

# Senior Viewpoint

gwinnettcounty senior services

"There's no place like home!"

August 2017

## Centerville Senior Center welcomes Lisa Sharpe

**Lisa Sharpe**, the new Centerville Senior Center Program Supervisor, offers more than 25 years of experience working for Gwinnett County. She began with Parks and Recreation as a basketball coach and received promotions, ultimately being named Recreation Program Supervisor for Lucky Shoals Park. She managed the facilities and programs and even developed two senior clubs.



Lisa said she looks forward to her new position because she believes her experience can benefit seniors. In addition to building close relationships with her new clients, she also intends to offer new

programs and activities tailored to specific interests. She has already surveyed seniors and learned they would like to try line dancing, play more card and board games, take trips, and participate in a walking club.

*"I'm passionate about my job," said Sharpe. "I want seniors to know that I am a caring person, and I want to provide a place for them to enjoy themselves while maintaining their independence."*

Outside of work, Lisa cares for her elderly parents and two dachshunds. She also enjoys spending time with her nieces and nephews, traveling (especially to the beach), DJ'ing, and working on puzzles.

## Age is in the eye of the beholder

The Gwinnett County Youth Commission visited the Lawrenceville Senior Center for lunch and fun. Health and Human Services Division Director **Pat Baker** worked with the Youth Commission to provide a hands-on, fun activity between the teens and seniors. Baker shared that intergenerational socialization could best show youth how and who the county's services impact.

*"Sitting around the table sharing a meal is a wonderful opportunity to get to know the people we serve,"* said Baker.

After lunch, the seniors and youth worked together on an activity, "An Old Age Portrait of Me," which asked participants what age they consider "old," as well as questions about what the quality of their

lifestyle will be at that age. Many seniors wrote age 100 while several teenagers wrote ages ranging from 40 to 50 (their parents' ages) as what they considered "old."

Baker noted that this activity helped encourage fun and lighthearted conversation between the two distinct generations. The youth and seniors alike provided positive feedback for this intergenerational experience.

This interactive exercise validated the saying that age is in the eye of the beholder.



## National Senior Citizens Day

How will you celebrate **National Senior Citizens Day** on August 21? This is your day, so enjoy it any way you desire! Don't forget to take advantage of senior specials and discounts.

This day was created to support, honor, and show appreciation for our seniors and to recognize their achievements. Their valuable contributions to our communities create better places to live. Former **President Ronald Reagan** emphasized this when he signed **Proclamation 5847** in 1988.

*“Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason to*

*reserve a special day in honor of the senior citizens who mean so much to our land,” Reagan proclaimed. “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.”*



adapted from: <https://www.iadvanceseniorcare.com/news-item/how-will-you-celebrate-national-senior-citizens-day>

## Staying safe online

The internet provides new ways to interact with the world through social media, online shopping, and news websites. However, for our seniors who have spent less time using new technologies, it can be hard to know how useful the internet can be. A few common ways older adults can tap into the benefits of the internet, as well as some strategies to stay safe online include:

**Install and update antivirus software.** It's very important to make sure your devices have a good antivirus program installed to protect them.

**Create strong passwords.** One strategy for keeping up with complicated passwords is to record each one in a notebook along with the username. Be sure to keep this notebook in a secure place.

### Adjust security settings on social media.

Most social networks offer options to better protect privacy, such as limiting who can view your profile, who can contact you, who can view what you post, and more.



**Practice email safety.** Devious hackers might pose as financial or healthcare institutions, and often these messages will include urgent requests that require users to log in to their accounts.

**Avoid unsecure websites.** Be careful any time you share personal details online, especially when entering information for banking, shopping, or healthcare.

adapted from: <http://www.griswoldhomecare.com/blog/how-to-keep-seniors-safe-online/>

The Buford Senior Center renovation is progressing. The seniors are presently meeting at the Lawrenceville Senior Center until the end of Summer.

## Gwinnett County Senior Activity Center Locations

### Buford

2755 Sawnee Avenue  
Buford, GA 30518  
678.225.5367

### Lawrenceville

Rhodes Jordan Park  
225 Benson Street  
Lawrenceville, GA 30046  
678.277.0970

### Norcross

5030 Georgia Belle Court  
Norcross, GA 30093  
678.225.5430

### Centerville

3075 Bethany Church Road  
Snellville, GA 30039  
678.277.0230

