



**gwinnettcounty**  
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## senior services staff

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## the senior viewpoint

The Senior Viewpoint is the monthly publication of Gwinnett County Senior Services. For newsletter questions and comments, call (770) 822-8774.

to:



## Lawrenceville Senior Center Trip to Mansion

A group of clients from the Lawrenceville Senior Center enjoyed a tour of the Georgia Governor's mansion on Saturday, December 9, 2006. They were greeted by staff members who guided them through the tour. The mansion was decorated with beautiful lights, Christmas trees, flowers, and other lovely holiday decorations.

The tour began with a group of students playing Christmas music as guests walked through admiring

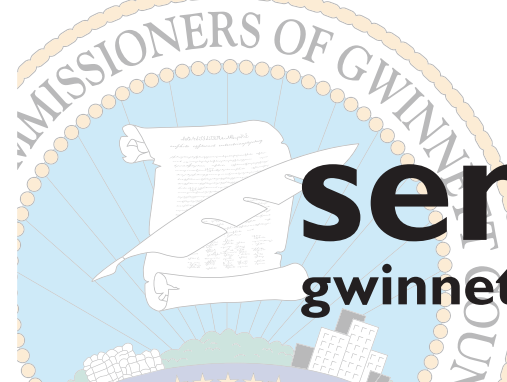
the beautiful decorations as well as the mansion itself. The group then moved to a different floor where a second group of students played music as guests enjoyed refreshments.

The group did not get to visit with Governor Perdue, but everybody agreed the trip was well worthwhile. It was nice to be able to see the Governor's home during the holidays and enjoy all the festivities that went along with it.

*Submitted by Lesha Thomas, LSC*



Photo: (l-r, front) Virginia Risher, Etta Willis, Frances Lelan, Eva Ennis, and Indira Shankar  
(l-r, back) Lesha Thomas, Karen Kregle, Doug Kregle, Phyllis Forde, Erik Olsen, and Gretha Pickett



january 2007

## AgeWise Connection

### 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

## contents



2 • important  
information



2 • program  
income



3 • health and  
nutrition



4 • profile



## Stay Safe and Warm in Cold Weather!

If you are like most older people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat faster than when they were young. A big chill can turn into a dangerous problem before you know what's happening. Doctors call this serious problem **hypothermia**.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Hypothermia is what happens when your body temperature gets very low.

### Tips on staying warm and safe:

- Set your heat at 68 degrees or higher
- To save on heating bills, close off rooms you are not using
- Wear long johns under your clothes
- Wear socks and slippers and keep a blanket handy
- If you must go outside, dress in loose layers of clothes and be sure to wear a hat, scarf, and gloves
- Stay inside if it is especially windy
- Talk to your doctor about any health problems and medicines that can make hypothermia a special problem for you
- Find safe ways to stay active
- Have a friend or relative check on you in very cold weather.

### Signs of hypothermia:

- Cold feet and hands
- Puffy or swollen face
- Pale skin and shivering
- Slower than normal speech
- Acting sleepy
- Being angry or confused
- Moving slowly, having trouble walking, or being clumsy
- Slow heartbeat and slow breathing

### What to do until help arrives?

- Call 911
- Wrap up in warm blanket
- Do not rub legs or arms
- Do not use warm bath or heating pad

*National Institute on Aging*

### Reminder:

If you need assistance with your home heating bills and are a resident of Gwinnett County, you may want to contact the Partnership for Community Action office. They are located at 656 Indian Trail Road, Suite 205, Lilburn, GA 30047. For additional information, please call **(770) 564-1702**.

### January Highlights

Jan. 01 – New Year's Day  
Jan. 15 – MLK, Jr. Day

Birthstone – Garnet  
Flower – Carnation



## Important Information

Sixty Plus Older Adult Services and the Georgia Chapter of the Alzheimer's Association Presents:

### Program: What About Driving?

Whose responsibility is it to evaluate the driving ability of an older adult?

**Wednesday, February 7, 2007**

**1:00pm – 3:00pm**

#### Location:

The Cathedral of St. Philip  
2964 Peachtree Road, Atlanta, GA  
Registration is required. To register, please call **1 (866) 900-4321**.

For further information, call Sixty Plus Older Adult Services at (404) 605-3867. This program is for older adults, caregivers, family members, and professionals working with older adults. We will discuss driving issues, warning signals, future trends, and community resources.

## Program Income

Congregate	\$1,385.50
Home Delivered Meals	\$ 175.00
In-Home Services	\$ 235.00
Transportation	\$ 1,541.00

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 www.ssa.gov	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) 657-7544
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 new website address is [www.gwinnettseniorservices.com](http://www.gwinnettseniorservices.com). To contact via e-mail write to [askgwinnettseniorservices@gwinnettcountry.com](mailto:askgwinnettseniorservices@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

### Body Weight in Older People

No matter what you weigh, it is important to consume vegetables, fruits, whole grains, low-fat dairy products, and lean meats or other proteins **and** to be physically active everyday. If you are underweight, talk with your doctor about gaining weight. If you are overweight or obese, talk with your doctor about the possible health benefits of losing weight – even losing 5% to 10% of your body weight may improve your health.

Weight Category	Body Mass Index	Talk with Doctor
<b>Underweight</b>	Less than 18.5	Underweight can increase risk of illness and death. Increasing food intake can help you gain weight.
<b>Normal weight</b> Examples: 5' 2"	18.5 to less than 25	Keep your weight in this range by making healthy food choices and being physically active every day.
	104-131 lbs.	
	121-153 lbs.	
<b>Overweight</b> Examples: 5' 2"	25 to less than 30	Weight-loss may be most beneficial to those who have diabetes, high blood pressure, or other health problems.
	136-158 lbs.	
	159-185 lbs.	
<b>Obese</b> Examples: 5' 2"	30 or more	A medically-supervised weight loss program that improves healthy food choices and promotes physical activity is important for good health.
	164-218 lbs.	
	191-255 lbs.	

*Adapted from Dept of Foods and Nutrition, UGA*

### “In Touch” Plan

In the event of an emergency or disaster, how will you know that your older loved one is okay? You never know when a crisis may hit home. Beyond natural disasters, older adults may face a more personal and immediate crisis that requires an emergency response. As families get together for the holidays, this provides a good opportunity to discuss how to handle critical events with older family members. The Eldercare Locator, a nationwide service funded by the U.S. Administration on Aging to link older adults and their families to local aging services, provide the following suggestions.

#### The “IN TOUCH” Plan Overview

- Identify potential emergency situations
- Note community resources
- Talk about individual circumstances
- Outline your plan in writing
- Update as situations change
- Communicate regularly and test
- Have peace of mind

#### Keep in mind . . .

- Many older adults today are living healthy, independent lives. Yet, sometimes they might need some assistance.
- Age-related characteristics, such as delayed response time, reduced ability to see or hear, and difficulty reading very small print, can affect an older person's perception and reaction.
- Physical or mental impairments can limit a person's ability to respond quickly or seek help in an emergency.
- Limited financial resources may impact a person's ability to maintain a safe environment or adequately prepare for natural disasters or other emergency situations.