

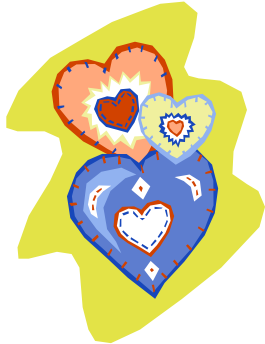
THE SENIOR ADVOCATE

SPRING CHASE II



Spring Chase II Apartments
4947 Memorial Drive, Stone Mountain, Georgia 30083
(404) 299-0532 Office and/or Emergency Number

**FEBRUARY
2007**



The Advocate is published monthly with news for the Spring Chase senior 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.

February is Black History Month

There is no way one can write about Atlanta's past, present, and future without including the many contributions African-Americans have made to this community, in everything from politics to the thriving music scene to professional sports.

Martin Luther King, Jr. a strong leader for civil rights and non-violence, King traveled over 6,000,000 miles and spoke over 2500 times, appearing wherever there was injustice, protest, and action. At the age of 35, Martin Luther King, Jr. was the youngest man to receive the Nobel Peace Prize.

Coretta Scott King, the wife of Martin Luther King, Jr. valiantly carried on his civil rights work for the rest of her life, founding the King Center in Atlanta. Four presidents came to honor her at her funeral in February 2006.

Maynard Jackson, Atlanta's first African American mayor served as Atlanta's mayor for 3 terms, enjoyed a great deal of popularity along with his share of enemies & controversy.

Edna Lewis, considered to be the "South's answer to Julia Child" and one of the finest chefs in America, lived right here in Decatur, GA.

Ray Charles, known as "the genius" excelled as a pianist and performer and was born in Albany, GA, always held a special place in his heart for the state. One of his biggest hits, "Georgia on my Mind" became the official state song in 1979.

James Brown, known as the "Godfather of Soul" lived in Augusta, GA and was considered to be one of the major influential figures of American music over the past century.

Hank Aaron, known as "Hammerin' Hank", became the all-time home run champion for the Major Leagues & the designated hitter with the Atlanta Braves Baseball Team from 1966-1974. He endured much criticism for breaking Babe Ruth's record and is the last Negro League player to play in the Major Leagues.



Congratulations to **Judy Turner** for being selected "Champion of the Week". As president and CEO of Decatur First Bank, providing so much time for the community is something Turner said she sees as a duty, not a chore. "Part of the purpose of a community bank is to be involved in the community," she said. It would be hard pressed to find someone more dedicated to voluntarily serve their local community. This Stone Mountain native has served on a number of good causes, such as past president of the Decatur Rotary Club and the DeKalb Chamber of Commerce; trustee for DeKalb Historian

Society; head of the Business and Professional Committee for DeKalb Medical Center; Decatur Education Foundation Board; Community Bankers Association Board; and Commissioner for the of the Housing Authority of DeKalb County.



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}

Poison Control 404-616-9000

Police ~ Fire ~ Ambulance 911

Non-emergency Police 404-294-2323

United Way 211



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.advancex.com>

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 S 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!

Call 404-377- 9622 for the latest schedule

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 classes
- Free English as a Second Language (ESL) class
- 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

You can fight the flu this year!



KROGER PHARMACY
965 N. Hairston Road
Stone Mountain, GA 30088
Pharmacy: 770-413-1931
Store: 770-413-3232

Flu Clinic Dates & Times:

Call Manju (pharmacist) for appointment prior to arrival.
Cost is \$25 or free with Medicare.

**Get your flu shots
at a store**

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 and 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 and/or pull down a lamp or electronics.

Appliances Unplug all electrical appliances when not in use. Shut off iron & 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 grandchildren not to play with matches.

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.

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.

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

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



For news and updates, visit the HADC website at www.dekalbhousing.org

Happy Valentine's Day!

There are varying opinions as to the origin of **Valentine's Day**. Some experts state that it originated from St. Valentine, a Roman who was martyred for refusing to give up Christianity. He died on February 14, 269 A.D. Legend also says that **St. Valentine** left a farewell note for the jailer's daughter, who had become his friend and signed it "from your Valentine". Gradually, February 14 became the date for exchanging love messages and St. Valentine became the **patron saint of lovers**. The date was marked by sending poems and simple gifts such as flowers. There was often a social gathering or a ball.

Now, every year on this day, people think about love but most importantly about friendship. Valentine's day is not just for lovers, it's a good day to remember all of the special people in our lives both young & old, family or friends, present or past. It's a great day to leave a friend a little note saying how much you appreciate them.

Here's a Valentine poem to share:

*Be with us in the circle of love,
even if by chance you are alone.
Greetings we hope your heart will move,
uniting our good wishes with your own.
Remember there are those who think of you,
vested in the will to be a friend.
As distant hills give depth to what we view,
let these words some grace to your day lend.
Each life is lived behind a sheltering veil,
not lifted but for love. Yet when we will,
a wind that shifts the rampart frail,
invading with sweet scent the spirit still.*

Author Unknown

JANUARY 2007

SPRING CHASE II COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Breakfast 7am-noon	2 Breakfast 7am-noon Resident & Manager Meeting @ 2 pm - 3rd floor	3
4	5 Breakfast 7am-noon Pest Control here Choir Rehearsal @ 5 pm Inspirational Class @ 6 pm - 3rd floor	6 Breakfast 7am-noon Kroger bus p/u 10 am HADC bus p/u to store @ 11:30 am	7 Breakfast 7am-noon	8 Breakfast 7am-noon Pot Luck @ 3 pm 2nd floor	9 Breakfast 7am-noon	10
11	12 Breakfast 7am-noon Pest Control here Choir Rehearsal @ 5 pm Inspirational Class @ 6 pm - 3rd floor	13 Breakfast 7am-noon HADC bus p/u to store @ 9 am	14 Breakfast 7am-noon	15 Breakfast 7am-noon	16 Breakfast 7am-noon	17
18	19 <div style="border: 1px solid black; background-color: #ffffcc; padding: 5px; text-align: center;">OFFICE CLOSED President's Day</div>	20 Breakfast 7am-noon Kroger bus p/u 10 am HADC bus p/u to store @ 11:30 am	21 Breakfast 7am-noon Birthday Celebration @ 2 pm - 3rd floor	22 Breakfast 7am-noon Black History Program bus p/u @ 12 pm to Hairston Lake Apts.	23 Breakfast 7am-noon	24
25	26 Breakfast 7am-noon Pest Control here Choir Rehearsal @ 5 pm Inspirational Class @ 6 pm - 3rd floor	27 Breakfast 7am-noon HADC bus p/u to store @ 9 am	28 Breakfast 7am-noon			