

THE COMMUNITY ADVOCATE

JOHNSON FERRY EAST



Johnson Ferry East Apartments
2248 Johnson Ferry Road, Atlanta, Georgia 30319
(404) 270-2581 Office and 678-991-0139 Emergency Number

FEBRUARY
2007



The Advocate is published monthly with news for the Johnson Ferry 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

CVS Pharmacy 404-216-8605

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

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



North DeKalb County Health Center 770 - 454 - 1144

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

The Dekalb County Board of Health offers many
clinical and health services at the North Dekalb Health
Center located at 3807 Clairmont Road.

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 appt. **770-454-1144** x 2014)

EXERCISE CLASSES



*Decatur/DeKalb YMCA
Exercise classes are held weekly to
help keep you strong and flexible!*

*See the calendar (back cover) for
days & time of Exercise classes*

BOOKNOOK CORNER



Chamblee Branch

4115 Clairmont Rd, Chamblee, GA 30341

Hours: 10 am - 8 pm Monday - Thursday

10 am - 5 pm Friday - Saturday

1-5 pm Sunday

Phone: 770-936-1380

*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" program classes
- Free "English as a Second Language" (ESL) classes
- 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

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



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 some people with depression. Other foods rich in omega-3 fatty acids include salmon, sardines, flaxseeds, and omega-3 fortified eggs.

3) Tea Although caffeine has been shown to lead to a more positive mood and improved performance, it's benefit borders on a fine line. Too much caffeine can make you dependent and 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 has suggested that vitamin D helps increase the levels of serotonin, one of the 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 and fiber, which are filling and help to stabilize blood sugar. Other sources of folate include: fortified breakfast cereals and green vegetables such as spinach and broccoli, liver, and beans.

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

FREE Transportation Service

We would like to encourage all senior & disabled residents to take advantage of our FREE bus service that is available to & from shopping centers and grocery stores in our area.

The bus departs at 9:30 am each Thursday from the JFE management office.



FEBRUARY 2007

JOHNSON FERRY EAST COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Shopping trip Bus p/u 9:30 am	2 Korean Inspirational 3 pm	3
4	5 YMCA Exercise Class @ 10 am	6	7 YMCA Exercise Class @ 10 am Inspiration 2 pm	8 Shopping trip Bus p/u 9:30 am	9 Korean Inspirational 3 pm	10
11	12 YMCA Exercise Class @ 10 am	13 Healthy Cooking @ 10 am Vision Screen @ 10:30 am contact Mrs. Green	14 YMCA Exercise Class @ 10 am Inspiration 2 pm Happy Valentine's Day	15 Shopping trip Bus p/u 9:30 am	16 Korean Inspirational 3 pm	17
18	19 <div style="border: 1px solid black; background-color: #ffffcc; padding: 5px; text-align: center;">OFFICE CLOSED President's Day</div>	20	21 YMCA Exercise Class @ 10 am Inspiration 2 pm	22 Shopping trip Bus p/u 9:30 am	23 Korean Inspirational 3 pm	24
25	26 YMCA Exercise Class @ 10 am	27	28 YMCA Exercise Class @ 10 am Inspiration 2 pm			