



senior viewpoint





gwinnettcounty senior services



"There's No Place Like Home"

August 2009

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Know Who Your FRIENDS Are

Gwinnett County, facing deep financial challenges, was unable to meet the required financial match to accept \$69,411 in American Recovery and Reinvestment Act grant funds targeted to feed Gwinnett seniors in need. Grant funds are distributed through a contract with the Atlanta Regional Commission, as are the other grant-funded programs for seniors in Gwinnett.

Upon finding out that the required county fund match was not available, Friends of Gwinnett County Senior Services, our non-profit partner, stepped up to save the day. Friends President Pam Tokarz emphatically stated, "We do not want to lose any opportunity to feed our needy or frail seniors residing in this county." In lieu of losing these funds to another county, The Friends of Gwinnett County Senior Services committed to funding the \$12,248 needed to match the stimulus grant funds offer, thereby providing more than 8,600 additional senior meals in the next year.

This heroic act of human kindness by the Friends of Gwinnett County Senior Services could not come at a better time. Faced with continuing state budget cut projections and a monthly meals waiting list nearing 200 seniors, this timely commitment really underscores the value of knowing who your **Friends** are.

Crawfish Charity Event Helps to Feed Seniors



(l-r) Gwinnett County Health & Human Services Division Director Pat Baker, Friends President Pam Tokarz, Hail Mary General Manager Blake Hawkins, Jerry Stafford, Jennifer Crowley, Senior Services Manager Linda Bailey, and Master Chef Ray Sessions.

The Hail Mary Sports Pub in Grayson recently presented a generous check to Friends of Gwinnett County Senior Services President Pam Tokarz from the charity Crawfish Boil hosted by the community-focused local business. Hail Mary General Manager Blake Hawkins indicated, "We are in the restaurant business, so we wanted to do something to help homebound seniors who might not be able to come in and dine. We could not have made this happen without Master Chef Ray Sessions and some of our vendors."

Senior Center Locations

Buford

2755 Sawnee Avenue
Buford, GA 30518
(770) 614-2527

Lawrenceville

Rhodes-Jordan Park
225 Benson Street
Lawrenceville, GA 30045
(770) 822-5180

Norcross

5030 Georgia Belle Court
Norcross, GA 30093
(770) 638-5683

August Highlights

- August 6 – Friendship Day
- August 21 – National Senior Citizens Day
- Birthstone – Peridot
- Flower – Gladiolus





Important Info

Heat Relief Might Be Only One Call Away

The summer heat is here to stay. We want every senior to stay healthy and avoid suffering from excessive heat during the coming months. **Project A.C.CE.S. (Added Cooling Comfort for our Elderly Seniors)** is a joint effort by Gwinnett County Senior Services (GCSS), Gwinnett County Department of Fire and Emergency Services and the Friends of Gwinnett County Senior Services to assist senior citizens stay cool this summer. The Fire Department is providing drop-off sites throughout the county for new fans, portable cooling appliances, or window air conditioning units.

Gwinnett Senior Services will again handle distribution to senior households. Friends, the non-profit partner, is collecting any tax-deductible cash contributions and assisting with senior cooling crises. If you need heat relief, please call **(678) 377-4150**.



Profile of Services

Kawneer – Good People Do Great Things

Seniors from the Buford and Norcross Senior Centers received a huge surprise this year during their annual Independence Day picnic at Jones Bridge Park. Aside from getting together to swap tales of better days, catch up with mutual acquaintances, and enjoy the great grilled picnic fare, seniors were treated to world-class volunteer service by volunteers from Kawneer.

Kawneer Human Resources Manager Lisa Anderson and ten of her colleagues not only volunteered to help – they did everything! They grilled burgers and hot dogs, served the meals, offered seconds and dessert, and even helped to clean up before the ants and flies could move in. The event was a resounding success. Seniors and staff noted that this picnic was the best they could recall. Miss Anderson was also very pleased. “Our employees came to help seniors. They learned and shared so much with these wise and appreciative seniors” she said. “The best part is that our volunteer service met the Alcoa Foundation Action Grant award criteria, so we will soon be able to present a \$3,000 check to Gwinnett County Senior Services to help feed seniors.” A special thanks to Kawneer employees for making this year’s picnic extra special for our seniors!

Caregiver's Corner – Respite Care (part 1 of 3)

For many, the challenges of caring for a loved one are part of daily life. Caregiving is a demanding, difficult job and no one is equipped to do it alone. Getting help is essential for your health, and your resilience is critical for your loved one.

Respite care provides short-term breaks that relieve stress, restore energy, and promote balance in your life. Working with family members or friends may be difficult, but there are many respite care options and strategies that you may not be aware of. Seeking support and maintaining one’s own health are key to managing the caregiving years. Using respite care before you become exhausted, isolated, or overwhelmed is ideal, but just anticipating regular relief can become a lifesaver.

Planning Your Relief

Planning starts with analyzing needs...both yours and your loved one’s. As a caregiver, is support what you need most? Some free time? Help with transportation? Keep track of your daily activities then make a list of the areas and times when you most need help. Identifying your loved one’s requirements, abilities, and preferences will also help you find the right match. Are social activities primary? Assistance with walking, eating or medications? Mental stimulation? Exercise? Answering these questions will help you determine which respite options to pursue.

Program Income



Congregate	\$ 238.72
Home Delivered Meals	\$ 170.00
In-Home Services	\$ 582.00
Transportation	\$1378.67

The mission of Gwinnett County Senior Services is to provide our citizens with a range of collaborative services structured to enhance the quality of their lives, maintain their independence, and prevent premature institutionalization.



Health & Nutrition

Hyperthermia – Beating The Heat This Summer



Hyperthermia has two major forms in the elderly – heat stroke and heat exhaustion. The symptoms of heat stroke are a body temperature of 104F or higher, faintness, dizziness, headache, nausea, rapid pulse, flushed, dry skin and loss of consciousness. The symptoms of heat exhaustion are pale, clammy skin, profuse perspiration, weakness, headache, nausea, vomiting and possible fainting. First aid for heat stroke should be directed toward immediate measures to cool the body quickly.

Call 911 for medical assistance and then begin to sponge the victim with cool water (until help arrives). Use fans or air conditioners, if available, because drafts will promote cooling.

First aid for heat exhaustion begins with having the victim lie down and raise his feet 8-12 inches. Give sips of salt water (1 teaspoonful of salt per glass, half a glass every 15 minutes), over a period of 1 hour. Apply cool, wet cloths and fan the victim or remove him to an air-

conditioned room. If the victim vomits, do not give him any more fluids. Take the victim to a hospital, where an intravenous salt solution can be given.

To prevent hyperthermia in hot weather:

- Stay inside and out of direct sunlight.
- Wear light-colored, lightweight, loose-fitting clothing. Wear a hat or carry an umbrella in the sun.
- Drink a gallon of liquid a day. Drink

water or fruit juices, but avoid alcoholic drinks and those with caffeine. Ask your doctor if you should limit the amount of salt or potassium in your diet.

- Take baths or showers or place ice bags or wet towels on your body.
- Use fans or air conditioners. If these are not available, go to a cool place such as our senior center or library.
- Ask your friends and relatives to call or visit regularly.

Adapted from AARP program bulletin and Standard First Aid Manual, American Red Cross

The Health Benefits of Herbs

Herbs enhance the flavor of foods, which in turn can help you use less fattening items for flavor. Fresh herbs are plentiful now and are easy to use when you become familiar with them. When you use fresh herbs, remember to first clean and cut the herbs before adding them to dishes. Another alternative is to gently crush them in the palm of your hand to release their flavor. Fresh herbs should be added to foods at the end of cooking, so that the flavor will last.

You can dry your fresh herbs and use them for a longer period of time. When dried, use them at the beginning of cooking a dish so their flavor grows over time. Tasty herb-spice blends can be made at home. They can help to add flavor to items if you are limiting salt and sodium. Make small amounts more frequently so that the flavors stay fresh. Sample new flavors by adding small amounts to dishes, since you can always add more. Here are some easy recipes. Enjoy!

Chinese Five-Spice Blend

For chicken, fish, or pork. Combine ¼ cup of ground ginger, 2 tablespoons of ground cinnamon, 2 teaspoons of ground cloves and 1 tablespoon each of ground allspice and anise seed.

Mexican Blend

For chili, enchiladas, tacos, chicken, pork and beef. Combine 1/4 cup of chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder and red pepper, and ½ teaspoon of cinnamon.

Mixed Herb Blend

For salads, steamed vegetables or fish. Combine 1/4 cup of dried parsley, 2 tablespoons of dried tarragon, and 1 tablespoon each of dried oregano, dill weed and celery flakes.

Adapted from “Health Benefits of Herbs” and “Make Your Own Salt Substitutes”, Daily Nutrition Tips, American Dietetic Association

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theseniorviewpoint

Community Services
75 Langley Drive
Lawrenceville, GA 30046



to:



Contact Information

First Call for Help, United Way	Dial 2-1-1
DFCS – 446 W. Crogan Street	(678) 518-5500
Adult Protective Services	(404) 657-5250
Medicare – Social Security	1-(800) 772-1213
Health Departments:	
Lawrenceville	(770) 963-6136
Buford	(770) 614-2401
Norcross	(770) 638-5700
GeorgiaCares (Health Insurance info)	(404) 463-3350

Voter Registration	(678) 226-7210
Senior Auto Emissions Waiver	(770) 822-8818
Senior Elder Abuse	(404) 657-5250
Senior Information & Referral	(678) 377-4150
Georgia Senior Legal Hotline	(404) 657-9915
Gwinnett County Library	(770) 978-5154
Gwinnett County Extension Service	(678) 377-4010
Gwinnett Council for Seniors	(770) 822-5147
Elder Care Locator	1-(800) 677-1116

Area seniors and caregivers are always encouraged to contact Gwinnett County Senior Services, either by using the Internet or calling on the phone. The website address is www.GwinnettSeniorServices.com. To contact via e-mail write to Adrienne.Noble@GwinnettCounty.com. The contact numbers are as follows:

For services you or someone else might need:	
Homemaking Services	(678) 377-4150
Meals on Wheels	(678) 377-4150
Senior Transportation	(678) 377-4150

If you want to help with:	
Donations	(770) 822-8775
Volunteering	(770) 822-8837