

SERVING THROUGH COVID





CLAYTON COUNTY BOARD OF COMMISSIONERS

Front row, left to right: Commissioner Demont Davis (District 4) Chairman Jeffrey E. Turner, Commissioner Gail Hambrick (District 2) Back row left to right: Commissioner Felicia Franklin (District 3), Commissioner Sonna Singleton Gregory (District 1)

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NOTE FROM THE DIRECTOR

GREETINGS,

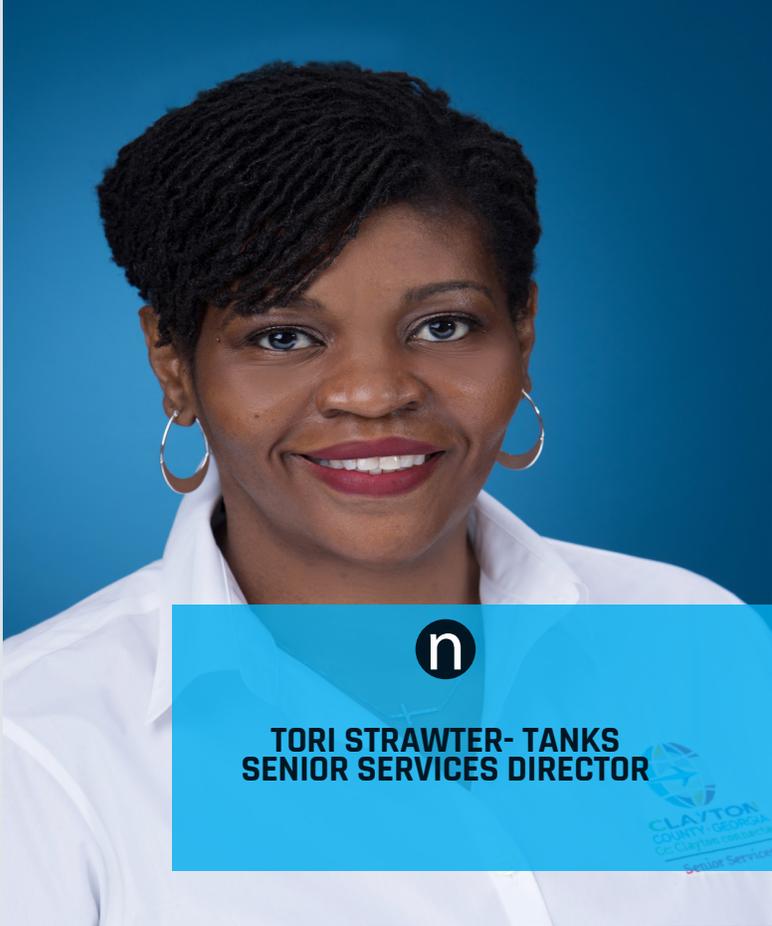
What a year! The Covid-19 pandemic has challenged us on so many levels both personally and professionally and as a department we managed to meet each challenge head on.

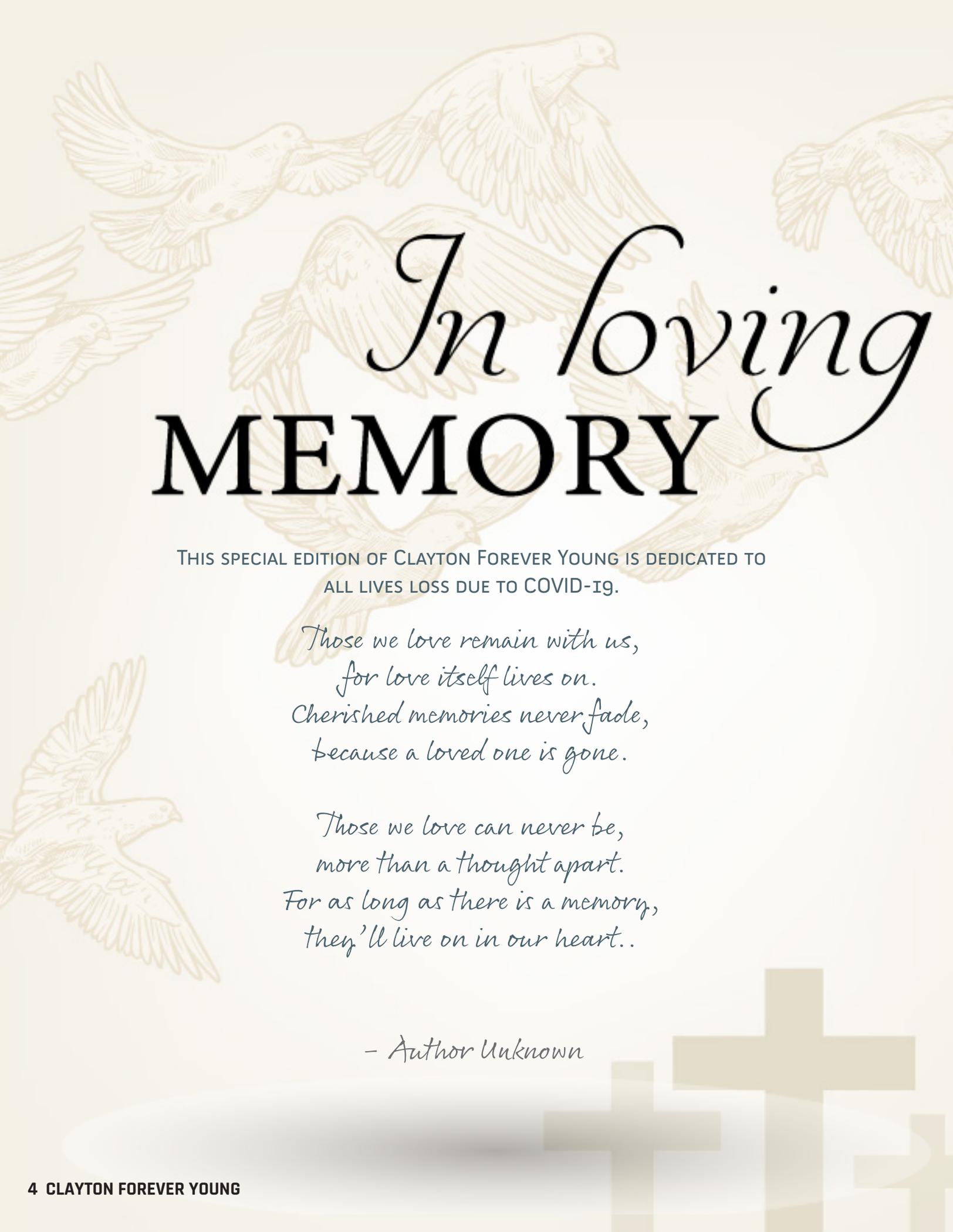
During the onset of the pandemic our Aging Program worked tirelessly to ensure our homebound clients continued to receive meals and services.

The Senior Centers and Kinship Care Resource Center continued to provide meals for our congregate clients, ventured into the world of virtual programming, brainstormed ways in which we could offer programs under social distance guidelines and provided thousands of wellness calls to our participants. Administratively, with

assistance from the National Council on Aging we wrote and implemented a Covid-19 safety manual which has been shared with Fulton, Henry, Cobb, Dekalb, and Spaulding counties. Senior Services on-boarded over 40 new employees and conducted our first ever Senior Services New Employee Training. The centers have

a new registration system, MySeniorCenter. During the pandemic we received training on how to use this system. We revamped all services provided at Kinship Care Resource Center and made tons of esthetic changes. Lastly Senior Services celebrated the grand opening of Flint River Community Center and the Sonna Singleton Gregory Senior Center. □





In loving **MEMORY**

THIS SPECIAL EDITION OF CLAYTON FOREVER YOUNG IS DEDICATED TO
ALL LIVES LOSS DUE TO COVID-19.

*Those we love remain with us,
for love itself lives on.
Cherished memories never fade,
because a loved one is gone.*

*Those we love can never be,
more than a thought apart.
For as long as there is a memory,
they'll live on in our heart..*

- Author Unknown

ABOUT CLAYTON COUNTY

SENIOR SERVICES

WE BELIEVE A SUPPORTIVE COMMUNITY ENVIRONMENT IS ONE WHERE:

- Seniors, relative caregivers, youth, teens, and adults are recognized as a valuable asset.
 - Seniors, relative caregivers, youth, teens, and adults have the opportunity to contribute and expand their talents and knowledge.
- Seniors, relative caregivers, youth, teens, and adults have access to a full spectrum of services, including social, emotional, educational, and recreational opportunities to their unique needs and interest.
- Seniors, relative caregivers, youth, teens, and adults are treated respectfully and with dignity.
- Seniors, relative caregivers, youth, teens, and adults of all economic circumstances are served.

OUR CORE VALUES

Commitment: Commitment to provide quality services, programs, and other initiatives that impact lives both within and outside the Department.

Diversity: Respecting and embracing the diverse population of the community we serve.

Empowerment: Empowering our employees to take initiative in a leadership role to excel.

Innovation: The passion to implement new, creative ideas that have the potential to change the face of aging.

Fun: Having fun and celebrating small successes in our journey to achieve our goals and objectives.

VISION

Clayton County Senior Services will be recognized as a model department for excellence in the delivery of services to older adults, relative caregivers, youth, teens, and adults being ever committed to meeting the needs of those we serve.

MISSION

To deliver services and programs that promote independence, dignity and enhances the quality of life while providing a safe and caring environment for older adults, relative caregivers, youth, teens, and adults.

Administration

6701 Highway 85 Riverdale, GA 30274

Main: (770) 347-0150

Fax: (678) 479-5069



BELOW:

Aquatics Coordinator, Jasmine White and Health & Fitness Coordinator, Anton Ford during Meditation.



Each of our Senior Services locations hosted programs and events on a designated day. On these days participants were able to attend workshops which included face mask making tutorials, healthy meal demonstrations, conversations with Dr. Clarence Davis, Wellcare, and Dr. Suhda Reddy of Clayton County Fire & Emergency Services, and a host of fitness activities conducted by our Health and Fitness Coordinators and center instructors.

FITNESS OVER COVID

Senior Services 1st Annual Health & Fitness Expo

The Health & Fitness Expo is an initiative that was started to highlight the importance of living a healthy and fit lifestyle. This year's theme "Fitness Over Covid" was selected to erase the stig-

ma surrounding the Covid-19 pandemic. The week-long expo began with an opening

ceremony to encourage members to participate via Zoom or in-person.



LEFT:

Yoga with the Sonna Singleton Gregory Programming Team.

This exciting event gave our members the chance to not only get up and moving. It also provided them with the opportunity to see familiar faces whether it was the center staff or a friend that they had not seen since the start of the pandemic. We concluded the week with a closing ceremony that featured giveaways from event sponsors. The Health & Fitness Expo was a huge success for all involved. #fitnessovercovid



**FITNESS, FOOD, AND
DOCTOR DAVIS,
FROM WELLCARE**





The Community Full of
Opportunities

FLINT





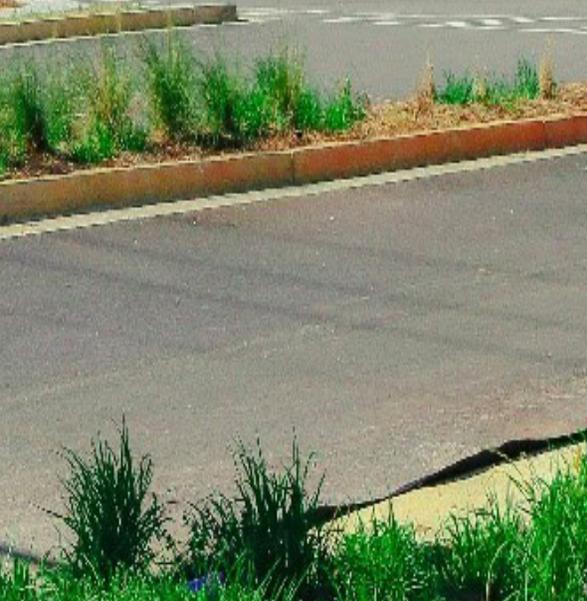
PHOTOS

Randy A. Waczkowski

WORDS

Randy A. Waczkowski, Special Programs Coordinator,
Flint River Community Center

The opening of our arts and cultural facility is finally here, and I am certain that it will be well worth the wait," said Commissioner Felicia Franklin. "The Flint River Community is one of the oldest communities in Clayton County, and I am excited that we can commemorate this neighborhood with the milestone. Commissioner Franklin Continues, "From recreation, community classes, senior and youth programming, and cultural exchanges in our innovative Black Box Theater, there's something for everyone at the Flint River Community Center." >





ATLANTA DRUM ACADEMY

The Atlanta Drum Academy welcomes guests to the Flint River Community Center Grand Opening Ceremony.

GRAND OPENING DAY



It was an early Saturday morning, initially envisioned to be an outdoor event but mother nature decided to choose a different narrative and drench the land. However, with the adaptability and optimism of the team who put this all together, the show went on and took place through the echoing halls of the gallery which led to the ceremonial speeches from all who built this marvel of opportunity. The celebration took off with the roaring of the drums from the Atlanta Drum Academy and the proud parents of the performers. The

entire community of all ages took part in the sounding off of the Flint River Community Center. Soon after, gathered in the newly finished gymnasium, upon the stage were the voices of hope and the promising change coming to this long-awaited community. After the speeches given by

Commissioner Franklin, Arthur Hughes, Chairman Jeffrey E. Turner, Lewis Franklin, David Jernigan, Simon Bloom, Dr. Anthony Smith, Cathy Loving, Mallorye Crowell, Tori Strawter-Tanks, Amelia Davis, Courtenay Johnson, and others the festivities began with the official ribbon-cutting by all who



COMMISSIONER FRANKLIN

Commissioner Felecia Franklin greets senior Richard Orchinson during the Flint River Grand Opening.

brought the vision of the center to life and Commissioner Franklin. Then soon after the ribbon-cutting, the performances in every single room of the building showcasing the future of the community center with dances, singing, musicians, arts, and the Black Box Theater full of heart-filled singing as Commissioner Franklin also sung and danced with joy with the community. Festivities continued while the wonderful staff of Flint River gave tours and incite of future programming. The Grand Opening marks a newly opened chapter for the great community of Flint River. □



FACTS

FLINT RIVER COMMUNITY CENTER IS NOT A SENIOR CENTER.

Flint River Community Center is an intergenerational center that offers programs, activities, and classes for youth, teens, adults, and seniors.



BLACK BOX THEATRE

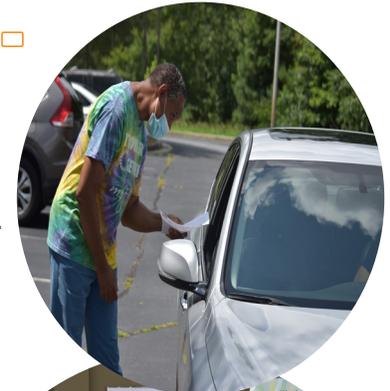
Flint River Community Center features a Black Box Theatre for the first time in Clayton County. It has been designed especially for live performances with flexible stage and seating arrangements.



This year participants were not allowed to hand select their items on the day of the market. Instead items were pre-selected (turnip greens, onions, tomatoes, apples, watermelon, okra all grown locally and bagged to ensure a safe shopping experience for all. Participants drove up in their cars and staff placed the produce inside. Despite the circumstance it was great to seniors smiling faces at the Georgia-grown farmer's market.

FARMER'S MARKET

Offering fresh fruits and vegetables to seniors..



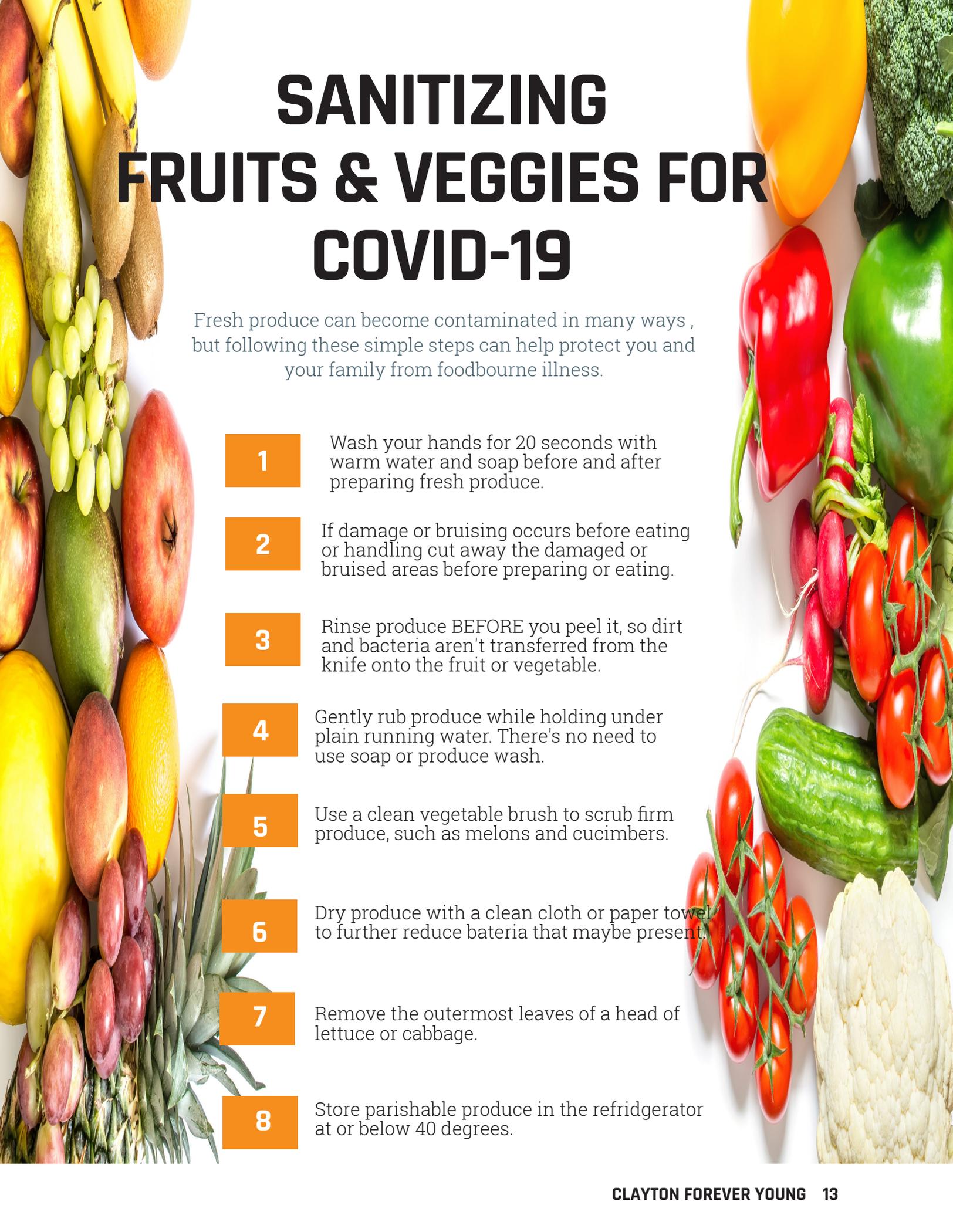
Georgia-grown fruits and vegetables are only delicious and nutritious, but also contribute to over \$73 billion to Georgia's economy each year! To bring some of this locally-grown produce to seniors at little to no cost, Georgia WIC created the Georgia Senior Farmer's Market Nutrition Program.

This summer local farmers bought their produce to Kinship Care Resource Center, Flint River Community Center, Frank Bailey Senior Center, J. Charley Griswell Senior Center, and the Sonna Singleton Gregory Center for qualifying seniors to purchase with vouchers. To qualify a senior must be at least 60 years-of-age and meet the household income requirements.

The coronavirus

pandemic changed the way in which the farmer's market has been offered traditionally, but the ultimate goal of bringing fresh produce to seniors was still accomplished.





SANITIZING FRUITS & VEGGIES FOR COVID-19

Fresh produce can become contaminated in many ways , but following these simple steps can help protect you and your family from foodborne illness.

1

Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.

2

If damage or bruising occurs before eating or handling cut away the damaged or bruised areas before preparing or eating.

3

Rinse produce BEFORE you peel it, so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable.

4

Gently rub produce while holding under plain running water. There's no need to use soap or produce wash.

5

Use a clean vegetable brush to scrub firm produce, such as melons and cucumbers.

6

Dry produce with a clean cloth or paper towel to further reduce bacteria that maybe present.

7

Remove the outermost leaves of a head of lettuce or cabbage.

8

Store perishable produce in the refrigerator at or below 40 degrees.





TAILGATE MAYFEST 2021



In honor of Older Americans Month, Clayton County Senior Services hosts Mayfest.

Mayfest is a health and wellness event for Clayton County residents and non-residents from surrounding communities who are ages fifty-five and older. It is a chance to honor and show our deepest appreciation for seniors. This year's theme "Communities of Strength" due to the pandemic looked much different from those of years past as participants enjoyed live

music from 911 Band and Soul Cartel, stage performances from Frank Bailey Senior Center's Advanced In Motion, Flint River Community Center's Best of the Best, J. Charley Griswell's Super Stars, and the Sonna Singleton Gregory's Motivated Movers, a fitness party, and more from the comfort of their vehicles. Tailgate Mayfest provided seniors the opportunity to safely let their hair down, dance, and party!

Due to social distance guidelines only a limited numbers of seats were available for the in-person event. For the first time we streamed Mayfest via Zoom, our Clayton County Senior Services Facebook, the radio, and Youtube. This year's event was sponsored by our Premiere Sponsor Kaiser Permanente, Anthem BlueCross, BlueShield,

Humana, and Southern Regional Medical Center. The coronavirus pandemic has challenged us to think outside the box when it comes to programs. Tailgate Mayfest although different was a huge success thanks to all involved but, most importantly our seniors who continue to support our mission and goal to enhance the lives of seniors and others in our community.





A COMMUNITY OF STRENGTH







JENCARE SENIOR MEDICAL CENTER DONATES VAN

Clayton County Senior Services Receives Van Donation from JenCare Senior Medical Center

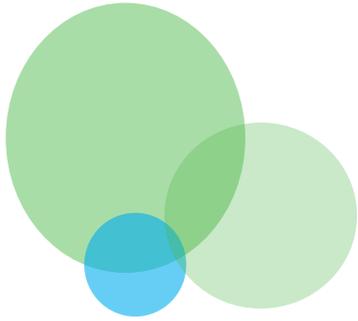
JenCare Senior Medical Center donated a van to Clayton County Senior Services to provide transportation to help seniors remain mobile and maintain their social freedom.

“We are extremely thankful for the generous donation and continuous community support from JenCare Senior Medical Center,” said Clayton County Senior Services Director Tori Strawter-Tanks.

“JenCare also plays a significant role in our day-to-day activities for our very active senior population at

our senior centers. The partnership also helps to maintain our national accreditation status, which is part of our requirement to establish healthy partnerships with agencies that serve seniors.” The van presentation took place at the Sonna Singleton Gregory Senior Center □

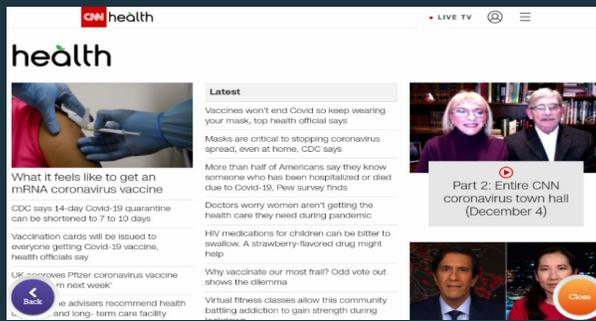




DESIGNED FOR SENIORS

Clayton County Senior Services is now offering the Claris Companion Tablet to Aging Program and Senior Nutrition Program clients.

The Claris Companion service provides everything seniors need and nothing they don't. Unlike traditional computers, tablets, cell phones, or monitoring devices, Claris Companion is specifically designed to provide the perfect balance of social and health care features without the need to launch apps or enter passwords.

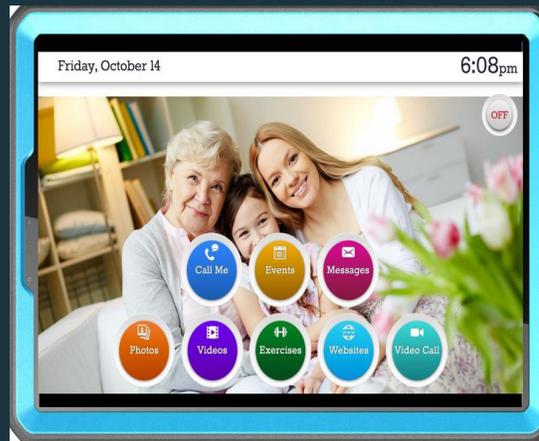


ONE TOUCH VIDEO CALLING

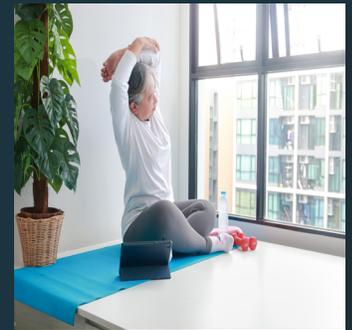


GADGET MANIA

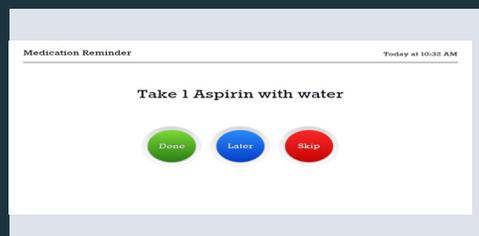
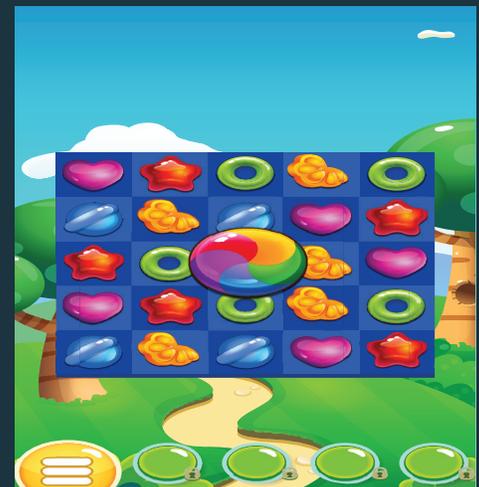
Introducing Claris Companion Tablet



EXERCISE VIDEOS



GAMES



MEDICATION REMINDERS

The A-Team:

Clayton County Aging Program

The Clayton County Aging Program served over 200 clients weekly throughout the COVID-19 pandemic. Emergency Shelf Stable meals were also delivered to our clients to ensure they did not miss a meal.

The total of 200 plus meals includes clients that were removed from the waiting lists as well as clients already receiving the Meals on Wheels service.

After returning to the office two weeks into the statewide mandatory lockdown, the Clayton County Aging Program remained vigilant in their pursuit of servicing their clients.

Although some of the Aging Program's clients were apprehensive, staff respected their concerns and followed the Clayton County safety protocols.

Deliveries were contactless and driver's exercised caution using hand sanitizer, wore masks, and gloves.

We have continued to make sure clients have what they need to remain healthy and safe during the pandemic. The Aging Program also provided care packages for program participants. The care packages included masks, hand sanitizer, wipes, toilet paper, and other items.

They have also been able to provide food market bags containing canned goods and other non-perishable items to seniors in need.

The COVID-19 pandemic did not stop the Aging Program's work or service implementation for the seniors of Clayton County.

We are thankful to all of our volunteers that continued to serve despite the circumstances and acknowledge all of the Senior Services staff who helped deliver Monday meals. Together we got it done! ☐





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Anthem Blue Cross and Blue Shield Medicare Advantage plans offer an allowance each month to spend toward healthy foods at participating retailers. Be sure to use your spending amount before the end of the year, as it will not carry over to 2023. Enjoy shopping.

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SilverSneakers is now offered at all Clayton County Senior Services locations. For more information, contact your local center today.



Vice-Chairwoman Commissioner Sonna Singleton Gregory presents

NORTHEAST SENIOR CENTER

Ribbon Cutting Ceremony

MAY 22, 2021 | 12 P.M. - 2 P.M.

3215 Anvil Block Road - Ellenwood, GA 30273



"Working to make Clayton County a better place to live, work and raise our children"

SONNA SINGLETON GREGORY SENIOR CENTER

The Northeast (Sonna Singleton Gregory) Senior Center Ribbon Cutting Ceremony was a long awaited event for the District 1 Community and Clayton County Senior Services.

This year Clayton seniors have a new state-of-the-art senior center to attend that includes an indoor lap swimming pool, fitness center, large multi-purpose room, community room, full-service kitchen, and outdoor patio. Located at 3215 Anvil Block Road in Ellenwood, Georgia, the Northeast Senior Center is the fourth Special Purpose Local Option Sales Tax (SPLOST) funded senior center in Clayton County.

The ribbon-cutting ceremony was held on Saturday, May 22, 2021. It was Commissioner's Gregory's last public event.

On Tuesday, June 1, 2021 in a unanimous vote, the Board of Commissioners renamed the Northeast Senior Center in honor of the late Vice-Chairwoman/District 1 Commissioner Sonna Singleton Gregory.

"Commissioner Gregory worked so passionately for her community, especially the senior citizens, so it is only befitting to name the center in her honor," said Clayton County Board of Commissioners Chairman Jeffrey E. Turner. "Her legacy will be honored through memories of her great work, dedication, and now in the renaming of this facility."

The official dedication ceremony was held September 11, 2021.



LEFT

County officials with Commissioner Sonna Singleton Gregory cutting the ribbon for the Northeast Senior Center.



CLAYTON COUNTY FIRE & EMERGENCY SERVICES RESPONSE TO THE COVID-19 PANDEMIC

It is no surprise to read; older adults are more likely to get sick from COVID-19. Clayton County Fire & Emergency Services remains committed to providing the highest level of care while keeping our seniors safe. Every day since the pandemic began in March 2020, our Firefighters, EMTs, Paramedics, Nurse Practitioners, all members of my administrative and Executive Staff have performed to the best of their ability with a level of unmatched professionalism. However, service demands continue to be erratic, and we continue to deal with the resurgence effects while managing the spikes in call volume.

As public servant leaders, it is our responsibility to make all efforts to keep you safe; however, as you know, this is a two-way street, and we are proud to partner with our seniors in this fight. When it was time for you to do your part and get tested, you did! When it was time to wear a mask and social distance, you did! When it was your time to get vaccinated, you did! We are one community, and we continue to ask for your help to mitigate the current crisis.

We know being away from each other has been difficult. But I can tell you that you are not alone in the challenges you face. You are the mothers, fathers, and mentors of this community, and your contributions to health and safety to Clayton County do not go unnoticed.

We will continue our efforts, fight this pandemic, and provide the highest level of service while enhancing the quality of life in Clayton County. We need your help to accomplish our mission, but for now, know we hear you; we see you, and together we will get to the other side of this pandemic and embrace each other soon!

Thank you for all you continue to do and for being the Heartbeat of the Community.

YOUR Chief Resilience Officer,
Landry Merkison





When this pandemic started in the early part of 2020, we did not know what journey we were beginning. However, knowing that the Senior community was the highest risk, we were strategic in our partnership with Clayton County Senior Services. This partnership is an example of what shared goals and dedicated and committed staff can do together.

Clayton County Fire & Emergency Services and Clayton County Senior Services staff collaborated to provide resources for COVID-19 testing and vaccinations for employees to support ongoing safe programming in the community while minimizing their risk to exposure. In addition, CCFES and Clayton County Senior Services continued their efforts and collaborated to host a mass vaccination event with Congressman David Scott in February and March 2021. Members of Senior Services were instrumental in this process and tapped into their robust communication and outreach capabilities to get 500 seniors registered for their Moderna vaccine, first and second doses. Ultimately, Clayton County Senior Services leadership, partnership, and volunteers came together to vaccinate our highest risk community members, proving together we are #Claytonconnected.

Chief Medical Officer, Dr. Sudha Reddy



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Each stage of our lives has unique health care needs. That's why we offer special services for our seniors, like our:

- Acute Care for the Elderly Unit (a recognized NICHE member)
- Senior Behavioral Health Unit
- Senior ER

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CLAYTON FOREVER YOUNG 29

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2020

KEEPING CONNECTED



The Frank Bailey Senior Center was featured on WSBTV to highlight the importance of keeping connected to friends and loved ones during the COVID-19 pandemic. Army veteran Clifford Jones discussed how the senior center has played such a pivotal role in him staying fit and active. Jones has been coming to the senior center for more than 10 years. During the pandemic, he said the crowds are slim, and there are less activities. Yet, the people and the swimming pool are what have him coming back.

Our Senior Services staff has worked during this pandemic to ensure that we reach out to our members to make sure that they are okay. If you know someone who lives alone reach out to them via phone or the internet. Even from a distance, you can help someone dealing with isolation and depression.

10 WAYS TO EASE ISOLATION

WHILE PRACTICING SOCIAL

DISTANCING

1. Identify Your Vital Connections

These are people that you view as essential to your health, well-being, and quality of life. They can be friends, neighbors and family.

2. Get everyone's contact information

Gather your connections' phone numbers, mailing addresses, and email addresses. This makes it easier to stay in touch regularly with the people you care about.

3. Try to have up-to-date communications equipment

If you have a cellphone consider using FaceTime or Skype rather than just calling. Being able to see people's faces can make you feel more connected.

4. Get outside

Social distancing doesn't mean you have to stay inside. Take a walk, sit on the porch, wave to your neighbors.

5. Stay as physically active as possible.

You can find many different fitness programs online.

6. Get Creative

Practice your favorite crafts such as needlework, scrapbooking, knitting, or crocheting. Engaging in creative activities can help prevent the feelings of loneliness.

7. Upgrade your basic self-care habits

This is the time to make sure you're eating well. Try to get to bed and wake up at the same time every day and do your best to stay active.

8. Keep in touch with people in long term care

If you care for someone in long-term care, ask the staff if you can email pictures or letters that can be printed out and "delivered" to them. Consider asking the staff to help you FaceTime with them as well.

9. Deal with caregiver isolation

Caregiving itself can be isolating and practicing social distancing can make you feel even more alone. Try connecting with other caregivers through virtual support groups online.

10. Try to dial down the bad news

Too much bad news can overwhelm your emotions. Consider tuning in just once or twice a day for only 10 or 15 minutes. Then turn off the news and focus on activities that help you stay happy and positive.

Anthem®



Thank You!



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FREESTYLE



PRODUCTIONS



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Medical Center**

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