



# Senior Viewpoint

gwinnettcounty senior services



"There's no place like home!"

July 2017

## Friendly faces in new places

Department of Community Services Director **Tina Fleming** recently announced two promotions that will impact the Health & Human Services Division, as well as Gwinnett County Senior Services.

**Ava Camejo-Douglas**, our Social Services Coordinator for the past five years, is the new Programs Operations Manager for Gwinnett County Senior Services. Ava served as a Care Manager for five years prior to supervising our Care Managers. She will oversee all grant programs.



**Vivian Gaither** came to the Department of Community Services in April 1998 and has served as the Centerville Community Center Coordinator since it opened in 2007. She is the new Centers Operations Manager and will oversee the four senior centers, two onestop human services centers, and onestop community center.

Vivian states, "I am excited to be working with so many great people. I look forward to new challenges and getting a chance to meet many of our seniors."



## Centerville Senior Center Ribbon Cutting coming soon

There is a large concentration of older adults living in the area who have been excitedly following the construction progress of the new Centerville Senior Center, adjacent to the Centerville onestop Community Center.

The new SPLOST-supported \$2.24 million 8,500 square foot senior center will officially be dedicated by county officials and local dignitaries at a Ribbon Cutting ceremony at 10:00am on Tuesday, August 8, 2017.

This LEED-certified building will feature a bright dining room, a warming kitchen with a serving line, a multi-purpose room, billiards area, staff offices, and support space. Programming and activities that focus on promoting healthy lifestyles, socialization, personal health, and well-being will be offered on a daily basis.



Centerville Senior Center  
3075 Bethany Church Rd.  
Snellville, GA 30039



## Tip ‘n Toss to control mosquitos

Although there have not been any cases of locally acquired Zika virus reported in Georgia, The Georgia Department of Public Health (DPH) urges residents to clean up around their homes, their yards, and their communities by discarding items that can hold water.

**Tip ‘n Toss** after every rainfall to reduce the number of mosquitoes and prevent the possible spread of Zika virus. **Tip** out water in flowerpots, planters, and buckets. If it holds water and you don’t need it (old tires, bottles, bird baths, or cans), **toss** it out. Also, seek help to clean gutters and remove piles of leaves to prevent landing sites for adult mosquitoes.

*“Mosquitoes don’t recognize property lines, so controlling their numbers has to be a collaborative effort among neighbors,”* said Brenda Fitzgerald, commissioner of the Georgia Department of Public Health. *“DPH is increasing mosquito surveillance and educating residents throughout the state, but the greatest impact will be when individuals take personal responsibility for their homes, yards, and communities.”*



adapted from: <https://dph.georgia.gov/press-releases/2016-04-06/tip-n-toss-campaign-prevent-spread-zika-georgia>

## Independence Day with seniors

The Fourth of July is almost upon us, which means it is time to start planning ways to include patriotic activities into our care for our elderly loved ones. Participating in Independence Day activities is a great way to get our older adults to be more active.

- **Have a parade-themed workout.** We can make exercise more interesting this Independence Day by having our own indoor parade. Give your loved ones flags, put on some exciting patriotic music, and march around the house with them.
- **Make a patriotic fruit salad.** We can serve a fresh, delicious dessert that shows your patriotic pride by putting together a flag fruit salad with our aging loved ones. Using a large rectangular glass baking dish, make “stripes” out of strawberries, raspberries, white grapes, and honeydew melon.

Make a square in the top left corner from fresh blueberries for the field and top with slices of star fruit to finish the flag effect.

- **Attend a fireworks display.** Find out about public fireworks displays and plan a visit with your seniors. Bring along a blanket or lawn chairs, pack a picnic, and relax to enjoy the show. Many fireworks displays include a patriotic music concert before nightfall.
- **Visit a museum.** Honor the origins of the July Fourth holiday by visiting a local history museum and exploring the exhibits about the country’s birth.

adapted from: <http://www.synergyhomecare.com/agencies/ct/danbury/ct03/blog/posts/2015/6/17/senior-care-observations-patriotic-fun-for-your-seniors-on-independence-day/#.WT15OZLyUk>

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

**new Senior Center  
opens August 8**

<p><b>Buford</b> 2755 Sawnee Avenue Buford, GA 30518 678.225.5367</p>	<p><b>Lawrenceville</b> Rhodes Jordan Park 225 Benson Street Lawrenceville, GA 30046 678.277.0970</p>	<p><b>Norcross</b> 5030 Georgia Belle Court Norcross, GA 30093 678.225.5430</p>	<p><b>Centerville</b> Satellite Center 3025 Bethany Church Road Snellville, GA 30039 770.978.4532</p>
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