

Senior Viewpoint

gwinnettcounty senior services

life

"There's No Place Like Home!"

December 2012

When outstanding is an understatement



We salute **Janet Dinola-Parmeter**, the 2012 Family Caregiver of the Year for the Atlanta region. She was selected *"for her uncommon level of caring, compassion, and resourcefulness in providing care for others."* Mrs. Dinola-Parmeter's parents and aunt currently receive in-home meals from Gwinnett County Senior Services.

Janet, a legally blind wife, mother, grandmother, caregiver, and business owner, was recently honored by the Rosalyn Carter Institute for Caregiving. Janet has managed to lead international tours for her

travel business while still putting total energy into tending to the health needs of her aging parents and elderly aunt in her own home! In spite of the daily pressures and challenges, she maintains a positive outlook on life. She quips, *"I do live amid a whirling sea of emotions ... a sea which continually overflows with ups and downs, joys and sorrows, laughter and tears. Still, to stay positive I try to find a touch of humor in each situation. This proves that true life is often funnier than fiction!"*

Janet Dinola-Parameter has a special excitement for life and looks for joy each day. She gives of herself beyond human thresholds and her compassion is beyond outstanding.

Don't have a blue, blue Christmas — By Brittney Dickey, Office Assistant to Health Services

People of all ages can suffer the "holiday blues," but the upcoming season can be particularly difficult for older adults, according to the American Geriatrics Society (AGS) and its Foundation for Health in Aging. Fortunately, there are ways to help cope with the melancholy that may accompany the holidays. The AGS Foundation for Health in Aging offers the following tips for beating the holiday blues:

Get out and about

Ask family and friends for help traveling to parties and events. Invite family and friends over. Taking a brisk walk in the morning before you begin the day or in the evening to wind down your day is a great way to beat the blues.

Volunteer

Helping others is a great mood lifter.

Drink responsibly

It is easy to overindulge around the holidays, but excessive drinking will only make you feel more depressed.

Accept your feelings

There's nothing wrong with not feeling jolly; many people experience sadness and feelings of loss during the holidays. Be kind to yourself, seek support, and even laugh at yourself every now and then.

Talk to someone

Don't underestimate the power of friends, family, mentors, and neighbors. Something as simple as a phone call, a chat over coffee, or a nice email or letter can brighten your mood.

Adapted from <http://www.healthinaging.org> & <http://www.caringnews.com>

Holiday help for grand-families — By Adrienne Noble, Information & Assistance Specialist

This holiday season I would like to discuss a unique population – grandparents raising grandchildren, also known as grand-families. There is a tremendous need out there to help our grandparents who have taken the responsibility to raise their grandchildren.

Due to difficult circumstances such as death in the family, parents going off to military, and other situations, these savvy and resourceful grandparents have once again taken on the role of parent. This role takes on an emotional and often financial burden. Grandparents are typically on a fixed income and often times their income does not allow them to supply their own basic needs. Imagine now, incorporating the needs of one or more children into that budget. Attempting to supply resources such as food, clothing, and other needs becomes challenging.

For those who are able and looking to assist grandparents in need during the holiday season, you can give to organizations such as Toys for Tots, a U.S. Marine Corps Reserve program, which collects new, unwrapped toys and distributes them to families. Another great option is to contact United Way 211. Simply dial 2-1-1 from any phone to find the nearest organization distributing toys in your local neighborhood. You may also contact them at **www.211online.unitedwayatlanta.org** or call **770.614.1000**.

I would like to wish you all a safe and joyous holiday season. If you have any questions or concerns, please feel free to contact me at 678.377.3023.

We wish you a merry diet



It wouldn't be the holidays without delicious treats like cookies, pies, cakes, and brownies; but these tasty treats can be loaded with fat. There are clever ways to cut down fat in your diet,

while not sacrificing taste, when you're preparing the holiday goodies this season.

In fruit pies, use half the amount of sugar required by the recipe. You'll save 744 calories for every cup of sugar you don't use.

In cookies and crusts, use half whole-wheat pastry flour and half all-purpose flour. Whole wheat has 12 grams of filling fiber in every cup and guests

probably won't notice the difference if you cut the all-purpose flour with whole-wheat flour.

In cheesecake, substitute part-skim ricotta cheese for cream cheese. You'll double the amount of hunger-fighting protein and cut the fat by close to 60 grams for each cup you use.

In brownies, cakey cookies, and fruit breads, use pureed pumpkin instead of oil. For every half-cup of oil you sub out, you'll save more than 900 calories and 100 grams of fat using pumpkin puree instead. Plus, pumpkin puree keeps baked goods moist.

Adapted from <http://www.womenshealthmag.com/nutrition/holiday-diets#ixzz28FKJs5b>

Gwinnett County Senior Center Locations

Buford
2755 Sawnee Avenue
Buford, GA 30518
770.614.2527

Lawrenceville
Rhodes Jordan Park
225 Benson Street
Lawrenceville, GA 30046
678.277.0970

Norcross
5030 Georgia Belle Court
Norcross, GA 30093
770.638.5683

