

The Link

Your Senior Resource Connection

September - October 2011

Newest Senior Services Facility Open in Forsyth County

Sexton Hall Enrichment Center opened September 30, 2011, with a ribbon cutting ceremony and open house. This latest addition, the third Senior Services location, will serve active adults ages 50+ in the south end of the county.



A variety of opportunities including art, music, drama, continuing education, technology, fitness and leisure activities will be available at Sexton Hall Enrichment Center located at 2115 Chloe Road, just off of Sharon Road between Peachtree Parkway and Old Atlanta Road in Cumming.

Contact Forsyth County Senior Services at 770-781-2178 for information regarding membership and class schedules.

Wii Bowlers Strike Again

The competition was stiff, with 105 teams signed up for the 2011 National Senior League Wii Bowling Tournament, a 7-week competition amongst seniors across the country from retirement communities, assisted living facilities, and senior centers.

The **Dawson Rollers**, **Banks Bowlers**, **Lucky Strikes of Union County**, and **Hiawassee Hotshots** were participants and all teams bowled their way into the Playoffs.

The **Dawson Rollers** played in the Championship Division of the Playoffs and finished 7th overall in the tournament. They had two team members in the 300 Club – bowling at least 1 perfect game during the regular season – Rachel Padgett and Carolyn Hayes (Carolyn had 2 perfect games!). Rachel finished with a 5th overall rank for the entire tournament!

Congratulations to all the teams! Join the Wii fun at a Senior Center near you!

**The
Dawson
Rollers:**



Boui Le, Marlene Quinn, Bug Jones, Rachel Padgett, Carolyn Hayes, Kathryn Croft, Dottie Wakefield

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Legacy Lines



Sifting Through Memories...

Many of the readers of this newsletter know that my father lived with my husband and me along with two dogs and one cat. I wrote columns about how he cooked for us, tended to the cat (which he dearly loved) and called the birds in the back yard his livestock because he fed them every day. He had his own apartment in our home for five years and was one of the “real characters” remaining in this world.

He was 93 and told everyone he was working on 100! He didn’t quite make that mark.

My brother and I have been working on the belongings in the family home in Missouri and sorting out those things to save and those to go in an estate auction. My father was quite a collector of many things including books and photos of anything about the American west and Indian culture. He had a large collection of articles, newspapers, magazines and documents about the history of Southwest Missouri where he spent most of his life. I’ve learned a lot while sifting through these collections.

One document I am keeping is an original mortgage document from a bank where my Grandfather borrowed \$100.00 and put up three teams of mules as collateral. The paper names the six mules, tells their color and describes how many hands high they were. The mules were used in road and bridge building work in Missouri many years ago when \$100.00 was a tremendous amount of money. Those mules were of course, important to my grandparents and their livelihood and it must have been a big risk to name them on that piece of paper.

One of the things I’ll keep is the original meat block table my parents had in their first little grocery store in 1938. I’m not quite sure what I’ll do with it but it will be in my house. All those cuts and nicks have a meaning and are part of my family heritage. It reminds me that generations of my family always worked hard for a living and that’s not a bad lesson to learn.

Pat Freeman,
Executive Director

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Randy Hardin's Second Career Writing Children's Books is Growing as Fast as Kudzu

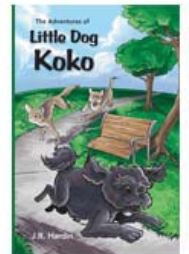
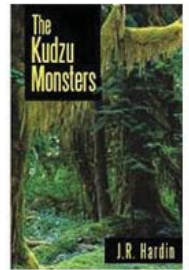


Randy Hardin, Author

In today's economy, many people are facing the need to find a second career. Such was the case for Gainesville resident, Randy Hardin, when his career as an electrical transformer designer ended for the second time as a result of downsizing.

In 2007, he took a writing course and found he had a passion for writing, a possible career path actually indicated on a career interest test he took as a student, years earlier.

Randy has written and had published 3 books in his *Kudzu Monster* Series, an idea inspired from telling his own child that monsters were hiding in the kudzu as they drove down the highway; and he is currently working on the second trilogy in that series. In addition to the *Kudzu Monster* books, Randy's latest book is *The Adventures of Little Dog Koko*, based on experiences with his own dog.



In the early 1900's a vine called **kudzu** was planted along the highways in the Southeastern States of America. The kudzu vines grew very quickly and now hang from trees everywhere.

New Subscription

To receive the *The Link*, at no cost, please complete this form and return to:

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Legacy Link Summer Food Drive

All three Legacy Link Gainesville locations participated in the event during the last week of August.

The donated food was transported to the Georgia Mountain Food Bank in Flowery Branch on August 31st.

The drive was successful in collecting 403 pounds of food and \$62 in cash donations.

The Food Bank was very grateful for our donation, especially the cereal as they are always in short supply of breakfast items. In a letter received from Kay Blackstock, Executive Director of Georgia Mountain Food Bank, she states, "Every gift is important and every person helping does make a difference in so many lives."



"Making a deposit here is one investment that always pays dividends!"



Legacy Link employees took action to make a difference in the community. Congratulations to Lora Thomas, the winner of the Legacy Link cooler.

The food bins located in our lobbies will now be available for "cereal only" donations to help meet the food bank's ongoing need.

Just for Laughs

A man, celebrating his 100th birthday, was being interviewed by the local newspaper reporter. "And what do you attribute your longevity to?" asked the reporter.

The centenarian answered, "I make sure I get up every morning".

The puzzled reporter asked, "And just how do you do that?"

The man answered, "I drink six glasses of water before I go to bed."

-- www.seniorresource.com/age.htm

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast to her brunette hair.

She looks at her mother and inquisitively asks, "Why are some of your hairs white, Mom?" Her mother replied, "Well, every time that a little girl does something wrong and makes her mommy cry or makes her unhappy, one of her hairs turns white."

The little girl thought about this revelation for a while and said: "You must have really aggravated Grandma."

-- www.seniorresource.com/generat.htm

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Kinship Care

Grandparents and Relatives
Raising Children

Attention Kinship Care Participants in Hall County:

There has been a change
of meeting location for the following
Support Group Meetings in 2011:

October 26th
November 16th
December 14th

The Support Group Meetings will be held at:
Blackshear Place Library
2927 Atlanta Highway
Oakwood, GA

SAVE THE DATE:



Shining Stars RSVP Volunteer Appreciation Luncheon

Thursday, December 8th, 2011
11am
Georgia Mountains Center
Gainesville, GA

SAVE THE DATE:

Open House Habersham County Senior Center

Thursday,
November 10, 2011
9am – 2pm
217 Scoggins Drive, Demorest, GA

Celebration of new kitchen and
Meals on Wheels delivery equipment

With thanks to MOWAA / Walmart
and
Habersham County
Board of Commission

87-Year-Old Volunteer Retires after 23 Years of Service

Geneva Sewell began delivering meals to homebound seniors 23 years ago when her church volunteered to help with the Meals on Wheels Program. Even after the church “dropped out” of the program, Geneva continued her 10 mile route, delivering 15 to 20 meals each week.

This summer, Ms. Sewell said goodbye to her clients, officially retiring from her meal route, citing bad knees as the reason she decided to stop delivering meals. Despite retiring from the Franklin County Senior Center program, Ms. Sewell plans to remain busy with activities at her church, baking, quilting, crocheting, and working in her yard.

To make a difference to homebound seniors in your area, contact your local Senior Center to inquire about delivering Meals on Wheels.

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RSVP Volunteer View

Retired Senior & Volunteer Program



Senior Corps Week – Making a Difference for Generations

The 2nd annual Senior Corps week was officially celebrated September 19 – 23, 2011.

Georgia Mountains RSVP volunteers donated over 62,000 hours of service last year to residents and agencies throughout our area!

These dedicated volunteers...

- Prepare and deliver meals to seniors
- Tutor and mentor children
- Provide companionship for the frail and elderly
- Teach skills and activities to seniors
- Provide safety, disaster, health, and Medicare information
- Staff thrift stores
- Craft items for donating
- Give administrative support to many non-profit agencies

Thank you to all the RSVP volunteers throughout our region who are making a difference!

New Volunteer Opportunity

Boys and Girls Clubs of Hall County
Joseph F. Walters 21st Century Learning Center

Last year The Boys and Girls Clubs of Hall County opened the Learning Center on Memorial Park Drive in Gainesville in order to serve students at nearby

Lyman Hall Elementary and Gainesville Exploratory Academy. (The new facility includes a game & activity area, classroom, computer lab, library, and snack area. It is adjoined by an outdoor recreation complex.)

The Center offers after-school programs from 2:30 – 5:30pm for students in grades K-5. Parent education classes are also available some evenings from 5:30 - 7:30pm.

In order to fulfill its mission, the Club needs volunteers to assist with:

- tutoring students
- youth development
- teaching computer skills to students and/or adults
- teaching ESL (English as a second language)
- performing receptionist duties mornings or afternoons

Volunteers with teaching certification or experience would be a great asset to this new program.

Welcome New RSVP Volunteers!

Franklin County Senior Center

Frances Morrison, Shelbie Pentecost,
Mary Ross

Habersham County Senior Center

Lillian Brewer, Sara Moores

Legacy Link Area Agency on Aging

Stephen Wareham

Lumpkin County Senior Center

William R. Connor

Union County Senior Center

Elaine Cantrell, Eva Grounds, Yvonne Jiacoppo,
Kayel Little, Patricia Paetow, Lillian Riley

White County Senior Center

Burma Chaistain, Daisy Dorsey

If this sounds like an opportunity where you can make a contribution, please call or email the RSVP office - 770-538-2650 or djsuchke@legacylink.org for an appointment. Connecting with children can keep you feeling young!

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Update from GeorgiaCares State Health Insurance Assistance Program (SHIP)

Medicare Open Enrollment Dates Have Changed This Year!!!

GeorgiaCares, a program of Legacy Link Area Agency on Aging, is helping Medicare recipients make informed decisions about which prescription drug and Advantage plan options are best for them.

Medicare Part C and D Open Enrollment begins October 15, which means recipients have until December 7th, 2011, to make their choices for an effective date of January 1, 2012. With so many options available, choosing the right one is important.

Beneficiaries who want to consider all of their options will have access to help from many sources, including:

- Notice of any coverage changes from their drug plan
- **GeorgiaCares SHIP program, local help for people with Medicare: 1-866-55AGING (1-866-552-4464)**
- 1-800-Medicare (1-800-633-4227), available 24/7
- Medicare & You 2012 annual handbook
- Medicare Plan Finder at www.medicare.gov/find-a-plan

Companies begin marketing their plans October 1, 2011. Beginning October 15, Medicare beneficiaries can start comparing the 2012 drug plans online at www.medicare.gov.

GeorgiaCares and the Centers for Medicare and Medicaid Services (CMS) are advising people who wish to make a change to do so as close to the enrollment opening date as possible to ensure their coverage will be available on January 1, 2012.

GeorgiaCares counselors are available through the statewide network of Area Agencies on Aging to provide objective, unbiased information through community education sessions.

Beneficiaries can call GeorgiaCares toll-free at 1-866-552-4464 or Medicare at 1-800-Medicare (1-800-633-4227) for assistance with understanding their options for 2012.

GeorgiaCares SHIP services are free and assist Medicare beneficiaries with the following:

- Medicare, Medicaid and Medigap matters, including long-term care insurance, claims, resolution of billing problems
- Information and referral regarding public benefit programs aimed at those with limited incomes and assets
- Other health care insurance information

GeorgiaCares urges everyone to review their coverage and make sure that any changes to their current plan for 2011 will still meet their needs in 2012.

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Mall Walkers Meetings

*Lakeshore Mall, Gainesville
1st Tuesday of Month at 9am - Food Court*

November, 1, 2011

Advance Directives and Legal Concerns

Diane Pye-Tucker
Georgia Legal Services

December 6, 2011

Holiday Celebration

Musical Performance by
Reverend Gary Cole

*Call The Legacy Shoppe
for more information: 770-538-2700*