



Celebrating our 52-year history of
KEEPING COBB SENIORS CONNECTED AND INFORMED

Welcome to the Senior Citizen Council of Cobb e-BULLETIN
The Senior Citizen Council of Cobb is an all-volunteer, independent, nonprofit (501) (c)(3) organization formed to inform and empower Cobb Seniors.

This BULLETIN has been published continually by the Senior Citizen Council since 1999.

Follow us on social media
[#seniorsofcobb](#) [#cobbseniors](#)



CLICK HERE to help us continue our mission to KEEP COBB SENIORS INFORMED in 2025 with a donation



We need your help!

Our Cobb senior community counts on volunteers to make a difference. Whether you can give an hour a month or more, your time and support will have a lasting impact. Let's make 2025 the year of connecting with others.

Do you have technical skills like updating a website or helping to publish a newsletter like this one? We especially need your help so please **CLICK HERE** to contact us.

[#Volunteer](#) [#CommunityConnections](#)

Upcoming meetings and events

You will find our monthly meetings and events which are open to the public at: <https://www.seniorsofcobb.org/>



DOWNSIZING and DECLUTTERING

Saturday, February 22, 2025,

Location: South Cobb Library Large Meeting Room

805 Clay Road, Mableton, GA 30126

Time: 10:30 to 12:00 PM

- What is the difference between rightsizing and downsizing?
- How to modify your home to stay in place?
- What assistance is available?

Learn from experts in the field.

This was a very popular topic for Cobb seniors when we did this seminar last year so **CLICK HERE** to register

March 14, 2025, General Board Meeting open to Cobb seniors, either in person or via Zoom

- **CLICK HERE** for more information and Zoom link
- Date: 3/14/2025, 11:30 AM - 1:00 PM
- Location: Cobb Senior Services Wellness Center (**Map**)
- 1150 Powder Springs Street, Marietta, GA

The Senior Citizen Council meets on the second Friday of the month.

Stay tuned for something special next month



CLICK HERE to see the February newsletter from Cobb County Senior Services

Cobb County is partnering with **FINDHELP** to assist residents in finding resources near them. Search for free or reduced-cost services like medical, food, job training and more. **CLICK HERE** for more information.

Mark your calendars for the **Cobb County Senior Services Annual Expo**, on Wednesday, April 23 at the Cobb Civic Center. To request a vendor application, send an email to **cobbseniors@cobbcounty.org** with “Expo” in the subject line. Reserve your spot and take advantage of this opportunity to meet Cobb seniors.



Veterans Corner

CLICK HERE for the February Cobb Senior Services Veteran Connection Newsletter.

Updated 2025 US Dept of Veterans Affairs Benefits Guide is now available. Don't miss out on what you've earned!
CLICK HERE to access the free guide



Apple Corp. & Senior Citizen Council of Cobb

Apple and SCC have teamed up to provide dedicated Apple classes for Cobb seniors at an Apple store. These one-hour classes are taught by a seasoned 20-year Apple instructor specifically tailored for seniors. You can learn valuable skills related to using Apple products including photos, iMovie and security. Also, the class will cover the newest emergency features like SOS which can be critical to seniors.

Email **info@seniorsofcobb.org** with name & phone number to reserve a spot.



Looking to receive current information from the Social Security Administration?

CLICK HERE to sign up for the SSA Newsletter

Senior citizens will receive a 2.5% cost-of-living adjustment (COLA) increase for their Social Security benefits in 2025. **CLICK HERE** to see the complete article



Looking for Information on how to protect yourself from Medicare Scams?
Make sure you go to the SMP National Resource Facebook page.

<https://www.facebook.com/SMPNationalResourceCenter>

Other information from Senior Medicare Patrol:

SMP Snapshot - The Peach Edition January 2025

Ask SMP Newsletter - January 2025

OTHER INTERESTING INFORMATION FOR SENIORS

- How Long You Can Balance on 1 Leg Reveals Neuromuscular Aging by Cara Michelle Miller. **CLICK HERE** for the complete article (scroll down to continue without registration).
- How to fight ageism in the world around you — and in yourself. **CLICK HERE** for the complete article From **Shots - Health News** By Ashley Milne-Tyte
- Enhanced Standard Tax Deduction: For the 2025 tax year, seniors aged 65 or older will receive an increased standard deduction. Single filers or heads of household will get an additional \$2,000, while married couples filing jointly will receive an extra \$1,600 per spouse. **CLICK HERE** for more information.
- Updated Senior Citizen Discounts on Utilities: Georgia Power offers a monthly discount of \$24.00 plus up to \$9.50 fuel credit for eligible seniors. Liberty Utilities and Atlanta Gas Light provide discounts on the base charge portion of gas bills for qualifying seniors. **CLICK HERE** for more information from the Georgia Public Service Commission.
- Home and Community-Based Services Funding: CO-AGE is requesting a \$2.5 million increase in funding for non-Medicaid Home and Community-Based Services to reduce the waiting list for over 4,500 older adults. **CLICK HERE** for more information
- **Uber Caregiver** can help manage daily care for loved ones, letting you arrange transportation, track trip progress, and communicate with your loved one's driver, all in one place. In just a few steps, request a ride for your loved one immediately or schedule transportation for later, helping them get to appointments, family events, or errands. **CLICK HERE** for more information on how to set up Uber Caregiver

RESOURCES FOR SENIORS

CLICK HERE for a helpful website list for seniors

Additional Resources:

SEC Resources for Seniors

Who do I contact - Social Security or Medicare?





The Senior Citizen Council of Cobb announces our affiliation with the **Benevity Cause Portal**. Benevity is the leading global provider of social impact software, providing the only integrated suite of community investment and employee, customer and nonprofit engagement solutions.

Please check with your current or former employer to see if you can donate to the Senior Citizen Council through Benevity. <https://benevity.com/about-us>

Senior Citizen Council St

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Mailing Address: 257 Lawrence Street, Unit 4262
Marietta, GA 30061

<https://seniorsofcobb.org>

Feel free to contact us by email info@seniorsofcobb.org
or by phone (404) 500-8601

CLICK HERE for previous e-BULLETIN'S

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