



senior viewpoint

gwinnettcounty senior services



June, 2008

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3-Center Picnic: A Senior Super Special!



*Good eating, good company, great weather: Priceless!
Photos by Erin Burry*



"Mr. Tom" Puckett enjoys hanging out by the pool tables and swapping tales.

Gwinnett County's senior centers in Buford, Lawrenceville and Norcross recently hosted their annual 3-Center Picnic at Pinckneyville Park in Duluth. In recognition of Older American's Month, the picnic also provided a great way to bring seniors who regularly attend a senior center together and meet new seniors from other centers.

More than 100 active and excited Gwinnett County seniors were transported and gathered at the spacious Pinckneyville Park pavilion for music, southern-fried chicken, and plenty of light-hearted social conversations with their peers. The event started at 10:00 a.m. with the seniors' favorite card games, snacks, and their favorite music performed by the All Star Band.

Tom Puckett, born and raised in Georgia, has been attending the Lawrenceville Senior Center for 21 years. "Every time I leave, I end up coming back," he said with a spring in his voice. "Mr. Tom" is well known for the amount of time that he spends with the

'pool sharks' at the Lawrenceville Senior Center. He asks every visitor "Where have you been hiding?" provides a great smile, and always offers a handshake.

For some seniors, the interaction with others at the activity centers might be the only time they can socialize, making events like the picnic a real treat. Just imagine if you did not have anyone to talk to for a whole week ... or longer!

Submitted by Erin Burry, Summer 2008 Public Relations Intern



Senior Center Locations

Buford

2755 Sawnee Avenue
Buford, GA 30518
(770) 614-2527

Lawrenceville

Rhodes-Jordan Park
225 Benson Street
Lawrenceville, GA 30045
(770) 822-5180

Norcross

5030 Georgia Belle Court
Norcross, GA 30093
(770) 638-5683

June Highlights

- June 14 – Flag Day
- June 15 – Father's Day
- June 21 – Summer begins

- Birthstone – Pearl
- Flower – Rose



Property Tax Bills Coming

Gwinnett County Tax Commissioner Katherine Sherrington will mail 2008 property tax bills by July 15, 2008. Payment installment dates are September 15 and November 15, 2008.

As in the past, only one bill will be mailed. It will include payment coupons and reply envelopes for both installment payments. First installment amounts shown on tax bills must be paid by September 15, 2008, or taxpayers may pay the entire amount by this date.

The balance must be paid by the second installment date of November 15, 2008. Installments not paid by the stated due dates will incur a five percent (5%) penalty.

In addition, interest will begin to accrue on any unpaid amount at the rate of one percent (1%) per month beginning on November 16.

For assistance or to make payments by telephone, contact 770-822-8800. Customers may also e-mail tax@gwinnettcountry.com.

Program Income

Congregate	\$1781.95
Home Delivered Meals	\$ 575.00
In-Home Services	\$ 220.00
Transportation	\$1942.71

The mission of Gwinnett County Senior Services is to provide our citizens with a range of collaborative services structured to enhance the quality of their lives, maintain their independence, and prevent premature institutionalization.



Contact Information

First Call for Help, United Way	Dial 2-1-1
DFCS – 446 W. Crogan Street	(678) 518-5500
Adult Protective Services	(404) 657-5250
Medicare – Social Security www.ssa.gov	1-(800) 772-1213
Health Departments:	
Lawrenceville	(770) 963-6136
Buford	(770) 614-2401
Norcross	(770) 638-5700
GeorgiaCares (Health Insurance Information)	(404) 463-3350
Voter Registration	(770) 822-8787
Senior Auto Emissions Waiver	(770) 822-8818
Senior Elder Abuse	(404) 657-5250
Senior Information and Referral	(678) 377-4150
Georgia Senior Legal Hotline	(404) 657-9915
Gwinnett County Library	(770) 978-5154
Gwinnett County Extension Service	(678) 377-4010
Gwinnett Council for Seniors	(770) 822-5147
Elder Care Locator	1-(800) 677-1116

Area seniors and caregivers are always encouraged to contact Gwinnett County Senior Services, either by using the Internet or calling on the phone. The website address is www.gwinnettseniorservices.com. To contact via e-mail write to adrienne.noble@gwinnettcountry.com. The contact numbers are as follows:

For services you or someone else might need	
Senior Information Helpline	(678) 377-4150
Homemaking Services	(678) 377-4150
Meals on Wheels	(678) 377-4150
Senior Transportation	(678) 377-4150

If you want to help	
Donations	(770) 822-8775
Volunteering	(770) 822-8837



Health and Nutrition

Are You Eating These Super Foods?

The 225 Dietary Guidelines for Americans and Food Guidance System (MyPyramid) recommend eating a variety of foods from the following groups for better health.



Milk and Milk Products - 3 cups daily. Use 1 ½ oz cheese or 1 cup of yogurt in place of milk. These foods will improve bone mass, nutrient adequacy, and help to maintain a healthy weight. Add low-fat milk instead of water to hot cereals and soups; pack calcium-rich meals by including lowfat yogurt and string cheese.

Fruits and Vegetables - 2 cups fruit and 2 ½ cups vegetables daily. These foods decrease the risk of a stroke, type 2 diabetes, and certain types of cancer. A one cup serving is about the size of a large apple or a banana. Add sliced strawberries to your cereals or have a salad with lunch and an apple for an afternoon snack. Treat yourself to ready-to-eat fruits and vegetables!

Grains - 3 or more servings of whole grains daily as well as other whole or enriched products. The health benefits from these foods include a decreased risk for diabetes and coronary heart disease. Try to stock your pantry with staples that are whole grain: cereals, brown rice, low-fat whole wheat crackers, breads, and rolls.

Meat and Beans - 5 ½ ounces daily. The serving size for this food group is an ounce of cooked lean meat, poultry, or fish; an egg; ¼ cup cooked dry beans or ½ ounce of nuts and seeds. These foods provide protein, magnesium, other nutrients, and nutrient variety to the diet. Try to choose more fish, beans, peas, nuts and seeds when selecting from this group. Bake, broil, or grill lean selections of meats or poultry.

Adapted from: Are you Eating Enough of These Super Foods? Copyright © 2005, National Dairy Council ®, Rosemont, IL 60018-5616.

Drink Fluids to Prevent Dehydration

The summer season is upon us and it's time to think about how we can prevent dehydration and heat-related illnesses. Did you know that about 318 Americans die every year of heat-related illnesses, according to the Centers for Disease Control? The sad fact is that most of these deaths are preventable -- if the victims understood the realities of dehydration and heat-related illnesses more clearly.

Unfortunately, outdoor activities under the summer sun can place people at serious risk of dehydration, which can lead to other heat-related illnesses, including: heat-exhaustion, heat-stroke, and in severe cases, death. Millions of Americans are at risk for heat-related illnesses; however, the risk is significantly increased for seniors. There is a profound difference between how heat affects most adults and how it can affect the elderly. It is extremely important for senior citizens to stay hydrated and practice gradual 'acclimatization' to the summer heat.

Is Your Body 'Acclimatized' to Heat?

How many of you think, "I'm used to the heat; it doesn't affect me?" That statement may seem like common sense; however, no sentiment could be more dangerous when it comes to heat-related illnesses and dehydration. As you adjust to heat, your body's need for fluids greatly increases as you begin to sweat. Since your body is naturally cooled by the process of sweat evaporating from your skin, it is very important that your body has the fluids available to sustain this process.

You should cut down on the intensity of any exercise or physical activity during these first days of summer. The amount of sweat you produce (and other total body fluid losses) increases because you sweat sooner and more than before you become acclimatized. The good news about summer heat is that staying healthy is as easy as becoming educated about your body's need for fluids.

adapted from www.womenshealth.about.com

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The Senior Viewpoint is the monthly publication of Gwinnett County Senior Services. For newsletter questions and comments, call (770) 822-8837.

theseniorviewpoint

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Administrative Office



to:



Spotlight: North Metro First Baptist Choir



Our seniors really appreciate the sweet sounds from North Metro First Baptist Church choir director Keith McBrun (center) and his 'heralding angels'.

The North Metro First Baptist Church choir has been entertaining our seniors for several years now. Choir director, Keith McBrun, has made an effort each year to fit the Lawrenceville Senior Center in their busy schedule. Recently, the seniors were graced with the presence of about 30 choir members who performed like angels. Some of the choir members handed out hymn books before they began singing. To

everyone's surprise, the choir director asked our seniors to give him a page number of a song that they would like to sing with the choir. The seniors began calling out page numbers and the entire dining hall was soon filled with song and laughter. Although the choir has visited the center on many previous occasions, this visit was different. There was a special aura in the air which captivated the ear of all who listened. Many thanks

to the North Metro First Baptist Church choir for their performance. We greatly appreciate them taking the time to share their talents with our seniors. The songs were very uplifting to us. We hope this group will continue to spread love and joy to everyone that they come in contact with. Many blessings to all!

Contributed by clients and staff, Lawrenceville Senior Center