

THE COMMUNITY ADVOCATE

TOBIE GRANT MANOR



Tobie Grant Manor Apartments
3218 Tobie Circle, Scottdale, Georgia 30079
(404) 270-2594 Office and (770) 332-1848 Emergency Number

**MARCH
2007**



The Advocate is published monthly with news for the Tobie Grant Manor 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.

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.

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 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.



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 404-508-8058 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.advancex.com>

HEALTH CORNER



Central DeKalb County Health Center

404-294-3762 or 404-294-3700

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

The DeKalb County Board of Health offers many
clinical and health services at the Central Dekalb Health
Center located at 440 Winn Way, Decatur.

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 - **404-508-7890**)

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.

BOOKNOOK CORNER



Scottdale-Tobie Grant Branch

644 Parkdale Drive, Scottdale, GA 30079

Hours: 2 pm - 7 pm Monday - Thursday

Phone: 404-508-7174

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) classes
- Free "U.S. Citizenship" classes
- Computer classes (Internet, MS Word)
- Free computer lab (call ahead to reserve)
- Test preparation (GED, ASVAB, & many others)
- Free "Small Business" resource center & materials
- Free reading programs for children

You can fight the flu this year!



KROGER PHARMACY
2875 N. Decatur Road
Decatur, GA 30033
Pharmacy: 404-294-8211
Store: 404-294-5311

**Get your flu shots
at a store**

Flu Clinic dates & times:

Call the pharmacist prior to arrival
for the current days and times.
Cost is \$25 or free with Medicare.

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 & 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.

Attention 1st Time Homebuyers in DeKalb County!



Applications are now being accepted for the DeKalb County 1st Time Homebuyer Program funded by the DeKalb County Community Development Department & administered by the Housing Authority of DeKalb County. The Housing Authority of DeKalb County (HADC) is a HUD and Georgia Department of Community Affairs housing counseling agency.

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.



will be distributing **Commodity Foods** from the U.S. Department of Agriculture TEFAP (the emergency food assistance program) commodities to low income residents in DeKalb County on

Wednesday, March 7th

Tobie Grant Manor Community Center 10 am - 3 pm

To obtain an authorization form call **404.929.2500** prior to distribution date - 1 distribution per family

HADC Resident Advisory Board

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



MARCH 2007

TOBIE GRANT MANOR COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 FREE 4-H Club meeting from 6:30 - 7:30 pm Tobie Grant	2	3 R S V P
4	5 Pest control here Family support group from 6:30 - 7:30 pm Tobie Grant Recreation Center RAB Meeting 6-8pm Bus p/u 5:30pm	6	7 Last day for Rent HADC Bus to Store 9 am FREE Senior Arts & Crafts from 10am-12pm Scottdale Senior Center Food Distribution from 10 am - 3 pm TGM Community Center	8	9 Garden Club Luncheon @ 12 noon	10 R S V P
11	12 Pest control here FREE Family support group from 6:30 - 7:30 pm Tobie Grant Recreation Center	13	14 HADC Bus to Store 9 am FREE Senior Arts & Crafts from 10am-12pm Scottdale Senior Center	15 FREE 4-H Club meeting from 6:30 - 7:30 pm Tobie Grant	16	17  Happy St. Patrick's Day
18	19 Pest control here FREE Family support group from 6:30 - 7:30 pm Tobie Grant Recreation Center	20	21 HADC Bus to Store 9 am FREE Senior Arts & Crafts from 10am-12pm Scottdale Senior Center Spring is Here!	22	23	24
25	26 Pest control here FREE Family support group from 6:30 - 7:30 pm Tobie Grant Recreation Center	27	28 HADC Bus to Store 9 am FREE Senior Arts & Crafts from 10am-12pm Scottdale Senior Center	29	30	31 R S V P

Property Manager - Bonita Tucker

In case of Maintenance Emergency Call 770-553-0602
To place Work Orders Call 404-292-2594