



# DID YOU KNOW?????

**Veterans and the family members of veterans are eligible for special rates, exemptions, honorary licenses (fishing, hunting and driver) and other opportunities in Georgia:**

[http://veterans.georgia.gov/sites/veterans.georgia.gov/files/related\\_files/site\\_page/state-benefits-ga.pdf](http://veterans.georgia.gov/sites/veterans.georgia.gov/files/related_files/site_page/state-benefits-ga.pdf)

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**There are numerous volunteer opportunities in Valdosta to satisfy your need to help:**

**CREATING FRIENDSHIPS THAT LAST A LIFETIME**

**VALDOSTA-LOWNDES COUNTY FAMILY YMCA  
SUMMER PROGRAM**

**T hrough Tuesday, August 6th  
7:30 AM - 6:30 PM**

**For children entering Kindergarten - 12 years  
YMCA Summer FUN will Include:**

- Healthy Lunch, Snack & Dinner
  - Swimming
  - Field Trips
  - Creative Art Projects
  - Computer Time
  - Guest Speakers
  - Physical Fitness
  - and much, *much* MORE!

**Registration Fee \$10/Camper  
\$75 Members / \$80 Non Members  
\$5 Discount for Each Additional Camper  
(subsidies available for eligible families)**

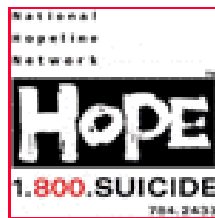
Challenger League needs volunteers to help with summer programs of bowling and swimming.

For information, call 228-244-4646

**Valdosta-Lowndes County Family YMCA**  
**2424 Gornto Rd. • Valdosta**  
**(229) 244-4646 • [www.valdostaymca.org](http://www.valdostaymca.org)**

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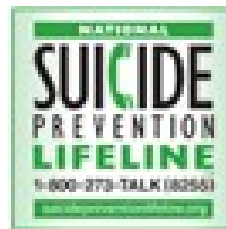
## Several suicide prevention resources:



**1-800-SUICIDE**

1-800-784-2433

National Hopeline Network <http://hopeline.com/>



**1-800-273-TALK**

1-800-273-8255

**National Suicide Prevention Lifeline**

**<http://www.suicidepreventionlifeline.org/>**

Contact the Lifeline via TTY by dialing 800-799-4889

**LifeLine Chat .....Click to Chat:**

<http://www.suicidepreventionlifeline.org>

## The Trevor Project

1-866-488-7386

1-866-488-7386

Crisis intervention & Suicide prevention

For lesbian, gay, bisexual,  
transgender, and questioning youth

<http://www.thetrevorproject.org/chat>

<http://www.trevorspace.org/>

## VA's Suicide Prevention Hotline

**1-800-273-TALK (8255)**

Hotline is staffed 24 hours a day, seven days a week by trained mental health professionals prepared to deal with immediate crises. It also offers an anonymous online chat feature available.

## The American Red Cross

- helps families who have fires,
- helps people who need to contact loved ones in the military,
- gives fire and disaster safety and other courses to improve citizen health in the community and
- covers numerous counties in this area.

**Contact Terri Jenkins to find out how your donation of time or money can help this organization that is always ready to help you.**

*Text REDCROSS to 90999 to make a \$10 donation to the Red Cross. Charges will appear on your wireless bill, or be deducted from your prepaid balance. Msg & Data rates may apply. Reply STOP to 90999 to STOP. Reply HELP to 90999 for HELP*

[terri.jenkins@redcross.org](mailto:terri.jenkins@redcross.org)

View the new website: [www.redcross.org/southgeorgia](http://www.redcross.org/southgeorgia)

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**Save your mortgage...if you have suffered an employment-related hardship that has prevented you from paying your mortgage, HomeSafe Georgia may be able to help you.**

The Georgia Department of Community Affairs has partnered with GHFA Affordable Housing, Inc. to deliver a statewide unemployment mortgage payment assistance program to prevent foreclosures, under the name HomeSafe Georgia.

HomeSafe Georgia will help by providing "bridge" mortgage assistance to many Georgians who are unemployed or have seen a dramatic decrease in their income due to national economic conditions.

**Who is Eligible for HomeSafe Georgia mortgage assistance?**

First and foremost, the Georgia homeowner must have suffered a hardship due to unemployment or underemployment through no fault of their own. Other hardships, while unfortunate, do not qualify under this program. The homeowner must be able and willing to work, and be seeking new or better employment.

The homeowner must have been current on his or her mortgage before the event of the unemployment or underemployment, and cannot be more than six months behind on the mortgage at the time of application.

Other eligibility requirements apply. Check Eligibility Requirements for details and an eligibility checklist.

<https://www.homesafegeorgia.com/>

The applicant and property must meet all requirements.  
Additional underwriting criteria may also be established.

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**YOU Can Light the Path of Hope for a Child!**

Imagine you are five years old and unable to live safely at home. Strangers in court are about to decide your future. Life at home may have been bad, but the unknown is scarier.

When abused and neglected children enter the court system, they may see several different judges, attorneys and case managers who are all working hard to consider their best interests. However, there may not be any one person who will be the same person at every court hearing to speak for the child...unless that person is a CASA Volunteer.

CASA Volunteers are people just like you, who care about keeping children safe and helping them find a permanent home. They've been screened and trained to step in at this defining moment in a child's life. They attend court hearings and speak for the best interest of the child and sometimes make all the difference. Your gift of time, or your financial gift, can help make all the difference in a child's life. Help CASA bring kids home by volunteering or supporting CASA Volunteers.

You may make a donation to CASA of the Alapaha Judicial Circuit **In Honor** or **In Memory** of your loved one at Easter and/or Mother's Day. Please contact Elaine Grice at (229)686-6576 ext. 4 or email [elaine.douglas@berrien.k12.ga.us](mailto:elaine.douglas@berrien.k12.ga.us) for more information on Light the Path of Hope for a Child.

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## **Toastmasters is growing in our area!**

Citizens have **four** club options in the area to improve our communication and leadership skills. Meetings are open to all. If becoming a more proficient speaker and leader are some of your resolutions this year--or have been for years--now is the time to get started on YOU.

### **TitleTown Toastmasters**

Thursdays, 6:00 PM, South Georgia Regional Library (Woodrow Wilson Drive).

### **Valdosta Toasts**

Tuesdays, from 12pm-1pm, Ambling Training Room, 348 Enterprise Drive  
Contact Stacey Whatley 229-244-2800, ext. 8028

### **Moody Talking Tigers**

Thursdays, from 11 am-Noon, Moody Education Center  
Contact Juanita Walker at 229-245-7077

### **Wiregrass Technically Speaking**

Fridays, 9am-10am, 4089 Val Tech Rd, Room 7238  
Contact Ron O'Meara at 229-333-2100, ext. 2111

**May was National Foster Care Month**  
**You can change a lifetime**  
<http://www.fostercaremonth.org/>

**or**

**INTERESTED IN ADOPTING?**

**Call 1-877-210-KIDS**

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**COMING ATTRACTION:**

***HABITAT FOR HUMANITY 5K COLOR RUN***

SATURDAY, OCTOBER 19, 2013

DREXEL PARK

**RUNNERS AND SPONSORS **MUST** REGISTER BY AUGUST  
22**

PRE-REGISTRATION: \$25 PER PERSON AND \$70 PER FAMILY  
(PARENTS AND CHILDREN UNDER 18)

REGISTRATION: \$30 PER PERSON AND \$90 PER FAMILY

RACE DAY SIGN-UP: \$35 PER PERSON

**T-SHIRTS ONLY GUARANTEED DURING PRE-REGISTRATION**

RACE DAY INFO

REGISTRATION TIME: 7:00-7:35 AM

5K COLOR RUN: 7:45 AM

**TO SPONSOR OR DONATE CONTACT MOLLY ROAN AT  
229.245.1330 X 31**

**TO REGISTER TO RUN CONTACT DONNIE RADNEY AT  
229.245.1330 X 27**

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**Sign up now to partner with low income and  
homeless families at Kids Are People, Too  
Fair on August 3...see below...**

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# South Georgia Regional Library Summer Reading

Sign up a child at any of the branches of the library system. There are prizes, parties, activities and other book-related plans for the summer. See link below:

<http://www.sgrl.org/pages/summer.html>

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## Downtown Farm Days

August 17

9:00 AM to 1:00 PM

On the grounds of the historic Valdosta Courthouse  
Every Saturdays in June

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### *Spectrum Connection*

is a group, facilitated by a team of Marriage and Family Therapy interns, that offers an intimate environment for people of diverse identities to share experiences, questions, and/or concerns about issues relevant to the Lesbian, Gay, Bi-Sexual, and Transgender (LGBT) community.

**Stay tuned for new meeting dates and times in August.**

**Who?** Ages 17+

**What?** A few topics covered in the past have included religion, identity, relationships, sex, family, and friends

**Where?** FamilyWorks Therapy Clinic, 903 N. Patterson Street (the corner of Gordon and Patterson: next to the old Georgia Power building)

Consider joining us and bring whatever is on your mind. We welcome you and look forward to making the connection!

**Please call for more information: (229) 219-1281**

### **SURVIVOR GROUPS AT THE HAVEN**

Every Thursday, call for information.

The Haven will be conducting support groups for survivors of sexual assault or child sexual abuse. There will also be a men's group for men who have experienced sexual assault. These groups are for adult women and men over 17 years of age. It is intended for those who are ready to move from being victims to being survivors.

Those individuals who are interested in one of these groups should plan to attend the complete 12-week process. Once the groups are formed, the day will be Thursdays and the time will be after work 5:30 or 6:30 PM. Participants must complete an initial screening.

Groups are free, confidential, and facilitated by trained professionals. It is not necessary to be a current client of The Haven to participate. To join, contact Sheila Rowell, [therapist@valdo.stahaven.org](mailto:therapist@valdo.stahaven.org), 229-244-9056 to register.

# JULY



**DID YOU KNOW?**

*Every two seconds someone in the U.S. needs blood.*

More than 44,000 blood donations are needed every day.

*A total of 30 million blood components are transfused each year in the U.S. (2006).*

The average red blood cell transfusion is approximately 3 pints.

*The blood type most often requested by hospitals is Type O.*

The blood used in an emergency is already on the shelves before the event occurs.

*Sickle cell disease affects more than 80,000 people in the U.S., 98 percent of whom are African American. Sickle cell patients can require frequent blood transfusions throughout their lives.*

More than 1 million new people are diagnosed with cancer each year. Many of them will need blood, sometimes daily, during their chemotherapy treatment.

*A single car accident victim can require as many as 100 pints of blood.*

## **BLOOD DONATION OPPORTUNITIES**

07/30/13	Tifton Technical College	52 Tech Drive	Tifton	9:00 am - 2:00 pm
07/30/13	Southside Church of Christ	1198 Old Statenville Road	Valdosta	2:00 pm - 6:00 pm

## **YMCA Challenger League BOWLING**

**Jac's Bowling Lanes  
406 Connell Road**

**Through AUGUST 12, 2013**

Participants invited regardless of ability.  
Volunteers needed to assist participants.

**Contact Cheryl Marshall at  
229-244-4646 or [cmarshall@valdostaymca.com](mailto:cmarshall@valdostaymca.com)**

**\*\*\*\*\***

## **Challenger League BOWLING**

Jac's Bowling Lanes  
406 Connell Road  
JULY 8, 2013 - AUGUST 12, 2013  
AWARDS: AUGUST 19, 2013

Contact Cheryl Marshall at  
229.244.4646 or [cmarshall@valdostaymca.com](mailto:cmarshall@valdostaymca.com)

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# AUGUST

## Valdosta Civic Roundtable

**Thursday August 1 12:30 PM**

### Wooden Nickel Pub

Join representatives of community organizations as they share information about the work of their group and networking occurs around the room. You are welcome to come at noon to order your lunch so that you may be prepared to speak. Please bring about 15 or 20 flyers, handouts or other materials to share.

Call Jane at 229-630-0924 if you have questions.

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## KIDS ARE PEOPLE, TOO FAIR

**August 3 10 AM to 2 PM**  
**Southeast Elementary School**

South Georgia Partnership to End Homelessness Sixth Annual event to support impoverished and homeless children in our community by providing school supplies, food and community resource information.

There will be lunch, entertainment, resource information and 300 pairs of free tennis shoes



**Sunday, August 4, 3:00 - 4:30 in the nursery at Christ's Fellowship Church, 417 Connell Road... directly across the street from the Spanish Mission Apartments sign.**

**Refreshments are fun, but not essential.**

**If you would like to bring a nutritious snack to share, please do!**

**We know a lot of you moms have babies that are all grown up now and long past the nursing stage. We still welcome you to come and participate at our meetings. The new and expectant mothers cherish your sage advice and wisdom...and it is always fun to just come and have a chat.**

**LLL of Valdosta offers a continuing series of four informal discussion meetings open to all women interested in breastfeeding. We suggest coming to the whole series before your baby is born. Mothers with babies will find the mother to mother support very helpful and encouraging.**

**The meeting dates planned for 2013 are: September 1, October 6, November 3, December 1.**

**Call 229-244-3393 for more information.**

**#####**

**Annette Turner Center for the Arts**

**Gallery Opening Reception**

**August 5 -- 5:00 -7:00 PM**

**FREE!**

**Withlacochee Quilters Guild, works of Richard Peterman and a trio of artists.**

**<http://turnercenter.org/events/current-events/>**

**\*\*\*\*\***

**Celebrate Recovery Valdosta  
August 5, Monday at 6:30pm**



Valdosta

(park in the lot where Georgia Power office was...parking passes inside the building)

For more information about BIAS meetings, please call 229-671-4977

or email: [biasofga@bellsouth.net](mailto:biasofga@bellsouth.net)

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Turner Center for the Arts Casino Night Fundraiser

August 9, 7-11 PM

Playing Time: 7:30 - 10:30 pm

Turner Center for the Arts, 527 N Patterson Street

*Benefiting The Home Builders Association, The Turner Center for the Arts, Hungry at Home & Jacob's Ladder Therapeutic Horse Riding Facility.*

For Tickets and Event Information, call the Home Builders at 229-247-8422, or tickets available at the Turner Center for the Arts.

The Ticket prices are: \$50 per individual or \$80 per set (two)

Admission includes: hors d'oeuvres and \$2000 in funny money. Cash Bar.

No real gambling, playing for a chance to win fabulous prizes! Additional funny money can be purchased during the event. \$10 buys \$1000 in funny money or \$20 buys \$2500 in funny money. Vegas-style entertainment including: Black Jack, Craps, Roulette, Poker, Texas Hold'em, Slots and more.

**Family Autism Support Team**

**Support group for parents of children with autism and Asperger syndrome**



**Saturday, August 10 1:30 pm to 4:00 pm**

**Valdosta State University Communication Disorders Building, corner of Patterson and Brookwood**

**These groups will provide support and information for families impacted by an autism spectrum disorder**

**RSVP: [ladams@valdosta.edu](mailto:ladams@valdosta.edu)**

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**Down Syndrome Association of South Georgia  
Back to School Pool party in August**

Please make plans to attend our second annual pool party at the home of Matt and Amy Reaves, @ 904 Lemaka Drive, Hahira, Georgia on:

**Saturday, August 10th  
1 p.m. - 5 p.m.**

Refreshments will be served. (If you are interested in bringing a light snack, please let Donna know.)  
Bring your suit and towel!

**Please RSVP by August 5 to [info@southgeorgiadsa.org](mailto:info@southgeorgiadsa.org)**

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**August 13 Prevent Child Abuse Lowndes County, Noon to 1:00 PM, Wooden Nickel Pub, Inner Perimeter.**

For more information: Pam Brewer [pbrewer@cflfostercare.com](mailto:pbrewer@cflfostercare.com) or 229-244-1707.

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**VALDOSTA CIVITAN CLUB**

**August 13**

**Meets 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month from 12:00 - 1:00**

**Old Times Country Buffet**

**Open to the public. Community projects benefit children and adults with intellectual and developmental disabilities.**

**For more information contact Emily Joiner at [emilytjoiner@gmail.com](mailto:emilytjoiner@gmail.com) or**

**Jane Singletary @ 229-251-5630 or [janesingletary@gmail.com](mailto:janesingletary@gmail.com).**

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**The Georgia Department of Behavioral Health & Developmental Disabilities, Region Four Regional Planning Board will hold a public meeting on**

**Tuesday, August 13, 2013, from 1:00 PM to 3:00 PM at**

**Decatur/Seminole Service Center  
333 Airport Road, Bainbridge, Georgia 39817  
(229) 246-6108**

The purpose of this meeting is to solicit community input to help identify needs regarding behavioral health and developmental disabilities.

**"Public is Invited and Encouraged to Attend"**

If you have questions, please contact Jackie Davis at [jadavis4@dhr.state.ga.us](mailto:jadavis4@dhr.state.ga.us),

**(229) 225-5099 or Toll Free at (877) 683-8557**

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**VALDOSTA CIVITAN CLUB**

**August 14**

**Meets 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month from 12:00 - 1:00**

**Old Times Country Buffet**

**Open to the public. Community projects benefit children and adults with intellectual and developmental disabilities.**

**For more information contact Emily Joiner at [emilytjoiner@gmail.com](mailto:emilytjoiner@gmail.com) or**

Jane Singletary @ 229-251-5630 or [janesingletary@gmail.com](mailto:janesingletary@gmail.com).

## **South Georgia HIV-AIDS Support Group**

**August 14                          7:30 PM**

**Call for location information**

**Janice 229-740-5530**

**Dwight 229-834-3461**

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## **South Georgia Pride Monthly Meeting**

**Wooden Nickel Pub      August 15      7:00 PM**

For more information: email [rwilliams@southgeorgiapride.org](mailto:rwilliams@southgeorgiapride.org)  
or go to [www.southgeorgiapride.org](http://www.southgeorgiapride.org)

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# **Haven Silent Auction**

**16<sup>th</sup> Annual Fundraiser**

**August 17, 7:00 PM to 10:00 PM, Mathis Auditorium**

**\$15/person or \$25/couple**

**Heavy Hors d’oeuvres and cash bar**

**Music by Sold at Auction**

For more information call 229-241-7047 or go to

[www.valdostahaven.org/auction](http://www.valdostahaven.org/auction)

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## **Brain Injury Advocate Services of Georgia**

### **Caregivers' Bible Study**

**Monday, August 19 6:00 PM**

(Third Monday of every month)

First Christian Church (Disciples of Christ),

1905 North Patterson Street, Valdosta

**For more information about BIAS meetings, please call 229-671-4977**

**or email: [biasofga@bellsouth.net](mailto:biasofga@bellsouth.net)**



## **The Lowndes Area Adoptive and Foster Parent Support Group, Inc.**

**August 19**

**Every 3rd Monday, 6:30 PM, Park Avenue United Methodist Church, 100 East Park Avenue.**

**The group offers moral support to foster and adoptive families as well as services and information. There is access for the parents**

to the Valdosta Food Bank. Child care available as needed.  
President is Cathy Burks, 229-247-8030.

## **FREE LUNCH AND LEARNS HELD AT**

## **PHOEBE PUTNEY BEHAVIORAL HEALTH**

**Now being held on the 4<sup>th</sup> Tuesday of each month**

**August 20, 2013**

In Albany, we continue to join together LMSWs, LCSWs, LMFTs and LPCs, to provide CE programs for professionals in the area. A lunchtime series is offered free of charge every 4th Thursday of each month, from Noon – 1 pm in the Conference Room of Phoebe Putney's Outpatient Behavioral Health building - 500 W. Third Street, Albany, Ga. (across the street from the hospital).

Join your colleagues, and gain knowledge from the experienced.

So join your colleagues, and gain knowledge from the experts in their fields. For more information or to volunteer to be a presenter in the future, please contact Shelly Patterson, LCSW, Southwest Unit Board Representative at [spatters@surfsouth.com](mailto:spatters@surfsouth.com) for more information.

## **Brain Injury Advocate Services of Georgia**

### **Peer Support Group Meeting**

**Tuesday, August 20 6:00 PM**

Valdosta State University "Family Works"

901 North Patterson Street

Valdosta

**(park in the lot where Georgia Power office was...parking passes inside the building)**

**Brain and Spinal Cord Injury Services**

**Services include: survivor advocacy, family advocacy, support groups, e-newsletter, prevention, community, education, court.**

**For more information about BIAS meetings, please call 229-671-4977**



# Driving Miss Daisy

Theatre Guild Valdosta

Featuring the original TGV players: John Gaston and Joanne Griner

Get your tickets now !

*Opening night tickets are buy-one-get-one-free.*

<http://www.theatreguildvaldosta.com/ticketing.php#slide1>

## SEPTEMBER

Valdosta Lowndes Retired Educators Association meets the second Monday of every month (September 9)

(except June, July and August) at the Valdosta Holiday Inn. We start promptly at 11:00 AM with programs of interest to our group, and we're finished by 12:00 Noon. For a modest charge, a delicious buffet is available. All retired public school, college and university employees, their spouses, and others interested in the work of the Association are invited to become members of Valdosta Lowndes Retired Educators Association and the Georgia Retired Educators Association. For information, call President Alice DeVane at 229-244-7066, visit our Facebook page (Valdosta Lowndes Retired Educators Association -VLREA), or email [adevane.vlrea@mediacombb.net](mailto:adevane.vlrea@mediacombb.net) .

## Habitat for Humanity

September 14-21 will be the 4<sup>th</sup> Annual Freedom Build

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Lowndes Interagency Coordinating Council  
September 10 Babies Can't Wait Office,  
3<sup>rd</sup> floor DFCS building by the overpass

Noon...lunch will be served, so please RSVP if you plan to attend.  
Speaker to be announced later.

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**Genuine American Hootenanny,  
Bar-B-Que Dinner and  
Concert!**

Featuring Folk Music and Dance by Aubrey Atwater and Elwood Donnelly.

**September 26, Turner Center for the Arts, 527 N. Patterson Street**

Bar-B-Que Dinner at 6:00 pm and Concert at 7:30 pm. \$30 per person / \$55 per couple. \$10 kids under 10. \$20 concert only.

Ticket price includes dinner, concert and a chance to pull a diamond from a bale of hay - complements of Steel's Jewelry!

**OCTOBER 2013**

**Valdosta Great Strides Fundraiser for  
Cystic Fibrosis**

Wild Adventures Theme Park  
26, 2013

October

Registration begins at 7:30 am  
8:30 am

Walk begins at



For more information, contact Vicki Nix, Development Director, Cystic Fibrosis Foundation 404-325-6973  
[http://www.cff.org/great\\_strides/find\\_a\\_walk\\_site/index.cfm](http://www.cff.org/great_strides/find_a_walk_site/index.cfm)

Information about cystic fibrosis:

[http://www.cff.org/great\\_strides/cffactsheet](http://www.cff.org/great_strides/cffactsheet) \*\*\*\*\*

## **CHALLENGER League Basketball**

**Valdosta-Lowndes County YMCA GYM**

**OCTOBER 28, 2013 - DECEMBER 2, 2013**

**AWARDS: DECEMBER 9, 2013**

Participants invited regardless of ability.  
Volunteers needed to assist participants.

Contact Cheryl Marshall at  
229.244.4646 or [cmarshall@valdostaymca.com](mailto:cmarshall@valdostaymca.com)

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# **Arts, Theatre And Learning Opportunities**



**VALDOSTA STATE UNIVERSITY**

**2013-2014 VSU THEATRE & DANCE  
SEASON**

(Subject to Change)

**THE BOX OFFICE HOURS ARE MONDAY-SATURDAY, 2-5 PM. (229) 333-5973**

**LONELY,I'M NOT by Paul Weitz**

September 5, 6, 7, 9, 10, 11, 2013 at 7:30 PM

Sunday, September 8, 2013 at 3:00 PM

Lab Theatre

**ON THE EDGE**

**Performed by The VSU Repertory Dancers**

October 3, 4, 5, 2013 at 7:30 PM

Sunday, October 6, 2013 at 3:00 PM

Sawyer Theatre

**AS YOU LIKE IT by William Shakespeare**

November 7, 8, 9, 11, 12, 13, 2013 at 7:30 PM Sunday, November

10, 2013 at 3:00 PM

Sawyer Theatre

**EVENTUALLY...**

**EVERAFTER An Original Dance Production**

Written, Directed & Choreographed

by Sarah Wildes Amett

Friday, January 31, 2014 at 7:30 PM

Saturday, February 1, 2014 at 10:30 AM

Sawyer Theatre

**ARCADIA by Tom Stoppard**

February 20–22, 24–26, 2014 at 7:30 PM

Sunday, February 23, 2013 at 3:00 PM

Lab Theatre

**EVITA Lyrics by Tim Rice**

**Music by Andrew Lloyd Webber**

March 27 – 29, 31, April 1-2, 2014 at 7:30 PM  
Sunday, March 30, 2014 at 3:00 PM  
Sawyer Theatre

**Fourth Annual EMERGING ARTISTS SHOWCASE**

April 17 – 19, 2014 @ 7:30 PM  
Sunday, April 20, 2014 @ 3:00 PM  
Sawyer Theatre

## CALL NOW FOR TICKETS.....

For ticket information:

<http://www2.valdosta.edu/comarts/VSUTheatre-DanceTicketsMemberships.shtml>

To contact the box office: (229) 333-5973, Mon-Sat, 2-5 pm.

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To purchase season tickets and for information on upcoming fundraiser performances and events that provide scholarship dollars for students, go to:

<http://www.valdosta.edu/colleges/arts/communication-arts/theatre-and-dance/events/tickets-memberships-patronage.php>

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# Valdosta Symphony Orchestra

Tickets \$25 Season Tickets on sale soon  
229-333-2150 or [www.valdostasympphony.org](http://www.valdostasympphony.org)

**Theatre Guild Valdosta**  
**at the 'Dosta Playhouse**  
122 N. Ashley Street

**Nine to Five, The Musical**

**August 1 to August 17**

*Opening night tickets are buy-one-get-one-free.*

Membership and patron packages available now:  
Contact the number or website below a complete brochure  
229-247-8423

<http://www.theatreguildvaldosta.com/ticketing.php#slide1>

*Theatre Guild Valdosta is pleased to announce that it is partnering with some of Valdosta's finest restaurants to bring you great food and a great show at a great price!*

*If you are seated by 6PM with your TGV tickets in-hand at any of the following restaurants you will receive a 10% discount off your food bill:*

**306 North**

**306 North Patterson St.  
249-5333**

**The Bistro**

**132 North Ashley St.  
253-1253**

**The Bleu Cafe**

**125 North Patterson St.  
244-2248**

**The Bleu Pub**

**116 West Hill Ave.  
219-2289**



**The Red Door  
136 N. Ashley St.  
469-4339**



**Steel Magnolias  
132 N. Patterson St**

259-0010

<https://www.facebook.com/pages/Steel-Magnolias/219876661371439>

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## Turner Center for the Arts

<http://turnercenter.org>

229-247-2787

*See August 5 above for next gallery opening info*

### Gallery Open

**Free and open to the public!**

"All in the Family" - An exhibition of paintings created by three generations of one talented family.

Daniel Hanifan's Geometrix - A Contemporary Study of Simple Shapes.

Student Works from VSU Sullivan Literacy Center & the Turner Center's Art Exploration Program.

### CLASSES

Pottery Class  
Instructor: Walter Hobbs

Tuesdays and Thursdays: 6:00 pm - 8:00 pm

Painting Class  
Instructor: Fay Hyatt

Thursdays: 10:00 am - 2:00 pm

Yoga (FREE)  
Instructor: Roberta George

Wednesdays: 6:00 pm

Writers Workshop (FREE)

Saturdays, 2-4 pm

The Turner Center Gift Shop is open during Center hours:  
Tuesday-Thursday 10-6; Friday-Saturday 10-4.

## **VALDOSTA STATE UNIVERSITY PUBLIC PLANETARIUM SHOWS**

Take a tour of the far reaches of the night sky without leaving Valdosta.

This series of evening shows is open to all members of the community. The shows are designed for the general public and are suitable for ages five and up. If weather permits, the VSU Observatory will be open for public viewing of celestial objects after each show.

All shows begin at 8:00 pm and at 9:00 pm sharp and usually last 40 to 50 minutes. Seating is limited to 47 visitors for each show and the admission is on a "first-come-first-serve" basis.

The planetarium is located in Nevins Hall on the 3rd floor (room 3004).

Limited public parking is available in front of Nevins Hall and at the Admissions Office on the opposite side of Patterson Street.

For more information about the upcoming shows see the schedule below.

You may also contact the Department of Physics, Astronomy, and Geosciences at 229-333-5752 for further information.

Watch for fall schedule.



**VSU Continuing Ed** offers classes on many subjects, some online. Following is a list of the courses related to non-profit management and grant writing:

- [A to Z Grantwriting](#)
- [Writing Effective Grant Proposals](#)
- [Advanced Grant Proposal Writing](#)
- [Become a Grant Writing Consultant](#)
- [Get Grants!](#)
- [Creating Your Own Non-Profit](#)
- [Introduction to Nonprofit Management](#)

Go to this link:

[http://www.valdosta.edu/conted/online/online\\_grant.shtml](http://www.valdosta.edu/conted/online/online_grant.shtml)



## LEARNING IN RETIREMENT

Become part of the Learning in Retirement program at Valdosta State University. Classes include a wide variety of subjects as watercolors, **knitting and crocheting**, line dancing, **languages**, beginning tennis, **writing the memories of your life**, yoga, **antique samplers**, gardening, **mahjonn**, things to know about Medicare, **living with diabetes**, ukulele, and many other topics.

LIR provides older adults with the opportunity to take part in college level course work on a non-credit basis (there are no tests and no grades). The curriculum is chosen, designed, and often led by the members, encouraging peer learning and active member participation. LIR capitalize on the strengths and experiences of older adults, empowering them to continue learning, expand their horizons, and enhance their personal development.

**Learning in Retirement registration kick off is August 21 for classes to start Sept 9. Classes include: Essential Human Resources, Spanish for Excellent Customer Service, Fox Trot, Cha Cha, Beer and Wine Tasting, African Dancing.**

Pay the \$45 membership and most classes are free. There are classes to attend and **opportunities to teach** classes. If you have ideas for classes or are willing to teach a class for this series, call 229-245-6484 or go to website at [www.valdosta.edu/conted](http://www.valdosta.edu/conted) .

**Participants in Learning in Retirement are eligible to pay a small fee to have access to the VSU pool and exercise equipment at the VSU Student Recreation Center.**

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**Arts events in Southwest Georgia**  
For a listing of arts events from Columbus to

**Valdosta:**

<http://www.southwestgeorgia.net/events>

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# **RESOURCES and Volunteer opportunities**

**YMCA**

**JAMES M. BECK  
YOUTH & TEEN CENTER  
2424 Gornto Road  
SCHOOL YEAR HOURS**

For information, call 228-244-4646

(subsidies available for eligible families)

Challenger League needs volunteers to help with summer programs of bowling and swimming.

**Monday - Thursday  
4:00 PM - 8:00 PM**

**Friday  
4:00 PM - 7:00 PM**

**Saturday  
10:00 a.m. - 2:00 p.m.**

**Sunday  
2:00 p.m. - 5:00 p.m.**

**BARC Humane Society, Lake Park**



**Check Facebook BARC Humane Society page for details of adoption events**

Do you have stray animals around your home or need to find a home for an animal to stay? Talk to BARC Humane Society of Lake Park:  
<http://www.barchumanesociety.org>

## Georgia Legislators need your input.

To ensure that your issues are addressed, stay in touch with your legislators. Write a letter, tell a story of your personal experience related to needed

legislation, offer your professional information, or provide accurate data on issues while they are home.

To find yours, go to:

## GEORGIA LEGISLATIVE HOME PAGE

<http://www.legis.state.ga.us>

**Lowndes area legislators:**

Senator Tim Golden 110 Beacon Hill Valdosta , GA 31602

Lowndes, Brooks, parts of Cook and Thomas

229-293-0202 404-656-7580

Brooks, Cook (Pt.), Lowndes, Thomas (Pt.)

[tim.golden@senate.ga.gov](mailto:tim.golden@senate.ga.gov)

Rep. Jason Shaw Box 245 Lakeland , GA 31635

Berrien, Clinch, Lanier and Lowndes

229-482-3505 404-656-7859

[jay.shaw@house.ga.gov](mailto:jay.shaw@house.ga.gov)

Rep. Ellis Black 5900 Jumping Gully Rd. Valdosta , GA 31601

Brooks, Echols, Lowndes and Thomas

229-559-1592 404-656-0287

[blackellis@bellsouth.net](mailto:blackellis@bellsouth.net)

Rep. Amy Carter Box 1535 Valdosta , GA 31603

Valdosta and Remerton

229-245-2733 404-656-0325

[amy.carter@house.ga.gov](mailto:amy.carter@house.ga.gov)

Rep. Dexter Sharper 19 Sharper Circle Valdosta, GA 31601  
Central Valdosta  
[dexter.sharper@house.ga.gov](mailto:dexter.sharper@house.ga.gov)

To keep up with this year's Georgia legislation go to:  
<http://web.me.com/gcdd/GCDD/Home.html>

To voice your opinion on Federal legislation or to get assistance with issues with Federal benefits, contact one of our two Georgia Senators or our Congressman:

Senator Saxby Chambliss

South Georgia Office:

419-A South Main Street P.O. Box 3217 Moultrie , GA 31776

Toll free at 800-234-4208 Main : 229-985-2112 Fax: 229-985-2123

To send an email, go to his website: <http://chambliss.senate.gov/>

Senator Johnny Isakson

One Overton Park , Suite 970

3625 Cumberland Boulevard

Atlanta , GA 30339

770-661-0999 Fax: 770- 661-0768

To send an email, go to his website:

<http://isakson.senate.gov/contact.cfm>

Congressman Jack Kingston

Valdosta Federal Building

401 N. Patterson St.

Second Floor, Room 215

Phone: (229) 247-9188

Fax: (229) 247-9189

To send an email, go to his website: <http://kingston.house.gov/Contact>

**Your  
Help  
is  
Needed!**



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## **Lowndes County Senior Center**

1360 East Park Avenue Valdosta

Office 229-259-5469

Email [senlab@mchsi.com](mailto:senlab@mchsi.com) website: <http://www.vlpra.com/NSSeniorCenter.htm>

Hours of Operation Monday - Friday 8:00 AM - 5:00 PM Tuesday Evenings 6:30 PM - 9:30 PM

The Valdosta-Lowndes Senior Center is a recreation center which offers an array of services to help meet the social, recreational and educational needs of seniors over 50 years of age. It offers services to enhance the quality of life for senior citizens through education, recreation and physical fitness programs that encourage seniors in our community to remain active and healthy.

Must be a member of the Senior Center to participate in activities. Pool available.

Membership: \$20 for city/county residents -- \$30 for out of county residents

\*Annual memberships begin July 1st, and expire June 30th of the following year.

\*Membership fees are not prorated throughout the year, though anyone 50 years+ may join at any time throughout the year.

## **Valdosta Community Based Outpatient Clinic**

### **for military veterans**

**2841 N. Patterson Street  
Valdosta, GA 31602**

#### **Hours of Operation**

**Monday - Friday, 8:00 a.m. - 4:30 p.m.**

**Phone: 229-293-0132 or 229-293-0132**

**Fax: 229-293-0162**

**Parent Facility: Malcom Randall VAMC (Gainesville)**

**Phone: (352) 376-1611 or (800) 324-8387**

### **Services Available**

**The Valdosta Community Based Outpatient Clinic provides comprehensive primary care to veterans who reside in Lowndes County, GA and the surrounding counties. This clinic serves acute and chronically ill eligible veterans. Our veteran patient population requires a complexity of care that ranges**

**from minor health care needs to urgent care. Veterans requiring hospitalization are assessed, stabilized and transferred to either local facilities or to the Gainesville VA Medical Center according to the urgency of their needs. Procedures or specialty care not provided by this clinic are referred to the Gainesville VA Medical Center.**

**<http://www2.va.gov/directory/guide/facility.asp?ID=5054>**

## **BARC Humane Society, Lake Park, GA**

Do you have stray animals around your home or need to find a home for an animal to stay? Talk to BARC Humane Society of Lake Park:

**<http://www.barchumanesociety.org>**

**B.A.R.C. Humane Society is a rescue operation. We are NOT affiliated with the Humane Society of Valdosta Lowndes nor the Lowndes County Animal Shelter. We rescue animals from surrounding shelters and place them in foster homes while they wait for their forever home. We are always looking for loving foster homes and volunteers to help us and we are always in need of basic animal care supplies and monetary donations. If you feel you can help please post on our (Facebook) wall and we will contact you. Thank you!**

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**The Valdosta-Lowndes Metropolitan Planning Organization, at the Southern Georgia Regional Commission, is the regional transportation planning agency for all of Lowndes County, and portions of Berrien, Brooks and Lanier Counties. Your input is important to developing all transportation projects: highways, public transit, bike lanes, sidewalks, etc. The public is invited to attend our quarterly meetings, or visit our website at [www.sgrc.us/transportation](http://www.sgrc.us/transportation) . Like us on Facebook at [www.facebook.com/ValdostaLowndesMPO](http://www.facebook.com/ValdostaLowndesMPO) , or on Twitter at [www.twitter.com/vlmpo](http://www.twitter.com/vlmpo) .**

VLMPO staff is available to be a speaker at your next neighborhood, civic group, church group, or other event. You are encouraged to participate in the upcoming effort to plan for Transportation in Lowndes County in 2040 over the next three years, contact Corey Hull for more information [chull@sgrc.us](mailto:chull@sgrc.us), 229-333-5277.

## **AmeriCorps Alumni**

**If you have served as an AmeriCorps member in the Valdosta, Georgia area or if you are an alum living in the area, please join our official chapter network of current AmeriCorps members and alumni in the Valdosta, Georgia region! We are working to attract local members for our new regional chapter. We seek to network, volunteer, and develop our local communities while utilizing our experiences in national service through the various AmeriCorps programs with which we have served.**

***Let's get connected so that we may grow in our abilities to further strengthen our regional communities!***

***REGISTER with us on our homepage on the AmeriCorps Alums website:***

***<http://www.americorpsalums.org/members/group.aspx?id=100114>***

***LIKE us on Facebook: AmeriCorps Alums Valdosta***

***FOLLOW us on Twitter: valdostaalums  
SHARE with other alums!***

***Call 229-977-6118 or 229-316-1216 Ext. 2 for more information***

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**Resource in Valdosta for people wanting to give or receive needed goods:**

## **Welcome to the Valdosta Georgia Freecycle**

**The Freecycle Network™ is first and foremost a recycling group. We are a grassroots and entirely nonprofit international organization where people give (and sometimes get) stuff for free, thus keeping good stuff out of landfills. The Valdosta Freecycle group encourages all its members to actively participate within our group as we strive to build a strong "circle of giving" type atmosphere within our local community.**

**Membership is free, and everything posted must be FREE, legal and appropriate for all ages. To view the items being given away or sought within the Valdosta area, you must first join the Valdosta Freecycle group as a member. To join our local group, go to the Yahoo! Group linked to below and click on "Join". After you have joined our group as a member, you will be able to view the posts from our group's members and you will be on your way to enjoying interactions with your neighbors! Thanks so much and have fun!**

<http://groups.yahoo.com/group/valdostafreecycle>

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## **THE HAHIRA/LOWNDES COUNTY COMMUNITY OUTREACH DEVELOPMENT CORPORATION**

The Hahira/Lowndes County Community Outreach Development Corporation (HLCCODC mission is to provide programs to assist at risk families with substance abuse issues and prevent or delay initiation of any drug and over a life time create a drug free community. The HLCCODC is the lead organization of the South Georgia Regional Communities Coalition of Hahira.

The HLCCODC currently sponsors the following programs:

**Teen Explosion** is a youth leadership program. Sheila Warren is the Adult Advisor for this teen leadership program. Asset Builders is the curriculum used and focuses on teenagers planning activities for their peers to get the message out against drug abuse, violence, early sexual activities.

**Cotillion:** Contact: Estell Rose, (229) 630-3120;  
[estellrose@bellsouth.net](mailto:estellrose@bellsouth.net)

The **Cotillion**'s purpose is to present our finest young ladies to society—academically, morally and socially; and to provide positive reinforcements to assist them as they embark upon womanhood. Junior and senior high school students are identified by school administrators from Lowndes, Valdosta, Brooks, Cook, Lanier, Echols, Berrien and surrounding counties with the following criteria:

- Must have "B" average
- Good moral character
- Not pregnant and have not been pregnant
- Involved in community
- Female born-debutantes/hostess; male born-escorts/hosts
- No alcohol or drugs

Escorts are juniors and seniors; sophomores are hosts and hostesses both with same criteria listed above.

Meetings are held every second Sunday. Contact: Estell Rose, (229) 630-3120; [estellrose@bellsouth.net](mailto:estellrose@bellsouth.net)

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New Mothers of Preschoolers (MOPs) group with Christian focus in Hahira. Meets at Bethany Baptist Church, 5064 Bethany Road on the first Tuesday of every month for moms and the third Thursday as a playdate for the children. For more information, call Christy Smith, 910-728-2277.

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### **Kaleidoscope**

Valdosta\*Lowndes Recreation, Parks, and Community Affairs presents after school programs at Clyattville Elementary School and Lake Park Elementary School. From 3:00 to 6:00 there will be homework assistance, structured games, and activities. A snack will be provided. The cost is \$10 a day or \$30 a week. Some scholarships are available. For more information, call 229-333-1861 or visit the website at [valdostasportsandevents.com](http://valdostasportsandevents.com)



### **Challenger League Sports**

**Sports for all seasons...**

**For children ages 5-21 (some age exceptions) with any level of disability.**

**Call about volunteer opportunities as a buddy to a participating child. Call Cheryl at the YMCA, 229-244-4646 or [cmarshall@valdostaymca.com](mailto:cmarshall@valdostaymca.com)**



**Volunteer at South Georgia Medical Center as a golf cart driver, chemo cap knitter, auxiliary member, art project provider, pet therapy provider. Go to**





**VA RESOURCE PAGE:**

<http://www.northflorida.va.gov/NORTHFLORIDA/services/homeless/>

**Homeless Veteran in need of help?  
Call 1-877-4AID VET (1-877-424-3838)**

**NEW VA SERVICE:  
The National Caregiver Support Line -  
1-855-260-3274**

-- will serve as the primary resource and referral center to assist caregivers, Veterans and others seeking caregiver information. It will be open Monday through Friday, 8 AM to 11 PM, Eastern time; and Saturday, 10:30 AM to 6 PM, Eastern time. Licensed VA social workers and health technicians will staff the support line.

The support line will provide information regarding **new caregiver benefits**, referrals to local caregiver support coordinators as well as emotional support to those concerned with their ability to provide care to loved ones who are Veterans.

VA also features a Web page, <http://www.caregiver.va.gov/>, with general information on other caregiver support programs available through VA and the community.

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Thomasville, Georgia Activities include concerts on Fridays and Sundays, tours, theater performances, costume parties, walks for charity, and a Native American festival.

Website: <http://www.thomasvillega.com/?m=201010&cat=2>

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**Help Deliver Meals for Homebound People**

***The Break Bread Together Ministry of First Presbyterian is in need of volunteers who can help sort and/or deliver meals on the weekdays (Monday-Friday, except holidays). Presently, we have a waiting list of those in need of meals, but are unable to handle the requests without additional volunteers.***

***If you, your church group, or civic organization is interested in assisting with this important ministry to the Valdosta community, please contact Susan Sheridan, Break Bread Coordinator, at 229-249-0779.***



## FREE CLINIC IN LOWNDES COUNTY

The Partnership Health Center is a non-profit, free medical clinic. It provides primary healthcare to the working, uninsured people in Lowndes County who meet the eligibility guidelines. It is staffed by volunteer physicians, physician extenders, and nurses who offer their time to provide healthcare. It is located at 205 Woodrow Wilson Drive, across from the public library. **Clinic is open Tuesday from 6:00 PM-9:00 PM, Wednesday from 10:00 AM- 4:00 PM and two Saturdays a month.** These may expand as more staff is added.

## COLORING BOOKS NEEDED FOR CLINIC TO ENTERTAIN CHILDREN

Patient eligibility requirements:

- Income under 200% of the Federal Poverty Level,
- between the ages of 18 and 64,
- have no health insurance,
- be a resident of Lowndes County, and
- **patient or dependent must be employed.**

The clinic needs volunteer physicians, nurses and administrative helpers Tuesdays from 6-9 pm and 10 am to 4 pm (times may change depending on volunteer availability). A small amount of your time could help make a difference in the lives of many Lowndes residents.

Please note: Donations are accepted and important to our non-profit organization. We also need donated medical equipment that will be used to help the patients in our clinic. Please call if you can help with either of these needs.

For more information about the clinic, call 229-245-0020 ext. 3.

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## Mobility and Self Sufficiency for People, Contact:

GEORGIA TOOLS FOR LIFE

Georgia Department of Labor/VR Tools for Life Program  
Vocational Rehabilitation Program, Atlanta

Phone: (800) 497-8665

TTY: (404) 657-3085

E-mail: [toolsforlife@mindspring.com](mailto:toolsforlife@mindspring.com)

Homepage: <http://www.gatfl.org>  
Page listing funding resources:  
<http://www.gatfl.org/Resources.aspx>

## **Need a ramp for an older person? Call this number to be screened for help.**

Toll-Free: 1-888-73-AGING (1-888-732-4464)  
Southern Georgia Regional Commission - Area Agency on Aging

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### **VOLUNTEERS NEEDED**

#### **Jacobs' Ladder Therapeutic**

**Riding Center** in Hahira needs volunteers to help with special needs riders.

Please call Leslie at (229) 794-1188.

See the website for a lot more information:

<http://www.jacobsladderriding.com>

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### **Harvard University Announcement No tuition and no student loans**

Harvard University announced recently that from now on undergraduate students from low-income families will pay no tuition.

If you know of a family earning less than \$60,000 a year with an honor student graduating from high school soon, Harvard University wants to pay the tuition. The prestigious university recently announced that from now on undergraduate students from low-income families can go to Harvard for free... no tuition and no student loans! To find out more about Harvard offering free tuition for families making less than \$60,000 a year, visit Harvard's financial aid website at: <http://www.fao.fas.harvard.edu/> or call the school's financial aid office at (617) 495-1581 or (617) 495-1581.

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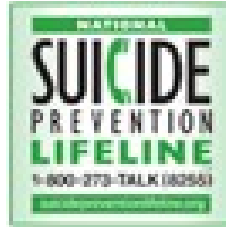
**"Be a Foster Parent -**



**1-800-SUICIDE**

**1-800-784-2433**

**National Hopeline Network** <http://hopeline.com/>



**1-800-273-TALK**

**1-800-273-8255**

**National Suicide Prevention Lifeline**

**<http://www.suicidepreventionlifeline.org/>**

Contact the Lifeline via TTY by dialing 800-799-4889

**LifeLine Chat** .....**Click to Chat:**

**<http://www.suicidepreventionlifeline.org>**

**The Trevor Project**

**1-866-488-7386**

**1-866-488-7386**

**Crisis intervention & Suicide prevention  
For lesbian, gay, bisexual,  
transgender, and questioning youth**

**<http://www.thetrevorproject.org/chat>**

**<http://www.trevorspace.org/>**

## **VA's Suicide Prevention Hotline 1-800-273-TALK (8255)**

Hotline is staffed 24 hours a day, seven days a week by trained mental health professionals prepared to deal with immediate crises. It also offers an anonymous online chat feature available at [www.suicidepreventionhotline.org](http://www.suicidepreventionhotline.org)  
<<http://www.suicidepreventionlifeline.org>>  
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## **Georgia's Community Care Services Program (CCSP)**

If someone you care for is eligible for nursing home placement but would like to stay in his or her own home, you may want to consider the benefits of the Community Care Services Program (CCSP). CCSP is a Medicaid waiver program that serves as an alternative to nursing home placement. The program provides home and community-based services to people who are elderly and/or functionally impaired or disabled. By providing these services, CCSP helps recipients remain in their own homes, the homes of caregivers, or in other community settings as long as possible.

To explore your eligibility or the eligibility of a loved one, contact the Southern Georgia Area Agency on Aging (AAA) Gateway to Community Resources at 912-287-5888 or toll-free at 1-888-732-4464.

## **Are you a caregiver? See the state resource page:**

[http://ada.georgia.gov/00/channel\\_title/0,2094,77499621\\_146139675,00.html](http://ada.georgia.gov/00/channel_title/0,2094,77499621_146139675,00.html)

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**Atlanta Legal Aid has services for seniors all over the state. Go to this website for a kit for grandparents who need help when caring for relative children.**

<http://www.atlantalegalaid.org/departments.htm>

**Grandparent / Relative Caregiver Project Toll-free: 888-257-9519**



people with mental retardation and related developmental disabilities in the State of Georgia. DBHDD Planning Board advocates are currently becoming very active with our Community Service Boards, Georgia Alliance on Mental Illness, law enforcement, county commissioners, the courts, consumers and other stakeholders to speak with one voice for the survival and improvement of access to DBHDD information and services in our region.

Interested persons may contact Linda Floyd at [lfloyd@valdosta.edu](mailto:lfloyd@valdosta.edu) .

**FamilyWorks** is the brief therapy center for the Marriage and Family Therapy graduate program at Valdosta State University. We provided state-of-the-art therapeutic help to families and individuals all over Valdosta, the VSU campus, and surrounding communities, including south Georgia and north Florida.

**Who Goes to FamilyWorks?** Any individual person, married or unmarried couples, children, elderly, couples, families of all varieties, roommates, and LGBT persons—all are welcome at FamilyWorks. Family therapy, sometimes called systems therapy or relational therapy, is a particular way of thinking that helps people make the changes that they want to make. Even though the word, "family" suggests that family therapists work only with whole families, this is not the case. Family therapists work with individuals, couples, groups, and families. Family therapy has been found to be extraordinarily helpful when people find themselves stuck. Here are just a few of the dilemmas that people struggle with:

- relationship problems
- anger management
- pre-marital concerns
- domestic violence
- individual depression
- child behavior problems
- grief and loss
- divorce and separation
- communication difficulties
- parenting problems
- sexual problems

We offer our services to all people who seek them, regardless of age, gender, race, political or religious affiliation, sexual orientation, marital status, education, economic status, disability, or ethnic background.



**How Much Do We Have to Pay?** We charge for each session according to a sliding scale that is based on family size and income. When you call for the first appointment, someone will talk with you about your fee, so that you will know what it is prior to your first meeting with your therapist. The really good news: No one is ever denied services because they cannot pay. If your circumstances are such that you can't pay anything at all, let us know. Services are free to Valdosta State University students, faculty and employees.

To schedule an appointment, call (229) 219-1281 Monday through Friday between 9:00 am and 11:00 am. If you cannot call during these times, call anytime and leave a message. Let us know the best time to reach you and an intake coordinator will call you back.

**FamilyWorks - 903 North Patterson Street, Valdosta, 31698**

FamilyWorks is housed in the one-story part of the Continuing Ed Building that is on the corner of Patterson and Gordon Streets (directly across the street from the Crescent). You can reach the building by turning in off of either Patterson or Gordon Streets. If you come in off Patterson Street, drive around to the back of the parking lot. We are tucked in the corner of the one-story part of the L-shaped building.

When you arrive, poke your nose into the Intake Office and ask for a parking permit. If you have a current VSU student, staff, or faculty parking sticker, you are good to go.

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## **South Georgia Regional Libraries Opportunities**

South Georgia Regional Library  
300 Woodrow Wilson Drive

For information, contact Patrick Spurlock, Community Relations Coordinator, 229-333-0086, ext 216

At the library there are computer classes, children's reading times, beginning Spanish, vampire book club, genealogy, teen book club, game night, and the bookfellows club.

**Check at the research desk for a packet that will enable you to go into state parks for free.**

<http://www.sgrl.org/pages/events.html>

## Backdoor Bookstore

11:00am – 2:00pm Tuesdays and Saturdays

Main Library

Purchase gently used books from the Friends of the Library Back Door Bookstore. All proceeds from your purchases are used to buy new books for the library. The Backdoor Bookstore is located in the rear of the Main Library on 300 Woodrow Wilson Drive in Valdosta.

Visit our website [www.sgrl.org](http://www.sgrl.org) to learn how to join, find information about local and regional elected officials, library programs and the hours of all branches. Start exploring the endless possibilities at your library today! Call 229-333-0086 for more information.

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## Childcare Resource and Referral 1-877-ALL-GA-KIDS

For help with finding special needs childcare, resources for parents/teachers, inclusion, staff development and presentations. More information contact Sharon Pilkinton at [sharon.pilkinton@darton.edu](mailto:sharon.pilkinton@darton.edu).

## Children's Medical Services (CMS)

This is a state funded program that provides medical care for disabling conditions or chronic diseases in children from birth to the age 21. The staff of three RN's work actively with primary care physicians to coordinate specialty care for the child. Services through CMS may include family education, social services and case management. They also hold clinics for children in Cardiology, Orthopedic, Hematology, Asthma and telemedicine clinics in Genetics, Nephrology and Pulmonary.

They have an Asthma Educator, Penny Beasley, RN. Enrolled clients have an asthma action plan which includes education, equipment, bed covers and camp for kids 6-12 years old. There is a camp in Tifton and one in Valdosta.

Anyone may make a basic referral to CMS, however to be seen by a specialist the referral should come from the client's primary care physician.

For more information call 229-245-4310 or 1-800-848-5728

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**American Cancer Society**  
**1-800-227-2345**  
[www.cancer.org](http://www.cancer.org)

There are many resources through these avenues and the 800 # is "live"  
365 days a year, 24 hours a day!!

The American Cancer Society in this area is looking for volunteers to help with the Road To Recovery and Reach To Recovery Programs.

A Reach To Recovery volunteer needs to have completed their treatment for breast cancer in order to be trained as a Reach To Recovery volunteer.

**Reach to Recovery** for women in this area who have had breast cancer, a program designed to help them cope with their cancer experience and assists with transportation to and from treatment.

**If you are interested in volunteering for either of these programs, please contact Ashley Braswell at 229-834-0709 or 1-800-227-2345.**

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**Bethany Hospice is in need of volunteers to provide direct patient care, administrative care, and community outreach. For more information, please contact Susan Doak, Volunteer Coordinator ... [sdoak@bethany-hospice.com](mailto:sdoak@bethany-hospice.com) or 229-249-8687.**



**Hospice of South Georgia Sponsors Grief Support Groups**

All groups are offered free of charge as a community service of Hospice of South Georgia. These support groups are for anyone



Contact Chaplain Yolanda L. Payne at  
229-241-8338.

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**SouthernCare**

Where caring is a way of life.

**SouthernCare**

**Hospice** is in need of compassionate volunteers who can provide direct patient care or administrative care to our patients and their families. For more information, please contact Sarah Murphy, Volunteer Services Coordinator at 229-217-0523 or [smurphy@southerncares.com](mailto:smurphy@southerncares.com).



**Pearlman Cancer Center Support Groups**

**Holding Hand Support Group- General Support Group**

Everyone is Welcome

Meets the Third Monday each month, 2:00 PM – 3:00 PM

Pearlman Cancer Center Conference Room

209 Pendleton Dr. Valdosta

Contact 229-259-4638

No registration required

AND

**Best Buddies Breast Cancer Support Group**

Meets every 4th Tuesday each month,

6:00 PM - 7:30 PM January-October

(No meetings in November/December)

Pearlman Cancer Center Conference Room

209 Pendleton Dr. Valdosta

Contact 229-259-4638

No registration required

**GeorgiaHousingSearch.org - A Ready Resource During Critical Times.** Tornadoes, storms, you name it...when disaster strikes, everyone needs help. In many cases, finding a place to live is a top priority. No need to worry or panic as GeorgiaHousingSearch.org offers a FREE, easy-to-use and available resource to help citizens quickly find affordable housing options in their community.

On the site – [www.GeorgiaHousingSearch.org](http://www.GeorgiaHousingSearch.org) -- citizens can search for rental properties statewide. Property postings are detailed, current, and updated bi-weekly. Property managers and independent landlords can post listings for free and reach thousands of potential renters.

The website is bilingual (English and Spanish) and has a toll-free number – 877-428-8844 - available to assist potential renters or property owners and managers. In addition, the site's unique Special Needs Housing Search feature has assisted Georgia caseworkers locate housing for hundreds of traditionally hard-to-place families and individuals.

For more information, please contact Sheila Barry at (404) 679-4855 or [sbarry@dca.state.ga.us](mailto:sbarry@dca.state.ga.us).



**Drop** (the things you don't need)  
**& Shop** (for the things you do need)

**285 Norman Drive (Across from Wal-Mart**

**and Sam's Club)**

**Open 9-6 on Monday, Tuesday, Thursday, Friday and Saturday  
9-5 on Wednesday**



Options Now is a Christ-centered ministry which advances the sanctity of human life and sexual purity empowering individuals to make life-affirming choices. Our ministry has many different opportunities for volunteers such as working behind the scenes on events, abstinence teaching in our Wait Now program, computer technology assistance, and peer counseling. Call today to see where you can fit in, 229-333-0080, or visit our partners' website for more information, [www.ONpartners.org](http://www.ONpartners.org).

Applications are available online or at the office at 214 W. Park Ave., Valdosta. Training is provided!

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**Silent Ministries** is offering a class called "Felons- A Special Class of Domestic Violence Victims."

For free assistance for domestic violence victims with public assistance forms and appeals, contact [jharnage7@aol.com](mailto:jharnage7@aol.com)

Read *The Beating Death of Aunt Lilly Mae Thornton* as Told by Her Niece and Silent Ministries' founder Carolyn Thornton Harnage at <http://domesticviolenceaftercare.webs.com>.

Silent Ministries has an ample supply of quality clothing, shoes, and jackets for victims needing help. Silent Ministries is asking for donations of used and broken small appliances to help elderly people who cannot replace such things as toasters and heaters. Will pick up. 229-559-5648.

**!! Silent Ministries** is seeking donations of household goods, bedding and toys. The household goods and bedding are to replenish supplies and the toys are for the annual Santa On Wheels.

Good used clothing available now.

Silent Ministries accepts donations of all types and they pick up items such as housewares, blankets, glassware, cooking, small appliances, vehicles, boats, motors, camper parts and camper appliances. Donations and sales benefit the Silent Ministries missions to help people in the community and around the area with many personal issues.

Silent Ministries can assist you with an employment interview wardrobe in limited sizes. We also can assist with letters of reference and interview coaching.

Contact Jim Harnage at 229-300-4882, or [jharnage7@aol.com](mailto:jharnage7@aol.com). The website is <http://jimharnage.ning.com>. We are located at 121 Ben Daniels Road, Statenville, Ga. **Silent Ministries Recovery Outreach** announces training for Angels of Mercy, Domestic Violence Advocacy, each Wednesday in February at the usual location.

Subjects will be:

*What To Do As A Victim,*  
*Safety Plans For Your Home,*  
*Self-Defense,*

*Fitness and Nutrition* led by a licensed expert, and  
*After Care Services.*

Contact [jharnage7@aol.com](mailto:jharnage7@aol.com) for more information.

## **SURVIVOR GROUPS AT THE HAVEN**

The Haven will be conducting support groups for survivors of sexual assault or child sexual abuse. There will also be a men's group for men who have experienced sexual assault.

These groups are for adult women and men over 17 years of age. It is intended for those who are ready to move from being victims to being survivors. Those individuals who are interested in one of these groups





**Megan's House**, respite facility for families with children with special needs is now open in Valdosta and is in need of donations of every kind of household goods.

Megan's House now has services available to military families in need of respite care for special needs family members.

Contact December Smith [dsmith@swga-easterseals.org](mailto:dsmith@swga-easterseals.org) for more information.

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## Newcomer Welcome Service and Community Guide

For decades, The Greeting Service has welcomed Valdosta newcomers with traditional southern hospitality—a personal home visit and a folder brimming with information about schools, churches, cultural opportunities, and a bag chock full of coupons and goodies.

The Greeting Service has expanded its borders to include Adel, Hahira, Lakeland Lake Park , Moody Air Force Base, Nashville , Quitman, and Tifton and now publishes an annual community resource guide acquainting newcomers with relocation information including job opportunities and housing.

We look forward to sharing all the fun and exciting things that Valdosta and the surrounding communities have to offer and hope you enjoy discovering a new place to call home.

**If you are new to the area, be sure to call 229-245-8383 for your Welcome Packet.**

<http://www.southgeorgianewcomers.com>

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## Alzheimer CareGiver Time-Out (ACTO)

ACTO is a social program for clients with Alzheimer's disease, other memory impairment, or the frail elderly. Caregivers may leave their loved ones at ACTO so that they can have some free time to attend to their other needs. ACTO is open Tuesday, Wednesday, & Thursday 10:00 AM to 3:00 PM. The service is free to all clients, funded in part by the United Way. We are located in Park Avenue United Methodist Church, 100 E. Park. Ave., Valdosta, GA 31602. For more information, please call 229-245-9094.

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## My Friend's House

is the name for the Valdosta State University Alzheimer's day care program. There are openings for anyone with a diagnosis of Alzheimer's disease or dementia. The



(If you are interested in learning more about this fundraiser, e-mail [daltobello@sgrl.org](mailto:daltobello@sgrl.org).)

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## Goodwill Industries of the Southern Rivers, Inc.

is proud to offer the Valdosta Career Center without charge as a community service. Resources, technology and support services have been designed to help job seekers secure employment, and to assist in the development of micro-businesses.

WORK Connections for the Job Seeker include:

- listings of local job openings to connect job seekers with employment opportunities.
- telephones to arrange appointments and facilitate communications with employers.
- Georgia Work Ready testing
- computers to use in job searches have Microsoft Office and Publisher and internet access
- telephone, basic computer and networking skills classes
- resource library with a variety of materials to assist the job seeker prepare for and secure employment, as well as information regarding Medicaid, childcare, food stamps, training, financial aid and other community resources.
- photocopier, printers and fax machines

In addition to the resources listed above, entrepreneurs can get help to enhance marketing tools, develop a business plan or network with others in the community. Other services include:

- \* **Free English as a Second Language classes**
- \* **Meeting rooms for groups**
- \* **List of community resources**

Open 9 - 6 Monday - Thursday and 9 - 3 Friday

For more information, please contact:

229-316-1216 Fax 229-316-1218

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## **Paxen-WIA Work Readiness Program**

Sponsored by the Southern Georgia Regional Commission

Our program's work readiness component emphasizes acquisition of essential job-search, employability, and life skills for youth ages 14-21. Participants also receive instruction in strategies for seeking, securing and succeeding in a job as well as supportive services to receive a GED and gain employment/enroll in post-secondary education after credential attainment. Qualifying participants receive a stipend for program completion, become eligible for a GED testing voucher, and will receive a \$200 incentive for GED attainment.

For more information Contact: Charmane Thomas, Program Manager,  
[www.paxen.com](http://www.paxen.com)  
Paxen Learning Corporation "We Change Lives"  
221 S. Ashley, Valdosta  
Office: 229-245-2488

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## **South Georgia Council for Youth in the Performing Arts**

Please check our website [www.sgcyoutharts.org](http://www.sgcyoutharts.org).

### ***South Georgia String Project***

The *South Georgia String Project* is a collaborative community outreach program of Valdosta State University through the Valdosta Symphony Orchestra, the academic/professional orchestra in-residence at the university. The goal of the project is twofold: (1) to provide access to string instruction for children, thus culturally enriching the region and (2) to provide mentored teaching experiences for university music majors who will soon become school string teachers and cultural arts advocates.

The *South Georgia String Project's* mission is to:

- provide students with an opportunity for musical enjoyment and education through the study of stringed instruments.
- promote personal development through music as an outlet for self-expression within a structured learning environment.
- encourage student leadership and share student accomplishments within the community.
- create partnerships through providing accessible string education for pre-college students while offering mentored teaching experiences for Valdosta State University music students who value string education.

For more information, go to <http://www.valdosta.edu.sgsp> or contact Dr. Gerling at [dcgerling@valdosta.edu](mailto:dcgerling@valdosta.edu) or 229-259-2087.

## **Employment Program for Seniors:**

Senior Community Service Employment Program, sponsored by the US Department of Labor. This program enables qualified individuals to obtain paid, on the job training within their communities, update their job skills to enhance their marketability, develop new attitudes and gain greater self-confidence. Participants work 20 hours per week earning minimum wage in a non-profit organization or government agency and receive help in transitioning from the program into a new, unsubsidized employment opportunity.

For more information, call Beth Veal at 229-249-4885 or visit her at the Georgia Department of Labor in Valdosta. Program covers Berrien, Brooks, Lanier, and Lowndes Counties.

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## **FUND HELPS CANCER PATIENTS**

**The Partnership Cancer Fund** is a not-for-profit subsidiary of the Lowndes County Partnership for Health, Inc.

- Cancer can be a financially devastating disease. Even with health insurance, there can be many associated costs that put a strain on patients and their families.
- If you or someone you know is currently undergoing treatment for cancer, *and* lives in Lowndes County, *or* receives cancer treatment from a Lowndes County provider but lives outside Lowndes County, they may qualify for financial assistance from the Partnership Cancer Fund.

Financial assistance is available for:

- Transportation costs for Medical Care
- Nutritional Supplements
- Medications
- Certain types of Medical Equipment

Contact the Lowndes County Partnership for Health, Inc. at

229-245-0020 (option 1) to obtain an application or to request more information. You may also go to [www.lcpfh.org](http://www.lcpfh.org)  
Tax deductible donations are accepted, and all funds remain in the local community to benefit as many cancer patients as possible. Send donations to P.O. Box 1782, Valdosta, GA 31603

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## Searching for Section 8 housing in your area? Go to this website:

<http://www.gasection8.com/pa/SearchRentals.aspx?t=1>

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## GET ACTIVE VALDOSTA !

For a listing of opportunities for running, cycling, swimming, walking or other active sports, go to the Get Active Valdosta website:

<http://getactivevaldosta.com/coming.htm>



## Pediatrics HealthCare for Kids

New business in Valdosta provides pediatric day healthcare and in-home private duty nursing to children, through age six, who have medical complexities. Children served include those with complications of prematurity, chronic lung disease, tube feedings, colostomy care, cardiac disease and other complex needs. Many payment sources accepted.

For more information, go to [www.pediatricakids.com](http://www.pediatricakids.com) or call 229-316-1102

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**Valdosta Camellia Society** Come and learn more about this varied and beautiful local flower. For more

information or to join the Valdosta Camellia Society, call 229-242-2965.

## **GIVE THE GIFT OF LIFE**

**Regular giving keeps supplies ready**

American Red Cross has set up many public opportunities for blood donation (*see list at the top of the month*).

Please call 229-241-1141, Ext 221, to make an appointment to give the gift of life. To find donor sites throughout the region, visit [www.givebloodredcross.org](http://www.givebloodredcross.org) or call 1-800-GIVE-LIFE.

## **Adopt a rescue pet**

**Lowndes County Shelter**

<http://www.petfinder.com/shelters/GA53.html>

**Lake Park Animal Rescue**

<http://www.petfinder.com/shelters/lpaar.html>

**Lowndes County Humane Society**

[www.humanesocietyofvaldosta.org](http://www.humanesocietyofvaldosta.org)

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## **Educational Opportunities for First Time Home Buyers**

Valdosta-Lowndes County Habitat for Humanity, a certified Home Buyer Education Agency, has partnered with the Georgia Department of Community Affairs and the City of Valdosta to provide monthly Home Buyer Education Workshops that are FREE and open to anyone considering buying a home. This training is designed to help people explore their options as first-time home buyers and learn how to qualify to receive down payment assistance of \$5,000 up to \$7,500.

Participants will learn the advantages and disadvantages of owning a home, the necessity of having a budget in order to know how much house they can afford as well as the importance of a good credit history when applying for a mortgage loan. Information presented also includes how to work with housing professionals like realtors and bankers. Mortgage options such as the Georgia Dream Homeownership Program, Habitat for Humanity and Dream Valdosta are also presented. Pre-registration is required.

In addition to these one day workshops, Habitat offers a series of free Homeownership Skills classes that focus on developing good financial management skills, home maintenance skills and a variety of other topics important to new homeowners. These classes are open to all, and are held in a small group setting monthly for two weeks. Completion of this class series may also qualify first-time home buyers to receive a

**\$5000.00 down payment assistance grant from the City of Valdosta if they purchase a house in the city's Designated Revitalization Area.**

**To register for a Home Buyer Education Workshop or a series of Homeownership Skills Classes, please call 229-245-1330, ext 27.**

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**Habitat for Humanity Volunteer Coordinator Donnie Radney can give you details about how Habitat uses volunteers to help families become homeowners. Call 229-245-1330 ext 27 or email at [volunteerhabitat@bellsouth.net](mailto:volunteerhabitat@bellsouth.net) .**

### **Habitat for Humanity Applicant Workshop**

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#### **Habitat for Humanity offers:**

These classes may be required for persons who wish to qualify for certain Down Payment Assistance loans or grants available from the City of Valdosta or the Georgia Dream Program of the GA Department of Community Affairs.

*These classes are mandatory for Habitat Partner Families. They may also be required for persons who wish to qualify for certain Down Payment Assistance loans or grants available from the City of Valdosta or the Georgia Dream Program (GA Department of Community Affairs).*

Bring your credit report, a calculator and a list of the bills you owe.

*These classes are mandatory for Habitat Partner Families. They may also be required for persons who wish to qualify for certain Down Payment Assistance loans or grants available from the City of Valdosta or the Georgia Dream Program (GA Department of Community Affairs).*

### **Attend Homeownership and Financial Skills Classes**

**Classes Are Open to All**

*(Child care is not provided)*

**Valdosta-Lowndes County Habitat for Humanity**

***You must register before attending classes.***

**To register for classes call Carolyn Selby: 229-245-1330/ext 22.**



## **Home Buyer Education Workshop!!!**

**9AM—3PM**

## **Habitat for Humanity**

**To register for classes call Carolyn Selby: 229-245-1330/ext 22.**

## **Habitat for Humanity Volunteer Opportunities:**

**Groups to assist during the week are needed for ongoing projects.**

### **Family Supporter**

Family Supporters must have good people skills and understand the difference between empowering and enabling and understand the importance of confidentiality.

Supporters will be a friend and information source for our Habitat families.

They will assist families throughout the entire process of becoming homeowners by answering questions, helping plan Dedication Celebrations, providing follow-up explanations of Homeownership Skills class materials, and identifying other community resources. Once a family moves into their new home the Supporter will maintain contact during the first year as family faces the challenges of homeownership.

Training is provided for Family Supporters.

**Office Angels** (Monday–Friday 9am–4pm): Answer phone, Greet visitors, Perform office duties

**ReStore** (Tuesday–Saturday 9 to 4): Display, sort & price stock, Assist customers, Test & repair large appliances

**Jobsite** (Tuesday–Saturday 8am–4pm): Help build houses, Serve as Site Host/Hostess, Paint, Landscape, Provide meals, Clean up

**Serve on a committee:** Church Relations, Construction, Family Selection, Family Support

**Lunch providers for worksites needed**

To volunteer call Donnie Radney at 229-245-1330/ext 27 or email at [volunteerhabitat@bellsouth.net](mailto:volunteerhabitat@bellsouth.net)

For more information visit our website: [www.valdostahabitat.org](http://www.valdostahabitat.org)

## Habitat ReStore

...is open to the public every Thursday, Friday, and Saturday 9:00 AM to 5:00 PM. It is at 2010 East Cypress St. For sale are donated new and used home improvement materials, furniture, appliances, and much more. Donations to the store are tax deductible. All sales proceeds benefit Valdosta-Lowndes County Habitat for Humanity and are used to help further the mission of building affordable housing for people in need.

## Workers needed for ReStore...must be able to withstand variations of temperature...

For more information, call the store manager, Bill Ray, at 229-247-8513.

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## Certain people qualify in Georgia for a free phone:

[https://www.safelinkwireless.com/EnrollmentPublic/program\\_info.aspx](https://www.safelinkwireless.com/EnrollmentPublic/program_info.aspx)

You qualify for Lifeline Service in your area if...

1. You already participate in one of the following assistance programs:
  - o Federal Public Housing Assistance / Section 8
  - o Food Stamps
  - o Low Income Home Energy Assistance Program (LIHEAP)
  - o Medicaid
  - o Senior citizen low-income discount plan offered by the local gas or power company
  - o Supplemental Security Income (SSI)
  - o Temporary Assistance for Needy Families (TANF)
2. No one in your household currently receives Lifeline Assistance through another phone carrier. If someone in your household is receiving Lifeline Assistance you must cancel the service before applying for Lifeline Service through SafeLink Wireless.
3. You have a valid United States Postal Address. In order for us to ship you your FREE phone you must live at a residence that can receive mail from the US Post Office. Sorry, but P.O. Boxes cannot be accepted.

**Call 1-800-977-3768 to have an application sent to you**

Here is another free phone program for persons who qualify:



We are now known as **Second Harvest of South Georgia, Inc.**, and we are a member of *Feeding America- The Nation's Food Bank Network*. This is a very subtle change, as we have had much success over the years with our branding in south Georgia. In the end, the wording in our organization's name is the only change that will be seen by the public. We continue to provide the same goods and services for our loyal members.

**Valdosta/ Lowndes Recreation, Parks and  
Community Affairs Department  
Mildred Hunter Community Center**

All participants must pay an annual membership fee for the Mildred Hunter Community Center.

**The membership fee is as follows:**

**Adults 18 and up: \$30.00 per year**

**Seniors 50 and up : \$12.00 per year or \$1.00 per month**

This membership fee will give you access to all of our recreational programs. Memberships will not cover evening instructional programs (Sewing Classes, Computer Classes, Karate Program, or Basketball Leagues). All participants must also complete and sign an active membership waiver form before participating in any center activity or program.

For more information contact Andre Newson @ 259-5437 or 259-5407.

If you would like to register in classes at the center, contact Andre Newson at the Mildred Hunter Center, 229-259-5407 or 259-5437

**Call for current listing of community oriented  
classes**

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***Community Friends for International Students***

Help give each new VSU international student a friend in the Valdosta community...become a resource for the student and help the student in times of homesickness and cultural adjustment. A Community Friend also provides the student an opportunity to share his/her culture. The Friend can be an individual or an entire family. By inviting an international student to dinner, taking her to the mall, or participating in other such social activities, a Community Friend helps an international student feel welcome and helps compensate for the separation from friends and family. This is a unique opportunity to learn about another culture and make a difference in the life of an international student. For more information, contact Irina McClellan, International Student Advisor, 229-333-7410.

**Regularly Scheduled 12 Step Groups**

For information, call 1-800-878-1829

<http://www.aageorgia.org/2a-driving.html>

**Because the times and location of meetings of AA, and Al Anon  
have changed, I am listing only the website that is up to date on**

**this information. Call the toll free number above to find a meeting.  
Below are the current listings for this area:**

Group Name/Street Address	General Driving Directions to the Meetings
Alamo Group Alamo Clubhouse 2nd Ave. & 7th St. S.E., Moultrie, GA 31768	33/133/37 confluence at Courthouse downtown. East from Courthouse on 1st Avenue SE/33 for 0.45 miles. South (right) onto 7th St SE for one block. AA signs on Alamo Clubhouse on hill.
Baytree Fellowship Messiah Lutheran Church 500 BayTree Rd Valdosta, GA 31602	East off I-75 at Exit 18 onto 133/94/St. Augustine for 0.4 miles. North (left) onto Gornto Road for 1/3 mile. East (right) onto Baytree Road for 1.8 miles. Lutheran Church on left.
Baytree Fellowship Corner of Toombs and Central Ave Valdosta, GA 31602	East off I-75/Exit 16 onto Hwy 84 which is Hill Ave. Travel approx 2.5mi then left onto N. Toombs St, passing by meeting entrance door take right at 2nd light then right into parking lot.
Conscious Contact Group Alamo Clubhouse 2nd Ave. & 7th St. S.E., Moultrie, GA 31768	33/133/37 confluence at Courthouse downtown. East from Courthouse on 1st Avenue SE/33 for 0.45 miles. South (right) onto 7th St SE for one block. AA signs on Alamo Clubhouse on hill.
Cook County Group Adel United Methodist Church 214 S. Hutchinson Ave., Hwy 41 Adel, GA 31620	East off I-75 at Exit 39 onto Hwy 37 for 1 mile. South (right) on Hutchinson Avenue/41 for 200 yards. Adel United Methodist Church on the right/west side of the road.
Grace Group St. Thomas Episcopal Church 216 Remington Ave. Thomasville, GA	Corner of Dawson St. and Remington Ave. in downtown Thomasville.
Hahira Group 6190 Cat Creek Road Hahira, GA 31632	take hwy 122 East out of Hahira go approx 7 miles to Cat Creek Rd. turn right meeting place approx. 1000 ft on the left, sign out front.
Milltown Group Old Lanier County High School 338 East Church St. Lakeland, GA 31635	The Milltown Group of Lakeland is located in town, one block north of US129/US221 at the old Lanier County High School Building.
Morven Group Bridges of Hope 10031 Coffee Rd Morven, GA 31638	From exit 18 and I- 75 in Valdosta, go N.E. on 94/133/ St Augustine Road for 13 miles. In Morven turn left at the caution light unto 76/1 <sup>st</sup> Street and go to the City Park. Turn right on Coffee road. Old farmhouse on right just past the school. Morven Group at the Bridges of Hope.
Nashville Friendship Group 1011 Exum Street Nashville, GA 31639	At the Old Jaycee Hut (blue building on left side of road that runs between baseball field and Lovein Funeral Home) off of Adel Highway/Highway 76. <i>(Last Friday of the month, meeting is held at the A.G. Center on county line road)</i>



# CLASSES

To register: [http://www.georgiasbdc.org/?page\\_name=view\\_classes&city=Valdosta](http://www.georgiasbdc.org/?page_name=view_classes&city=Valdosta)

To see all the course offerings, please visit us online at <http://www.valdosta.edu/sbdc>. To register for any of these courses, simply print out the flyer or brochure, clip and mail the registration, along with your payment, to our office. If you prefer, you may register in person at our office during our normal business hours and pay by credit card.

## LegalAid-GA.org

Atlanta Legal Aid Society and Georgia Legal Services Program developed [LegalAid-GA.org](http://LegalAid-GA.org), a public access legal web site.

**Know Your Rights.** Georgians may now know their rights and legal responsibilities in 26 different areas of the law (over 1000 documents and links to legal information and government benefits).

- **Court Forms / Legal Forms.** Georgians may now obtain copies of model complaint letters, legal forms, court documents and online applications for government benefits from a single location.
- **Find a Lawyer.** Georgians may now find lawyers who will provide free and low-cost legal help throughout the state (including legal hotlines, legal aid organizations, lawyer referral agencies and bar associations).
- **Community Help.** Georgians may locate nearby social service providers (including the Dial 211 and other helpline providers throughout the state).
- **Find a Court.** Georgians may now locate the courts in each county (including court web sites).
- **Elderly legal issues handled at this site.**
- 1101 North Patterson Street, Valdosta. 229-333-5232

## Georgia Legal Services schedule in other counties:

**Civil Cases only** **excluding** tort (fee generating cases), class action, bankruptcy, child support, divorces w/o domestic violence). Call and confirm if it's something that they handle and if its not they can point callers in the right direction.

<b>Atkinson County</b> Willacoochee Senior Center	4 <sup>th</sup> Thursday of every month	10:00 AM to 1:00 PM Willacoochee, Georgia
<b>Berrien County</b> Berrien County Courthouse	2 <sup>nd</sup> Monday of every month	9:00 AM to Noon Nashville, Georgia
<b>Clinch County</b> Concerted Services	3 <sup>rd</sup> Tuesday of every month	9:00 AM to Noon Homerville, Georgia
<b>Colquitt County</b> 9 South Main Street	4 <sup>th</sup> Monday of every month	9:00 AM to Noon Moultrie, Georgia
<b>Cook County</b>	2 <sup>nd</sup> Thursday of every month	10:00 AM to 1:00 PM

Cook County Library	213 E. 2 <sup>nd</sup> Street	Adel, Georgia
<b>Thomas County</b>	2 <sup>nd</sup> Monday of every month	9:00 AM to Noon
Thomas County Judicial Center	325 N. Madison Street	Thomasville, Georgia
<b>Tift County</b>	3 <sup>rd</sup> Monday of every month	9:00 AM to Noon
State Bar Office	244 East 2 <sup>nd</sup> Street	Tifton, Georgia

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## Flu vaccine

“Many people believe that if they have not gotten the flu or the flu vaccine by January, they are in the clear,” stated Debra Adams, RN, APRN, District Nursing and Clinical Director. “This is not true.

The CDC recommends certain groups getting vaccinated as soon as possible because they are at highest risk of getting the flu or spreading the flu to vulnerable populations. Those priority groups for getting the vaccine are pregnant women, caregivers for infants younger than 6 months of age, healthcare and emergency medical services personnel, persons from 6 months through 24 years of age, and persons 25 to 64 years of age who have health conditions, such as asthma and chronic congestive heart failure. Although priority groups have been highlighted, there are no restrictions on who can get the seasonal or H1N1 vaccines at this time.

For more information on NIVW or receiving your flu vaccine call your local health department, South Health District at 229-333-5290 or visit [www.flu.gov](http://www.flu.gov).

## **MAY is Foster Care Awareness Month, and we need foster and adoptive parents...”You don’t have to be perfect to be a perfect parent.”**

There are over 300 Lowndes County children in foster care. There are only 149 beds available in the county, forcing DFCS to send children to other counties while they are in care. There are nine children free for adoption who have not had resources identified for them. Foster parents must take 20 hours of certification and annual refresher courses. If you are interested in information on becoming a foster or adoptive parent, call 229-333-7056 for Rebecca Gilliland. The state also has a number to call: 877-210-KIDS (5437).

## **BLOOD DONATION OPPORTUNITIES**

Valdosta Blood Donation Center **(new hours)** 2517-A Bemiss Road



Mondays and Tuesdays 10:00 AM-7:00 PM (3rd Monday each month 2:00 PM-6:00 PM)

Wednesdays 1:00 PM-7:00 PM

Thursday-Friday-Saturday 8:00 AM-2:00 PM

Sunday Closed

For more information or to set up a blood donation event, contact Tina Tucker, American Red Cross, 229-241-1141, Ext 221 or [tuckert@usa.redcross.org](mailto:tuckert@usa.redcross.org)