





# senior viewpoint

gwinnettcounty senior services



april, 2008

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## IRS Requires Seniors to File Taxes This Year

In accordance with the recently passed “Economic Stimulus Act”, the Internal Revenue Service (IRS) will be sending out rebate checks to millions of Americans, starting in May 2008. In order to ensure that seniors receive this rebate, the IRS has required all seniors to file a 2008 tax return, even those with limited means or who normally don’t file a federal tax return. This also includes 20 million seniors who rely primarily on Social Security. Eligible seniors can receive up to \$300 per individual or \$600 per couple, under the plan that the National Council on Aging (NCOA) supported.

The IRS says it will work with the Department of Veterans Affairs, Social Security Administration, and beneficiary groups to inform these individuals that they must file a tax return to receive their payment.

- To help ensure that all eligible seniors receive their payments, NCOA has developed a fact sheet with more detailed information.
- Free tax help is available through The Volunteer Income Tax Assistance program (1-800-906-9887) and AARP’s Tax-Aide program.

*Adapted from Aging News  
February 19, 2008*

“People who don’t normally need to file have a roadmap on how to fill out the Form 1040A quickly and easily,” acting IRS commissioner Linda Stiff said. A special section of the IRS website, [IRS.gov](http://IRS.gov), features extensive examples of how much taxpayers



can expect to receive in stimulus payments. “We encourage recipients of Social Security and veterans’ benefits who don’t normally need to file a tax return to use this mock-up of the form as a guide to help them get their stimulus payment.”

The IRS also advises that those who are filing solely to obtain the stimulus benefit should write the words “Stimulus Payment” at the top of the 1040A or 1040.

*Adapted from How Does the Economic Stimulus Package Affect Seniors?  
February 19, 2008 Senior Spectrum.com  
By Michael A. Piekarz*

### SCAM ALERT

Seniors should be wary of any unsolicited individuals who might offer to process your return for you. Check their credentials and ask a family friend before giving out any personal information.



### 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

### April Highlights

- April 19 – Passover begins
- April 20 – Passover
- April 22 – Earth Day

- Birthstone – Diamond
- Flower – Daisy



## Vision Screening



The Lawrenceville Lion's Club has scheduled a Vision Screening clinic for **Monday, April 18** at the Lawrenceville Senior Center from **9-11am**. The Lawrenceville Lions are also hoping to have a special speaker talking about "Staying Vital at Any Age" on that date.



**Lions Clubs International**

## Reminder

The AARP Tax-Aide Program ends April 15, 2008. Check the insert to find hours and location of a tax-aide facility near you.

## Program Income

Congregate	\$1477.40
Home Delivered Meals	\$ 205.00
In-Home Services	\$ 258.00
Transportation	\$1551.00

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 <a href="http://www.ssa.gov">www.ssa.gov</a>	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](http://www.gwinnettseniorservices.com). To contact via e-mail write to [adrienne.noble@gwinnettcountry.com](mailto: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

### Healthy Lifestyles - Take Advantage of The Advantages of Maturity

The hard realities of aging include a menu of physical and emotional stress factors which can tax the hardest individuals. Two of the most common stress causing things are the potential need to move out of a home we've lived in for a long time and the grief we experience as we watch our friends or siblings die. Though most people have experienced the loss of friends, family, or a spouse, this doesn't mean that each death doesn't begin a grieving process.

People who recognize this and work through the stages of grief, talking about their loss with friends and family, have a greater chance of not being overwhelmed and paralyzed by grief and sadness. Talking about our memories and feelings, even the distressing ones, is an excellent way for you to continue finding meaning in life.

The benefits of aging, including the perspective it bestows upon us naturally, can outweigh the sadness that it sometimes brings. In 1872, when she was sixty-seven, the writer George Sand explained this phenomenon: "You'll say the bark of the tree still has to bear the ravages of time. I don't mind that-the core is sound and the sap goes on doing its work, as in the old apple trees in my garden; the more gnarled they grow the more fruit they bear." Indeed, our mature faith, our increased ability to care about others, and the sure-footedness that comes with a lifetime of experience can make our years of older age particularly rewarding.

*Submitted by Arlene Williams, RN*

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*"Bark of the tree still has to bear the ravages of time."*

**George Sands**  
**Writer**

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### Water - Do You Drink Enough?

Many people do not realize how important water is. It makes up 55-75 percent of your body weight, and is important to every cell, organ, and system. Lack of water can kill faster than lack of any other nutrient. Water moves other nutrients throughout the body, removes waste, helps protect organs from shock, helps move food through the digestive tract, lubricates joints, and regulates body temperature. It is especially important for the production of perspiration, the body's way of cooling itself and keeping its core temperature from rising.

A lack of water over time has been linked with increased cancer risk, salivary gland function, kidney stones, and even fatal heart attacks. We typically need **six to eight cups of fluid** each day, and even more in hot weather. Water cannot be stored in the body and must be replenished each day. Our need for fluids may be increased by high temperatures, exercise, low humidity, a high fiber diet, and increased fluid losses. Some medications can further dehydrate the body.

Our sense of thirst declines with age, so don't rely on it. If you are thirsty, you are already slightly dehydrated. Other signs of dehydration include dry lips and tongue, weakness, dizziness, exhaustion, headache, nausea, cramps, infrequent urination or dark colored urine. Drinking water is the best way to meet your fluid needs, but fluids can come from other sources such as juice, milk, soups, fruits, and vegetables. Current research shows that even caffeinated beverages such as coffee and tea can be hydrating.

Make water a healthy habit. Drink a glass as soon as you get up, drink a glass before each meal or snack, sip on ice water on hot days, and don't pass up a drinking fountain without stopping. Drink before, during and after exercise or walking. If you're home all day, fill a half-gallon pitcher every morning. Drink from it during the day until it's empty-you'll know you have drunk eight cups. Add slices of lemon, lime, or orange for a hint of flavor.

*Submitted by Pat Milhous, Rd*

*Adapted from Cornell University Cooperative Extension of Suffolk County*

## Senior Services Staff

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

Human Services Manager  
Linda Bailey  
linda.bailey@gwinnettcountry.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

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



to:



## The Golden Club “Community Volunteers”

### Spotlight: The Golden Club

The Atlanta-area Golden Club of the Ismaili Muslim Community has provided outstanding community service to our senior clients, as well as to several other Gwinnett County organizations in the past year. These dedicated seniors have taken the time to make Valentine’s Day and St. Patrick’s Day cards for many of our Meals on Wheels clients. The Golden Club consists of 250 members, aged 55 years and above. Its members are Ismaili Muslims who belong to the Shia branch of Islam.

Golden Club members have volunteered at a variety of sites, averaging 200+ community service

hours per week! This year, the organization gave out 119 Presidential Awards to its members of which five were gold level awards and eleven were silver level.

Gulbanu Sayani, a member of the Golden Club, says, “Being able to offer my time and provide service to the community at large, not only reinforces my religious commitment of service to humanity, but brings me great joy when I see the difference I can make in the lives of others.”

The Community, is engaged in a broad range of voluntary service programs sponsored by external organizations



Gold Club volunteers

such as Habitat for Humanity, Feed the Homeless, American Red Cross, and now, Gwinnett County Senior Services. Golden Clubs exist in most major cities in the country where the Ismaili community resides.

Submitted by Zubeda Punjani