaeological Society

Meets 2nd Tues. of each month, 7:30 p.m., at the Fernbank Museum of Natural History, just off

Ponce de Leon at 767 Clifton, Rd. NE, Atlanta. Call 770-242-2249 for recorded message.

## Senior Ballroom Dance

First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-294-1789.

## Atlanta History Center

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

## High Museum of Art

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

## Center For The Arts At Georgia Tech

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

## Schwartz Center For Performing Arts, Emory University

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

## The Michael C. Carlos Museum

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

## Fernbank Museum of Natural History

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

## Callanwolde Fine Arts Center

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

## Balzer Theater at Herren's

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

## Rialto Center for the Performing Arts

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

## Jimmy Carter Presidential Library

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

## Center For Southern Literature

Margaret Mitchell House & Museum  
990 Peachtree St., 770-578-3502, [www.gswt.org](http://www.gswt.org)

continued on page 20

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## CALENDAR

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133 Peachtree St., 404-577-6940

Spivey Hall, Clayton College  
& State University  
5900 North Lee Street, Morrow  
770-961-3498, www.spiveyhall.org

The Atlanta Opera  
28 West Peachtree Street, N.W.  
404-881-8885/1-800-35.Opera  
www.AtlantaOpera.org

Friends of Smyrna Library  
100 Village Green Circle, Smyrna  
www.friendsofsmymalibrary.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

The Mable House Arts Center  
5239 Floyd Road, Mableton  
770-819-3285; cobbcounty.org; mablehouse.org

Marietta Museum of History  
770-794-5710 or mary@marietahistory.org

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

Woodstock AARP Chapter 5173  
Meetings held 2nd Tues. of each month, 11:30 a.m.-1:00 p.m.,  
Hearth Restaurant, 3055 Eagle Watch Dr., Woodstock. Call Alice  
Kuzniak at 770-928-5640.

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

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

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

Decatur Monthly Sacred Harp Singing  
Thurs., Sept. 3, 7:30-9:30 p.m. Early American hymns sung in powerful,  
exuberant style, as seen in *Cold Mountain*. Beginners welcome,  
instruction provided. Emory Presbyterian Church, fellowship  
building, 1886 N. Decatur Rd. For details call 404-892-6836 or visit

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## CALENDAR

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

### Monthly Singalong

Sat., Sept. 26, 7:30 p.m. Group singing just for fun... no performances. Open to all. East Lake location. For complete information call Bob at 404-378-5424.

### South Cobb Yellow Rocks Square Dance Club

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

### Georgia Museum of Art

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

### Newnan-Coweta

#### Habitat for Humanity Sales

Every Sat., 8 a.m.-5 p.m., 1082 East Highway 16, Newnan. Call Glenn at 770-252-4061.

### Alpharetta's Main Street Markets

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

### 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](http://www.srconn.org) or call 770-455-7602.

### Bleeding Disorders Testing

Women who have excessive bruising or prolonged menstrual bleeding can call Hemophilia of Georgia to be screened for von Willebrand Disease and for referral to specialists. For details call Ms. Crowe at 770-518-8272 or outside Atlanta call 800-866-4366.

### 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](mailto:woodstockshhinfo@phydeaux.org) or call 678-438-9135.

### 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.

### Grief and Loss Networking Group

First and third Monday, 11 a.m.-12:30 p.m., The Wellness

continued on page 22

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## CALENDAR

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Community - Atlanta Northside, 5775 Peachtree Dunwoody Road, Suite C-225. Free. Call 404-843-1880.

### 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.

### Achva Adult Day Club

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

### 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: ennamann@atlantaregional.com.

### Alzheimer's Support Group

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

### Life Enrichment Services Looking For Volunteers

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

### Grandparents on the Move Meeting

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

### N.A.R.F.E.

All federal civilian employees and retirees are invited to join N.A.R.F.E. (National Active and Retired Federal Employees Association). Call T. Jerry Samples at 770-973-2834.

### Social Club 50+

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continued on page 23

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## CALENDAR

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included. Many fun opportunities, social activities, outings, art & cultural events. Membership is free. Call Fern at 678-520-4629 or email: [activefriends50@yahoo.com](mailto:activefriends50@yahoo.com).

### WBO Newnan Networkers Meeting

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

### Metro Atlanta RSVP Needs Volunteers 55+

To help educate older adults on topics important to helping them live independent healthy lifestyles. For complete details call 404-463-3119 or email: [enaumann@atlantaregional.com](mailto:enaumann@atlantaregional.com).

### Lifespan Resources, Inc.

3003 Howell Mill Rd., NW  
An interfaith, non-profit volunteer organization recognizing and responding to the needs of older persons in North Atlanta. For details call Laurie Stokes, Executive Director, at 404-237-7307 or [www.lifespanresources.com](http://www.lifespanresources.com).

### Quiltfest 2009

Oct. 16-17, North Georgia Technical College, Highway 515, Blairsville. \$5 admission, Free parking. For entry forms and details visit [www.mistymountainquiltguild.com](http://www.mistymountainquiltguild.com).

### Volunteers Needed by CASA - Court Appointed Special Advocates

Be a positive influence and help provide stability and leadership in a child's life. Consider volunteering with CASA. For complete details call 770-345-3274 or visit [www.casacherokee.org](http://www.casacherokee.org).

### Newnan-Coweta Habitat for Humanity ReStore

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

### PODAC Needs Donations

4900 Lewis Rd., Stone Mountain. PODAC 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](mailto: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](mailto:alicerhodes357@mindspring.com).

### Roswell Garden Club Offering

Sept. 22, 10 a.m.: The Roswell Garden Club presents "How to live bug-free without using exterminators." Bill Johnson Community Activity Building, 10495 Woodstock Rd., Roswell. Free. Visit [www.roswellgardenclub.com](http://www.roswellgardenclub.com).



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## Times Not Forgotten

# Brush Arbors and Tent Meetings

by CHRISTINE COLEMAN

**D**id you ever attend a Brush Arbor meeting? How about a Tent Meeting? I'm happy to say I was privileged to learn about both.

When I was growing up in the early 30s, a brush arbor was constructed a few miles from where we lived. I remember going there a few times with my family. The folks who constructed the arbor used posts and pine saplings for their framework. They stretched fence wire over the assembled part and covered the wire with pine straw. For benches, they used blocks of wood under the structure and

placed boards across the blocks.

A preacher from town offered to come out and preach to the country folks if they would prepare a place for him to speak. That was much to their liking, as back then everyone had to drive wagons or buggies to town to church. This arbor was used until people were able to buy cars for travel.

### Tent Meetings

While I was still a small child, tent meetings were held yearly downtown during summer months. The tent was huge, and the sides could be rolled up and secured in order for cool breezes to come in. Also, people

parked their cars nearby and were able to sit in their cars and hear the preacher in comfort. They'd roll down their windows and be able to hear without having to come under the tent and sit on wooden benches. Traveling ministers would visit our town and bring their tents. There was ample help to "put up the tent" for the week or two the minister stayed. My parents would carry us children there a few times per year.

The experience of both these types of church service are still vivid in my memory, and I feel I gained a valuable lesson. Today, church services are held in comfortable buildings and many

people will never know what a Brush Arbor Meeting or a Tent Meeting is all about.

### A newer version of brush arbor

Several years ago, our church (under the pastorate of Elder Loren Wilson) held a few Sunday evening services under the open-air pavilion at Harmon's Park here in our city. Only recently did I associate this with a brush arbor. The roof of this structure has wooden shingles and air flows through freely. Wooden benches line the interior. Our services there were peaceful and serene. We'd have a picnic lunch afterwards.

Hopefully, you have had the opportunity to witness and participate in these two types of church service. They have gone by the wayside, as have so many of our other valuable customs

\*\*\*\*\*

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

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