

Senior Viewpoint

gwinnettcounty senior services

"There's no place like home!"

September 2017

Senior Prom – An Encounter in the Enchanted Garden

Every year the participants at the four senior centers primp and select their finest attire for the Senior Prom. Some of these older adults rely on long-term memory to conjure up details from past decades while others just want to "feel young one more time."

This annual event has outgrown a number of venues, so Lucky Shoals Park in Norcross will host for the first time on Friday, September 22. Norcross Senior Center Program Supervisor **Tammy Lea** said, "Our senior participants get so excited for this event. We are fortunate to have had Kawneer employees as loyal volunteers through the years. We also appreciate the cooperation from the staff at Lucky Shoals Park. It will truly be an Enchanted Garden."

An Encounter in the Enchanted Garden

Magic Making Dreams Real



2017 Senior Prom

Friday, September 22

9:00am to 12:30pm

Lucky Shoals Park

4651 Britt Road

Norcross, GA 30093



West Nile virus alert

Mosquito bites can cause West Nile virus infection. September and October are prime months for mosquito activity, especially since tropical storm activity is likely to produce lots of rainfall. There have been two infections in Georgia this year, including a recent one in DeKalb County.



According to the Georgia Department of Public Health, about 80 percent of people infected with West Nile virus from mosquito bites never know it, and another 20 percent experience fatigue, joint pain, and general weakness, but recover completely within a few days. However, about one percent of those infected become seriously ill, and some even die.

Tips to prevent mosquito bites:

- Apply insect repellent. DEET, picaridin, oil of lemon eucalyptus, as well as IR3535, are effective repellents recommended by the Centers for Disease Control and Prevention.
- When possible, wear long sleeves, long pants, and socks, particularly at dawn and dusk.
- Eliminate standing water in gutters, planters, toys, wheelbarrows, and old tires.
- Ensure window and door screens fit tightly to keep mosquitoes out of the home.

adapted from: <http://www.11alive.com/news/health/west-nile-confirmed-in-metro-atlanta-how-to-protect-yourself/456126910>

Grandparents Day – “Do Something Grand”

September 10, 2017 is **National Grandparents Day**. Celebrate Grandparents Day by committing to “Do Something Grand!”

Grandparents and Older Adults: We’re asking you to commit to do something grand and share your wisdom, perspectives, and key civic values.

Grandfamilies (Kinship): We’re asking you to continue to do something grand by providing a safe and loving home to your grandchildren or other relatives in your care.

adapted from: <https://grandparentsday.org/>

In Gwinnett, there are over 5,875 grandparents living with their grandchildren under the age of 18!

Elderly at greater risk of dehydration

Everybody knows that water is essential to our health. The human body constantly uses water. Dehydration is what happens when those fluids are lost faster than they’re replaced, leaving our body unable to perform its numerous water-dependent functions. The amount of water we need to drink increases with heat and humidity, so staying hydrated can easily be a matter of life or death.

While just one short brush with dehydration in the elderly may not lead to a hospital stay, chronic or repeated dehydration can lead to life-threatening complications. Dehydration in seniors can also lead to kidney failure, seizures, malnutrition, swelling of the brain, coma, and death.

Seniors often have a weakened sense of thirst, so they’re not prone to feeling particularly thirsty until dehydration has already set in. The fact that seniors

Gwinnett County Kinship Community Fair

Wednesday, September 27, 1:00pm to 4:00pm
Centerville One**Stop** Community Center
3025 Bethany Church Road
Snellville, GA 30039



Register online at
<https://gwinnettkinshipfair2017.eventbrite.com>

For more information, contact Alida Sims at
alida.sims@dhs.ga.gov or 470.389.4301.

can’t conserve water as well as younger people means that even a healthy senior may be risking dehydration.

For seniors dealing with mobility issues, dementia, diabetes, or some medications, dehydration can quickly get out of control. That’s why it’s important to look for symptoms such as dizziness, fatigue, confusion, less frequent urination, extreme thirst, and presence of dark-colored urine.

It’s a good idea to establish some goals for fluid intake. That way you can monitor those goals, and ensure dehydration never has a chance.



adapted from: <http://www.griswoldhomecare.com/blog/elderly-dehydration-signs-symptoms-older-adults/>

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

<p>Buford 2755 Sawnee Avenue Buford, GA 30518 678.225.5367</p>	<p>Lawrenceville Rhodes Jordan Park 225 Benson Street Lawrenceville, GA 30046 678.277.0970</p>	<p>Norcross 5030 Georgia Belle Court Norcross, GA 30093 678.225.5430</p>	<p>Centerville 3075 Bethany Church Road Snellville, GA 30039 678.277.0230</p>	
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