

THE SENIOR ADVOCATE

HAIRSTON LAKE



Hairston Lake Apartments
1023 N. Hairston Road, Stone Mountain, Georgia 30083
(404) 296-4116 Office and (770) 332-1857 Emergency Number

**JANUARY
2007**



Happy New Year!

A fresh new year to do all those things you didn't finish last year. Rather than making new year resolutions that will nag you all year, why not make a list of the people you'd like to spend more time with and plan events to do with them instead? Friendships are healthy. They make the heart grow fonder and keep your mind active. Enjoy!

The Advocate is published monthly with news for the Hairston Lake 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.

MARTIN LUTHER KING, JR. MONDAY, JANUARY 15TH

Embrace his dream, share his love, spread peace and celebrate freedom and tranquility. Dr. King's work and legacy reiterates the importance of remembering his teachings and principles for nonviolence and human rights. This is a day for community service initiatives & programs promoting interracial cooperation, not just a day off from school or work.

The King Center, located at 449 Auburn Avenue, NE Atlanta, will be abuzz with activities from January 1st - 15th honoring Martin Luther King, Jr. and celebrating his birthday. It is also open for tours and special events throughout the year. For more information call 404-526-8923.

Ebenezer Baptist Church is truly a historical landmark. Founded in 1886, both Martin Luther King Sr. and Jr. have given many powerful sermons at Ebenezer Baptist Church. Located at 407 Auburn Avenue, NE Atlanta, the Martin Luther King, Jr. Annual Commemorative Service will be held on Monday, January 15th at 10 a.m. For more information, call Barbara Harrison at 404-526-8911.



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

Walgreens Pharmacy 404-508-7166 24 hr
5320 Memorial Drive

CVS Pharmacy 404-292-0484 8am -10 pm
1140 N Hairston Rd

Poison Control 404-616-9000

Police ~ Fire ~ Ambulance 911

Non-emergency Police 404-294-2323

United Way 211



Happy Birthday to you!

Fred Durham I/I	Dorothy Hammond I/I
Uma Gupta I/I	Dorothy Cunningham I/3
Jaun Roman I/6	Altagracia Sanchez I/6
Irene Smith I/6	Ozzie White I/9
Claire Osborne I/13	Doris Cate I/I4
Wilbert Ellis I/I7	Helene Houze I/I7
Sally Hammond I/23	
Margaret Anderson I/27	
Geraldine Hines I/29	
Cyril Gordon I/31	
Sandra Wallace I/31	



HEALTH CORNER



East DeKalb County Health Center

770-484-2600

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

The DeKalb County Board of Health offers many clinical and health services at the East Dekalb Health Center located at 2277 South Stone Mountain-Lithonia Rd.

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 appointment **770-484-2623**)

EXERCISE CLASSES



Decatur/DeKalb YMCA
Exercise classes are held weekly to help
keep you strong and flexible!
- see calendar (back cover) for days & time

BOOKNOOK CORNER



Stone-Mountain-Sue Kellogg Branch

952 Leon St, Stone Mountain, GA 30083

Hours: 10 am - 8 pm Monday - Wednesday
10 am - 5 pm Thursday - Saturday

Phone: 770-413-2020

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
- Free English as a Second Language (ESL)
- 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

**Need help with prescription costs?
FREE DeKalb County
Prescription Discount Card**

**If you do not have Prescription Insurance,
drop by any HADC office to p/u a card**

No forms or enrollment fee - Any age -
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.

**Call 877-321-2652 / or visit
<https://naco.advancerx.com>**

HADC Resident Advisory Board (RAB)

RAB Meetings

Held the first Monday of each month at the HADC Central Office from 6 - 8:00 pm

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



When was the last time you visited the HADC web site?

Go to www.dekalbhousing.org



Some of the highlights include links to the new landlord & property listings, current news under resident resources and updates / info under the Johnson Ferry East Master Redevelopment Plan

IN CASE OF FIRE

What to do Get out of building first, then call 911 and the management office. Close doors behind you as you escape. Before opening door, test doorknob and spaces around the door with the back of your hand. If door is warm, do not open and try another escape route. If door is cool, open slowly and close door behind you to keep out smoke. In case of smoke, crawl keeping your head 1-2 feet above the floor where the air is the cleanest.

Fire escape plan Develop a fire-escape plan and make sure everyone in the family studies it. You should know at least 2 ways out of every room in your home to safely escape a fire. Hold home fire drills (especially in the evening since kids get disoriented in the dark) and practice often. Pick a meeting place outside of home in case of fire. Make sure everyone knows that once outside, stay out! Get out first, and then call 911 on mobile cell phone or neighbor's phone.

Smoke alarms Understand the need for working smoke alarms. Test it once a month and change battery once a year.

Smoking No one should ever smoke in bed. The safest place to smoke is outside. If people smoke in the house, have them sit near an open window, use a large deep ashtray placed on a flat surface (where it can't be tipped over) and dispose of ashes in a metal container.

FIRE SAFETY TIPS

The best way to stop a fire is to never let one start and since fire prevention is all of our responsibility, we invite you to join us in identifying fire hazards & safe objects in your home.

Outlets Be careful not to overload an outlet. Do not run an extension cord across the room for someone to trip over or pull down lamp or knock over electronics.

Appliances Unplug all electrical appliances when not in use. Shut off iron and put away after use. Turn off the dryer when you leave your home & empty lint tray after each use. Never put anything over a lamp, radiator or heater, such as clothes, blanket or towel that can burn.

Water Never put electrical appliances near water, especially a bathtub. Do not place fishbowls, candles or other liquids on top of TV or other electronics.

Candles Keep candles away from materials that can burn, such as towels and curtains. Don't leave them burning when no one is in the room and always put all candles out before going to sleep. Store matches away from children's reach and teach your children not to play with matches.

Stove The handles to pots should be turned toward the center of the stove so they can't be knocked off and keep lids nearby to smother flames in a pan, if necessary. Keep stove clean of grease. Store oven mitts a safe distance away from heat source and never hang them above the stove.

JANUARY 2007

HAIRSTON LAKE COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <div style="border: 1px solid black; background-color: #ffffcc; padding: 5px; text-align: center;"> OFFICE CLOSED New Year's Day </div>	2 Exercise class -11 am	3 Inspirational Class @ 11 am	4 Exercise class -11 am	5 To be announced	6
7	8 Bank -PO- Grocery @ 9 am Bread p/u 12 noon Walmart / shopping 1:30 pm	9 Walking @ 8:15 am (N Dekalb Mall) Exercise class -11 am	10 Inspirational Class @ 11 am	11 Exercise class -11 am Travel Club Meeting @ 2 pm	12 To be announced	13
14	15 <div style="border: 1px solid black; background-color: #ffffcc; padding: 5px; text-align: center;"> OFFICE CLOSED Martin Luther King, Jr. Observance </div>	16 Walking @ 8:15 am (N Dekalb Mall) Exercise class -11 am Resident Association Elections, Installation & Potluck meal @ 2 pm	17 Inspirational Class @ 11 am	18 HADC RAB Meeting from 9:30 - 11 am Exercise class -11 am	19 To be announced	20
21	22 Bank -PO- Grocery @ 9 am Bread p/u 12 noon Walmart / shopping 1:30 pm	23 Exercise class -11 am	24 Inspirational Class @ 11 am	25 Exercise class -11 am	26 To be announced	27
28	29 Bank -PO- Market @ 9 am Bread p/u 12 noon Walmart / Target @ 1:30 pm	30 Walking @ 8:15 am (N Dekalb Mall) Exercise class -11 am	31 Inspirational Class @ 11 am			