

senior viewpoint





gwinnettcounty senior services



"There's No Place Like Home"

January 2009

Contents

-  2 • Important Information
-  2 • Program Income
-  3 • Health & Nutrition
-  4 • Profile

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



Service and Sharing for Seniors Never Stop



It was weeks before Christmas and all through the County, volunteers were busy working to gather charitable bounty. They repaired roofs and plumbing fixtures with the greatest of ease, and delivered meals and gift baskets to seniors in need. They collected food and warm blankets for the young and old, and were bound and determined to make sure that Gwinnett County seniors would not be hungry or cold.

A special tip of the broom and shovel to the *Dirty Dozens* home repair volunteers from Sugarloaf UMC, Hamilton Mill UMC, 12 Stone Church, McKendree UMC, and Home Repair Ministries.

The Girl Scouts of Greater Atlanta and the Ismaili Muslim Community Golden Club seniors collected items and prepared holiday gifts for our seniors. Safeco Insurance also continued their 22-year holiday tradition of providing a grant to purchase food, package boxes, and deliver to at-home seniors. Likewise, Ricoh Electronics, Inc. employees continued a long-standing holiday gift-giving program. The Buford-North Gwinnett Rotary Club managed to stand in for Santa and the elves at the Buford Senior Center.

Finally, the unprecedented love and support that has been shared with four local grandfamilies (grandparents or older relatives raising youngsters) is heartwarming and relevant. Our volunteers have repaired their homes, provided food and gifts for the grand or great-grandchildren, and even provided a home environment for a three-generation family preparing to live in their car. Service and sharing for seniors never stop!



(l-r) Safeco employees Chris Fitzpatrick, Marlena Pool, and Ingrid Jackson unload goodies for the 22nd annual Safeco gift box project for seniors.

January Highlights

- January 1 – New Year's Day
- January 19 – Dr. M.L. King, Jr. holiday
-
- Birthstone – Garnet
- Flower – Carnation





Important Info

2009 Vehicle Emissions – Senior Exemption

If you are age 65 or older and are a registered owner of a vehicle 10 years old or older, and if you drive less than 5,000 miles per year, you may be eligible for a senior exemption. Apply by completing a Senior Exemption Application, available at any Gwinnett County Tag Office, a Georgia Clean Air Force Waiver Center, or visit www.cleanairforce.com.

'New & Improved' RSVP Volunteer Program

Prospective volunteers ages 55+ are encouraged to apply to become RSVP volunteers to serve throughout Gwinnett County in the following impact areas:

- Disaster preparedness
- Information about senior issues
- Assisting with health and well-being
- Home repair

Please contact the Atlanta RSVP office at (404) 463-3119 or e-mail volunteer@atlantaregional.com. A limited number of opportunity slots are available.

Program Income



Congregate	\$1361.06
Home Delivered Meals	\$ 290.00
In-Home Services	\$ 140.00
Transportation	\$2053.50

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.



Profile

Miss Ruth Says, "Class Dismissed!"



Miss Ruth Moseley

Ruth Moseley just turned 94 years young on December 24. Happy birthday, young lady! Miss Ruth has been leading exercise sessions at various senior centers and nursing homes for over 18 years and has been a faithful instructor at the Lawrenceville Senior Center for many years. She always informs our staff that Tuesday mornings from 10:00am to 11:00am are for exercise class, and asks that we not plan anything else during 'her time'.

Our seniors love Ruth's class. They come from the north, south, east, and west, waiting to walk the mile around the dining hall and participate in any stretch or sit down exercise that she might have planned.

This year, Miss Ruth has asked that we not schedule any dates for 2009. She claims she is slowing down and wants to take a break. As difficult as it may seem to our staff and the seniors, we have to respect her wishes. We will miss seeing her smiling face and cheering voice on Tuesday mornings and we hope that she will visit whenever possible. She knows we will always leave space for her on the calendar.

Ruth Moseley, we love you and wish you the best in the future.

Lawrenceville Senior Center staff and seniors

Caregiver's Corner

During this holiday season, many people will visit their aging parents, sometimes seeing them for the first time in several months or longer. Holiday visits with aging parents provide a good opportunity for adult children to evaluate and observe how their parents are doing. It's an ideal time to talk to them about their health and to find out their wishes for when they need assistance or can't care for themselves.

Warning signs that help may be needed:

- Your parent is unsteady while standing or is bruised from a fall
- Your parent looks thin and unhealthy
- Your parent is depressed. Changes in physical health and level of independence may lead to less social activity, anger, and depression.
- Your parent has difficulty remembering major events
- Your parent has difficulty keeping track of medications and medical appointments

If any of these warning signs apply to your parent, you should begin to gather certain information for planning for their care.

Adapted from http://www.extension.org/pages/Support_for_Caregivers



Health & Nutrition

Stay Warm This Winter

Beating the cold is more than enjoying a hot cup of cocoa, it could just save your life.

What is a low body temperature?

Measured with an oral thermometer, a body temperature colder than 95 degrees can be dangerous for older adults. A body temperature this low can cause circulatory, respiratory, and nervous system to slow down and may cause health problems such as heart attack, kidney problems, liver damage, or worse.

Can medicines lower my temperature?

Yes. Some medicines used by older people can lower body temperature. This includes medicines you get from your doctor as well as those you buy over-the-counter. Talk to your doctor before you stop taking any medicine.

Are older people more vulnerable to hypothermia?

As we grow older, fat layers that protect us from cold begin to thin. This increases your risk of skin injury and reduces your ability to maintain body temperature. Because you have less natural insulation, hypothermia can result in cold weather.



What are some cold weather tips?

1. Wear adequate clothing. Always wear a hat and gloves since ears and fingertips as well as noses are extremely susceptible to cold.
2. Consume hot and easily digestible food and beverages with higher calories, such as hot milk, soups, noodles and rice. Remember, alcohol actually lowers your body temperature, so avoid alcoholic beverages.
3. Drink lots of liquids to prevent dehydration. This is more of a problem than most realize.
5. A humidifier will help reduce the lack of moisture in the air which causes chapped lips and dry skin.
6. Remain indoors or in places with lots of sunlight. Continue with your usual daily activities but try to include more exercise to generate heat.

One Hundred Calories!

New Year's resolutions often involve one half-baked plan to get back into shape. When that plan fails, we think, "there's always next year ..." If your plan for the year involves losing weight, aim for one hundred calories a day.

When you think about weight loss, you probably think of dramatic dieting schemes. Reality is a simple 100 calories a day can make the difference in weight gain or loss. Here are some easy ways to cut 100 calories per day:

- Put mustard instead of mayo on a sandwich
- Use "light" or fat-free salad dressing instead of regular
- Substitute canadian bacon for regular bacon
- Order thin crust pizza instead of pan pizza
- Drink your coffee 'skinny' – with skim milk instead of cream
- Use a smaller bowl for your morning cereal
- Drink water instead of soda
- Skip the butter or margarine on veggies and breads

Burn 100 calories with these activities:

- Set your alarm 15 minutes earlier and go out for a morning walk
- Stand up and walk around while on the phone
- Take a 15-minute walk break during the day

Adapted from "A Hundred Measly Calories" and "A Simple 100 Calories a Day Can Be the Difference in Weight Maintenance Versus Gain or Loss", Daily Nutrition Tip, American Dietetic Association.

Senior Services Staff

theseniorviewpoint

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

Social Services Coordinator
Diane Evans
678.377.4157

Volunteer Services Coordinator
Gary Galloway
770.822.8837

Graphic Designer
Shawn Valadez
Shawn.Valadez@GwinnettCounty.com

In-Home Services Coordinator
Kathy Roberts, RN
770.822.8886

Nutrition Services Coordinator
Pat Millhous, RD
Pat.Millhous@GwinnettCounty.com

Health Services Coordinator
Arlene Williams, RN
Arlene.Williams@GwinnettCounty.com

Senior Services Manager
Linda Bailey
Linda.Bailey@GwinnettCounty.com

Center Operations Coordinator
Tim Morris
Tim.Morris@GwinnettCounty.com

Meals On Wheels Coordinator
Marilyn Sessions
Marilyn.Sessions@GwinnettCounty.com

Community Services
75 Langley Drive
Lawrenceville, GA 30045-6900



to:



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	1-(800) 772-1213
Health Departments:	
Lawrenceville	(770) 963-6136
Buford	(770) 614-2401
Norcross	(770) 638-5700
GeorgiaCares (Health Insurance info)	(404) 463-3350

Voter Registration	(678) 226-7210
Senior Auto Emissions Waiver	(770) 822-8818
Senior Elder Abuse	(404) 657-5250
Senior Information & 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 and 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:	
Homemaking Services	(678) 377-4150
Meals on Wheels	(678) 377-4150
Senior Transportation	(678) 377-4150

If you want to help with:	
Donations	(770) 822-8775
Volunteering	(770) 822-8837