

# 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

**MARCH  
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.

## 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

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 website [www.dekalbhousing.org](http://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](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" 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



## **Hot** Safety Tip:

Test your Smoke Detector regularly.  
Test it at least once a month by pressing the button on it and by lighting a match near it.

## 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 (rhinitis), on the other hand, are usually present year-round and include allergens such as pet dander & house dust mites. Molds can be seasonal or a perennial allergy trigger.

Hay Fever is the most common reason for chronic sinus and nose problems & there are 3 ways to treat seasonal allergies: **1)** Avoid allergic triggers: animal dander, dust mites & molds, **2)** Use of medications, and **3)** Allergy shots (Immunotherapy).

One of the biggest allergic triggers is animal dander, 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 & 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 will help
- Steam clean carpeting & furniture and launder drapes
- Wash bed linens in hot sudsy water weekly, bedspread & pillows monthly and encase mattress in plastic covering
- Use a de-humidifier to decrease mold growth, use bleach solution to clean & kill mold found in baths or kitchen
- Empty garbage can daily to not attract cockroaches
- Frequent cleaning of counters & kitchen floors, seal food
- Keep pets outside, out of the bedroom, & off of the furniture, have someone else wash your pet once a week

## 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.

## 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.



# MARCH 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  <b>RAB Meeting</b> 6-8pm -bus p/u 4pm	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	14 YMCA Exercise Class @ 10 am  Inspiration 2 pm	15 Shopping trip Bus p/u 9:30 am	16  Korean Inspirational 3 pm	17  Happy St. Patrick's Day
18	19 YMCA Exercise Class @ 10 am	20  <b>Voting at JFE</b> 7 am - 7 pm	21 YMCA Exercise Class @ 10 am Inspiration 2 pm  <b>Spring is Here!</b>	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	29 Shopping trip Bus p/u 9:30 am	30  Korean Inspirational 3 pm	31