

VALDOSTA AREA Community Calendar

Please send updates and additions to osbo1933@bellsouth.net

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

Community Events begin on page 2
Arts, Theatre and Learning Opportunities begin on page 7
Resources and Volunteer Opportunities begin on page 15

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

Lowndes County Commissioners Meeting

Tuesday, January 8 5:30 PM
327 N. Ashley St - Commission Chambers, 2nd Floor
Link to website:
<http://www.lowndescounty.com/content.asp?pid=23&id=219>

Valdosta City Council Meeting

Thursday, January 10, 2013 5:30 pm
Valdosta City Hall Council Chambers, at 216 E. Central Avenue on the second floor
Link to page with agenda: <http://www.valdostacity.com/Index.aspx?page=193>

Valdosta/Lowndes County Industrial Authority Meeting

Third Tuesday, January 2013 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

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

Habitat for Humanity Volunteer Coordinator Candice Weeks can give you details about how Habitat uses volunteers to help families become homeowners. Call her at 229-245-1330 ext 27 or email her at volunteerhabitat@bellsouth.net .

JANUARY 2013

January 4 Celebrate Recovery meets every Friday at 6:30 PM

in the playground modular building at Southland Church on East Hill Avenue.

Celebrate Recovery is a support group helping those struggling with all types of addictions.



LA LECHE LEAGUE OF VALDOSTA

Sunday, January 6, 2013, 3:00 - 4:30 in the nursery at Christ's Fellowship Church, 417 Connell Road... directly across the street from the Spanish Mission Apartments sign. Refreshments are fun, but not essential. If you would like to bring a nutritious snack to share, please do!

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

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

Call 229-244-3393 for more information.



Learning Retirement Winter Kick-Off Luncheon

January 8, 11:00 AM - 1:00 PM

Regional Center for Continuing Education (corner of Patterson and Gordon)

No fee for persons who are already members of LIR or their guests.

RSVP DUE TODAY, JANUARY 4 in order to attend...call 229-245-6484.

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January 8 Prevent Child Abuse Lowndes County, Noon to 1:00 PM, Wooden Nickel Pub, Inner Perimeter. For more information contact Pam Brewer pbrewer@cflfostercare.com or 229-244-1707

Veterans to Veterans



Tuesday, January 8, 2013 7:00 PM VSU FamilyWorks

Brain Injury Advocate Services of Georgia BIAS of Georgia

Tuesday, January 15, 2013 6:00 PM FamilyWorks

Both meetings are held at Valdosta State University FamilyWorks next to Continuing Education, at the corner of North Patterson Street and Gordon Street.

Valentine's Day Homeless Banquet

February 14, 7:00 PM, 1304 West Hill Avenue

The Valentine's Day Homeless Banquet is a Community Service Project intended to raise funds to assist the poor of the City of Valdosta.

Homeless people will be the guests and the members of Grace Fellowship and community volunteers will provide entertainment, meals and care for 200 homeless persons.

Presented by Grace Fellowship Seventh-day Adventist Church and endorsed by the South Georgia Partnership to End Homelessness

For more information either email Winston.taylor@secsda.org or call 229-247-0866

***Southside Library Boosters, Inc. will present
Valdosta's***

"1st African American Artists' Showcase"

Saturday, February 23, 2013 4:00 - 6:00 pm

Fruits of the Garden Winery (downtown Valdosta)

For more information, call
229-460-4889 or 229-253-8313

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

Rated G

Rated PG

Opens June 1, 2013

Opens June 14, 2013

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

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

VALDOSTA SYMPHONY ORCHESTRA

Tickets \$25 or call for season tickets
229-333-2150 or www.valdostasympphony.org

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

Current Show:

A Trip to Bountiful

A drama by Horton Foote.

January 17, 18, 19, 20, 24, 25, 26, 2013.

Ticket sales at the theatre and online at
www.theatreguildvaldosta.com

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

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>

Turner Center for the Arts

<http://turnercenter.org>

VSU Department of Art Annual Fundraising Exhibit and Auction
January 15 5:00 PM -7:30 PM

Exhibition January 15 – February 13

Money raised from this event supports VSU Art students through the Annette Howell Turner Center for the Arts Scholarship and the Danielle B. Harmon Student Merit Scholarship

Creative Greenery Workshop January 27 2:00 – 4:00 PM

This workshop will be taught by Lynn Vallotton, Certified Georgia Master Florist & 2009 GA State Floral Designer of the Year. Lynn has taught this class at Callaway Gardens and around the region to professional florists. It will be hands-on class, and students will leave one-of-a-kind creations.

Cost is \$35 per person (includes supplies).

Please call the Turner Center 229-247-2787, for information and tickets!

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

W.G. Nunn Elementary Student Work (ending January 9)

Roberta George Children's Gallery

Gallery Open

Free and open to the public!

CLASSES

Pottery Class
Instructor: Walter Hobbs

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

Painting Class
Instructor: Fay Hyatt

Thursdays: 10:00 am - 2:00 pm

Yoga (FREE)
Instructor: Roberta George

Wednesdays: 6:00 pm

Writers Workshop (FREE)

Saturdays, 2-4 pm

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

VALDOSTA STATE UNIVERSITY PUBLIC PLANETARIUM SHOWS

Take a tour of the far reaches of the night sky without leaving Valdosta. This series of evening shows is open to all members of the community. The shows are designed for the general public and are suitable for ages five and up. If weather permits, the VSU Observatory will be open for public viewing of celestial objects after each show.

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

The planetarium is located in Nevins Hall on the 3rd floor (room 3004). Limited public parking is available in front of Nevins Hall and at the Admissions Office on the opposite side of Patterson Street.

For more information about the upcoming shows see the schedule below. You may also contact the Department of Physics, Astronomy, and Geosciences at 229-333-5752 for further information.

Schedule of shows for 2012-2013 year:

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



Family Life Training, LLC Training Schedule

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. 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



LEARNING IN RETIREMENT

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

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

empowering them to continue learning, expand their horizons, and enhance their personal development.

Pay the \$45 membership and most classes are free.

There are classes to attend and opportunities to teach classes. If you have ideas for classes or are willing to teach a class for this series, call 229-245-6484 or go to website at www.valdosta.edu/conted.

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

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

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

RESOURCES AND VOLUNTEER OPPORTUNITIES

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

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

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

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

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) 247-9188

Fax: (229) 247-9189

To send an email, go to his website: <http://kingston.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 or
Like us on Facebook @ Cash Prosperity Campaign**

**Valdosta Community Based Outpatient Clinic
for military veterans**

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

Hours of Operation

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

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

Fax: 229-293-0162

Parent Facility: Malcom Randall VAMC (Gainesville)

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

Services Available

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

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

BARC Humane Society, Lake Park, GA

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

<http://www.barchumanesociety.org>

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

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Lowndes County Senior Center

1360 East Park Avenue Valdosta

Office 229-259-5469

Email Us: 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 to 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 and physical fitness programs that encourage seniors in our community to remain active and healthy. . Must be a member of the Senior Center to participate in activities. Pool available.

Membership: \$20 for city/county residents

\$30 for out of county residents

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

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

Regular Activities

- Ladies Billiards - Tuesday at 5 pm & Thursday at 3 pm
- Chairbics - 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 from 9 am - 3 pm and Thursdays from 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.
- 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.& Thursdays 12:30 - 2:30 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 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

SHARE with other alums!

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

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

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

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

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

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

Kaleidoscope

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

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Challenger League Sports
Sports for all seasons...
For children ages 5-21 (some age exceptions) with any level of disability.
Call about volunteer opportunities as a buddy to a participating child. Call Cheryl at the YMCA, 229-244-4646 or cmarshall@valdostaymca.com

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

VA RESOURCE PAGE:

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

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

NEW VA SERVICE:

The National Caregiver Support Line – 1-855-260-3274

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

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

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

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

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

Help Deliver Meals for Homebound People

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

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

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FREE CLINIC IN LOWNDES COUNTY

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

COLORING BOOKS NEEDED FOR CLINIC TO ENTERTAIN CHILDREN

Patient eligibility requirements:

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

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

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

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

Mobility and Self Sufficiency for People, Contact:

GEORGIA TOOLS FOR LIFE

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

Phone: (800) 497-8665

TTY: (404) 657-3085

E-mail: toolsforlife@mindspring.com

Homepage: <http://www.gatfl.org>

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

Need a ramp for an older person?

Call this number to be screened for help.

Toll-Free: 1-888-73-AGING (1-888-732-4464)

Southern Georgia Regional Commission - Area Agency on Aging

VOLUNTEERS NEEDED

Jacobs' Ladder Therapeutic Riding Center in

Hahira needs volunteers to help with special needs riders.

Please call Leslie at (229) 794-1188.

See the website for a lot more information:

<http://www.jacobsladderriding.com>

Harvard University Announcement

No tuition and no student loans

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

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

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).

**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.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

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

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

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

Are you raising grandchildren or other relatives?

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

Georgia Senior Legal Hotline

Toll-free: 888-257-9519

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

National *Do Not Call* Registry

Register home or cell phones to prevent mass marketing calls

<https://www.donotcall.gov>

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

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

For a printable flier, go to:

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

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Join the advocates for mental health services in Georgia –

2012 has become increasingly challenging for persons needing services for mental illnesses and addictive diseases, and for people with mental retardation and related developmental disabilities in the State of Georgia. DBHDD Planning Board advocates are currently becoming very active with our Community Service Boards, Georgia Alliance on Mental Illness, law enforcement, county commissioners, the courts, consumers and other stakeholders to speak with one voice for the survival and improvement of access to DBHDD information and services in our region.

Interested persons may contact Linda Floyd at lfloyd@valdosta.edu.

FamilyWorks

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:

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

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

How Much Do We Have to Pay? We charge for each session according to a sliding scale that is based on family size and income, so fees can begin at \$0. But here is the good news: ***No one is ever denied services because they cannot pay.*** When you call for the first appointment, someone will talk with you about your fee, so that you will know what it is prior to your first meeting with your therapist. If your circumstances are such that you can't pay anything at all, just let us know. Services are free to Valdosta State University students, faculty and employees.

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

FamilyWorks - 903 North Patterson Street, Valdosta, 31698

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

the back of the parking lot. We are tucked in the corner of the one-story part of the L-shaped building.

When you arrive, poke your nose into the Intake Room and ask for a parking permit. The VSU Police monitor this lot frequently and without a parking permit, you will likely get a parking ticket. If you have a current VSU student, staff, or faculty parking sticker, you are good to go.

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South Georgia Regional Libraries Opportunities

**South Georgia Regional Library
300 Woodrow Wilson Drive**

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

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

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

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

Backdoor Bookstore

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

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

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

Childcare Resource and Referral

1-877-ALL-GA-KIDS

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

Children's Medical Services (CMS)

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

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

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

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

American Cancer Society

1-800-227-2345

www.cancer.org

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

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

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

Reach to Recovery for women in this area who have had breast cancer, a program

designed to help them cope with their cancer experience and assists with transportation to and from treatment.

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



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



Hospice of South Georgia Sponsors Grief Support Groups

All groups are offered free of charge as a community service of Hospice of South Georgia. These support groups are for anyone who has experienced the loss of a loved one and would like to learn healthy ways to deal with their grief.

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

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

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



Hospice South, LLC

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

CLOTHES CLOSET

Used Clothing and Accessories at *Extremely Reasonable Prices!*

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

125 S Hutchinson St., Adel, Georgia

WE ACCEPT ALL DONATIONS OF CLEAN CLOTHING AND ACCESSORIES!

Hospice South, LLC. is a full service hospice agency providing Skilled Nursing, Home Health Aide, Social Work, Chaplain, and Volunteer Services in Adel and all counties within a 60 mile radius.

VOLUNTEERS NEEDED

for Patient Care, Administrative, and Community Outreach positions.

Call for hours of operation

229-896-6100

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@southerncareinc.com.

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Pearlman Cancer Center Support Groups

Holding Hand Support Group- General Support Group

Everyone is Welcome

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

Pearlman Cancer Center Conference Room

209 Pendleton Dr. Valdosta

Contact 229-259-4638

No registration required

AND

Best Buddies Breast Cancer Support Group

Meets every 4th Tuesday each month,

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

(No meetings in November/December)

Pearlman Cancer Center Conference Room

209 Pendleton Dr. Valdosta

Contact 229-259-4638

No registration required

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

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

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

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



DROP (the things you don't need)

& SHOP (for the things you do need)

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

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

For free assistance for domestic violence victims with public assistance forms and appeals, contact jharnage7@aol.com

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

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

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

Good used clothing available now.

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

respite care and other assistance. Please remember that the money from Easter Seals is based on the child and not family income. The family support/respite 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 for more information.

Newcomer Welcome Service and Community Guide

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

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

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

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

<http://www.southgeorgianewcomers.com>

Alzheimer CareGiver Time-Out (ACTO)

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

My Friend's House

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

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

- 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

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

Paxen Learning Corporation "We Change Lives"

221 S. Ashley, Valdosta

Office: 229-245-2488

SOUTH GEORGIA COUNCIL FOR YOUTH IN THE PERFORMING ARTS

Please check our website 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 or 229-259-2087.

Employment Program for Seniors:

Senior Community Service Employment Program, sponsored by the US Department of Labor. This program enables qualified individuals to obtain paid, on the job training within their communities, update their job skills to enhance their marketability, develop new attitudes and gain greater self-confidence.

Participants work 20 hours per week earning minimum wage in a non-profit organization or government agency and receive help in transitioning from the program into a new, unsubsidized employment opportunity.

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

FUND HELPS CANCER PATIENTS

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

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

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.pediatriakids.com or call 229-316-1102

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 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

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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.



Habitat for Humanity Applicant Workshop

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

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

For more information visit our website: www.valdostahabitat.org

Habitat ReStore

Keep Lowndes/Valdosta Beautiful

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

The Adopt-A-Road program is an ongoing community service opportunity offered through Keep Lowndes/Valdosta Beautiful for organizations and businesses to adopt a portion of a road to keep clean throughout the year.

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

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

Food Bank volunteer hours are as follows:

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

9:00 AM - 7:00 PM Thursday

9:00 AM - 12:00 noon Friday

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

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

We are always in need of volunteers.

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

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

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

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

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

The membership fee is as follows:

Adults 18 and up: \$30.00 per year

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

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

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

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

Call for current listing of community oriented classes

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Community Friends for International Students

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

Regularly Scheduled 12 Step Groups

For information, call 1-800-878-1829

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

Because the times and location of meetings of AA, and 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	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.

2nd Ave. & 7th St. S.E.,
Moultrie, GA 31768

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 Gornito Road for 1/3 mile. East (right) onto Baytree Road for 1.8 miles. Lutheran Church on left.

Baytree Fellowship
Corner of Toombs and
Central Ave
Valdosta, GA 31602

East off I-75/Exit 16 onto Hwy 84 which is Hill Ave. Travel approx 2.5mi then left onto N. Toombs St, passing by meeting entrance door take right at 2nd light then right into parking lot.

Conscious Contact Group
Alamo Clubhouse
2nd Ave. & 7th St. S.E.,
Moultrie, GA 31768

33/133/37 confluence at Courthouse downtown. East from Courthouse on 1st Avenue SE/33 for 0.45 miles. South (right) onto 7th St SE for one block. AA signs on Alamo Clubhouse on hill.

Cook County Group
Adel United Methodist
Church
214 S. Hutchinson Ave.,
Hwy 41
Adel, GA 31620

East off I-75 at Exit 39 onto Hwy 37 for 1 mile. South (right) on Hutchinson Avenue/41 for 200 yards. Adel United Methodist Church on the right/west side of the road.

Grace Group
St. Thomas Episcopal
Church
216 Remington Ave.
Thomasville, GA

Corner of Dawson St. and Remington Ave. in downtown Thomasville.

Hahira Group
6190 Cat Creek Road
Hahira, GA 31632

take hwy 122 East out of Hahira go approx 7 miles to Cat Creek Rd. turn right meeting place approx. 1000 ft on the left, sign out front.

Milltown Group
Old Lanier County High
School
338 East Church St.
Lakeland, GA 31635

The Milltown Group of Lakeland is located in town, one block north of US129/US221 at the old Lanier County High School Building.

Morven Group
Bridges of Hope
10031 Coffee Rd
Morven, GA 31638

From exit 18 and I-75 in Valdosta, go N.E. on 94/133/ St Augustine Road for 13 miles. In Morven turn left at the caution light unto 76/1st Street and go to the City Park. Turn right on Coffee road. Old farmhouse on right just past the school. Morven Group at the Bridges of Hope.

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

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, 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.

Atkinson County	4 th Thursday of every month	10:00 AM to 1:00 PM
Willacoochee Senior Center		Willacoochee, Georgia

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

Flu vaccine

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

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

For more information on NIVW or receiving your flu vaccine call your local health department, South Health District at 229-333-5290 or visit www.flu.gov.

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

There are over 300 Lowndes County children in foster care. There are only 149 beds available in the county, forcing DFCS to send children to other counties while they are in care. There are nine children free for adoption who have not had resources identified for them. Foster parents must take 20 hours of certification and annual refresher

courses. If you are interested in information on becoming a foster or adoptive parent, call 229-333-7056 for Rebecca Gilliland. The state also has a number to call: 877-210-KIDS (5437).

BLOOD DONATION OPPORTUNITIES

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

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

Wednesdays 1:00 PM-7:00 PM

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

Sunday Closed

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