

senior viewpoint

gwinnett county senior services

december, 2007

Season's Greetings!!

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AgeWise[™] Connection

Area Agency on Aging Atlanta Regional Commission

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



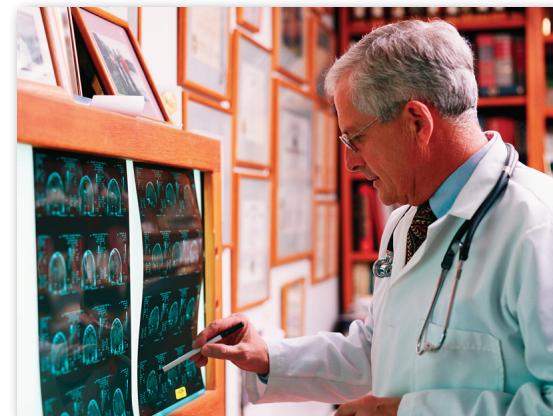
Give Yourself the Gift of Life

Our most precious gift is our health. As we age, we become more aware of "aches and pains" that didn't seem to bother us when we were younger. In fact, we start to notice that our bodies don't always work as well as they once did, regardless of how much we exercise or what wonder vitamins we continue to take.

To do what we can to preserve our health, we need to try to take advantage of every opportunity to get medical tests, screenings, or doctor appointments. Also, we need to pay attention to health warning signs and let somebody know if we are feeling sick or have been experiencing pain, discomfort, or symptoms. If something doesn't seem normal or if you aren't feeling good, please let somebody know so that you can get help sooner rather than when it is too late!

Ladies (only), there are a **limited number** of appointments for mammograms at the Lawrenceville Senior Center on Thursday, December 13. **All appointments must be scheduled in advance** by contacting the Lawrenceville Senior Center at (770) 822-5180. Medicare and insurance should pay for the mammograms.

Also, please get your 2008 calendars and circle Thursday, January 17 for Life Line Screenings at Lawrenceville Senior Center. Seniors can get up to four tests to help diagnose the possibility of strokes, abdominal aneurysm, or osteoporosis. These screenings are noninvasive and painless using Doppler



ultrasound technology. Please call the number on the pink flyer, **1 (800) 324-1851**, to pre-register for this potentially life-saving diagnostic screen. The complete wellness package with all four screenings is only \$129. One screen only would be \$45. Since appointments are limited, please don't delay. If you need more information, please contact Khristel at Life Line Screening by calling **(678) 462-3702**.

As we head into the holiday season, don't forget that you and/or your relatives or caregivers can do something to give yourself the gift of life.

December Highlights

December 13 – Mammograms - LSC
December 22 – First Day of Winter
December 25 – Christmas



Birthstone – Blue Topaz
Flower – Poinsettia

Energy Assistance Program

If you live in Gwinnett County and need assistance with your utility bill, you may be eligible for the Low Income Energy Assistance Program (LIHEAP) and the FY 2008 Cooling Program.

The homebound and the elderly (65+) may apply for assistance at their local community action agency. The program will open up to other eligible individuals and families on December 1. Payments will be made directly to the home energy supplier for electricity, propane, wood, coal or kerosene. The maximum payment for qualifying applicants is \$250. Local community action agency accepts all applications and administers available funds on a first-come first-served basis. Your local agency is:



The Partnership for Community Action
656 Indian Trail Road
Suite 205
Lilburn, GA 30047

For information, call (770) 564-1702

Program Income

Congregate	\$1359.53
Home Delivered Meals	\$ 395.00
In-Home Services	\$ 219.00
Transportation	\$1917.45

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 www.ssa.gov	1-(800) 772-1213
Health Departments:	
Lawrenceville	(770) 963-6136
Buford	(770) 614-2401
Norcross	(770) 638-5700
GeorgiaCares <i>(Health Insurance Information)</i>	(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. To contact via e-mail write to adrienne.noble@gwinnettcounty.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

Sweet Potatoes Are Superb



Do you eat sweet potatoes only on Thanksgiving? Enjoy them year-round! Sweet potatoes are among the most nutritious foods in the vegetable kingdom, providing almost as much beta-carotene as carrots. An excellent source of potassium, and vitamin C, they also provide a respectable amount of other vitamins and minerals including calcium, folic acid and other B vitamins, for about 120 calories.

Sweet potatoes possess an intense natural sweetness that increases during storage and cooking. Not related to the white potato, the sweet potato is a member of the morning glory family. A native American plant, it was the main source of nourishment for early homesteaders and for soldiers during the Revolutionary War. One colonial physician called them the “vegetable indispensable.” Yams or sweet potatoes? Yams are large, starchy roots grown in Africa and Asia, and rarely available in American supermarkets. The term is commonly used when referring to sweet potatoes. Superb, of course.

Cornell Cooperative Extension

Mammograms & Diagnostic Screens at Lawrenceville Senior Center

Don't forget about the upcoming mammogram screening opportunity for women on **December 13, 2007 & January 17, 2008**. Ultrasound screenings to detect stroke, aneurysms, or osteoporosis will be performed. A separate bloodwork screen with same day results will be available for \$50 at this time.

Colon Cancer

Colon cancer is cancer of the large intestine (colon), the lower part of your digestive system. Rectal cancer is cancer of the last 6 inches of the colon. Together, they're often referred to as colorectal cancers. Most cases of colon cancer begin as small, noncancerous (benign) clumps of cells called adenomatous polyps. Over time some of these polyps become colon cancers.

Prevention

Get screened for colon cancer. Regular colon cancer screening should begin at age 50 for people thought to have an average risk of colon cancer. Medicare covers colon cancer screening procedures. If you're older than 50 and have Medicare benefits, Medicare will cover annual fecal occult blood tests and sigmoidoscopy every four years. If you're at high risk of colorectal cancer, you'll be covered for colonoscopy every two years, or every 10 years if you're of average risk. Double contrast barium enema - which is sometimes supplemented with flexible sigmoidoscopy - can be used as an alternative, if your doctor thinks it's a better choice for you.

Make lifestyle changes to reduce your risk

You can take steps to reduce your risk of colon cancer by making changes in your everyday life. Take steps to:

- Eat plenty of fruits, vegetables & whole grains
- Eat a low-fat diet
- Eat a varied diet to increase the vitamins and minerals you consume
- Limit alcohol consumption
- If you smoke, STOP SMOKING!
- Stay physically active and maintain a healthy body weight. Try to get at least 30 minutes of exercise on most days

Adapted from www.MayoClinic.com



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

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Social Services Coordinator

Diane Evans

Meals On Wheels Coordinator

Marilynn Sessions

Volunteer Services Coordinator

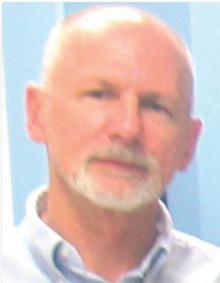
Gary Galloway

the senior viewpoint

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



Profile: Ralph Gifford, Case Manager



Ralph Gifford, affectionately known as "Nanook" by some for his love of kayaking, has officially retired. Dearly loved by his senior clients and his Case Management colleagues, Ralph is ready (not!) to stop worrying about everyone else and begin enjoying life with his wife Betty and family.

There are plenty of "Ralph stories" to cherish for years to come. How can we ever forget the time when he intended to discharge a senior client to a skilled care facility, but managed to sign himself up for nursing home care? For this performance, Ralph was awarded the highest honor of Gwinnett Senior Services, ***The Purple Chicken***. Talk about paddling off into the sunset - now that is real special!

Ralph has always been very involved with his seniors, even the most "unique." Who else would you expect to handle a former circus performer, actor and fortune teller? However, he is passionate in his desire to make

sure that all "his seniors" have their issues resolved or needs met. He enjoys people and he is very willing to roll with whatever circumstances life presents.

Kathy Roberts, Senior Services Coordinator, his supervisor for over eight years, described Ralph as, "...going beyond the call of duty and doing it all. He has even been honored to serve as a pallbearer for former clients."

Ralph has always practiced what he preached - caring for his senior clients while still checking in on his own elderly parents. He has extended kindness and compassion to others just as if he was aiding his own family. **Thank you for your valuable service, Ralph - we're really gonna miss ya!**

How can we ever forget the time when he intended to discharge a senior client to a skilled care facility, but managed to sign himself up for nursing home care?
