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- ◆ Geraldine Sailors, Leasing Consultant
- ◆ 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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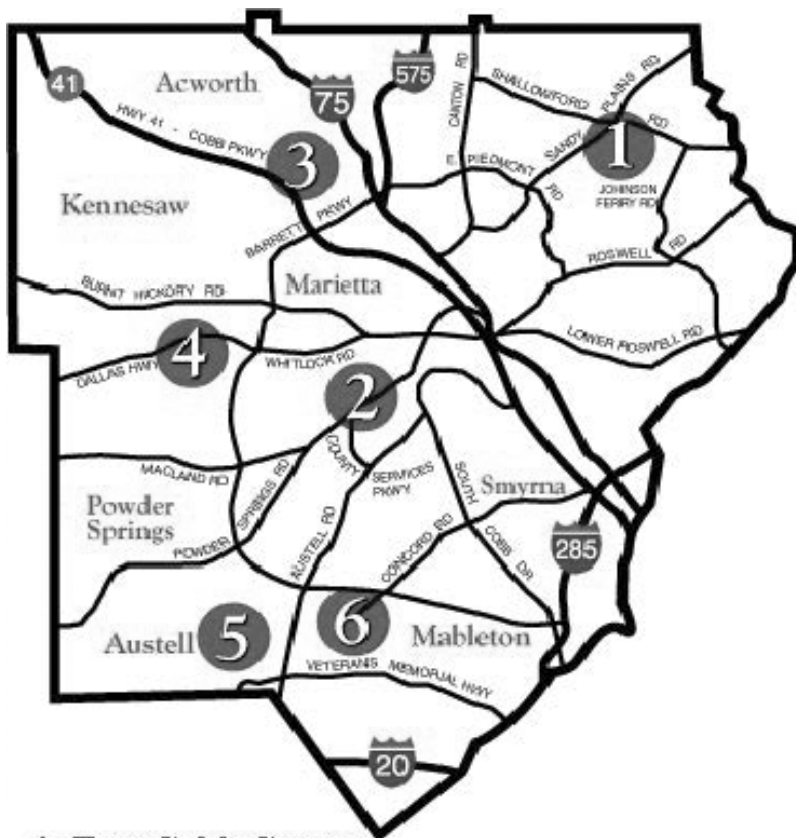
Resource Directory for Senior Citizens

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
4100 Old Hwy 41
Acworth, GA 30101 770-975-7740



North Cobb Neighborhood Senior Center
4100 Old Hwy 41
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 | 770-801-5320 |
| 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 | 770-518-2662 |
| Specializing in Home and Alternate Site Dialysis | |
| 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.


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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 3956 Due West Rd, Marietta 30064 | 678-439-1177 |
| Brookdale Vinings | 2401 Cumberland Pkwy SE, Atlanta 30309 | 770-435-4477 |
| Comforters Adult Day Care | 5939 Stewart Pkwy, Douglasville 30135 | 678-401-8076 |
| Emerald Isles PCH | 1402 Shadowbrook Dr, Marietta 30062 | 404-543-0479 |
| 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 561 Thornton Rd, Ste Z, Lithia Springs 30122 | 678-324-1237 |
| Walton Nursing & Adult Day Health | 4005 South Cobb Dr, Smyrna 30080 | 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 30060 | 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 |
| Affordable Medical Resources | 2255 Sewell Mill Rd, Bldg 100 Ste 110, Marietta 30062 | 770-321-6142 |
| Angel Companions | 4994 Lower Roswell Rd, Ste 33, Marietta 30062 | 770-579-5000 |
| Angel Heart Homecare | 3535 Roswell Rd, Ste 63, Marietta 30068 | 770-605-7173 |
| At Home Personal Care Providers | 4658 Ivy Green Court, Acworth 30102 | 770-528-7040 |
| Atlanta Homecare, Inc. | 2265 Roswell Rd, Ste 102, 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 | 770-290-7827 |
| CarePro Health Services | 3300 Highland Pkwy, Ste 140, Smyrna 30082 | 678-287-7398 |
| Caring Hands Homecare | 3930 Nemours Trail, Kennesaw 30152 | 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 | 3745 Cherokee St, Ste 702, 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 | 770-427-8606 |
| Harbek Private Home Care Services | 3249 Creek Trace East, Powder Springs 30127 | 678-567-1154 |
| 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 | 678-403-8685 |
| Regal Healthcare Services, LLC | 361 Bloombridge Way NW, Marietta 30066 | 678-273-3235 |
| Reliance Health Care, Inc. | 2470 Windy Hill Rd, Ste 268, Marietta 30067 | 770-953-5852 |
| Silver Companions, Inc. | 207 Shelter Cove, 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 | 678-819-3915 |
| 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 | 4100 Old Hwy 41, Acworth 30101 | 770-975-7740 |



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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 | 7 Martin Luther King, Jr Dr SW, | 866-424-7577 |
| Services Ombudsman | 4th Floor, Ste 443, Atlanta 30334 | |
| Healthcare Facility Regulation Division Long Term | 2 Peachtree St, Ste 3100, Atlanta 30303 | 404-657-5726 |
| Care Ombudsman Program | 2 Peachtree St NW, Atlanta 30303 | 404-552-4464 |

EMERGENCY RESPONSE SYSTEMS

| | | |
|--|--|--------------|
| Central Monitoring | 522 Pine Avenue, Albany 31701 | 800-442-1125 |
| Georgia Lifeline | 111 Lawrence St Framingham, MA 01072 | 800-543-3546 |
| Help - Medical Services of America, Inc. | 171B Monroe Lane Lexington, SC 29072 | 866-672-4852 |
| 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 | 77 12th St, Atlanta 30309 | 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 |
| | 229 Peachtree St NE, Ste 300, Atlanta 30303 | 404-659-1150 |
| Urban League of Greater Atlanta | | |

FINANCIAL ASSISTANCE

| | | |
|--|---|--------------|
| Action Ministries Feed the Hungry Foundation | 2160 Hills Ave, Bldg 2 2160 E, 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 3006 | 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,

GENERAL INFORMATION

if approved by the center's Coordinator.

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.



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Cobb-Cherokee
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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, 30060 | 770-427-9862 |
| The Center for Family Resources, Inc. | 995 Roswell St NE, Ste 100, Marietta 30060 | 770-428-2601 |
| Walton Community Services, Inc. | 561 Thornton Rd, Ste Z, Lithia Springs 30122 | 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 | 6289 Veterans Mem Hwy, Ste 12-C, Austell 30168 | 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 | 707-373-7388 |
| Georgia Medical Resources | 600 Kirk Rd NW, Ste A, Marietta 30060 | 770-428-5445 |
| Hearing Solutions | 1690 Powder Springs Rd SW, Marietta 30064 | 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, Smyrna 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. | 4045 George Busbee Pkwy, 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 30064 | 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 | 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 |
| 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 |
| North East Cobb | 3010 Johnson Ferry Rd, Marietta 30062 | 678-569-9622 |
| North West 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 A, Atlanta 30305 | 404-933-8117 |

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 | 3323 Turtle Lake Club Dr, Marietta 30067 | 404-580-2408 |
| Attentive Care | 3006 Clairmont Rd, #1070, Atlanta 30329 | 404-228-0103 |
| BrightStar Care | 833 Campbell Hill St NW, Ste 116, Marietta 30060 | 678-290-7827 |
| Camellia Healthcare | 1705 Enterprise Way, #102, Marietta 30067 | 678-354-1456 |
| Care reminders 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 | 678-879-3775 |
| 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 |
| Right at Home | 1768 Veterans Mem Hwy, Bldng 1, Austell 30168 | 770-944-8040 |
| SunCrest Home Health | 2400 Lake Park Dr, Ste 100, Smyrna 30080 | 770-429-1455 |
| Visiting Angels | 470 N. Sessions St, Marietta 30060 | 678-219-3914 |
| 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 Accessibility | 2415 Jep Wheeler Rd, Woodstock 30188 | 678-766-1066 |
| AmRamp Systems | 2300 Bethelview Rd, Cumming 30040 | 404-617-6483 |
| 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 | 2807 Washington Rd, Ste B 259, Augusta 30909 | 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 Dunwoody Rd, #D580, Atlanta 30342 | 404-659-0110 |
| First Quality Healthcare, Inc. | 920 Dannon View, 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, Acworth 30101 | 866-873-6308 |
| Heritage Hospice | 3315 Hilltop Dr, Marietta 30066 | 770-423-5959 |
| Homestead Hospice | 1 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, 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 | 580 West Crossville Rd, Ste 204, Roswell 30075 | 770-992-2386 |
| Weinstein Hospice | 3150 Howell Mill Rd NW, Atlanta 30327 | 770-352-4308 |

HOTLINES

| | | |
|-----------------------------|----------------------------------|--------------|
| Adult Protective Services | Division of Aging Services | 404-657-5250 |
| Cobb Elder Abuse Task Force | 24 hour | 770-794-8990 |
| 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 |
| Court at Vinings Pl | 4375 Beech Haven Trail SE, Smyrna 30080 | 770-803-0100 |
| Elmcroft of Milford Chase | 1345 Milford Church Rd SW, Marietta 30008 | 678-257-3759 |
| Emeritus at Spring Mountain | 1790 Powder Springs Rd SW, Marietta 30064 | 770-919-7799 |
| Manorcare Health Services | 4360 Johnson Ferry Place, Marietta 30068 | 770-971-5870 |
| 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

| | | |
|---|--|--------------|
| Abbingdon 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, Mableton 30126 | 770-948-6455 |
| Magnolia at Whitlock | 925 Whitlock Avenue, Marietta 30064 | 877-927-1653 |
| Parc at Piedmont | 999 Hood Rd, Marietta 30068 | 770-565-8828 |
| Walton Renaissance on Henderson | 55 Henderson St Marietta 30064 | 678-786-4081 |
| 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 | 770-203-0926 |

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 30066 | 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 | 770-435-0750 |
| Azalea Manor Personal Care Home | 557 Waterman St, Marietta 30060 | 770-714-4451 |
| 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 | 770-429-8409 |
| Brittany House at Holly Springs | 2852 Holly Springs Rd, Marietta 30062 | 770-973-2420 |
| Brookdale at Marietta | 1790 Powder Springs Rd, Marietta 30064 | 770-919-7799 |
| 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 | 678-309-1220 |
| Emerald Isles PCH | 1402 Shadowbrook Dr, Marietta 30062 | 770-543-0479 |
| 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 | 770-423-0080 |
| Heritage of Sandy Plains | 3039 Sandy Plains Rd, Marietta 30066 | 770-973-7303 |
| 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 30067 | 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 | 404-277-5370 |
| 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 30060 | 678-786-4067 |
| Legacy at Walton Overlook | 4645 Spring St, Acworth 30101 | 678-872-3965 |
| 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 |
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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.cobbseiors.org.



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Nursing Homes/Rehabilitation Centers

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| 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 3064 | 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 Blvd, 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 | 678-872-3965 |
| 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 Renaissance on Henderson | 55 Henderson St SW, Marietta 30064 | 678-786-4081 |

HOUSING SERVICES

| | | |
|-------------------------------|---------------------------------------|--------------|
| Acworth-Marietta Housing Auth | 4173 Fred J. Kienel, 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 | 770-528-5000 |
| Social Security Adm. | 1415 Franklin 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

| | | |
|---|-------------------------------------|--------------|
| <u>Medicaid</u> Cobb County DFCS | 325 Fairground St, Marietta 30060 | 770-528-5000 |
| <u>Medicare</u> Georgia Cares/ CMS | 2 Peachtree St NW, Atlanta 30303 | 800-669-8387 |
| Social Security Adm. | 1415 Franklin Rd SE, Marietta 30067 | 866-764-1771 |

LEGAL ASSISTANCE

| | | |
|--|--------------------------------------|--------------|
| Atlanta Legal Aid - Cobb | 30 South Park Square, Marietta 30090 | 770-528-2565 |
| Atlanta Legal Aid Society, Inc. | 151 Spring St NW, 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 | 800-886-2951 |
| Cobb Legal Aid | 30 S Park Sq, Marietta 30090 | 770- 528-2565 |
| Georgia Council on Aging | 2 Peachtree St NW, # 35-457, 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 | 404-321-6111 |
| Change Agents Inc. | 1246 Concord Rd, Ste 101B, 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 | 404-732-3789 |

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 Yorktown 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 |

Substance Abuse

| | | |
|--|--|--------------|
| Alcoholics Anonymous | 127 Peachtree St, Ste 1310, Atlanta 30303 | 404-525-3178 |
| Anchor Hospital | 5454 Yorktown 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 30117 | 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 30080 | 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 | 239 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 30126 | 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 | 770-793-7309 |

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 | 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.



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 | 4100 Old Hwy 41, Acworth 30101 | 770-974-2984 |
| 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 | 4100 Old Hwy 41, 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 | 770-579-9224 |
| 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 |
| Hearing Loss Association of America | | 678-438-9135 |
| 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 |
| Self Help for Hard of Hearing | | 770-517-2941 |
| 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 | 200 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 | 600 Briscoe Blvd, Lawrenceville 30046 | 800-426-6557 |
| disABILITY LINK | 1901 Montreal Rd, Ste 102, Tucker 30084 | 404-687-8890 |
| Handicapped Drivers Services | 1310 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
Breman Jewish Heritage Museum
Chattahoochee Nature Center
Fernbank Museum of Natural History
Mable House
Marietta Museum of History
Museum of History & Holocaust Education
Southern Museum of Civil War and Locomotive Hist

| | |
|-------------------------------------|--------------|
| 492 Prillaman Way, Kennesaw 30144 | 470-578-3223 |
| 1440 Spring St NW, Atlanta 30309 | 678-222-3700 |
| 9135 Willeo Rd, Roswell 30075 | 770-992-2055 |
| 767 Clifton Rd NE, Atlanta 30307 | 404-929-6360 |
| 5239 Floyd Rd, Mableton 30126 | 770-819-7765 |
| 1 Depot St, Marietta 30060 | 770-794-5710 |
| 3333 Busbee Dr NW, Kennesaw 30144 | 678-797-2083 |
| 2829 Cherokee St NW, Kennesaw 30144 | 770-427-2115 |

Community Organizations

Cobb County Public Library System
Girls Inc. Atlanta
Habitat for Humanity North West Metro
Habitat for Humanity ReStore
Nanny/Manny Brigade
Society of St. Vincent de Paul
YWCA Northwest Georgia

| | |
|-----------------------------------|--------------|
| 266 Roswell St, Marietta 30060 | 770-528-2320 |
| 461 Manget St, Marietta 30060 | 770-422-0999 |
| 1625 Spring Rd SE, Smyrna 30080 | 770-432-7954 |
| 1625 Spring Rd SE, Smyrna 30080 | 770-432-7954 |
| 325 Fairground St, Marietta 30060 | 515-717-0490 |
| 787 Roswell St, Marietta 30060 | 770-792-8026 |
| 48 Henderson St, Marietta 30064 | 770-423-3599 |

Ecological Organizations

Kennesaw Mountain National Park
Red Top Mountain State Park

| | |
|-------------------------------------|--------------|
| 900 Kennesaw Mtn Dr, Kennesaw 30152 | 770-427-4686 |
| 50 Lodge Rd, Cartersville 30121 | 770-975-0055 |

Senior Services

Cobb Senior Services
Metro Atlanta Retired Senior Volunteer Program

| | |
|--|--------------|
| 1150 Powder Springs St, Marietta 30064 | 770-528-5381 |
| 1150 Powder Springs St, Marietta 30064 | 770-528-1448 |



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- Respite Care for Families
- Live-In Care

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This product is not intended to diagnose, treat, cure or prevent any
disease. These statements have not been evaluated by the FDA.

Evidence Based Programs at Cobb Senior Services – Felicia Alingu

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 notes to 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.



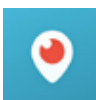
Yummly – (Free – iOS and Android)

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

1 Year subscription to the Senior Citizen Council newspaper, *The Bulletin*

1 Complimentary 1/4 page advertisement in *The Bulletin*

Please make checks payable to:

Send to:

Senior Citizen Council
1750 Powder Springs Rd
Ste 190, Box 107
Marietta, Ga. 30064



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:_____



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Roswell
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Free annual WellScreen
(\$30 value)

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

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



wellstar.org/goodlifeclub

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- Basic Cremation Casket
- Basic Urn
- Filing of Death Certificates
- Notification of Social Security
- Submission of Newspaper Obituaries
- Obituary on our Website
- Military Honors and Flag for Veterans
- Make arrangements in our office or from your home



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