

The Village News



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June Town Hall Meeting

Executive Director Tom Olsen opened the meeting at 1:30 on June 17 and immediately congratulated **Director of Nursing Mary Anderson**, her Skilled Nursing staff, and other supporting departments for the third consecutive yearly deficiency-free survey of the Skilled Nursing unit.

Marketing Director Lisa Timm announced that SGV overall is currently at 96% occupancy. Independent Living by itself is at 99% with the one vacant apartment scheduled for a move-in very soon.

Director of Resident Services Kristen Copeland discussed upcoming events focusing on the many activities scheduled for the 4th of July. Details will be provided later.

Director of Food Services Daniel Shaffer reported that a Culinary Services Resident Handbook is being prepared and will be issued to residents in the near future. He stated that the current accommodation for residents with walkers and scooters is working well. He closed by announcing that a new "summer menu" will be available in August.

Director of Plant Operation Kyle Montague revealed that the never-ending lake problems continue. Additional analysis will be performed, and another project is planned. He stated that the Fire Marshall has agreed to permit resident storage in front of each vehicle in the parking garages provided that all stored materials are non-flammable and that they are stored in a specific mobile locker that each interested resident must purchase. (During the Q&A, Tom Olsen announced that a sign up list will be posted for interested residents in order to determine if a bulk discount and delivery can be arranged through Home Depot.) Kyle requested that any residents who encounter pests (four legs or more) in their apartments should call the front desk and ask that their names be put on the Pest Control Sight List which will result in a visit from the pest control contractor. Finally, Kyle stated that his staff will soon be visiting each apartment to replace filters and perform other routine maintenance. Following Kyle's report, Tom Olsen gave a preliminary view of the recent Satisfaction Survey. He said the resident response was a very encouraging 75%, and that full details will be provided later. However, he congratulated Kyle in advance for the outstanding 97.8% satisfaction rating achieved by his department.

Social Worker Peggy Horansky announced quarterly meetings to help Independent Living residents recognize the signs that they may need to move to a higher level of care and what this involves.

Tom Olsen closed the presentation portion of the meeting by saying that the new Skilled Nursing wing is being licensed, and all the paperwork should be complete by July 1. Tom also stated that SGV is currently attempting to fill two vacancies. One is for the Front Desk Supervisor and the other is a RN position in Skilled Nursing.

Rose Dilday is leaving SGV and returning to her former home at Clairmont Place near Emory. The staff of the Village News unanimously voted that Rose not be allowed to move, but her single ballot prevailed. Rose has been a major contributor to this paper since its inception, and it will be very difficult to fill her place. Thank you, Rose.

Violin Concert

Tom O'Donnell and **Jay Christy**, talented violinists from the Atlanta Symphony Orchestra, provided a wonderful concert for a very appreciative audience on June 9. In addition to playing a variety of selections, they answered questions about their careers and their instruments. To insure that only the best musicians are hired by the major orchestras, the committee of musicians that select applicants is screened from the performers during auditions so that players are only judged by their skill. Many residents expressed the hope that there will be more performances by skilled musicians at SGV.

How Will I Know When It's Time For Another Level Of Care?

Five staff members spoke to 80 residents assembled in the auditorium, and tried to answer questions on this important matter, but the decision must be made on an individual basis. Physical and mental skills and input from family members would be considered. Residents were encouraged to speak with staff members privately in order to receive information about their particular situation. After the discussion, residents toured the Assisted Living, Memory Care, and Skilled Nursing areas of Wellington Court. Individual rooms and common areas were on display. Refreshments were served, and entertainment and a sing-along was provided by pianist Bo Chitty.

Jewel Lamica was born in Tampa, graduated high school in Galveston, attended the U. of Tampa for one year, then transferred to the U. of Miami. This proved to be a watershed year when her Delta Zeta sorority gave a party for Army aviation cadets who were stationed at the university. There she met the most important man in her life, Stan Lamica, a B-17 navigator, who soon went to England. Jewel then became one of the first stewardesses hired by Pan Am. She had an exciting journey through the Caribbean, Central and South American countries. After the war she married Stan and they moved to Troy, NY where he attended R. P. I., graduating with a degree as an electrical engineer, while Jewel worked in a NY Telephone company business office. After his graduation, they moved to Manchester, CT. where he joined the National Guard. His unit was activated during the Korean War and the Lamicas were in the Army. They moved to Roswell in 1985 due to a job change for Stan. Jewel was an active stay-at-home mom with four children, and now two grandchildren. In her late fifties, Jewel finished her college education, earning a BS in Business Administration from George Mason U. Alone in a big house, after her husband's death, it was time to move. Jewel is very grateful to have found a wonderful home and dear friends at SGV.





When **Carolyn Millar** and her husband **James** moved to SGV in November 2005, they told everyone it was the best decision they ever made. They sold their Atlanta and NC mountain home, and were free to travel, and enjoy “Camelot.” His death a year later made their decision a life saver for Carolyn. After the shock of losing her beloved James, five SGV women (they know who they are) did so much for her, giving advice about her new life— volunteer, learn bridge, and take life one day at a time. Carolyn is playing bridge,

mah jongg and poker, volunteers as a traffic controller at the Queen Of Angels school, proofreads the Village News, and enjoys going on most of the trips. Carolyn was born and raised in Chicago. She studied business and journalism, and was editor of her high school newspaper. She worked at the Continental Bank in the Special Services and Advertising departments, and helped start an in-house magazine. Carolyn had lived in Milwaukee, D. C., New Jersey and Florida before moving to Atlanta. She was a bookkeeper for 16 years, and enjoyed china painting for 21 years. Travel has taken her to Canada, Europe, Mexico, Australia, New Zealand, Panama, Costa Rica and 49 states. Carolyn has a daughter, five sons, and six grandchildren, with number 7, due in December, and two great grandchildren. All are the loves of her life.

James C. Fitzpatrick, Jr. from Bessemer AL., was a member of the photo staff at the Birmingham News in 1938. He covered collegiate football, occasionally using carrier pigeons to send film and news to be used on the front page of papers sold to fans leaving the games. He was drafted in 1941 and served in the infantry until he joined the Air Corps in April 1942. and received flight training in B-17s in the Southwest and California. In April 1944 Jimmy’s nine man crew joined the 388th Bomber Group which flew 36 combat missions. He was awarded a Distinguished Flying Cross, an Air Medal with four Oak Leaves, and the European Campaign Medal with 3 Bronze Stars. After military service, Jimmy was on the Atlanta Journal Photo staff from 1945 to 1950, and then worked in sales of printing and related graphic arts, retiring in 1990 at age 74.



Jimmy and Verna McDowell were married in February 1944 and had four children. They lived in Dunwoody for 36 years, and celebrated their 60th anniversary in 2004. Verna passed away during heart surgery three days later. Jimmy’s fondness for classical music took an active turn when he became a cellist with the Atlanta-Emory Orchestra, remaining for nine years. In 1979 he joined the Balalaika and Domra Association of America, and attended its second annual convention in 1980. In 1981 he helped in the formation of the Atlanta Balalaika Society Orchestra.

Hungry and thirsty residents enjoyed the music, the food, and the fun celebrating the first day of summer.



The Tortuga Bay duo provided the entertainment to a large group of very happy residents.



Fourth Of July

The New Horizons Band will return for a performance at 3 in the Auditorium. One of the selections will be a composition by **John Barbe**. The **Hamiltons**, a banjo duo, will perform from 7 to 9 in the Wellington Court parking lot.

Mama Mia

A large number of SGV residents ventured forth on a stormy Wednesday evening to visit the Fox Theatre. The attraction was “Mama Mia”, a musical show. Resident reviews declared the evening an expensive disappointment.

Paul and Inez Moss moved into SGV in June 2006. Due to dysphasia and mobility problems Paul moved to Skilled Nursing where the excellent care enables him to enjoy meals, especially going out to lunch. Paul, a native of Americus and Buena Vista, GA., graduated from his beloved U. of Alabama in 1940. His first job was with BellSouth in Birmingham. As a Marine Corps reservist, he was called to active duty in January 1942, and served in the Pacific area until April 1945, when he became a teacher at the Marine Corps school in Quantico, VA. Inez was born in Andalusia, AL. with something of a “wanderlust.” She attended Mary Washington College in Fredericksburg, VA., Baylor U. Waco, TX. in pre-med, and Judson College, Marion, AL, dropping out to join the Marine Corps. After the war Inez attended Emory, Georgia State, and actually graduated from Atlanta Bible Institute in 1953. They were married in 1945 and Paul resumed his career in



BellSouth’s Atlanta accounting department. Later he joined Lockheed as Administrative Coordinator, retiring in 1983 after 30 years. They raised their family in Buckhead. Inez and Paul lived in Roswell’s Brookfield Country Club for 28 years and in Wexford for five. Paul enjoys watching the Braves, visits from friends and listening to books on tape. Paul’s happiest days were spent working on genealogy, and with the Roswell Historical Society, serving as President for part of the time. Inez looks forward to the nightly dinners with interesting and accomplished SGV residents.



Music Director David Cooper and Jimmy Fitzpatrick

A large, appreciative audience responded to the Atlanta Balalaika Society Orchestra’s June 12 concert in the Auditorium. SGV resident **Jimmy Fitzpatrick**, a former member, was responsible for the group’s appearance. Most of the twenty performers played balalaikas or domras, string instruments manufactured in various sizes. An accordionist, a percussionist and a vocalist completed the ensemble that provided very interesting sounds. The music was visually enhanced by the musicians’ colorful costumes.



Mideast Security

Rear Admiral Scott Sanders, son of **Jack and Jo Sanders**, spoke to SGV residents about maritime security challenges in the Mideast. Admiral Sanders is currently the Vice Commander of the Naval Forces Central Command at Bahrain, an island country in the Persian Gulf. He spoke of challenges that lay ahead, and shared information on the current situation in that part of the world.

Summer Olympics

The U. S. Olympic Committee announced that all the teams participating in this summer’s events in China are full, except for the Track and Field team which needs javelin catchers.

Unknown Thief

A brick will be glued to the tongue of anyone caught removing copies of The Village News from the library.

Georgia National Cemetery

On June 19, 25 residents enjoyed a trip to the cemetery in Canton that was opened in 2006. The cemetery will serve an estimated 395,000 veterans and their dependents during the next 50 years. The 775 acre property was donated by the late Scott Hudgens, an Atlanta developer, WWII veteran and philanthropist. The site is near the Etowah River, with views of the Blue Ridge Mountains and Lake Allatoona. The cemetery accommodates casketed and cremated remains. Everyone in the group agreed this is a wonderful place, and many intend to pursue these services. More information is available at 770.479.9300 and at www.cem.va.gov/.



Atlanta Balalaika Society Orchestra



Angela Mohar, the youngest of four children, three boys and a girl, was born fifty miles north of Pittsburgh. She earned a B. S. degree in Education from Penn State University and a Masters in Education with a major in English from Westminster College in New Wilmington, PA. She taught school for 20 years in Pennsylvania and 20 years in Georgia. In Pennsylvania Angie was a Reading Supervisor of beginning reading, but turned to teaching English in

Georgia. While visiting her daughter in Georgia, she was offered a position at Cobb County’s Mabry School. Angie said that accepting that job was the best decision she ever made. She met **Edward Mohar** while she was in college after the war, and as he had all the qualities she wanted in a husband, they eloped and were married. They had three boys and a girl. Their son, Edward Jr., was killed in an accident while on a Christmas break from Staunton Military Academy. Angie’s spinal condition “came from out of the blue”, however she is starting to walk again. She absolutely loves living in the deep South, especially at SGV with her new friends. Angie considers herself a lucky, transplanted Yankee with her children, grandchildren and great grandchildren living nearby, making her joy complete.

Reporter wanted

The Village News has a position open for a reporter. A successful applicant won’t receive any pay or benefits, but may enjoy the weekly staff meeting with friendly (except for the mean editor) co-workers. Poor spellers may apply.

Patricia Spinks was born in Indianapolis, the youngest of six children. Her family moved to Georgia in 1995. Patricia attended grade and middle schools in Decatur, and high school in Stone Mountain. Her son, Jestin, was born in April 2006. Patricia started working at SGV in December 2006. After six months with the Wait Staff, she also worked part-time as a Receptionist in IL and AL. Throughout her journey at SGV, Patricia has grown to know and love all the residents. Service in this wonderful community has made Patricia love and enjoy her full-time job as a receptionist.



Strategies For Aging Successfully

by **Dr. Roger Landry**

1. Use it or lose it. Like any skills, our physical, mental and social abilities must continue to be challenged. As we age we can’t just coast—we must continue moving, learning and stay engaged with life.
2. Keep moving. Physical activity is the closest thing to a fountain of youth. Staying active—even just 30 minutes a day—can prevent heart disease, diabetes, cancer, osteoporosis and dementia. The best results come from a commitment to strength training, endurance, flexibility and balance.
3. Challenge your mind. Most mental ability lost with age is due to lack of use but by continuing to learn throughout life, we can grow new connections in our brains. To stay mentally alert, do things such as take courses, converse with friends, play word games or learn new languages.
4. Stay connected. Cherish family, rebuild old friendships, join clubs and be open to meeting new people. We need human interaction to thrive.
5. Never act your age. Age is an attitude—not a number. Following your heart and acting how you feel will keep you dynamic, creative and living life to the fullest.
6. The doctor is in. By identifying health risks and working with your doctor to eliminate threats, you can function at very high levels for decades. Don’t skip regular physicals and be proactive about your health.
7. Eat for the long haul. Avoid skipping meals as research shows lack of nutrition may result in dementia in later life. Also, Mom was right—eat your fruits and vegetables, stay hydrated and take vitamins.
8. Have children in your life. They bring a sense of meaning, wonder and renewal.
9. Be needed. By lending a hand, we witness the power of helping others. Give back and become an active volunteer in your community.
10. Laugh. In studies on centenarians, the most commonly displayed traits by these individuals are humor and optimism. Laughter stimulates the immune system, protects us from disease and definitely makes the journey more fun.

Resident Handbook

Now that residents have memorized the new Resident Handbook, it would be proper to recycle the former one.



SGV residents visit the aquarium.



Holy mackerel—look at all the tourists! They put on a whale of a show