

The Village News



1 June 2008 #21

Editor - **John Barbe**. Reporters - **John Baugus, Rose Dilday**. Proofreader - **Carolyn Millar**.

Photographers - **Kay & Sam Briggs**. Circulation - **Edna Deckbar, Grace Samson**.



Back: **Bud Might, Rosanna Bassett, Bill Francis**
Front: **Ouida Francis, Farley Day**

A group of 99 WWII veterans, including five from SGV, flew to Washington on May 14 to visit the Vietnam Memorial, the tomb of The Unknowns, and the National World War II Memorial. The trip was sponsored by the Roswell Rotary Club.

Swim with a Buddy

Following a discussion at its meeting on May 13, the Health Advisory Committee recommends that all residents comply with the swimming pool requirement stated on page 17 of the Resident Handbook which says, "Solo swimming is not permitted in compliance with the Fulton County Code of Ordinances and Code of Resolutions."

Cinco de Mayo

Margaritas, mojitos, chips and salsa helped residents celebrate the holiday honoring the Mexican Army's 1862 defeat of French troops in Pueblo, Mexico. **Kristin Copeland** and her resident helpers added to the festivities with their colorful decorations.

Another May 5th celebration was to honor the memory of the enraged dieters who caused a ship loaded with salad dressing to capsize in a New York City harbor. Many of the rioters carried banners reading "Sink Da Mayo."

Employee Appreciation Fund

Residents are reminded of the Employee Appreciation Fund which is the authorized vehicle for expressing gratitude to SGV employees for services rendered. The Fund balance is distributed in December, but the drive for donations continues throughout the year. Give all at once or in monthly segments. Cash is accepted, and checks should be made payable to **SGV Residents Association**. Contributions should be placed in the designated drop box in the Mail Room.



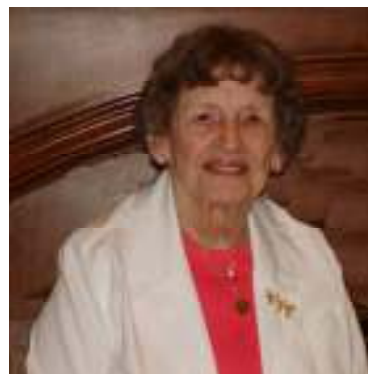
New Resident Association Directors
Mike Dolan, Jewel Lamica, Mike Leslie

Resident Association Officers

Officers for the year starting May 1 are **President Mike Dolan, Vice-President Jewel Lamica, Secretary Mike Leslie** and **Treasurer Barbara Miller**. Other Council members include **Warren Kenny, Beverlie Reilman** and **Maurice Turcotte**.

New residents

Katie Kunz in 2112, and **Alice & James Sterling** in 2303. The Village News regrets that new resident **Bob Wooldridge's** first name was misprinted in the April issue.



Gertrude (Trudy) Melun was born in New Albany, IN. in September 1914, the third of four children. At 19 months, her family moved to New Orleans where she was educated in Catholic schools. In 1940 Trudy married Norman Melun, a Tulane graduate in architecture. Her son, Norman, was born in 1941 and her daughter, Margaret, in 1942. Trudy and her children lived with her parents in

New Orleans while Norman served as a Navy officer overseas. After the war, the family moved to Chicago where Norman practiced architecture. Daughter Michelle was born in 1952. The family then moved to Dallas, TX. where son Bernard was born in 1958. In 1965 the Meluns moved to Alexandria, VA. where Norman was an architect with the Federal government. He was the design coordinator for the Hirshorn Museum, and redesigned the animal habitats at the National Zoo. Norman retired in 1977, and passed away in 1995. Trudy's volunteer activities included sacristy seamstress, prison ministry, elder ministry, and Meals On Wheels. She has 8 grandchildren and 4 great grandsons. In 1999 Trudy moved to Roswell where Michelle and family live, and then from the Chambrel retirement community to SGV in December 2005.

May Town Hall Meeting

Tom Olsen, Executive Director, opened the meeting at 1:30. He said that **Kristin Copeland**, Director of Resident Services, is taking Administrative Responsibility for the Concierge Desk. Kristin gave a general outline of the upcoming June activities.

Lisa Timm, Director of Marketing, introduced her new assistant, **Sarah Juszczuk**, who has been here one month. She also introduced the new residents, **Katie Kunz**, and **Jim and Alice Sterling**.

One apartment is open in Independent Living (IL), the resident having moved to Assisted Living (AL).

Two apartments are open in AL, 2 residents having moved to Skilled Nursing (SN).

Two apartments are open in SN

Two apartments are open in Memory Care.

Lisa mentioned that the SGV ads in the local papers were receiving favorable responses.

She asked that for the Senior Care Networking Niche meeting at 9:30 to noon on Thursday 12 June, all residents who park outside, should park in the outer parking rings to provide parking spaces for guests.

Resident Marketing Ambassadors are being organized to show potential prospects around the campus.

Daniel Shaffer, Director of Dietary Service, had a number of issues to address, namely:

1. Sick Tray Service - Sick trays for lunch will be delivered between 1 and 2, and dinner will be delivered between 5 and 6.
 2. New Bistro china is now in use. The dishes are smaller to allow more table room, but contain the same portions as before. Soup is 4 ounces in cups and 8 ounces in bowls.
 3. Scooter and walker parking: Parking will be in the Auditorium. If it is in use, parking will be moved to the Private Dining Room. In the event both are in use, parking will be moved to the area outside the double auditorium doors.
 4. Buffet food temperature: Food temperature must be at least 140 degrees, but the average temperature is 155 degrees or more. Daniel recommends returning to the buffet with a second plate to the separate areas at different times in order to enjoy a hot meal. It is important to keep the food containers closed when not in use.
 5. Residents who need assistance taking food from the buffet and salad bar in the dining room will be provided with a list available foods so that they can select desired items, and the wait staff will fill the orders to be used in the dining areas. This program is designed only for those entering the dining room with a walker and is not for those able to help themselves.
 6. Food may not be removed from the continental breakfast without good reason, and food that is removed should only be enough to take care of one resident or a resident and spouse. Residents are invited to the continental breakfast as a social event, and not as a trip to the grocery store.
 7. When ordering food to go from the Dining Room, each resident is limited to the following items: one drink, one soup, one salad, one entree, and one dessert. Residents are limited to 1 drink to go. Residents may ask for a coffee at the end of a Dining Room meal but will not be able to leave the dining area with coffee. Each resident wishing to take leftovers to their apartment may have the leftovers boxed. All items must be carried out of the dining areas in a bag to prevent spilling.
- Each item on the Bistro menu is billed separately. Residents may only order enough food to feed the number of residents in their apartment. Each resident is entitled to an appetizer, a drink, a soup, a salad, an entree, and a dessert to go. The number of side orders, such as potato chips, are limited to the number of individuals residing in the apartment. Arrangements for guests must be made at least 24 hours in advance. A detailed memo of these rules will be placed in resident Message Boxes.

Amber Wydner, Wellness Coordinator, noted that physical therapy is available through the Senior F.I.T. program at a cost of about \$1.00 per minute. Sessions usually last 20-45 minutes. Amber and her associate, **Kevin Wildes**, are both certified. More information is available on the Fitness Center desk.

Mary Anderson, Director of Healthcare Services, said that we now have a resident medical doctor, **Lisa Rosa-Re, MD**. There will be a Special Town Meeting on 26 June for a Medicare presentation. Lifetime Screening will also be scheduled. There is a new manager for Skilled Nursing.

Tom Olsen discussed personnel management issues. He also said in considering the walker policy, we need to recognize needs, but also to keep the appearance of SGV attractive.

He suggested that the MDR be opened at 4:45 for residents with mobility problems to be seated early. Walkers should be labeled for easy identification, and returned in a timely fashion after the meal. He prefers that staff members rather than residents retrieve walkers. Tom asked for and received a "show of hands" indicating support for the policy. "Lake Leaky" has air under the membrane at the waterfall. This problem is being addressed.

The Director announced that **Archbishop Gregory** has approved the use of the Chapel for non-Catholic services. The meeting was adjourned at 2:30.

Resident Association Meeting

President Mike Dolan presided at the 2pm May 19 meeting, first thanking the outgoing officers for their service. After a brief summary of SGV's history, Mike emphasized the need for all residents to support the Employee Appreciation Fund. He also suggested that residents become familiar with the contents of the new Handbook. He introduced the new officers, and **Jewel Lamica** introduced the committee chairs, and the names of committee members were read. The meeting was adjourned at 2:20.



Mary McDonald was born in Indianapolis, one of four children. Her father, an engineer, was one of the designers of the Cord automobile. After high school she attended Butler University, and was an officer in Kappa Alpha Theta. She had met her future husband, Paul, when she was a high school senior and he was a Purdue University sophomore. They were married in 1939, and Mary

stayed home with her daughter, and volunteered in church and community activities. Mary took a Red Cross nursing course and became a volunteer at the Methodist Hospital. In 1968 General Motors sent Paul to England as part of a team to work with Rolls Royce building jet engines for U. S. Navy fighter planes. During their three year stay in Derby, the McDonalds traveled through England, Europe and Southeast Asia. Paul retired after 38 years with G M, and they moved to Fairhope, Alabama, and lived there 25 years. After her husband died, Mary moved to Roswell to be near her daughter Judi, and the Chamber retirement community was her home for ten years. Mary moved to SGV in January 2006, and has been very happy here, and is looking forward to many more happy years enjoying her three grandchildren and five great grands.

The Lion King

The “Lion King”, a Disney production, and award-winning Broadway musical had a five week engagement in Atlanta. The SGV residents that saw it on April 16 were very enthusiastic about it.

Handbell Choir

When residents entered the Auditorium on May 7 they saw white-draped tables, each holding small lamps. Considerable preparation had been made to have sufficient electric connections available, and to equip the tables with music stands. Standing behind the tables were the members of the Northbrook United Methodist Church Hand Bell Choir in their black and white attire. It was an impressive ensemble that performed hymns and nostalgic songs. The performance was enhanced by periodic humorous offerings from the conductor. Audience members were asked to join in the singing of some selections, and memories of some residents were challenged when asked to identify the melodies. It was a rousing experience..

Get a Free Credit Report

In these times when identity theft is not uncommon, periodically examining your credit report is a very good idea. By simply going to www.annualcreditreport.com on the internet, Georgia residents can obtain two free credit reports each year from each of the three nationwide report providers, Experian, Equifax, and TransUnion.

The process is fairly easy with only one potential hassle. After supplying your name, address, birth date, and Social Security number, you will be asked to verify a series of letters and numbers. Be careful, because it is possible to confuse certain numbers for certain letters and vice versa.

After successfully completing the verification, you may select which provider you want to provide your report. At that time you will be transferred to the provider’s web site where you may have to prove your identity again. You will also be offered other services (e.g. credit score) so if you only want the free credit report, ignore the other offers. For those who choose not to use the web site, a free call to 877.322.8228 will yield voice prompts which will also result in a free credit report. This exercise is well worth your time.

SGV entertains visitors



AARP 55 Alive Defensive Driving Course

On April 29 and 30 a group of residents, plus other seniors from Roswell, were students in classes conducted by AARP’s **Donald Nahser**. The course was designed to help drivers maintain skills, learn current Georgia laws, and adjust to age-related changes. SGV provided a breakfast bar for the 2 hour classes in the Auditorium. Participants who attended both sessions may be able to obtain a discount on their auto insurance.

Dr. Rosa-Re, Board Certified in Family Practice, is now seeing patients in Assisted Living and Memory Care, and will be seeing Independent Living patients by the end of the summer. The doctor assumed the care of residents in Skilled Nursing in March.



North Fulton Regional Hospital

SGV residents have the opportunity to offer needed help at Roswell’s hospital. For those who don’t want to be on the patient floors, the Medical Staff Office/Medical Library needs helpers. Volunteers who don’t work in patient areas are allowed to wear open-toed shoes, an option that may be especially attractive to men! For more info, call **Lisa**, the volunteer coordinator, at 770.751.2602.

Sarah Juszczuk, Marketing Assistant, was born in Atlanta, and grew up in Roswell living with her mother, brother and grandparents very near SGV. Sarah is 25, and attends Georgia Perimeter college part-time. She lives in Alpharetta with her husband Tomasz and cat Eevee. Sarah has worked in senior communities for 7 years in various jobs, and is excited to continue her journey here. She’s thankful for the warm welcome, and pleased to meet the residents. Sarah enjoys time with her family, her friends, and outdoor activity.



Alexandria Powell, an SGV receptionist, was born in Trinidad & Tobago, moving to Maryland in 1980. After high school graduation, she studied Cosmetology. Alex moved to Decatur in 1996, working as a Postal Service payroll clerk, a Publix manager, and with special needs children at the Brandon Hall school. She has two sons, and is happy if they are. Alex enjoys cooking for her boys, loves the warm spirit at SGV, and is very happy to be part of the team.





School Traffic Volunteers

Standing (l—r): **Bob Miller, Walt Williams, Bud Might, Carolyn Millar, Steve Janas, Barbara Miller, Tom Bowles, Jack Jeffries, Mike Dolan.** Seated: **Grace Samson, Regina Ankenbrandt.**

During the past school year, these SGV residents devoted 524 hours to directing traffic for the Queen Of Angels School. Three people are needed each afternoon to manage this important service. More people are needed for the next school year so residents are encouraged to volunteer.

SGV University

This month’s University Club presentation on aging was attended by 40 residents who were held spellbound by the presentation of Dr. Stuart Zola, Director of Yerkes National Primate Research Center, and Co-Director of the Alzheimer’s Research Center in Atlanta. He and his associates are conducting breakthrough research in Alzheimer’s and Parkinson’s diseases. Dr. Zola looks to improved treatment and possible cures within ten years. Until that time he strongly advises SGV residents to remain active socially, intellectually and physically. It’s also important to get enough sleep and avoid stress.

Compare hospitals

A good source for information is at www.hospitalcompare.hhs.gov.



Carolyn Lawrence has had many loves in her life. She was born in Birmingham and loved living there for most of her eighty-five years. She attended Birmingham’s Baptist College. Her next love was for Sherwood Lawrence III to whom she was married for 60 years. Shortly after their marriage he was sent to Europe where he served as an engineer in the Air Corps for two years. During this time Carolyn lived in Miami and New York city working as a model. Upon Sherwood’s return they settled in Birmingham where Carolyn enjoyed being a stay-at-home mom for their two children. Her next love is for three grandchildren and two great grandchildren, including Sherwoods IV, V and VI. Her other loves include music, books, theatre, flower arranging and travel. The Lawrences traveled extensively and she has seen a large part of the world including North America from Nova Scotia to the Panama Canal, except for North Dakota. In August Carolyn and her daughter Vicki will take a riverboat cruise from Moscow to St. Petersburg. Her latest love is SGV and her wonderful new friends. Her mother lived nearly 100 years and Carolyn hopes that she inherited the longevity and will enjoy life here for many years.

John LaBonte, receptionist, son of resident Ella LaBonte, lived in Aiken, SC through middle school, then moved to Martinsville, VA. where he completed high school. John attended the University of South Carolina, and became a control room operator for Allied General Nuclear Services, then six years as a lineman, then a service engineer. For 19 years John worked on phone and computer networks for AT&T and IBM in Atlanta. For three years he worked at home investing in stocks, but missed the camaraderie of fellow workers. John enjoys motorcycling and golf, and always has a big smile for residents.



New Meal Prices

Effective July 1, the meal price will be \$16.85 for residents and \$21.00 for guests. Residents are reminded that it’s their responsibility to insure that their guests observe the SGV dress codes and other rules.

New Members of the SGV Wait Staff



Rita Figueroa



Marija Miskovic



Zachery Schick



Ebrahimi Shane



Gloria Stephenson



Stephanie Weidick