

VALDOSTA AREA Community Calendar

Please send updates and additions to osbo1933@bellsouth.net

Community Events begin on page 2
Arts, Theatre and Learning Opportunities begin on page 26
Resources and Volunteer Opportunities begin on page 32

Citizen Opportunities...see elected/appointed officials in action:

Lowndes County Commissioners Meeting

Tuesday, January 14, 5:30 PM

327 N. Ashley St - Commission Chambers, 2nd Floor

Link to website:

<http://www.lowndescounty.com/content.asp?pid=23&id=219>

Valdosta City Council Meeting

Thursday, [January 23](#), 5:30 pm Valdosta City Hall Council Chambers, at 216 E. Central Avenue on the second floor

Link to page with agenda:

<http://www.valdostacity.com/Index.aspx?page=193>

Valdosta/Lowndes County Industrial Authority Monthly Meeting

Industrial Authority Conference Room

Meets the second Tuesday of each month.

2110 North Patterson (corner of Patterson and Park)

Link to page with agenda:

<http://www.industrialauthority.com/>

For more information, call 229-259-9972

[illegible]

HOLD THE DATE !!!

17th Annual NASW South Georgia Unit Conference

March 21-22
13 CEs
Amazing prices !!!!!



(229) 242-1187

United Hospice is providing support group meetings throughout the holidays on Thursdays at 5:30 PM. Support group meetings are open to those in our community who are grieving the loss of a loved one. Counseling is available in a group setting and also for those who would like individual counseling. Anyone who is interested in attending may contact *Dede Wadell*, United Hospice Bereavement Coordinator at

229-242-1187 for questions and meeting locations.

High Cost Home Loan Counseling

Valdosta-Lowndes County Habitat is a HUD Certified Housing Counseling Agency and can meet your client's need for "High Cost Home Loan Counseling." People in need of this counseling may call 229-245-1330, ext 22, to pre-register for our Home Buyer Education Workshops (held every other month) or Financial/Homeownership Skills classes (held 3 times each year).

**THE GEORGIA LEGISLATURE
IS IN SESSION**
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

Rep. Jason Shaw Box 245 Lakeland , GA 31635

Berrien, Clinch, Lanier and Lowndes

229-482-3505 404-656-7859

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

Rep. Amy Carter Box 1535 Valdosta , GA 31603

Valdosta and Remerton

229-245-2733 404-656-0325

amy.carter@house.ga.gov

Rep. Dexter Sharper 19 Sharper Circle Valdosta, GA 31601

Central Valdosta

dexter.sharper@house.ga.gov

To keep up with this year's Georgia legislation go to:

<http://web.me.com/gcdd/GCDD/Home.html>

South Georgia String Project

The South Georgia String Project, led by Director and Master Teacher Lauren Burns, is a joint venture of the

Valdosta Symphony Orchestra and the Department of Music at Valdosta State University.

Adults and children are welcome to participate.

For more information, go to <http://www.valdosta.edu.sgsp>

Toastmasters is growing in our area!

Citizens have **five** 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.

Valdosta Toasts Tuesdays, from 12pm-1pm, Ambling Training Room, 348 Enterprise Drive

Contact Stacey Whatley 229-244-2800, ext. 8028

Moody Talking Tigers Thursdays, 5 PM, The SPOT-Entertainment Central Bowling/Community Center, 6251 Davis Street, Bld 583 at Moody AFB

Contact Wendy Byrd, 229-244-9400

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

Wiregrass Technically Speaking Fridays, 9am-10am, 4089 Val Tech Rd, Room 7238

Contact Ron O'Meara at 229-333-2100, ext. 2111

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@valdostahaven.org, 229-244-9056 to register.

Georgia Department of Corrections Valdosta Transition Center needs:

Books, games, men's clothes, men's shoes

Furniture and household items for those who are moving into apartments and homes.

YMCA Challenger League

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

**Contact Cheryl Marshall at
229-244-4646 or cmarshall@valdostaymca.com**

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Volunteer for Area 15 Fall Special Olympics

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Each school year, the Valdosta- Lowndes County Parks and Recreation Authority Therapeutics Division hosts several local Special Olympic events: the next one is in March. Special Education students ages 8 to 21 from nine surrounding counties will compete in a variety of sports. **We are looking for volunteers to take score, give out awards, art and crafts, assist with lunch, supervise a bounce house, etc.**

Please let us know if you have any special talents, referee experience or specialize in a particular sport. If you are signing up a group, please have the number of volunteers and the name of your group available so that we may plan accordingly. Don't forget to dress comfortably.

If you are able to volunteer any amount of time for these events, please contact Tammy A. Crosby, Therapeutic Supervisor, Area 15 Special Olympics Coordinator at 229-333-1817 to sign up.

Learning in Retirement

VSU classes are open for registration. Classes began January 13, but more start throughout the spring. Hundreds of topics from which to choose. Small annual fee of \$45; most classes free with fee.

<http://ww2.valdosta.edu/conted/lir.shtml>

or call **229-245-6484**

Special note: Georgia Aigen will speak about his WWII and Holocaust experiences (A Soldier's Story) March 4 at 1:00 PM, VSU Continuing Education Building. You do not have to be an LIR member to attend.

Valdosta Choral Guild

Spring Concerts:
Sunday, May 4, 2:30PM

Monday, May 5, 7:30PM
Location to be determined



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.

VSU PLANETARIUM

February 7th	The Origins of Life
March 7th	The Future of the Planets
April 4th	The Celestial Zoo

For times, see this link: http://ww2.valdosta.edu/phy/astro/planet_shows.shtml

BLOOD DONATION OPPORTUNITIES

01/14/14	Clinch County High School	863 North Carswell Street	Homerville	8:00 am - 1:00 pm
01/14/14	Wiregrass Georgia Technical College	4089 Val Tech Road	Valdosta	11:00 am - 4:00 pm 11:00 am - 4:00 pm
01/15/14	Cook Elementary School	1512 N. Elm Street	Sparks	11:00 am - 4:00 pm
01/15/14	ABAC	2802 Moore Hwy	Tifton	11:00 am - 4:00 pm
01/16/14	Turner County Civic Center	601 East Madison Street	Ashburn	2:00 pm - 7:00 pm
01/17/14	Cook County High School	9900 Hwy 37	Adel	8:00 am - 1:30 pm 8:00 am - 1:30 pm 8:00 am - 1:30 pm
01/19/14	St. John Catholic Church	800 Gornto Road	Valdosta	9:30 am - 2:30 pm
01/20/14	Journey Church of Tifton	304 20th St. W	Tifton	3:00 pm - 7:00 pm
01/21/14	Tifton Methodist Church	107 West 12th Street	Tifton	12:00 pm - 6:00 pm

01/23/14	Omega Baptist Church	219 Oak Street	Omega	3:00 pm - 7:00 pm
01/23/14	Berrien County Elementary School	802 Middle School Circle Drive	Nashville	1:00 pm - 6:00 pm
01/28/14	Valdosta State University Student Union	Oak Street at Baytree Road	Valdosta	12:30 pm - 5:30 pm
01/29/14	Tifton Technical College	52 Tech Drive	Tifton	
01/30/14	Georgia Military College	4201 N. Forrest Street Ext.	Valdosta	9:00 am - 2:00 pm

JANUARY 2014

Prevent Child Abuse Monthly Meeting

When: The second Tuesday of every month

Date: January 14, 2013

Time: 12:00 PM

Location: Wooden Nickel Pub 3269 Inner Perimeter Road, Valdosta

Speaker: **Joyce Johnson, MSW, Area Coordinator**

**Community Partnership for Protecting Children (CPPC)
Brantley, Lanier and Tift Counties**

She will present on the Community Partnership for Protecting Children (CPPC)

Community Partnerships for Protecting Children (CPPC) is a child welfare model that drives community-based child abuse prevention, intervention, and practice change. Community partners implementing CPPC both acknowledge and understand that no one agency or entity should be responsible for preventing child abuse and neglect.

The Goal of CPPC Model:

The ultimate goal is to bring families, service providers and informal supports together to develop targeted prevention strategies with multiple programs and activities that focus on specific types of maltreatment prevalent in their communities. CPPC partners Engage, Educate and Empower their community to effectively identify and address the underlying causes of child abuse and neglect. Through these efforts, CPPC aims to: reduce the likelihood that children will be abused or neglected; lower the probability of reoccurrence; and to decrease the number of children who come into care.

For more information, contact Pam Brewer, 229-244-1707 or pbrewer@cflfostercare.com

Please feel free to invite others so that we can continue to grow as organization.

**Lowndes Interagency Coordinating
Council**

Monthly meeting, Tuesday, January 14

**DFCS Building, first floor conference
room at 12:00**

Our speaker will be JaTaryia Thomas of the CA\$H Prosperity Campaign.

We may have another person serving the area; Chelsea Pavey of Chels Cares, LLC who does ABA, after-hours child care and tutoring.

For more information, contact Jessie Judkins, 229-259-5138

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Valdosta North Rotary

Meetings: Every Tuesday at 12:00pm January 14, 21, 28

Valdosta Country Club

We welcome those who are interested in learning more about Rotary, are interested in becoming a part of this great organization or if you are interested in speaking or presenting at one of our meetings to come visit or contact Jamie at 229-630-7734.

VALDOSTA CIVITAN CLUB

January 14 and 28

Meets 2nd and 4th 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 or**

Jane Singletary @ 229-251-5630 or janesingletary@gmail.com.

STEM INITIATIVES AT VALDOSTA STATE UNIVERSITY

Tuesday, Jan. 14, 7 PM

(preceded by AAUW business meeting at 6:30 p.m.)

The Valdosta State University Continuing Education Building Auditorium, located at 903 N Patterson St.

A panel discussion about initiatives in science, technology, engineering, and mathematics featuring Gary Lynn Wood, Professor of Chemistry, The Center for Applied Research, and STEM Initiatives; Denise Taunton Reid, Professor of Math and Math Education and Jenny Baxter Vu, Professor of Chemistry, Science Saturdays.

For further information, contact Dr. Diane Holliman (229-560-8645).

The Southern Georgia Area Agency on Aging's (AAA)

Community Care Services Program Providers Network Meeting

January 15, 2014 10am-12pm

Southern Georgia Regional Commission -large conference room

1725 South Georgia Parkway, West

Waycross

The meeting will begin at 10 a.m. and should conclude no later than 12 p.m.

For more information, call 912-285-6097 or 888-732-4464

Survivors of Suicide Peer2Peer

Wednesday, January 15

8:00 PM, Unitarian Universalist Church, 1951 East Park Ave, Valdosta

(third Wednesday of every month)

For more information, write to sosvaldosta@yahoo.com

Community Summit:

January 16

9:00 - 11:00 AM

Valdosta City Hall Annex/Multi-Purpose Room

To create an engaged community committed to fostering physical health/nutrition, college and career readiness, mental/behavioral health, and safety to ensure all children, all families, and all aspects of our community grow and thrive.

Please RSVP to Scarlet Brown scbrown@gocats.org .(Yes, you may still RSVP!)



Access Community

Resources: <http://tinyurl.com/VLSummit>

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Crafters Come to the South Georgia Regional Library

Calling all...painters, model makers, beaders, knitters, tatters, loomers, leather punchers, quilters, scrapbookers or any other type of craft you do, if you are interested in sharing your craft with others, please come join the Crafters of the Round Table on January 18, 2014 @ 2pm in the Folsom Room at the main library branch located at 300 Woodrow Wilson Drive.

You are responsible for bringing any supplies needed including drop cloths, tape, glue, scissors, needles; whatever your craft may require. This club is meant to inspire others to branch out to other crafts and enjoy teaching others. If enough interest is shown, Crafters of the Round Table will hold a gathering every month on the 3rd Saturday.

For more information, please contact Debbie Altobello @ 333-0086 x230 or by email daltobello@sgrl.org

CAG Bridge Luncheon



The Center for the Arts Guild
BRIDGE LUNCHEON

Monday, January 20, 2014

10am-2pm

at the

Turner Center for the Arts

527 N. Patterson St.

Valdosta, Georgia

*Admission - \$25 per person,
including lunch and games.*

*For info and tickets,
call 229-247-ARTS.*



The Center for the Arts Guild cordially invites you to its annual Bridge Luncheon on Monday, January 20, 2014, from 10am - 2pm.

Admission is \$25 per person, including Bridge games, a delicious lunch and door prizes!! Call the Turner Center at 229-247-ARTS (2787) or register on line at: https://www.eventbrite.com/login?referrer=/myevent%3Feid%3D10108449645%26utm_source%3DBridge%2BLuncheon%26utm_campaign%3DCAG%2BBridge%2BLuncheon%26utm_medium%3Demail

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

January 20

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.

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Celebrate

Recovery Valdosta

January 20, Monday at 6:30pm

Celebrate Recovery is a Christ-centered recovery program for all types of habits, hurts, and hang-ups.

We are a community group that is open to all.

CrossPointe Church

110 Northside Drive, Valdosta



Brain Injury Advocate Services of Georgia

Peer Support Group Meeting

Tuesday, January 21 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.

[illegible]

South Georgia Growing Local will be having its 4th annual conference this year in Lowndes County at the Pine Grove Middle School.

What: South Georgia Growing Local 2014

When: Friday January 24th - Farm Tours (\$50)

Friday Evening - January 24th - Dinner and a Movie (\$5)

Saturday January 25th - Talks (\$40)

Where: Pine Grove Middle School
4159 River Rd, Valdosta

Who: Everyone! Farmers, Gardeners, Eaters, Homesteaders, Local Food Fans

Registration: http://www.okraparadisefarms.com/blog/wp-content/uploads/2013/12/registration.form_.pdf

Conference Sponsors: Okravores, Lowndes County Partnership for Health, Valdosta Main Street, South Health District, Okra Paradise Farms, Lake Park Chamber of Commerce

Information about this conference is available on-line at
<http://www.okraparadisefarms.com/blog/s-ga-growing-local>

Celebrate Recovery Valdosta

January 27, Monday at 6:30pm

Celebrate Recovery is a Christ-centered recovery program for all types of habits, hurts, and hang-ups.

We are a community group that is open to all.

CrossPointe Church

110 Northside Drive, Valdosta

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Emotions Anonymous Meeting

Tuesday, January 28, Greenleaf Center from 4:30 to 5:30 pm

Group is free and open to individuals 18 years of age and older in the community who need emotional support. This group is peer lead and refreshments will be provided compliments of Greenleaf.

FREE LUNCH AND LEARNS HELD AT

PHOEBE PUTNEY BEHAVIORAL HEALTH

Now being held on the 4th Tuesday of each month

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 for more information.

FEBRUARY 2014

Brain Injury Advocate Services of Georgia

Peer Support Group Meeting

Tuesday, February 4 7:00 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)

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

or email: biasofga@bellsouth.net



bias of georgia

the voice of survivors and families of tbi/sci

Thursday

February 6

12:30 PM

Wooden Nickel Pub (Inner Perimeter)

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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Down Syndrome Association of South Georgia

Monthly meeting, First Christian Church, 1905 North Patterson Street

Saturday, February 8

Heart Day Social

10 AM to 12 NOON

For more information, go to info@southgeorgiadsa.org.

Family Autism Support Team

Support group for parents of children with autism and Asperger syndrome

Saturday, January 8 1:00 pm to 3:00 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

Ms. Anna Bullard, Ava's mother, will join us as we talk about AVA's Law. Many of you do not know that Georgia does not support treatment of ABA services for children diagnosed with Autism. This law would require insurance companies to provide evidence-based treatment to those families that lack care and treatment. Military families are fortunate since Tricare does recognize Applied Behavioral Analysis as an evidence-based treatment for children diagnosed with Autism. Georgia is one of 18 states that does not require insurers to pay for autism treatment. Please consider joining us to listen to Ms. Bullard and support Ava's Law even if you do not have a child with Autism...you can come and support those who do.

RSVP: ladams@valdosta.edu

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LA LECHE LEAGUE OF VALDOSTA

Sunday, February 9, 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: November 11, December 1.

Call 229-244-3393 for more information.

Valdosta Lowndes Retired Educators Association meets the second Monday of every month (February 10)

(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 .

2nd African American Arts Festival at VSU will be held from February 28 through March 1 at the VSU University Center. It will be free to the public.

MARCH 2014

Child Advocacy Center 15th Annual Clay Shoot fundraiser

March 1

Sponsors and teams may sign up now.

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Special note: Georgia Aigen will speak about his WWII and Holocaust experiences (A Soldier's Story) March 4 at 1:00 PM, VSU Continuing Education Building.

You do not have to be a Learning In Retirement member to attend.

Down Syndrome Association of South Georgia

Monthly meeting, First Christian Church, 1905 North Patterson Street

Saturday, March 8
10 AM to 12 NOON

For more information, go to info@southgeorgiadsa.org.

Down Syndrome Association of South Georgia

World Down Syndrome Day
March 15
More details as they are known.

For more information, go to info@southgeorgiadsa.org.

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American Association of University Women Annual
Sister to Sister Summit will be March 15 at the VSU
University Center.

It is open to all middle grade girls. Go to www.valdosta-ga.aauw.net for
more information.

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Arts, Theatre And Learning Opportunities



VALDOSTA STATE UNIVERSITY

2013-2014 VSU THEATRE & DANCE SEASON

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

EVENTUALLY...

EVERAFTER An Original Dance Production

Written, Directed & Choreographed
by Sarah Wildes Arnett

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

SawyerTheatre

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.

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.valdostasymphony.org

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

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>

Turner Center for the Arts

<http://turnercenter.org>

229-247-2787

BROADWAY SERIES...Get your

tickets now !

***New Shanghai Circus
February 13, 2014***

**Gallery Open
The DRAWPROJECT**

VSU Department of Art exhibition and scholarship fundraising event hosted each year by Annette Howell Turner Center for the Arts. Money raised from this event supports scholarships that assist Valdosta State University Art students. *The Annette Howell Turner Center for the Arts Scholarship* is awarded annually to support a VSU junior art, design, or art education major for meritorious production in the classroom or studio, and a commitment to service within the community. The DrawProject event is an ongoing, annual - and hopefully, never ending Art Project, coordinated and hosted by the VSU Department of Art and the Annette Howell Turner Center for the Arts.

Special thanks to our sponsors: Guardian Bank, Bush Wealth Management, Classic Art & Frame Co., Valdosta State University, and the Turner Center.

The exhibition continues through February 19th, 2014. <http://turnercenter.org>

Over 70 Drawings - Facebook link: <https://www.facebook.com/DrawProject.VSUArt>

VSU Art DrawProject link: <http://www.valdosta.edu/colleges/arts/art/drawproject.php>

Free and open to the public!

CLASSES

Pottery Class

Instructor: Kristen Stengl

Wednesdays: 6-8 pm – Open Studio

Thursdays: 10-Noon – Wheel Class

Painting Class

Instructor: Fay Hyatt

Thursdays: 10:00 am - 2:00 pm

Yoga (FREE)

Instructor: Roberta George

Wednesdays: 6:00 pm

Saturdays, 2-4 pm

Tuesday-Thursday 10-6; Friday-Saturday 10-

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

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.

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

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

February 7th	The Origins of Life
March 7th	The Future of the Planets
April 4th	The Celestial Zoo

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

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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, mahjongg, 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.

Register NOW

Learning in Retirement

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 .

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>

RESOURCES and Volunteer opportunities

**Crohn's and Colitis Foundation of America,
Georgia Chapter**

Go to the website for online support groups:

www.ccfa.org/chapters/Georgia

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.

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

May was National Foster Care Month

You can change a lifetime

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

or

INTERESTED IN ADOPTING?

Call 1-877-210-KIDS

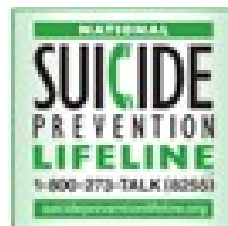
Several suicide prevention resources:



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.

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

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.

CREATING FRIENDSHIPS THAT LAST A LIFETIME

VALDOSTA-LOWNDES COUNTY FAMILY YMCA

For information, call 228-244-4646
Valdosta-Lowndes County Family YMCA
2424 Gornto Rd. • Valdosta
(229) 244-4646 • www.valdostaymca.org

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

View the new website: www.redcross.org/southgeorgia

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.

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 for more information on Light the Path of Hope for a Child.

THE GEORGIA LEGISLATURE IS IN SESSION

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

Rep. Jason Shaw Box 245 Lakeland , GA 31635

Berrien, Clinch, Lanier and Lowndes

229-482-3505 404-656-7859

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

Rep. Amy Carter Box 1535 Valdosta , GA 31603

Valdosta and Remerton

229-245-2733 404-656-0325

amy.carter@house.ga.gov

Rep. Dexter Sharper 19 Sharper Circle Valdosta, GA 31601

Central Valdosta

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!



Lowndes County Senior Center

1360 East Park Avenue Valdosta

Office 229-259-5469

Email 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 furever 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!

Check Facebook BARC Humane Society page for details of adoption events



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 . Like us on Facebook at www.facebook.com/ValdostaLowndesMPO , or on Twitter at 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, 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 with other alums!

SHARE

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

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

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.

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

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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






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Volunteer at South Georgia Medical Center as a golf cart driver, chemo cap knitter, auxiliary member, art project provider, pet therapy provider. Go to <http://www.sgmc.org/volunteers.aspx> for complete information.

To order the most recent **Annie E. Casey Kids Count Factbook** that has data on child and family wellbeing in every state for the last measured period of time, go to this website:

<http://www.aecf.org/KnowledgeCenter/Publications.aspx?pubguid={C2FBD3FE-27EA-44EB-B5A6-0F45D713076E}>






























Need help with the price of prescriptions?
Contact one of the websites below for assistance:
<http://www.pparx.org>

<http://www.covermymeds.com/main/why-use-covermymeds>

Bainbridge Advocacy Individual Network, Inc.

316 West Shotwell Street Bainbridge 39817
Telephone 229-246-0150 Fax 229-246-1715

BAIN is a Center for Independent Living dedicated to promoting independence and improving the quality of life for individuals with disabilities in South Georgia.

BAIN, Inc is a non-profit, non-residential center serving eleven counties throughout southwest Georgia.

BAIN offers information and workshops on topics such as finances, money management skills, home modifications, personal attendant management and how to access community support systems.

BAIN will assist you on an individual, personalized basis.

BAIN also offers:

Transportation Voucher Program, Computer Recycling, Low Cost Eyeglass Program, Loan Closet, Ramps/Assistive Technology, Resource Library, Computer with Internet Access, Assistive Devices, Alternative formats: Large Print, Audio Cassette and Braille

Need Healthcare, Housing or Case Management for veterans in this area?

**Contact VA Social Worker Ayanna Sampson
1-800-308-8387, Ext 3416**

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>

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.

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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.

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

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

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.jacobs ladder riding.com>

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.

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Choices for Life of GA, LLC

Choices for Life of Georgia is a specialized foster care program that provides in-home treatment for children and youth with multiple psychological, social and emotional needs. The children can accept and respond to relationships within a family but their special needs require more intensive or therapeutic service than are found in traditional foster care. Please contact us for more information if you would like to be part of our professional team touching the lives of children and families.

Referrals may be made by phone or email address above.

<http://dfcs.dhs.georgia.gov/>

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

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

Are you raising grandchildren or other relatives?

This project was created in response to the growing number of grandparents and other relatives who were raising children in the place of absent or addicted parents. Its goals are to stabilize the legal relationship between the caregiver and children through adoption or custody and to maximize the financial and medical resources available to care for the children. The project has been adopted by Kilpatrick Stockton, a private Atlanta law firm, and has trained more than 220 volunteer lawyers to take cases; call 404- 524-5811.

Georgia Senior Legal Hotline

Toll-free: 888-257-9519

Begun in 1998, the hotline is a cooperative project among Atlanta Legal Aid Society, the Georgia Division of Aging Services, the State Bar Pro Bono Project and the Atlanta Bar Association. It offers legal advice, brief services, self-help materials and referrals to seniors throughout the state, handling more than 4200 calls a year. This project serves seniors living anywhere in Georgia .

National *Do Not Call* Registry

Register home or cell phones to prevent mass marketing calls

<https://www.donotcall.gov>

Homeless prevention and rapid re-housing (stimulus ARRA dollars) funds are **currently suspended for 91 counties in Georgia through the Salvation Army state level toll free number 1-866-387-2657.**

Persons needing assistance may call for pre-screening and information in all counties.

For a printable flier, go to:

http://www.dca.ga.gov/housing/specialneeds/programs/documents/HPRPSalvationArmyReferrals20100209_000.pdf

Join the advocates for mental health services in Georgia –

2012 has become increasingly challenging for persons needing services for mental illnesses and addictive diseases, and for 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

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.

[illegible]

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.sqrl.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 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.

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.

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

American Cancer Society
1-800-227-2345
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.



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 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 who has experienced the loss of a loved one and would like to learn healthy ways to deal with their grief.

To register for an upcoming group, call 229-249-4100.

Groups meet throughout the year at the Hospice of South Georgia Administration Building, 2263 Pineview Drive, Valdosta.

http://www.hospiceofsouthgeorgia.org/volunteer_opportunities.aspx



Hospice South, LLC

Visit the new **Hospice South, LLC.**

CLOTHES CLOSET

Used Clothing and Accessories at *Extremely* Reasonable Prices!

(all proceeds will be used to support our needy patient fund)

[125 S Hutchinson St., Adel, Georgia](#)

WE ACCEPT ALL DONATIONS OF CLEAN CLOTHING AND ACCESSORIES!

[Hospice South, LLC.](#) is a full service hospice agency providing

Skilled Nursing, Home Health Aide, Social Work, Chaplain, and Volunteer Services in

Adel and all counties within a 60 mile radius.

VOLUNTEERS NEEDED

for Patient Care, Administrative, and Community Outreach positions.

Call for hours of operation

[229-896-6100](tel:229-896-6100)

Volunteers needed for Serenity Palliative & Hospice Care

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

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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@southerncareinc.com.



United Hospice

Committed to Caring

United Hospice has been providing palliative care both in the home and in a care center setting since 1993. Services begin and end with compassion and the preservation of dignity and comfort. Resources are available to patients 7 days a week, and include certified professional consulting on pain management, wound care, pharmaceutical care, and advanced clinical nursing.

Quality of life treatments such as palliative radiation and chemo, blood transfusions, and IV Therapy are covered services. United Hospice also has an on-call policy that allows patients and family to call for a visit from an RN when conditions change—because we believe in hands-on assessment and not a slew of questions over the phone. This on-call process is just part of the proprietary *UniGuard* Program delivered to each patient as a way to prevent unnecessary re-hospitalizations.

More about United Hospice:

- Weeknight, weekend, and holiday admissions
- Centralized intake available for all referrals
- New referral response time of less than two hours
- Increased accuracy and flow of information through electronic medical records
- Language interpretation services available for all nationalities
- Bereavement support services for the patient's loved ones as well as the Skilled Nursing, Assisted Living, and Hospital staff
- A non-profit affiliate, United Hospice Foundation, which provides scholarships, hardship grants, and bereavement support initiatives to community members and staff.
- Acceptance of all hospice eligible patients regardless of ability to pay

**Jamie Baltrus, Community Relations
Representative**

(229) 242-1187

jlebaltrus@uhs-pruitt.com

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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 -- 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.



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

WE PICK UP!

Call 229-333-0063 for more info

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

Ask about RB Bucks!

Find us on Thrift Store Junction:

www.thriftjunction.com/repeatboutique

Find us on the web:

www.RepeatBoutique-GA.com

Find us on Facebook:

RepeatBoutiqueGA



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

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

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. 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 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

To join, contact Sheila Rowell, therapist@valdostahaven.org, 229-244-9056 to register. 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.

Moody Air Force Base Sexual Assault Response Coordinator (SARC) Moody AFB, GA Office - (229) 257-7272 Cell - (229) 560-5085
For Live 1-on-1 Help Confidential Worldwide 24/7
CLICK: www.SafeHelpline.org CALL: 877-995-5247
TEXT: 55-247

610 North Patterson Street, Suite A, Valdosta
229-247-6912, toll free 866-875-4670, or fax 229-247-8549.

Champions for Children Program

<http://www.championsforchildren.org>

- Have applied for Katie Beckett and received a level of care denial
 - Age 21 and under
 - Live at home
- Have a physical, cognitive, developmental or medical disability

Current Medicaid recipients are not eligible for this program

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 for more information.

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>

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.

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

Georgia's PTI services, and all Parent to Parent of Georgia services, are provided free of charge. Just call 1800-229-2038. A coordinator is waiting to speak with you.

Send a check to LVP, 221 S. Ashley Street, Valdosta 31601

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

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

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

South Georgia Council for Youth in the Performing Arts

South Georgia String Project

For more information, go to <http://www.valdosta.edu.sgsp> or contact Dr. Gerling at 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.

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

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

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

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

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 22.

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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 229-560-1112 or email at volunteerhabitat@bellsouth.net.

Habitat for Humanity Applicant Workshop

January 25, 2014

Call 229-246-1330, ext 22 for information.

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!!! November 16, 2013

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 229-560-1112 or email at volunteerhabitat@bellsouth.net

For more information visit our website: 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 or call Donnie Radney at 229-560-1112

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https://www.safelinkwireless.com/EnrollmentPublic/program_info.aspx

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.

Here is another free phone program for persons who qualify:

To qualify you must participate in a minimum of one of these programs--- Medicaid, SSI, Food Stamps, Section 8, TANF, LIHEAP, or National School Lunch Program's Free Lunch. The toll free number is 1-877-870-9444.

Keep Lowndes/Valdosta Beautiful

is a non-profit organization always looking for volunteers to help out on various environmental and beautification projects and events all through the year. For a list of upcoming events and dates, please visit the Keep Lowndes/Valdosta Beautiful website at: www.klvb.net

For more information on events, meetings, Adopt-A-Road, or signing up to volunteer, call or email Aaron Strickland at (229) 671-2499 or astricklan@lowndescounty.com

Volunteer at Second Harvest of South Georgia, a member of Feeding America

Food Bank volunteer hours are as follows:

9:00 AM - 5:00 PM Monday- Wednesday

9:00 AM - 7:00 PM Thursday

9:00 AM -12:00 noon Friday

8:00 AM - 12:00 noon, one Saturday a month (please call for dates)

Special appointments should be made for groups of ten or more.

We are always in need of volunteers.

Please call to schedule all volunteer work and/or for more information at 244-2678 ext. 234

- Our new name and logo directly convey that we are providing access to food for people who need it- hungry Americans. In essence, "feeding" serves as a double meaning- both providing food and enriching lives.

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 st 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>
Northside Group 2106 Slater St. Valdosta, GA 31602	Go southeast on GA 133/ St. Augustine Rd., turn left onto Lankford Dr. for .6 Miles, continue onto Melody Ln. for .5 Miles, continue onto Jerry Jones Dr. for .1 Miles, turn right onto Alden Ave. for 1.2 Miles, turn left onto Slater St. 2106 Slater St. is on left. PARKING: Turn into second Slater Street parking lot on left (Park Ave. Methodist Church)and park to the right. You will be behind the house.
Thomasville Group, Trinity Anglican Church 325 W. Jackson Street Thomasville, GA 31792	From North; US Hwy 319 Business South (aka Jackson Street) follow and crossover Broad St. to W. Jackson St, church is on left approx. 3 blocks, parking behind building and entrance is in rear of building. From East; US Hwy 84 Business West to Broad St., turn left on W. Jackson St, church is on left approx. 3 blocks, parking behind building and entrance is in rear of building.
Unity Group Salvation Army Community Center 320 Smithland Place Valdosta, GA 31601	From I-75, Exit 16, Take Hwy 84 East. Go approximately 2.5 miles. Take a left onto Lee St. At the second light, take a right onto Smithland Place. Salvation Army Community Center will be on your left.
We Can Recover Group Ray City Youth Center 1101 GA/125 Ray City, GA 31645	
<i>Valdosta Al-Anon/Alateen Family Group First Christian Church 1901 North Patterson Street</i>	<i>A support group for family and friends of alcoholics meets at Noon Mondays and at 5:30 PM Tuesdays and Thursdays. AlaTeen groups meet at 5 PM Tuesdays. Family and friends</i>

[illegible][illegible]

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.

Atkinson County Willacoochee Senior Center	4 th Thursday of every month	10:00 AM to 1:00 PM Willacoochee, Georgia
Berrien County Berrien County Courthouse	2 nd Monday of every month	9:00 AM to Noon Nashville, Georgia
Clinch County Concerted Services	3 rd Tuesday of every month	9:00 AM to Noon Homerville, Georgia
Colquitt County 9 South Main Street	4 th Monday of every month	9:00 AM to Noon Moultrie, Georgia
Cook County Cook County Library	2 nd Thursday of every month 213 E. 2 nd Street	10:00 AM to 1:00 PM Adel, Georgia
Thomas County Thomas County Judicial Center 325 N. Madison Street	2 nd Monday of every month	9:00 AM to Noon Thomasville, Georgia
Tift County State Bar Office	3 rd Monday of every month 244 East 2 nd Street	9:00 AM to Noon Tifton, Georgia

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.

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