



# Senior Viewpoint

gwinnettcounty senior services



"There's No Place Like Home!"

December 2009

## Partnership for Weatherization Assistance



**Partnership for Community Action's** weatherization department offers 'whole house' energy conservation services to income-eligible individuals living in Gwinnett County. Funded by the Georgia Environmental Facilities Authority, Atlanta Gas Light, Georgia Natural Gas and Georgia Power, complete weatherization services are provided. If you receive Supplemental Security Income or Aid to Families with Dependent Children, you are automatically eligible to receive weatherization services. Preference might also be given to: people over 60; families with one or more members with a disability; or families with children. Services provided to qualifying clients include:

- Testing of all gas appliances to ensure safe operation
  - Repair or replacement of gas appliance and/or refrigerator units, if required, with energy efficient units
  - Significant improvements such as attic and wall insulation, weather-stripping and air sealing measures are done to help low-income households stretch limited resources by reducing energy costs
- A full assessment is done to determine the energy improvements needed for each home. Additionally, over one-half of our funding goes toward services for the elderly and disabled. For additional information or how to apply for Partnership for Community Action's weatherization services please call (404)929-2451 or (404)929-2452.

Partnership for Community Action service locations and times:

### PCA, Inc.

6090 McDonough Drive  
Suite M&N  
Norcross, GA 30093  
(678) 291-0860  
Monday – Friday, 9am – 4pm  
*By appointment only.*

### Centerville Community Center

3025 Bethany Church Road  
Snellville, GA 30039  
(404) 929-2451 or (404) 929-2452  
Monday – Wednesday, 9am – 4pm  
*By appointment only.*

### Liberian Association of Metro Atlanta

World Fellowship Church  
3641 McGinnis Park Drive  
Suwanee, GA 30024  
(678) 714-2871  
Monday – Friday, 9am – 4pm

### Buford Human Services Center

2755 Sawnee Avenue  
Buford, GA 30518  
(404) 929-2451 or (404) 929-2452  
Tuesdays & Fridays, 8am – 2pm  
*First 40 will served each day.*

### Cathedral De Fe

675 Buford Drive  
Lawrenceville, GA 30045  
(770) 962-9624  
Monday - Friday, 9am – 4pm



## Holiday Health Tips – By Pat Milhous, Nutrition Services Coordinator

With several major holidays around the corner, here are some special tips to help you through the season and keep you in good health.

### Avoid Stress

Eating as a result of stress is common for many people. If the rush of holidays finds you eating to cope with stress, pause and figure out why. Write down what you are eating, how it tastes, and most importantly, how hungry you are. If you start noticing your answer frequently is “not hungry at all,” you may be eating in response to stress.

Keeping a journal can be an effective way to track how you feel along with what and why you are eating. Over

time, you may begin to recognize behavior patterns and be able to deal with stress without food.

### Don't Let Exercise Take a Holiday

Facing the bounty of food that often comes with the holiday season, are you worried you'll put on pounds? Don't be. You can balance your calories and still eat your holiday favorites.

Most importantly, don't let your exercise program take a holiday. The hustle and bustle of the holiday season may make it hard to stick to

your activity routine, but always make some exercise a priority. A great option is walking, indoors or out.

Aim for at least 30 minutes of exercise most days of the week. If you don't currently have a routine, there is no time like the present to get started, and you'll burn extra calories instead of storing them.

*Adapted from the American Dietetic Association Daily Nutrition Tip: Don't Let Exercise Take a Holiday, and Avoid Stress During the Holidays.*

## Kicking the Holiday Blues – By Julie Lucas, Buford Health & Human Services Center

Not everyone feels like saying ‘ho, ho, ho’ when the holidays arrive. For some, the holidays can be a time of loneliness, a time filled with somber memories of loved ones who have passed on, or a time of overwhelming stress and anxiety, also known as the ‘holiday blues.’ Here are some strategies to help you kick the holiday blues:

- Share time with a friend
- Accept all feelings as normal and talk about them with family and friends
- Traditions are beneficial, but it's okay to add new ones or eliminate some old ones
- Eat properly, get plenty of rest, drink plenty of water and get some exercise
- Avoid unrealistic expectations of the holidays – look for those special, simple moments
- Do something to help others in need
- Plan something special (e.g. go to a Christmas program; drive around to view holiday light displays; watch a holiday movie)
- If you need help, ask for it – call a trusting friend
- Give yourself permission to be human – when sad accept that ‘this too shall pass’
- Pamper yourself in some way (e.g. get a back massage; play golf; or buy a gift for yourself)
- Mend a quarrel with a friend – embrace the season of love, forgiveness and gratitude

Try to experience the true meaning of the holidays – thankfulness, forgiveness, sharing, and a celebration of faith, hope and love. That is a way to beat the holiday blues!

*Adapted from “The Outlook” is a quarterly publication of the Lexington County Community Mental Health Center.*

## Gwinnett County 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

