



Senior Viewpoint

gwinnettcounty senior services



“There’s No Place Like Home!”

July 2012

Transportation for seniors



Get out the candles and party hats to celebrate the first anniversary of the official start of **Get In Gear**, a unique demand-response

transit voucher program for eligible seniors and disabled persons living in Gwinnett County. **Get In Gear**, funded by a federal New Freedom grant with local cost share support from Friends of Gwinnett County Senior Services, is a human services transportation program designed to complement Gwinnett Paratransit and enhance opportunities for local seniors and disabled people to get door-to-door rides to medical appointments.

To be considered for this program, these disability-certified riders cannot have other transportation options. Riders are required to pay a 15 percent co-pay amount

to receive monthly voucher coupon books. The vouchers are then used to select transportation services from an approved list of providers. **Get In Gear** is still very limited – only 55 people each month are allowed to buy vouchers for door-to-door ride service.

The bigger issue is that Gwinnett County seniors have limited transportation options when they can no longer drive and need to get around. While some seniors believe that family or friends will help them get where they need to go, the reality is that many seniors are totally without transportation. Missing appointments or going without therapy or treatments can cause greater health problems. Human services transportation is designed to help people with needs help themselves. For more information, please call (678) 377-3019.

Celebrate Independence Day the healthy way

This Independence Day, why not spice things up with something healthier than the usual fare? Now that most fresh fruits and vegetables are in season and more readily available, adding a healthy salad to your holiday menu is easy and inexpensive. Try this simple recipe and watch the fireworks fly:

Orange and red onion salad valencia

6 seedless navel oranges, peeled, pith removed, and cut into ¼ inch slices

- 1 large red onion, halved and very thinly sliced
- 2 tbsp extra virgin olive oil
- ½ tsp salt
- 1 tbsp fresh lemon juice
- 8 fresh mint leaves, cut into thin strips

Instructions: In a large bowl, combine oranges and onion. Add olive oil, salt, lemon juice, and mint; toss to coat well. Let sit for a few minutes before serving. Serves six.

Breaking news

Buford Senior Center Specialist **Shirley Reed** has been awarded **Honorable Mention Award for Center Manager of the Year** at the 14th Annual Healthy Communities Summit, sponsored by the Georgia Department of Human Services Division of Aging Services. Please help us congratulate Shirley for this much-deserved honor. Way to go, Shirley!

Healthy feet for Summer – By Julie Lucas, Office Assistant to Health Services

Independence and mobility are major contributors to a satisfying life as we age, and nothing is more important to remaining active than maintaining the health of our feet. Simple, regular foot care and proper footwear can go a long way in keeping your feet healthy. Here are some simple tips for keeping your feet healthy:

- Practice proper hygiene. It is important to keep your feet clean by washing and drying them daily, wearing clean socks, and making sure that footwear is clean
- Wear shoes that fit well, provide proper support, and are not excessively worn. Poorly fitting shoes contribute to many of the most common cause of foot pain
- Perform regular visual inspections of the feet and pay attention to minor issues. Pain is not normal.

If pain occurs and persists for more than a day or two, and if any sores or red spots persist or don't heal within several days, see a doctor

- Trim toenails straight across, not down into the corners. Avoid cutting nails too short. See your podiatrist if you are unable to cut your own nails
- People with diabetes should take special precautions. These include regular foot examinations by a physician or podiatrist and daily self-inspections. People with diabetic foot issues should never soak their feet in hot water, should not cut their own toenails (this should be done by a podiatrist or foot care nurse), and should not go barefooted

To inquire about available foot care resources in Gwinnett County, please contact your care manager or speak to an information and assistance specialist by calling **(678) 377-4150**.

Ask A – By Adrienne Noble, Information and Assistance Specialist

Dear A:

I am a 57-year-old female who is overwhelmed by my situation. I am dealing with a number of health conditions, including diabetes. Due to renal failure, I need dialysis three days a week. My diabetes has caused other health conditions which prevent me from driving. I need to get to my on-going medical appointments. I am on a fixed income which means my funds are limited. Finding affordable services has been difficult. I was wondering if you could help me find affordable transportation services. – *Finding my way*

Dear *Finding my way*:

Thanks for writing me regarding your needs. Finding affordable resources can certainly be a challenge. With the amount of medical appointments you have, I can see how that could impede on your finances. Gwinnett County Senior Services offers a transportation voucher program called **Get in Gear**. This program is designed to assist seniors and disabled persons that meet the income eligibility requirements. The candidate that fits the criteria receives vouchers for transportation to medical appointments. To find out more about **Get in Gear**, please call (678) 377-3019. You can also contact me for further information and contact numbers for other services. As always, I can be reached at (678) 377-4150.

Gwinnett County Senior Center Locations

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

Lawrenceville
Rhodes Jordan Park
225 Benson Street
Lawrenceville, GA 30046
(770) 822-5180

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

