

# THE COMMUNITY ADVOCATE

SPRING CHASE I



Spring Chase I Apartments  
4949 Memorial Drive, Stone Mountain, Georgia 30083  
(404) 292-4012 Office and/or Emergency Number

**MARCH  
2007**



## 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).

The Advocate is published monthly with news for the Spring Chase 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

Friends of Disabled Adults & Children  
770-491-9014

Oakhurst Medical Center 404-298-8998

Walgreens Pharmacy 404-508-7166 <sup>24 hr</sup>

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)

## 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 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**)

# LOOK WHAT'S FOR SALE!

Do you have something to sell?  
Are you looking for a good deal?

Check the bulletin board in the laundry room at the  
management office. Residents can post items for sale  
or a picture of the item on the bulletin board. Be sure to  
include your phone number and please limit your ad to  
the size of a postcard. Include the date and price, too.  
Service provided for Spring Chase Residents only.

## 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 classes
- Free English as a Second Language (ESL) classes
- Free U.S. Citizenship classes
- Free computer lab (call ahead to reserve)
- Computer classes (Internet, MS Word)
- Test preparation (GED, ASVAB, & many others)
- Reading program for children

## You can fight the flu this year!



Get your flu shots at a

**KROGER PHARMACY**  
965 N. Hairston Road  
Stone Mountain, GA 30088  
Pharmacy: 770-413-1931  
Store: 770-413-3232

### Flu Clinic Dates & Times:

Call Manju (pharmacist) for appointment prior to arrival.  
Cost is \$25 or free with Medicare.

## HADC Resident Advisory Board

### RAB Meetings

Held the first Monday of each month at the HADC Central Office from 6 - 8 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



## Attention 1<sup>st</sup> Time Homebuyer's in DeKalb County

Applications are now being accepted for the DeKalb County 1<sup>st</sup> Time Homebuyer Program funded by the DeKalb County Community Development Department and administered by the Housing Authority of DeKalb County (HADC).



The HADC is a HUD & Georgia Department of Community Affairs housing counseling agency. As a housing counseling agency, the HADC Homeownership Center assists families in pre-purchase counseling, post purchase counseling, rental counseling, and mortgage default / delinquency counseling.

The next HADC Homebuyer Orientation will be held on **Tuesday, March 6, 2007 from 6:30pm to 7:30pm.**

The next Realizing the American Dream Future Homeowners Educational Workshop will be held on

**Saturday, March 17, 2007 from 9:00am to 4:00pm.**

The orientation & workshop at held at the central office of HADC and advance registration is required for both the orientation and the workshop. You can call **404-270-2600** or register by email at [bdh@dekalbhousing.org](mailto:bdh@dekalbhousing.org).

## 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, and 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 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 suggests 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, broccoli, liver, and beans.



Residents & guests

Please watch where you park!

Cars parked in no parking zones and 18 wheeler trucks are prohibited!  
Vehicles will be towed at owner's expense.


Residents with trash left outside of apt door will receive a \$50.00 charge.

Please take your trash to the dumpster where it belongs.



# MARCH 2007

## SPRING CHASE I COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1  <b>RENT IS DUE</b>  After school program 3-5 pm	2	3
4	5 Pest control <b>RENT IS LATE</b> after 5 pm After school program 3-5 pm <b>RAB Meeting</b> 6-8pm -Bus p/u 5:15pm	6  After school program 3-5 pm	7  After school program 3-5 pm	8  After school program 3-5 pm	9	10
11	12 Pest control  After school program 3-5 pm	13  After school program 3-5 pm	14  After school program 3-5 pm	15  After school program 3-5 pm	16	17  Happy St. Patrick's Day
18	19 Pest control  After school program 3-5 pm	20  After school program 3-5 pm	21 <b>Spring is Here!</b>  After school program 3-5 pm	22  After school program 3-5 pm	23	24
25	26 Pest control  After school program 3-5 pm	27  After school program 3-5 pm	28  After school program 3-5 pm	29  After school program 3-5 pm	30	31