

THE COMMUNITY ADVOCATE

JOHNSON FERRY EAST

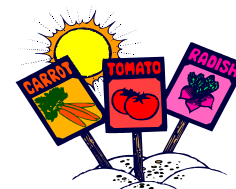


Johnson Ferry East Apartments
2248 Johnson Ferry Road, Atlanta, Georgia 30319
(404) 270-2581 Office and 678-991-0139 Emergency Number

MAY
2007

Five Tips For Building A Raised Bed Garden

- ◆ Choose the right location
- ◆ Choose the right materials
- ◆ Consider the shape and size
- ◆ Choose The Right Soil
- ◆ Keep it Simple



Step 1. Garden Location:

Selecting the proper site for your garden consists of light, drainage, soil and nutrients. Maximum light = maximum growth. Pick a location that gets 6-8 hours full sunlight daily. Better drainage = less wet feet for your garden plants. Grade with a gentle slope & bow. Raised beds = better and easier soil preparation. Mark out your area and install timbers.

Step 2. Choosing Plants and Design:

Prepare an inventory of plants you wish to grow, divide your plant list by cold and warm season plants, determine when it's safe to plant each crop, which plants co-exist together by height, compatibility & soil requirements and sun/shade tolerance. Draw a design.

Step 3. Purchasing Plants:

Allow plants space to grow whether planted from seeds or transplants. Determine how many plants per sq. ft. you'll need. Determine which crops grow best from transplants: tomatoes, peppers, eggplants, cabbages, collards, broccoli, brussels sprouts; and crops best grown from direct seeds: carrots, beets, cucumber, squash, melon, beans, corn.

Step 4. Amending your soil:

The goal in amending garden soil is to achieve a loose, fertile, well-drained, humus soil. First get rid of the weeds. To reduce the potential of weeds in a new bed, strip out and remove existing grass. Or cover the grass with landscape fabric or 5 layers of newspaper (bottom of bed). The landscape fabric or paper will inhibit the emergence of the existing grass up to the plants. Do this BEFORE adding any topsoil or amendments of organic matter, sand and fertilizer. To loosen garden soil in a freestanding garden, add organic matter (sphagnum peat moss and/or well-rotted compost) and create a soil that when squeezed into a ball it crumbles when broken. Start by laying a 2-inch thick layer of organic material over the garden soil and work it into the soil to at least an 8-inch depth by mixing it up with a spade shovel. A sticky garden soil indicates high content of clay particles or poor drainage, add coarse sand or perlite to improve drainage. A soil that will not hold together indicates too much sand and inability to hold adequate water, add organic matter (peat moss or compost). The garden soil should be a mixture of topsoil, organic matter and coarse sand or perlite at a ratio of 3 parts soil: 3 parts organic matter: 1 part sand or perlite. This makes an evenly drained soil with nutrient holding capacity. If you have no topsoil, purchase a bag of screened topsoil from your home / garden center.

Step 5. Take advantage of every square inch of space:

Before planting, learn the relationship of plants & their needs. See charts by Frame It All:

Timbers / Supplies: <http://www.frameitall.com>

General Plant Info: http://www.frameitall.com/documents/general_garden_info.pdf

Plant Friends / Enemies: http://www.frameitall.com/documents/friends_and_enemies.pdf



The Advocate is published monthly with news for the Johnson Ferry residents by the HADC Compliance Department. Residents or clubs are invited to submit short "announcements" and/or pictures from activities held. Please submit to your property manager and we will publish (depending on space) in the next available newsletter.



RESOURCE NUMBERS

Lou Walker Senior Center 770-322-2900

DeKalb Senior Link Line 770-322-2950

Friends of Disabled Adults & Children
770-491-9014

Oakhurst Medical Center 404-298-8998

CVS Pharmacy 404-216-8605

Poison Control 404-616-9000

Police ~ Fire ~ Ambulance 911



Non-emergency Police 404-294-2323

United Way 211

HADC Central Office 404-270-2500

HADC website www.dekalbhousing.org

FREE DeKalb County Prescription Discount Card

No forms or enrollment fee ~ Any age ~
Begin using it immediately ~ No restrictions
or limits on how often you use it. This plan is
not an insurance plan but a joint effort of
DeKalb County and the National
Association of Counties (NACo). Available
at participating pharmacies and savings
may vary by drug type.

Pick up a card at any HADC office
call 877-321-2652 for more info or
visit <https://naco.advancerx.com>

HEALTH CORNER



North DeKalb County Health Center 770 - 454 - 1144

Hours Monday - Friday 8:15 am - 4:00 pm

The Dekalb County Board of Health offers many
clinical and health services at the North Dekalb Health
Center located at 3807 Clairmont Road.

Services:

- **Adult primary care** (by appointment)
- **Blood test for marriage**
- **Breast and Cervical Cancer screening**
- **Family Planning services**
- **Hearing and Vision screening**
- **HIV testing and counseling**
- **Immunization for travel**
- **Mammogram referral**
- **Medicaid enrollment (available)**
- **Obstetric services** (by appointment)
- **Post partum exams**
- **Pregnancy test**
- **Prenatal care**
- **Sexually transmitted disease tests/treatment**
- **Tuberculosis services**
- **Dental services** (by appt. **770-454-1144** x 2014)

NEW EXERCISE CLASSES

Come join a new exercise activity in collaboration
with the Senior Connections "THERABAND" exercise
classes. **Every 3rd & 5th Tuesday of each month**
starting May 8 at the JFE. See back calendar for
times. If you are interested in participating, stop by
or contact Mrs. Green at **404-270-2579**

Decatur/DeKalb YMCA Instructor Janice Mathews

BOOKNOOK CORNER



Chamblee Branch

4115 Clairmont Rd, Chamblee, GA 30341

Hours: 10 am - 8 pm Monday - Thursday

10 am - 5 pm Friday - Saturday

1-5 pm Sunday

Phone: 770-936-1380

*Library cards are FREE to Dekalb County
residents – Visit your branch today!*

www.dekalblibrary.org

DEKALB COUNTY PUBLIC LIBRARY

- a great place to go to keep your mind sharp

Here are some of the programs available:

- Large print books
- Free "mailbox" books (books mailed to your home)
- Services for people with disabilities
- Adult "Basic Education" program classes
- Free "English as a Second Language" (ESL) classes
- Free "U.S. Citizenship" classes
- Computer classes (Internet, MS Word)
- Test preparation (GED, ASVAB, & many others)
- Free "Small Business" resource center & materials
- Free "Vacation Reading" program for children

A Message from Property Management

West Nile Virus

As the warmer weather has arrived, mosquitoes will begin to come out. Consider these health tips on West Nile Virus. The bite of an infected mosquito is most harmful to the very young and elderly persons. Their immune system is weak or has been compromised by illness. Here are some tips on how we can protect all individuals from this disease:

- Do not allow standing water to remain. Empty and dispose of any containers, birdbaths, buckets, tires, or flowerpots, etc.
- Report to management any dead birds or other animals found on the property. Let's work diligently to make sure JFE is not a "Feed & Breed" place for mosquitoes.

Vacate Notices

When you plan to move whether your reason is to relocate or simply move, please stop by the office to complete a vacate notice as soon as possible. It's the responsibility of the resident to notify management that you are planning to move. Vacate notices must be placed (30) days in advance of your move. This notice is very important and can make all the difference in processing your move-out in a timely manner. "Let's help each other."

Recertification Appointments

When you receive your appointment letter to come into the management office for your recertification, please make sure to bring all the information requested. If you are unable to come into the office on the date and time assigned, please call the management office at 404-270-2581 and re-schedule your appointment. Residents who are planning to move due to relocation, it's very important that you, **too**, come into the rent office for your recertification appointment. **As long as you are a lease holder here at JFE, you must still attend your recertification appointment.**

Annual Inspection

During the month of May, management and/or maintenance will be entering apartments for the annual inspection of your apartment. You will be notified in advance of the date & time for your building and apartment to be entered. As always, you may choose to be present, however it not required. Thank you in advance for your continued cooperation.

Crime Prevention Reminders

Be sure to lock all windows and doors before leaving your home. Be alert to suspicious activity such as: individuals going into occupied apartments who are not on the resident's lease, individuals going into vacant apartments, individuals going door to door or looking into windows and doors, individuals looking in parked cars or individuals hanging around mailboxes or the mailroom. All suspicious persons or activities should be reported immediately to the police and then management.

HADC Resident Advisory Board (RAB)

RAB Meetings - Held the 1st Monday of each month at the HADC central office from 6-8 pm

Next meeting: Monday, May 7, 2007

Bus Pick-up Schedule:

Johnson Ferry East	4:00 pm
Hairston Lake	5:00 pm
Spring Chase	5:15 pm
Tobie Grant Manor	5:30 pm



May is Older Americans Month Schedule of Events





Mayors' Walk - Tuesday, May 1, 2007 at Grant Park

Pre-registration is required (\$10 fee)

Call Mrs. Green at 404-270-2579 to register

Transportation is being provided

Bus departs @ 9 am from the JFE office

The event includes timed and competitive one-mile and three-mile walks.

Awards are given to 1st, 2nd & 3rd place walkers

2007 Senior Olympics - May 14th - 22nd at Marcus Jewish Community Center and various locations & parks around metro Atlanta

Pre-registration is required

Call Mrs. Green at 404-270-2579 for schedule of events if you would like to attend

Senior Follies - May 24, 2007 at 10:30 am at Adamsville Recreation Center

Call Mrs. Green at 404-270-2579 for schedule of events if you would like to attend


Transportation will be provided (check at office)

Voter Registration

Monday, May 21, 2007 is the cut off date for "new registrations" or for "address change" to be eligible to vote in the June 19, 2007 Election.

MAY 2007

JOHNSON FERRY EAST COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Mayor's Walk 10 am - 1:30 pm Grant Park Bus p/u @ 9 am	2 YMCA Exercise Class @ 10 am Inspiration 2 pm	3 Shopping trip Bus p/u 9:30 am	4 Korean Inspirational 3 pm	5
6	7 YMCA Exercise Class @ 10 am RAB Meeting 6-8pm -bus p/u 4pm	8	9 YMCA Exercise Class @ 10 am Inspiration 2 pm	10 Shopping trip Bus p/u 9:30 am	11 Korean Inspirational 3 pm	12
13 Happy Mother's Day	14 YMCA Exercise Class @ 10 am	15 TheraBand Exercise Class @ 11 am	16 YMCA Exercise Class @ 10 am Inspiration 2 pm	17 Shopping trip Bus p/u 9:30 am	18 Korean Inspirational 3 pm	19
20	21 YMCA Exercise Class @ 10 am	22	23 YMCA Exercise Class @ 10 am Inspiration 2 pm	24 Shopping trip Bus p/u 9:30 am	25 Korean Inspirational 3 pm	26
27	28 OFFICE CLOSED 	29 TheraBand Exercise Class @ 10 am	30 YMCA Exercise Class @ 10 am	31 Shopping trip Bus p/u 9:30 am		