Welcome to...

Edinborough
A SENIOR COMMUNITY
For Adults 55 and up
300 PAT MELL ROAD SW
MARIETTA, GA 30060
770-436-2447

“We Love
Our Residents!”

◊ Robin Franklin, Property Manager
◊ Geraldine Sailors, Leasing Consultant
◊ Sylvia Warren, Leasing Consultant

1 & 2 Bedroom Apartments ◊ Floor Plans from 839 to 1103 Sq. Ft ◊ Beautifully Landscaped Grounds with Walking Paths ◊ Mailbox at Your Front Door ◊ Weekly Planned Activities ◊ Weekly Wellness Visits for Residents ◊ Gardening Areas ◊ Near Shopping, Places of Worship, Medical Centers, and Public Transportation

Published for Cobb County Senior Citizens & Their Caregivers

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

Atlanta Dentures

361 North Marietta Parkway
Marietta, GA 30060
770.426.0288
denturesandextractions.com

Dental Emergency Services in Atlanta

Dr. Thomas Van Galder, DDS, is conveniently located near I-75 in Marietta, GA. His extremely successful practice has provided a wide range of emergency dental procedures for over 26 years.

Dental Emergencies are usually painful and/or embarrassing and are always inconvenient. We are here to help. We always reserve time in our busy schedule for patients with such needs.

Our prices are the best but our service is even better!

Call 770-426-0288 if you have any questions.

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

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

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

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

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

**Senior Centers:**

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

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

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

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

Located inside Kennworth Park  
North Cobb Senior Center  
4100 Old Hwy 41  
Acworth, GA 30101  
770-975-7740

North Cobb Neighborhood Senior Center  
4100 Old Hwy 41  
Acworth, GA 30101  
770-974-2984

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

Austell Neighborhood Senior Center  
Located inside Clarkdale Park  
4915 Austell Powder Springs Rd  
Austell, GA 30106  
770-819-3200
HELP LINES
Cobb Senior Services 770-528-5364
Georgia Senior Legal Aid Hotline 404-657-9915
National Center for Nutrition Hotline 877-423-4746
Senior Legal Hotline 404-657-9915
Stroke Connection Information Line 800-553-6321
WellStar Health Line 770-956-7827

HELPFUL ORGANIZATIONS/SERVICES
AARP Tax Aid Program 800-227-7669
& Smart Driver Program
Aging Connection 404-463-3333
Alzheimer’s Association 800-272-3900
American Cancer Society 800-227-2345
American Diabetes Association 404-320-7100
American Heart Association 770-952-1316
American Red Cross 404-876-3302
Arthritis Foundation 800-933-7023
Atlanta Bar Assoc. Lawyer Referral 404-521-0777
Atlanta Regional Commission 404-463-3100
AT&T Discount Program 404-780-2800
AT&T Telecommunications Center for Customers with Disabilities 800-982-2891
CareShare Exchange 404-851-5544
Catholic Social Services 404-885-7208
Center for Visually Impaired 404-875-9011
Dept. of Family & Children Services 770-528-7683
Cobb Family Resources 770-428-2601
Cobb Legal Aid 770-528-2565
Consumer Credit Counseling 404-527-7630
Eldercare Locator 800-677-1116
Elderhostel 877-426-8056
Energy Assistance Program 404-614-1027
FODAC 770-491-9014
GA Council for Hearing Impaired 404-292-5312
GA Council on Aging 404-523-5027
GA Division of Aging Services 404-657-5258
GA Legal Aid 706-369-6440
GA Power Senior Discount 888-660-5890
Hear Now 800-648-4327
GA Lions Lighthouse Foundation 404-325-3630
Home Safety Checklist 301-504-7923
Housemate Match 770-578-7526
Internal Revenue Service 800-829-1040
Lifeline Systems 800-451-0525
Long Term Care Ombudsman 404-371-3800
Kenneso...
MOST FREQUENTLY ASKED QUESTIONS

What is the Difference Between Medicare and Medicaid?

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

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

Where Do I Get Information or Apply For Medicaid?

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

What is the Difference Between Dementia and Alzheimer’s?

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

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

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

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

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

What Care is Available Outside the Home?

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

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

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

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

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

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

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

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

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

### ADULT DAY CARE/DAY RESPITE

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Day of Dunwoody</td>
<td>1 Dunwoody Park, Ste 123, Dunwoody 30338</td>
<td>770-551-2722</td>
</tr>
<tr>
<td>Aloha to Aging</td>
<td>4608 Lower Roswell Rd, Marietta 30068</td>
<td>678-439-1177</td>
</tr>
<tr>
<td></td>
<td>3956 Due West Rd, Marietta 30064</td>
<td></td>
</tr>
<tr>
<td>Brookdale Vinings</td>
<td>2401 Cumberland Pkwy SE, Atlanta 30309</td>
<td>770-435-4477</td>
</tr>
<tr>
<td>Comforters Adult Day Care</td>
<td>5939 Stewart Pkwy, Douglasville 30135</td>
<td>678-401-8076</td>
</tr>
<tr>
<td>Emerald Isles PCH</td>
<td>1402 Shadowbrook Dr, Marietta 30062</td>
<td>404-543-0479</td>
</tr>
<tr>
<td>Robin’s Nest Adult Day Care</td>
<td>470 North Sessions St, Marietta 30060</td>
<td>770-919-8580</td>
</tr>
<tr>
<td>SarahCare at Powers Ferry</td>
<td>120 Interstate N Pkwy, Ste 420, Atlanta 30339</td>
<td>678-741-3900</td>
</tr>
<tr>
<td>Serenity Adult Day Care Center</td>
<td>4279 Austell Pwdr Springs Rd, Powder Springs 30127</td>
<td>678-324-1237</td>
</tr>
<tr>
<td></td>
<td>561 Thornton Rd, Ste Z, Lithia Springs 30122</td>
<td></td>
</tr>
<tr>
<td>Walton Nursing &amp; Adult Day Health</td>
<td>4005 South Cobb Dr, Smyrna 30080</td>
<td>770-943-6768</td>
</tr>
<tr>
<td>Woodland Ridge</td>
<td>4005 S Cobb Dr, Smyrna 30080</td>
<td>770-431-7055</td>
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### ADULT DAY TREATMENT

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

### ADULT PROTECTIVE INTERVENTION

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Protective Services - GA Department of Human Services</td>
<td>2 Peachtree St NW, Atlanta 30303</td>
<td>866-552-4464</td>
</tr>
<tr>
<td>Cobb County DFCS</td>
<td>325 South Fairground St, Marietta 30060</td>
<td>770-528-5000</td>
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### ADULTS WITH DISABILITIES

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tommy Nobis Center, Inc.</td>
<td>1480 Bells Ferry Rd NE, Marietta 30060</td>
<td>770-427-9000</td>
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</table>

### COMPANION SITTER SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Seasons Home Care, Inc.</td>
<td>78 Cole St, Ste 100, Marietta 30060</td>
<td>770-419-5652</td>
</tr>
<tr>
<td>Abba Health Care, Inc.</td>
<td>6341 Highway 92, Ste 202, Acworth 30102</td>
<td>678-685-8511</td>
</tr>
<tr>
<td>Affordable Medical Resources</td>
<td>2255 Sewell Mill Rd, Bdng 100 Ste 110, Marietta 30062</td>
<td>770-321-6142</td>
</tr>
<tr>
<td>Angel Companions</td>
<td>4994 Lower Roswell Rd, Ste 33, Marietta 30062</td>
<td>770-579-5000</td>
</tr>
<tr>
<td>Angel Heart Homecare</td>
<td>3535 Roswell Rd, Ste 63, Marietta 30068</td>
<td>770-605-7173</td>
</tr>
<tr>
<td>At Home Personal Care Providers</td>
<td>4658 Ivy Green Court, Acworth 30102</td>
<td>770-528-7040</td>
</tr>
<tr>
<td>Atlanta Homecare, Inc.</td>
<td>2265 Roswell Rd, Ste 102, Marietta 30062</td>
<td>770-579-9235</td>
</tr>
<tr>
<td>Better Life Home Care Services</td>
<td>2470 Windy Hill Rd, Ste 222, Marietta 30067</td>
<td>770-953-2444</td>
</tr>
<tr>
<td>BrightStar Care</td>
<td>833 Campbell Hill St, Ste 116, Marietta 30060</td>
<td>770-290-7827</td>
</tr>
<tr>
<td>CarePro Health Services</td>
<td>3300 Highland Pkwy, Ste 140, Smyrna 30082</td>
<td>678-287-7398</td>
</tr>
<tr>
<td>Caring Hands Homecare</td>
<td>3930 Nemours Trail, Kennesaw 30152</td>
<td>404-519-1939</td>
</tr>
<tr>
<td>Comfort Keepers</td>
<td>240 Cherokee St, Ste 302, Marietta 30060</td>
<td>678-354-0102</td>
</tr>
<tr>
<td>Core Health Provider Services, Inc.</td>
<td>174 Thorncliffe Way, Acworth 30101</td>
<td>678-772-7415</td>
</tr>
<tr>
<td>Cumberland Medical Staffing</td>
<td>3411 Austell Rd, Ste 100, Marietta 30008</td>
<td>770-435-2555</td>
</tr>
<tr>
<td>Dignity Place, Inc.</td>
<td>3950 Cobb Pkwy, Ste 806, Acworth 30101</td>
<td>770-529-6801</td>
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<tr>
<td>DivineHealthcare Homecare</td>
<td>903 Shafts St, Kennesaw 30152</td>
<td>678-612-1700</td>
</tr>
<tr>
<td>Elder Home Care, Inc.</td>
<td>2759 Delk Rd, Ste 2135, Marietta 30067</td>
<td>770-937-9003</td>
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<tr>
<td>Elite Personal Home Care</td>
<td>3020 Roswell Rd NE, Ste 200, Marietta 30062</td>
<td>678-922-8008</td>
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</table>
COMPANION SITTER SERVICES CONTINUED

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
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<tbody>
<tr>
<td>Elite Private Home Care Provider</td>
<td>5003 Lake Mist Dr, Mableton 30126</td>
<td>678-662-7451</td>
</tr>
<tr>
<td>Encore Health Care Services, LLC</td>
<td>376 Powder Springs St, Ste 220, Marietta 30064</td>
<td>770-218-6911</td>
</tr>
<tr>
<td>Everyday Home Care, LLC</td>
<td>3745 Cherokee St, Ste 702, Kennesaw 30144</td>
<td>678-445-7741</td>
</tr>
<tr>
<td>Firstline Homecare and Medical Services, Inc.</td>
<td>2453 Pwdr Springs Rd, Bldg 200 Ste 225, Marietta 30064</td>
<td>770-863-0760</td>
</tr>
<tr>
<td>Griswold Home Care</td>
<td>1000 Whitlock Ave, Ste 320, Marietta 30064</td>
<td>770-427-8606</td>
</tr>
<tr>
<td>Harbek Private Home Care Services</td>
<td>3249 Creek Trace East, Powder Springs 30127</td>
<td>678-567-1154</td>
</tr>
<tr>
<td>Home Instead Senior Care</td>
<td>1301 Shiloh Rd, Ste 1730, Kennesaw 30144</td>
<td>770-425-4240</td>
</tr>
<tr>
<td>Kay’s Homecare Services, Inc.</td>
<td>2378 Wickingham Court NE, Marietta 30066</td>
<td>678-494-5144</td>
</tr>
<tr>
<td>Kostic Healthcare</td>
<td>2985 Gordy Pkwy, Ste 208, Marietta 30066</td>
<td>770-672-6175</td>
</tr>
<tr>
<td>Liberty Healthcare Services, Inc.</td>
<td>6281 Vinings Vintage Dr, Mableton 30126</td>
<td>770-630-5721</td>
</tr>
<tr>
<td>Lifetime Home Care Service</td>
<td>577 Pine Valley Dr, Ste 200, Powder Springs 30127</td>
<td>404-998-6757</td>
</tr>
<tr>
<td>Michter, Inc.</td>
<td>3845 Pwdr Springs Rd, Ste 102, Powder Springs 30127</td>
<td>678-403-8685</td>
</tr>
<tr>
<td>Regal Healthcare Services, LLC</td>
<td>361 Bloombridge Way NW, Marietta 30066</td>
<td>678-273-3235</td>
</tr>
<tr>
<td>Reliance Health Care, Inc.</td>
<td>2470 Windy Hill Rd, Ste 268, Marietta 30067</td>
<td>770-953-5852</td>
</tr>
<tr>
<td>Silver Companions, Inc.</td>
<td>207 Shelter Cove, Woodstock 30189</td>
<td>404-918-4407</td>
</tr>
<tr>
<td>Southeast Healthcare</td>
<td>701 Whitlock Avenue, Bldg J-43, Marietta 30064</td>
<td>770-439-8990</td>
</tr>
<tr>
<td>Tranquil, Inc.</td>
<td>4177 Havenwood Court, Kennesaw 30144</td>
<td>678-290-0070</td>
</tr>
<tr>
<td>Universal Healthcare Services</td>
<td>75 Ayers Avenue, Marietta 30060</td>
<td>770-552-5551</td>
</tr>
<tr>
<td>Visiting Angels</td>
<td>470 North Sessions St, Marietta 30060</td>
<td>678-819-3915</td>
</tr>
<tr>
<td>WellCare of North Georgia, Inc.</td>
<td>2453 Pwdr Sprgs Rd, Bldg 200 #225C, Marietta 30064</td>
<td>770-407-7663</td>
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EDUCATION AND ENRICHMENT CLASSES

<table>
<thead>
<tr>
<th>College/Center</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Chattahoochee Technical College</td>
<td>980 South Cobb Dr, Marietta 30060</td>
<td>770-975-4050</td>
</tr>
<tr>
<td>Cobb Multiurpose Senior Centers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C. Freeman Poole Center</td>
<td>4025 South Hurt Rd, Smyrna 30082</td>
<td>770-801-3400</td>
</tr>
<tr>
<td>East Cobb Senior Center</td>
<td>3332 Sandy Plains Rd, Marietta 30066</td>
<td>770-509-4900</td>
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<tr>
<td>North Cobb Senior Center</td>
<td>4100 Old Hwy 41, Acworth 30101</td>
<td>770-975-7740</td>
</tr>
</tbody>
</table>

From Ridgeview, life starts to look manageable.

Ridgeview Institute is a private, not-profit provider of cost-effective psychiatric and addiction treatment of the highest quality for all ages.

Specialized treatment Baby Boomer and Older Adults is available for psychiatric, substance use disorders and cognitive challenges.

New 20 bed state of the art inpatient facility opens in November 2015 serving adults 60 and over.

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

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www.ridgeviewinstitute.com • Smyrna, GA 30080

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Jobst Support Stockings
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Orthotic Braces
Walkers, etc.
Diabetic Testing Supplies

Caring beyond prescriptions.

EVERYDAY TIPS TO SAVE ENERGY

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

Crime Stoppers Hotline
Governors Office of Disability Services Ombudsman
Healthcare Facility Regulation Division Long Term Care Ombudsman Program

7 Martin Luther King, Jr Dr SW , 4th Floor, Ste 443, Atlanta 30334
2 Peachtree St, Ste 3100, Atlanta 30303

2 Peachtree St NW , Atlanta 30303

404-577-TIPS
866-424-7577
404-657-5726
404-552-4464

EMERGENCY RESPONSE SYSTEMS

Central Monitoring
Georgia Lifeline
Help - Medical Services of America, Inc.
HelpLink, LLC
Life Alarm Services, Inc.
On-Call Medical Alarms
Personal Emergency Button Services
Response4Help
Right At Home

522 Pine Avenue, Albany 31701
111 Lawrence St Framingham, MA 01072
171B Monroe Lane Lexington, SC 29072
107 Woodlawn Dr, Perry 31069
4210 Columbia Rd, Bldg 14B, Martinez 30907
679 Durant Place, Ste K, Atlanta 30308
110 Mole Mntn Crt, Ste 20441, Jasper 30143
77 12th St, Atlanta 30309
448 Ralph David Abernathy Blvd, Atl 30312

800-442-1125
800-543-3546
866-672-4852
800-922-5487
855-319-4357
404-522-0029

EMPLOYMENT SERVICES

AARP Senior Comm Service Employment Prgrm
Benefits Navigator Program
Cobb Workforce Development Center
Cobb-Cherokee Career Center
disABILITY LINK
MUST Ministries

1718 Peachtree St, Ste 991S, Atlanta 30309
2020 Peachtree Rd NW, Atlanta 30309
463 Commerce Prk Dr, Ste 100, Marietta 30060
465 Big Shanty Rd, Marietta 30066
1901 Montreal Rd, Ste 102, Tucker 30084
1407 Cobb Pkwy, Marietta 30062
460 Pat Mell Rd, Smyrna 30080
229 Peachtree St NE, Ste 300, Atlanta 30303

404-892-4446
800-283-1848
770-528-4300
770-528-6100
404-687-8890
770-427-9862
770-436-9514

FINANCIAL ASSISTANCE

Action Ministries Feed the Hungry Foundation
American Cancer Society
American Kidney Fund
Cancer State Aid Program
Center for Family Resources
Cobb County DFCS
Diabetes Association of Atlanta
First Christian Church of Marietta
Hosea Williams Feed the Hungry Foundation
MUST Ministries- Marietta
MUST Ministries- Smyrna
Project Share
Saint Vincent de Paul Society
Salvation Army of Cobb County
Social Security Administration
Sweetwater Mission

2160 Hills Ave, Bldg 2 2160 F, Atlanta 30318
250 Williams St NW, Atlanta 30303
72 Edgewood Ave NE, Atlanta 30303
2 Peachtree St NW, Atlanta 30303
995 Roswell St NE, Ste 100, Marietta 30060
325 Fairground St SE, Marietta 30060
100 Edgewood Ave NE, #1004, Atlanta 30303
569 Frasier St SE, Marietta 30060
1035 Donnelly Ave SW, Atlanta 30310
1407 Cobb Pkwy, Marietta 3006
2460 Pat Mell Rd, Smyrna 30080
1000 Center Place, Norcross 30093
2050 Chmblee-Tcker Rd, Ste C, Chamblee 30341
202 Waterman St, Marietta 30060
1415 Franklin Rd SE, Marietta 30067
6289 Veterans Mem Hwy, Bldg 12, Austell 30168

404-662-7593
800-227-2345
404-658-1420
404-463-5111
770-428-2601
877-423-4746
404-527-7150
770-428-3125
404-755-3353
770-427-9862
770-436-9514
800-257-4273
678-892-6163
770-724-1640
770-772-1213
770-819-0662
Walk-in registration is available at all Cobb senior centers Monday through Friday between the hours of 8:30 A.M. and 4:00 P.M. Registration for all trips is on a first come, first served basis. Full payment is due at the time of registration. If a trip is full, please ask staff to add your name to the waitlist. When a space becomes available it will be filled from the waitlist in the order that names were listed.

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

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

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

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

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

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

Staff - A staff member from Cobb Senior Services accompanies each trip to address any issues that may arise. Travelers are responsible for handling their own personal items/belongings.

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

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

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

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

Travelers Aid  
995 Roswell St, Marietta, GA 30060  
770-428-1883

Turner Chapel AME  
492 N Marietta Pkwy NE, Marietta 30060  
770-514-1046

Energy Assistance

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

Food Assistance

Christian Aid Mission Partnership  
6289 Veterans Mem Hwy, Bldg. 12, Austell 30168  
770-819-0662

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

First Christian Church of Marietta  
569 Frasier St SE, Marietta 30060  
770-428-3125

MUST Ministries  
1407 Cobb Pkwy, Marietta, 30060  
770-427-9862

The Center for Family Resources, Inc.  
995 Roswell St NE, Ste 100, Marietta 30060  
770-428-2601

Walton Community Services, Inc.  
561 Thornton Rd, Ste Z, Lithia Springs 30122  
800-943-6768

Utility Assistance

AT&T Lifeline/Link-UP  
1000 EMC Pkwy NE, Marietta 30060  
770-429-2100

Cobb EMC  
PO Box 440667, Kennesaw 30160  
800-288-2020

Georgia Natural Gas  
241 Ralph McGill Boulevard, Atlanta 30308  
770-850-6200

Georgia Power  
241 Ralph McGill Boulevard, Atlanta 30308  
770-428-3125

Georgia Public Service Commission  
404-497-1181

Windstream Lifeline Program  
404-728-1181

GERIATRIC ASSESSMENT

Southeastern Geriatric Healthcare Group  
1301 Hightower Trl, Ste 150, Atlanta 30350  
404-497-1830

Wesley Woods Geriatric Hospital  
1821 Clifton Rd NE, Atlanta 30329  
404-728-6200

HEALTH CENTERS/CLINICS

Acworth Community Health Center  
4489 Acworth Industrial Dr, Acworth 30101  
770-974-3330

Cobb and Douglas Public Health  
1650 County Services Pkwy, Marietta 30008  
770-514-2300

Community Health Center  
6289 Veterans Mem Hwy, Ste 12-C, Austell 30168  
678-398-6548

East Cobb Health Center  
4938 Lower Roswell Rd, Marietta 30068  
678-784-2180

Family Health Center at Cobb  
805 Campbell Hill St, Marietta 30060  
770-919-0025

Good Samaritan Health Center of Cobb  
1605 Roberta Dr, Marietta 30008  
770-419-3120

Marietta Health Center  
1650 County Services Pkwy, Marietta 30008  
770-514-2300

HEALTH CONDITIONS

Alzheimer’s Association, GA Chapter  
41 Perimeter Center E, Ste 550, Atlanta 30346  
404-728-1181

American Cancer Society  
1825 Barrett Lakes Blvd, # 280, Kennesaw 30144  
770-429-0089

American Lung Association  
2452 Spring Rd SE, Smyrna 30080  
770-432-7280

Vision Rehabilitation Svcs of GA  
3830 S Cobb Dr, Smyrna 30080  
770-434-5864

National Kidney Foundation  
270 Peachtree St, Ste 1040, Atlanta 30303  
770-452-1539

HEALTH SUPPORTIVE PRODUCTS

ADA Medical Supply  
4968 Austell Rd, Austell 30106  
678-398-0505

Advanced Home Medical Equip  
1395 S Marietta Pkwy SE, Ste 106, Marietta, 30067  
770-426-4310

Audiological Consultants  
2424 Roswell Rd, #140, Marietta 30062  
678-560-0011

Byrom Healthcare Center  
1925 Vaughn Rd NW, Kennesaw 30144  
770-422-5516

Diaper Depot  
2655 N Decatur Rd, Decatur 30033  
707-373-7388

Georgia Medical Resources  
600 Kirk Rd NW, Ste A, Marietta 30060  
770-428-5445

Hearing Solutions  
1690 Powder Springs Rd SW, Marietta 30064  
770-425-1095

Hi-Tech Healthcare, Inc.  
718 Cherokee St NE, Marietta 30060  
770-792-0030

Home Health Options, Inc.  
3040 Amwiler Rd, Atlanta 30360  
770-427-7718

Laceys Marietta Pharmacy  
790 Church St, Ste 170, Marietta 30060  
770-424-3131

Lincare (Resp Equipment)  
1395 South Marietta Pkwy SE, Marietta 30067  
770-425-1229
HEALTH SUPPORTIVE PRODUCTS  
continued

Medicine Shoppe 3903 South Cobb Dr, Smyrna 30080 770-436-0811
Soft Touch Medical LLC 1800 Sandy PIn Inds Pkwy, Ste 224, Marietta 30066 770-590-7383
ThyssenKrupp Access 2197 Canton Rd, Ste 105, Marietta 30066 678-581-0551
TMN Medical Supply Co. 4045 George Busbee Pkwy, Kennesaw 30144 404-822-8951

HEALTH/WELLNESS PROGRAMS

Center For Pan Asian Community Service 3510 Shallowford Rd NE, Atlanta 30341 770-936-0969
Cobb Parks, Recreation and Cultural Affairs 1792 County Services Pkwy, Marietta 30064 770-528-8800

Cobb Senior Services

C. Freeman Poole Multipurpose Center 4025 South Hurt Rd, Smyrna 30082 770-801-3400
East Cobb Multipurpose Center 3332 Sandy Plains Rd, Marietta 30066 770-509-4900
North Cobb Multipurpose Center 4100 Old Hwy 41, Acworth 30101 770-975-7740
Senior Wellness Center 1150 Powder Springs St, Marietta 30064 770-528-5355
West Cobb Multipurpose Center 4915 Dallas Hwy Powder, Springs 30127 770-528-8200

Smyrna Parks and Recreation 200 Village Green Circle, Smyrna 30080 770-431-2842
SPARHKs at KSU 1000 Chastain Blvd, Kennesaw 30144 770-423-6488
YMCA- McCleskey 1055 E Piedmont Rd, Marietta 30062 770-977-5991

North East Cobb 3010 Johnson Ferry Rd, Marietta 30062 678-569-9622
North West Cobb 1700 Dennis Kemp Ln, Kennesaw 30152 770-423-9622

Wellstar Health Place 330 Kennestone Hospital Blvd, Marietta 30060 770-793-7300

HOME CARE PROVIDER COMPLAINTS

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

HOME DELIVERY SERVICES

Diaper Depot 2655 N Decatur Rd, Decatur 30033 404-373-7388
Lacey Drug Company 4797 South Main St, Acworth 30101 770-974-3131
PharmaLife 2915 Piedmont Rd, Ste A, Atlanta 30305 404-933-8117

HOME HEALTH AGENCIES

Affordable Medical Resources 2255 Sewell Mill Rd, #110, Marietta 30062 770-321-6142
Aid and Assistance Home Health 1808 Kolb Farm Cir SW, Marietta 30008 770-218-1400
Amedisys 2000 Riveredge Pkwy, Ste GL200, Atlanta 30328 770-953-8570
Angel Companions 4994 Lower Roswell Rd, #33, Marietta 30068 770-579-5000
Atlanta Home Care Partners 3323 Turtle Lake Club Dr, Marietta 30067 404-580-2408
Attentive Care 3006 Clairmont Rd, #1070, Atlanta 30329 404-228-0103
BrightStar Care 833 Campbell Hill St NW, Ste 116, Marietta 30060 678-290-7827
Camellia Healthcare 1705 Enterprise Way, #102, Marietta 30067 678-354-1456
Careminders Home Care 2551 Roswell Rd, Marietta 30062 678-331-5550
Central Home Health Care 4255 Wade Green Rd, #420, Kennesaw 30144 866-321-5650
ComForCare 6065 Roswell Rd, Ste 424, Atlanta 30328 770-649-9930
Comfort Keepers 240 Cherokee St, NE #302, Marietta 30060 678-354-0102
Comforting Arms 1300 Ridenour Blvd, Ste 100, Kennesaw 30152 678-879-3775
CSS Healthcare Services 8896 Tara Blvd, # 500, Jonesboro 30236 770-210-0631
Easy Living Services Inc 120 Prospect Pl, Alpharetta 30005 770-442-8664
Family Private Care 6065 Lake Forrest Dr, #170, Sandy Springs 30328 404-252-9005
Gentiva Health Services 1303 Hightower Trail, Ste 105, Atlanta 30350 770-998-1393
Guardian Home Care 11660 Alpharetta Hwy, Ste 440, Roswell 30076 770-664-9272
Home Health Options Inc. 3040 Amwiler Rd, Atlanta 30360 770-425-7718
Home Instead 1301 Shiloh Rd, Ste 1730, Kennesaw 30144 678-498-2400
In Home Rehab 3053 Intrepid Close, Marietta 30062 770-973-2207
## HOME HEALTH AGENCIES

Interim Healthcare of Atlanta, Inc. 6000 Lake Forrest Dr, Ste 500, Atlanta 30328 404-843-2708
KMH Concierge 216 Creel Chase NW, Kennesaw 30144 404-692-0539
LivHome 400 Northridge Rd, Ste 425, Atlanta 30350 770-992-5820
MedSide Healthcare 1120 Hope Rd, 3rd Floor, Sandy Springs 30350 404-633-7433
Right at Home 1768 Veterans Mem Hwy, Bldg 1, Austell 30168 770-944-8040
SunCrest Home Health 2400 Lake Park Dr, Ste 100, Smyrna 30080 770-429-1455
Visiting Angels 470 N. Sessions St, Marietta 30060 678-219-3914
Visiting Nurse Health System 5775 Glenridge Dr NE, Ste E 200, Atlanta 30328 404-215-6000
WellStar Home Care 805 Sandy Plains Rd, Ste A, Marietta 30066 770-792-1616

## HOME MODIFICATION

Adapted Living Spaces, LLC 1189 Argonne Way NE, Atlanta 30324 404-734-7343
All In One Accessibility 2415 Jep Wheeler Rd, Woodstock 30188 678-766-1066
AmRamp Systems 2300 Bethelview Rd, Cumming 30040 404-617-6483
disABILITY LINK 1901 Montreal Rd, Ste 102, Tucker 30084 404-687-8890
Disability Solutions LLC 5240 Clinchem Falls Dr, Flowery Branch 30542 678-749-3632
EnABLE Home Solutions 3876 Menlo Dr, Atlanta 30340 770-841-9089
Friends of Disabled Adults and Children 4900 Lewis Rd, Stone Mountain 30083 770-491-9014
Home Free Home Modifications 4105 Adrian St, Tucker 30084 770-939-0747
SNT Access Communications Elevators & Lifts 2807 Washington Rd, Ste B 259, Augusta 30909 706-225-8938

## HOSPITALS

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

## HOSPICE CARE

Agape Hospice 1395 S Marietta Pkwy, Bldg. 750, Marietta 30067 404-763-1456
AseraCare Hospice 1117 Perimeter Cntr W, Ste 500 N, Atlanta 30338 770-698-8785
Embracing Hospice Care 5775 P’tree Dunwyd Rd, #D580, Atlanta 30342 404-659-0110
First Quality Healthcare, Inc. 920 Dannon View, Atlanta 30331 404-696-4126
Gentiva Hospice 2302 Parklake Dr, Ste 150, Atlanta 30345 678-937-1800
Harbor Grace Hospice 320 Pkwy Dr, 4th Floor, Atlanta 30312 678-962-5850
Heartland Hospice 4900 Ivey Rd, Acworth 30101 866-873-6308
Heritage Hospice 3315 Hilltop Dr, Marietta 30066 770-423-5959
Homestead Hospice 1 Tennessee St, Cartersville 30120 678-290-4817
Hospice Advantage 300 Chastain Cntr Blvd, Ste 345, Kennesaw 30144 770-218-1997
PruittHealth Hospice - Cobb 1676 Mulkey Rd, Ste 103, Austell 30106 770-916-4503
Regency Hospice 4255 Wade Green Rd, Kennesaw 30144 770-529-8155
Tranquility at Cobb 4040 Hospital West Dr, Austell 30106 770-732-6710
Transitions Hospice Care 1300 Oakside Dr, Ste 3, Canton 30114 770-704-0456
Twelve Oaks Hospice 580 West Crossville Rd, Ste 204, Roswell 30075 770-992-2386
Weinstein Hospice 3150 Howell Mill Rd NW, Atlanta 30327 770-352-4308

## HOTLINES

Adult Protective Services Division of Aging Services 404-657-5250
Cobb Elder Abuse Task Force 24 hour 770-794-8990
Domestic Violence 24 hour 770-427-3390
Rideshare Hotline 1877ridefind.com 877-433-3463
Senior Helpline Retired Senior Volunteer Program 770-528-1446
United Way www.211.org 404-614-1000

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

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Harbor Grace Hospice 320 Pkwy Dr, 4th Floor, Atlanta 30312 678-962-5850
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Homestead Hospice 1 Tennessee St, Cartersville 30120 678-290-4817
Hospice Advantage 300 Chastain Cntr Blvd, Ste 345, Kennesaw 30144 770-218-1997
PruittHealth Hospice - Cobb 1676 Mulkey Rd, Ste 103, Austell 30106 770-916-4503
Regency Hospice 4255 Wade Green Rd, Kennesaw 30144 770-529-8155
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Rideshare Hotline 1877ridefind.com 877-433-3463
Senior Helpline Retired Senior Volunteer Program 770-528-1446
United Way www.211.org 404-614-1000
## HOUSING OPTIONS

### Alzheimer’s Care

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arbor Terrace at Cobb</td>
<td>886 Johnson Ferry Rd, Marietta 30068</td>
<td>770-977-4420</td>
</tr>
<tr>
<td>Atria Johnson Ferry</td>
<td>9 Sherwood Ln, Marietta 30067</td>
<td>678-573-1248</td>
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<tr>
<td>Brickford of Marietta</td>
<td>840 Lecroy Dr, Marietta 30068</td>
<td>770-971-0307</td>
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<tr>
<td>Brookdale of Kennesaw</td>
<td>2800 Jiles Rd, Kennesaw 30144</td>
<td>770-514-9966</td>
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<tr>
<td>Court at Vinings Pl</td>
<td>4375 Beech Haven Trail SE, Smyrna 30080</td>
<td>770-803-0100</td>
</tr>
<tr>
<td>Elmcroft of Milford Chase</td>
<td>1345 Milford Church Rd SW, Marietta 30008</td>
<td>678-257-3759</td>
</tr>
<tr>
<td>Emeritus at Spring Mountain</td>
<td>1790 Powder Springs Rd SW, Marietta 30064</td>
<td>770-919-7799</td>
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<tr>
<td>Manorcare Health Services</td>
<td>4360 Johnson Ferry Place, Marietta 30068</td>
<td>770-971-5870</td>
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<tr>
<td>Presbyterian Village</td>
<td>2000 East-West Connector, Austell 30106</td>
<td>770-819-7000</td>
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<tr>
<td>Sunrise at East Cobb</td>
<td>1551 Johnson Ferry Rd, Marietta 30062</td>
<td>770-509-0919</td>
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### Apartment Communities

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Abbington Trail</td>
<td>3505 Trillium dr., Powder Springs 30127</td>
<td>678-567-6789</td>
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<tr>
<td>Alta Ridenour</td>
<td>1355 Ridenour Blvd NW, Kennesaw 30152</td>
<td>770-426-5143</td>
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<tr>
<td>Amberley Senior Community</td>
<td>890 Macland Rd, # 100, Dallas 30132</td>
<td>770-505-0509</td>
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<tr>
<td>Ashford Retreat</td>
<td>2121 Windy Hill Rd, Marietta 30060</td>
<td>770-436-6226</td>
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<tr>
<td>Ashton Arbors</td>
<td>2780 Bankstone Dr SW, Marietta 30064</td>
<td>770-420-2301</td>
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<tr>
<td>Carriage House</td>
<td>810 Windy Hill Rd, Smyrna 30080</td>
<td>770-433-1060</td>
</tr>
<tr>
<td>Caswyck Trail</td>
<td>2665 Favor Rd, Marietta 30060</td>
<td>770-436-4191</td>
</tr>
<tr>
<td>Centerview Terrace Apartments</td>
<td>2300 Benson Pool Rd, Smyrna 30082</td>
<td>770-434-8476</td>
</tr>
<tr>
<td>Edinborough</td>
<td>300 Pat Mell Rd W, Marietta 30060</td>
<td>770-436-2447</td>
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<tr>
<td>Elmwood Apartments</td>
<td>1705 Roswell Rd, Marietta 30062</td>
<td>770-971-4189</td>
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<tr>
<td>Galleria Manor</td>
<td>2731 Woodland Terrace, Smyrna 30080</td>
<td>770-333-9212</td>
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<tr>
<td>Gardens of East Cobb</td>
<td>2850 Delk Rd SE, Marietta 30067</td>
<td>770-953-8833</td>
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<tr>
<td>Ga Housing Search Dept of Comm. Affairs</td>
<td>60 Executive Park South NE, Atlanta 30329</td>
<td>877-428-8844</td>
</tr>
<tr>
<td>Highland Court</td>
<td>4150 George Busbee Pkwy NW, Kennesaw 30144</td>
<td>770-419-7330</td>
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<tr>
<td>Laurel Glen</td>
<td>4191 Lake Acworth Dr, Acworth 30101</td>
<td>678-606-9828</td>
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<tr>
<td>Legacy at Walton Heights</td>
<td>178 Roberts Trail, Marietta 30066</td>
<td>678-786-4037</td>
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<td>Legacy at Walton Overlook</td>
<td>4645 Spring St, Acworth 30101</td>
<td>678-827-3965</td>
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<tr>
<td>Legacy at Walton Park</td>
<td>4862 School St, Acworth 30101</td>
<td>678-809-9959</td>
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<tr>
<td>Legacy at Walton Village</td>
<td>1570 Roberta Dr, Marietta 30008</td>
<td>770-203-0951</td>
</tr>
<tr>
<td>Mableton Manor</td>
<td>100 S Manor Dr SW, # P2, Mableton 30126</td>
<td>770-739-9637</td>
</tr>
<tr>
<td>Mableton Village Apartments</td>
<td>1306 Old Powder Springs, Mableton 30126</td>
<td>770-948-6455</td>
</tr>
<tr>
<td>Magnolia at Whitlock</td>
<td>925 Whitlock Avenue, Marietta 30064</td>
<td>877-927-1653</td>
</tr>
<tr>
<td>Parc at Piedmont</td>
<td>999 Hood Rd, Marietta 30068</td>
<td>770-565-8828</td>
</tr>
<tr>
<td>Walton Renaissance on Henderson</td>
<td>55 Henderson St Marietta 30064</td>
<td>678-786-4081</td>
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<td>Tramore Village</td>
<td>2222 East-West Connector, Austell 30106</td>
<td>770-222-5225</td>
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<td>Waldan Pond Apartments</td>
<td>450 Waldan Cir, Acworth 30102</td>
<td>770-928-6610</td>
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<td>Walden Ridenour</td>
<td>1425 Ridenour Blvd, Kennesaw 30152</td>
<td>770-203-0926</td>
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### Assisted Living/Personal Care

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<td>2241 McDuffie Rd, Austell 30106</td>
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<tr>
<td>AAA Holly House</td>
<td>1680 Northwoods Dr, Marietta 30066</td>
<td>770-977-7260</td>
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<td>AAN Center</td>
<td>414 Rigby St, Marietta 30066</td>
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<td>Amelia Gardens</td>
<td>576 Nickajack Rd, Mableton 30126</td>
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<td>886 Johnson Ferry Rd, Marietta 30068</td>
<td>770-977-4420</td>
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<td>532 Dickson Rd, Marietta 30066</td>
<td>770-499-1400</td>
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<td>111 Tower Rd, Marietta 30060</td>
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<td>2941 Sandy Plains Rd, Marietta 30066</td>
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“The better part of one’s life consists of his friendships.”
- Abraham Lincoln
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<td>ComForCare Home Care</td>
<td>Alyss Amster</td>
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<td>Gary &amp; Renee Hill</td>
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<td>Amy Saye</td>
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<td>Kevin Miller</td>
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<td>Donna McGrane</td>
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<td>404-731-6678</td>
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<td>Bob Ganz</td>
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<td>The Medicine Shoppe</td>
<td>Alex Pinkston</td>
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<td>Visiting Angels</td>
<td>Teresa Janiga, Laura Cawthern</td>
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<tr>
<td>Younevity</td>
<td>Patricia Davis</td>
<td>470-265-1160</td>
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Heart disease is the leading cause of death for both men and women. About 1 out of 3 U.S. adults have high blood pressure and only half (47%) have it under control (CDC). As we age, our risk for high blood pressure increases, and high blood pressure increases our risk for heart disease and stroke. The good news is that you can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. If you already have high blood pressure, making control your goal does not have to be a daunting task! Small, manageable steps can help you reach your goal - here are some tips from Million Hearts®, a national initiative which aims to prevent 1 million heart attacks and strokes by 2017:

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

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

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

4) Make healthy choices: Start moving! Take an exercise class at your local senior center or start walking with friends. Shop for more fresh fruit, vegetables, and whole grains and learn to read labels and choose fewer prepared foods with high sodium, cholesterol, saturated fat, and trans fat.

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

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

For more information on local health and wellness classes and seminars, contact your local center or www.cobbseniors.org.
Nursing Homes/Rehabilitation Centers

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

Subsidized Rental Housing

Alta Ridenour Apartments 1355 Ridenour Blvd, Kennesaw 30152 770-426-5143
Ashton Arbors 2780 Bankstone Dr, Marietta 30064 770-420-2301
Barrington Square 4700 Baker Grove Rd, Acworth 30101 770-966-8536
Benson Manor 2348 Benson Poole Rd, Smyrna 30082 770-435-6406
Branson Walk 419 Aviation Rd, Marietta 30060 770-419-3219
Galleria Manor Senior Apartments 2731 Woodland Terrace, Smyrna 30080 770-333-9212
GeorgiaHousingSearch.org 40 Marietta St, Atlanta 30303 404-331-5136
Heritage at Walton Reserve 7075 Walton Reserve Blvd, Austell 30168 678-905-7016
Laurel's Edge 3950 Frey Rd NW, Kennesaw 30144 770-514-1573
Legacy at Walton Heights 178 Roberts Trail, Marietta 30060 678-786-4037
Legacy at Walton Overlook 4645 Spring St, Acworth 30101 678-872-3965
Legacy at Walton Village 1570 Roberta Dr, Marietta 30008 770-203-0951
Smyrna Towers 4000 South Cobb Dr, Smyrna 30080 770-435-4010
The Retreat at Dorsey Manor 118 Haynes St, Marietta 30060 678-596-0909
The Tower at Dorsey Manor 212 Lemon St, Marietta 30060 770-422-0133
Walton Rennaisance on Henderson 55 Henderson St SW, Marietta 30064 678-786-4081

HOUSING SERVICES

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

INCOME SECURITY

Cobb County DFCS 325 Fairground St, Marietta 30060 770-528-5000
Social Security Adm. 1415 Franklin Rd SE, Marietta 30067 866-964-1771

INFORMATION AND REFERRAL

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

INSURANCE PROGRAMS

Medicaid Cobb County DFCS 325 Fairground St, Marietta 30060 770-528-5000
Medicare Georgia Cares/ CMS 2 Peachtree St NW, Atlanta 30303 800-669-8387
Social Security Adm. 1415 Franklin Rd SE, Marietta 30067 866-764-1771
**Tips for Falls Prevention:**

- **Modify your home** – All walkways should be clear of items you could trip on. Adequate lighting is especially important on staircases and the path to the bathroom that you use at night. Handrails, grab bars, and non-slip surfaces can be installed on stairways and in bathrooms.
- **Don’t trip over your pet** – Put a bell on your pet’s collar so that you can hear when it is around.
- **Get educated about your medications** – Talk to a health care provider to understand the effects of all your medications and determine if the side effects increase your risk of falling.
- **Participate in physical activity** – Find an exercise program and work to increase your balance and strength.
### Crisis Intervention

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<td>1-800-SUICIDE - Suicide Hotline</td>
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<td>800-442-HOPE</td>
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<tr>
<td>Anchor Hospital</td>
<td>5454 Yorktown Dr, Atlanta 30349</td>
<td>770-991-6044</td>
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<tr>
<td>Georgia Crisis and Access Line</td>
<td>260 Peachtree St NW, Ste 1900, Atlanta 30303</td>
<td>800-715-4225</td>
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<tr>
<td>Partnership Against Domestic Violence</td>
<td>P.O. Box 170225, Atlanta 30317</td>
<td>404-873-1766</td>
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<tr>
<td>Ridgeview Institute</td>
<td>3995 South Cobb Dr, Smyrna 30080</td>
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### Substance Abuse

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<td>404-525-3178</td>
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<td>Anchor Hospital</td>
<td>5454 Yorktown Dr, Atlanta 30349</td>
<td>770-991-6044</td>
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<td>Cobb Recovery Center</td>
<td>331 North Marietta Pkwy, Marietta 30060</td>
<td>770-422-0202</td>
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<tr>
<td>Georgia Crisis and Access Line</td>
<td>260 Peachtree St NW, Ste 1900, Atlanta 30303</td>
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<td>Ridgeview Institute</td>
<td>3995 South Cobb Dr, Smyrna 30080</td>
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<tr>
<td>Toxicology Associates of North Georgia</td>
<td>2536 Carrollton-Villa Rica Hwy, Carrollton 30117</td>
<td>770-214-9788</td>
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### Nutrition Services

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

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<td>770-528-8800</td>
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<tr>
<td>Aquatic Center</td>
<td>520 Fairground St SE, Marietta 30060</td>
<td>770-528-8465</td>
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<td>Art Place Mountain View</td>
<td>3330 Sandy Plains Rd, Marietta 30066</td>
<td>770-509-2700</td>
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<td>Jennie Anderson Theater</td>
<td>548 South Marietta Pkwy SE, Marietta 30060</td>
<td>770-528-8490</td>
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<td>Mable House Cultural Center</td>
<td>239 Floyd Rd SW, Mableton 30126</td>
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<td>Marietta Parks &amp; Recreation</td>
<td>P O Box 609, Marietta 30061</td>
<td>770-794-5601</td>
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<td>Golden Jonquils, City Smyrna</td>
<td>200 Village Green, Smyrna 30080</td>
<td>770-431-2842</td>
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<td>Senior Aquatic Cntr., City Smyrna</td>
<td>884 Church St, Smyrna 30126</td>
<td>770-319-5402</td>
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<td>Kennesaw Mountain National Park</td>
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<td>North Cobb Multipurpose Center</td>
<td>4100 Old Hwy 41, Acworth 30101</td>
<td>770-975-7740</td>
</tr>
<tr>
<td>Senior Wellness Center</td>
<td>1150 Powder Springs St, Marietta 30064</td>
<td>770-528-5355</td>
</tr>
<tr>
<td>West Cobb Multipurpose Center</td>
<td>4915 Dallas Hwy Powder, Springs 30127</td>
<td>770-528-8200</td>
</tr>
<tr>
<td>WellStar Health Place</td>
<td>330 Kenneset Hospital Blvd, Marietta 30060</td>
<td>770-793-7309</td>
</tr>
<tr>
<td>YMCA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>McClesky East-Cobb</td>
<td>1055 East Piedmont Rd, Marietta 30062</td>
<td>770-977-5991</td>
</tr>
<tr>
<td>Northeast Cobb</td>
<td>3010 Johnson Ferry Rd, Marietta 30062</td>
<td>678-569-9622</td>
</tr>
<tr>
<td>Northwest Cobb</td>
<td>1700 Dennis Kemp Ln, Kennesaw 30152</td>
<td>770-423-9622</td>
</tr>
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</table>

### Rehabilitation/Physical Therapy

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>OrthoSport Physical Therapy of Kennesaw</td>
<td>3450 Acworth Due West Rd, Kennesaw 30144</td>
<td>770-974-7494</td>
</tr>
<tr>
<td>PT Solutions Physical Therapy</td>
<td>4900 Ivey Rd, Bldg 1000, Ste 1001, Acworth</td>
<td>770-917-0924</td>
</tr>
<tr>
<td></td>
<td>3540 Cobb Pkwy NW, Ste 200, Acworth 30101</td>
<td>678-501-6300</td>
</tr>
<tr>
<td></td>
<td>2550 Sandy Plains Rd, Ste 140, Marietta 30066</td>
<td>770-438-5162</td>
</tr>
<tr>
<td></td>
<td>4849 South Cobb Dr SE, Smyrna 30080</td>
<td>770-438-5220</td>
</tr>
</tbody>
</table>
Georgia public health and public safety agencies strive daily to meet citizens’ needs and challenges with resources that are often stretched very thin while new issues and trends continually present themselves. One relatively new trend of increasing concern involves demographics showing that the population of citizens over age 65 is growing rapidly, while at the same time elderly citizens are being victimized at a growing rate.

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

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

The hope is that in the near future, Georgia will be prepared to take its place in a national registry designed to track abusive elder care employees who travel from state to state to avoid prosecution.

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

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

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

**Anonymous Tip Line:** 770-794-6990
## SENIOR CENTERS (COBB COUNTY SENIOR SERVICES)

### Neighborhood Senior Centers

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austell Senior Center</td>
<td>4915 Austell Powder Springs Rd, Austell 30106</td>
<td>770-819-3200</td>
</tr>
<tr>
<td>North Cobb Senior Center</td>
<td>4100 Old Hwy 41, Acworth 30101</td>
<td>770-974-2984</td>
</tr>
<tr>
<td>Marietta Senior Center</td>
<td>1150 Powder Springs St, Marietta 30064</td>
<td>770-528-2516</td>
</tr>
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### Multipurpose Senior Centers

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>C. Freeman Poole Senior Center</td>
<td>4025 South Hurt Rd, Smyrna 30082</td>
<td>770-801-3400</td>
</tr>
<tr>
<td>East Cobb Senior Center</td>
<td>3332 Sandy Plains Rd, Marietta 30066</td>
<td>770-509-4900</td>
</tr>
<tr>
<td>North Cobb Senior Center</td>
<td>4100 Old Hwy 41, Acworth 30101</td>
<td>770-975-7740</td>
</tr>
<tr>
<td>Senior Wellness Center</td>
<td>1150 Powder Springs St, Marietta 30064</td>
<td>770-528-5355</td>
</tr>
<tr>
<td>West Cobb Senior Center</td>
<td>4915 Dallas Hwy, Powder Springs 30127</td>
<td>770-528-8200</td>
</tr>
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### SUPPORT GROUPS

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholics Anonymous</td>
<td></td>
<td>404-525-3178</td>
</tr>
<tr>
<td>Aloha to Aging - Alz/Dementia</td>
<td>4608 Lower Roswell Rd, Marietta, 30068</td>
<td>770-579-9224</td>
</tr>
<tr>
<td>Alz/Dementia Support Groups</td>
<td>1925 Century Blvd, Ste 10, Atlanta 30345</td>
<td>404-728-1181</td>
</tr>
<tr>
<td>Brookdale of Kennesaw</td>
<td>2800 Jiles Rd, Kennesaw 30144</td>
<td>770-514-9966</td>
</tr>
<tr>
<td>Chemical Dependency &amp; Diabetes</td>
<td>3950 Austell Rd, Austell 30106</td>
<td>770-956-7827</td>
</tr>
<tr>
<td>Hearing Loss Association of America</td>
<td></td>
<td>678-438-9135</td>
</tr>
<tr>
<td>Lighthouse Lymphedema</td>
<td>10240 Crescent Ridge Dr, Roswell, 30076</td>
<td>770-442-1317</td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td></td>
<td>770-421-8881</td>
</tr>
<tr>
<td>St. Anne Catholic Church</td>
<td>4905 Roswell Rd NE, Marietta 30062</td>
<td>770-552-6400</td>
</tr>
<tr>
<td>Self Help for Hard of Hearing</td>
<td></td>
<td>770-517-2941</td>
</tr>
<tr>
<td>US TOO Prostate Cancer Support Group</td>
<td></td>
<td>404-778-5716</td>
</tr>
<tr>
<td>Visually Impaired Support Group</td>
<td>3830 S. Cobb Dr, #125, Smyrna 30080</td>
<td>770-432-7280</td>
</tr>
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</table>

### SUPPORTIVE SERVICES

<table>
<thead>
<tr>
<th>Service Name</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>United Way 211</td>
<td><a href="http://211online.unitedwayatlanta.org/">http://211online.unitedwayatlanta.org/</a></td>
<td>211</td>
</tr>
<tr>
<td>Cobb Senior Services</td>
<td>1150 Powder Springs St, Marietta 30064</td>
<td>770-528-5364</td>
</tr>
</tbody>
</table>

### TAX ASSISTANCE

<table>
<thead>
<tr>
<th>Service Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP Tax-Aide</td>
<td>999 Peachtree St, # 1645, Atlanta 30309</td>
<td>866-295-7281</td>
</tr>
<tr>
<td>H&amp;R Block</td>
<td>200 Cobb Pkwy S, Marietta 30060</td>
<td>770-499-8300</td>
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</table>

### TRANSPORTATION Non-Emergency

<table>
<thead>
<tr>
<th>Service Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Cancer Society</td>
<td>1825 Barrett Lakes Blvd NW, Kennesaw 30144</td>
<td>770-429-1624</td>
</tr>
<tr>
<td>American Medical Response</td>
<td>1380-D Beverage Dr, Stone Mountain 30083</td>
<td>770-428-8911</td>
</tr>
<tr>
<td>Atlanta Veterans Administration</td>
<td>1670 Clairmont Rd, Decatur 30033</td>
<td>404-321-6111</td>
</tr>
<tr>
<td>Medical Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cobb County Transit and Paratransit</td>
<td>431 Commerce Park Dr, Marietta 30060</td>
<td>770-427-4444</td>
</tr>
<tr>
<td>Cobb Demand/Response</td>
<td>463 Commerce Park Dr SE, #114, Marietta 30060</td>
<td>770-427-2222</td>
</tr>
<tr>
<td>Common Courtesy</td>
<td>887 West Marietta St Ste S-109, Atlanta 30318</td>
<td>888-447-7555</td>
</tr>
<tr>
<td>Critical Care MedFlight</td>
<td>600 Briscoe Blvd, Lawrenceville 30046</td>
<td>800-426-6557</td>
</tr>
<tr>
<td>disABILITY LINK</td>
<td>1901 Montreal Rd, Ste 102, Tucker 30084</td>
<td>404-687-8890</td>
</tr>
<tr>
<td>Handicapped Drivers Services</td>
<td>1310 Kennestone Circle, Marietta 30060</td>
<td>770-422-9674</td>
</tr>
<tr>
<td>Health Plus Trans, LLC</td>
<td>11175 Cicero Dr, Alpharetta 30022</td>
<td>678-845-9733</td>
</tr>
<tr>
<td>N'ovative Transportation Services</td>
<td>P.O. Box 3, Powder Springs 30127</td>
<td>770-897-4219</td>
</tr>
<tr>
<td>Victory Cab</td>
<td>1310 S Cobb Dr, Marietta 30060</td>
<td>770-428-2626</td>
</tr>
</tbody>
</table>
VOLUNTEER OPPORTUNITIES

Arts Organizations
Bernard A. Zuckerman Museum of Art 492 Prillaman Way, Kennesaw 30144 470-578-3223
Breman Jewish Heritage Museum 1440 Spring St NW, Atlanta 30309 678-222-3700
Chattahoochee Nature Center 9135 Willeo Rd, Roswell 30075 770-992-2055
Fernbank Museum of Natural History 767 Clifton Rd NE, Atlanta 30307 404-929-6360
Mable House 5239 Floyd Rd, Mableton 30126 770-819-7765
Marietta Museum of History 1 Depot St, Marietta 30060 770-794-5710
Museum of History & Holocaust Education 3333 Busbee Dr NW, Kennesaw 30144 678-797-2083
Southern Museum of Civil War and Locomotive History 2829 Cherokee St NW, Kennesaw 30144 770-427-2115

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

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

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

Visit Angles
Select Your Caregiver

If Science had proven that there was something simple that you could do to help you enjoy much better health than you have today, would you want to know about it?

Patricia Davis
S.F.M.D.
470-265-1160
pdavis34.youngevity.com
www.pathealthplus.com
ryl.pdavis7@gmail.com

This product is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the FDA.
Evidence Based Programs at Cobb Senior Services – Felicia Alingu

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

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

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

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

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

**Powerful Tools for Caregivers**
This class is designed for caregivers to their loved ones. Over 6 weeks, caregivers will gain the tools to increase their own self-care, decrease negative emotions and personal stress, communicate more effectively, and make tough care-giving decisions. Participants can experience increased self-care behaviors such as exercise and relaxation techniques, reduced negative emotions, increased utilization of available community services, and increased confidence as a caregiver. Pre-registration is required; program cost is $30 (includes workbook). For more information on Cobb Senior Services’ evidence-based programs, contact Amy Woodell at 770-528-5351.
Apps for Seniors

**Active Lifestyle**

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

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

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

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

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

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

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

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

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

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

**Healthy Living**

Goodrx (iOS and Android)
Goodrx allows you to find the lowest prescription prices in your area and gives access to coupons.
iPharmacy (iOS and Android)
iPharmacy’s medication database can help you find the lowest price to fill your prescriptions, identify pills by color, shape and imprint, and better manage your medication treatment.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Voice Reading (Free - Android Only)
Voice Reading is a simple and intuitive app that reads text aloud.
Tango – (Free – iOS and Android)
Make free voice and video calls. Send free text messages and share photos, videos, and status updates. Swipe profile cards or join a trending conversation to make new friends near and far.

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

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

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

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

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

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

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

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

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

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

Geriatric Depression Scale (Free - iOS and Android)
This app is a screening device to identify depression in older adults.
Lotsa Helping Hands (Free - iOS Only)
Free tools designed to make life easier for caregivers and volunteers such as secure community websites, a caregiver-focused Help Calendar, and community building features that bring emotional support to the family including a photo gallery, message board, well wishes, and content resources.

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

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

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

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

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

How to Register for Classes at Cobb Senior Services

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

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

First time online registration for NEW customers only:
1. Click “Create an Account” under the “sign in” button on the right of the page.
2. Enter your name and address into the field then click “next” on bottom right of page.
3. Enter phone number and email address (email address is required) then click “next” on bottom right of page.
4. Enter gender, birth date, and customer type then click “next” on bottom right of page.
5. Choose password, type same password into confirm password field, then click “create account” at bottom of page.
Senior Citizen Council Membership

Date:_______________________

Name:_________________________________________________________________

Spouse:________________________________________________________________

Address:_______________________________________________________________

City:__________________________________________________________________

Phone Number:_________________________________________________________

Email:_________________________________________________________________

Annual Membership includes:

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

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

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

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

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

Add to Directory

Category:____________________________________
Name:_____________________________________
Address:___________________________________
Phone:____________________________________

Delete from Directory

Category:____________________________________
Name:_____________________________________
Address:___________________________________
Phone:____________________________________

Incorrect in Directory

Category:____________________________________
Name:_____________________________________
Address:___________________________________
Phone:____________________________________

Change To:____________________________________
___________________________________________
___________________________________________
___________________________________________

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

Submitted by:

Name:_____________________________________
Phone:____________________________________

Cobb County...Expect the Best!
Senior Living, with an Emphasis on “Living.”

While our later years can present many challenges, they also offer their share of joys. At Elmcroft, we’re committed to enriching the lives of the elderly by offering the compassion, dignity and independence they deserve.

- Medication management
- Individualized services
- Restaurant-style dining
- Specialized memory support
- Transportation
- Housekeeping and laundry

Here’s to life.

Elmcroft Senior Living
Assisted Living | Memory Care
elmcroft.com

Marietta
678.322.8899

Roswell
770.676.1338

Make new friends, but cherish the old.

Joy is the sign of “Spiritual Maturity”

Live the Good Life!

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

Free annual WellScreen ($30 value)

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

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

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

wellstar.org/goodlifelifeclub

50 years and older
Join today by calling 770-956-STAR (7827).
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All Plans Include:

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- Our On-site Crematory
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- Basic Urn
- Filing of Death Certificates
- Notification of Social Security
- Submission of Newspaper Obituaries
- Obituary on our Website
- Military Honors and Flag for Veterans
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