

FOOD
FAVORITE RECIPES
MAKE FAMILY
MEMORIES PAGE 12



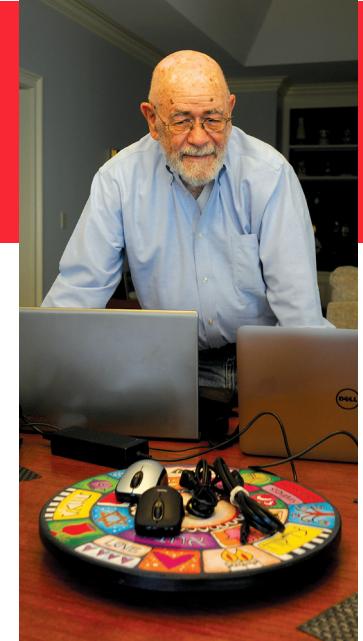
PERSONAL HEALTH
CAN'T SLEEP? IT
COULD BE COVID
INSOMNIA PAGE 20

PERSONAL TECHNOLOGY
THE DIGITAL DEVICE
DOCTOR SURVEYS TECH
GIFTS FOR THE SEASON
PAGE 8

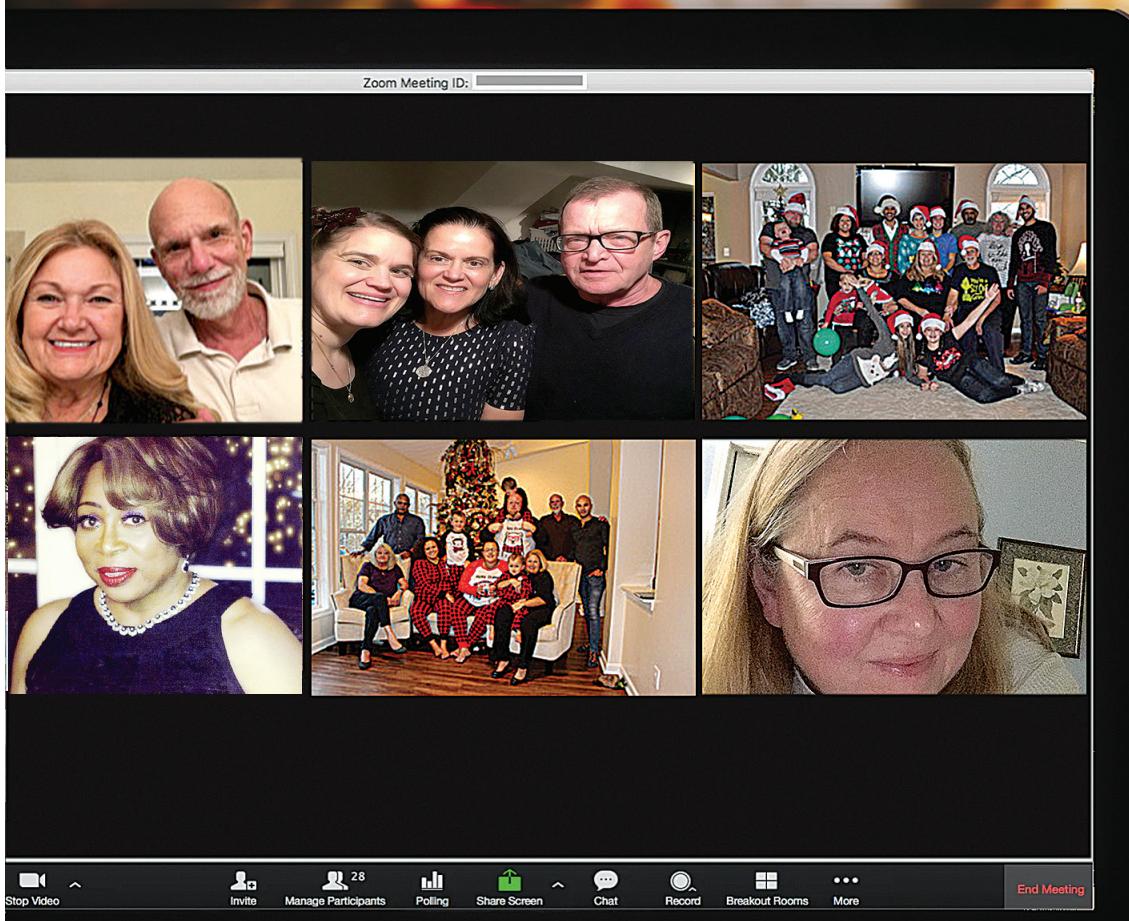
Atlanta Senior Life

FACEBOOK.COM/ATLANTASENIORLIFE

DECEMBER 2020 • VOL. 5 NO. 12 | ATLANTASENIORLIFE.COM



ZOOM for the Holidays



CONTENTS

DECEMBER 2020

COVER STORY

- ... 4 Covid-19 means making changes for the 2020 holiday season



4

PERSONAL TECH

- ... 8 The Digital Device Doctor considers tech gifts for seniors



12

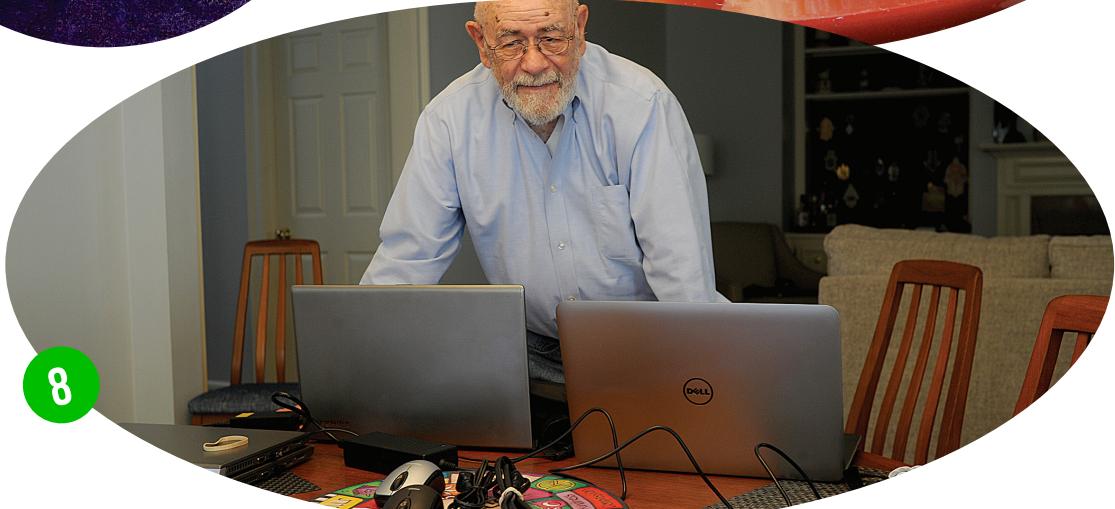
FOOD

- ... 12 Holiday recipes make family memories



PERSONAL HEALTH

- ... 20 Losing sleep because of the pandemic? It could be "COVID-somnia"



8

PERSONAL SAFETY

- Beware holiday scams.

PEOPLE

- ... 22 Street art fan Art Rudick maps Atlanta murals online.

PETS

- ... 23 Adopt a dog. Or a cat.



ON THE COVER

Because of COVID-19, this holiday season may be a time to cozy up to the computer as friends and family visit virtually through platforms such as Zoom. Photo illustration by Rico Figliolini.

Atlanta Senior Life

Atlanta Senior Life focuses on the interests, accomplishments and lifestyles of the active senior population in metro Atlanta. It aims to inspire readers to embrace a more rewarding life by informing them of opportunities to expand their horizons, express their talents and engage in their community.

CONTACT US

Editorial

Joe Earle
Editor-at-Large
JoeEarle@reporternewspapers.net

Contributors

Kathy Dean, Tiffany Griffith, Judith L. Kanne,
Donna Williams Lewis, Steve Rose, Mark Woolsey

Advertising

For information call (404) 917-2200
Sales Executives:
Jeff Kremer, Janet Porter

Published By

Springs Publishing LLC

Atlanta
Senior
Life

Atlanta
INTOWN

Reporter
Newspapers

6065 Roswell Road, Ste 225, Sandy Springs, GA 30328
Phone: (404) 917-2200 Fax: (404) 917-2201

Circulation/ Subscriptions

For distribution information, call (404) 917-2200, ext. 110.



© 2020 All rights reserved. Publisher reserves the right to refuse editorial or advertising for any reason. Publisher assumes no responsibility for information contained in advertising. Any opinions expressed in print or online do not necessarily represent the views of Atlanta Senior Life or Springs Publishing, LLC.

Steve Levene
Founder & Publisher
stevelevene@reporternewspapers.net
(404) 917-2200, ext. 111

Amy Arno
Director of Sales Development
amyarno@reporternewspapers.net
(404) 917-2200, ext. 112

Rico Figliolini
Creative Director
rico@reporternewspapers.net
(404) 917-2200, ext. 117

Deborah Davis
Office Manager
deborahdavis@reporternewspapers.net
(404) 917-2200, ext. 110



TANGLED UP CHOOSING A MEDICARE PLAN?

DON'T WORRY!

CareSource will help you navigate Medicare to find the right Advantage coverage just for you.

No stress. No hassles. No surprises.

Contact CareSource now!



The **\$0** Difference:

- ✓ **\$0 Medical deductible**
- ✓ **\$0 Copay for glasses or contacts**
- ✓ **\$0 Copay for preventive services**
- ✓ **\$0 Cost fitness benefits**
- ✓ **Rx Copays as low as \$0 for many commonly prescribed generic drugs**

Annual Enrollment
Period Ends **Dec. 7!**

WE'RE HERE TO HELP
(844) 818-4467 (TTY: 711)

Oct. 1 – Mar. 31: 7 days a week, 8 a.m. – 8 p.m.

Apr. 1 – Sept. 30: Mon. – Fri., 8 a.m. – 8 p.m.

Or visit CareSource.com/Medicare

CareSource is an HMO with a Medicare contract. Enrollment in CareSource depends on contract renewal.

© 2020 CareSource. All Rights Reserved.

Y0119_GA-MA-C-294947_M CMS Accepted

ZOOM for the Holidays

COVID-19 is putting a new spin on the old idea of heading home for the holidays.

The relentless spread of the virus that has killed hundreds of thousands of Americans, many of them seniors, is changing the way some people are approaching the holiday season. Families, friends, neighborhoods, churches, synagogues and other groups that normally

would gather in celebration at this time of year find they must rethink some holiday traditions.

For many, 2020 may be the year to hunker down in place, to put on an ugly sweater with a mask that matches, and to seek new ways to stay in touch.

Family celebrations: to be together or not to be?

By Donna Williams Lewis

Christmas is always a huge, happy deal for Marietta resident Sherry Piepoli and her family.

"It's a play time, there's silliness, and so much fun," she said.

Traditionally, her family gathers for meals serving 16 to 20 people at her home and at her daughter's home in Lawrenceville. Last year, some of them had their first taste of turducken, a dish composed of a deboned chicken tucked into a deboned duck tucked into a deboned turkey, all layered with stuffing.

The Christmas guest list always

her husband, Marty, take pretty seriously. Both were hit with COVID-19, but have fully recovered and now test negative. No one else in the family has been sick.

"So, we're going to all get together like normal," Piepoli said. "But we're staying home. It's definitely a void, but we've accepted that."

The 'holiday risk/reward dilemma'

The holidays typically bring challenges, but December 2020 is definitely next level as coronavirus continues its surge in Georgia and

family." Another is 'I'm OK with sitting this one out and staying healthy in the long run, especially until a vaccine is available,'" Thomas said.

She recommends that people follow Centers for Disease Control and Prevention guidelines as the best way to protect themselves and others from the coronavirus.

The CDC says celebrating events virtually or only with members of your household poses a lower risk for virus spread. In-person gatherings pose varying levels of risk depending on factors such as the size, location, and duration of the gathering and the behaviors of attendees before and during the event.

Wilma Israel's family has carefully planned a get-together at her son's home to simultaneously celebrate Hanukkah and his daughter's bat mitzvah.

"We have all been very cautious and careful about being socially distant and wearing masks," said Israel, of Buckhead.

To help reduce risk, her grandchildren will be taken out of school two weeks before the bat mitzvah, which will be live-streamed on Zoom and attended by a very small family group, including Israel and her husband, Gerson.

Israel plans to prepare a family recipe — a mock strudel — to add to the catered brunch that will follow. "I'm looking forward to actually being with my family," she said.

Judy Sutter, a very active and

social senior who loved regularly hosting dinner parties for eight at her Buckhead condo before the pandemic hit, said this is a "pretty sad time."

"Nobody that I know who has family here is getting together," she said.

She and her husband, Ed Garcia, won't be taking their usual December trip to New York to visit with their children and grandchildren.

Garcia, a retired psychotherapist, advises people to keep a level head about dealing with the pandemic, saying attitude matters.

"It's not what is," he said, "but rather what we make it to be."

D. Alar, of Atlanta, has flown to other cities five times since the pandemic began — once to visit her 90-year-old mother and four times to help with preparations for her younger son's wedding. She thinks people should do their research on individual airlines and not be fearful about travel. "Trust, be smart, and do the best you can," Alar said.

Last Christmas, she hosted her older son, his wife and his wife's parents at her home for a few days and has offered a repeat stay for all of them this Christmas.

"Everybody has been really good about wearing masks and social distancing," Alar said. "I just pray that somebody bigger than me is going to take care of us and that if it's my time, then it's my time."

Sherry and Marty Piepoli



includes Piepoli's ex-husband and his wife — "for the kids' sake and peace sake" — and everybody gets along great, she said.

They enjoy heading out to Stone Mountain Park's annual Christmas event, going to tree lightings and out to eat, and to performances of Handel's "Messiah."

This Christmas will be different. It's overshadowed by coronavirus, which Piepoli and

around the U.S.

Gerontologist Kerry Thomas helps retirees transition into the next chapter of their lives through her business, AgeSmart Strategies. She said her parents are "really struggling with this holiday risk/reward dilemma." She has heard varying levels of concern from seniors.

"One attitude is 'I don't know how many years I have left ... so I would prefer to gather with

Holiday parties take a hit as pandemic protection rules require smaller gatherings

By Kathy Dean

The holiday season is party time. Most of us know someone — a friend, family member, neighbor, or local organization — that throws a big bash for the holidays. It's no surprise, though, that party planning has come to a halt for many of this year's events.

Frances Carpenter and her wife, Anne Ballard, usually invite 100 to 150 of their closest friends to their home in Cobb County. It's been a holiday tradition for the last 35 years, ever since they've been together.

"We have an open house with lots and lots of food and an open bar," Carpenter said. "The house and yard are decorated and it's a very festive event, featuring a special Holiday Punch."

The event is attended by most of their neighbors — past and present, some family members and many friends and business associates. Ballard is founder and co-owner of Universal Storage Group (USG), and she invites the USG staff and clients, Carpenter said.

"USG is usually well represented," she added. "Lots of the USG folks help us decorate, and those activities are fun and special times, as well."

She explained that Ballard had been throwing parties for at least four or five years before it was something they did together. Up until 2020, they'd missed only two years — one when they went to Paris, France, and another when they traveled to Sydney, Australia.

"Other than that, the parties have rolled on," Carpenter said. "And for about 10 or 12 years, we had two parties on back-to-back nights — one for friends and one for everyone else...and one year we had two parties and a wedding!"

They decided to cancel the 2020 holiday party in September when the COVID-19 numbers started increasing, she said.

Plans for 2020

"We'll be celebrating quietly this year with Zoom calls and a few Zoom parties," Carpenter said. "We're not decorating the whole house, just a few tabletops, and we'll put wreaths on the doors and some decorations around the porch area, instead of major outdoor lighting."

They're also expecting to take part in a few gift exchanges by mail or drop off, followed by a party on Zoom to open gifts and exchange greetings.

"I'll be using Christmas cards to make sure my friends and family know I'm thinking of them this season," she said. "Usually, I send about a dozen, but this year, it'll be a lot more just to say 'Merry Christmas' to people I don't typically see except at the holidays."

"And we'll be waiting to see how things go with the virus," Carpenter continued, "hoping we can have a big party in 2021."

On the south end of metro Atlanta, Emily Nadeau celebrates Christmas in a big way. Every December for the past 45 years, she and husband Paul have hosted holiday parties, including an open house. She said that they generally invite 50 to 60 people — family, friends, business associates and neighbors — to share an evening of fellowship, food and drink at their Peachtree City home.



Frances Carpenter



From one of Carpenter's past holiday parties



Emily, Paul and Tracy Nadeau

The house is lit up and lavishly decorated throughout. One room is dedicated to a miniature village winter scene, and the dining room is filled with platters of tasty food and delicious desserts. In the garage, there's a bar offering extensive range of soft drinks, beers, wine and liquors.

As Christmas nears, she hosts a second event — a sit-down dinner for 12 or so close friends. "These friends are my 'family of the heart' who I spend part of the holiday with, since my family doesn't live nearby," Nadeau explained.

Her children and grandchildren live in Michigan, and the couple travels there every year to be with them on Christmas Day.

This year, however, is an exception. The Nadeaus have decided to cancel the big open house due to the pandemic. As for the dinner, "we'll probably have a smaller version of it," she said. "It's important for me to see my friends. It's our time to share with one another, not to exchange gifts, but to exchange our care for one another."

And their Christmas Day plans are up in the air. "We're usually up in Michigan with our family every Christmas. But my daughter-in-law has been going through chemotherapy, and she is so vulnerable that we will not be able to have the entire family together," Nadeau said.

continued on page 6

continued from page 5

"We can't take that risk."

She said she's holding out hope that they'll be able to find a safe way to celebrate, whether that involves visiting family members in shifts or quarantining for part of their time up North.

Nadeau is also the owner/operator of Sugarfoot Yarns, located in Peachtree City. Like all small businesses, the shop has had its challenges this year. During the COVID-19 shut down, she and the staff worked hard to shift the business model, taking yarn orders by email, phone

and through Etsy, and offering curb-side pick-up and shipping services.

This summer, the shop was able to reopen to socially distanced shoppers who are required to wear masks. Classes are now limited in size and the regular Thursday evening knitting get-togethers are held through Zoom.

Normally, Nadeau plans a holiday celebration for her staff and customers — an afternoon "Christmas Tea." Everyone is invited to come to the store, visit with one another and enjoy complimentary refreshments

like punch, salty snacks and cookies. She said, "unfortunately, there'll be no party at the shop this year, either."

Across the country, food kitchens, senior service organizations and assisted living facilities have had to adjust their normal operations, and that includes holiday meals and events.

Cobb Senior Services is one of those organizations. Normally, CSS holds Thanksgiving and Christmas parties and workshops, but they've had to get creative for 2020. Virtual classes, offered through their Facebook

page and YouTube channel, include Wreath Making and Easy Holiday Hostess Gifts.

Instead of the annual Thanksgiving meet and eat, the organization's website proposed a "Stop, Drop & Turkey Roll Drive-Up" at the West Cobb Senior Center. Registered seniors were invited to stop at the front door of the center, roll down their car windows and receive a free turkey roll sandwich bag.

Center leaders planned to do something similar to replace the Christmas party. For more, check www.cobbcounty.org

Churches work to stay in touch with seniors and plan candlelight services outside

By Mark Woolsey

Rev. Karen Evans retired a decade ago as the rector at St. James Episcopal Church in Marietta. As essentially a senior pastor, a great deal of her time was spent on reaching out to the flock. Now she finds herself on the other side of the coin as part of a vulnerable senior population that metro Atlanta churches are working to keep connected in the midst of the pandemic.

"I feel very well taken care of," said the Evans, who now attends All Saints Catholic Church in Atlanta. "The church has reached out with calls and notes and they've even brought me flowers from the altar a couple of times."

As the holidays approach, metro Atlanta congregations are grappling with a number of COVID-related challenges. One is how to keep seniors in the loop. Another is navigating safety and logistical issues associated with holiday services which in normal times would draw large crowds.

The response to those challenges gets good marks from Director of Programs Ethel Ware Carter of the Regional Council of Churches of Atlanta. "I think they're being very innovative in maintaining a sense of community for isolated people

particular," she said.

Carter has a trend of churches that went streaming-only or shut down for a time earlier this year edging back toward in-person services with strict masking, social distancing and other requirements in place. Many are outdoors or with

25 hundred of the megachurch's membership. He said volunteers have also packed care packages for seniors locked down in care facilities.

The Catholic Archdiocese of Atlanta has also stepped up its game for mature members. Mary Cohen, consultant to



Rev. Susan Pinson

capped attendance.

First Baptist Church of Atlanta is bucking that trend while working hard on reaching out to their seniors. "We're still locked down and will not be opening for a while," said Pastor Paul Diamond, who said the church was considering modified in-person services in December but in early November was streaming-only.

He said church officials have done multiple phases of calling all their seniors - about

the senior adult ministry, said they produced a video to help seniors who have lost loved ones to better cope with their loss during the holidays. They also have a regular senior column in their archdiocesan newspaper expressly for senior adults.

Parishes were given permission to resume in-person worship, she said, but the archbishop has granted a dispensation for those who still have concerns about attending.

As to holiday plans, Cohen

said "that will be up to each parish and where we are with COVID at any given time," but that increased use of overflow rooms could be a piece of the puzzle.

Some houses of worship are modifying both sacred traditions and more secular holiday observances.

At Unity Atlanta Church in Norcross, Rev. Jennifer Sacks said the annual Christmas Eve candlelight service will go forward but will be done by reservation with attendance capped, distancing provisions and making sure candles are handled safely.

At Unity Atlanta Church in

HOLIDAY HELP

Find some holiday family coping and travel tips here:

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

- <https://www.aarp.org/home-family/friends-family/info-2020/thanksgiving-risks-coronavirus.html>

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#gatherings>

Norcross, Rev. Jennifer Sacks said the church planned to have their usual Thanksgiving eve meal and communion but with communion supplies in sealed packets and boxed meals. Their Christmas Eve candlelight service will also go forth but will be done by reservation with distancing provisions.

As for congregational singing, "You can't do it," Rev. Evans said bluntly "It's not safe."

Other church leaders will rely on more instrumental music or on virtual choirs and ensembles where members record and send in their individual parts and they're assembled later into a (hopefully) seamless whole.

On the Emory University campus, Glenn Memorial United Methodist Church has made similar accommodations to the pandemic. They plan a walk-through nativity display and candle-lit caroling Christmas Eve will be on their front lawn.

Senior Associate Pastor Rev. Susan Pinson said seniors who are not internet-active

are getting regular mailings of packets with bulletins and devotionals. For those who are, she said "we have people well into their 90s to have learned to Zoom."

Carter of the church council said some congregations are offering a "help desk" of volunteers to aid seniors trying to navigate digitally.

Pinson added that among their online offerings is a senior friendship group that had been in-person. A volunteer phone tree is also active.

But she laments that "to me as a minister to older adults the challenge has been not being able to minister to those living in senior citizen communities because of restrictions. It's hard not being able to be a supportive presence for our church members." Another emotional nadir: seniors not able to gather for family and friends' funerals.

On the plus side, there are older adults who are very tangibly reaching out to strengthen congregational



Rev. Jennifer Sacks

linkages. Evans at All Saints teaches a Zoom bible class and has pitched in on multiple rounds of checking in.

Some church officials said seniors' establishment of new virtual connections has been an unintended blessing of COVID.

Evans agrees.

"I have a daughter in Philadelphia and one in Boston and they both go to church with me on Facebook," she said.

A large, two-story brick building with a prominent gabled roof and a central entrance featuring a portico. The building is surrounded by manicured lawns and flower beds. In the foreground, there's a paved area with a few trees and shrubs. The sky is clear and blue.



Voted 2020 & 2019 Best Retirement Community & Assisted Living Community in Cobb County

Beautifully Designed Neighborhoods on 10+ and 30+ Acres

Cottages and Apartments, Independent or Assisted

Robust Social & Residential Activities

Large Wellness Centers

Indoor Heated Saltwater Therapeutic Pools

Variety of Fine Dining Options - Taste of East Cobb Winner 2019, 2018, 2016

Cottage Floor Plans: All on One Level

The Grande Memory Care Now Open in West Cobb

www.SterlingEstates.com

Why Settle For Less?
Come Live a Sterling Life!



EAST COBB
4200 Lower Roswell Rd
Marietta, GA 30068
678-946-4454

WEST COBB
3165 Dallas Hwy
Marietta, GA 30064
770-255-7000

CONSIDER TECH GIFTS FOR SENIORS

Gift-giving days are upon us, and whether your budget is \$10 or \$1,000 or more, there are tech gifts that will help seniors meet safety or utilitarian needs or simply to indulge in pure luxury. With COVID-19 staying with us, seniors can expect to remain indoors and isolated more than anyone would like, and that should help us focus on safety as well as fun things that add to the quality of life.

Naturally, we can expect the electronics industry to push those bright, shiny objects of their worlds, such as TVs, tablets and smartphones. They've all introduced new products and upgrades for old products – and they're all exciting for people who love gadgets. The good news for senior gift-giving is that there are plenty of selections that complement or enhance existing technology.

Smart, Safe Home

Smart home technology includes an array of safety devices that are relatively inexpensive and can be installed by a licensed trades person, handyman or somewhat-skilled individual.

Smart door locks are one of those devices that come immediately to mind for seniors



Gene Rubel

The Digital Device Doctor cures digital anxiety for seniors and home/home-office users. A graduate of Harvard Business School, "Doctor Gene" spent more than 30 years in international business. He can be reached at generubel@gmail.com.

who have homecare professionals and service providers coming in and out of the house on a regular basis. They have the same deadbolts as any "conventional" door lock plus a host of other features, including programmable keypads and alarms. You can program and change multiple codes for the lock – using a smartphone in most cases – to assign specific codes for a cleaning person, an aid, family members and anyone else who needs access. The specific codes allow you to know who entered a home and when they entered. When that person no longer needs access, you can erase the code. Oh, you can still use a key if it's preferable – or if the power goes out.



Smart thermostats enable you to run an infinite number of programs to regulate HVAC based on the time of day, but they can do a lot more. Again, using a smartphone app, you can turn down your energy use when you leave the house and then reset it in advance to the comfort level you want when you walk in the door. Another nice feature is that you can raise or lower the temperature without getting out of bed. Simply use the same smartphone app or a smart speaker with a voice-activated assistant, such as Google Home, Alexa (Amazon's Echo) or Siri (Apple).

Smart speakers seem to do more and more besides play music and tell you about the weather. Hooked up to the internet through Wi-Fi, you can use them to control smart thermostats and other devices that are linked to the same network simply by speaking commands. You can reset the HVAC or turn lights on and off without getting out of bed or using a phone app. But the best use might be to call someone using the voice activation capability. Both parties just need to be close enough to hear the speaker and for the speaker to hear them. The safety benefit is that if someone falls, they can use the smart speaker to call for help – and it's easy to network multiple smart speakers within a house or apartment.

Smart lights are like timers on steroids. Besides programming them to turn on and off at specific times, you can program them to get dimmer – or brighter – at specific times or set multiple times to turn on and off. Once you program them using a smartphone app, you can link them to smart speakers to turn on and off with voice commands.

Smart doorbells can do much more than let it seem like you're at home. You can use a smartphone app to see who is there and answer without being at the door. For those who can't get to the door quickly, it's an ideal way to acknowledge the person at the door, especially if it's a delivery that requires a signature. By combining a smart doorbell with a smart door lock, you can also let someone into your house without being there to open the door.

TV add-ons

In the world of high-definition TVs, you'll find sales – from now until forever – for TVs ranging from 32- to 75-inch sizes that range in price from \$100 to several thousand dollars. On the lower end of that price scale, you can find smart TVs that use broadcast, cable and the internet for viewing all kinds of content. If you don't give someone a TV or buy one yourself, you can find numerous accessories for \$100 or less that can make just about any flat-screen TV much smarter.

Streaming devices from Roku, Amazon Fire TV and Google Chromecast can turn any TV with an HDMI connection port into

RECEIVE 2 MONTHS FREE RENT!*

- Shared Retail Space, Steps from Your Front Door
- Exclusive Resident Social Events
- Demonstration Kitchen with Cooking Classes
- Heated Saltwater Pool and Sun Deck
- Rooftop Terrace and Game Courts
- 24/7 Fitness Center and Free, Instructor-Led Group Classes
- Brand New, One and Two-Bedroom Apartment Homes
- Designer Home Finishes and Features

TOUR OUR BRAND NEW FURNISHED MODEL

cortland.com/attiva-peachtree 470.206.2651
5251 Peachtree Boulevard, Chamblee, GA 30341

*Restrictions may apply. Contact office for details.



MAKE YOUR *Holidays Merrier*



LEGACY RIDGE

AT ALPHARETTA
AT BUCKHEAD
AT MARIETTA

ASSISTED LIVING & MEMORY CARE



Now is the best time to make Legacy Ridge Alpharetta, Buckhead or Marietta Assisted Living and Memory Care your new home! Our communities are committed to your safety with masks and PPE clothing, fogging machines, daily cleaning schedules, and so much more.

Spend the holidays with friends!

We'll gift you **ONE MONTH FREE** if you move in by **December 31, 2020**.

Alpharetta: (706) 928-6680

Buckhead: (706) 928-6616

Marietta: (706) 928-6550

 An Atlas Senior Living Community

Alpharetta | 4125 North Point Pkwy, Alpharetta, GA 30022
Buckhead | 4804 Roswell Road, Atlanta, GA 30342
Marietta | 840 Lecroy Drive, Marietta, GA 30068

LegacyRidgeAlpharetta.com
LegacyRidgeBuckhead.com
LegacyRidgeMarietta.com



PARK SPRINGS®
A Life Plan Community



Welcome to the Age of Adventure

The plans for your perfect retirement journey all begin at Park Springs. From the expansive, 61+ acre campus to the thoughtfully-designed maintenance-free villas, cottages, and homes, every element of the lifestyle you've dreamed of is right outside your door.

- **Private access to Stone Mountain Park with 2 championship golf courses**
- where you can hit the links
- **6 dining venues** - where every meal is a culinary experience among friends
- **61 acres of green space and walking paths**
- for a lifestyle of fitness and fresh air
- **50+ clubs and activities** - to pursue adventures with new friends
- **A lifetime continuum of care** - your secret to a worry-free future



Take The Next Step

Visit us at ParkSprings.com or call 678-684-3300
today to schedule an on-site visit or virtual tour

An Isakson Living Community

Independent Living | Assisted Living | Memory Care | Skilled Nursing
678-684-3300 | ParkSprings.com | Stone Mountain, GA

Continued from page 8

a smart TV for anywhere from \$30 to \$100. For TVs without 4K resolution, you can cover virtually all streaming options with one of the less-expensive offerings from Roku and Amazon. The extra money can cover features built into the remotes, such as a power, volume control and voice commands. For TVs with 4K capability, the higher-end streaming devices support that capability. One caveat with streaming devices: not all devices support all streaming channels, so check the device manufacturers specs – online or on the box – to make sure you get the channels you want.

Soundbars and auxiliary speakers can be the difference between watching a TV or experiencing it. Soundbars go right in front of the TV and add volume and clarity to help those with some hearing disability, regardless of whether they wear hearing aids. An auxiliary speaker, such as a subwoofer, can add more base to the sound, and multiple speakers can be grouped to take advantage of surround sound. These speakers can work effectively with a Bluetooth connection.

Bluetooth headphones can be as effective as a soundbar and subwoofer for individuals, and you can adjust them so that the user hears clearly without blasting out everyone else in the room.



Sharing TV subscriptions for premium programming are an ideal way to spread gift-giving throughout a family or group of friends. Two of the most important factors are deciding which premium service has the content you all want to watch and looking at both the number of people who will share the subscription and the resolution of the TVs. Every content provider has its own sets of conditions, such resolution and number of people who can share it, as well as pricing. We highly recommend you consult each provider's website for the latest info. You can also take advantage of bundles if they work for you. Some considerations include:

- Netflix announced a price increase as we wrote this. While known for its streaming, it also has an extensive movie library that can only be accessed by DVD.
- Prime Video comes with Amazon Prime membership.
- Apple+ TV subscriptions can be included with the purchase of new Apple products. Check what's available.
- Disney+ includes a host of animated and specialty programming from Disney – and you can get ESPN separately or in a bundle; it's a Disney product.
- Not all content for all providers is part of a basic monthly fee. There are extras.

Miscellaneous Tech

There's no end to the tech gifts you can give to seniors, and it would be impossible to list even just every category. We hope this list either gives you an "ah-ha" moment or sparks another idea that might be suitable.

A mesh network can strengthen and manage a Wi-Fi network to provide stronger signals throughout a home or apartment. For seniors who are not as mobile as they used to be, this brings their devices to them instead of needing to move around to where devices can be best used. We particularly like the Google Hub system because it can combine mesh networking with smart speakers in a single piece of hardware.

You can enhance Zoom sessions and other teleconferencing with peripherals such as **microphones, speakers, headsets and lights** that

plug into a USB port on a desktop or laptop computer.

HDMI cables and other connectors can be useful for those who want to watch streamed internet content on a larger, high-definition TV. A laptop computer is practical for this, and the HDMI cable will connect it to the TV. Cables come in various sizes.

Power strips with built-in **surge protectors** can prove to be lifesavers. Surge protection helps protect the electronics in any device connected to electricity when power comes back after an outage or during a thunderstorm. Power strips are convenient for plugging in multiple devices at the same outlet. Even if your favorite seniors have power strips with surge protectors, new ones have better surge protection technology.

However, if you are moved to give a TV, phone or tablet, we offer some guidelines.

Our across-the-board factors for a TV are:

- Visit a retail store and view TVs side-by-side to see what's good or acceptable.
- 4K resolution is not always a necessity for 32-inch TVs or smaller

that will not be the main TV.

- Make sure it fits with existing furniture or be prepared to buy new furniture or mount it on a wall.

If you're a senior thinking about giving your grandchildren a TV for gaming, then a larger screen (50 inches or more) with fast specs and high graphics quality are a necessity. We suggest you consult them before you buy something.

While Apple, Google and others just rolled out new tablets and phones, they have premium and lower-cost versions in each product category. While they're not cheap, you can still buy older generations of each product for less money and still give someone a phone or tablet that more than meets the needs and indulgences of many a senior.

Our recommendation here is that you stay with the operating system that a senior might already have. It's much easier to adapt to a newer version of an iPhone or iPad than to switch to an Android unit – and vice versa. Each system has its peculiarities, and they can be hard to learn, especially after someone has been used to one for several years and generations of products.

Whatever you choose, double-check product features and prices on the internet and be sure to read reviews. We wish you all a happy and safe holiday season.



A team. A family. An assist with everything that matters. That's the *Power of WE*.



Imagine life with a complete **support system**. It's like an extended family working together and making things easier. Meals, prescriptions, medical appointments, **personalized care**, even a hobby or two, all taken care of with smiles at every turn. Having it all, and **an extra hand** when you need it. That's **Assisted Living** at The Piedmont at Buckhead.

Please call 404.369.7523
today to schedule a
personalized tour.



CARF-ACCREDITED INDEPENDENT & ASSISTED LIVING RESIDENCES IN BUCKHEAD

HOLIDAY RECIPES MAKE FAMILY MEMORIES

By Tiffany Griffith

Even a year like 2020 will end with the much-needed cheer of the holiday season. And just like in years past, people will share the spirit of the season by sharing food – whether serving meals at homeless shelters, baking cookies for kids and coworkers, or gathering at the dinner table with friends and family.

INES HOOPER, JOHNS CREEK

Sweet Potato Pie

Ines Hooper was raised in a Mississippi home with 10 other children. But her mother refused to take any shortcuts when it came to feeding her kids.

"My mother made three meals a day no matter what," Hooper said. "She made breakfast on time, she made lunch for us, and she made dinner. She made solid meals, three times a day."

The six sisters each were assigned a week to cook. Hooper wasn't happy about it back then, but she's grateful for what she can do in the kitchen now. She continues to follow her mother's rule to cook food from scratch.

"After she passed away, I had to start filling in for the things that she did, providing dinners and meals for the family," Hooper said.

It was about a decade ago, Hooper decided her mother's sweet potato pie needed some more, "Umph!" as she put it. A bottle of rum just happened to be nearby.

"Mom would probably say, when I tell her I'm putting rum inside it, she would probably



say, 'What you talkin' about?'" she laughed. "I wish I could have shared this with her."

With some added rum, butter and vanilla, Hooper created a craveable dessert.

"Oh my gosh! This is good!" Hooper said after her first bite. "I came back. I wanted another piece. 'Oh my gosh! This is good!' And before I knew it, I had eaten half of that sweet potato pie."

Hooper's sweet potato pie has become more than just a family favorite. Coworkers ask for pies as early as July. A pregnant colleague even hid a pie at home and wouldn't share with her husband. Hooper also made 24 sweet potato tarts for a party and had them delivered.

The tarts were all gone by the time she arrived.

Her rum-infused treat also has a powerful way of converting those who usually dislike sweet potato pie.

"Eventually they would try it and they were hooked after that," Hooper said.

It's a time-consuming dessert that she only makes for special occasions. But it's a labor of love.

"If you really love something and you're passionate about something, you do good with it,"

While the turmoil of 2020 has separated us, four local families welcome you into their homes by opening their cookbooks, as well as opening their hearts, to share special moments. The recipes and memories are different, but the joy, love and togetherness are absolutely baked in.

INES HOOPER SWEET POTATO PIE

For the Filling:

- 1 Flaky Pie Crust
- 2 Medium/Large Sweet Potatoes
- 2 Teaspoons Ground Cinnamon
- 1/4 Teaspoon Salt
- 1/4 Cup Unsalted Butter (About 1/2 Stick)
- 1 1/4 Cups Of Evaporated Milk
- 1 Cup Granulated Sugar
- 2 Large Eggs
- 1 Tablespoon Rum
- 2 Teaspoon Pure Vanilla Extract
- 1/2 Cup Cream Cheese

Instructions

Prepare and roll out the pie crust. Transfer it to a standard 9-inch pie dish. Trim the edge until it is almost even with the edge of the pan. Fold the edges under and crimp with your fingers or a fork. Cover it with plastic wrap and refrigerate it for at least 30 minutes

Place a rack in the center of the oven and preheat to 375° F.

Prepare the filling:

Scrub and peel the sweet potatoes. Dice into large, chunks. Place chunks in a large pot and cover with cool water. Bring the pot to a boil over medium-high heat. As soon as the water starts to boil, reduce the heat to medium. Let simmer until the potatoes are tender throughout and pierce easily with a thin knife, about 15 to 20 minutes. If the knife

meets any resistance when you insert it, simmer the potatoes a few additional minutes, then retest.

Sliced sweet potatoes in a saucepan. Drain the potatoes into a colander, transfer back into the pot, and mash. Measure out 2 cups, which is the amount that you need for the pie. If there's any extra, remove it from the pot and save for another use.

To the same pot, add the sugar, cinnamon, salt, butter and 1/2 cup of evaporated milk. Place the pot on the stove and cook on low, using a potato masher to mash the potatoes further as they cook. Simmer for about 5 minutes, continuing to stir and mash.

To make a really smooth pie, use a blender to puree until totally smooth. You can also transfer the mixture to a blender or food processor. Once the mixture is smooth, remove from the heat and let cool in the pot.

While the sweet potato mixture cools, in a medium mixing bowl whisk together the remaining ingredients: evaporated milk, granulated sugar, eggs, rum, and vanilla extract until very smoothly combined. Carefully pour the egg mixture into the warm sweet potato mixture. With a spatula, stir until evenly and smoothly blended.

Remove the crust from the refrigerator. Pour filling into the pie crust. Now place the pie dish on a baking sheet and carefully set on the oven center rack. Bake the pie for 10 minutes at 375° F. Reduce the heat to 325° F and continue baking until cooked through, about 50 minutes. Check the pie periodically.



Hooper said. "I love being in the kitchen at night while everybody is going about their business. And I put it in the oven and the smell goes all over the house. Just wonderful. I love all of that."

Most of all, she cherishes gathering with her large family, when everyone would talk, laugh,

and cry over a slice of her sweet potato pie.

"People come back to the dinners just for that," Hooper said. "Just for family getting together, and feeling good, and having a conversation, and loving one another."

DEBORAH REECE, PEACHTREE CORNERS *Mom's Chocolate Cookies*

Deborah Reece grew up in what she calls a Norman Rockwell-like family in Dallas, Texas. Her grandmother would sew identical dresses for the young ladies to wear to seasonal dinners and gatherings. At the end of every holiday meal, her blue-collar grandfather would say, this is the best Christmas ever.

"He said it every year," Reece laughed. "But he meant it. He was thankful that we had what we had. And that we were able to put a nice dinner on the table."

After many traditional

Christmases, Deborah Reece enjoys the untraditional. And she never repeats the same menu for a holiday feast.

"I think it's fun, but I do love the memories I have with our family," Reece said.

Among her favorite memories is baking a factory-load of Christmas cookies with her mom and younger sister.

Reece's favorite are her mother's chocolate cookies, which she describes as gooey, chocolatey, sweet and fudgy. She's not sure where her mother got the recipe, but Reece first remembers making the



Continued on page 14

HAVE YOU NOTICED AN ABNORMAL PINK OR BROWN SPOT, PATCH, OR MOLE?



YOUR PARTNERS IN TOTAL SKIN HEALTH

CONTACT US TO SCHEDULE YOUR APPOINTMENT



Georgia Dermatology Partners
3929 Peachtree Road, Suite 300
Brookhaven, GA 30319
Tel: (770) 972-4845

continued from page 13

chocolate cookies during her childhood in the 1950s.

"That was always the thing that my sister and I got to do, was roll the cookie dough in the powdered sugar," Reece said. "We made them every year and mom would make a bunch. She would take them to parties and church events."

By the end of the holiday season, mother and daughters churned out more than 100 chocolate cookies as part of their array of Christmas goodies. Their effort remains special to Reece.

"It was something we did together, and it was just fun to bake," Reece said.

And while her Christmas menu varies, her mother's chocolate cookies remain a family favorite.

"My cousin loved them. He

would eat three, or four, or five, or six," Reece chuckled. "We would have to sometimes put them away so he would stop eating them."

Nowadays, Christmases are kept to small gatherings for Reece and her family. But she's relying on her children, niece and granddaughter to carry on the special tradition of her mother's chocolate cookies.

"It's a thread that can go from one generation to the next," said Reece. "I'm kind of big on remembering. I like to know that the past is as important as the future. And you can't really have a way forward, if you don't have a solid foundation, and look back and say, 'This is my family.' Just to know that your family keeps going, that's important to me."

Continued on page 16



DEBORAH REECE MOM'S CHOCOLATE COOKIES

1/2 Cup Oil
4 Sq. Chocolate
2 Cups Sugar
4 Eggs
2 Teaspoons Vanilla
1/2 Teaspoon Salt
2 Cups Flour
2 Teaspoons Baking Powder
Powdered Sugar

Mix dry ingredients. Then add wet ingredients – blend in the eggs one at a time. Let the dough chill thoroughly.

Preheat oven to 350° F. Take cooled dough and roll into balls about the size of a walnut. Roll dough balls in powdered sugar. Place on a 9" x 13" cookie sheet. Spread them out and give the cookies enough room to flatten – about a dozen cookies per pan. Bake between 8-10 minutes for softer cookies, 10-12 minutes for harder cookies.



When it's your loved one, decisions about assisted living or memory care are a challenge. That's where we can help. Committed to your contentment, we offer you:

- Our patient, undivided attention and straight talk;
- An invitation to join your loved one in their new apartment for their first days after move-in; and
- If all our efforts to satisfy fail you, a **complete refund after 60 days** should you decide to move out.

JUST AHEAD: PEACE OF MIND.

Schedule a confidential conversation or a Q&A Zoom meeting with our Executive Director – and make contentment happen. **(770) 766-7264**



ADDINGTON PLACE
OF JOHNS CREEK
A Cedarhurst Community

WE PROMISE.

If you're not satisfied and decide to move out within your first 60 days, we'll give you a complete refund.*

(770) 766-7264
5050 Kimball Bridge Rd.
Johns Creek, GA 30005



*Cedarhurst Promise™ program is only available at advertised community. Not applicable for respite or other short-term stays. Refund is available only if move out is a result of dissatisfaction with Cedarhurst community as documented throughout stay. Complete refund includes base rent, level of care charges, and community fee. Ancillary services fees (ex. additional transportation, pet fees and laundry charges) do not qualify for refund. Additional terms and conditions may apply. Please contact community for additional details. Void where prohibited.



**GEORGIA'S TOP
HEART DOCTORS.
POWERED BY
NORTHSIDE.**

When your heart needs care, you need a team of the top heart doctors by your side. At Northside Hospital Cardiovascular Institute, we bring together the leading cardiologists with the resources and technology of the Northside Network. It's the powerful cardiac care you and your heart deserve. Our team of experts are now seeing patients in Braselton, Canton, Cumming, Holly Springs, Lawrenceville, Midtown Atlanta and Sandy Springs.

Visit northsidecv.com or call 404.962.6000 to schedule an appointment at one of our eight locations.

NH
NORTHSIDE
HOSPITAL
CARDIOVASCULAR INSTITUTE
EXCELLENCE AT HEART

continued from page 14

LINDA LIN, DULUTH Zongzi

Linda Lin has a lot to say about Taiwan and its culture.

"Even though Taiwan is a small country, we bring a lot of flavor to the world. And everyone should try Taiwanese food," Lin said through the translation of her daughter, Cindy. "I want people



LINDA LIN SAVORY ZONGZI

Ingredients:

- 2 Cups Long Grain Sweet Rice
- Frozen Egg Yolks (can be found at Asian Markets)
- 132g of Pork Belly (1" thick, cut into chunks)
- 4 Dry Shiitake Mushrooms
- String (2 arm's lengths for each zongzi)
- 32 Dry Bamboo Leaves
- Vegetarian Mushroom Oyster Sauce (enough to cover and brown the pork belly)
- 1 Shallot
- 1/4 Cup of Rice Cooking Wine
- 1 Tablespoon Oil
- 1 Tablespoon Soy Sauce
- Five Spice Powder (enough to season)
- Salt (enough to season)
- Chestnuts (optional)
- Peanuts (optional)

Preparing Ingredients:

Take dried mushrooms and soak them

in water until soft. Cut mushrooms into quarters. Stir fry in pan with oil and soy sauce. Keep the water the mushrooms were soaked in for later use.

Cut pork belly into approximately 1" squares. Sauté shallots in pan with oil. Add pork belly. Stir fry until cooked. Add vegetarian mushroom oyster sauce, five spice powder, & rice cooking wine. Cook for another 5 minutes or until the pork is brown from the oyster sauce.

Take raw peanuts, add salt and 2 cups of water. Place in steamer or rice cooker and cook until tender.

Wash rice and drain. Using a wok, add shallots and stir fry. Add the water from the mushroom soak and soy sauce. Add some salt for taste. Add drained rice. Stir fry until the liquid has evaporated. Take off heat.

Take bamboo leaves and wash each leaf. Using large pot, add water and oil. Heat liquid. Add bamboo leaves and soak until leaves are soft and pliable. Cut string 2 arm's length for each zongzi you plan on making.

Wrapping the Zongzi:

Take 2 bamboo leaves. Place the 2 leaves together, one on top of the other, about halfway. Fold in half, bending the end to create a cup.

Add 1/4 cup of rice to the bamboo cup, add some peanuts, add a chestnut, half an egg yolk, 1-2 pieces of pork belly slices, 2 pieces of mushrooms, cover with another 1/4 cup of rice, and add more peanuts.

Fold the long part of the leaves down to cover ingredients. Fold until in a pyramid like shape.

Take pre-measured string. Wrap the string around the zongzi twice and tie it off.

Cooking the Zongzi:

Using a large pot. Add water and bring to a boil. Add zongzis. Make sure the water covers the zongzi completely. Bring to a boil again. Then reduce heat to medium high. Cook for approximately 1 hour. Keep an eye on the water to make sure the water has not cooked down. The zongzis need to stay immersed the whole time.

After cooking, remove zongzis from the pot carefully and hang to dry. Once dry, they are ready to eat!

Live Better. Right. Now.
At Lenbrook



Lenbrook

LiveAtLenbrook.com | 404-800-9717

Welcome to Atlanta's premier intown community for engaged senior living since 1983. As the area's only accredited, not-for-profit Life Plan community, we offer a vibrant lifestyle that includes access to high-quality healthcare services on one campus.

And we're expanding! Call today to learn more.

to know about Taiwan and know that Taiwan has a lot to offer with their Taiwanese cuisine."

Lin was born and raised in the East Asian country, then raised her daughter in Florida. While America is described as the great melting pot of the world, Lin believes some elements of Taiwanese culture are missing.

That's why you'll often find her hard at work in her kitchen making Taiwanese food. Among the traditional dishes Lin prepares is bah zhang, or as it's more commonly known in Mandarin, zongzi. It's a sticky sweet rice dumpling that is prepared in bamboo leaves that can be enjoyed with sweet or savory ingredients.

"It's stickier than normal Jasmine rice or white rice. It stays together in a pyramid type shape," Lin said.

There's a story behind eating zongzi at this time of year, during the Mid-Autumn Moon Festival. It's in honor of Qu Yuan, a Chinese poet and politician. In the year 278 BC, Qu Yuan took his own life in the Miluo River in protest of government corruption.

The version of the story Lin grew up with was different. She was told an old couple was separated when the husband fell into the river. But in both accounts, the bamboo-wrapped



"My family would go together to the river to watch the dragon boat races. Groups would have boats decorated looking like dragons and they would race down the river," Lin said. "That's something that I miss because you don't really find that here."

Fresh zongzis are also hard to find. So, Lin has started a business from her kitchen. People come from as far away as Alabama and the Carolinas for her zongzis and Taiwanese cooking.

"It's important to me to keep making them, because people keep asking for them," Lin said. "It's a way for me to spread my culture, and my traditions, and keep the tradition alive."

Lin has enjoyed introducing people of various cultures to Taiwanese cuisine. But just like in other families, the kids are hard to please. With a chuckle, Lin said she has no hope in her family's ability to cook Taiwanese food.

"I don't even think about that," Lin laughed. "My grandkids are very picky."

dumplings are placed in the water annually to feed the spirits of those who were lost.

"That's how we celebrate our dead," Lin said. "By going to their gravesite and leaving their favorite food for their spirit to eat."

During her childhood, Lin recalls her mother making hundreds of zongzis at a time.

"When I was little, I didn't have a fridge. So, we would hang them on poles or near the window," Lin said. "And since it was the fall, the wind would keep them cool."

She also remembers, and pines for, the celebrations of the Mid-Autumn Moon Festival in Taiwan.



PassiontoCare™
Senior Home Care

YOUR CARE

YOUR HOME

YOUR WELLBEING

OUR PASSION



Quality Companionship
Meaningful Activities



Dressing & Presentation
Toileting & Grooming



Shopping & Stocking
Cleaning & Housekeeping

You Deserve The Best Home Care Experience!

Self-pay and Medicaid accepted

Ask us about SFC

STRUCTURED FAMILY CAREGIVER

Become a paid caregiver for a family member you live with.

Contact us to learn more!

(678)-967-8600

hello@passiontocarehc.com
www.passiontocarehc.com

Find us on Social Media



IG: passiontocarehc
facebook: PTCHomeCare

WORRY LESS. LIVE MORE.



At The Arbor at BridgeMill, you can have peace of mind. Enjoy our luxurious setting, comprehensive health and safety measures, and programming designed to offer an engaged and active lifestyle. Our independent living, assisted living, and memory care options cater to your needs, regardless of where you are in the course of retirement.

CALL 770-765-0607 TODAY FOR MORE INFORMATION!

www.ArborBridgeMill.com/Living



THE ARBOR
at bridgemill

SYD HOWEL, DRUID HILLS

Ma's Cheese Blintzes

Good food is a tradition in Syd Howel's family. Her grandfather was a beloved baker in Cleveland, Ohio.

"He used to make his supposedly wonderful strudels, except he died with his recipes. He wouldn't share them," Howel said. "So, because of that, I'm really into sharing recipes, because I think they're important to pass down to your family."

Howel doesn't have her grandfather's strudel



recipe. But she does have his crêpe pans – a necessary utensil for making her delicious cheese blintzes. She takes her cheese blintzes to all of her family events, and they are usually the first to disappear.

"It just warms my heart," Howel said. "This is something that makes people feel good. There's never any left over."

Given one word to describe her cheese blintzes, Howel would call them, scrumptious.

"It's like a crêpe," she said. "It has a sweet ricotta cheese filling. You can put berries on them.

Traditionally, you can eat them with sour cream. You can eat them with jams."

It's not a traditional dish for Hanukkah, but her family insists on having cheese blintzes for



all of the holidays. Howel said the recipe has been handed down through the generations in her family. She remembers the time and care her mother would take to cook them.

"Mom was fastidious when she cooked and baked," Howel said. "Everything had to be perfect, just like everything she did."

Her mother could bake cheese blintzes by heart. But that also made it difficult to translate the measurements when Howel asked for the recipe.

"She started out with, 'Well, you need a handful of this,'" Howel said with a laugh. "I said, 'Mom, I can't do a handful of something. Your hands are a different size than mine!'"

Now, Howel is the one who can bake cheese blintzes by heart – out of love and necessity. She said not a lot of people make them anymore.

"You can buy them frozen, but you don't see them much," she said. "You don't see them much

in delis either because they're so time consuming."

Howel said this traditional Jewish-Eastern European recipe has evolved over the years. Some people make them into soufflés. Howel's family has modified the cheese blintzes to accommodate their health needs. But however they're made, cheese blintzes in her household must always pass the smell test.

"Just the aroma," Howel said. "They smell sweet when they're cooking. It's a comfort food."

Now, the next generation in Howel's family is learning how to make cheese blintzes. Her daughter, Molly, has asked for the recipe and is experimenting on her own crêpe pans.

"It's something that binds us all together. It's part of our heritage," Howel said. "A good portion of the Jewish religion is what you eat. It's ceremony, and people like ceremony. It doesn't matter what your religion is, but ceremony is very important. It gives a feeling of belonging."

VERNON SPRINGS
SENIOR LIVING COMMUNITY

FAMILY OWNED & OPERATED
“BEST VALUE SENIOR LIVING & MEMORY CARE”
IN THE HEART OF SANDY SPRINGS
ALL – INCLUSIVE RATES
*Community Is Almost Finished with New Updates,
Call Now for your Discounted Renovation Special*

CALL TODAY 404-843-8857
690 MOUNT VERNON HWY, SANDY SPRINGS, GA 30328
VERNONSPRINGS.COM
CURT@VERNONSPRINGS.COM

Atlanta IN TOWN
Here Comes Summer!
Summer Arts Festival
Ice Cream
Food on the Hill
EATLE ON THE RECORD
Delfex Construction

Your monthly guide
to the city's vibrant
INtown community!

Pick up a copy or
read it online at
atlantaintownpaper.com

Atlanta
INTOWN

SYD HOWEL MA'S CHEESE BLINTZES

Preheat oven to 375°

Cheese Filling

- 3/4 Cup Ricotta Cheese or Farmers Cheese
- 1 Medium Egg or Yolk Of A Large Egg
- 2 Tablespoons Melted Butter
- 3 Tablespoons of Sugar
- 2 Dashes of Salt

Beat cheese on low – add salt and sugar. Add egg and butter. Beat on high until well blended. Refrigerate.

Blintz (Crêpe)

- 1 Egg
- 1/2 Cup Water
- 1/2 Cup Milk
- Dash of Salt
- 1 tsp Sugar
- 3/4 Cup Unsifted Flour (can be substituted with Glutino, Gluten Free Flour)
- Shortening & Butter

Beat egg with salt add water and milk. Then gradually add flour. Beat until smooth. Add more salt & sugar according to taste. (Ma liked her blintz sweet, but I found it made the crepe stick to the pan if I added more sugar.)

Grease heated blintz (crêpe) pan with part butter & shortening. Pour enough batter to cover the bottom of pan. When slightly brown on edge, flip to seal the other side. Repeat to make 8 or more leaves, depending on thickness.

Fill Blintz

Put 1/8 of batter in center of crepe and fold over 2/3 of the way. Fold up two opposite sides and fold over to close.

Grease square casserole dish with butter and line with filled blintzes, bake for 20-25min. (Ma would fry each blintz separately; baking is a time saving effort of mine.)

Can be made in advance and frozen. Thaw completely before baking or frying. It can be served with sour cream, fruit or jam.



HOLD

AT SOMERBY, WE'RE TRANSFORMING WHAT SENIOR LIVING LOOKS LIKE AND FEELS LIKE.

We create an environment where our residents can grab hold of life and keep it vibrantly meaningful, exceptionally safe and full of love.

SOMERBY
SANDY SPRINGS



Georgia Dermatology &
SKIN CANCER CENTER



GaDerm.com

**Skin Cancer Removal
Routine Skin Exams
Mohs Surgery
Mole Removal
Psoriasis - Acne
Rashes - Warts**

New patients, referrals &
most insurance plans accepted

GENERAL,
SURGICAL &
COSMETIC
DERMATOLOGY

7 7 0 785-SKIN
1349 Milstead Road
CONYERS

7 7 0 228-2824
656 South 8th Street
GRIFFIN

Jason Arnold, MD - Darryl Hodson, MD
Allen Filstein, MD - John Fountain, MD - Lori Schaen, MD
Amber Mayfield, PA-C - Katharine Simmon, PA-C
Pricha Bunya, MD Thank You for 40+ years of service!



HAVING TROUBLE SLEEPING THESE DAYS? IT COULD BE ANXIETY ABOUT COVID-19

"The world is kind of 'upside-down' right now," Dr. Abul Matin said in his soft-spoken, but strong and steady voice. He is a pulmonologist in Atlanta and has over 45 years of experience in medicine. Today, he is associated with Northside Hospital and is focused on sleep patterns and sleep studies.

Our conversation is about sleep and COVID-19. Has the pandemic caused a sudden surge in the number of patients having difficulty sleeping? The answer appears to be "yes."

Even before COVID-19, medical experts were concerned about increasing rates of insomnia and its impact on physical and emotional health. Now, they say, the huge changes in routines and the decreased activity for many people caused by the coronavirus has caused a second pandemic of insomnia.

"Neurologists who specialize in sleep disorders are seeing an increase in sleep disorders associated with COVID-19, a surge they're terming COVID-somnia," a report in "Neurology Today" says.

The phenomenon is being reported and treated not only in people recovering from COVID-19, but in the far larger number includes those whose lives have been turned upside down by fear and social isolation, according to the article.

Having trouble sleeping is nothing new, of course. Even in normal times, approximately 30% to 35% of the population experiences acute, or short-term, insomnia, sleep experts say. But doctors say more and more people now find themselves facing sleepless nights.



**Judith L. Kanne,
RN, BSN, BA**

is a registered nurse and freelance writer who lives in Atlanta.

Especially older people. "More than one-half of the elderly have at least one sleep complaint," the researchers said.

Sleep patterns change as we age; most older adults are on medications, which can affect sleep; and an urgent need to awaken for bathroom use may become more prevalent, as we grow older. Other factors can include substance abuse (including alcohol), or psychiatric disorders.

The most common sleep disorder in both the general population (and more importantly in seniors) is insomnia. A 2018

Psychiatric Times article by sleep study specialists from the University of California at Davis reported that, in one study, 65% of patients [diagnosed] with depression, 61% of patients with panic disorder and 44% of patients with generalized anxiety disorder reported [the problem of] insomnia."

Problems related to "insomnia" may include the following:

- Having difficulty initiating or falling asleep.
- Experiencing trouble maintaining a state of sleep, such as waking up frequently during the night.
- The problem of waking up too early and then having difficulty going back to sleep.
- You don't wake up feeling rested.

Advice from several experts to address such sleep problems includes setting a daily routine and avoiding middle of the night 'blue light' (coming from our cellphones and televisions). Avoid (if possible) "anxiety-provoking" news programs,

especially at bedtime. For those who are now working from home, try to wake up at your same time when you were commuting to an office. Preserve time for exercise and lose weight if you need to.

History of Sleep Studies and Sleep Deprivation

If you're having trouble sleeping and can't determine why, one way to find out and to deal with the problem is to take part in a sleep study. In such a study, medical professionals monitor your sleep and record your actions during the night.

The experts tell us that "advances in sleep science have occurred over the past half-century since the discovery of rapid eye movement (REM) sleep in 1953. The evaluation and management of sleep disorders have developed only within the past quarter-century." The history of sleep study growth is relatively young — in fact, many early researchers are still alive.

The first sleep lab appears to have been created in the mid-1920s, by Nathaniel Kleitman at the University of Chicago. He was particularly interested in circadian rhythms, sleep deprivation and wakefulness regulation. Today, sleep study centers abound nationwide. It's even possible to have your study set up in the convenience of your own home, depending on insurance coverage and other factors.

Lack of sleep has proven to be more than a little dangerous, to the sleep-deprived person and to others. "Investigators have ruled that sleep deprivation was a significant factor in the 1979 nuclear accident at Three Mile Island, as well as the 1986 nuclear meltdown at Chernobyl," a Harvard healthy sleep article reports.

More recently, investigations of the grounding of the Exxon Valdez oil tanker and the explosion of the space shuttle Challenger concluded that sleep deprivation also played a critical role in these accidents."

"In both cases, those in charge of the operations and required to make critical decisions were operating under extreme sleep deprivation," says the Harvard study. "While the Challenger disaster put the multi-billion-dollar shuttle program in peril for a time, the Exxon Valdez oil spill resulted in incalculable ecological, environmental, and economic damage."

What About Today's Pandemic?

A sleep study lab is much like a hotel room that includes machines to monitor a subject's sleep patterns. A person being studied might be cared for by a nurse who specializes in sleep studies, a 'sleep pathologist,' or another trained health care person.

"Just one night of poor sleep can significantly drop [our] immune system responsiveness by 70 percent," states Wellstar Sleep Centers, Executive Director Massey Arrington.

"If left untreated, sleep disorders such as sleep apnea, snoring, and insomnia can lead to decreased quality of life, memory problems, depression and cardiovascular diseases such as stroke, diabetes, hypertension, and heart disease," she said.

Medicare Part B covers Type I, II, III and IV sleep tests and devices, but only if patients show clinical signs and symptoms of sleep apnea. Medicare only covers Type I tests if they're done "in" a sleep lab facility, says Medicare.gov's website. Patients pay 20% of the Medicare-approved amount after the Part B deductible has been met.

Johns Hopkins' website reminds patients: "... sleep studies produce hundreds of pages of information about your night in a sleep lab. It will give your doctor the 'big picture' about your sleep, plus important details."

It's an important test and easy to overlook in the midst of today's COVID-19 pandemic.

IT'S THE HOLIDAYS! WATCH OUT FOR SCAMMERS

Here we are in December, known as Phase II of what many of us call the Family Dysfunction Season. Come to think of it, family dysfunction may not be such a problem this year, given the year that we've had. We're too tired to be "snippy" at one another.

Here's a thought that hits the proverbial nail on the equal proverbial head, proverbially speaking. "As technology evolves, so do the crooks. They are us."

Once constant you can bet on is that the Holiday Season means crime opportunities will increase dramatically, simply because of the number of shoppers, both at stores and online.

To no one's surprise, most property crime statistics will increase during the holidays while numbers of violent crimes tend to rise during the summer months. COVID-19 has contributed to increased online purchases. Buying online is easy—too easy in fact. With a click and a credit card number, you can buy most anything, including no doubt a submarine from Russia, if the reviews meet your approval.

Here are a couple of scams that popped up online during past holiday seasons and that you should watch out for again this year.

The Secret Santa Scam: This one works by requesting online "friends" to send relatively inexpensive gifts or gift cards to those on an email or social media chain, with the promise that they, too, will receive gifts in the exchange.

At the very least, participants will spend money and send gifts without getting anything in return. At worst, scammers use personal information posted on social media to participate, often leading to identity theft.

It is unlikely that you will actually receive gifts in response to such a scheme, because if something sounds too good to be



STAY SAFE

Steve Rose is a retired Sandy Springs Police Captain, veteran Fulton County police officer and freelance writer. He is the author of the book "Why Do My Mystic Journeys Always Lead to the Waffle House?" and the column "View from a Cop."

true, then it probably is.

The Romance Scam: The holidays are a lonely time for some. Unfortunately, romance scams are on the rise. According to the FTC, as of February, the number of romance scams reported to the Federal Trade Commission has tripled since 2015 and the amount of money lost by victims is six times higher than it was five years ago. People reported losing more money to romance scams in the past two years than to

any other fraud reported to the FTC.

These scammers use other's identity and photos, usually stolen from social media accounts, to create a profile. Flattering messages are sent to the victim, all the right things are said to gain trust and make an emotional connection. Scammers will claim to be doctors, servicemembers, oil rig workers, stuck for months on an ocean rig overseas. The messages go on and on but at some point, something happens that requires money to help them out. Usually they ask for gift cards or wired money.

So, what do you do?

For starters, if you've never met the person asking, don't send money or gift cards. It's a scam. Secondly, stop communicating.

If you have doubts about a person you've met online, you can check them out. If they say they are in the army, do an "Army Scam" search. For other jobs, search scam information on the occupation the person gives. You can do a reverse image search of the person's profile picture using Google or TinEye. If it matches another name or details that do not match what you received, it's a fake.

Like anything else, common sense is the key. Play the role of devil's advocate on any proposition involving your money.

And have a safe and wonderful holiday season and enjoy that new submarine!

SCOTT ANTIQUE MARKETS

America's Favorite Treasure Hunts!

DECEMBER 10, 11, 12 & 13

3500
Booths!
2ND WEEKEND
EVERY MONTH

\$100
OFF
ADMISSION

ONE coupon per person.

Expires: 12-13-20



www.scottantiquemarkets.com

740.569.2800

ANTIQUES & DECORATOR ITEMS
Atlanta Expo Centers - Atlanta, GA

SHOW HOURS:
Thurs. 10:45am-6pm
Fri. & Sat. 9am-6pm
Sun. 10am-4pm

DIRECTIONS: 3 miles East of Atlanta Airport, I-285 at Exit 55 (3650 & 3850 Jonesboro Rd SE)



PAT LANDER
Resident since 2017

"Besides making new friends, I love the library, exercise classes and someone to change my linens on my big bed!"

saint anne's terrace
We call it home.



Join us for an In-Person Tour
Monday – Friday, 9:00am -1:00pm
Or call us to schedule a
Virtual Tour at your convenience

- Serving Buckhead community for over 30 years • Minutes from OK Café
- Quiet residential neighborhood • Apartments tailored to personal needs

CALL US TO SCHEDULE YOUR VISIT

3100 Northside Parkway, NW Atlanta 30327
www.saintannesterrace.org • 404-238-9200

Tech Care for Seniors



The doctor is in!

**digital
device
doctor**

- Computers
- Devices
- Wi-Fi Networks

"We make house calls."

404-307-8857

ATLANTA STREET ART FAN DOCUMENTS 1,000 MURALS

By Collin Kelley

The convergence of retirement, a trip to New York City and Instagram led Art Rudick down an art-filled rabbit hole and the creation of a website to track Atlanta's many murals.

Rudick's Atlanta Street Art Map (streetartmap.org) has become a go-to site for finding colorful wall art ITP -- inside the Perimeter. It also acts as an archive since so many of the murals disappear over time as they either are covered by graffiti or replaced with something new.

Rudick retired at the end of 2016 after a 32-year career with the Coca-Cola Co. Shortly thereafter, he and his wife took a trip to New York to visit his niece. Before a street art walking tour of the Bushwick neighborhood in Brooklyn, Rudick's niece suggested he download Instagram to his cellphone.

"I was fascinated with the street art in Bushwick and started looking for more of it when I got back to Atlanta," Rudick said.

"I thought my Instagram account would be perfect for street art content."

Beyond the visible and well-known murals in the city, Rudick had no idea where to start looking for more.

"I looked online and there was only a handful of websites that mentioned murals and when they did there was only a dozen or so," he recalled. "And some of those had already been painted over."

As Rudick set out on a quest to find more murals, he also figured out how to start his own website. By the time Atlanta Street Art Map went live online in 2017, he had already photographed and documented 200 murals.



The site divides the city into easily walkable districts with maps and provides photos of the murals and links (if available) to artists' websites

or social media. Rudick constant updates his site and has become Instagram friends with more than 160 artists who alert him about new murals going up around the city.

Rudick enjoys walking and driving to discover and document new street art. He also regularly checks on murals to see if they have been painted over or altered to keep the site as timely as possible.

"Archiving the murals is important, because no one else is doing that," Rudick said.

Late last year, Rudick realized he was nearing 1,000 murals on the website and decided that an event should be held to celebrate

the milestone. His idea was to mark the 1,000th mural he had documented with the creation of a new mural.

Rudick came up with the idea for an ATL1000 festival, which would include walking tours, artist talks, and more. Then the pandemic hit.

Undaunted, Rudick contacted John Dirga with the Cabbagetown Initiative about possibly having the commemorative mural painted on the wall leading to the entrance of the iconic Krog Street Tunnel, site of much street art. The Cabbagetown Initiative has curated the walls leading to the tunnel since 2003.

The Cabbagetown Initiative agreed to put up the mural with ATL1000 as a sponsor. A call went out over social media for artists to submit resumes and qualifications. More than 30 responded, and six were invited to submit mural proposals.

By coincidence the 1,000th

Art Rudick, at left, maps Atlanta's street art online. His 1,000th listing was for a piece by artist Ashley Dopson, who did the mural above, a tribute to a long-time resident of Cabbagetown

mural Rudick documented for his site and the mural chosen for the Cabbagetown wall were created by the same local artist, Ashley Dopson, who goes by Ashley D. for her artwork.

Dopson created a colorful Black Lives Matter mural for the KIPP Strive Academy in southwest Atlanta, which became Rudick's 1,000th mural for the Street Art Map site. For the Cabbagetown project, Dopson pays tribute to Miss Bertha, a three-decade resident of the former mill neighborhood. In the mural, called "Fish are Jumpin' and the Cotton is High," Miss Bertha floats happily in a colorful koi pond.

PET PICKS

Bowie, a 5-year-old mixed breed cutie has the sweetest smile you've ever seen, and he's been looking for a forever home for more than 200 days.

When Bowie arrived at the Atlanta Humane Society, he was nervous about meeting new people, but our volunteers and staff worked to earn his trust, and he has built up his confidence. Now Bowie loves attention and is looking for a home without other dogs or young children so he can have your love all to himself.

He is housebroken. He doesn't have any known experience living with cats, but an Atlanta Humane Society adoption counselor can teach you all about introducing him to any feline family members you might have.

Bowie's favorite thing in the world is a soft bed with comfy blankets to lay on. He's an absolute couch potato who would love to watch movies

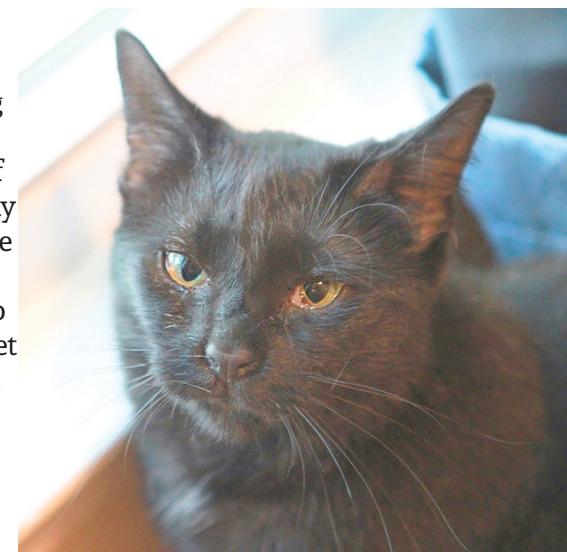


and chill with you.

He is currently being treated for heartworms and his treatment will be completed at no charge to his adopter. Bowie is neutered, microchipped, up-to-date on vaccinations and ready to meet you at our West Midtown location. To learn more about Bowie, visit atlantahumane.org/dogs. If you think he might be the one for you, fill out an adoption application at atlantahumane.org/adoption-application.

Junebug is a beautiful, silky soft 2-year-old Domestic Shorthair looking to find a home where she can continue to come out of her shell. Junebug is very shy and needs time and patience to build up trust, but once she does, she really wants to be a lap cat. She is very sweet and chirps at you when you talk to her.

Junebug is spayed, microchipped, up-to-date on vaccinations, and ready to become a part of your family. To learn more about her please visit atlantahumane.org/cats, and if you want to open your home to Junebug, you can apply to adopt her by visiting atlantahumane.org/adoption-application!



SERVICES DIRECTORY

To advertise, call 404-917-2200 ext 110

REMODELING EXPO CENTER

Kitchen Bathroom Basement Showroom, Design, Build

IN HOME CONSULTATION
404-910-3969
www.RemodelingExpo.com

SHOWROOM
48 KING STREET
ROSWELL, GA 30075

Winter Clean-up Special

Atlanta's Premier
since 1968

- Window Cleaning
- Gutter Cleaning
- Pressure Washing
- Family Owned
- Licensed and Insured
- FREE ESTIMATES

404.355.1901

www.WindowCleanAtl.com



Aging in place is very important.
We are committed to Quality & Affordable Homecare.

470-290-7309
470-231-5330



significantcompanionhomecare.com

ADULT DAY of DUNWOODY

(770) 551-2722

ONE DUNWOODY PARK
SUITE 123
DUNWOODY, GA 30338



WE ARE WHERE QUALITY & CARE MEET!

- Private Home Care
- Confusion Monitoring
- Light Housekeeping
- ADL Assistance & MORE

www.holisticangelschs.com

678-773-0291



**BUYING COINS
GOLD JEWELRY
STERLING
FLATWARE**
MEMBER: ANA, NGC, PCGS
404-263-2967



Tranquil Waters Lawn Care

- ✓ Hauling of Debris
- ✓ Yard Cleanup
- ✓ Aeration
- ✓ Leaf Blowing
- ✓ Power Washing

Free Estimates · Senior/Veteran Discount
No Contract Necessary · Commercial Residential

678-662-0767 Call Mike



Home Improvement Professionals

LOCALLY OWNED AND OPERATED
BONDED & INSURED
PROFESSIONAL & RELIABLE

Serving Dunwoody, Sandy Springs, Buckhead,
Brookhaven, and Peachtree Corners

MrHandyman.com (770) 852-5453





HUMANA MEDICARE ADVANTAGE PLANS

A network of doctors
who care about you as a
patient, and as a person.

That's human care.



Care that's centered on you is nearby.

7 care centers located near you.

Belvedere

Iora Primary Care
3527 Memorial Dr., Unit W
Decatur, GA 30032

Mableton

Iora Primary Care
5015 Floyd Rd. SW, Ste. 710
Mableton, GA 30126

Marietta

Iora Primary Care
280 Cobb Pkwy SE, Ste. 60
Marietta, GA 30060

Metropolitan

Iora Primary care
2685 Metropolitan Pkwy SW., Ste. G
Atlanta, GA 30315

Shiloh Square

Iora Primary Care
3895 Cherokee St. NW, #400
Kennesaw, GA 30144

Sugarloaf

Iora Primary Care
4850 Sugarloaf Pkwy, Ste. 101
Lawrenceville, GA 30044

Tucker

Iora Primary Care
4424 Hugh Howell Rd., Ste. D
Tucker, GA 30084

Take a virtual tour at
IoraIsHere.com



Learn more about the unique kind of care in Humana's network
at HealthThatCares.com.

Or contact your local licensed Humana Sales Agent at
1-844-224-8993 (TTY: 711).

¿En español? Llame gratis al **1-844-357-9121** (TTY: 711).

Humana + **iora**
primary care

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Other Providers are available in our network. Provider may also contract with other plan sponsors. Important! At Humana, it is important you are treated fairly. Humana Inc. and its subsidiaries comply with applicable Federal Civil Rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status or religion. ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-844-224-8993 (TTY: 711). Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-357-9121 (TTY: 711). 繁體中文 (Chinese): 注意:如果您 使用繁體中文 , 您可以免費獲得語言援助服務 。請致電 1-844-224-8993 (TTY: 711) 。
Y0040_GHHKTYSEN_M