

# 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

**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 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.

## **MARTIN LUTHER KING JR. MONDAY, JANUARY 15<sup>TH</sup>**

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 1<sup>st</sup> - 15<sup>th</sup> 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 15<sup>th</sup> 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 <sup>24 hr</sup>

Poison Control 404-616-9000

Police ~ Fire ~ Ambulance 911

Non-emergency Police 404-294-2323

United Way 211



Please Note:

The **Mailman**

cannot deliver

your mail without your full address.

Please be sure to put your

**Apartment number** on all

your mail and tell your friends and family to write it on there, too.



## 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](http://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**

## 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



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

**If you do not have Prescription Insurance,  
please drop by any HADC office to pick up a 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.

**For info on this program call 877-321-2652  
or visit <https://naco.advancerx.com>**

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



Go to [www.dekalbhousing.org](http://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

## IN CASE OF FIRE

Get out of building first, then call 911 and 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 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. Watch for more info to come next month.

**Fire Escape Plan** Develop a fire-escape plan. You should know at least 2 ways out of every room in your home to safely escape a fire. Hold fire drills regularly. Pick a meeting place outside of building in case of fire. Once outside, stay out! Call 911 from mobile cell phone outside of the building.

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

Happy Birthday to the residents  
celebrating a birthday in  
December and January!

Please join us for  
ice-cream and cake on  
Wednesday, January 17th at 3 pm  
3rd floor atrium

# JANUARY 2007

## SPRING CHASE II COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <div style="border: 1px solid black; background-color: #ffffcc; padding: 5px; text-align: center;">                     OFFICE CLOSED New Year's Day                 </div>	<b>2</b> Breakfast 7am-noon	<b>3</b> Breakfast 7am-noon	<b>4</b> Breakfast 7am-noon	<b>5</b> Breakfast 7am-noon	<b>6</b>
<b>7</b>	<b>8</b> Breakfast 7am-noon Pest Control here  Choir Rehearsal @ 5pm  Inspirational Class @ 6 pm 3rd floor	<b>9</b> Breakfast 7am-noon  HADC bus p/u to store @ 10 am	<b>10</b> Breakfast 7am-noon	<b>11</b> Breakfast 7am-noon  Pot Luck @ 4 pm 2nd floor	<b>12</b> Breakfast 7am-noon	<b>13</b>
<b>14</b>	<b>15</b> <div style="border: 1px solid black; background-color: #ffffcc; padding: 5px; text-align: center;">                     OFFICE CLOSED Martin Luther King, Jr. Observance                 </div>	<b>16</b> Breakfast 7am-noon Kroger bus p/u 10 am HADC bus p/u to store @ 11:30am Choir trip to Rosemont Nursing Home - Bus p/u @ 11 am	<b>17</b> Breakfast 7am-noon  Birthday Party @ 3 pm - 3rd floor	<b>18</b> Breakfast 7am-noon	<b>19</b> Breakfast 7am-noon  Residents Meeting @ 3 pm - 3rd floor	<b>20</b>
<b>21</b>	<b>22</b> Breakfast 7am-noon Pest Control here  Choir Rehearsal @ 5pm  Inspirational Class @ 6 pm 3rd floor	<b>23</b> Breakfast 7am-noon Kroger bus p/u 10 am  HADC bus p/u to store @ 11:30am	<b>24</b> Breakfast 7am-noon	<b>25</b> Breakfast 7am-noon  Bingo @ 3 pm 2nd floor	<b>26</b> Breakfast 7am-noon	<b>27</b>
<b>28</b>	<b>29</b> Breakfast 7am-noon Pest Control here  Choir Rehearsal @ 5pm  Inspirational Class @ 6 pm 3rd floor	<b>30</b> Breakfast 7am-noon  HADC bus p/u to store @ 11:30am	<b>31</b> Breakfast 7am-noon			