

Improving life, busting stereotypes

While spring approaches, so do numerous events aimed at improving quality of life for Cobb County seniors.

One of the largest is the "Aging By Design" summit and exposition, which doubled in size last year to about 500 people in attendance. This year's event on **Saturday, April 30** may prove even more popular, since the keynote speakers are Coach Vince Dooley and his wife Barbara.

Vince Dooley is expected to discuss his career coaching at the University of Georgia, but the couple will also talk about ways to stay healthy. Barbara Dooley is a cancer survivor.

"We wanted to have something for everyone," Cobb County Senior Services Director Jessica Gill said. "I understand they're quite the dynamic duo."

The expo will provide a one-stop shop for those seeking information about aging issues, particularly caregivers, she added. Local business and organizations will be on-site during the event, which will run 9 a.m.-2 p.m. at Roswell Street Baptist Church, 774 Roswell St., Marietta.

Other speakers will include a law enforcement official talking about elder abuse -- overall trends, what authorities are doing to prosecute it and how seniors can protect themselves from it.

Admission is only \$5 for early registration. After 5 p.m. on **April 22**, registration will cost \$10. Visit www.cobbseiors.org for registration and details. Call 770-528-5356 to become an exhibitor.

Other upcoming events include:

- Cobb County Senior Services will offer multiple showings of an acclaimed documentary about speed dating for older adults called "Age of Love" on **Feb. 16 and 18**. Free admissions and post-screening discussion. Check your local Senior Center for screening times and RSVP requirements. Gill said the film demonstrates that it's a myth that older adults don't date and if enough express interest, Senior Services will consider starting its own speed dating program.
- A healthy heart class and blood pressure/cholesterol screenings will take place noon-2 p.m. Feb. 17 at the East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. Registration is required.
- Free presentation to provide seniors with information about access to services will be held 11 a.m.-noon, Thursday, **Feb. 18**, at the Senior Wellness Center. Registration is required.
- An effort aimed at helping older veterans will take place 11:30 a.m.-1 p.m. **March 1** at the Cobb Senior Wellness Center.



About 500 people attended last year's Aging By Design summit. More are expected this April.

The lunch and learn will make veteran's benefits easier to understand for senior living and home care providers. Brannon Black LLC is scheduled to explain eligibility requirements for the aid and attendance benefit from the Veterans Administration and how the benefit can help seniors. Lunch is complimentary, but an RSVP to [Kelley@georgia-elderlaw.com](mailto:kelley@georgia-elderlaw.com) is required by **Feb. 26**. The Wellness Center is located at 1150 Powder Springs St., Marietta.

- A St. Patrick's Day Meet and Eat will be held noon-2 p.m. **March 17** at the Freeman Poole Senior Center, 4025 South Hurt Road, Smyrna. Cost is \$10 Cobb resident; \$12 for non-residents. Lauren Fariss of the Atlanta Irish Music School will provide musical entertainment. A catered meal will be served.
- Registration is required for a free diabetes class 10:30-11:30 a.m. **March 24** at the North Cobb Senior Center, 3900 South Main St., Acworth. Methods for prevention and management will be discussed.
- Free hearing screenings will be offered 10 a.m.-1 p.m. **March 30** at the West Cobb Senior Center, 4915 Dallas Highway, Powder Springs.
- Cobb will host its Senior Games for adults 55 or older **April 8-22**. The competition will include such games as table tennis, billiards, bowling, swimming and horseshoes. The registration fee is \$15 due by **March 21** for county residents. The fee is \$20 for nonresidents. There is no late registration. For more information, call 770-528-1445.

Details about other programs at various senior centers are available at cobbseiors.org.

Advance primary voting this month

Advance voting for the Presidential Primary begins Monday, **Feb 8**. For elections with high expected turnout, the Cobb County Civic Center usually serves as an advanced voting facility to supplement voting at the Main Elections Office. Due to ongoing renovations at the Cobb Civic Center this spring, advanced voting for the March 1 Presidential Primary will instead be held at the Switzer Central Library, 266 Roswell St., Marietta (CCT bus route 15 or 45) and the Senior Wellness Center, 1150 Powder Springs St., Marietta (CCT bus route 15). Registered Cobb County voters can go to any advanced voting location.

Locations open **Feb. 8-26**:

- Elections Office (West Park Government Center), 736 Whitlock Ave., Marietta. Open 8 a.m.-5 p.m., Monday-Friday and 9 a.m.-4 p.m., Saturday, Feb. 20
- Switzer Central Library, 266 Roswell St., Marietta. Open 9 a.m.-7 p.m., Monday-Friday and 9 a.m.-4 p.m., Saturday, Feb. 20
- Senior Wellness Center (Powder Springs Station), 1150 Powder Springs St., Marietta. Open 9 a.m.-7 p.m., Monday-Friday and 9 a.m.-4 p.m., Saturday, Feb. 20

Additional advance voting locations will be open 9 a.m.-7 p.m., **Feb. 22-26**:

- East Cobb Government Service Center, 4400 Lower Roswell Road, Marietta
- South Cobb Community Center, 620 Lions Club Drive, Mableton
- Boots Ward Recreation Center (Lost Mountain Park), 4845 Dallas Highway, Powder Springs
- NorthStar Church, 3413 Blue Springs Road NW, Kennesaw

Any voter may apply for a vote-by-mail ballot instead of voting in-person. Applications are available at cobbelections.org. For more information, call 770-528-2581.

Egg hunt scheduled for evening fun

Cobb County will be hosting the Second Annual "Eggstravaganza under the Stars," on Saturday, **March 26**, at Al Bishop Softball Complex, 1082 Al Bishop Dr. Marietta. The complex gates will open at 6 p.m. and the first hunt begins at 7 p.m. The 2016 "Eggstravaganza" will feature an evening egg hunt under the stars and we are asking you to bring your flashlights. There will also be children's art activities, live entertainment, inflatable's, Hula hoop contest, tug-of-war contest, musical chairs, food vendors and more.



Special

4-H plant deadline, sale next month

The deadline for ordering in the Cobb 4-H Plant Sale Fundraiser is Thursday, **March 3**. All plants must be preordered and prepaid prior to the one-day pickup at Jim R. Miller Park in Marietta 10 a.m.-2 p.m. Saturday, **March 12**. Plant varieties offered while supplies last include blackberry, blueberry, raspberry, figs, crape myrtle and more. Proceeds from the plant sale will help support 4-H activities. Plants will not be held after 2 p.m. on the pickup date. Order forms with a complete list of plants are available for download at cobbextension.com. Payments by checks or money orders must accompany all orders. All sales are final.



Special

Support Cobb County animal shelter

Cobb Animal Control has 2016 calendars for sale to benefit shelter operations. The calendars, featuring pets from the shelter, are \$10 each. The calendars can be purchased at the shelter, located at 1060 Al Bishop Drive, Marietta and online through cobbcounty.org. For more information, call 770-499-4136.



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