

# 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

**MARCH  
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.

## 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](http://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](http://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](http://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](mailto:www.info@thehighlandinn.com).



## 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](http://www.dekalbhousing.org)



## HEALTH CORNER



### East DeKalb County Health Center

770-484-2600

Hours Monday - Friday 8:15 am - 4:00 pm

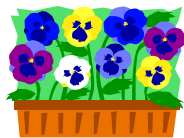
The DeKalb County Board of Health offers many clinical and health services at the East Dekalb Health Center located at 2277 South Stone Mountain-Lithonia Rd.

#### 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!

Loriston Thompson 3/5	Larsenia Brinson 3/6
Mable Harris 3/9	Annie Carter 3/9
Victor, Olivera 3/9	Clyde Henderson 3/9
Eva Durham 3/10	Susie Shinault 3/12
Katie Stevenson 3/14	Gloria Williams 3/14
Carrie Turner 3/22	
Emma Britten 3/27	
Celestine Henry 3/31	
Elcencia Young 3/31	



## 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](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
- 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.advancerox.com>

## 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



## Seniors on the Move Travel Club

Train Trip to  
Americus, GA  
April 13, 2007



**For more information contact:**  
**Emma Pruett 404-508-6097**  
**Fredrica Watson 404-297-8960**

## 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.

## 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.

# MARCH 2007

## HAIRSTON LAKE COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Exercise class -11 am  Lunch & learn cooking demonstration @ 12 noon & Medicare health education	<b>2</b> Atlantic Station IKEA and Lunch @ 9am	<b>3</b>
<b>4</b>	<b>5</b> Bank-PO-Grocery 9am Bread p/u 12 noon Walmart / shopping 1:30 pm RAB Meeting 6-8 pm -Bus p/u 5 pm	<b>6</b> Walking @ 8:15 am (N Dekalb Mall) Exercise class -11 am Medicare benefit specialist John Norris @12:30 pm	<b>7</b> Inspirational Class @ 11 am	<b>8</b> Exercise class -11 am  Travel Club Meeting @ 2 pm	<b>9</b> Bingo @ 2pm	<b>10</b>
<b>11</b>	<b>12</b> Bank -PO- Grocery @ 9 am Bread p/u 12 noon Walmart / shopping 1:30 pm	<b>13</b> Walking @ 8:15 am (N Dekalb Mall) Exercise class -11 am Free Type 2 Diabetes seminar @ 12 noon - refreshments served	<b>14</b> Inspirational Class @ 11 am	<b>15</b> Exercise class -11 am	<b>16</b> To be announced	<b>17</b> Happy St. Patrick's Day
<b>18</b>	<b>19</b> Bank -PO- Market @ 9 am Bread p/u 12 noon Walmart / Target @ 1:30 pm	<b>20</b> Walking @ 8:15 am (N Dekalb Mall) Exercise class -11 am Resident Association Meeting @ 2:30 pm	<b>21</b> Inspirational Class @ 11 am Spring is Here!	<b>22</b> Exercise class -11 am Lunch & arts & crafts fun @ 12 noon and Medicare health education	<b>23</b> Bingo @ 2pm	<b>24</b>
<b>25</b>	<b>26</b> Bank -PO- Market @ 9 am Bread p/u 12 noon Walmart / Target @ 1:30 pm	<b>27</b> Walking @ 8:15 am (N Dekalb Mall) Exercise class -11 am	<b>28</b> Inspirational Class @ 11 am	<b>29</b> Exercise class -11 am	<b>30</b> Welcome Wagon new resident and Birthday celebration @ 2 pm	<b>31</b>