



Senior Viewpoint

gwinnettcounty senior services



"There's No Place Like Home!"

August 2011

Get In Gear!



Gwinnett County Senior Services has received a federal New Freedom Transportation grant to launch ***Get In Gear***, a new

demand-response transit voucher program for eligible seniors and disabled persons. However, don't get overly excited and think that you can start running errands, visiting friends, or take a sightseeing tour, because this new program is only for eligible seniors or disabled persons who have absolutely no means of transportation at all.

Transportation-challenged riders will be able to purchase monthly voucher coupon books and then select from an approved list of transportation providers. Approved riders use vouchers to pay for these rides to the doctor or to medical treatment sessions, even if they cross county

lines. Eligible riders will be able to make their own choices when selecting ride providers from the approved list.

Get In Gear is going to be very limited – only 33 people each month will be allowed to buy vouchers for door-to-door ride service in the initial phase of this new program. Eligible riders will pay a percentage of the cost to get a monthly voucher booklet. Eventually, up to 50 people per month will be able to buy monthly voucher booklets.

Historically, there has been a large waiting list to use demand-response transportation services, but ***Get In Gear*** should increase the number of people being served while seriously reducing the waiting list. For more information, please contact ***Get In Gear*** at (678) 377-3019 or visit www.gwinnettseniorservices.com.

Get In Gear questions and answers

What is 'demand-response transportation' intended for?

Demand-response transportation covers only rides to medical appointments, therapy sessions, or health-indicated treatments. Sorry, no grocery shopping or social visits.

Who is eligible to get ride vouchers?

Transportation-challenged riders must reside in Gwinnett County and cannot have any other means of transportation to scheduled treatments or appointments. In order to be eligible, people cannot have friends or relatives occasionally drive them and must not be eligible for Gwinnett Paratransit bus service.

How can I find out if I am eligible to purchase transportation voucher booklet(s)?

Please call the ***Get In Gear*** office at (678) 377-3019 or visit www.gwinnettseniorservices.com.

Who schedules the rides for medical appointments?

If you are eligible and selected to buy a voucher booklet, you will be given a list of approved transportation providers to select from.

What does ***Get In Gear*** cost or is it free?

Unfortunately, there is a cost with this new program. All selected riders will pay a cost share to buy a monthly voucher booklet.

Can I really use ***Get In Gear*** vouchers to see my doctor near Piedmont Hospital?

You can cross county lines to fulfill your medical appointments, but the added mileage and waiting time may cost more than local demand response ridership.

Nutritious meals for one or two — *By Alexandra Cone, Dietetic Intern*

Preparing nutritious meals for one or two may seem daunting at first, but resist the urge to order take-out or eat frozen meals. Instead, get creative in the kitchen and take some time to learn how to shop for and prepare healthy, satisfying, home-cooked meals. A few simple tricks will turn you into efficient home cooks in no time!

The first step is to come up with a weekly menu. Write down the meals you would like to prepare and then make a list of the ingredients you have on hand, and the ones you need to purchase. Next, try to utilize ingredients in more than one menu item per week. This way, you can create delicious meals using some of your cooked leftovers. For example, prepare a meatloaf on Sunday night and have sandwiches with the leftovers on Monday. If you cook more than you can eat, just

freeze your leftovers for perfectly portioned, homemade frozen dinners to enjoy later.

Don't forget that most fruits, vegetables, and meats can be purchased in smaller quantities nowadays. Choose individual portions such as a handful of green beans, a dozen shrimp, or just a single peach. Other vegetables can be bought frozen in single-serving bags and can be popped in the microwave to steam. Stock your pantry with convenient options including quick cooking rice, pasta, and canned vegetables that can be stored and used at your leisure.

Remember, nothing tastes better than a home-cooked meal!



Cataract Awareness Month — *By Julie Lucas, Office Assistant to Health Services*



August is Cataract Awareness Month. This month is used to raise awareness of cataracts because

over half of Americans will develop cataracts by age 80. Fortunately, there are signs to look out for as you age to prevent further damage to your vision. Please take the time to educate yourself on cataracts during the month of August to maintain your eyesight for as long as you live.

A cataract is a clouding of the normally clear lens of your eye. For

people who have cataracts, seeing through cloudy lenses is a bit like looking through a frosty or fogged-up window. The risk of cataract increases as you get older.

Other risk factors for cataract include:

- Certain diseases such as diabetes
- Smoking
- Alcohol use
- Prolonged exposure to sunlight

Wearing sunglasses and a hat with a brim to block ultraviolet sunlight may help to delay cataract. If you smoke, stop. Researchers also believe good nutrition can help reduce the

risk of age-related cataract. They recommend eating green leafy vegetables, fruit, and other foods with antioxidants.

People age 60 or older, should have a comprehensive dilated eye exam at least once every two years. In addition to cataract, your eye care professional can check for signs of age-related macular degeneration, glaucoma, and other vision disorders. Early treatment for many eye diseases may save your sight.

Adapted from www.mayoclinic.com

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

