

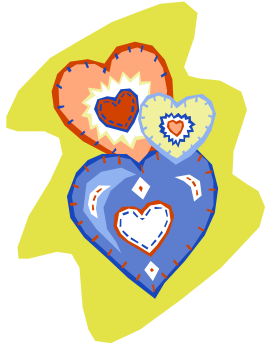
THE SENIOR ADVOCATE

HAIRSTON LAKE



Hairston Lake Apartments
1023 N. Hairston Road, Stone Mountain, Georgia 30083
(404) 296-4116 Office and (770) 332-1857 Emergency Number

**FEBRUARY
2007**



The Advocate is published monthly with news for the Hairston Lake 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
5320 Memorial Drive

CVS Pharmacy 404-292-0484 8am -10 pm
1140 N Hairston Rd

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 web site www.dekalbhousing.org



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 South 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**)

Happy Birthday to you!

Jean Hughley 2/5 Milburn Davis 2/5
 Gloria Lockhart 2/9 Daisy Perry 2/10
 Roberta Jenkins 2/10 Frederica Watson 2/11
 Sarah King 2/11 Raymond Crisp 2/14
 Phyllis Ellison 2/18
 Richard Bacchus 2/19
 Audrey Bucknor 2/19
 Patricia White 2/26



EXERCISE CLASSES



Decatur/DeKalb YMCA
 Exercise classes are held weekly to help
 keep you strong and flexible!
 - see calendar (back cover) for days & time

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
- Free English as a Second Language (ESL)
- 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

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>

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

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

The "Crystal Ball"



Residents had a good time at the Crystal Ball that was recently held at Hairston Lake. Music was provided by the Herman Mitchell Band. Donnie Long played the keyboard and sang and Ron Adwaters was the saxophonist. Matthew McClammy came out and took part in the festivities and he was even cornered on the dance floor.



The property management staff received very positive comments about the event and the residents are looking forward to the next event coming up some time this Spring.

Refreshments and door prizes were presented by the Hairston Lake Property Management Staff and WellCare.

FEBRUARY 2007

HAIRSTON LAKE COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Exercise class -11 am	2 Target / ROSS & Bob's Buffet at Northlake @ 9am	3
4	5 Bank -PO- Grocery @ 9 am Bread p/u 12 noon Walmart / shopping 1:30 pm	6 Walking @ 8:15 am (N Dekalb Mall) Exercise class -11 am	7 Inspirational Class @ 11 am	8 Exercise class -11 am Travel Club Meeting @ 2 pm	9 To be announced	10
11	12 Bank -PO- Grocery @ 9 am Bread p/u 12 noon Walmart / shopping 1:30 pm	13 Walking @ 8:15 am (N Dekalb Mall) Exercise class -11 am PRE-VALENTINE PARTY @ 2 pm	14 Inspirational Class @ 11 am INCOME TAX PREPARATION 9am - 1pm	15 Exercise class -11 am	16 To be announced	17
18	19 <div style="border: 1px solid black; padding: 5px; text-align: center;">OFFICE CLOSED President's Day</div>	20 Walking @ 8:15 am (N Dekalb Mall) Exercise class -11 am Resident Association Meeting @ 2:30 pm	21 Inspirational Class @ 11 am	22 Exercise class -11 am Black History Program @ 12:30 pm	23 To be announced	24
25	26 Bank -PO- Market @ 9 am Bread p/u 12 noon Walmart / Target @ 1:30 pm	27 Walking @ 8:15 am (N Dekalb Mall) Exercise class -11 am Welcome Wagon Birthday Celebration @ 2 pm	28 Inspirational Class @ 11 am INCOME TAX PREPARATION 9am - 1pm			