

# VALDOSTA AREA Community Calendar

Please send updates and additions to [osbo1933@bellsouth.net](mailto:osbo1933@bellsouth.net)

**(Please consider donating blood, the summer crises  
have created a serious need...)**

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Community Events begin on page 2

Arts, Theatre and Learning Opportunities begin on page 13

Resources and Volunteer Opportunities begin on page 21

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

## **Lowndes County Commissioners Meeting**

Tuesday, December 11 5:30 PM

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

*Link to website:*

[http://www.lowndescounty.com/content.asp?  
pid=23&id=219](http://www.lowndescounty.com/content.asp?pid=23&id=219)

## **Valdosta City Council Meeting**

Thursday, December 6 5:30 pm

City Hall, corner of Lee Street and Central

*Link to page with agenda:*

[http://www.valdostacity.com/index.aspx?  
recordid=1071&page=193](http://www.valdostacity.com/index.aspx?recordid=1071&page=193)

## **Valdosta/Lowndes County Industrial Authority Meeting**

Tuesday, TBA 5:30 PM

Industrial Authority Conference Room

2110 North Patterson (corner of Patterson and Park)

*Link to page with agenda:*

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

For more information, call 229-259-9972

# NOVEMBER 2012

## National Native American Heritage Month

November is American Indian & Alaska Native Heritage Month. Heritage Month is a time to celebrate the rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges.

### November is Adopt a Shelter Dog Month

(there are cats in need of homes also)

Contact the Lowndes County Animal Shelter, 229-671-2760, BARC Humane Society, 229-244-8500, or go to [petfinder.com](http://petfinder.com) and enter your zip code and the type of animal you are seeking to find local animals needing a home. Almost every weekend there are animals for adoption at PetSmart through BARC.

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## BIAS of Georgia

(Brain Injury Advocates Service)

November 20

6:00 PM

Valdosta State University "Family Works" office

901 Patterson Street (in the old Georgia Power office in the corner of the property)

Topic: Groups

For more information, call 229-671-4977

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**Want to help others have a meal this week? Here are three opportunities:**

## **Thanksgiving Food Give-away...volunteers needed**

Wednesday November 21, 2012 9:00 AM

### **Description**

Sponsored by Second Harvest of South Georgia. Food will be given away on a first-come first-served basis. Several thousand pounds of food will be given to area residents in need via "curbside service" by **community volunteers** and staff. Food Box Sponsorships and volunteer opportunities are available. For more info contact: Douglas Griner at 229-244-2678 ext. 202

**WHERE** [Second Harvest of South GA](#)

1411 Gil Harbin Circle  
Valdosta, GA

## **Free Thanksgiving Dinner**

**WHEN** Thursday November 22, 2012 10:00 AM - 2:00 PM

**Description** Sponsored by Sons of Solomon 3151 and Electra Chapter #323. There will be a free home cooked Thanksgiving Day dinner with turkey, dressing/giblet gravy and all the trimmings. To volunteer or for more information: 229-242-9674

### **WHERE**

[St. John A M E Church](#)

800 W. Magnolia St.  
Valdosta, GA

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**Sam's BBQ feeds hungry people on Thanksgiving with funds raised from selling Boston Butts. Call 229-237-2181 or 229-247-0769 to learn how to take**

clothes, coats or monetary donations to support this event.

Feeding the Needy Thanksgiving Day is from 11:00 AM to 2:00 PM at Sam's BBQ, 414 East Hill Avenue, Valdosta.



Here is a great project for everyone while they are relaxed after their Thanksgiving Day dinner.....

### **Holiday Mail for Heroes**

### **Supporting Our Military Families with a Touch of Home**

Each year the American Red Cross provides assistance to more than two million service members and many of our nation's 24 million veterans. We support military families, military and veterans hospitals and provide emergency communications across the globe. And once a year, we get the joy of delivering holiday cards to veterans, military families and active-duty service members at hospitals and installations around the world.

The cards and personal messages, sent by tens of thousands of Americans, provide a welcome "touch of home" for our troops during the holiday season.

There are several ways to be part of the Holiday Mail for Heroes program. In addition to sending cards on your own, you may want to start making plans to host card signing parties or card making parties. Here are a few guidelines to help you on your way:

### **Card Guidelines:**

Every card received will be screened for hazardous materials by Pitney Bowes and then reviewed by Red Cross volunteers working around the country.

Please observe the following guidelines to ensure a quick reviewing process

- Ensure that all cards are signed.
- Use generic salutations such as "Dear Service Member." Cards addressed to specific individuals cannot be delivered through this program.
- Only cards are being accepted. Do not send or include letters.
- Do not include email or home addresses on the cards: the program is not meant to foster pen pal relationships.
- Do not include inserts of any kind, including photos: these items will be removed during the reviewing process.
- Please refrain from choosing cards with glitter or using loose glitter as it can aggravate health issues of ill and injured warriors.

If you are mailing a large quantity of cards, please bundle them and place them in large mailing envelopes or flat rate postal shipping boxes. Each card does not need its own envelope, as envelopes will be removed from all cards before distribution.

## Deadline is December 7

All holiday greetings should be addressed and sent to:

Holiday Mail for Heroes  
P.O. Box 5456  
Capitol Heights, MD 20791-5456

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### **Toastmasters Meetings**

November 22, 11:00 to Noon, Moody Education Center. **Moody Tigers** meet weekly on Thursdays to improve our communication and leadership skills. Open to all. Contact Juanita Walker at 229-245-7077 to RSVP.

November 22, 5:00 PM to 6:00 PM, SAFT Training Room, 711 Gil Harbin Industrial Blvd. **Valdosta Chargers** meet weekly on Thursdays to improve our communication and leadership skills. Open to all. Contact Ronnie Cooper at 229-245-2860 to RSVP.

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## South Georgia Pride Monthly Meeting

Wooden Nickel Pub      November 22      7:00 PM

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

### Toastmasters Meeting

November 27, Noon to 1:00 PM, Ambling Training Room, 348 Enterprise Drive (off River Street near Norman Drive). Valdosta Toasts meet monthly on the third Tuesdays to improve our communication and leadership skills. Open to all. Contact Stacey Whatley (229) 244-2800, etc. 8028

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## The Domestic Violence Task Force for the Alapaha Circuit

Tuesday, November 27 at 1:00 pm  
Dogwood Café, Lakeland  
(4th Tuesday of each month)  
This meeting is open to the public.

If you or someone you know are interested in educating the community on Domestic Violence, please come to the meeting.

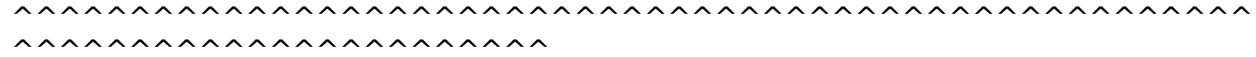
For more information, contact Amy Lollis, 229-482-3476 or  
[lanierfamcom@windstream.net](mailto:lanierfamcom@windstream.net)

## New Support Group for Caregivers of those with Alzheimer's and other dementia-related illnesses

The first meeting will be Tuesday, November 27 at 6:30 PM at Langdale Place at 2720 Windemere. Dr. Brian Dawson, neurologist, will be the guest speaker for the meeting.

For those who are unable to find care for their loved ones during the meeting, a sitter will be available during the meeting. Light refreshments will be provided.

To learn more, contact Marie Sims, 229-333-1074 or Misty Sasser, 229-247-4300.



# PFLAG (Parents and Friends of Lesbians and Gays) meets at the Unitarian Church,

November 27, 7:00 PM

(4th Tuesday of every month)

For more information, check the website:

<http://community.pflag.org/Valdosta>



## Georgia Department of Behavioral Health & Developmental Disabilities

### 2012 NEEDS ASSESSMENT COMMUNITY FORUMS

THE REGION 4 DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL DISABILITIES PLANNING BOARD INVITES YOU TO PARTICIPATE IN A STAKEHOLDER MEETING TO DISCUSS THE BEHAVIORAL HEALTH AND DEVELOPMENTAL DISABILITY NEEDS OF CONSUMERS IN THE SOUTH GEORGIA AREA. YOUR INPUT WILL BE OF GREAT VALUE IN ASSISTING THE REGION 4 PLANNING BOARD IN DEVELOPING ITS FISCAL YEAR 2014 ANNUAL PLAN. THE GEORGIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL DISABILITIES WILL USE THE PLAN TO ASSIST IT IN SERVICE PLANNING IN REGION 4 AND IN DEVELOPING THE 2014 BUDGET REQUEST FOR BEHAVIORAL HEALTH AND DEVELOPMENTAL DISABILITY SERVICES.

DATE	MEETING LOCATION	TIME
11/28/2012	<b>SOUTHWEST GEORGIA TECHNICAL COLLEGE (D BUILDING, ROOM 108) 15689 US HWY 19 NORTH THOMASVILLE, GA. 31792</b>	<b>11:00AM TO 1:00PM</b>
11/29/2012	<b>MILDRED HUNTER COMMUNITY CENTER (BANQUET HALL ROOM) 509 SOUTH FRY STREET VALDOSTA, GA. 31601</b>	<b>11:00AM TO 1:00PM</b>

<p><b>11/30/2012</b></p>	<p><b>THRONATEESKA HERITAGE CENTER (CHAUTAUQUA ROOM) 300 W. ROOSEVELT AVENUE ALBANY, GA 31701</b></p>	<p><b>10:00AM TO 12:00PM (THE TOWN HALL MEETING SPONSORED BY THE CARTER CENTER &amp; THE THRONATEESKA HERITAGE CENTER WILL BEGIN IMMEDIATELY FOLLOWING THIS SESSION FROM 1:00PM TO 4:00PM)</b></p>
<p><b>12/13/2012</b></p>	<p><b>TIFT ADULT MENTAL HEALTH CENTER 334 TIFTON ELDORADO ROAD TIFTON, GEORGIA 31794</b></p>	<p><b>6:00PM TO 8:00PM</b></p>

**If you have questions, call Ken Brandon, Jennifer Dunn or Michael Bee at the Region 4 Office (229-225-5099/Toll Free 877-683-8557) or Linda Floyd (229-292-3471).**

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***deepsouth to be shown in recognition of World AIDS Day***

**Friday November 30 at 4:30 pm Valdosta State University Student Union Theater**

South Health District and VSU Health Promotions are bringing the new documentary “deepsouth” along with film maker Lisa Biagotti to Valdosta in observance of World AIDS Day. As a special treat the film maker, Lisa Biagotti, will attend and talk briefly about making the movie in the south and the people she encountered.

**World AIDS Day** is celebrated worldwide December 1 every year to raise awareness of HIV in the world and local communities. It is also a time to bring awareness of those living with the disease and to remember those who have lost their lives to this disease.

Georgia ranked sixth highest in the nation for its cumulative reported number of AIDS cases through December 2009. In 2010, the number of persons living with HIV/AIDS in Georgia was 40,328.

In the ten counties South Health District serves, Georgia Department of Public Health reports 950 people living with HIV/AIDS. Many more do not know they are infected and risk becoming sick due to lack of treatment.

Every year South Health District strives to bring relevant and topical events to Valdosta to increase awareness of HIV/AIDS and the stigma surrounding HIV in the world and our local communities. This year we feel the newly released documentary “deepsouth” tells the stories that



so many of our HIV positive clients will relate to. From the movie website: 'deepsouth' is a documentary about the new American South, and the people who inhabit its most quiet corners. Beneath layers of history, poverty and now soaring HIV infections, four Americans redefine traditional Southern values to create their own solutions to survive.

Josh, a college student, seeks the support of an underground gay family miles away from his suffocating Mississippi Delta hometown. With no funds and few resources, Monica and Tammy try tirelessly to unite reluctant participants at their annual HIV retreat in rural Louisiana. Kathie, an Alabama activist, spends 120 days a year on the road fighting a bureaucracy that continues to ignore the South.

'deepsouth' won the SHOUT! LGBT Best Documentary Feature Award at the Sidewalk Film Festival and the Best Domestic Documentary and Audience Favorite Award at the Outflix Film Festival.

Please join us for a special showing, Friday November 30 at 4:30 pm Valdosta State University Student Union Theater to be followed by a special meet and greet reception with the film maker. For more information call the Infectious Disease Office at 229-245-8711.

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## **Toastmasters Meetings**

November 29, 11:00 to Noon, Moody Education Center. **Moody Tigers** meet weekly on Thursdays to improve our communication and leadership skills. Open to all. Contact Juanita Walker at 229-245-7077 to RSVP.

November 29, 5:00 PM to 6:00 PM, SAFT Training Room, 711 Gil Harbin Industrial Blvd. **Valdosta Chargers** meet weekly on Thursdays to improve our communication and leadership skills. Open to all. Contact Ronnie Cooper at 229-245-2860 to RSVP.

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## **Behavioral Health Community Services Awareness Initiative: Informational Session for **Region 4** Law Enforcement, Courts and Emergency Personnel**

**November 29 Mildred Hunter Center, 509 South Fry Street, 11:00 AM to 1:00 PM**

This initiative has been developed by the Department of Behavioral Health and Developmental Disabilities (DBHDD) at the request of the Georgia Sheriffs Association and the Georgia Association of County Commissioners. The goal of these sessions is to provide communities



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

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## **Brain Injury Advocate Services of Georgia and the Moody Air Force Base Wounded Warriors**

December 4 and every 1<sup>st</sup> Tuesday                      6:00 PM

Valdosta State University "Family Works"

901 North Patterson Street

Valdosta

## Topic: Open Discussion

For information about attending, contact Alan Carter at 229-671-4977 or [alanbcarter@bellsouth.net](mailto:alanbcarter@bellsouth.net) or [biasofga@bellsouth.net](mailto:biasofga@bellsouth.net)

## Valdosta Civic Roundtable

*Thursday, December 6*

*12:30 PM*

*Reservations only for Christmas Gala*

*Come to share information about your agency or service.*

*Be sure to "like" Valdosta Civic Roundtable on Facebook*

*Contact Chair Heather Evans for lunch tickets (\$15):*

**229-316-1216 ext. 26 or [hevans@gwisr.org](mailto:hevans@gwisr.org)**

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## Down Syndrome Association of Lowndes County

Saturday, December 8, 10:00 AM to 12:00 PM

First Christian Church, corner of Alden and Patterson

All friends, family and others in the Down Syndrome community are invited.

Come with questions!! :)

The meeting will be at First Christian Church

1905 North Patterson

Try to park in the back of the church if possible.

For more information: [www.southgeorgiadsa.org](http://www.southgeorgiadsa.org) or email:

[info@southgeorgiadsa.org](mailto:info@southgeorgiadsa.org)

Find us on Facebook !

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December 11 **Prevent Child Abuse Lowndes County**, Noon to 1:00 PM, Wooden Nickel Pub, Inner Perimeter. For more information contact Pam Brewer [pbrewer@cflfostercare.com](mailto:pbrewer@cflfostercare.com) or 229-244-1707

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**Mayor's Council on Persons with Disabilities**  
December 11 1:00 PM  
Georgia Department of Labor Conference Room  
The Council meets bi-monthly on the second Tuesday of the month  
For more information, contact Kimberly Tanner,  
[katanner@valdosta.edu](mailto:katanner@valdosta.edu) .

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### Valdosta Multiple Sclerosis Support Group

Smith Northview Hospital on North Valdosta Rd  
Contact: Dan Bennett 1-888-514-9088  
Email: [danbenn41@onebox.com](mailto:danbenn41@onebox.com)  
December 11 (second Tuesday of the month)  
7:00 - 8:30 PM

[valdostamssupportgroup@gmail.com](mailto:valdostamssupportgroup@gmail.com)

Read more:

[http://www.medindia.net/patients/patientinfo/Support\\_Groups/Multiple-sclerosis-support-groups-US.htm#ixzz24oTib08j](http://www.medindia.net/patients/patientinfo/Support_Groups/Multiple-sclerosis-support-groups-US.htm#ixzz24oTib08j)



# Arts, Theatre And Learning Opportunities

**PSST!**

We're Announcing the 2013  
Season!

*2013 marks the 24th year of  
Professional Summer Musical Theatre produced  
by  
Valdosta State University*



**Peach State Summer  
Theatre**

**November,  
2012**

*The Official Musical Theatre of the State of Georgia*

Season Memberships Make a Great Gift!

Early Bird Season Memberships  
for 2013 **NOW** Available:

2013 Patronages include

## Season Memberships + a Gift to PSST!:

Or mail a check for your memberships or patronage,  
payable to PSST! to:

H. Duke Guthrie, Managing Director  
Peach State Summer Theatre  
1500 N. Patterson Street  
Valdosta, GA 31601

The 2013 Season:



**Rated G**

**Opens June 1, 2013**

**Rated G**

**Opens June 14, 2013**

**Rated PG**

**Opens June 21, 2013**

The final collaboration between Rodgers & Hammerstein was destined to become the world's most beloved musical.

Set in 1930's Austria, the story follows Maria from a convent to the home of a single father raising 7 children, where mischief and music ensue.

Featuring such songs as "Do-Re-Mi," "Climb Every Mountain," "My Favorite Things," and the title song, *The Sound of Music's* motion picture version remains the most popular movie musical of all time.

*The Marvelous Wonderettes* begins at Springfield High School where we meet the Wonderettes, four girls with hopes and dreams as big as their crinoline skirts! As we learn about their lives and loves, we are treated to the girls performing such classic '50s and '60s songs as "Lollipop," "Dream Lover," "Stupid Cupid," "Lipstick on Your Collar," "It's My Party," "Sincerely," and over 20 other classic hits!

*The Marvelous Wonderettes* is a must-take musical trip down memory lane!

Set in 1900 Sweden, Stephen Sondheim's *A Little Night Music* explores the tangled web of affairs centered around Desirée Armfeldt and the men who love her. Both men -- as well as their jealous wives -- agree to join Desirée and her family for a weekend in the country where possibilities of new romances and second chances bring endless surprises.

Featuring the hit song "Send in the Clowns," *A Little Night Music* is full of hilariously witty and heart-breaking moving moments of adoration, regret and desire.

PSST is Georgia's Official Musical Theatre

For details, please visit [www.valdosta.edu/psst](http://www.valdosta.edu/psst)

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

[https://www.valdosta.edu/comarts/12\\_13Season.shtml](https://www.valdosta.edu/comarts/12_13Season.shtml)

## Valdosta Symphony Orchestra

Tickets \$25 or call for season tickets  
229-333-2150 or [www.valdostasympphony.org](http://www.valdostasympphony.org)

**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

[www.theatreguildvaldosta.com](http://www.theatreguildvaldosta.com)

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

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

**306 North**

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

**The Bistro**

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

**The Bleu Cafe**

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

**The Bleu Pub**

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



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



**Steel Magnolias  
132 N. Patterson St**

259-0010

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

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## **Turner Center for the Arts**

<http://turnercenter.org>

### **DRAWPROJECT**

**\*CALLING ALL ARTISTS\***

The 2013 DRAWPROJECT fundraiser and exhibit is right around the corner. The generous donation of your work will make for a spectacular exhibit and support the Arts in Valdosta!

**Details:**

\* Interpret the concept of “drawing” and create an original artwork to be donated for auction.

\* Use any paper you like as long as it is 22 x 15 inches or

\* Paper will be available for pickup in the VSU Art Department – Fine Arts Building rm 107, at the Turner Center for the Arts, or

\* VSU can send a sheet to you (140# White Stonehenge Cover Stock)

\* Deadline for entry is Friday, December 21, 2012.

Each work will be up for auction, and money raised from DRAWPROJECT will support Valdosta State University Art Students through the Annette Howell Turner Center Scholarship and the Danielle B. Harmon Student Merit Scholarship. Please call VSU or 247-2787 for more details!

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### **Shows in Galleries**

**Mary Jane Volkmann, Brenda Hofreiter, Nancy  
Moskovitz**

**Sallie and Harmon Boyette Gallery**

**Leslie Peebles - Wildlife Under Pressure**

**Josette's Gallery**

**Jeffery Smart Baisden - Drawing Close  
Annual Snow Village**

**Price-Campbell Gallery**

**East African Art Exhibit**

**Tillman Gallery**

**East European Fine Porcelain Collection**

**Howard Gallery**

**Gallery Open**

**Free and open to the public!**

## **CLASSES**

**Pottery Class** **Tuesdays and Thursdays: 6:00 pm - 8:00 pm**  
**Instructor: Walter Hobbs**

**Painting Class** **Thursdays: 10:00 am - 2:00 pm**  
**Instructor: Fay Hyatt**

**Yoga (FREE)** **Wednesdays: 6:00 pm**  
**Instructor: Roberta George**

**Writers Workshop (FREE)** **Saturdays, 2-4 pm**

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

**VALDOSTA STATE UNIVERSITY  
PUBLIC PLANETARIUM SHOWS**

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

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

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

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

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

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

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

Schedule of shows for 2012-2013 year:

November 30th	The Star of Bethlehem
February 15th	In 1913: A Procession of Meteors
March 15th	The Clouds of Megellan
April 19th	Alien Landscapes



## **Family Life Training, LLC**

### **Training Schedule**

**December 1    The Effects of Domestic Violence    6  
CEUs**

The courses will be from 9 AM until 4:30 PM each scheduled training. 6 CEU'S will be provided for each course. The cost is \$10 per CEU hour for each course and pre-registration and pre-payment is required for each course. A money order is required for a mailed-in payment. If at least 5 participants are

not registered for each course, the course will be canceled. To register for a course, please e-mail Scott Lawson at [familylife.training@hotmail.com](mailto:familylife.training@hotmail.com). You can mail payment to Family Life Training, 252 Williamsburg Avenue, Thomasville, Georgia 31757.

A schedule for trainings through June 2013 is available from Scott Lawson, M.S., CACH, CEO, 229-379-1943.

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

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

Go to this link:

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

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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.

Pay the \$45 membership and most classes are free. There are classes to attend and opportunities to teach classes.

If you have ideas for classes or are willing to teach a class for this series, call 229-245-6484 or go to website at [www.valdosta.edu/conted](http://www.valdosta.edu/conted) .

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

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

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

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# RESOURCES and Volunteer opportunities

## 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

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

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

Rep. Jason Shaw Box 245 Lakeland , GA 31635  
Berrien, Clinch, Lanier and Lowndes  
229-482-3505 404-656-7859  
[jay.shaw@house.ga.gov](mailto:jay.shaw@house.ga.gov)

Rep. Ellis Black 5900 Jumping Gully Rd. Valdosta , GA 31601  
Brooks, Echols, Lowndes and Thomas  
229-559-1592 404-656-0287  
[blackellis@bellsouth.net](mailto:blackellis@bellsouth.net)

Rep. Amy Carter Box 1535 Valdosta , GA 31603  
Valdosta and Remerton  
229-245-2733 404-656-0325  
[amy.carter@house.ga.gov](mailto:amy.carter@house.ga.gov)

To keep up with this year's 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) 247-9118  
Fax: (229) 247-9189  
To send an email, go



[on.house.gov/Contact](http://on.house.gov/Contact)

**Your**

# Help is Needed!

## Volunteer with C.A.\$.H (Communities Achieving \$tandards for Higher Living) to help families file their taxes...

Volunteer a few hours per week to help folks save \$\$\$ on tax preparation fees. You will literally help hundreds of families boost their income by up to 35% by helping them claim the right Credits and Deductions on their tax return.

- **A Great Opportunity to Catch up on Community Service Hours**
- **Internship Credit is Available**
- **Don't Worry Training is Provided**
- **Flexible hours: daytime, evenings and/or weekends**

For more details contact: JaTaryia Thomas (220) 234-2364 or email [cashpcampaign@gmail.com](mailto:cashpcampaign@gmail.com) or Like us on Facebook @ Cash Prosperity Campaign

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**Valdosta Community Based Outpatient Clinic**



## **for military veterans**

2841 N. Patterson Street  
Valdosta, GA 31602

### **Hours of Operation**

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

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

**Fax: 229-293-0162**

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

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

### **Services Available**

The Valdosta Community Based Outpatient Clinic provides comprehensive primary care to veterans who reside in Lowndes County, GA and the surrounding counties. This clinic serves acute and chronically ill eligible veterans. Our veteran patient population requires a complexity of care that ranges from minor health care needs to urgent care. Veterans requiring hospitalization are assessed, stabilized and transferred to either local facilities or to the Gainesville VA Medical Center according to the urgency of their needs. Procedures or specialty care not provided by this clinic are referred to the Gainesville VA Medical Center.

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

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

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

<http://www.barchumanesociety.org>

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

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# Lowndes County Senior Center

1360 East Park Avenue Valdosta

Office 229-259-5469

Email Us: [senlab@mchsi.com](mailto:senlab@mchsi.com)

<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 help meet the social, recreational and educational needs of seniors over 50 years of age. We offer services to enhance the quality of life for senior citizens through education, recreation 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 1<sup>st</sup>, and expire June 30<sup>th</sup> of the following year.**

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

## Regular Activities

- Ladies Billiards - Tuesday at 5 pm & Thursday at 3 pm
  - Chairobics - Mondays & Wednesdays 10 am in Multi-Purpose room featuring low impact aerobics, strength training and balance exercises.
  - Spades - Monday and Wednesday at 8:45 am - 12:30 pm in Activity Room #2
  - Game Days - Mondays & Fridays from 12-5 pm, featuring Phase 10, Uno, Pinochle, Chickenfoot, etc. Times vary depending on game check calendar for times. Activity Rooms #1 and #2.
  - Line Dancing - Mondays & Tuesdays 1:30 pm
  - Knitting & Crocheting - Tuesday at 2:00 pm
  - Mah Jongg - Tuesdays form 9 am - 3 pm and Thursdays form 10 am - 3 pm. A game of Chinese origin usually played by four persons with tiles resembling dominoes.
  - Bowling - Wednesday from 11 am - 5:30 pm at Jac's Lanes on Connell Road. Receive a Senior Discount of \$1.75 per game and get your shoes for free.
  - Dance Fitness - 45 minute low to medium impact aerobics offered on Fridays. Check calendar for dates.
  - Dancing with Bonnie - a fun, freestyle class where you dance of the inches and pounds to classic rock n' roll, soul and dance music. See calendar for dates.
  - New Class\* - Couponing - Every other Wednesday @ 2:30 pm. Come out to learn how to save. Tips will be given on how to make the most out of using coupons and exchange your coupons with others. See calendar for details.
  - Fishing - Every other Friday @ Jaycee Shack from 8 am -12 pm. See calendar for dates.
  - S.W.O.W. (Seniors Walking Off Weight) - Join us every Friday @ 8:45 am for weight loss & fitness coaching. Participants will receive a healthy eating menu, walking routines, exercises and more to promote a healthier lifestyle. See calendar for exact dates & times.
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· Square Dancing - a paid instructional class Tuesday nights 7-9 pm from July 10 - September 25, 2012.

Programs at Wood Valley Community Center:

- Valdosta Duplicate Bridge Club: Mondays 9:30 a.m. - 2:30 p.m., Tuesdays 6:00 -10:30 p.m.&
  - Intermediate Line Dancing: Mondays 1:30 - 3:00 p.m.
  - Beginners Line Dancing: Wednesdays 1:45 - 3:00 p.m.
  - Ballroom Dancing: September 12 - November 14, 2012 from 7:30 - 9:00 p.m.
  - Disabled Veterans: Tuesday 9:00 a.m. - 1:00 p.m.
- 

## **Valdosta Sunrise Rotary – Member of Rotary International: every Thursday**

No obligation; visit any Thursday except holidays.  
Weekly community business and education speakers.  
Two annual major charity fundraisers.  
Meetings and breakfast at Valdosta Country Club at 7:30-8:30 AM.

### **HELP US STAMP OUT POLIO IN THE WORLD.**

For more information contact [office@georgiachild.org](mailto:office@georgiachild.org) or 404-572-6170.

## **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 Heather Evans at 229-977-6118 or 229-316-1216 Ext. 2 for more information**

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

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

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

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

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

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

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

The HLCCODC currently sponsors the following programs:

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

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

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

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

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

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

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

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## Kaleidoscope

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



# Challenger League Sports



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

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**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>

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## Help Deliver Meals for Homebound People

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

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

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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.

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## Mobility and Self Sufficiency for People, Contact:

GEORGIA TOOLS FOR LIFE  
Georgia Department of Labor/VR Tools for Life Program  
Vocational Rehabilitation Program, Atlanta

Phone: (800) 497-8665  
TTY: (404) 657-3085

E-mail: [toolsforlife@mindspring.com](mailto:toolsforlife@mindspring.com)  
Homepage: <http://www.gatfl.org>  
Page listing funding resources:  
<http://www.gatfl.org/Resources.aspx>

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

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

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# VOLUNTEERS NEEDED

**Jacobs' Ladder Therapeutic Riding Center** in Hahira needs volunteers to help with special needs riders.

Please call Leslie at (229) 794-1188.

See the website for a lot more information:

<http://www.jacobsladderriding.com>

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## Harvard University Announcement No tuition and no student loans

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

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



**"Be a Foster Parent -  
A Challenging and Personally Rewarding Experience"**

### **Choices for Life of GA, LLC**

2200 North Patterson Street  
Valdosta

Phone 229-244-1707; Fax 229-244-1779

[pbrewer@cflfostercare.com](mailto:pbrewer@cflfostercare.com)

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.

Choices for Life of GA, LLC also provides outpatient behavioral health services as a CORE Provider focusing on children and adolescents. Services include: individual therapy, family therapy, group therapy, and community support individual services, on-site nursing services & psychiatric services.

Referrals may be made by phone or email address above.

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## State Department of Family and Children Services

### resources:

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

If you need a state service but don't know which state agency or person to call for help, dial 1-800-georgia (1-800-436-7442) for immediate assistance. Agents are on duty Monday-Friday, 8:00 am-6:00 pm (closed on state holidays).

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

Hotline is staffed 24 hours a day, seven days a week by trained mental health professionals prepared to deal with immediate crises. It also offers an anonymous online chat feature available at [www.suicidepreventionhotline.org](http://www.suicidepreventionhotline.org)

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

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## Georgia's Community Care Services Program (CCSP)

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

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

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

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

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**Atlanta Legal Aid has services for seniors all over the state.**

<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 .

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**National *Do Not Call* Registry**

Register home or cell phones to prevent mass marketing calls

<https://www.donotcall.gov>

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**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](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](mailto:lfloyd@valdosta.edu) .

# FamilyWorks

*The Moore Street Clinic has moved and has a new name! We are now **FamilyWorks** but we are still the university-based brief therapy center for the Marriage and Family Therapy graduate program, and we are still providing 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 who are or are not living together, families of all varieties, regardless of legal status, 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 helpful to people with many different kinds of problems, including:



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

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

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

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

### **Backdoor Bookstore**

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

Main Library

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

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

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

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

## **Children's Medical Services (CMS)**

This is a state funded program that provides medical care for disabling conditions or chronic diseases in children from birth to the age 21. The staff of three RN's work

actively with primary care physicians to coordinate specialty care for the child. Services through CMS may include family education, social services and case management. They also hold clinics for children in Cardiology, Orthopedic, Hematology, Asthma and telemedicine clinics in Genetics, Nephrology and Pulmonary.

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

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

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

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

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

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

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

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

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

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**Bethany Hospice is in need of volunteers to provide direct patient care, administrative care, and community**



outreach. For more information, please contact Susan Doak, Volunteer Coordinator ... [sdoak@bethany-hospice.com](mailto:sdoak@bethany-hospice.com) or 229-249-8687.



## Hospice of South Georgia Sponsors Grief Support Groups

All groups are offered free of charge as a community service of Hospice of South Georgia. These support groups are for anyone 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](http://www.hospiceofsouthgeorgia.org/volunteer_opportunities.aspx)



Hospice South, LLC

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

# Visit the new Hospice South, LLC.

## CLOTHES CLOSET

**Used Clothing and Accessories at *Extremely Reasonable Prices!***

[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

Volunteers needed for  
Serenity Palliative & Hospice Care

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

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SouthernCare

Where caring is a way of life.

SouthernCare

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



**Pearlman Cancer Center Support Groups**

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

Everyone is Welcome

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

Pearlman Cancer Center Conference Room

209 Pendleton Dr. Valdosta

Contact 229-259-4638

No registration required  
AND

**Best Buddies Breast Cancer Support Group**

Meets every 4th Tuesday each month,  
6:00 PM - 7:30 PM January-October  
(No meetings in November/December)  
Pearlman Cancer Center Conference Room  
209 Pendleton Dr. Valdosta  
Contact 229-259-4638  
No registration required

**GeorgiaHousingSearch.org - A Ready Resource During Critical Times.** Tornadoes, storms, you name it...when disaster strikes, everyone needs help. In many cases, finding a place to live is a top priority. No need to worry or panic as GeorgiaHousingSearch.org offers a FREE, easy-to-use and available resource to help citizens quickly find affordable housing options in their community. On the site – [www.GeorgiaHousingSearch.org](http://www.GeorgiaHousingSearch.org) -- citizens can search for rental properties statewide. Property postings are detailed, current, and updated bi-weekly. Property managers and independent landlords can post listings for free and reach thousands of potential renters. The website is bilingual (English and Spanish) and has a toll-free number – 877-428-8844 - available to assist potential renters or property owners and managers. In addition, the site's unique Special Needs Housing Search feature has assisted Georgia caseworkers locate housing for hundreds of traditionally hard-to-place families and individuals. For more information, please contact Sheila Barry at (404) 679-4855 or [sbarry@dca.state.ga.us](mailto:sbarry@dca.state.ga.us).



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

**285 Norman Drive (Across from Wal-Mart and Sam's Club)**

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



Options Now is a Christ-centered ministry which advances the sanctity of human life and sexual purity empowering individuals to make life-affirming choices. Our ministry has many different opportunities for volunteers such as working behind the scenes on events, abstinence teaching in our Wait Now program, computer technology assistance, and peer counseling. Call today to see where you can fit in, 229-333-0080, or visit our partners' website for more information, [www.ONpartners.org](http://www.ONpartners.org). Applications are available online or at the office at 214 W. Park Ave., Valdosta. Training is provided!

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

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

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

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

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

Good used clothing available now.

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

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

Contact Jim Harnage at 229-300-4882, or [jharnage7@aol.com](mailto:jharnage7@aol.com). The website is <http://jimharnage.ning.com>. We are located at 121 Ben Daniels Road, Statenville, Ga.

**Silent Ministries Recovery Outreach** announces training for Angels of Mercy, Domestic Violence Advocacy, each Wednesday in February at the usual location.

Subjects will be:

*What To Do As A Victim,*

*Safety Plans For Your Home,*

*Self-Defense,*

*Fitness and Nutrition* led by a licensed expert, and

*After Care Services.*

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

## **SURVIVOR GROUPS AT THE HAVEN**

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

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

To join, contact Sheila Rowell, [therapist@valdostahaven.org](mailto: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.

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### **Easter Seals Valdosta Office**

**Family support/respice care available for families whose children have developmental disabilities**

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

December Smith is the Easter Seals coordinator for Valdosta, if you need forms and have any questions regarding the application process for help with family respice care and other assistance. Please remember that the money from Easter Seals is based on the child and not family income. The family support/respice program covers Lowndes, Brooks, Lanier, Cook, Berrien, Tift, Irwin, Turner, Ben Hill, and Wilcox Counties.

## Champions for Children Program

The Champions for Children Program is designed to assist primarily children and families who do not meet the eligibility requirements for TEFRA/Katie Beckett Medicaid 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](mailto:dsmith@swga-easterseals.org) for more information.

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## Newcomer Welcome Service and Community Guide

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

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

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

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

<http://www.southgeorgianewcomers.com>

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## Alzheimer CareGiver Time-Out (ACTO)

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

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## My Friend's House

is the name for the Valdosta State University Alzheimer's day care program. There are openings for anyone with a diagnosis of Alzheimer's disease or dementia. The program, which is free of charge, has the goal of preventing isolation by providing daily activities in a home-like environment for persons with Alzheimer's and dementia. There is a support group for the caregivers on the third Wednesday of every month. Volunteers always are needed. Call 229-293-6146 for more information.

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## Do you know your PTI?

Parent to Parent is Georgia's Parent Training Information Center (PTI)

PTIs are federally funded programs through the United States Department of Education Office of Special Education Programs (OSEP) authorized in Part D of the Individuals with Disabilities Education Act (IDEA). PTIs serve families of children with disabilities who are ages birth through 26. We serve families of children with the full range of disabilities.

What do PTIs do for families? PTIs help families work with early intervention, education, and transition systems and services. We want to ensure that families receive training and information on their rights, responsibilities, and protections under IDEA so they can actively participate in planning and decision making that affects their children.

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.

Humane Society of Valdosta/Lowndes County



Low Cost Spay & Neuter Program  
229-247-3266  
307 E. Jane Street, Valdosta

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**HELP SOMEONE LEARN TO READ**  
Literacy Volunteer Program  
We need tutors, learners, sponsors and YOU !

**LEARNERS: CALL 333 -7515 (leave your name and number).**

Literacy Bowl...our fundraiser. You may still pledge/donate to improve adult literacy.

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](mailto:daltobello@sgrl.org).)

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

**WORK Connections for the Job Seeker include:**

- ☐ listings of local job openings to connect job seekers with employment opportunities.
- ☐ telephones to arrange appointments and facilitate communications with employers.
- ☐ Georgia Work Ready testing
- ☐ computers to use in job searches have Microsoft Office and Publisher and internet access
- ☐ telephone, basic computer and networking skills classes
- ☐ resource library with a variety of materials to assist the job seeker prepare for and secure employment, as well as information



regarding Medicaid, childcare, food stamps, training, financial aid and other community resources.

☐ photocopier, printers and fax machines

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

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

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

For more information, please contact:

229-316-1216 Fax 229-316-1218

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

Sponsored by the Southern Georgia Regional Commission

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

For more information Contact: Charmane Thomas, Program Manager,

[www.paxen.com](http://www.paxen.com)

Paxen Learning Corporation "We Change Lives"

221 S. Ashley, Valdosta

Office: 229-245-2488

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

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

*South Georgia String Project*

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

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

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

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

## **Employment Program for Seniors:**

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

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

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**FUND HELPS CANCER PATIENTS**

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

☐ Cancer can be a financially devastating disease. Even with health insurance, there can be many associated costs that put a strain on patients and their families.

☐ If you or someone you know is currently undergoing treatment for cancer, *and* lives in Lowndes County, *or* receives cancer treatment from a Lowndes County provider but lives outside Lowndes County, they may qualify for financial assistance from the Partnership Cancer Fund.

Financial assistance is available for:

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

Contact the Lowndes County Partnership for Health, Inc. at 229-245-0020 (option 1) to obtain an application or to request more information. You may also go to [www.lcpfh.org](http://www.lcpfh.org)

Tax deductible donations are accepted, and all funds remain in the local community to benefit as many cancer patients as possible. Send donations to P.O. Box 1782, Valdosta, GA 31603

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

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

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**GET ACTIVE VALDOSTA !**

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

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



## Pediatrics HealthCare for Kids

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

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

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Valdosta Camellia Society Come and learn more about this varied and beautiful local flower. For more information or to join the Valdosta Camellia Society, call 229-242-2965.

### GIVE THE GIFT OF LIFE

Regular giving keeps supplies ready

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

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

### Adopt a rescue pet

Lowndes County Shelter

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

Lake Park Animal Rescue

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

Lowndes County Humane Society

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

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

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

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

In addition to these one day workshops, Habitat offers a series of free Homeownership Skills classes that focus on developing good financial management skills, home maintenance skills and a variety of other topics important to new homeowners. These classes are open to all, and are held in a small group setting monthly for two weeks. Completion of this class series may also qualify first-time home buyers to receive a \$5000.00 down payment assistance grant from the City of Valdosta if they purchase a house in the city's Designated Revitalization Area.

To register for a Home Buyer Education Workshop or a series of Homeownership Skills Classes, please call 229-245-1330, ext 22.

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

**Call 229-245-1330, ext. 22 for more information.**

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**Habitat for Humanity offers:  
*Homeowners and Financial Skills Classes***

## Call for information on next series of classes

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).*

### **Home Buyer Education Class**

To register for classes call Carolyn at 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 Molly Roan at 229-245-1330/ext 27 or email her at [volunteerhabitat@bellsouth.net](mailto:volunteerhabitat@bellsouth.net)

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

## Habitat ReStore

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

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

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

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**Certain people qualify in Georgia for a free phone:**  
[https://www.safelinkwireless.com/EnrollmentPublic/program\\_info.aspx](https://www.safelinkwireless.com/EnrollmentPublic/program_info.aspx)

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

1. You already participate in one of the following assistance programs:
  - o Federal Public Housing Assistance / Section 8
  - o Food Stamps
  - o Low Income Home Energy Assistance Program (LIHEAP)
  - o Medicaid
  - o Senior citizen low-income discount plan offered by the local gas or power company
  - o Supplemental Security Income (SSI)
  - o Temporary Assistance for Needy Families (TANF)





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 AI 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.



## VOLUNTEER TO HELP VICTIMS OF CRIME

Volunteers are needed to provide assistance for our victims of crime in Lowndes County. Volunteers will assist the District Attorney's (DA) Office by educating the public about victim's rights, attending court proceedings with victims, and providing clerical assistance to the DA's office. The DA's Office handles sensitive information regarding crimes and victimization; therefore issues of confidentiality are vital. To learn more about volunteering, please call Carla Williams, Senior Victim Advocate, (229) 244-7170.

## VSU Small Business Development Office CLASSES

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

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

### LegalAid-GA.org

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

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

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

### Georgia Legal Services schedule in other counties:

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

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

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## Flu vaccine

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

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

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

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

There are over 300 Lowndes County children in foster care. There are only 149 beds available in the county, forcing DFCS to send children to other counties while they are in care. There are nine children free for adoption who have not had resources identified for them. Foster

parents must take 20 hours of certification and annual refresher courses. If you are interested in information on becoming a foster or adoptive parent, call

229-333-7056 for Rebecca Gilliland

The state also has a number to call: 877-210-KIDS (5437).

## **BLOOD DONATION OPPORTUNITIES**

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

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

Wednesdays 1:00 PM-7:00 PM

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

Sunday Closed

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