

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

**MARCH
2007**



Spring has Sprung in Atlanta

For those that have never experienced springtime in the deep south, Atlanta is the perfect place to visit. The city seems to come alive with the blossoming of flowers and trees. Spring rains turn lawns and parks green and lush, a wonderful respite from the concrete jungle. Office parks transform into the Garden of Eden when spring gives birth to the landscaper's design. And Atlanta has much to offer that's FREE.

Gardening and Horticulture

The first day of Spring (last frost) is March 21st and gardeners are already preparing their beds for a new crop of flowers or vegetables for this year. The DeKalb County Cooperative Extension Service will be offering free educational gardening classes in April through June and provide practical, research-based advice for you to develop environmentally friendly landscapes & gardens. For more info or literature, visit www.co.dekalb.ga.us/extension.

St Patrick's Day Parade - Saturday, March 17th

Whether you're Irish or just wish you were, come indulge yourself in this festive celebration in downtown Atlanta, the 7th largest Irish city in the country. The 200-unit parade includes 30 floats, marching bands, Irish dignitaries, musicians and leprechauns, all marching, singing and dancing to upbeat bagpipe tunes. The parade begins at noon, starting at Peachtree Street and Ralph McGill and ending at Underground Atlanta where the family friendly festivities will continue well into the evening hours. There will be free live entertainment and a fabulous food and vendor market in Underground. For more info, visit www.stpatsparadeatlanta.com.

Conyers Cherry Blossom Festival - Saturday, March 24th & Sunday, March 25th

The City of Conyers is proud to present the 26th Annual Conyers Cherry Blossom Festival at the Georgia International Horse Park on Centennial Olympic Parkway. The festival originated as a way to encourage cultural understanding & friendship through international music, dance, games, food and crafts. The festival offers multiple stages for continuous entertainment, over 300 booths consisting of arts and crafts vendors, various children's activities and civic and non-profit organizations. The hours of the festival are 10am - 5pm daily and there is no admission fee. Visit www.conyerscherryblossom.com for more info.

Artists Market - Starting in March 2007

The Highland's Inn's new "Artist Market" is an outdoor/indoor arts & crafts market held every other Sunday in our ballroom and courtyard (weather permitting) located in the Virginia Highlands/Little 5 Points area. Two of the most diverse & eclectic neighborhoods in Atlanta hold great potential for any artisan to showcase their wares. For more info, please contact them at 404.874.5756 or www.info@thehighlandinn.com.

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.



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

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



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**

HADC Resident Advisory Board (RAB)

RAB Meetings

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



5 Foods for a Better Mood

1) Oatmeal If you find yourself feeling irritable and cranky, oatmeal may help. It's rich in soluble fiber which helps to smooth out blood sugar levels by slowing the absorption of sugar into the blood and forms a gel that slows the emptying of your stomach so you don't feel hungry as quickly. Other foods high in soluble fiber are: beans, peas, barley, citrus fruits, strawberries and apples.

2) Walnuts Long been thought of as a "brain food" because of their wrinkled, bi-lobed appearance, walnuts are an excellent source of omega-3 essential fatty acids, a type of fat that's needed for brain cells & mood-lifting neurotransmitters to function properly and possible help persons with depression. Other foods rich in omega-3 fatty acids include salmon, sardines, flaxseeds, & omega-3 fortified eggs.

3) Green Tea Although caffeine has been shown to lead to a more positive mood and performance, it's benefit borders on a fine line. Too much caffeine can make you dependent & make you nervous, irritable, hyper-sensitive or bring on headaches. Rather than having a cup of coffee, try making a cup of green tea. You can find it in teabag form in most grocery stores.

4) Salmon High in vitamin D, research suggests that vitamin D helps increase the levels of serotonin, one of key neurotransmitters influencing our mood and may help to relieve mood disorders. We get vitamin D mainly through exposure to sunlight and in lesser amounts, through food. Other foods high in vitamin D are fortified milk and fortified soy milk.

5) Lentils A member of the legume family, lentils are an excellent source of folate, a B vitamin that appears to be essential for mood and proper nerve function in the brain. Low levels of folate have been linked to depression. A healthy bonus is that lentils contain protein & fiber, which are filling and help to stabilize blood sugar. Other sources include: fortified breakfast cereals & green vegetables such as spinach and broccoli, liver, and beans.

HOUSEHOLD TIP:

Stain removal of egg stains

- 1) Use a dull knife or spoon to remove as much of the egg residue as you can. Dab the rest of the stained area with a clean cloth to absorb any egg residue.**
- 2) Sponge cool water onto the front and back of the stain, allowing the water to soak in and loosen the egg.**
- 3) If the stain is dried and crusted onto the fabric you may need to rub some liquid laundry detergent gently onto the stained area.**
- 4) Soak stain in cold water, occasionally rubbing between your fingers, until the stain starts to soften and break down. Rinse well.**
- 5) Repeat steps 3 and 4 until no more stain can be removed.**
- 6) Wash normally with detergent or according to clothing instructions.**

HOT Safety Tip:

**Test your Smoke Detector regularly.
Test it at least once a month by
pressing the button on it and by
lighting a match near it.**

MARCH 2007

SPRING CHASE II COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Breakfast 7am-noon	2 Breakfast 7am-noon	3
4	5 Breakfast 7am-noon Pest Control here Bible Study 5 pm Choir Rehearsal 6 pm RAB Meeting 6-8pm –Bus p/u 5:15	6 Breakfast 7am-noon Kroger bus p/u 10 am HADC bus p/u 11 am	7 Breakfast 7am-noon WELLCARE of GA @ 11 am	8 Breakfast 7am-noon Pot Luck @ 3 pm 2nd floor	9 Breakfast 7am-noon AARP Income Tax @ 9 am	10
11	12 Breakfast 7am-noon Pest Control here Bible Study @ 5 pm 3rd floor atrium Choir Rehearsal @ 6 pm	13 Breakfast 7am-noon Kroger bus p/u 10 am HADC bus p/u 11 am	14 Breakfast 7am-noon	15 Breakfast 7am-noon	16 Breakfast 7am-noon	17  Happy St. Patrick's Day
18	19 Breakfast 7am-noon Pest Control here Bible Study @ 5 pm 3rd floor atrium Choir Rehearsal @ 6 pm	20 Breakfast 7am-noon Kroger bus p/u 10 am HADC bus p/u 11 am	21 Breakfast 7am-noon Spring is Here!	22 Breakfast 7am-noon	23 Breakfast 7am-noon	24
25	26 Breakfast 7am-noon Pest Control here Bible Study @ 5 pm 3rd floor atrium Choir Rehearsal @ 6 pm	27 Breakfast 7am-noon Kroger bus p/u 10 am HADC bus p/u 11 am	28 Breakfast 7am-noon	29 Breakfast 7am-noon	30 Breakfast 7am-noon	31