



# senior viewpoint

gwinnett county senior services



october, 2007

**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

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## The Better You See, The Better You Will Be

### Vision Screening



The Lawrenceville Lions Club is going to conduct a vision screening clinic for seniors at the Lawrenceville Senior Center on Friday,

**October 5 from 9:30 am to 11:30 am.** The Lions Club is dedicated to preserving or correcting sight. They want seniors to be able to read their mail and see where they are going. Poor vision is a leading cause of household accidents and falls, so the better you can see, the less likely you are to suffer injury from tripping or falling.

As part of the Great Days of Service project, Dr. Mark Haygood, a local ophthalmologist, will discuss what you can do to protect or enhance your eyesight. Participants are encouraged to donate any old eyeglasses so that the Lions Club can recondition and distribute them to those in need.

“Lions across the world focus on eye health issues, and so this is a great opportunity for our club to meet this international goal on a local level,” stated Lion President Bill Phyfer, long time member of the Lawrenceville Club, at a local club meeting.

Matching local needs with local solutions is a goal that both the Lions and Gwinnett Senior Services share. Through collaboration, they were able to create this unique event and begin brainstorming for additional



health-focused events in the future months. Lion Pete Stamsen shares, “This could be the start of a series of events to provide for senior citizens right here in our community – that’s exciting to our club.”

The Lawrenceville Lions Club will hold an afternoon clinic open to the public on October 5, 2007 from 2 pm to 4 pm at the Lawrenceville Senior Center. For information call (770) 822-5180.



## Lions Clubs International

### October Highlights

October 5 – Vision Screening  
October 8 – Columbus Day  
October 31 – Halloween

Birthstone – Opal  
Flower – Cosmos



## 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. Applications for seniors (ages 60+) will be taken at the following locations:

**Gwinnett County PCA, Inc.**  
656 Indian Trail Rd., Suite 205  
Lilburn GA 30047  
Mon - Fri, 9am - 3pm

**Buford Human Services Center**  
2755 Sawnee Avenue  
Buford, GA 30518  
Tues & Fri, 9am - 3pm

**Concord Center**  
405 W. Pike St., Suite B  
Lawrenceville, GA 30045  
Mon, 9am - 2pm

**Norcross Coop**  
2275 Mitchell Rd.  
Norcross, GA 30071  
Thurs, 9am - 3pm

For information, call (770) 564-1702  
or 1(800) 832-9249.

## Program Income

|                      |           |
|----------------------|-----------|
| Congregate           | \$1771.35 |
| Home Delivered Meals | \$ 323.00 |
| In-Home Services     | \$ 262.00 |
| Transportation       | \$2306.21 |

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<br>www.ssa.gov      | 1-(800) 772-1213 |
| Health Departments:                            |                  |
| Lawrenceville                                  | (770) 963-6136   |
| Buford   | (770) 614-2401   |
| Norcross                                       | (770) 638-5700   |
| GeorgiaCares<br>(Health Insurance Information) | (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](http://www.gwinnettseniorservices.com). To contact via e-mail write to [adrienne.noble@gwinnettcountry.com](mailto:adrienne.noble@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

### Fruits and Vegetables

“Eat your fruits and vegetables” is one of the tried and true recommendations for a healthy diet. And for good reason. Eating plenty of fruits and vegetables can help you ward off heart disease and stroke, control blood pressure and cholesterol, prevent some types of cancer, avoid a painful intestinal ailment called diverticulitis, and guard against cataract and macular degeneration,

two common causes of vision loss.

Fruits and vegetables are clearly an important part of a good diet. Almost everyone can benefit from eating more of them, but variety is as important as quantity. No single fruit or vegetable provides all of the nutrients you need to be healthy. The key lies in the variety of different fruits and vegetables that you eat. Try to eat more fruits and vegetables. Choose a variety of different fruits

and vegetables. It's easy to get into a rut when it comes to the food you eat. Break out and try a wider variety - include dark-green, leafy vegetables; yellow, orange, and red fruits and vegetables; cooked tomatoes; and citrus fruits.

*Adapted from: School of Public Health*



### Blood Pressure

A blood pressure screening tells us how hard the heart is working to move blood through the body and how much pressure is being forced against the artery walls. High blood pressure (or hypertension) overworks the heart while also causing hardening of the arteries. A blood pressure reading appears as two numbers. The first and

higher of the two is a measure of systolic pressure, or the pressure in the arteries when the heart beats and fills them with blood. The second number measures diastolic pressure, or the pressure in the arteries when the heart rests between beats. A healthy, normal level blood pressure is under 120 over 80 for adults, while readings closer to 140 over 90 and above indicate hypertension. If untreated, the result

can lead to stroke or heart attack. Damage to the brain, eyes and kidneys can also occur.

Visit [www.ghi.com](http://www.ghi.com) to learn more about high blood pressure, suggested lifestyle changes and treatments, and helpful tips to prevent hypertension.

*Submitted by Arlene Williams, RN  
Adapted from GHI Health Wise*

### Flu Complications

Complications of the flu can include: bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions such as congestive heart failure, asthma, or diabetes.

#### Flu Shots - Lawrenceville Senior Center

All seniors should plan to get a flu shot this fall unless advised not to by their physicians. The flu season is just around the corner, and many seniors with certain health conditions are at high risk for serious flu complications. Flu shots for seniors will be available for \$20 (free with Medicare or Medicaid card) from **10 am to 1 pm on Thursday, October 4**. Pneumonia and tetanus shots will also be available for \$14.75. All seniors intending to get these flu vaccines must call **(770) 822-5180** in advance. Also, please note that supplies are limited.

### Medicare Materials



Seniors are advised to be on the lookout for some important information from Medicare that should be in the mail this month. The *2008 Medicare Handbook* will also have the latest about the November 15 beginning of open season for the Medicare Part D prescription drug program.



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

www.gwinnettseniorservices.com

## senior services staff

Human Services Manager

Linda Bailey

[linda.bailey@gwinnettcountry.com](mailto:linda.bailey@gwinnettcountry.com)

Center Operations Coordinator

Tim Morris

In-Home Services Coordinator

Kathy Roberts, RN

Nutrition Services Coordinator

Pat Milhous, RD

Health Services Coordinator

Arlene Williams, RN

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.

to:



## Profile: Who Am I - A Friend Indeed

**Q:** Most of our seniors have never met me but I am one of their “best friends.” I do not work in any of the senior centers or for Gwinnett Senior Services, but I work very hard for all our seniors as well as my own seniors. I don’t deliver Meals on Wheels but try very hard to make sure that we always raise enough money to prepare all the meals our seniors need. Who am I?

**A:** Think about the clues. If I don’t actually work for Gwinnett County and I am not somebody who does something at any of the centers, do you think that maybe I could be a volunteer? Wow, what a great start. Now, what about being one of their “best friends?” Maybe I should say one of the **Friends** of Gwinnett County Senior Services. Finally, if I have my own seniors (more than 270 residents), do you think that maybe I could be associated with one of the local senior retirement communities?

Y’all are too smart - you figured out that I am **Jennifer Thilo**, the president of the Friends of Gwinnett County Senior Services. When I’m not out trying to raise funds to help support programs for seniors, I work as the

Executive Director of Delmar Gardens of Gwinnett in Lawrenceville. We really do have more than 270 senior residents in our retirement living, assisted living, and skilled nursing units. Working with seniors brings tremendous satisfaction because I am able to assist those who need it most.

I have been on the board of the Friends of Gwinnett County Senior Services, the non-profit organization that privately helps, since 2001 and I am serving my second term as president. The demands for service have never been greater.

*Working with seniors brings tremendous satisfaction because I am able to assist those who need it most.*

**Jennifer Thilo**



*Jennifer Thilo welcoming guests to the Silent Auction at Delmar Gardens of Gwinnett*