

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

APRIL
2007



Celebrate EASTER at Stone Mountain Park

The **World's Largest Easter Egg Hunt** is FREE for guests!

Date: **Sunday, April 1st**

Time: **2:00 pm**

Location: **Special Events Meadow**

Last year's Easter Egg Hunt was certified as the Guinness World's Record for largest Easter Egg Hunt with over 300,000 eggs! This year's hunt will have even more eggs. Also enjoy face painting, balloon animals & a special appearance by the Easter Bunny. Children should bring their own Easter basket (large baskets or bags are not allowed). There are separate hunting areas for ages 3 & under, ages 4-6, & ages 7-12. Parents are only not allowed to enter the areas for ages 4-6 & 7-12 but there are ample viewing areas located along the sidelines. Vehicle entry to the Park is \$8 (cash only) for a 1-day permit.

The 63rd Annual **Easter Sunrise Service** is FREE for guests!

Date: **Sunday, April 8th**

Time: **6:15 am**

2 Locations: **top of Mountain & base of Mountain**

There will be 2 simultaneous, non-denominational services: one at the top of Stone Mountain and at the base of the mountain on Memorial Lawn. The gates to the Park and the Summit Sky-ride will open at 4:00 am. Services will begin approximately at 6:15 am. Please allow an extra hour or more for large crowds. The regular fee for the Sky-ride (round-trip) will be charged: \$9 for adults and \$7 for children ages 3-11. There are no fees for the walk-up trail to the top of the mountain. Vehicle entry to the Park

Other Events in April:

Atlanta Dogwood Festival

Date: **Friday, April 13 - Sunday, April 15**

Location: **Piedmont Park** 404-817-6642
887 W Marietta St NW, Atlanta

Now in its 71st year, a professional arts & music festival featuring an incredible artist market of over 200 of the country's top painters, sculptors, photographers, jewelry craftsmen, glass blowers and much more. Musical performances by well-known bands will be provided all day Friday, Saturday & Sunday. For more info: www.dogwood.org

March of Dimes WALK AMERICA

Date: **Saturday, April 28th**

Location: **Centennial Olympic Park**
265 Park Ave W, Atlanta

Join WALKAMERICA, take a walk, get inspired & make new friends. Premature birth is the # 1 cause of newborn death affecting the lives of more than 1/2 a million babies and it's growing at an alarming rate. Walk for all babies: a special child in your life, a healthy baby, a premature baby or a sick one. For more info: www.walkamerica.org

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

Get ahead of Hay Fever

A seasonal allergy (hay fever) is an allergic reaction to a trigger to a pollen allergy that is typically only present for part of a year, such as spring or fall, which include trees, weeds and grasses. Perennial allergies are usually present year-round and include allergens such as pet dander & house dust mites. Molds can be seasonal or a perennial allergy trigger.

Animal dander is 1 of the biggest allergic triggers, whether your it's your pet or not. The most common problem is the allergy to the animal's dander, hair, saliva & urine, especially since the hair and dander are present in large amounts in the air, indoors & out, which settles on furniture & on the carpeting. Dust mites are microscopic creatures that live in our bedding, pillows & mattresses & they eat human dead skin flakes & synthetic materials. The biggest source of indoor mold is the outdoor air in humid climates and moisture in kitchens & bath.

Here are some recommendations to cut down on the amount of allergens present in the home:

- Vacuum carpet and floors frequently and use a vacuum cleaner equipped with a HEPA filter
- Purchasing a HEPA air filter for the bedroom
- Steam clean carpet & furniture, launder drapes
- Wash bed linens in hot sudsy water weekly and bedspread & pillows monthly
- Encase mattress in plastic covering
- Use a de-humidifier to decrease mold growth and use a bleach solution to clean & kill mold
- Empty garbage can daily to deter cockroaches
- Frequent clean counters & floors, seal food
- Keep pets outside or if indoors, off the furniture, out of the bedroom and ask someone else to wash your pet once a week

HADC Resident Advisory Board (RAB)

RAB Meetings - Held the 1st Monday of each month at the HADC central office from 6-8 pm

Next meeting: Monday, April 2nd, 2007

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



Sign up Now for next month:



Mayors' Walk - Tuesday, May 1, 2007

The 21st annual Mayors' Walk will be held at Grant Park in Atlanta for individuals 50 and older. This yearly fitness event includes timed/competitive one-mile and three-mile walks. Awards are given to 1st, 2nd & 3rd place walkers.

Registration Info: The \$10 registration fee includes an information fair, a boxed lunch, entertainment and a T-shirt. **Stop by the SC office** to pick-up your registration form or for additional information, **call 404.463.3239**.

Senior Olympics - May 14th thru May 22nd

The 2007 Atlanta Senior Olympics will be held in Atlanta at the Marcus Jewish Community Center of Atlanta and at venues around metro Atlanta for adults 50 and older from serious competitors to couch potatoes.

Register at: www.atlantaseniorolympics.org

If you're interested in volunteering, contact Kenny Silverboard
Phone: 770-395-2553
Email: ww.Kenny.silverboard@atlantaicc.org



will be distributing
Commodity Foods
from the U.S.
Dept of Agriculture

TEFAP (the emergency food assistance program)
commodities to low income residents in DeKalb County on

Wednesday, April 11th from 10 am - 3 pm

Distribution Sites:

Tobie Grant Manor Center 3218 Tobie Circle, Scottdale

Peace Baptist Church 1399 Austin Drive, Decatur

The Repertoire Community Center 2612 Max Cleland Blvd,
Suite C, Lithonia

Residents must provide own transportation

Call **404.929.2502** for more info - 1 distribution per family

DeKalb Cooperative Extension Service

4380 MEMORIAL DRIVE, DECATUR, GA 30032
MAIN OFFICE: 404-298-4080

Educational Classes

Creative Gardening Series:

	<u>Date:</u>	<u>Cost:</u>
Steps to Design Environmentally Shade Garden	April 24	\$5 class
Nuisance Critter ID and Control	May 29	\$5 class
Don't Wash Your Money Away	June 26	\$5 class
Developing & Re-establishing Native Habitat	Aug 30	\$5 class

Home Based Business Basics Series:

	<u>Date:</u>	<u>Cost:</u>
Bookkeeping Basics	May 1	\$5 - all 4
Marketing Your New Business	May 8	classes
Making the Business Legal	May 15	
Evaluate the Venture	May 22	

APRIL 2007

SPRING CHASE II COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Breakfast 7am-noon Pest Control here Bible Study 5 pm Choir Rehearsal 6 pm RAB Meeting 6 - 8pm – Bus p/u 5:15	3 Breakfast 7am-noon Kroger bus p/u 10 am HADC bus p/u 11 am	4 Breakfast 7am-noon	5 Breakfast 7am-noon	6 Breakfast 7am-noon <i>Good Friday</i>	7
8 E A S T E R	9 Breakfast 7am-noon Pest Control here Bible Study @ 5 pm 3rd floor atrium Choir Rehearsal @ 6 pm	10 Breakfast 7am-noon Kroger bus p/u 10 am HADC bus p/u 11 am	11 Breakfast 7am-noon Food Distribution from 10 am - 3 pm see inside for list of sites Residents must provide own transportation	12 Breakfast 7am-noon Pot Luck @ 3 pm 2nd floor	13 Breakfast 7am-noon	14
15	16 Breakfast 7am-noon Pest Control here Bible Study @ 5 pm 3rd floor atrium Choir Rehearsal @ 6 pm	17 Breakfast 7am-noon Kroger bus p/u 10 am HADC bus p/u 11 am	18 Breakfast 7am-noon	19 Breakfast 7am-noon	20 Breakfast 7am-noon	21
22	23 Breakfast 7am-noon Pest Control here Bible Study @ 5 pm 3rd floor atrium Choir Rehearsal @ 6 pm	24 Breakfast 7am-noon Kroger bus p/u 10 am HADC bus p/u 11 am	25 Breakfast 7am-noon	26 Breakfast 7am-noon	27 Breakfast 7am-noon	28
29	30 Breakfast 7am-noon Pest Control here Bible Study @ 5 pm 3rd floor atrium Choir Rehearsal @ 6 pm	MAY 1 Mayor's Walk 10 am - 1:30 pm Grant Park check with office for Bus Schedule				