

health and human services

onestop

gwinnettcounty's resource for quality living

news & calendar sept – dec 2012

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Make a healthy start

Some people wish children came with instruction manuals. It would be nice if you could open a booklet and check on page seven to see if your child is developing at an age-appropriate level and what his or her medical needs are at a given age. The Gwinnett County Health Department provides several services to ensure that young children get off to the best start possible in life. These programs include:

Immunizations

Vaccines work to safeguard children from illnesses and death caused by infectious diseases. Vaccination is one of the best ways parents can protect infants, children, and teens from potentially harmful diseases.

Health Check

Health Check is a preventive health care program for Medicaid members under 21 and PeachCare for Kids™ members under 19 within the Georgia Department of Community Health. The program offers wellness services for children like eye exams, vaccines, and dental care. Providers will also ask questions about your child's health and development. They will talk to your family about how to solve problems or give a referral for special needs.

Children 1st

This program looks at the broad array of biological and socio-environmental risk factors affecting the well-being of children and families. The four primary goals of this program are:

1. To promote early identification of all children with conditions (medical or socio-environmental) that place them at risk for poor health and/or developmental outcomes
2. To serve as a single point of entry to connect with other public health programs and community services



3. To assist families in recognizing and addressing needs that affect their capacity to provide healthy, safe, and nurturing environments for their children
4. To improve the health and developmental outcomes of Georgia's children

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Change a child's future

There is currently an enormous need for foster and adoptive parents for children in Department of Family and Children Services' (DFCS) custody. The agency's goal for the children in its care is to provide a permanent placement in a safe and nurturing environment.

For some children that means returning to their natural parents or relative placement with support, and for others the goal is adoption. With fewer than 60 DFCS family foster homes in a county of more than 800,000 residents, this goal cannot be accomplished solely through this agency. DFCS needs help from concerned individuals and groups within the community to ensure that every child in its custody is a part of a stable family that provides a loving, caring, and nurturing environment. DFCS is looking to partner with local businesses, organizations, schools, and churches to assist with recruiting foster and adoptive parents.

While DFCS will reimburse part of the expenses incurred by foster parents, prospective foster parents must be emotionally and financially stable in order to provide for foster children.

Requirements to become a foster or adoptive parent:

- Completion of an orientation session and a pre-service parent preparation program (IMPACT)
- Home study (family assessment)

- Home safety inspection
- Medical examination for anyone 18 and older residing in the home
- Drug screening for anyone 18 and older residing in the home
- Criminal records check for anyone 18 and older residing in the home
- References
- Foster parents must also be U.S. citizens or legal residents and not have been convicted of a major felony
- Couples should be in agreement about fostering a child

To learn more about DFCS's foster and adoptive programs, attend an upcoming orientation:

- September 10
- October 15
- November 5
- December 10

Orientation is from 6:30pm – 8:00pm at 33 South Clayton Street in Lawrenceville.

For questions or additional information, please contact DFCS at 678.518.5600 or 1.877.210.KIDS (5437).

Do you know your neighbor?

It is interesting to meet someone from a different culture. Some of these encounters may seem unusual. Here are some guidelines to help you better understand another person's culture. Read on to find out more about your neighbor.

Clue: It is customary for several generations to live under the same roof.

Clue: They are very proud people.

Clue: It is acceptable for younger people to drink.

Clue: Women marry at a young age and mostly stay at home.

Clue: Males are supposed to be the breadwinners of the family.

Clue: Maintain eye contact throughout a conversation with someone from this culture. This is both a sign of respect and sincerity.

Clue: Always stand up when you are greeting somebody from this culture. Not doing so is perceived as highly disrespectful.

Clue: They are a tightknit community.

Clue: Pigs, lambs, and goats are roasted for festivities.

Clue: Most are Christian Orthodox and celebrate Christmas on January 7.

Clue: When visiting someone of this culture, you should bring a gift.

Clue: It is polite to take off your shoes when you walk into someone's house.

The answer is on page 7.

Cultural differences stimulate the mind

By Bill York

I have kept my mind active by writing novels and columns for *The Atlanta Journal-Constitution* and a few magazines. But as I became an octogenarian, I began to sense that my mind was beginning to shut down a little, so now I jump-start my brain by avidly learning.

With diverse cultures increasing in Gwinnett County, I decided to begin thanking people for their services in their native language. The courtesy seems to please them and generate smiles.

I have discovered that I can make people smile by thanking them for cashing a check at the bank or checking out my groceries. At Kroger's customer service desk, I made a friend by guessing her national origin and thanked her by saying, "Dondobat." She was from Bangladesh. Now we both say it.

When I hired a man from Russia to work with me, I asked him how to say thank you in Russian. Now I say, "Spasibo."

While on a cruise to Alaska where there were several hundred employees from all over the world working on the vessel, I found it entertaining to thank them in their native tongue. In a short time, I developed the reputation of being multilingual. One girl from Hungary taught me, "Koszonom," or "Koszi," for thanks.

My mental library now contains over 30 thank yous and I learn a new one each week. I'm convinced that stimulating my brain will retard the onset of aging. So far, it's working.

Bill York is an active Gwinnett County resident who enjoys visiting the senior centers at Gwinnett County parks.

Dining on a budget

Zesty Black-Eyed Pea Salad

6 servings

Ingredients

2 cans (15 oz each) black-eyed peas, drained, rinsed
 2 tablespoons onion, finely chopped (optional)
 ¼ cup green pepper, chopped (optional)
 1 can (15 oz) corn, drained, rinsed*
 1 can (15 oz) diced tomatoes, drained
 1 tablespoon minced garlic
 ½ cup reduced-fat Italian dressing
 Lemon pepper seasoning (optional)
 Lettuce, torn into small pieces
 1 cucumber, sliced

Cooking instructions

- In a medium bowl combine black-eyed peas, onions, peppers, corn, tomatoes, and garlic, and toss lightly. Add Italian dressing and mix lightly. Sprinkle the top of the salad with lemon pepper seasoning.

- Cover. Refrigerate for a few hours or overnight, stirring occasionally to allow the flavors to spread throughout the salad.
- When ready to serve, place 1 ½ cups of black-eyed pea salad on top of each plate of torn lettuce. Add sliced cucumbers to the side and serve.

Nutrition Facts (includes iceberg lettuce)

Calories: 217 (12% of total calories from fat); total fat: 3 grams; sodium: 1024 milligrams**; Vitamin A 13% *; Vitamin C: 31%*; Calcium: 8%*; Iron: 18%*

* Percentage Daily Values

**Rinsing the canned vegetables will reduce the amount of sodium listed

For similar recipes, call Ines Beltran, FACS Agent, Gwinnett County Cooperative Extension Service, at 678.377.4010 or email ines.beltran@gwinnettcountry.com.

10 items needed for emergency preparedness

Being prepared for an emergency may seem like a daunting task, but it doesn't have to be. This list of 10 things to keep on hand is a great place to start:

- Water
- Food
- Can opener
- Medications
 - Be prepared with enough medical supplies in your kit to last two weeks.
 - Include non-prescription medications that you use on a daily basis.
 - Talk with your doctor about prescribing an extra month of medications to keep in your emergency kit.
 - Rotate medications and batteries to avoid expiration.
- First aid items
- Flashlight
- Radio
- Clothes
- Personal care items
 - Have extra batteries for hearing aids and any other electrical devices you may need.
 - Have an extra pair of eyeglasses in your kit.
- Important papers
 - Place copies of important papers in a waterproof container. This could include cash, bank and credit card information, insurance policies, Medicare/Medicaid cards, and any other important legal or medical documents.

Seniors and others with medical considerations may also want to consider identifying an emergency contact person who lives in a different geographic area. Make sure that person has the name, phone number, and email address of people you would need to have contacted.

For more information on how you and your family can best prepare for an emergency situation, visit <http://www.ready.ga.gov/Prepare/Older-Georgians>.



Senior Services Spotlight

No place like home

As a widow of 32 years, **Geraldine Maxcy** is accustomed to being on her own and making ends meet. After a rewarding career as a paralegal, she continued to work part-time to keep herself busy. Then, to keep from burdening her two adult children, she decided to return to her hometown and live near her siblings.

Geraldine first received home-delivered meals from Gwinnett County Senior Services (GCSS) when she returned home from the hospital, thinking that was all she needed. Little did she know that she was able to receive other services from GCSS. "With our services, it is really a need basis," says **Agnes Matheson**, GCSS care manager. "Her children live out of state, but they are very supportive and come and visit when they can."

"Whatever can be done through Gwinnett County Senior Services, they have done for me and I appreciate it so much," expresses Geraldine. "Even the driver who delivers the meals



will take time to talk to me. His five minutes of just chatting with me is super because I cannot get around and get lonely. It's the compassionate, personal touch that means an awful lot to older people like me."

She continues, "I could not afford an assisted living facility. I have siblings close by who do help out sometimes. If I didn't have them and Gwinnett County Senior Services, I wouldn't be able to live on my own and that's what I want, to be independent."

The goal of Gwinnett County Senior Services is to offer quality services that make it possible for seniors to maintain their dignity and continue to live independently in their homes. GCSS offers care management, in-home services that include light homemaking, respite care, and home-delivered meals, and limited transportation. To find out if you are eligible or if you know someone who may qualify for services, please visit www.gwinnettseniorservices.com or call 678.377.4150.

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Universal Newborn Hearing Screening and Intervention

The goal of this program is to ensure that hospitals, primary health care providers, and the Department of Public Health work together to assure that every newborn is screened for hearing loss prior to hospital discharge. Infants who do not pass the initial and repeat screenings receive appropriate diagnostic evaluation before 3 months and, when appropriate, are referred to intervention by 6 months.

WIC

This special supplemental nutrition education program for women, infants, and children is a short-term intervention program designed to influence nutrition and health behaviors in a targeted, high-risk population. Pregnant, breastfeeding, or postpartum women, infants, and children under 5 years of age who meet certain income and other criteria are eligible to participate.

For more information about these and other children's health programs, please visit the Gwinnett County Health Department's website at www.gwinnetthealth.com.



Gwinnett County Senior Services offers programs at three centers: Lawrenceville, Norcross, and Buford.
www.gwinnettseniorservices.com

eventcalendar

For the most current class listing at Centerville Community Center, visit www.centervillecommunitycenter.com.

We need volunteers!

The Centerville Community Center is seeking volunteers to teach free line dancing classes, bridge and canasta instruction for seniors, acrylic and water color painting for persons ages 15+, dance or creative movement for seniors, and aerobics for adults. Request proposal and application process by emailing vivian.gaither@gwinnettcounty.com.

after school program

Law Enforcement Agencies Assisting in Development of Students (L.E.A.A.D.S.) for Ages 6 to 14

Monday to Friday from 3:00pm – 6:30pm. Homework assistance, mentoring, financial literacy, conflict resolution, workshops on self-esteem, bullying, and more. Cost: \$45 per week. To register, call the center at 770.985.4713. For additional information, call Karen Foote at 404.246.3009 or email info@leaadsmmentorpro.org.

career

Toastmasters of Centerville

Thursdays at 7:00pm. Lose your fear while learning to become a better public speaker, deliver great presentations, lead teams effectively, and give and receive constructive evaluations. For more information, email Linda Buckley at lbuckley1188@gmail.com.

clubs

Atlanta SCRABBLE® Club

Saturdays: September 8, October 13, November 10, and December 8 from 10:00am – noon. Put your skills to the test while making new friends. Cost: \$1 per month. Please email doc2barbara@gmail.com or call 770.557.1343 for more information.

Wii™ Exercise, Billiards, Table Tennis, Bridge, Bunko, Canasta for Seniors 50+

Mondays from 9:00am – noon. Senior adult groups or individuals are welcome to use community center as meeting place. Call 770.985.4713 for information.

Clicks and Sticks Knitting Guild

Second Thursdays from 7:00pm – 9:00pm. For all experience levels. Cost: \$25 per year (first meeting free) to fund charity knitting and educational sessions. Contact the Guild at 770.413.6171 or info@clicksandsticks.com.

Red Hat Society • FREE!

Third Thursdays of the month at 7:00pm. Cayenne Peppers of Centerville is looking for red and pink hatters to join the society. For information, please call Julie Belk at 770.860.8698 or 770.985.4713.

Garden Club

Community center volunteers are forming a garden club for the Centerville/Snellville area and are now recruiting volunteers for the development committee. If you are a master gardener or have program development experience, we'd love to hear from you. The goal is to provide informative, relevant topics where members can learn, contribute, and have fun. There will be no charge for membership, and the club will be open to anyone 18+ years of age. For more information, contact Linda Dove at lindadove@comcast.net.

dance

Dance, Music, and Art Therapy for Senior Adults

Dates TBD. Do you want to stay active, participate in free activities, and make new friends along the way? Contact the community center regarding information about upcoming programs at 770.985.4713.

Jazz for Ages 5 to 11

Tuesdays from 5:00pm – 6:00pm. Session I: August 14 – September 18; Session II: September 25 – November 6 (no class October 30); Session III: November 13 – December 18. Cost: \$45 per six-week session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, please call the community center at 770.985.4713.

Pre-Ballet/Tap for Ages 3 to 4

Saturdays from 8:30am – 9:30am. Session I: August 11 – September 22 (no class on September 1). Session II: September 29 – November 10 (no class on October 27); Session III: November 17 – December 15 (no class November 24). Short session includes performance and extended class timing to incorporate practice and recital. See instructor for details. Cost: \$55 per session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call 770.985.4713.

Ballet/Tap II for Ages 6 to 8

Saturdays from 9:30am – 10:30am. Session I: August 11 – September 22 (no class on September 1). Session II: September 29 – November 10 (no class on October 27); Session III: November 17 – December 15 (no class November 24). Short session includes performance and extended class timing to incorporate practice and recital. See instructor for details. Cost: \$55 per session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call the community center at 770.985.4713.

Ballet/Tap III for Ages 8 to 11

Saturdays from 10:40am – noon. Session I: August 11 – September 22 (no class on September 1). Session II: September 29 – November 10 (no class on October 27); Session III: November 17 – December 15 (no class November 24). Short session includes performance and extended class timing to incorporate practice and recital. See instructor for details. Cost: \$60 per session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call 770.985.4713.

Ballet/Tap I for Ages 5 to 7

Saturdays from 12:10pm – 1:10pm. Session I: August 11 – September 22 (no class on September 1). Session II: September 29 – November 10 (no class on October 27); Session III: November 17 – December 15 (no class November 24). Short session includes performance and extended class timing to incorporate practice and recital. See instructor for details. Cost: \$55 per session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call the community center at 770.985.4713.

Belly Dancing for Ages 13 to Adults

Mondays from 7:00pm – 8:00pm. September 10 – October 15. Low- to no-impact exercises can be modified to suit individual. Cost: \$42 for six weeks. To pre-register, please call 770.985.4713. For more information, please email costoluto.g@gmail.com.

education for adults

Interactive Demonstration on Canning and Preserving Fruits and Vegetables

Wednesday, October 10 from 1:00pm – 3:00pm. Learn to make homemade apple pie filling, how to freeze pumpkin and winter squash, and get ready for the holidays! Classes

include a live demonstration and handouts. Cost: \$1 cash in exact change. For more information, email Ines Beltran at inesb@uga.edu. To reserve your seat, you must receive confirmation from the community center at 770.985.4713.

¡Clases de Computación en Español!

Martes y jueves: 28 de agosto al 20 de septiembre de 6:30pm – 8:30pm; sábados: 25 de agosto al 22 de septiembre de 8:30am – 12:30pm (sin clase el 1 de septiembre); lunes y miércoles: 1 de octubre al 24 de octubre de 6:30pm – 8:30pm; sábados: 6 de octubre al 27 de octubre de 8:30am – 12:30pm. Edúquese y aprenda como hacer documentos profesionales en Word, presentaciones en PowerPoint, libros de trabajo en Excel, y más en Microsoft Office 2010. Precio: \$80 por cuatro semanas. Para mayor información, por favor llame al 678.983.8884 o ibrahammolina@yahoo.com. Para información sobre el pago e inscripción, llame a 770.982.4647.

Knitting 101

Tuesdays: October 16 and November 13 from 7:00pm – 9:00pm. Learn to knit and purl (children ages 8 – 12 must have adult learner present). Size 8 needles, worsted weight yarn required. Cost: \$2 cash with exact change. Class limit: 12. For more information, please contact the Guild at 770.413.6171 or info@clicksandsticks.com. To register, please call 770.985.4713.

GED Preparatory Course

Mondays: September 10 – December 17 (no class November 12) and Wednesdays: September 12 – December 12. Monday classes: Language Arts Writing and Essay from 6:00pm – 7:45pm; Reading Comprehension (language arts reading, social studies, science) from 8:00pm – 9:00pm. Wednesday classes: Math I from 6:00pm – 7:45pm; math II from 8:00pm – 9:00pm. Comprehensive 14-week review of the six subject areas on the GED exam. Taught using Steck-Vaughn training materials, exclusive distributor of official GED practice test. Cost: \$25 for all six subjects and includes book. Sponsored by Catalyst Consultants Unlimited, LLC. For information, please email ccucatalystbooks@gmail.com. For registration and payment, please call the Centerville Community Center at 770.985.4713.

AARP Driver Safety Program for Seniors 50+

Wednesday, September 12 or October 10 from 9:30am – 4:30pm; Tuesday, November 6 and Thursday, November 8 from 9:30am – 12:30pm; Tuesday, December 4 from 9:30am – 4:30pm. Learn defensive driving techniques, adjusting to age-related changes in vision, hearing, and reaction time. For seniors 50+, but anyone with valid driver's license is welcome. For possible insurance discount, contact provider. Cost: \$12 for AARP members with membership card; \$14 non-members. Please call the center 770.985.4713 to pre-register.

Basic Conversational Spanish for Adults

Tuesdays: September 18 – October 23 from 6:00pm – 7:00pm. It will help you understand and appreciate other cultures and the world around you. Cost: \$10 non-refundable registration with \$50 for six weeks. Email Grisel Amargos at spanishteachersn@aol.com. To pre-register, please call 770.985.4713.

Intermediate Conversational Spanish for Adults

Tuesdays: September 18 – October 23 from 7:15pm – 8:15pm. Step up your skills with this intermediate level. Cost: \$10 non-refundable registration with \$50 for six weeks. Email Grisel Amargos at spanishteachersn@aol.com. To pre-register, call 770.985.4713.

Fall Vegetable Gardening

Monday, October 1 from 7:00pm – 8:30pm. Cost: \$1 per person in cash with exact change. Sponsored by Gwinnett Cooperative Extension Service. To pre-register, call the community center at 770.985.4713.

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Rhinestone and Glitter Hobby for Ages 6+

Monday, October 8 from 6:30pm – 8:30pm or Saturdays: October 13 or November 10 from 10:00am – noon. Learn from a professional designer how to design, decorate, and embellish all kinds of apparel, accessories, and more! Bring your own item to embellish or participate in t-shirt project. Cost: \$20 with \$5 non-refundable registration fee (all supplies included). Join us for this fabulous class! Contact instructor at kishanicole@blingbykishanicole.com. To pre-register, call 770.985.4713.

Snellville and Centerville Writer's Groups • FREE!

Snellville writers interested in writing novels meet the first and third Tuesdays from 7:00pm – 8:30pm. Centerville writers meet the first and third Thursdays from 10:00am – noon. Critique format; all genres. No registration required for either group. Call 770.985.4713 for more information.

education for youth

ABC Math Tutoring for Ages 7 to 10

Tuesdays: August 14 – December 18 (no class October 30 and November 20) from 5:00pm – 6:00pm for grades 2 and 3; 6:15pm – 7:15pm for grades 4 and 5. Assist students with process skills, numbers and operations, geometry, algebra, and more. Ten students per group. Based on Common Core Georgia Performance Standards. Cost: \$12 per week; first two weeks' fee of \$24 due at registration. For class information, contact atestates@aol.com or call 404.438.1067. To pre-register, call 770.985.4713.

ABC Language Art and Reading Comprehension Tutoring for Ages 7 to 9

Thursdays: August 16 – December 20 (no class November 1 and 22) from 5:00pm – 6:00pm for grades 2 and 3; 6:15pm – 7:15pm for grade 4. Assist students with strategies, comprehension, vocabulary, and more. Ten students per group. Based on Common Core Georgia Performance Standards. Cost: \$12 per week; first two weeks' fee of \$24 due at registration. For information, call 404.438.106 or email atestates@aol.com. To pre-register, call 770.985.4713.

ABC Writing Tutoring for Ages 7 to 9

Saturdays: August 18 – December 15 (no class October 27 and November 24) from noon – 1:00pm for grades 2 and 3; 1:15pm – 2:15pm for grade 4. Assist students with strategies, grammar, essay writing, and more. Ten students per group. Based on Common Core Georgia Performance Standards. Cost \$12 per week; first two weeks fee of \$24 due at registration. For class information, please email atestates@aol.com or call 404.438.1067. To pre-register, please call 770.985.4713.

Knitting 101

Tuesdays: October 16 and November 13 from 7:00pm – 9:00pm. Learn to knit and purl (children ages 8 – 12 must have adult learner present). Size 8 needles, worsted-weight yarn required. Cost: \$2 cash with exact change. Class limit: 12. Contact Guild at info@clicksandsticks.com or 770.413.6171. To register, call 770.985.4713.

GED Preparatory Course

Mondays: September 10 – December 17 (no class November 12) and Wednesdays: September 12 – December 12. Monday classes: Language Arts Writing and Essay from 6:00pm – 7:45pm; Reading Comprehension (language arts reading, social studies, science) from 8:00pm – 9:00pm. Wednesday classes: Math I from 6:00pm – 7:45pm; Math II from 8:00pm – 9:00pm. Comprehensive 14-week review of the six subject areas on the GED exam. Taught using Steck-Vaughn training materials, exclusive distributor of official GED practice test. Cost: \$25 for all six subjects and includes book. Sponsored by Catalyst Consultants Unlimited, LLC. For information, email ccucatalystbooks@gmail.com. For registration and payment, call 770.985.4713.

eventcalendar

Starquest Tutoring for Reading and Language Arts Grades 5 to 8

Tuesdays: September 11 – December 11 (no class on October 30, November 6, and November 20). Reading from 5:15pm – 6:15pm; Language Arts from 6:30pm – 7:30pm. Cost: \$12 per week plus cost of workbook; first two weeks fee of \$24 due at registration. Maximum of 10 students per class, so don't delay! Materials from the New Georgia Performance Standards. For more information, call 770.972.5151 or email gaynellewhite@yahoo.com.

Starquest Tutoring for Math Grades 6 to 8 and Science Grades 6 to 8

Thursdays: September 13 – December 13 (no class November 1 and 22). Math from 5:15pm – 6:15pm; Science from 6:30pm – 7:30pm. Cost: \$12 per week plus cost of workbook; first two weeks fee of \$24 due at registration. Maximum of 10 students per class, so don't delay! Materials from the New Georgia Performance Standards. For more information, please call 770.972.5151 or email gaynellewhite@yahoo.com.

Championship Chess Instruction and Club for Ages 7 to 14

Saturdays: September 15 – October 20; November 3 – December 15 (no class on November 24) from 10:00am – noon. Studies confirm chess contributes to academic benefits in math, reading, and problem-solving. Practice club the last hour. Parent or guardian required for club participation. Cost: \$48 per six weeks. To pre-register, call 770.985.4713. Email rodneylewis33@gmail.com or call 770.560.1071 for more information.

Babysitter Training for Ages 11 to 15

Saturday, September 22 from 9:00am – 2:00pm. Youth receive basic child care and safe play safety training, first aid instruction, and professionalism and leadership skills training. Cost: \$75 for materials and certification by the American Red Cross. Minimum of six participants required to hold class. Email kimlafourche@aol.com for course information. For pre-registration and payment information, call the community center at 770.985.4713.

S.A.T. Math Boot Camp

Saturday, September 22 from 12:30pm – 6:30pm. Cost: \$150 (10 percent sibling discount for two or more children) includes packet of exercises and copy of *How to Help Parents and Kids Get Over the Fear of Math*. Email MathIsFun@mathlon1.net for more information. To pre-register, call the center at 770.985.4713.

Rhinestone and Glitter Hobby for Ages 6+

Monday, October 8 from 6:30pm – 8:30pm or Saturdays: October 13 or November 10 from 10:00am – noon. Learn from a professional designer how to design, decorate, and embellish all kinds of apparel, accessories, and more! Bring your own item to embellish or participate in t-shirt project. Children must be accompanied by a paying adult. Cost: \$20 with \$5 non-refundable registration fee (all supplies included). Join us for this fabulous class! For more information, please contact the class instructor at kishanicole@blingbykishanicole.com. To pre-register, please call 770.985.4713.

Fun, Interactive Math Workshop for Grades 3 to 10

Saturday, October 13 from 1:00pm – 2:00pm. Cost: \$40 (10 percent sibling discount for two or more children) includes packet of exercises and a copy of *How to Help Parents and Kids Get Over the Fear of Math*. For more information, email MathIsFun@mathlon1.net. To pre-register, call 770.985.4713.

events

Taste of Centerville, A Community Celebration

Saturday, October 6 from 11:00am – 5:00pm. Don't miss this special event celebrating our community and diversity!

You and your family will enjoy inflatables, face painting, food tasting booths, live entertainment, and so much more! The event is held on the spacious grounds of Church of the Redeemer Presbyterian. For directions or event information, visit www.centervillecommunitycenter.com or call 770.979.2467. See you there!

Advance Voting, General Election

Saturday, October 27 – Friday, November 2 (excluding Sunday, October 28) from 9:00am – 7:00pm. The community center is an advance voting site only, not an election day precinct. For voter registration and election day precinct information, please contact the Gwinnett County Board of Registration and Elections at 678.226.7210 or visit www.gwinnettelections.com.

Breakfast with Santa!

Saturday, December 15 from 10:00am – noon. You are invited to join the Centerville Community Center in celebrating the holidays with a light breakfast, a craft, and a visit from Santa, Mrs. Claus, and the elves! Bring your wish lists and cameras to take your own pictures as it promises to be great fun! Pre-registration is recommended; however, on-site registration for remaining seats will begin at 10:30am until capacity of 50 is met on a first-come, first-served basis. Cost: \$1 per person along with five canned goods per family to benefit the Southeast Gwinnett Cooperative Ministry food bank. For more information, please call 770.985.4713.

American Red Cross Blood Drive

Friday, December 21 from 2:00pm – 7:00pm. Every two seconds, someone in America needs blood. One pint can save three lives, so donate today. Call 1.800.GIVE.LIFE or visit www.redcrossblood.org. Bring photo ID. Walk-ins welcome, but appointments encouraged. For information, call the community center at 770.985.4713.

Lend a Helping Hand to Your Community!

Monday to Friday from 9:00am – 5:00pm. The community center is collecting canned goods to benefit the Southeast Gwinnett Cooperative Ministry. Please donate canned/boxed food items: rice, pasta, soup, dried beans, fruit, vegetables, grits/oatmeal, pancake/baking mix, powdered/canned milk, vegetable oil, ketchup, mayo, salad dressing, peanut butter, jelly, spaghetti sauce, sugar, and crackers. Please call the center at 770.985.4713 for evening or Saturday hours.

exercise

Mommy and Me Fitness

Wednesdays: August 22, September 26, and October 24 from 10:30am – 11:30am. Moms, dads, or caregivers and toddlers (18 months – 3 years) bond while learning healthy habits. Cost: \$1 per parent in cash with exact change. To pre-register, call 770.985.4713.

Shohei Ryu Karate

Tuesdays and Thursdays: September 4 – September 27; October 2 – October 25; and November 6 – December 4 (no class on November 22) from 6:30pm – 7:30pm for children grades 1 – 12 and adults ages 18+. Cost: \$25 per session in exact cash only. No logo uniform required. For class information, email bscurllock@bdindustrial.com. Pre-registration deadline is the day before session begins. To register, call 770.985.4713.

Walk-a-Weigh Fitness and Nutrition

Thursdays: September 13 – November 15 (no class September 27 or November 1) from 10:30am – 12:30pm. Can't get motivated? Exercise with us and learn healthy cooking and eating habits while losing weight! Cost: \$15 for eight weeks payable in cash with exact change. Sponsored by Gwinnett Cooperative Extension Service. For information, email Ines Beltran at inesb@uga.edu. To pre-register, call the center at 770.985.4713.

...cont'd on page 5

eventcalendar and news

centerville community center calendar

...cont'd from page 4

Hatha Yoga

Mondays and Thursdays: October 1 – November 8 from 7:00pm – 8:00pm. Hatha Yoga emphasizes fitness, flexibility, strength, mind-body awareness, proper breathing, and relaxation. Class is appropriate for people of all ages, shapes, and sizes (minors must be accompanied by a registered adult). If you are seeking to improve your physical health and well-being, join us! Cost: \$35 for six weeks. For information, contact the center at 770.985.4713.

health and safety

P.R.I.D.E. (Parents Reducing Injuries and Driver Error) • FREE!

Thursdays: August 30 and October 25 from 6:30pm – 8:30pm. National award-winning course for parents and new/soon-to-be drivers (ages 14 – 16). Learn about the 40 hours of supervised driving required by Georgia law, driver attitude, knowledge, and behavior of parent and teen driver. Parents must attend. Sponsored by Child and Adolescent Resource Education Services. Call 404.578.7629 or email monicaddavis@comcast.net. To pre-register, call the community center at 770.985.4713.

Benefit Analysis Screening • FREE!

Thursdays: September 20, October 18, November 15, and December 20 from 9:30am to 4:00pm. Determine eligibility for public benefits: food stamps, Medicaid for children and pregnant women, WIC, TANF, subsidized childcare, energy assistance. Sponsored by the Atlanta Prosperity Campaign and the Georgia Department of Family and Children Services. For an appointment, call the community center at 770.985.4713. For program information, please visit www.atlantaprosperty.org.

mentoring

Law Enforcement Agencies Assisting in Development of Students • Mentoring for Ages 5 to 12

Tuesdays from 6:00pm – 8:00pm. Topics include team building, leadership, conflict resolution, self-esteem, bullying, and more. Commitment with parental involvement required. Cost: \$35 non-refundable yearly application; \$65 per nine-week session for professional speakers, t-shirt, pizza parties, award ceremonies, and more. Contact Karen Foote at info@leaadsmmentorpro.org for more information.

music

Juice and Cookies Music Exploration for Ages 1 to 5

Wednesdays: September 12, October 17, November 14, and December 12 from 11:30am – 12:15pm. Interactive rhythm exploration with snack. Cost: \$1 per child in cash with exact change. Registration required. For questions, please call 770.985.4713.

support group or services

Project Safe Place at the Centerville Community Center • FREE!

The community center is a registered location for children and teens who are feeling threatened or picked on by bigger, older kids; latchkey children who have lost their keys;

calendar

For the most current class listing at Buford Human Services Center, please visit www.gwinnettbhsc.com.

Canasta and Rummikub

Tuesdays and Thursdays from 1:30pm – 2:30pm. Make new friends while learning to play Canasta and Rummikub. If interested, call Shirley at the Buford Senior Center at 770.614.2541.

Gamblers Anonymous • FREE!

Wednesdays from 6:30pm – 8:30pm. Gamblers Anonymous is a program for the individual, their family members, friends, and loved ones of gamblers who have been affected by gambling. This group is a fellowship of men and women who share their experience, strength, and hope

with each other so that they may solve their common problem. Call the Buford Human Services Center at 770.614.2526 for more information.

Project Safe Place

The Buford Human Services is a registered location for children and teens who are feeling threatened or picked on by bigger, older kids; latchkey children who have lost their keys; runaway teens; those who have been kicked out of their homes; youth with friends who are drinking and driving; those experiencing a family crisis or breakdown in communication; or children from neglectful or abusive homes. Service provided by the Gwinnett Children's Shelter. For more information, call 770.985.4713 or visit www.gwinnettchildrenshelter.org.

What is schizophrenia?

Schizophrenia is a brain disorder that affects the way a person acts, thinks, and sees the world. People with schizophrenia have an altered perception of reality, often a significant loss of contact with reality. They may see or hear things that don't exist, speak in strange or confusing ways, believe that others are trying to harm them, or feel like they're being constantly watched. With such a blurred line between the real and the imaginary, schizophrenia makes it difficult—even frightening—to negotiate the activities of daily life. In response, people with schizophrenia may withdraw from the outside world or act out in confusion and fear.

Most cases of schizophrenia appear in the late teens or early adulthood. However, schizophrenia can appear for the first time in middle age or even later. In rare cases, schizophrenia can even affect young children and adoles-

cents, although the symptoms are slightly different. In general, the earlier schizophrenia develops, the more severe it is. Schizophrenia also tends to be more severe in men than in women.

Although schizophrenia is a chronic disorder, there is help available. With support, medication, and therapy, many people with schizophrenia are able to function independently and live satisfying lives. However, the outlook is best when schizophrenia is diagnosed and treated right away. If you spot the signs and symptoms of schizophrenia and seek help without delay, you or your loved one can take advantage of the many treatments available and improve the chances of recovery.

Source: http://www.helpguide.org/mental/schizophrenia_symptom.htm

runaway teens; those who have been kicked out of their homes; youth with friends who are drinking and driving; those experiencing a family crisis or breakdown in communication; or children from neglectful or abusive homes. Service provided by the Gwinnett Children's Shelter. For information, please visit www.gwinnettchildrenshelter.org or call 770.985.4713.

workshops

Homeowner H2O: Water Conservation Workshop

Saturday, October 13 from 10:30am – noon. Learning how to reduce water use and improve efficiency in-and-outside your home means lower monthly bills! Focus will be on leak detection and repair, installation of water-efficient fixtures, and ways to increase family's water-saving behaviors. Every participant will receive a low-flow home retrofit kit with faucet aerators; shower head and other efficiency products; outdoor watering kit with an auto-off hose nozzle and rain gauge; step-by-step guide to conducting home water audits; toilet leak detection dye tablets; and information on how to apply for a toilet rebate program to receive up to \$200 toward the purchase of new Water Sense toilets for your home. To pre-register, please email your name, address, and phone number to dwrconserve@gwinnettcountry.com or call Gwinnett County's Department of Water Resources at 678.376.6722.

Follow these 12 tips to conserve water

1. Check faucets, toilets, and pipes for leaks.
2. Don't use the toilet as an ashtray or wastebasket.
3. Use your water meter to check for hidden leaks.
4. Install water-saving shower heads and low-flow faucet aerators.
5. Put plastic bottles or float boosters in your toilet tank.
6. Take shorter showers.
7. Turn off the water while brushing your teeth.
8. Rinse your razor in the sink.
9. Run only full loads of clothes and dishes.
10. Minimize use of kitchen sink garbage disposal units.
11. When washing dishes by hand, don't leave the water running for rinsing.
12. Don't let the faucet run while you clean fruits and vegetables.



eventcalendar and news

norcross human services center

Ingrid Patrick • Center Coordinator
Center Line: 770.638.5661 • ingrid.patrick@gwinnettcountry.com

For the most current class listing at Norcross Human Services Center, please visit www.gwinnettnhsc.com.

The Norcross Human Services Center would like to partner with a nonprofit organization or government agency to teach computer classes. Space is available to hold classes during the day, night, or Saturdays. Eleven computers are available. No fee to use space or equipment if class meets NHSC guidelines and offers the class for free or at a reduced cost. To request a proposal packet, call 770.638.5661 or email ingrid.patrick@gwinnettcountry.com.

computer classes

Basic Computers for Seniors • FREE!

Tuesdays from 9:00am – 11:00am. Ages 60+. Come learn in this mixed-level setting. Classes are ongoing. Must register by calling each Monday and selecting the class you wish to attend that week. Only one class selection per person. Space is limited. Call 770.638.5661 to register.

Basic Computer Classes • FREE!

Thursdays from 9:00am – 11:00am. For all ages. Come learn in this mixed-level setting. Classes are ongoing. Must register by calling each week. Space is limited. Please call 770.638.5661 to register.

crafts

Ceramics

Tuesdays and Thursdays from 2:00pm – 3:30pm. For seniors. Cost: \$2 to \$5. Free instructions on cleaning and glazing. Participants can also use the space for independently working on projects. Call 770.638.5680 to pre-register or send an email to tammy.lea@gwinnettcountry.com.

dance

Belly Dance

Mondays from 1:00pm – 2:00pm. For seniors. Low-impact moves will provide a cardiovascular workout as well as improve strength and flexibility. Class can be adapted for participants with physical limitations. Wear loose-fitting clothing and either dance shoes or bare feet. Call 770.638.5680 to pre-register or email tammy.lea@gwinnettcountry.com.

education for adults

AARP Drivers Education Class Taught in Chinese

Saturdays: August 25, October 27, November 10, and December 8 from 9:00am – 3:30pm. AARP is offering a driver safety course taught in Chinese. After completion of the course, you may be eligible for a 10 percent discount on your auto insurance. Course is geared for participants age 50+; however, participation is available to all ages.

NHSC partners with nonprofit organizations to bring free or reduced-cost programs to our community. These partners enjoy free use of space for their service to our community. For consideration, please request a proposal packet by calling 770.638.5661 or emailing ingrid.patrick@gwinnettcountry.com

Cost: \$12 for AARP members or \$14 for non-AARP members. For registration information, call the Norcross Human Services Center at 770.638.5661.

Prostate Cancer Awareness • FREE!

Thursdays: September 13 and October 11 from 7:00pm – 8:30pm. Ken Stevens, vice president of the Georgia Prostate Cancer Coalition, will host a workshop about prostate cancer covering: warning signs, what to do, where to go if diagnosed, effects, growth patterns, sample questions to ask your doctor, and 10 myths about prostate cancer. Call 770.638.5661 to register.

CDA Credential Course

Saturdays from 9:00am – 3:30pm. Nationally recognized child development credential provided by Quality Care for Children. Course for child care teachers and family child care providers. Must be 18 years of age, have a high school diploma or equivalency, have 480 hours (four months) of experience with children from birth to 5 by the end of the course, and currently work directly with a group of infants, toddlers, or preschool children in a Bright From the Start-licensed child care center or registered family child care home. Cost: \$130 monthly fee; full scholarships are available for Family Child Care CDA candidates. Please contact Quality Care for Children at 404.479.4230 for more information.

education for youth

Math and Reading Tutoring

Fridays from 4:00pm – 5:00pm; 5:00pm – 6:00pm or 6:00pm – 7:00pm. For kindergarten to grade 12 students. Cost: \$12 per-hour session or \$20 for two consecutive sessions. Students will master skills through a learning plan and be given support that will improve their academic standing with sustained attendance. Tutoring is provided by a certified teacher. Presented by One 2 One Educational Support, Inc., 678.230.4027. Please register in person at the Norcross Human Services Center.

Esencial de Internet en Español • ¡Gratis!

Lunes de 3:30pm – 6:30pm. Esta clase es para jóvenes que todavía están aprendiendo inglés. Se conduce en un laboratorio de computadoras. Les ayudara a aprender el mundo virtual y a entender su terminología en inglés. Esta clase es proporcionada por el Centro de Servicios Comunitarios para los Asiáticos Pacíficos (CPACS). Para más información y para inscribirse en esta clase, por favor llamar a CPACS al 770.936.0969.

Money Management and Life Skills

Saturdays from 10:00am – 11:30am. Ages 12 to 24 years. Class size is limited. Help youth succeed in every area of their lives by giving them the skills they need. Cost: \$5. Program provided by Bridging the Gap Independent Living and Resource Center, 678.467.0159. Register in person at the Norcross Human Services Center. For more information, call the center at 770.638.5661.

Sign Language Classes

Dates and times to be announced. Learn to communicate using sign language. Sign language is a formal language employing a system of hand gestures for communication (as by the deaf). Families of AASD/GA PINES will have first priority. AASD will use the textbook *A Basic Course in American Sign Language* written by Tom Humphries, Carol Padden, and Terrence J. O'Rourke. In conjunction with the textbook (not provided by AASD), instruction will focus on visual learning, practice and handouts. Call 404.298.3613 for more information and to register. Space is limited to 15 individuals.

Life Skills and Anger Management

Saturdays from 10:00am – 11:00am. Ages 12 to 24. Space is limited. Call for latest class schedule. Program deals with root causes and will lead youth down the path of healing in order to develop into strong, confident, and stable adults. Cost: \$5 per class. Program provided by Bridging

the Gap Independent Living and Resource Center. For details, call 678.467.0159. Register in person at the Norcross Human Services Center, 770.638.5661.

Self-Esteem and Life Skills

Saturdays from 10:00am – 11:30am. Ages 12 to 24. Call for latest class schedule. Program deals with root causes and will lead youth down the path of healing in order to develop into strong, confident, and stable adults. Cost: \$5 per class. Program provided by Bridging the Gap Independent Living and Resource Center. For details, call 678.467.0159. Register in person at the Norcross Human Services Center, 770.638.5661.

exercise

Fitness Express • FREE!

Thursdays from 11:00am. For adults. Meet in second floor classroom. Blast calories and sculpt your body from head to toe with this 30-minute cardio and strength workout. Please consult with your physician before starting this or any exercise program. Register in person on the day of class or call the Norcross Human Services Center at 770.638.5661 to reserve a space.

health and safety

Project Safe Place

The community center is a registered location for children and teens who are feeling threatened or picked on by bigger, older kids; latchkey children who have lost their keys; runaway teens; those who have been kicked out of their homes; youth with friends who are drinking and driving; those experiencing a family crisis or breakdown in communication; or children from neglectful or abusive homes. Service provided by the Gwinnett Children's Shelter. For more information, please call 678.546.8770 or visit www.gwinnettchildrenshelter.org.

General Health and Nutrition • FREE!

Second Friday of every month from 10:00am – noon. All ages are welcome. Learn how to eat right, use the USDA MyPlate meal planner, and find out about community resources. Class provided by Gwinnett County Cooperative Extension Service. Call the Norcross Human Services Center to register at 770.638.5661.

language

English Reading and Writing • FREE!

Mondays and Wednesdays from 9:00am – 11:00am. This is an ongoing program for English-speaking adults. Classes are taught in an informal setting and mixed levels. Space is limited. Register in class with the teacher. Call the center for more information at 770.638.5661.

English as a Second Language • FREE!

Wednesdays and Fridays from 9:00am – noon. Classes for adults from any culture or nationality who want to learn or improve their knowledge of English. Classes are provided by the Asian American Resource Center. Call 770.270.0663 or email education@aarc-atlanta.org for more information.

Inglés Escritura y Lectura • ¡GRATIS!

Lunes y miércoles de 9:00am – 11:00am. Programa para adultos que hablen inglés en un formato informal y con niveles mixtos. Espacio limitado. Llame el centro de para registrarse a 770.638.5661.

eventcalendar and news

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English as a Second Language (ESL) Literacy and Civics Classes • FREE!

Mondays and Wednesdays or Tuesdays and Thursdays from 5:40pm – 8:40pm. New and returning students need to take a test to determine their current level of proficiency. Classes are for adults from any culture or nationality who want to learn or improve English as their second language. Classes are provided by the Asian American Resource Center. Call 770.270.0663 for more information or email education@aarc-atlanta.org.

mentoring

Girl Scouts

Second and fourth Saturdays with the exception of holiday weekends from 10:00am – noon. Girl scouting builds girls of courage, confidence, and character who make the world a better place. Different age group meets each Saturday. To join the Girl Scouts or for more information, call 770.702.9100.

Reunión de Girl Scouts

Primer y tercer sábado de cada mes con excepción de fines de semanas feriados de 10:00am – mediodía. Girl Scouts ayuda a las niñas a desarrollar la confianza en si mismas, el valor y los principios para hacer del mundo un mejor lugar. Cada sábado hay reunión de topas para diferentes edades. Únase a nuestro grupo multicultural más grande de Norcross. Para inscribirse a las Girl Scouts o para más información, llame al 770.702.9100.

multicultural

Multicultural Center for Positive Aging • FREE!

Monday to Friday from 9:00am – 1:00pm. Center open to all seniors 60+. Seniors participate in recreational activities, guest speaker presentations, and day trip excursions. Some of our current members are from Nigeria, Laos, Korea, Vietnam, Colombia, Puerto Rico, Portugal, Mexico, Ecuador, Peru, Arkansas, Tennessee, Mississippi, the Carolinas, and Georgia. There is no cost to become a member; however, the center welcomes donations for transportation and meals. Non-members, call 770.638.5680 to leave a message and reserve a meal by 1:00pm or send an email to tammy.lea@gwinnettcountry.com.

Centro Multicultural para una Madures Positiva • ¡Gratis!

Lunes a viernes de 9:00am – 1:00pm. El centro está abierto para personas mayores de 60 años. Personas pueden participar en actividades divertidas y estimulantes, ver presentaciones de invitados y grupos especiales, y van de paseos y excursiones. Algunos de nuestros miembros son de lugares como Nigeria, Laos, Korea, Vietnam, Colombia, Puerto Rico, Portugal, México, Ecuador, Perú, Arkansas, Tennessee, Mississippi, las Carolinas, y Georgia. No hay costo para ser miembro del centro. El centro funciona a base de donaciones por la transportación y la comida. Los que no son miembros pueden llamar a reservar un almuerzo para el día que van a venir con tan solo llamar y dejar un mensaje en el número de teléfono 770.638.5680 o pueden mandar un correo electrónico a tammy.lea@gwinnettcountry.com antes de la una de la tarde el día antes de venir.

Citizenship • FREE!

Mondays and Wednesdays from 5:40pm – 8:40pm. Participants will learn history and other current information about the U.S. This program follows the ESL schedule. Instruction provided by the Asian American Resource Center. For more information, call 770.270.0663 or email education@aarc-atlanta.org. Call the center for registration dates and more information at 770.638.5661.

Gwinnett Multicultural Advisory Committee

Fourth Tuesday of each month from 1:00pm – 2:30pm. GMAC collaborates and networks with other organizations to provide resources and education to benefit the diverse communities of Gwinnett County. Your input is welcome as GMAC continues its effort to understand, value, and incorporate various cultures. The committee meets at the Norcross Human Services Center. Please call 770.638.5661 for more information.

support groups

Gamblers Anonymous • FREE!

Mondays from 6:30pm – 8:30pm. Gamblers Anonymous is a program for individuals, their family members, friends, and loved ones who have been affected by gambling. This group is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem. For more information, call 678.234.5648.

Clases Prenatales • GRATIS!

Lunes de 9:00am – mediodía. ¿Está usted embarazada? Ofrecemos un curso especialmente para ti. Clases sobre el embarazo; preparación para el parto; cuidado del recién nacido; alimentación y nutrición materna; como cuidar de su bebe; clases básicas de inglés y mucho más. Si tiene otros niños, se los cuidamos para que puedas participar en las clases sin preocupación. Cuando terminan reciben un certificado en su graduación. Clase en español enseñadas por Saint Joseph Mercy Care. El curso es patrocinado por el Centro de Recursos Humanos de Norcross 770.638.5661. Para inscripción o más información, llame a Gloria Baroni al 678.843.8902.

Court-Approved Parenting Classes

Tuesdays from 6:30pm – 8:30pm. Classes taught in Spanish at Norcross Human Services Center. Offered in English

at other locations. Series of eight sessions teaching the STEP method of parenting. For more information and to register, please contact the Gwinnett Children's Shelter at 678.546.8770.

Court-Appointed Special Advocate Training

Prior to training, prospective CASA volunteers must complete an application, reference checks, and criminal background check. After successfully completing the application, they will be required to attend a 40-hour training session, which includes 10 hours of court observation. Training sessions vary, but generally last four to six weeks with three-hour classes. Upon completion of the training period, prospective volunteers who have met all requirements are sworn in as officers of the court by a Juvenile Court judge. For consideration and/or more information, email steve.gill@gwinnettcountry.com or call 770.619.6015.

workshops

Habitat for Humanity • FREE!

Want to own your own home? Applicants are required to meet several qualifications to ensure success. In general, prospective homeowners must be citizens or legal residents; prove steady income; have good credit; earn a monthly income that falls within the minimum and maximum limits, depending on household size; and sustain a savings account over a specific period of time. In addition, each partner family will be required to invest sweat-equity hours in building their home and the homes of others; make an affordable down payment; make timely mortgage payments; and attend homeowner education classes. For more information, call the Gwinnett Habitat for Humanity homeowner information line at 770.931.8080, extension 7.

Gwinnett Habitat provides affordable housing

Inspired by the success of Habitat for Humanity International, which since its founding in 1976 has provided housing for more than a million people worldwide, a group of local residents decided to take on the need for decent, affordable housing in Gwinnett County.

Since its own founding in 1988, Gwinnett Habitat has helped to meet that need, one family at a time. In partnership with local businesses, churches, and volunteers from all walks of life, Gwinnett Habitat has constructed more than 110 new homes and put roofs over the heads of more than 250 children in Gwinnett County!

The need for affordable housing has risen in the two decades since Gwinnett Habitat began, and the cost of construction has risen dramatically, too.

Gwinnett Habitat is constantly seeking affordable land and qualified homeowners. A home build usually takes place on 10 to 12 consecutive Saturdays, with teams of approximately 20 to 25 volunteers working each Saturday. When the house is finished, the homeowners complete closing documents and move into their new home!

Each homeowner makes monthly mortgage payments (usually between \$500 and \$700) to Gwinnett Habitat for Humanity, and these funds are rolled back into building more homes.

If you would like to join Gwinnett Habitat in this endeavor and provide the foundation for future homeowners,

contact Charles Craig at ccraig@habitatgwinnett.org, call 770.931.8080, or visit www.habitatgwinnett.org for more information.

Gwinnett Habitat is committed to being part of the solution, for as long as it takes, until the time when no family in Gwinnett County has to raise children in unsafe, sub-standard conditions.

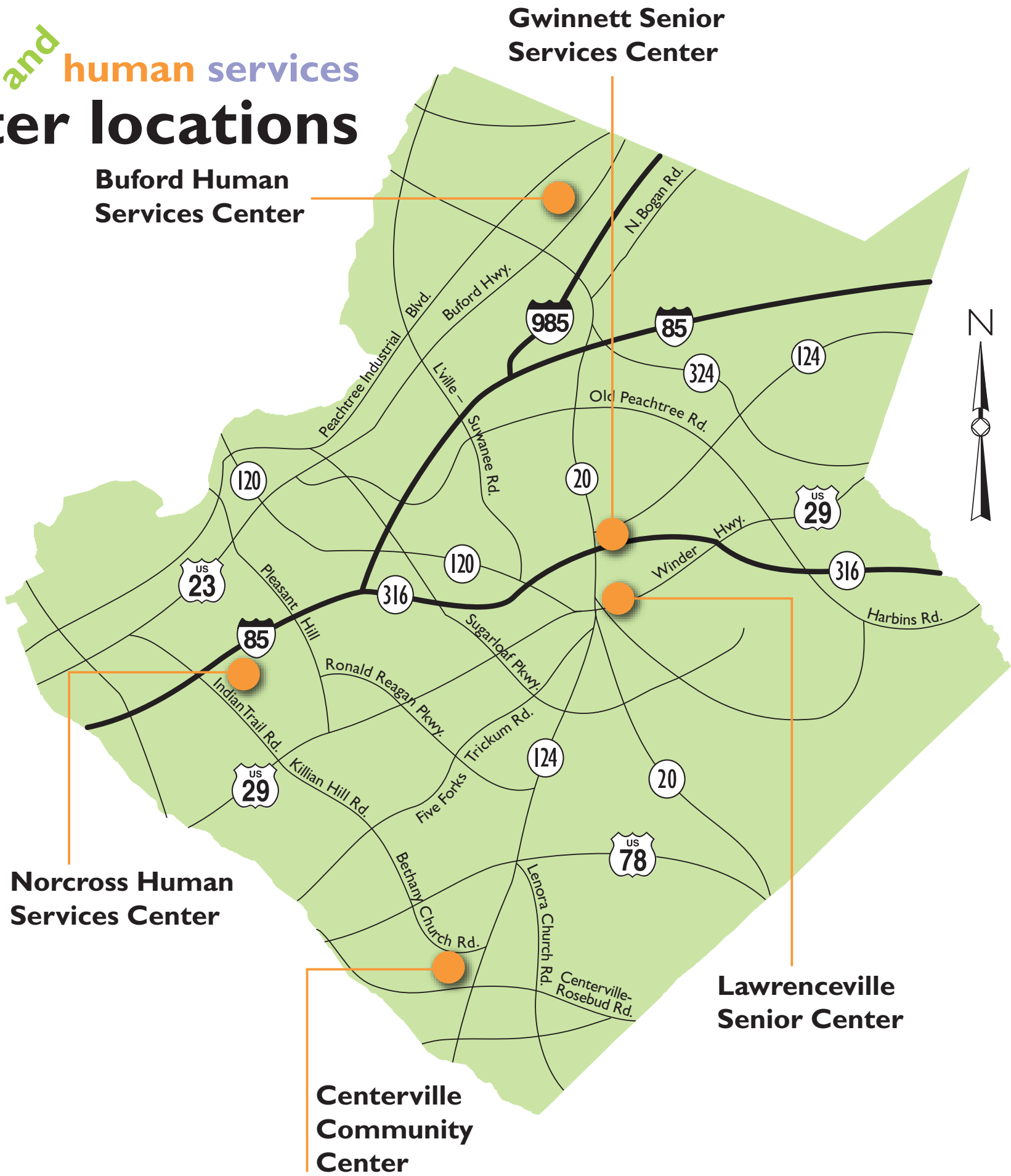


Do you know your neighbor?

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Answer: Serbians

health and human services center locations



Centerville Community Center

3025 Bethany Church Road
Snellville, GA 30039
770.985.4713
www.centervillecommunitycenter.com

Activities housed in the center include:

- Tutoring/academic prep courses
- Art/dance/drama/exercise classes
- Teen forums, mentoring programs, and summer camps
- Educational and enrichment opportunities for youth and adults
- Public and social events for the entire family
- Available rental space for special occasions and events

Norcross Human Services Center

5030 Georgia Belle Court
Norcross, GA 30093
770.638.5660
www.gwinnettnhsc.com

Agencies housed in the center include:

- Norcross Public Health Clinic
- Norcross Senior Center
- Four Corners Primary Care Center
- View Point Health (Mental Health)
- Head Start/Pre-K, Ninth District Opportunity
- Gwinnett County Department of Motor Vehicles (Tag Office)
- A one-stop integrated health and human services center

Buford Human Services Center

2755 Sawnee Avenue
Buford, GA 30518
770.614.2400
www.gwinnettbhsc.com

Agencies housed in the center include:

- Buford Public Health Clinic
- Buford Senior Center
- Department of Family and Children Services (DFCS)
- Partners with other governmental and non-profit agencies to bring programs that benefit the community as well as clients of the service agencies
- A one-stop integrated health and human services center