





senior viewpoint

gwinnettcounty senior services



May, 2008

contents

-  2 • important information
-  2 • program income
-  3 • health and nutrition
-  4 • profile



Older Americans Month - Really Special!

The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an increase in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90.

Our nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They enhance our communities and personal lives by sharing and transferring knowledge of cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our nation's history.

May is Older Americans Month, a great time to bring attention to the issues that affect older adults. This year's theme is "Working Together for Strong, Healthy, and Supportive Communities," which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, our communities can improve older adults' overall quality of life by helping them:



WORKING TOGETHER FOR
STRONG, HEALTHY
AND SUPPORTIVE COMMUNITIES

Older Americans Month 2008

- Make behavioral changes in their lifestyles that can reduce risk of disease, disability, and injury.
- Obtain the tools they need to make informed decisions and gain better access to existing health and long-term care options in their communities.
- Have more options to avoid placement in nursing homes and remain at home as long as possible.

Make an effort to find ways to enrich the lives of the older adults who touch your life as well as future generations.



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

May Highlights

- May 11 – Mother's Day
- May 17 – Armed Forces Day
- May 26 – Memorial Day

- Birthstone – Emerald
- Flower – Lily of the Valley



Watch Out for Scams

MANY scam artists are scheming new ways to get your economic stimulus payment from you...by any means necessary. Be on the lookout for these schemes or anything that seems unusual.

- You don't have to pay a fee to get your stimulus payment or to receive your payment faster. There are individuals who claim they can speed up your payment - for a fee. Some will even ask you to sign away your benefit to them. This is a scam. No one can speed up your payment.
- If someone claiming to be from the IRS calls or emails you about the payments and asks you for a Social Security, bank account or credit card number, it is a scam. The scammers are trying to get your personal and financial information so they can empty your bank account, run up charges on your credit card or steal your identity.
- Do not give out personal information if you are contacted by phone or e-mail.

Program Income

Congregate	\$1056.22
Home Delivered Meals	\$ 309.00
In-Home Services	\$ 330.00
Transportation	\$1450.42

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 or 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

Diabetes & Sweets: The Scoop on Sugar

Sweet relief! People with diabetes can eat sweets or desserts.



If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten once in awhile by people with diabetes. Although different types of sweets can affect your blood sugar level differently, it's the total amount of carbohydrate

that counts the most. Sweets count as carbohydrates in your meal plan. The trick is substituting small portions of sweets for other carbohydrates - such as bread, tortillas, rice, crackers, cereal, fruit, juice, milk, yogurt or potatoes - in your meals. To allow room for sweets as part of a meal, you have two options:

- Replace some of the carbohydrate in your meal with a sweet.
- Swap a carb-containing food in your meal for something with fewer carbohydrates.

Let's say your typical lunch is a turkey sandwich with a glass of skim milk and a piece of fresh fruit. If you'd like two cookies after your meal, look for ways to keep the total carbohydrate count in the meal the same. Trade your usual bread for low-calorie bread with fewer carbohydrates or eat only half the sandwich. Adding the cookies after your meal keeps the total carbohydrate count the same. To make sure you're making even trades, read food labels carefully. Look for the total carbohydrate in each food, which tells you how much carbohydrate is in one serving of the food.

People with diabetes can eat sweets in moderation as long as they balance out their carbohydrates. Like anyone, remember to keep sweets as a small part of an overall healthy diet!

*Adapted from: <http://www.diabetes.org/diabetes-myths.jsp>
<http://www.mayoclinic.com/health/diabetes-nutrition/DA00130>*

Give Your Heart The Care It Deserves

While each organ in our body performs its unique function, and they all work together to keep us running properly, the heart is the most important. It keeps pumping away whether we're awake or asleep, carrying crucial oxygen and nutrients through a steady and unobstructed flow of blood to all the other organs so they can each do their job.

Heart Disease: The #1 Killer

Many of us pay little attention to how important it is to keep this hard-working muscle in top shape. As a result, heart disease is the leading cause of death in the U.S for both men and women, according to the American Heart Association. Here are a few tips to help protect your heart and prevent heart disease:

Know Your Numbers:

- A blood pressure reading is an important way to find out if strain is being placed on your heart and artery walls. If your numbers are above normal (i.e. higher than 120 over 80 for adults), talk with your doctor about lifestyle changes and medicines you can take to bring the numbers down to a heart-healthy level.
- Have your cholesterol levels checked regularly, and follow your doctor's advice if you need to make changes to control your cholesterol.

Stop Smoking:

- If you smoke, quit.

Stay Healthy with Diets and Exercise:

- Cut out saturated fat and trans fats while adding healthier options to your diet such as foods rich in fiber (oatmeal, whole wheat bread) and Omega 3 fatty acids (nuts, plants and nut oils; and fish such as salmon, mackerel and sardines).
- Get into a steady exercise routine. Exercise can cut your risk of heart disease by 40 percent – aerobic exercise especially has cardiovascular benefits.

Adapted from GHI Newsletter

Senior Services Staff

Human Services Manager
Linda Bailey
linda.bailey@gwinnettseniorservices.com
Center Operations Coordinator
Tim Morris

In-Home Services Coordinator
Kathy Roberts, RN

Nutrition Services Coordinator
Pat Milhous, RD

Health Services Coordinator
Arlene Williams, RN

Social Services Coordinator
Diane Evans

Meals On Wheels Coordinator
Marlynn Sessions

Volunteer Services Coordinator
Gary Galloway

the senior viewpoint

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

Administrative Office
75 Langley Drive
Lawrenceville, GA 30045
tel (770) 822-8850
www.gwinnettseniorservices.com



to:



Spotlight: Touch-a-Life Teens Shine Brightly

During the time of harvest celebrations and the merriment of the year-end holidays, gifts and goodwill are in ample supply for many of our seniors. But once that is over, winter cold and gloom set in, seemingly lasting forever. For our home bound seniors who receive daily meals, we typically choose to provide an extra meal during this period, so folks feel the concern we have for their well-being.

At the Lawrenceville Senior Center (LSC), a special group of volunteers delighted seniors by donating unexpected gifts when the seniors least expected them. **Touch-a-Life** mentoring program Director, Jonette Bolding was determined to bring

care packages that her group of teenage students had tirelessly collected and put together for our seniors. Ms. Bolding's car was loaded with about 52 bags containing personal goodies for our seniors. The seniors were delighted and stated that the bags were filled with stuff that they could use or eat on a daily basis. One senior told me that this was an answer to prayer; she moved recently from New York and was boiling her water before drinking it. Well, she received a 24 pack of bottled water, and was thrilled!

The LSC seniors and staff would like to send out a special "Thank You" to **Touch-a-Life** teens and

staff. We really appreciate all that you do and hope that you'll continue to be a part of our lives.

contributed by Pat Milhous and Lesha Thomas



Our seniors really appreciate the warm hearts of the Touch-a-Life teens who give so much