



KEEPING COBB SENIORS CONNECTED AND INFORMED FOR 54 YEARS

Welcome to the Senior Citizens Council of Cobb e-BULLETIN

The Senior Citizens Council of Cobb is an all-volunteer, independent, nonprofit (501) (c)(3) organization formed to inform and empower Cobb Seniors. The BULLETIN has been published by the Senior Citizens Council since 1999. Check our website at www.seniorsofcobb.org for the latest information

Follow us on social media

#seniorsofcobb #cobbseiors
#BORNTOBEASENIOR



Our next seminar is on the 10 Warning Signs of Alzheimer's. See more information below.

The seminar will start with a short business meeting to elect the next Board of Directors for 2026/2027.

All our friends are invited but only paid members can vote. To check your membership status please email us at info@seniorsofcobb.org.

If you are interested in becoming more active in helping Cobb seniors, send an email with your contact information to info@seniorsofcobb.org.



After the short meeting there is a **FREE** special Seminar to learn the **10 Warning Signs of Alzheimer's** and how to spot them early!

Friday, March 13th from 11:00 AM to 1:00 PM
Piedmont Church, 570 Piedmont Road, Marietta

Our special headliner speaker is **Zarine Bacon Harris, Alzheimer's Association Community Educator**. She has been a Community Educator for 5 years and a former caregiver.

This seminar is open to all ages. Don't miss this chance to get first-hand information on Alzheimer's.

CLICK HERE for more information on the **FREE** seminar and to register



Webinar: Addressing Food Insecurity for People Living Alone with Dementia

Tuesday, March 17, 2026, | 2:00-3:00 p.m. ET

National data indicate that nearly one quarter of older Americans living alone have dementia. This population faces numerous challenges, including food insecurity,

which is often worsened by cognitive impairment, limited social support, and physical isolation.

This webinar will provide insight into an innovative, volunteer-based food delivery model created to better support seniors living alone with dementia.

Presenters:

- **Kristen Romea, LCSW, Director, Supportive Services, Alzheimer's San Diego**
- **Nelly Gonzalez, MA, Supportive Services Manager, Alzheimer's San Diego**

NADRC webinars are free and open to the public. Registration is required. Webinars are recorded and posted on the **NADRC website**. Live events and recordings include closed captioning.

If you have questions, please email **NADRC-Webinars@rti.org**.



On March 5, 2026, during National Consumer Protection Week, the Social Security Administration (SSA) and its Office of the Inspector General (OIG) will lead **National Slam the Scam Day**. Take part by using tools from SSA and the Federal Trade Commission (FTC) to recognize imposters — including Social Security-related scams — and stop scammers from stealing your money and personal information.

Help Us Slam the Scam!

1. Learn about common tactics and how to recognize the signs. For example:
 - An unexpected problem or offer of a prize or government benefit increase.
 - Pressure to act immediately.
 - Request for unusual payments like cryptocurrency, gift cards, gold bars, cash, or wire transfers, even with the promise of keeping your money safe.
1. Spread the word. Visit **ssa.gov/scam** for more information that could help you and others stay safe.
2. Report suspicious activity. Report Social Security-related issues to SSA OIG (**oig.ssa.gov/report**) and other concerns to the FTC (**reportfraud.ftc.gov**).

Report a Social Security Scam

Medicare.gov

If you or someone in your household is in a Medicare Advantage Plan, you have the opportunity to make a coverage change during the **Medicare**

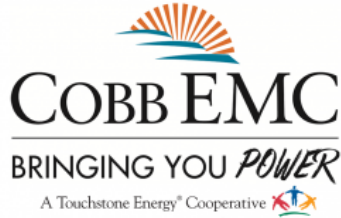
Advantage Open Enrollment Period, which runs from January 1 – March 31 each year.

There's no need to take any action if you're happy with the plan, you're in now. However, if you're finding that your current plan isn't meeting your needs, you have **options**, including switching to a different Medicare Advantage Plan. Visit **Medicare.gov/plan-compare** to explore all your plan choices.

Compare Plans

Note: You can switch only once during the Medicare Advantage Open Enrollment Period. Any changes you make will be effective the first of the month after you request to join the new plan

It's that time of year again! **Cobb EMC's HVAC Tuneup rebate program** encourages members to schedule annual pre-season checkups with a qualified contractor to check that HVAC systems are operating efficiently. A yearly tuneup is one of several steps that our members can take to increase the efficiency of their heating and cooling system.



Vouchers are available beginning March 1, 2026, and will remain available while supplies last.

LEARN MORE ABOUT HVAC TUNEUP



"MEET ME ON THE SQUARE"

The mission of **Visit Marietta** is to promote the City of Marietta as a tourist destination to boost visitation and economic activity.

Established in 1984 during Marietta's Sesquicentennial Celebration, **Visit Marietta** is a private, non-profit organization dedicated to showcasing Marietta's unique charm and attractions.

Visit Marietta operations are centered at the **Marietta Welcome Center**, housed in the historic Western and Atlantic Passenger Depot. Built in 1898, this classic brick structure exemplifies the charm of turn-of-the-century passenger depots and serves as a welcoming point for all visitors.

Visit Marietta Brochure

SAVE THE DATE!

Mark your calendars! Join the Senior Citizens Council of Cobb County and Cobb County Senior Services for the 2026 Cobb County Legislative Delegation Forum from 10:30 am - 12:30 pm on Wednesday, April 15, 2026, at Senior Wellness Center (1150 Powder Springs St. 30064). Connect with Georgia state legislators to discuss key issues and policy updates impacting Cobb County seniors. Stay tuned for registration details coming soon.



The Senior Citizens Council of Cobb is proud to continue the successful **Born to Be a Senior** program in 2026. Along with sponsoring the Charity Ride on June 20, 2026, we're introducing a new line of logoed merchandise for those who want to help address food insecurity among older adults in our community.

We've partnered with quality merchandise providers and a strategic e-commerce platform to make it easy to support Cobb seniors—including Meals on Wheels and Must Ministries—while receiving high-quality items you can enjoy or share.

This effort is part of our long-term commitment to creating sustainable funding through merchandise sales. There is also an option to make a direct donation to this program if you prefer.

CLICK HERE to visit the online store

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