Cobb Senior Services Resource Directory 2016

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Senior Citizen Council OF COBB COUNTY

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- Sylvia Warren, Leasing Consultant

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Published for Cobb County Senior Citizens & Their Caregivers

For more information about Cobb Senior Services, call 770-528-5355

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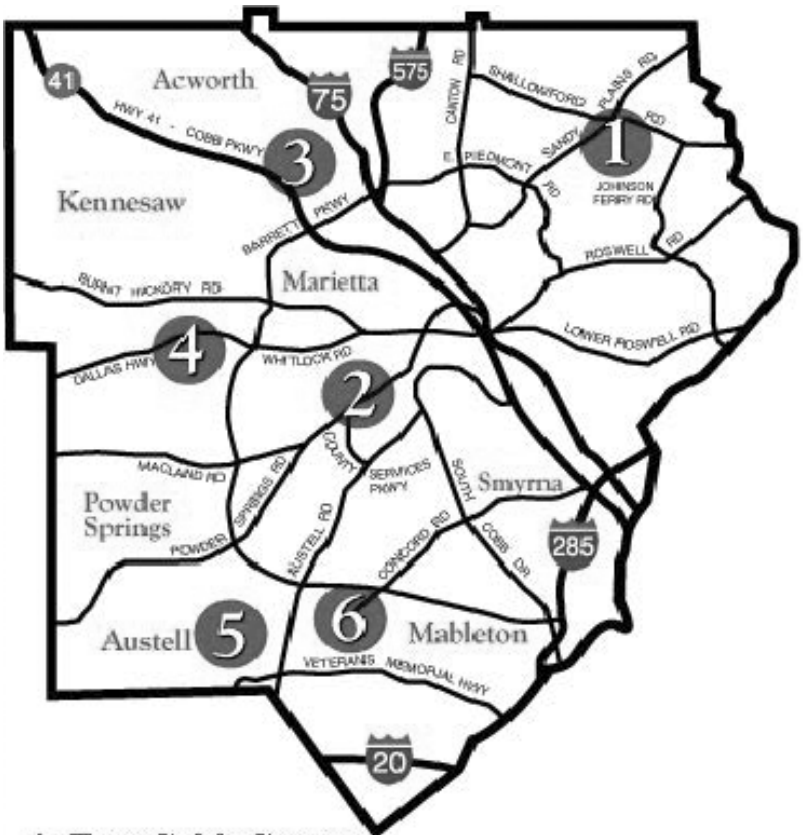
Cobb County
Resource Directory for Senior Citizens
2016

The purpose of this directory is to provide a reader-friendly listing of programs and services available to Cobb County senior adults.

Listings do not constitute endorsement of a service or a program. This directory is a best effort to provide resources for seniors residing in Cobb County, but may not be a comprehensive listing.

To help us revise material for future issues, please report errors and/or omissions on the Revision Form on page 30 and return to the address listed on the form.



1. East Cobb Senior Center

2. Senior Wellness Center
   Marietta Neighborhood Senior Center

3. North Cobb Senior Center
   North Cobb Neighborhood Senior Center

4. West Cobb Senior Center

5. Austell Neighborhood Senior Center

6. C. Freeman Poole Senior Center

It is with great pleasure that Cobb Senior Services publishes this seventh edition of the Cobb County Resource Directory for Senior Citizens.
We appreciate the advertisers, as their sponsorship allows us to reprint and update this directory. Please let them know that you appreciate their involvement in the community and their efforts to support senior citizens.

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Cobb Senior Services

A department of Cobb County Government, Senior Services has enhanced the quality of life of Cobb County seniors by meeting their social, educational and recreational needs. CSS provides services through a network of eight senior centers, the Meals on Wheels program, a van pool transportation service, and instructional classes such as computer training, lunch and learns, art programs and fitness classes. These are only a part of the services offered to seniors over 55 years of age. More than 1,200 volunteers donate their time and resources to every phase of Senior Services to support many of these programs available to seniors in our centers and at home.
For more information, visit www.cobbseniors.org, or call 770-528-5355.

Senior Centers:

Senior Wellness Center
1150 Powder Springs St
Marietta, GA 30064 770-528-5355

Marietta Neighborhood Senior Center
1150 Powder Springs St
Marietta, GA 30064 770-528-2516

East Cobb Senior Center
3332 Sandy Plains Rd
Marietta, GA 30066 770-509-4900

C. Freeman Poole Senior Center
4025 South Hurt Rd
Smyrna, GA 30082 770-801-3400

Located inside Kennworth Park
North Cobb Senior Center
3900 S. Main St.
Acworth, GA 30101 770-975-7740

North Cobb Neighborhood Senior Center
3900 S. Main St.
Acworth, GA 30101 770-974-2984

West Cobb Senior Center
4915 Dallas Highway
Powder Springs, GA 30127 770-528-8200

Austell Neighborhood Senior Center
Located inside Clarkdale Park
4915 Austell Powder Springs Rd
Austell, GA 30106 770-819-3200

Frequently Called Numbers Throughout Metro Atlanta

FOR EMERGENCIES CALL 911

HELP LINES

Cobb Senior Services	770-528-5364
Georgia Senior Legal Aid Hotline	404-657-9915
National Center for Nutrition Hotline	877-423-4746
Senior Legal Hotline	404-657-9915
Stroke Connection Information Line	800-553-6321
WellStar Health Line	770-956-7827

HELPFUL ORGANIZATIONS/SERVICES

AARP Tax Aid Program & Smart Driver Program	800-227-7669
Aging Connection	404-463-3333
Alzheimer's Association	800-272-3900
American Cancer Society	800-227-2345
American Diabetes Association	404-320-7100
American Heart Association	770-952-1316
American Red Cross	404-876-3302
Arthritis Foundation	800-933-7023
Atlanta Bar Assoc. Lawyer Referral	404-521-0777
Atlanta Regional Commission	404-463-3100
AT&T Discount Program	404-780-2800
AT&T Telecommunications Center for Customers with Disabilities	800-982-2891
CareShare Exchange	404-851-5544
Catholic Social Services	404-885-7208
Center for Visually Impaired	404-875-9011
Dept. of Family & Children Services	770-528-7683
Cobb Family Resources	770-428-2601
Cobb Legal Aid	770-528-2565
Consumer Credit Counseling	404-527-7630
Eldercare Locator	800-677-1116
Elderhostel	877-426-8056
Energy Assistance Program	404-614-1027
FODAC	770-491-9014
GA Council for Hearing Impaired	404-292-5312
GA Council on Aging	404-523-5027
GA Division of Aging Services	404-657-5258
GA Legal Aid	706-369-6440
GA Power Senior Discount	888-660-5890
Hear Now	800-648-4327
GA Lions Lighthouse Foundation	404-325-3630
Home Safety Checklist	301-504-7923
Housemate Match	770-578-7526
Internal Revenue Service	800-829-1040
Lifeline Systems	800-451-0525
Long Term Care Ombudsman	404-371-3800
Kennestone Hospital	770-793-5000
Marietta Housing Authority	770-419-3200
Medicaid	770-528-7683
Medicare-Part A	800-633-4227
Medicare-Part B	800-727-0827
Medigap Insurance	404-656-2056
Mental Health Association	404-527-7175
Natl Assn. Retired Federal Employees	770-971-1719
National Hospice Organization	800-658-8898
Multiple Sclerosis Society (GA Chapter)	770-393-8833
Senior Companion Program	404-351-3889
Social Security Information	800-772-1213
SpectraCare Specializing in Home and Alternate Site Dialysis	770-518-2662
United Way	211

GEORGIA FACTS

STATE MOTTO....."Wisdom, Justice &Moderation"
STATE SONG....."Georgia On My Mind"
STATE BIRD.....Brown Thrasher
STATE FLOWER.....Cherokee Rose
STATE FRUIT.....Peach
STATE TREE.....Live Oak
STATE FISH.....Largemouth Bass
STATE CROP.....Peanut
STATE WILDFLOWER.....Azalea
STATE VEGETABLE.....Vidalia Sweet Onion

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MOST FREQUENTLY ASKED QUESTIONS

What is the Difference Between Medicare and Medicaid?

Medicare is the Federal health insurance program for people 65 years of age or older and certain disabled people. Your local Social Security Administration office takes applications for Medicare and provides general information about their program.

Medicaid is a medical assistance program jointly financed by the State and Federal governments for eligible low-income individuals. Medicaid coverage and eligibility vary among states, and eligibility depends on both financial and non-financial criteria.

Where Do I Get Information or Apply For Medicaid?

To apply for Medicaid please call COMPASS at 1-877-423-4746 or online www.compass.ga.gov. If you need additional assistance, please visit your local DFCS office.

What is the Difference Between Dementia and Alzheimer's?

Dementia is not a disease, but is a syndrome marked by deterioration in intellectual performance that involves memory loss and is severe enough to interfere with work or social activities or both. There is almost always a loss of problem-solving ability and other aspects of abstract thinking as well. Alzheimer's disease (AD) is the most common form of dementia.

The earliest symptom of Alzheimer's disease is usually short-term memory loss. Other symptoms may include problems with learning, attention, judgment, orientation, difficulty in finding the right word, and changes in personality and behavior. There are two points to keep in mind: 1) the majority of elderly persons who exhibit symptoms of dementia will turn out to have AD, 2) there are other causes of dementia symptoms that may be treatable and curable. Thus, every person with these symptoms deserves a thorough medical investigation by a physician who is familiar with dementia and the elderly.

What Services are Provided For Seniors Needing Extra Care at Home?

In-home care provides individuals with a wide variety of supportive services that enable them to remain in their own home. In-home care allows patients to be discharged from hospitals earlier than expected because any remaining treatments can be performed in the home. Services include any combination of home health care including medical equipment, respite care (offers relief to caregivers from demands of providing ongoing care), homemaker services, heavy duty chore services, licensed nurses, therapists and social workers, monitoring medications, assistance with the activities of daily living, home-delivered meals, companion services, telephone reassurance, and emergency response systems. Services can be hourly, weekly, monthly, or by any other arrangement. For information regarding care in Cobb County, contact Cobb Senior Services' Information & Referral line at 770-528-5364.

Home health/skilled services are prescribed by a physician, and implemented by a home health care agency. They include physical therapy, speech therapy, occupational therapy, intravenous therapy, wound care and dressing, catheterization and injections, and respite. Medicare provides limited coverage for these skilled services. Home care under Medicare Part B is limited in many cases.

What Care is Available Outside the Home?

Look under categories: HOSPITALS, HOSPICE CARE, HOUSING OPTIONS, AND HOUSING SERVICES.

Adult day care/day respite usually provides a structured program with activities, lunch, health and rehabilitative services, occasional outings, family support and/or counseling, and transportation. Clients must meet eligibility requirements.

Independent living is for people who are able to live independently, and prefer to live in a community with others of the same age and with similar interests. An independent retirement community allows for a variety of social activities and trips. Many independent living communities also offer prepared meals and provide a wide range of amenities.

Retirement communities are also known as continuing care or life care communities. The primary advantage

of retirement communities is that an individual or couple does not need to relocate if circumstances related to their health change. Because of the breadth of care available, they are generally more costly than the other forms of available residential care. Most elders finance this by the sale of a home.

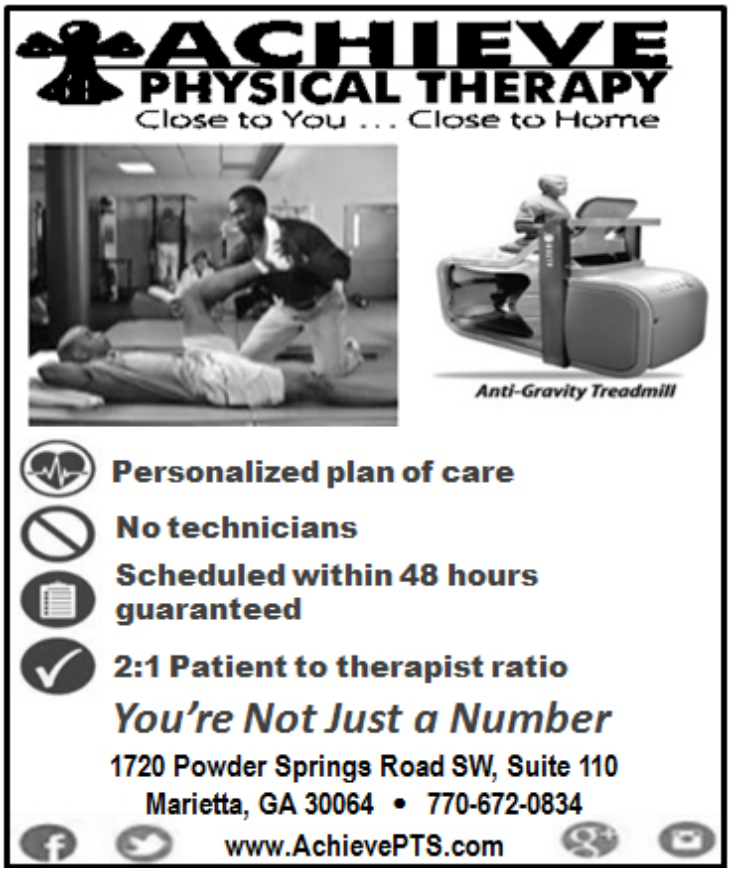
Personal care homes (assisted living facilities) provide housing in a group setting for elderly or disabled individuals. The Office of Regulatory Services must license personal care homes. They are sometimes given names that include the phrase "assisted living/personal care homes." These facilities provide 24-hour watchful oversight and generally offer staffing and a level of care between independence and that offered by a nursing home. Each facility is required to post its last inspection report for review. If there are questions about this report contact the Office of Regulatory Services, Personal Care Home Section at (404) 657-4076.

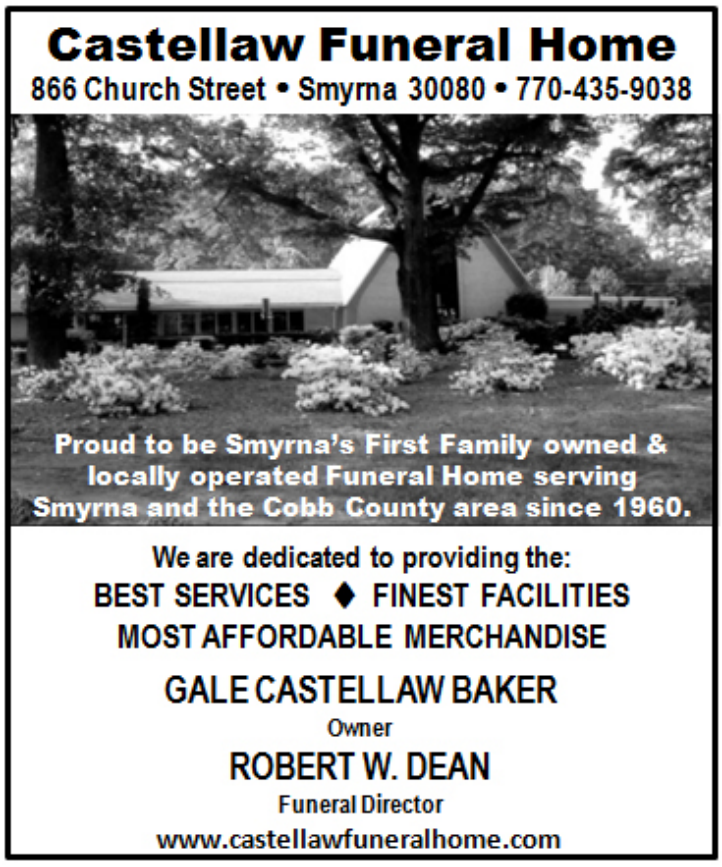
Skilled Nursing Facilities (nursing homes) offer a protective, therapeutic environment for those individuals who require rehabilitative care or can no longer live independently because of a chronic physical or mental condition which requires around-the-clock skilled nursing care. These communities provide care similar to that received in the hospital. Communities that receive Medicaid and Medicare reimbursements are required to maintain a social service staff and provide daily social activities for residents. If there are questions about this report contact the Office of Regulatory Services, Personal Care Home Section at (404) 657-4076.

Hospice care provides services at home or at a health care community for terminally ill residents and their families. Care is usually supervised by the family's physician working cooperatively with a team of professionals that include nurses, social workers, clergy, and home health care aides. Hospice care primarily manages pain and discomfort, creating an environment that encourages individuals as well as loved ones to openly grieve, talk, grow, and enjoy each other while remaining physically and emotionally close until the end. A person does not usually enter hospice care until given a terminal diagnosis by a physician.

Who Do I Call if I Feel an Elderly Person is Being Mistreated or Neglected?
Refer to category - ELDER ABUSE AND NEGLECT
Refer to category - HOME CARE PROVIDER COMPLAINTS/QUALITY OF CARE ISSUES

Where Do I Find Subsidized Housing in Cobb County?
Refer to categories: HOUSING OPTIONS AND/OR HOUSING SERVICES.





SENIOR RESOURCE DIRECTORY

ADULT DAY CARE/DAY RESPITE

Adult Day of Dunwoody	1 Dunwoody Park, Ste 123, Dunwoody 30338	770-551-2722
Aloha to Aging	4608 Lower Roswell Rd, Marietta 30068	770-722-7641
Brookdale Vinings	2401 Cumberland Pkwy SE, Atlanta 30339	678-341-2339
Comforters Adult Day Care	5939 Stewart Pkwy, Douglasville 30135	678-401-8076
Emerald Isles PCH	1402 Shadowbrook Dr, Marietta 30062	770-509-0533
Robin's Nest Adult Day Care	470 North Sessions St, Marietta 30060	770-919-8580
SarahCare at Powers Ferry	120 Interstate N Pkwy, Ste 420, Atlanta 30339	678-741-3900
Serenity Adult Day Care Center	4279 Austell Pwdr Springs Rd, Powder Springs 30127	678-324-1237
Walton Nursing & Adult Day Health	4600 Hiram Lithia Springs Rd. Powder Springs 30127	770-943-6768
Woodland Ridge	4005 S Cobb Dr, Smyrna 30080	770-431-7055

ADULT DAY TREATMENT

Atlanta Medical Center	303 Pkwy Dr, NE, Atlanta 30312	404-265-1200
Eastside Medical Center	2160 Fountain Dr, Snellville 30078	770-985-6470
Fuqua Center for Late-Life Depression	12 Executive Park Dr NE, 5th Floor, Atlanta 30329	404-728-6302
Mindful Transitions, LLC	PO Box 862127, Marietta 30062	678-637-7166
Ridgeview Institute	3995 South Cobb Dr, Smyrna 30080	770-434-4567

ADULT PROTECTIVE INTERVENTION

Adult Protective Services - GA Department of Human Services	2 Peachtree St NW, Atlanta 30303	866-552-4464
Cobb County DFCS	325 South Fairground St, Marietta 30060	770-528-5000

ADULTS WITH DISABILITIES

Tommy Nobis Center, Inc.	1480 Bells Ferry Rd NE, Marietta 30066	770-427-9000

COMPANION SITTER SERVICES

4 Seasons Home Care, Inc.	78 Cole St, Ste 100, Marietta 30060	770-419-5652
Abba Health Care, Inc.	6341 Highway 92, Ste 202, Acworth 30102	678-685-8511
Addus Health Care	3300 Highland Pkwy, Ste 140, Smyrna 30082	678-287-7398
Affordable Medical Resources	2255 Sewell Mill Rd, Bdng 100 Ste 110, Marietta 30062	770-321-6142
Angel Companions	4994 Lower Roswell Rd, Ste 33, Marietta 30068	770-579-5000
Angel Heart Homecare	3535 Roswell Rd, Ste 63, Marietta 30062	770-605-7173
At Home Personal Care Providers	4658 Ivy Green Court, Acworth 30102	770-528-7040
Atlanta Homecare, Inc.	2351 Monte Villa Courts, Marietta 30062	770-579-9235
Better Life Home Care Services	2470 Windy Hill Rd, Ste 222, Marietta 30067	770-953-2444
BrightStar Care	833 Campbell Hill St, Ste 116, Marietta 30060	678-290-7827
Caring Hands Homecare	5330 Brodestone Dr. #250, Acworth 30101	404-519-1939
Comfort Keepers	240 Cherokee St, Ste 302, Marietta 30060	678-354-0102
Core Health Provider Services, Inc.	174 Thorncliff Way, Acworth 30101	678-772-7415
Cumberland Medical Staffing	3411 Austell Rd, Ste 100, Marietta 30008	770-435-2555
Dignity Place, Inc.	3950 Cobb Pkwy, Ste 806, Acworth 30101	770-529-6801
DivineHealthcare Homecare	903 Shaftoe St, Kennesaw 30152	678-612-1700
Elder Home Care, Inc.	2759 Delk Rd, Ste 2135, Marietta 30067	770-937-9003
Elite Personal Home Care	3020 Roswell Rd NE, Ste 200, Marietta 30062	678-922-8008

COMPANION SITTER SERVICES CONTINUED

Elite Private Home Care Provider	5003 Lake Mist Dr, Mableton 30126	678-662-7451
Encore Health Care Services, LLC	376 Powder Springs St, Ste 220, Marietta 30064	770-218-6911
Everyday Home Care, LLC	4125 Hunters Green Lane, Kennesaw 30144	678-445-7741
Firstline Homecare and Medical Services, Inc.	2453 Pwdr Springs Rd, Bldg 200 Ste 225, Marietta 30064	770-863-0760
Griswold Home Care	1000 Whitlock Ave, Ste 320, Marietta 30064	678-256-2488
Harbek Private Home Care Services	3249 Creek Trace East, Powder Springs 30127	678-496-5049
Home Instead Senior Care	1301 Shiloh Rd, Ste 1730, Kennesaw 30144	770-425-4240
Kay's Homecare Services, Inc.	2378 Wickingham Court NE, Marietta 30066	678-494-5144
Kostic Healthcare	2985 Gordy Pkwy, Ste 208, Marietta 30066	770-672-6175
Liberty Healthcare Services, Inc.	6281 Vinings Vintage Dr, Mableton 30126	770-630-5721
Lifetime Home Care Service	577 Pine Valley Dr, Ste 200, Powder Springs 30127	404-998-6757
Michester, Inc.	3845 Pwdr Springs Rd, Ste 102, Powder Springs 30127	678-791-2696
Regal Healthcare Services, LLC	361 Bloombridge Way NW, Marietta 30066	770-369-6481
Reliance Health Care, Inc.	2470 Windy Hill Rd, Ste 268, Marietta 30067	770-953-5852
Silver Companions, Inc.	6478 Putnam Ford Dr. #107, Woodstock 30189	404-918-4407
Southeast Healthcare	701 Whitlock Avenue, Bldg J-43, Marietta 30064	770-439-8990
Tranquil, Inc.	4177 Havenwood Court, Kennesaw 30144	678-290-0070
Universal Healthcare Services	75 Ayers Avenue, Marietta 30060	770-552-5551
Visiting Angels	470 North Sessions St, Marietta 30060	770-919-8560
WellCare of North Georgia, Inc.	2453 Pwdr Sprgs Rd, Bldg 200 #225C, Marietta 30064	770-407-7663

EDUCATION AND ENRICHMENT CLASSES

Chattahoochee Technical College	980 South Cobb Dr, Marietta 30060	770-975-4050
Cobb Multiurpose Senior Centers		
C. Freeman Poole Center	4025 South Hurt Rd, Smyrna 30082	770-801-3400
East Cobb Senior Center	3332 Sandy Plains Rd, Marietta 30066	770-509-4900
North Cobb Senior Center	3900 S. Main St., Acworth 30101	770-975-7740

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Facility offers two wings, one for those with cognitive impairment in need of assessment and stabilization and one wing for those with psychiatric or substance use disorders.

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EVERYDAY TIPS TO SAVE ENERGY

Wash only full loads of dishes and clothes.
Air dry dishes instead of using dishwasher drying cycle.
Lower your hot water heater thermostat;
115 F is comfortable.
Take showers instead of baths.

Senior Wellness Center	1150 Pwdr Springs St, Marietta 30064	770-528-5355
West Cobb Senior Center	4915 Dallas Hwy, Powder Springs 30127	770-528-8200
Enrichment of Life Movement - ELM	56 Whitlock Avenue, Marietta 30064	770-429-7850
Kennesaw State University (OLLI)		
Osher Lifelong Learning Institute	3333 Busbee Dr, #3301, Kennesaw 30144	470-578-6765
Wellstar Good Life Club	114 Cherry St, Marietta 30060	770-793-7141

ELDER ABUSE & NEGLECT

Crime Stoppers Hotline		404-577-TIPS
Governors Office of Disability Services Ombudsman	7 Martin Luther King, Jr Dr SW, 4th Floor, Ste 443, Atlanta 30334	866-424-7577
Healthcare Facility Regulation Division Long Term	2 Peachtree St, Ste 3100, Atlanta 30303	404-657-5726

EMERGENCY RESPONSE SYSTEMS

Central Monitoring	522 Pine Avenue, Albany 31701	800-442-1125
Georgia Lifeline	111 Lawrence St Framingham, MA 01702	800-543-3546
Help - Medical Services of America, Inc.	171B Monroe Lane Lexington, SC 29072	800-845-5850
HelpLink, LLC	107 Woodlawn Dr, Perry 31069	800-922-5487
Life Alarm Services, Inc.	4210 Columbia Rd, Bldg 14B, Martinez 30907	800-780-5433
On-Call Medical Alarms	679 Durant Place, Ste K, Atlanta 30308	678-524-3934
Personal Emergency Button Services	110 Mole Mntn Crt, Ste 20441, Jasper 30143	770-894-2264
Response4Help	12 Oswego St. Baldwinsville, NY 13027	855-319-4357
Right At Home	448 Ralph David Abernathy Blvd, Atl 30312	404-522-0029

EMPLOYMENT SERVICES

AARP Senior Comm Service Employment Prgrm	1718 Peachtree St, Ste 991S, Atlanta 30309	404-892-4446
Benefits Navigator Program	2020 Peachtree Rd NW, Atlanta 30309	800-283-1848
Cobb Workforce Development Center	463 Commerce Prk Dr, Ste 100, Marietta 30060	770-528-4300
Cobb-Cherokee Career Center	465 Big Shanty Rd, Marietta 30066	770-528-6100
disABILITY LINK	1901 Montreal Rd, Ste 102, Tucker 30084	404-687-8890
MUST Ministries	1407 Cobb Pkwy, Marietta 30062	770-427-9862
	460 Pat Mell Rd, Smyrna 30080	770-436-9514
Urban League of Greater Atlanta	229 Peachtree St NE, Ste 300, Atlanta 30303	404-659-1150

FINANCIAL ASSISTANCE

Action Ministries Feed the Hungry Foundation	2160 Hills Ave, Bldg 2 2160 F, Atlanta 30318	404-662-7593
American Cancer Society	250 Williams St NW, Atlanta 30303	800-227-2345
American Kidney Fund	72 Edgewood Ave NE, Atlanta 30303	404-658-1420
Cancer State Aid Program	2 Peachtree St NW, Atlanta 30303	404-463-5111
Center for Family Resources	995 Roswell St NE, Ste 100, Marietta 30060	770-428-2601
Cobb County DFCS	325 Fairground St SE, Marietta 30060	877-423-4746
Diabetes Association of Atlanta	100 Edgewood Ave NE, #1004, Atlanta 30303	404-527-7150
First Christian Church of Marietta	569 Frasier St SE, Marietta 30060	770-428-3125
Hosea Williams Feed the Hungry Foundation	1035 Donnelly Ave SW, Atlanta 30310	404-755-3353
MUST Ministries- Marietta	1407 Cobb Pkwy, Marietta 30062	770-427-9862
MUST Ministries- Smyrna	2460 Pat Mell Rd, Smyrna 30080	770-436-9514
Project Share	1000 Center Place, Norcross 30093	800-257-4273
Saint Vincent de Paul Society	2050 Chmblee-Tcker Rd, Ste C, Chamblee 30341	678-892-6163
Salvation Army of Cobb County	202 Waterman St, Marietta 30060	770-724-1640
Social Security Administration	1415 Franklin Rd SE, Marietta 30067	800-772-1213
Sweetwater Mission	6289 Veterans Mem Hwy, Bldg 12, Austell 30168	770-819-0662

WELCOME TRAVELERS

Cobb Senior Services provides a variety of day trip opportunities. Our goal is to take the hassle out of driving, making reservations, or even traveling alone, so that you can relax and make the most out of your travel experience.

REGISTRATION OPTIONS

Walk-in registration is available at all Cobb senior centers Monday through Friday between the hours of 8:30 A.M. and 4:00 P.M. Registration for all trips is on a first come, first served basis. Full payment is due at the time of registration. If a trip is full, please ask staff to add your name to the waitlist. When a space becomes available ,it will be filled from the waitlist in the order that names were listed.

PRICING

Price includes transportation, admissions, snacks, all taxes and tips, and (in most cases) meals. See advertisements for specific details.

TRIP DISCOUNT

Senior Citizen Council of Cobb County, a private, non-profit senior advocacy organization, offers an annual membership to all senior citizens. Benefits of membership include a $5 discount on all CSS sponsored trips and 12 issues of *The Bulletin*, a monthly publication which highlights events and activities throughout CSS. Applications are available at any center.

PAYMENT OPTIONS

Payment is due at the time of registration. Cobb Senior Services accepts the following forms of payment: Cash, Check or Money Order (payable to CSS) Visa, American Express, Discover, or MasterCard

CANCELLATION/REFUND POLICY

No refunds will be given unless the trip is cancelled. In the event of a cancellation, you can either receive a credit for the full amount or request a refund. Refunds may take up to 6 weeks to process. Participants who cancel due to medical emergencies may receive a credit on their account, if approved by the center's Coordinator.

GENERAL INFORMATION

Age Requirements - Active adults 55 years or better may participate in day trips. Adults under 55 can participate if they are accompanying a traveler 55 and over, or if a traveler requires special assistance.

Emergency Forms - Every participant must complete an emergency form that includes pertinent information such as medications, allergies, and emergency contact.

Staff - A staff member from Cobb Senior Services accompanies each trip to address any issues that may arise.

Travelers are responsible for handling their own personal items/belongings.

Participant Mobility - Each traveler must be able to navigate on and off the bus independently. If you have any concerns with walking or climbing stairs, please check with staff before registering.

Activity Level Scale

Level 1- Small distance walking, most of trip is seated.
Level 2- Limited walking, some stairs and/or inclines.
Level 3- Longer walking, many stairs and/or inclines.
Level 4- Long periods of walking, many stairs and/or inclines, limited seated breaks.

Dietary Restrictions - Before registering for a trip please consult with staff concerning any special dietary needs. Attempts will be made to meet these needs. However, accommodations cannot be guaranteed in every circumstance. If you have a medical condition that requires eating at specific times, be sure and bring snacks with you.

Parking - All trips depart from the designated senior center. All centers have allocated parking zones for day trips. Check with staff in advance to verify these areas. Please secure any personal belongings that you choose to leave in your vehicle.

Tammy Brewer, CAC
Cobb-Cherokee
(770) 704-5450
tammyb@carepatrol.com

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FINANCIAL ASSISTANCE Continued

Travelers Aid	995 Roswell St, Marietta, GA 30060	770-428-1883
Turner Chapel AME	492 N Marietta Pkwy NE, Marietta 30060	770-514-1046

Energy Assistance

Cobb County DFCS	325 Fairground St, Marietta 30060	877-423-4746

Food Assistance

Christian Aid Mission Partnership	6289 Veterans Mem Hwy, Bldg. 12, Austell 30168	770-819-0662
Cobb County DFCS	325 Fairground St, Marietta 30060	877-423-4746
First Christian Church of Marietta	569 Frasier St SE, Marietta 30060	770-428-3125
MUST Ministries	1407 Cobb Pkwy, Marietta, 30062	770-427-9862
The Center for Family Resources, Inc.	995 Roswell St NE, Ste 100, Marietta 30060	770-428-2601
Walton Community Services, Inc.	3401 Florence Rd, Powder Springs 30127	800-943-6768

Utility Assistance

AT&T Lifeline/Link-UP		800-288-2020
Cobb EMC	1000 EMC Pkwy NE, Marietta 30060	770-429-2100
Georgia Natural Gas	PO Box 440667, Kennesaw 30160	770-850-6200
Georgia Power	241 Ralph McGill Boulevard, Atlanta 30308	800-660-5890
Georgia Public Service Commission		404-656-4501
Windstream Lifeline Program		800-347-1991

GERIATRIC ASSESSMENT

Southeastern Geriatric Healthcare Group	1301 Hightower Trl, Ste 150, Atlanta 30350	404-497-1830
Wesley Woods Geriatric Hospital	1821 Clifton Rd NE, Atlanta 30329	404-728-6200

HEALTH CENTERS/CLINICS

Acworth Community Health Center	4489 Acworth Industrial Dr, Acworth 30101	770-974-3330
Cobb and Douglas Public Health	1650 County Services Pkwy, Marietta 30008	770-514-2300
Community Health Center	5000 Austell Pwdr Sprngs Rd #273, Austell 30106	678-398-6548
East Cobb Health Center	4938 Lower Roswell Rd, Marietta 30068	678-784-2180
Family Health Center at Cobb	805 Campbell Hill St, Marietta 30060	770-919-0025
Good Samaritan Health Center of Cobb	1605 Roberta Dr, Marietta 30008	770-419-3120
Marietta Health Center	1650 County Services Pkwy, Marietta 30008	770-514-2300

HEALTH CONDITIONS

Alzheimer's Association, GA Chapter	41 Perimeter Center E, Ste 550, Atlanta 30346	404-728-1181
American Cancer Society	1825 Barrett Lakes Blvd, # 280, Kennesaw 30144	770-429-0089
American Lung Association	2452 Spring Rd SE, Smyrna 30080	770-434-5864
Vision Rehabilitation Svcs of GA	3830 S Cobb Dr, Smyrna 30080	770-432-7280
National Kidney Foundation	270 Peachtree St, Ste 1040, Atlanta 30303	770-452-1539

HEALTH SUPPORTIVE PRODUCTS

ADA Medical Supply	4968 Austell Rd, Austell 30106	678-398-0505
Advanced Home Medical Equip	1395 S Marietta Pkwy SE, Ste 106, Marietta, 30067	770-426-4310
Audiological Consultants	2424 Roswell Rd, #140, Marietta 30062	678-560-0011
Byrom Healthcare Center	1925 Vaughn Rd NW, Kennesaw 30144	770-422-5516
Diaper Depot	2655 N Decatur Rd, Decatur 30033	404-373-7388
Georgia Medical Resources	600 Kirk Rd NW, Ste A, Marietta 30060	770-428-5445
Hearing Solutions	2430 Atlanta Rd. #100, Smyrna 30080	770-425-1095
Hi-Tech Healthcare, Inc.	718 Cherokee St NE, Marietta 30060	770-792-0030
Home Health Options, Inc.	3040 Amwiler Rd, Atlanta 30360	770-425-7718
Laceys Marietta Pharmacy	790 Church St, Ste 170, Marietta 30060	770-424-3131
Lincare (Resp Equipment)	1395 South Marietta Pkwy SE, Marietta 30067	770-425-1229

HEALTH SUPPORTIVE PRODUCTS *continued*

Medicine Shoppe	3903 South Cobb Dr, Smryna 30080	770-436-0811
Soft Touch Medical LLC	1800 Sandy Pln Inds Pkwy, Ste 224, Marietta 30066	770-590-7383
ThyssenKrupp Access	2197 Canton Rd, Ste 105, Marietta 30066	678-581-0551
TMN Medical Supply Co.	2716 Windsor Ct, Kennesaw 30144	404-822-8951

HEALTH/WELLNESS PROGRAMS

Center For Pan Asian Community Service	3510 Shallowford Rd NE, Atlanta 30341	770-936-0969
Cobb Parks, Recreation and Cultural Affairs	1792 County Services Pkwy, Marietta 30008	770-528-8800
Cobb Senior Services		
C. Freeman Poole Multipurpose Center	4025 South Hurt Rd, Smyrna 30082	770-801-3400
East Cobb Multipurpose Center	3332 Sandy Plains Rd, Marietta 30066	770-509-4900
North Cobb Multipurpose Center	3900 S. Main St, Acworth 30101	770-975-7740
Senior Wellness Center	1150 Powder Springs St, Marietta 30064	770-528-5355
West Cobb Multipurpose Center	4915 Dallas Hwy, Powder Springs 30127	770-528-8200
Smyrna Parks and Recreation	200 Village Green Circle, Smyrna 30080	770-431-2842
SPARHKS at KSU	1000 Chastain Blvd, Kennesaw 30144	770-423-6488
YMCA- McCleskey	1055 E Piedmont Rd, Marietta 30062	770-977-5991
Northeast Cobb	3010 Johnson Ferry Rd, Marietta 30062	678-569-9622
Northwest Cobb	1700 Dennis Kemp Ln, Kennesaw 30152	770-423-9622
Wellstar Health Place	330 Kennestone Hospital Blvd, Marietta 30060	770-793-7300

HOME CARE PROVIDER COMPLAINTS

GA DHS Healthcare Facility Regulation Division	2 Peachtree St NW, 31st Floor, Atlanta 30303	404-657-5726

HOME DELIVERY SERVICES

Diaper Depot	2655 N Decatur Rd, Decatur 30033	404-373-7388
Lacey Drug Company	4797 South Main St, Acworth 30101	770-974-3131
PharmaLife	2915 Piedmont Rd, Ste B, Atlanta 30305	404-592-3034

HOME HEALTH AGENCIES

Affordable Medical Resources	2255 Sewell Mill Rd, #110, Marietta 30062	770-321-6142
Aid and Assistance Home Health	1808 Kolb Farm Cir SW, Marietta 30008	770-218-1400
Amedisys	2000 Riveredge Pkwy, Ste GL200, Atlanta 30328	770-953-8570
Angel Companions	4994 Lower Roswell Rd, #33, Marietta 30068	770-579-5000
Atlanta Home Care Partners	3006 Clairmont Rd, #1070, Atlanta 30329	404-580-2408
Attentive Care	3323 Turtle Lake Club Dr, Marietta 30067	404-228-0103
BrightStar Care	833 Campbell Hill St NW, Ste 116, Marietta 30060	678-290-7827
Camellia Healthcare	1705 Enterprise Way, #102, Marietta 30064	678-354-1456
Careminders Home Care	2551 Roswell Rd, Marietta 30062	678-331-5550
Central Home Health Care	4255 Wade Green Rd, #420, Kennesaw 30144	866-321-5650
ComForCare	6065 Roswell Rd, Ste 424, Atlanta 30328	770-649-9930
Comfort Keepers	240 Cherokee St, NE #302, Marietta 30060	678-354-0102
Comforting Arms	1300 Ridenour Blvd, Ste 100, Kennesaw 30152	678-819-3775
CSS Healthcare Services	8896 Tara Blvd, # 500, Jonesboro 30236	770-210-0631
Easy Living Services Inc	120 Prospect Pl, Alpharetta 30005	770-442-8664
Family Private Care	6065 Lake Forrest Dr, #170, Sandy Springs 30328	404-252-9005
Gentiva Health Services	1303 Hightower Trail, Ste 105, Atlanta 30350	770-998-1393
Guardian Home Care	11660 Alpharetta Hwy, Ste 440, Roswell 30076	770-664-9272
Home Health Options Inc.	3040 Amwiler Rd, Atlanta 30360	770-425-7718
Home Instead	1301 Shiloh Rd, Ste 1730, Kennesaw 30144	678-498-2400
In Home Rehab	3053 Intrepid Close, Marietta 30062	770-973-2207

HOME HEALTH AGENCIES *continued*

Interim Healthcare of Atlanta, Inc.	6000 Lake Forrest Dr, Ste 500, Atlanta 30328	404-843-2708
KMH Concierge	216 Creel Chase NW, Kennesaw 30144	404-692-0539
LivHome	400 Northridge Rd, Ste 425, Atlanta 30350	770-992-5820
MedSide Healthcare	1120 Hope Rd, 3rd Floor, Sandy Springs 30350	404-633-7433
Prosper Home Care	3088 Mercer University Dr #100, Atlanta 30341	678-310-6305
Right at Home	1768 Veterans Mem Hwy, Bldng 1, Austell 30168	770-944-8040
SunCrest Home Health	1770 The Exchange #140, Atlanta 30339	770-429-1455
Visiting Angels	470 N. Sessions St, Marietta 30060	770-919-8580
Visiting Nurse Health System	5775 Glenridge Dr NE, Ste E 200, Atlanta 30328	404-215-6000
WellStar Home Care	805 Sandy Plains Rd, Ste A, Marietta 30066	770-792-1616

HOME MODIFICATION

Adapted Living Spaces, LLC	1189 Argonne Way NE, Atlanta 30324	404-734-7343
All In One Accessibilty	1310 Kennestone Cir #2, Marietta 30066	678-766-1066
AmRamp Systems	2300 Bethelview Rd, Cumming 30040	404-401-7339
disABILITY LINK	1901 Montreal Rd, Ste 102, Tucker 30084	404-687-8890
Disability Solutions LLC	5240 Clinchem Falls Dr, Flowery Branch 30542	678-749-3632
EnABLE Home Solutions	3876 Menlo Dr, Atlanta 30340	770-841-9089
Friends of Disabled Adults and Children	4900 Lewis Rd, Stone Mountain 30083	770-491-9014
Home Free Home Modifications	4105 Adrian St, Tucker 30084	770-939-0747
SNT Access Communications Elevators & Lifts	119 Davis Rd, Augusta 30907	706-225-8938

HOSPITALS

WellStar Cobb Hospital	3950 Austell Rd SW, Austell 30106	770-732-4000
WellStar Kennestone Hospital	677 Church St, Marietta 30060	770-793-5000
WellStar Windy Hill Hospital	2540 Windy Hill Rd SE, Marietta 30067	770-644-1000

HOSPICE CARE

Agape Hospice	1395 S Marietta Pkwy, Bldg. 750, Marietta 30067	404-763-1456
AseraCare Hospice	1117 Perimeter Cntr W, Ste 500 N, Atlanta 30338	770-698-8785
Embracing Hospice Care	5775 P'tree Dunwdy Rd, #D580, Atlanta 30342	404-659-0110
First Quality Healthcare, Inc.	3915 Cascade Rd. T-133, Atlanta 30331	404-696-4126
Gentiva Hospice	2302 Parklake Dr, Ste 150, Atlanta 30345	678-937-1800
Harbor Grace Hospice	320 Pkwy Dr, 4th Floor, Atlanta 30312	678-962-5850
Heartland Hospice	4900 Ivey Rd #825, Acworth 30101	866-901-9297
Heritage Hospice	3315 Hilltop Dr, Marietta 30066	770-423-5959
Homestead Hospice	1 North Tennessee St, Cartersville 30120	678-290-4817
Hospice Advantage	300 Chastain Cntr Blvd, Ste 345, Kennesaw 30144	770-218-1997
PruittHealth Hospice - Cobb	1676 Mulkey Rd, Ste 103, Austell 30106	770-916-4503
Regency Hospice	4255 Wade Green Rd Ste 210, Kennesaw 30144	770-529-8155
Tranquility at Cobb	4040 Hospital West Dr, Austell 30106	770-732-6710
Transitions Hospice Care	1300 Oakside Dr, Ste 3, Canton 30114	770-704-0456
Twelve Oaks Hospice	500 Sun Valley Dr. #G3, Roswell 30075	770-992-2386
Weinstein Hospice	3150 Howell Mill Rd NW, Atlanta 30327	404-352-4308

HOTLINES

Adult Protective Services	Division of Aging Services	404-657-5250
Cobb Elder Abuse Task Force	24 hour	770-794-6990
Domestic Violence	24 hour	770-427-3390
Rideshare Hotline	1877ridefind.com	877-433-3463
Senior Helpline	Retired Senior Volunteer Program	770-528-1446
United Way	www.211.org	404-614-1000

HOUSING OPTIONS

Alzheimer's Care

Arbor Terrace at Cobb	886 Johnson Ferry Rd, Marietta 30068	770-977-4420
Atria Johnson Ferry	9 Sherwood Ln, Marietta 30067	678-573-1248
Brickford of Marietta	840 Lecroy Dr, Marietta 30068	770-971-0307
Brookdale of Kennesaw	2800 Jiles Rd, Kennesaw 30144	770-514-9966
Brookdale Marietta	1790 Powder Springs Rd SW, Marietta 30064	770-285-7278
Elmcroft of Milford Chase	1345 Milford Church Rd SW, Marietta 30008	678-331-7859
Manorcare Health Services	4360 Johnson Ferry Place, Marietta 30068	770-971-5870
Peregrine's Landing at P'Tree Creek	4375 Beech Haven Trail SE, Smyrna 30080	770-803-0100
Presbyterian Village	2000 East-West Connector, Austell 30106	770-819-7000
Sunrise at East Cobb	1551 Johnson Ferry Rd, Marietta 30062	770-509-0919

Apartment Communities

Abbington Trail	3505 Trillium Dr, Powder Springs 30127	678-567-6789
Alta Ridenour	1355 Ridenour Blvd NW, Kennesaw 30152	770-426-5143
Amberley Senior Community	890 Macland Rd, # 100, Dallas 30132	770-505-0509
Ashford Retreat	2121 Windy Hill Rd, Marietta 30060	770-436-6226
Ashton Arbors	2780 Bankstone Dr SW, Marietta 30064	770-420-2301
Carriage House	810 Windy Hill Rd, Smyrna 30080	770-433-1060
Caswyck Trail	2665 Favor Rd, Marietta 30060	770-436-4191
Centerview Terrace Apartments	2300 Benson Pool Rd, Smyrna 30082	770-434-8476
Edinborough	300 Pat Mell Rd W, Marietta 30060	770-436-2447
Elmwood Apartments	1705 Roswell Rd, Marietta 30062	770-971-4189
Galleria Manor	2731 Woodland Terrace, Smyrna 30080	770-333-9212
Gardens of East Cobb	2850 Delk Rd SE, Marietta 30067	770-953-8833
Ga Housing Search Dept of Comm. Affairs	60 Executive Park South NE, Atlanta 30329	877-428-8844
Highland Court	4150 George Busbee Pkwy NW, Kennesaw 30144	770-419-7330
Laurel Glen	4191 Lake Acworth Dr, Acworth 30101	678-606-9828
Legacy at Walton Heights	178 Roberts Trail, Marietta 30066	678-786-4037
Legacy at Walton Overlook	4645 Spring St, Acworth 30101	678-827-3965
Legacy at Walton Park	4862 School St, Acworth 30101	678-809-9959
Legacy at Walton Village	1570 Roberta Dr, Marietta 30008	770-203-0951
Mableton Manor	1000 S Manor Dr SW, # P2, Mableton 30126	770-739-9637
Mableton Village Apartments	1306 Old Powder Springs Rd, Mableton 30126	770-948-6455
Magnolia at Whitlock	925 Whitlock Avenue, Marietta 30064	770-238-1590
Parc at Piedmont	999 Hood Rd, Marietta 30068	770-565-8828
Walton Rennaisance on Henderson	55 Henderson St Marietta 30064	678-786-4082
Tramore Village	2222 East-West Connector, Austell 30106	770-222-5225
Waldan Pond Apartments	450 Waldan Cir, Acworth 30102	770-928-6610
Walton Ridenour	1425 Ridenour Blvd, Kennesaw 30152	770-203-0923

Assisted Living/Personal Care

A LaTulippe Personal Care Home	2241 McDuffie Rd, Austell 30106	770-948-4232
AAA Holly House	1680 Northwoods Dr, Marietta 30066	770-977-7260
AAN Center	414 Rigby St, Marietta 30060	770-427-5111
Amelia Gardens	576 Nickajack Rd, Mableton 30126	770-944-8121
Arbor Terrace of East Cobb	886 Johnson Ferry Rd, Marietta 30068	770-977-4420
Ashley Manor Personal Care Home	532 Dickson Rd, Marietta 30066	770-499-1400
Atherton Place	111 Tower Rd, Marietta 30060	770-421-7300
Atria Johnson Ferry	9 Sherwood Lane, Marietta 30067	770-859-0570

Assisted Living/Personal Care Continued

Atria of Mableton	3829 Floyd Rd, Austell 30106	770-450-6535
Azalea Manor Personal Care Home	557 Waterman St, Marietta 30060	770-428-0331
B & E Personal Care Home	5786 Mableton Pkwy, Mableton 30126	770-948-2667
Bethel Gardens Senior Living	3805 Jackson Way, Powder Springs 30127	770-943-3620
Brittany House at Benson Heights	1788 Sandy Plains Rd, Marietta 30066	770-971-6262
Brittany House at Holly Springs	2852 Holly Springs Rd, Marietta 30062	770-973-2420
Brookdale at Marietta	1790 Powder Springs Rd, Marietta 30064	770-285-7278
Caring 4 You	4945 Golden Cr, Mableton 30126	678-215-1099
Celestial Care Home	6571 Valley Hill Dr, Mableton 30126	770-948-0709
Delmar Gardens of Smyrna	404 Kings Springs Village Pkwy, Smyrna 30082	770-432-4444
Dorothy's Retreat	3617 Ebenezer Rd, Marietta 30066	770-733-3890
Elmcroft at Milford Chase	1345 Milford Church Rd, Marietta 30008	678-331-7859
Emerald Isles PCH	1402 Shadowbrook Dr, Marietta 30062	770-509-0533
Gaines Park	1740 Old Hwy 41, Kennesaw 30152	770-424-1414
Green Park PCH	2941 Sandy Plains Rd, Marietta 30066	770-971-5394
Harold Avenue PCH	1969 Harold Ave, Smyrna 30080	770-438-6524
Helping Hands Personal Care Provider, Inc.	4751 Brownsville Rd, Powder Springs 30127	404-496-9970
Heritage of Brookstone	5235 Stilesboro Rd NW, Kennesaw 30152	678-214-3205
Heritage of Sandy Plains	3039 Sandy Plains Rd, Marietta 30066	678-214-3206
House of Peace and Hope Personal Care Home	2432 Powder Springs Rd SW, Marietta 30064	770-771-4220
Ivy Springs Retirement Cottage	1408 Spring St SE, Smyrna 30080	770-803-9600
Johnnie E. Christmas Manor	3891 Manor House Dr, Marietta 30062	770-552-1646
Maranatha Personal Care Home	4414 Reef Rd, Marietta 30066	770-592-1371
Presbyterian Village	2000 East-West Connector, Austell 30106	770-819-7000
Sterling Estates Senior Living Community	4220 Lower Roswell Rd, Marietta 30068	678-946-4454
Stilesboro Assisted Living	4549 Stilesboro Rd, Kennesaw 30152	678-290-0085
Sunrise at East Cobb	1551 Johnson Ferry Rd, Marietta 30062	770-509-0919
The Lemon Tree	1060 Murray Cr, Marietta 30064	770-428-2085
TLC Family Home	3605 Shallowford Rd, Marietta 30062	678-401-4011
WellCare Senior Living	2433 Powder Springs Rd, Marietta 30064	678-770-8752
Winnwood Retirement Community	100 Whitlock Ave, Marietta 30064	770-428-6200
Woodland Ridge	4005 South Cobb Dr, Smyrna 30080	770-431-7055

Independent Retirement Communities

Alta Ridenour Apartments	1355 Ridenour Blvd, Kennesaw 30152	770-426-5143
Atherton Place	111 Tower Rd, Marietta 30060	770-421-7300
Delmar Gardens of Smyrna	404 King Springs Village Pkwy, Smyrna 30082	770-432-4444
Edinborough	300 Pat Mell Rd SW, Marietta 30060	770-436-2447
Galleria Manor	2731 Woodland Terrace, Smyrna 30080	770-333-9212
Legacy at Walton Heights	178 Roberts Trail, Marietta 30066	678-786-4037
Legacy at Walton Overlook	4645 Spring St, Acworth 30101	678-827-3965
Legacy at Walton Village	1570 Roberta Dr, Marietta 30008	770-203-0951
Parc at Piedmont	999 Hood Rd NE, Marietta 30068	770-565-8828
Parkland Manor	3755 Medical Park Dr, Austell 30106	770-739-5660
Peachstone	2000 Austell Rd, #100, Marietta 30008	770-438-7809
Presbyterian Village	2000 East-West Connector, Austell 30106	770-819-7000
The Retreat at Dorsey Manor	118 Haynes St, Marietta 30060	678-594-0909
Winnwood Retirement Community	102 Whitlock Avenue, Marietta 30064	770-428-6200

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Ecclesiastes 4:9

Heart disease is the leading cause of death for both men and women. About 1 out of 3 U.S. adults have high blood pressure and only half (47%) have it under control (CDC). As we age, our risk for high blood pressure increases, and high blood pressure increases our risk for heart disease and stroke.The good news is that you can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. If you already have high blood pressure, making control your goal does not have to be a daunting task! Small, manageable steps can help you reach your goal - here are some tips from Million Hearts®, a national initiative which aims to prevent 1 million heart attacks and strokes by 2017:

1)Engage your health care team. Make a list of questions to take to your next visit (Ex. What is my blood pressure goal? How can I reach my goal?) Use all of your healthcare providers (nurses, pharmacist, etc.) to help you control your blood pressure.

2)Take your medication faithfully. Discuss side effects and treatment options with your provider - never stop treatment on your own. Try using a pill box or get smartphone "app" reminders to help you take your medications regularly.

3)Monitor your blood pressure, not just at your doctor's, but at home or at the pharmacy. Keep a log.

4)Make healthy choices: Start moving! Take an exercise class at your local senior center or start walking with friends.

Shop for more fresh fruit, vegetables, and whole grains and learn to read labels and choose fewer prepared foods with high sodium, cholesterol, saturated fat, and trans fat.

Sign up for a cooking class or nutrition seminar at a Cobb County Senior Center to get more tips and ideas for preparing healthier meals.

5)Quit smoking. There are many tools available to help you. Call 1-800-QUIT-NOW, or visit Smokefree.gov for help.

For more information on local health and wellness classes and seminars, contact your local center or www.cobbseniors.org.

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Jodi

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In-home care is an option when you just can't do it alone any longer. Instead of moving into an assisted living or in with a family member, we come to you so you can remain in the comfort of your own home.

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- Doctors appointments
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- Grocery shopping and meal preparation
- Showering or bathing
- Assistance with dressing

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Cell 770-527-2788 Office/Fax 770-949-6139

www.betteroffathome.com

Locally owned & operated by Jodi Belden. Licensed through the state of Georgia Department of Community Health Healthcare Facility Regular Division License #045-R-0073. We are fully insured and bonded.

Nursing Homes/Rehabilitation Centers

A G Rhodes Health & Rehab Cobb	900 Wylie Rd, Marietta 30067	770-427-8727
Anderson Mill Health and Rehabilitation Center	2130 Anderson Mill Rd, Austell 30106	770-941-8813
Autumn Breeze Health Care Center	1480 Sandtown Rd SW, Marietta 30008	770-422-1755
Delmar Gardens of Smyrna	404 King Spings Village Pkwy, Smyrna 30082	770-432-4444
Golden Living Center	613 Roselane St, Marietta 30060	770-792-9800
Manor Care Health Services Marietta	4360 Johnson Ferry Place, Marietta 30068	770-971-5870
Powder Springs Transitional Care and Rehab	3460 Powder Springs Rd, Powder Springs 30127	770-439-9199
Presbyterian Village	2000 East-West Connector, Austell 30106	770-819-7000
PruittHealth-Austell	1700 Mulkey Rd, Austell 30106	770-941-5750
PruittHealth-Marietta	50 Saine Dr, Marietta 30008	770-429-8600
Ross Memorial Health Care Center	1780 Old Highway 41 NW, Kennesaw 30152	770-427-7256
Signature Healthcare of Marietta	811 Kennesaw Avenue, Marietta 30060	770-422-2451

Subsidized Rental Housing

Alta Ridenour Apartments	1355 Ridenour Blvd, Kennesaw 30152	770-426-5143
Ashton Arbors	2780 Bankstone Dr, Marietta 30064	770-420-2301
Barrington Square	4700 Baker Grove Rd, Acworth 30101	770-966-8536
Benson Manor	2348 Benson Poole Rd, Smyrna 30082	770-435-6406
Branson Walk	419 Aviation Rd, Marietta 30060	770-419-3219
Galleria Manor Senior Apartments	2731 Woodland Terrace, Smyrna 30080	770-333-9212
GeorgiaHousingSearch.org	40 Marietta St, Atlanta 30303	404-331-5136
Heritage at Walton Reserve	7075 Walton Reserve Lane, Austell 30168	678-905-7016
Laurel's Edge	3950 Frey Rd NW, Kennesaw 30144	770-514-1573
Legacy at Walton Heights	178 Roberts Trail, Marietta 30060	678-786-4037
Legacy at Walton Overlook	4645 Spring St, Acworth 30101	678-827-3965
Legacy at Walton Village	1570 Roberta Dr, Marietta 30008	770-203-0951
Smyrna Towers	4000 South Cobb Dr, Smyrna 30080	770-435-4010
The Retreat at Dorsey Manor	118 Haynes St, Marietta 30060	678-594-0909
The Tower at Dorsey Manor	212 Lemon St, Marietta 30060	770-422-0133
Walton Rennaisance on Henderson	55 Henderson St SW, Marietta 30064	678-786-4081

HOUSING SERVICES

Acworth-Marietta Housing Auth	4173 Fred J. Kienel St, Acworth 30101	770-974-3012
Assisted Living Locators	3702 Saer's Ct, Kennesaw 30144	770-426-9055
City of Marietta		770-794-5430
Cobb Housing, Inc.		770-429-4400
GA Housing Search		877-428-8844
Marietta Housing Authority	95 Cole St, Marietta 30060	770-419-3200
Veterans Information Svcs	643 Spring Harbor Dr, Woodstock 30188	770-924-3253

INCOME SECURITY

Cobb County DFCS	325 Fairground St, Marietta 30060	770-528-7683
Social Security Adm.	1415 Frankin Rd SE, Marietta 30067	866-964-1771

INFORMATION AND REFERRAL

Atlanta Regional Commission	40 Courtland St NE, Atlanta 30303	404-463-3333
Cobb Senior Services	1150 Powder Springs St, Marietta 30064	770-528-5364

INSURANCE PROGRAMS

Medicaid Cobb County DFCS	325 Fairground St, Marietta 30060	770-528-5000
Medicare Georgia Cares/ CMS	2 Peachtree St NW, Atlanta 30303	800-669-8387
Social Security Adm.	1415 Frankin Rd SE, Marietta 30067	800-772-1213

LEGAL ASSISTANCE

Atlanta Legal Aid - Cobb	30 South Park Square, Marietta 30090	770-528-2565
Atlanta Legal Aid Society, Inc.	54 Ellis St, Atlanta 30303	404-524-5811
Georgia Elderly Legal Assistance Program	2 Peachtree St NW, Atlanta 30303	866-552-4464

LEGISLATION AND PLANNING

AARP	999 Peachtree St, #1110, Atlanta 30309	866-295-7281
Cobb Legal Aid	30 South Park Sq, Marietta 30090	770- 528-2565
Georgia Council on Aging	2 Peachtree St NW, # 32-270, Atlanta 30303	404- 657-5343

LIBRARIES IN COBB COUNTY

Acworth Library	4569 Dallas St, Acworth 30101	770-917-5165
East Cobb Library	4880 Lower Roswell Rd, Marietta 30068	770-509-2730
East Marietta Library	2051 Lower Roswell Rd, Marietta 30068	770-509-2711
Gritters Library	880 Shaw Park Rd, Marietta 30066	770-528-2524
Kemp Memorial Library	4029 Due West Rd, Marietta 30064	770-528-2527
Kennesaw Library	2250 Lewis St, Kennesaw 30144	770-528-2529
Lewis A. Ray Library	4500 Oakdale Rd, Smyrna 30080	770-801-5335
Mountain View Regional Library	3320 Sandy Plains Rd, Marietta 30066	770-509-2725
Powder Springs Library	4181 Atlanta St, Bldg 1, Powder Springs 30127	770-439-3600
Sibley Library	1539 South Cobb Dr, Marietta 30060	770-528-2520
South Cobb Regional Library	805 Clay Rd, Mableton 30126	678-398-5828
Stratton Library	1100 Powder Springs Rd, Marietta 30064	770-528-2522
Sweetwater Library	5000 Austell-Pwdr Sprgs Rd, Austell 30106	770-819-3290
Switzer Library	266 Roswell St, Marietta 30060	770-528-2320
Vinings Library	4290 Paces Ferry Rd, Atlanta 30339	770-801-5330
West Cobb Regional Library	1750 Dennis Kemp Lane, Kennesaw 30152	770-528-4699

MENTAL HEALTH

Counseling

Atlanta Therapy Associates	3580 Piedmont Rd, NE Ste 210, Atlanta 30305	404-233-9885
Atlanta Vet Center	1800 Phoenix Blvd, Bldg 400 Ste 404, Atl 30349	404-417-5414
Change Agents Inc.	1246 Concord Rd, Ste C103, Smyrna 30080	678-424-1121
Cobb Douglas Comm Svcs Bd	1650 County Services Pkwy, Marietta 30008	770-422-0202
Emory University	Dep of Psych, Ste 270 36 Eagle Row, Atl 30322	404-727-7451
Fuqua Center for Late-Life Depression	12 Executive Prk Dr, NE 5th Floor, Atlanta 30329	404-728-6302
Georgia Crisis and Access Line	260 Peachtree St NW, Ste 1900, Atlanta 30303	800-715-4225
Jewish Family & Career Services	4549 Chamblee-Dunwoody Rd, Atlanta 30338	770-677-9436
Mindful Transitions, LLC	PO Box 862127, Marietta 30062	678-637-7166
Ridgeview Institute	3995 South Cobb Dr, Smyrna 30080	770-434-4567
The Circle	6133 Love St, Austell 30168	770-819-9229
Wellstar Cobb Hospital	3950 Austell Rd SW, Austell 30106	770-732-3789

Tips for Falls Prevention:

•Modify your home – All walkways should be clear of items you could trip on. Adequate lighting is especially important on staircases and the path to the bathroom that you use at night. Handrails, grab bars, and non-slip surfaces can be installed on stairways and in bathrooms.

•Don't trip over your pet – Put a bell on your pet's collar so that you can hear when it is around.

•Get educated about your medications –Talk to a health care provider to understand the effects of all your medications and determine if the side effects increase your risk of falling.

•Participate in physical activity – Find an exercise program and work to increase your balance and strength.

Crisis Intervention

1-800-SUICIDE - Suicide Hotline		800-442-HOPE
Anchor Hospital	5454 Yorktowne Dr, Atlanta 30349	770-991-6044
Georgia Crisis and Access Line	260 Peachtree St NW, Ste 1900, Atlanta 30303	800-715-4225
Partnership Against Domestic Violence	P.O. Box 170225, Atlanta 30317	404-873-1766
Ridgeview Institute	3995 South Cobb Dr, Smyrna 30080	770-434-4567
YWCA	48 Henderson St SW, Marietta, GA 30064	770-427-2902

Substance Abuse

Alcoholics Anonymous	127 Peachtree St, Ste 1310, Atlanta 30303	404-525-3178
Anchor Hospital	5454 Yorktowne Dr, Atlanta 30349	770-991-6044
Cobb Recovery Center	331 North Marietta Pkwy, Marietta 30060	770-422-0202
Georgia Crisis and Access Line	260 Peachtree St NW, Ste 1900, Atlanta 30303	800-715-4225
Ridgeview Institute	3995 South Cobb Dr, Smyrna 30080	770-434-4567
Toxicology Associates of North Georgia	2536 Carrollton-Villa Rica Hwy, Carrollton 30116	770-214-9788

NUTRITION SERVICES

Good Measure Meals	181 Armour Dr, NE Atlanta 30324	770-815-7695
Cobb Senior Services		770-528-5355
Austell Senior Center	4915 Austell Powder Springs Rd, Austell 30106	770-819-3200
North Cobb Senior Center	4100 Old Hwy 41, Acworth 30101	770-974-2989
Marietta Senior Center	1150 Powder Springs St, Marietta 30064	770-528-2516
Meals on Wheels Program	1150 Powder Springs St, Marietta 30064	770-528-5364

RECREATION

Cobb Parks, Recreation & Cultural Affairs	1792 County Services Pkwy, Marietta 30008	770-528-8800
Aquatic Center	520 Fairground St SE, Marietta 30060	770-528-8465
Art Place Mountain View	3330 Sandy Plains Rd, Marietta 30066	770-509-2700
Jennie Anderson Theater	548 South Marietta Pkwy SE, Marietta 30060	770-528-8490
Mable House Cultural Center	5239 Floyd Rd SW, Mableton 30126	770-819-3285
Marietta Parks & Recreation	P O Box 609, Marietta 30061	770-794-5601
Golden Jonquils, City Smyrna	200 Village Green, Smyrna 30080	770-431-2842
Senior Aquatic Cntr., City Smyrna	884 Church St, Smyrna 30080	770-319-5402
Kennesaw Mountain National Park	900 Kennesaw Mountain Dr, Kennesaw 30152	770-427-4686

Fitness Programs

Cobb Senior Services		
C. Freeman Poole Multipurpose Center	4025 South Hurt Rd, Smyrna 30082	770-801-3400
East Cobb Multipurpose Center	3332 Sandy Plains Rd, Marietta 30066	770-509-4900
North Cobb Multipurpose Center	4100 Old Hwy 41, Acworth 30101	770-975-7740
Senior Wellness Center	1150 Powder Springs St, Marietta 30064	770-528-5355
West Cobb Multipurpose Center	4915 Dallas Hwy, Powder Springs 30127	770-528-8200
WellStar Health Place	330 Kennestone Hospital Blvd, Marietta 30060	770-793-7300
YMCA		
McClesky East-Cobb	1055 East Piedmont Rd, Marietta 30062	770-977-5991
Northeast Cobb	3010 Johnson Ferry Rd, Marietta 30062	678-569-9622
Northwest Cobb	1700 Dennis Kemp Ln, Kennesaw 30152	770-423-9622

REHABILITATION/PHYSICAL THERAPY

OrthoSport Physical Therapy of Kennesaw	3450 Acworth Due West Rd, Kennesaw 30144	770-974-7494
PT Solutions Physical Therapy	4900 Ivey Rd, Bldg 1000, Ste 1001, Acworth 30101	770-917-0924
	3540 Cobb Pkwy NW, Ste 200, Acworth 30101	678-501-6300
	2550 Sandy Plains Rd, Ste 140, Marietta 30066	770-438-5162
	4849 South Cobb Dr SE, Smyrna 30080	770-438-5220

Georgia Takes a Stand Against Elder Abuse

by Chief Dan Flynn

Georgia public health and public safety agencies strive daily to meet citizens' needs and challenges with resources that are often stretched very thin while new issues and trends continually present themselves. One relatively new trend of increasing concern involves demographics showing that the population of citizens over age 65 is growing rapidly, while at the same time elderly citizens are being victimized at a growing rate.

Even though there have been a few sensational cases in the news, the general public remains largely unaware of the growing scope of the elder abuse situation. In order to properly address and expose growing elder abuse incidents, Georgia officials have ramped up regulatory agencies including the Division of Aging Services, Adult Protective Services (APS), and the Department of Healthcare Facility Regulation. In terms of law enforcement support, the state has recently added a new unit with eight new investigator positions in the Georgia Bureau of Investigations dedicated to investigate allegations of elder abuse in parts of the state that lack the local capacity or resources to investigate more complex or organized cases of elder abuse. Recognizing that elderly victims represent a growing class of special victims, the concerned state agencies have also begun refining the way they collaborate with counties and cities as they continue to train groups of local public safety providers in the intricacies of elder abuse investigation. Much of the training is conducted in an interactive format for groups of local public safety groups, e.g. police, sheriff, fire, EMS, and state officials provide training for professional association conferences.

Beyond focusing on elder abuse with public sector agencies, Georgia leaders recognize that the gravity and complexity of the evolving elder abuse scenario also calls for public-private partnerships and the involvement of state legislators. Thus Georgia has formed a public-private partnership known as the Georgia Council on Aging (GCA). Over the past year, the GCA has taken on a number of important initiatives designed to address various forms of elder abuse. The council is currently working to develop a legislative proposal to establish a state registry of elder care workers in order to track abusive workers who travel from one area to another. The hope is that in the near future, Georgia will be prepared to take its place in a national registry designed to track abusive elder care employees who travel from state to state to avoid prosecution.

At the legislative level, Georgia law makers have been working with counties and cities soliciting local input to tighten and improve laws designed to prevent and fight elder abuse. Most recently the law regulating the licensing of personal care homes was elevated to make it a felony to run an unlicensed personal care home under certain circumstances. As new proposals emanate from cities and counties, legislators encourage all stakeholders to continue to take them on and determine their appropriate place in the state legislative process.

Concerning the role of Georgia counties and cities, local partnerships and task forces comprised of prosecutors, law enforcement, bankers, fire and EMS leaders and members of senior citizen organizations have been uniting around the state in order to address mutual concerns regarding elder abuse. The premier advocacy group, the Cobb Elder Abuse Task Force, collaborates with the public and local agencies and aims to raise public awareness, simplify ways for the public to report suspected elder abuse (see tip line below), implement searches for proposals to improve legislation designed to protect the elderly, and share anecdotes and experiences concerning individual criminal investigations and prosecutions in elder abuse cases. The group's main focus has been on three general types of elder abuse: physical, institutional, and the most common type- financial abuse of the elderly.

Insofar as there are numerous groups of stakeholders concerned with the growing demographic of elderly persons and a commensurate growth in elder abuse, Georgia has seen and promoted a growing collaboration of public and private organizations with private citizens, all of whom are dedicated to working together to meet the challenges faced by our newest cluster of special victims: senior citizens.

COBB ELDER ABUSE TASK FORCE

CRIME STOPPERS 404-577-TIPS GREATER ATLANTA

Anonymous Tip Line: 770-794-6990

SENIOR CENTERS (COBB COUNTY SENIOR SERVICES)

Neighborhood Senior Centers

Austell Senior Center	4915 Austell Powder Springs Rd, Austell 30106	770-819-3200
North Cobb Senior Center	3900 S. Main St, Acworth 30101	770-975-7740
Marietta Senior Center	1150 Powder Springs St, Marietta 30064	770-528-2516

Multipurpose Senior Centers

C. Freeman Poole Senior Center	4025 South Hurt Rd, Smyrna 30082	770-801-3400
East Cobb Senior Center	3332 Sandy Plains Rd, Marietta 30066	770-509-4900
North Cobb Senior Center	3900 S. Main St, Acworth 30101	770-975-7740
Senior Wellness Center	1150 Powder Springs St, Marietta 30064	770-528-5355
West Cobb Senior Center	4915 Dallas Hwy, Powder Springs 30127	770-528-8200

SUPPORT GROUPS

Alcoholics Anonymous		404-525-3178
Aloha to Aging- Alz/Dementia	4608 Lower Roswell Rd, Marietta, 30068	770-722-7641
Alz/Dementia Support Groups	1925 Century Blvd, Ste 10, Atlanta 30345	404-728-1181
Brookdale of Kennesaw	2800 Jiles Rd, Kennesaw 30144	770-514-9966
Chemical Dependency & Diabetes	3950 Austell Rd, Austell 30106	770-956-7827
Davis Direction Foundation	1150 Bagwell Dr, Kennesaw 30152	470-362-1994
Hearing Loss Association of America		770-517-2941
Lighthouse Lymphedema	10240 Crescent Ridge Dr, Roswell, 30076	770-442-1317
Narcotics Anonymous		770-421-8881
St. Anne Catholic Church	4905 Roswell Rd NE, Marietta 30062	770-552-6400
US TOO Prostate Cancer Support Group		404-778-5716
Visually Impaired Support Group	3830 S. Cobb Dr, #125, Smyrna 30080	770-432-7280

SUPPORTIVE SERVICES

United Way 211	http://211online.unitedwayatlanta.org/	211
Cobb Senior Services	1150 Powder Springs St, Marietta 30064	770-528-5364

TAX ASSISTANCE

AARP Tax-Aide	999 Peachtree St, # 1645, Atlanta 30309	866-295-7281
H&R Block	270 Cobb Pkwy S, Marietta 30060	770-499-8300

TRANSPORTATION Non-Emergency

American Cancer Society	1825 Barrett Lakes Blvd NW, Kennesaw 30144	770-429-1624
American Medical Response	1380-D Beverage Dr, Stone Mountain 30083	770-428-8911
www.Atltransit.org		
Atlanta Veterans Administration Medical Center	1670 Clairmont Rd, Decatur 30033	404-321-6111
Cobb County Transit and Paratransit	431 Commerce Park Dr, Marietta 30060	770-427-4444
Cobb Demand/Response	463 Commerce Park Dr SE, #114, Marietta 30060	770-427-2222
Common Courtesy	887 West Marietta St Ste S-109, Atlanta 30318	888-447-7555
	www.ccrides.org	
Critical Care MedFlight	530 Briscoe Blvd, Lawrenceville 30046	800-426-6557
disABILITY LINK	1901 Montreal Rd, Ste 102, Tucker 30084	404-687-8890
Handicapped Drivers Services	1255 Kennestone Circle, Marietta 30060	770-422-9674
Health Plus Trans, LLC	11175 Cicero Dr, Alpharetta 30022	678-845-9733
N'ovative Transportation Services	P.O. Box 3, Powder Springs 30127	770-897-4219
Victory Cab	1310 S Cobb Dr, Marietta 30060	770-428-2626

VOLUNTEER OPPORTUNITIES

Arts Organizations

Bernard A. Zuckerman Museum of Art	492 Prillaman Way, Kennesaw 30144	470-578-3223
Breman Jewish Heritage Museum	1440 Spring St NW, Atlanta 30309	678-222-3700
Chattahoochee Nature Center	9135 Willeo Rd, Roswell 30075	770-992-2055
Fernbank Museum of Natural History	767 Clifton Rd NE, Atlanta 30307	404-929-6360
Mable House	5239 Floyd Rd, Mableton 30126	770-819-7765
Marietta Museum of History	1 Depot St #200, Marietta 30060	770-794-5710
Museum of History & Holocaust Education	3333 Busbee Dr NW, Kennesaw 30144	678-797-2083
Southern Museum of Civil War and Locomotive Hist	2829 Cherokee St NW, Kennesaw 30144	770-427-2117

Community Organizations

Cobb County Public Library System	266 Roswell St, Marietta 30060	770-528-2320
Girls Inc. Atlanta	461 Manget St, Marietta 30060	770-422-0999
Habitat for Humanity North West Metro	1625 Spring Rd SE, Smyrna 30080	770-432-7954
Habitat for Humanity ReStore	3315 S. Cobb Dr #150, Smyrna 30080	770-415-1625
Nanny/Manny Brigade	325 Fairground St, Marietta 30060	515-717-0490
Society of St. Vincent de Paul	787 Roswell St, Marietta 30060	770-792-8026
YWCA Northwest Georgia	48 Henderson St, Marietta 30064	770-423-3599

Ecological Organizations

Kennesaw Mountain National Park	900 Kennesaw Mtn Dr, Kennesaw 30152	770-427-4686
Red Top Mountain State Park	50 Lodge Rd, Cartersville 30121	770-975-0055

Senior Services

Cobb Senior Services	1150 Powder Springs St, Marietta 30064	770-528-5381
Metro Atlanta Retired Senior Volunteer Program	1150 Powder Springs St, Marietta 30064	770-528-1448

Evidence Based Programs at Cobb Senior Services – Felicia Alingu

Cobb County...Expect the Best!

An evidence-based program is one that has been developed by researchers and scientifically proven to have positive benefits for participants. The programs are adapted for community organizations, and instructors must be certified to deliver the program the way it was intended so that community members have the best chance of receiving the benefits. Instructors can either be health professionals or lay leaders, who may not have medical training, but have completed a training course to be able to conduct a specific program.

Evidence-based programs make the best use of time and resources for individuals and communities because of their ability to both reduce health care costs and to improve the health status of those who participate. As members of our society become more educated about their health due to increased availability of information, and as the health industry strives to make care more efficient, the demand will increase for programs with proven results and demonstrated effectiveness through research studies. Cobb Senior Services offers a range of evidence-based programs that address different aspects of health and wellness, several of which are open to all adults and caregivers of any age. Upcoming programs are listed below:

A Matter of Balance

This falls prevention program addresses the mental, physical, and social factors that play into the fear of falling for older adults. In eight 2-hour sessions, two "coaches," or lay leaders, guide a variety of activities designed to help participants view the threat of falls as controllable, reduce risk factors for falls in their environment, and set goals to increase their strength, balance, and activity level. Adults aged 60 or older who have fallen before, restrict activity because of fear of falling, or are interested in improving their flexibility, balance, and strength are encouraged to participate in this course. According to the program developers, 97% of participants are more comfortable talking about falling, 97% feel comfortable increasing activity, and 99% plan to continue exercising. Pre-registration is required; program cost is $30.

Stanford Chronic Disease Self Management Program

This program is designed for adults with one or more chronic conditions and their caregivers. Participants gain confidence in controlling their symptoms and maintaining an active lifestyle with new techniques to use in tandem with their existing treatment program. Certified lay leaders guide this highly interactive program in which participants provide each other with mutual support. Class topics include: healthy eating, appropriate use of medication, effective communication, decision-making, evaluating new treatments, and exercise to improve strength, endurance, and flexibility. This program consists of six 2.5-hour classes. Those who participate in this course can experience improvements in exercise, self-reported general health, fatigue, and a decrease in outpatient health care visits, hospitalizations, and length of hospital stays. Pre-registration is required; program cost is $30 (includes workbook and CD).

Stanford Diabetes Self Management Program

This self management program is designed specifically for adults with type 2 diabetes and their caregivers. It is highly interactive and involves mutual support among class members. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter by creating and implementing their personalized self-management program. Class topics include: techniques to deal with diabetes symptoms and manage emotional problems, healthy eating, appropriate use of medication, working effectively with healthcare providers, and exercise to maintain and improve strength and endurance. Participants in this program can experience improvements in depression, hypoglycemia symptoms, communicating with physicians, healthy eating, and reading food labels. Pre-registration is required; program cost is $30 (includes workbook and CD).

Powerful Tools for Caregivers

This class is designed for caregivers to their loved ones. Over 6 weeks, caregivers will gain the tools to increase their own self-care, decrease negative emotions and personal stress, communicate more effectively, and make tough care-giving decisions. Participants can experience increased self-care behaviors such as exercise and relaxation techniques, reduced negative emotions, increased utilization of available community services, and increased confidence as a caregiver.

Pre-registration is required; program cost is $30 (includes workbook). For more information on Cobb Senior Services' evidence-based programs, contact Amy Woodell at 770-528-5351.

Apps for Seniors

Active Lifestyle

Endomondo (iOS and Android)
This app is the perfect motivator to get you moving more. You'll start by taking a fitness test to assess your fitness level, and then the app makes a suggested plan based on your favorite forms of exercise.

First Aid By American Red Cross (iOS and Android)
Though not meant to substitute full CPR and first aid training or the help of a professional healthcare provider, the app gives you access to a wealth of knowledge in case of an emergency medical situation.

Fitnet (iOS and Android)
Get off the couch and get fit with your very own mobile personal trainer. Includes over 180 free workout routines. Personalize a plan for yourself while setting and tracking weekly goals.

Healthy Out (iOS and Android)
Eating out doesn't have to be unhealthy. Just plug in your address and add filters for dietary restrictions, cuisine, ingredients, and even the type of dish you're looking for. Then the app will offer dozens of restaurants from which to choose and even note the healthiest food on their menu.

Instant Heart Rate (iOS and Android)
Using your phone's camera, this app is able to accurately take your pulse and give a real time chart of your heart rate.

Lose It (iOS and Android)
Enter your weight, height, age and weight goals into Lose It! and get a personalized daily calorie-intake recommendation. Then, using the comprehensive list of foods, you track what you eat. The app then tracks this calorie budget with graphs on your homepage.

My Fitness Pal (iOS and Android)
This calorie counter app helps you reach your weight loss goals. Set a daily calorie goal, and then record your daily food and exercise to make sure you stay on track.

Map My Fitness (iOS and Android)
Using your phone's built in GPS, this all-in-one fitness tracker logs and records your workout. Use the app to see your vitals, such as calories burned, distance completed, speed, and pace. This fitness tracker not only logs the data, but it also analyzes it for you, allowing you to pattern your workout based on your statistics.

Moves (iOS and Android)
Moves automatically tracks your everyday exercise, commuting and time spent in important places. Just carry your phone in your pocket or bag.

ShopWell (iOS and Android)
ShopWell helps you eat healthier food and achieve your nutrition goals. Use ShopWell to help manage your weight and conditions like diabetes, high blood pressure, and Celiac. Scan barcodes at home or in the store to find a good match for your goals. The app will even suggest foods that are a better fit for your health.

Healthy Living

Goodrx (iOS and Android)
Goodrx allows you to find the lowest prescription prices in your area and gives access to coupons.

iPharmacy (iOS and Android)
iPharmacy's medication database can help you find the lowest price to fill your prescriptions, identify pills by color, shape and imprint, and better manage your medication treatment.

iTriage Health (iOS and Android)
iTriage not only allows you to search symptoms and find potential causes, it suggests treatments and finds qualified facilities and doctors in your area.

Med Helpers (Android Only)
MedHelper is a comprehensive prescription/medication compliance and tracking app designed to help individuals and caretakers manage the challenges of staying on time, up to date, and on schedule with very simple to very complex regimes.

My Medical For iPad (iOS and Android)
My Medical is a comprehensive record keeping app that creates a complete medical record of your health as well as serves as a database that is yours to control and change.

My Pain Diary (iOS and Android)
My Pain Diary lets you easily track chronic pain, symptoms and triggers, and creates a detailed report that can be shared with health care providers.

Pain Care (iOS and Android)
Pain Care helps you keep a record of your pain and assists in figuring out the cause of pain as well as the efficacy of treatment options.

Pillboxie (iPhone and iPod Touch)
Pillboxie allows you to visually manage your medications and gives easy to set up reminders on what medications to take and when to take them.

SleepBot (iOS and Android)
SleepBot is an intuitive smart alarm and sleep cycle tracker that records your movements and sounds throughout the night. Customize how you want to sleep and wake up gently each morning.

WebMD (iOS and Android)
WebMD helps you with decision-making and health improvement efforts by providing mobile access to health information and decision support tools including symptom checker, first aid information, and local health listings.

Entertainment & Leisure

Crossword Classic ($9.99 – iOS; No Android app)
Download and play crossword puzzles right on your Apple device. Each day many newspapers provide their crossword puzzles online; with one tap you can download and solve them, get hints, view clues, and track how quickly you're improving!

Good Reads (Free – iOS; Free- Android)
Discover and share books you love on Good Reads, the world's largest site for readers and personalized book recommendations.

iCookbook ($4.99 –iOS; $4.99- Android)
iCookbook offers a database of over 2,000 kitchen tested recipes that can be displayed in an easy to read format for convenient use in the kitchen.

Solitaire (Free – iOS; Free - Android)
Solitaire offers the classic game on your mobile device.

Yesterday USA - Radio (Free – iOS; Free- Android)
Listen to classic radio from yesteryear with this app that offers everything from music, dramatic theater shows, and trivia.

Big Names (1.99 - iOS only)
Large, high contrast text allows you to easily browse names and select contact information from the user's contact list.

Bug Me Stickies (Free – iOS; Free- Android)
Bring yellow sticky notes into the 21st century with this app that brings all the flexibility of little sticky ntoes to the your mobile device. Pin them to a virtual board, and set alarms and alerts.

Dragon Dictation (Free - iOS Only)
Dragon Dictation is a voice recognition application that allows you to easily speak and instantly see text or email messages without ever having to use the keyboard.

EyeReader ($ 1.99- iOS only)
This reading magnifier utilizes the LED light on the iPhone, providing a solution to the problem of reading small print in dark places.

Clevermind ($2.99 - iPad Only)
Clevermind is an interactive way for seniors and people struggling with cognitive impairments that accompany Alzheimer's and other forms of dementia to surf the Internet, connect with their loved ones and stay independently entertained while strengthening their cognitive proficiency.

Park N Forget (.99 - iOS only)
Using this app, avoid the hassle of huge car parks, parking tickets and the headache of losing your car. Park N Forget tracks your movements from your car to work, next appointment, or any unfamiliar location.

Silver Surf (Free - iPad only)
Silver Surf is a web browser specifically made for seniors, with large navigation buttons, text zoom and high contrast viewing.

Skype (Free - iOS and Android)
Say "hello" to friends and family with an instant message, voice or video call on this easy to use app, all for free.

Tapestry (Free - Android Only)
Tapestry is a synchronized photo show-and-tell app that allows you to share photographs and memories with friends and family easily.

Uber (Free - iOS and Android)
Get and pay for a taxi, private car or rideshare from your mobile phone. Account creation required.

Voice Reading (Free - Android Only)
Voice Reading is a simple and intuitive app that reads text aloud.

Tango – (Free – iOS and Android)
Make free voice and video calls. Send free text messages and share photos, videos, and status updates. Swipe profile cards or join a trending conversation to make new friends near and far.

Yummly – (Free – iOS and Android)
Yummly matches over one million recipes to your cooking lifestyle's nutrition, diet, food allergies, and favorite cuisines. With Yummly, create a personal food experience that finds the recipes you want, when you want them from thousands of the world's top recipe sites and blogs.

Path – (Free – iOS and Android)
Path is simple, personal social networking. Designed with the people you love, your closest friends and family, in mind. Path is a trusted, intimate environment like your dinner table at home.

Periscope – (Free – iOS and Android)
Periscope lets you broadcast live video to the world. Going live will instantly notify your followers, who can join, comment and send you hearts in real time.

Waze – (Free – iOS and Android)
Waze is the world's largest community-based traffic and navigation app. Join drivers in your area who share real-time traffic & road info to save time, gas, money, and improve daily commuting for all.

Foursquare – (Free – iOS and Android)
Foursquare is the ultimate city guide right in your pocket. Find the best places to eat, drink, shop, or visit in any city in the world. Access over 60 million short reviews from local experts.

Caregiving & Support

CareZone (Free - iOS and Android)
Carezone is a private and secure place to manage and share information associated with caring for a loved one. You can save important information, like emergency contacts and medications, and share with others to coordinate care.

Clock Face Test (Free - iOS Only)
This app evaluates your ability to create a normal clock face. This cognitive test can be used to diagnose dementia such as Alzheimer's, delirium, and brain injuries.

Communication Tool (Free - iOS Only)
Dementia, stroke, brain damage, or general ill health can impair a person's ability to communicate with loved ones. This helpful tool helps bridge the communication barrier whether you're a caregiver, professional, family member, or a person who has trouble communicating.

Elder 411 – (Free – iOS only)
If you are helping take care of a loved one, you daily face new challenges as your loved one ages. These tested solutions to regular, everyday scenarios will help the user face these challenges as if there were an expert at their side.

Fall Detector (Free - Android Only)
Fall Detector is an app that is designed to monitor human activity, alerting to falls and inactivity using the Android phone.

Geriatric Depression Scale (Free - iOS and Android)
This app is a screening device to identify depression in older adults.

Lotsa Helping Hands (Free - iOS Only)
Free tools designed to make life easier for caregivers and volunteers such as secure community websites, a caregiver-focused Help Calendar, and community building features that bring emotional support to the family including a photo gallery, message board, well wishes, and content resources.

Alzheimer's Daily Companion – (Free- iOS and Android)
Family caregivers of those with Alzheimer's or other dementia now have help at your fingertips. This app, a resource brought to you by Home Instead Senior Care®, helps build caregivers' confidence to provide care by arming you with immediate tips and practical advice for all of the behaviors and situations you face.

VizWiz (Free - iOS and Android)
Using a mobile device's built in camera, VizWiz gives blind or visually impaired users quick answers to their questions about their immediate surroundings.

Cobb Fire and Emergency Services (Free - iOS and Android)
This app includes service applications, employment information, contact information, and safety tips all from Cobb County's own Fire & Emergency Services.

Red Panic Button (Free - iOS and Android)
In case of an emergency situation, when utilized, Red Panic Button will send a message containing your address and/or coordinates to your predetermined emergency contact person.

Shipt (Free- iOS and Android)
Order groceries through the app and have them delivered by a personal shopper within the hour.

How to Register for Classes at Cobb Senior Services

Go to: WWW.CobbSeniors.org or find link on
https://apm.activecommunities.Com/cobbcounty/home

First time online registration for existing customers WITH email address associated with your account:

1. Click "Sign In" button on right side of the page;
2. Click "Forgot your password" link in middle of page to have a temporary password emailed to the address on file;
a. If it cannot find your email address check for typos or if you used a different email address.
b. If it still doesn't work please contact your local senior center or Allison Hall, 770-528-4025
3. Follow steps in the email to use the temporary password and set up a new password for your account.

First time online registration for NEW customers only:

1. Click "Create an Account" under the "sign in" button on the right of the page.
2. Enter your name and address into the field then click "next" on bottom right of page.
3. Enter phone number and email address (email address is required) then click "next" on bottom right of page.
4. Enter gender, birth date, and customer type then click "next" on bottom right of page.
5. Choose password, type same password into confirm password field, then click "create account" at bottom of page.

Senior Citizen Council Membership

Date:_____

Name:_____

Spouse:_____

Address:_____

City:_____

Phone Number:_____

Email:_____

Annual Membership includes:

Individual: $12.00
1 year subscription to the Senior Citizen Council newspaper, *The Bulletin*
Trip Discounts
1 vote

Member and Spouse: $15.00
1 year subscription to the Senior Citizen Council newspaper, *The Bulletin*
Trip Discounts
2 votes

Sponsor: $70.00
1Year subscription to the Senior Citizen Council newspaper, *The Bulletin*
1 Complimentary 1/4 page advertisement in *The Bulletin*

Please make checks payable to: Senior Citizen Council
Send to: 1750 Powder Springs Rd
Ste 190, Box 107
Marietta, Ga. 30064

Senior Citizen Council OF COBB COUNTY

REVISION FORM

All submissions are subject to review and revision by Cobb Senior Services

Add to Directory

Category:_____

Name:_____

Address:_____

Phone:_____

Delete from Directory

Category:_____

Name:_____

Address:_____

Phone:_____

Incorrect in Directory

Category:_____

Name:_____

Address:_____

Phone:_____

Change To:_____

_____

_____

_____

Send Information to: Cobb Senior Services
PO Box 649
Marietta, GA 30061

Submitted by:

Name:_____ Phone:_____

Cobb County...Expect the Best!

Assisted Living | Memory Care
elmcroft.com

Marietta
678.322.8899

Roswell
770.676.1338

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Live the Good Life!

The Good Life Club, offered through WellStar Health System, is an organization for people 50 and older who want to learn how to live better, be healthier and stay active. Our focus on wellness, health education, travel and social activities, along with providing valuable membership benefits, affirms our commitment to healthy aging in our community. Our low annual membership fee is $12 per person. At WellStar, we believe in life well-lived and Good Life Club members are evidence of this belief.

Free annual WellScreen ($30 value)

Travel! Day trips, national and international trips at discounted rates

Discounts on WellStar parking, Gift Shops, Pharmacy & more!

Discounts on educational programs such as Speaking about Wellness for Healthy Aging and Family & Friends CPR

wellstar.org/goodlifeclub

50 years and older

Join today by calling 770-956-STAR (7827).

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- Basic Cremation Casket
- Basic Urn
- Filing of Death Certificates
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- Submission of Newspaper Obituaries
- Obituary on our Website
- Military Honors and Flag for Veterans
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