

# health and human services onestop

gwinnettcounty's resource for quality living

news & calendar **fall 2006**

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## Great Days of Service makes a difference in the community

Two days to make a difference in the community we live in is all it takes. On October 20 and 21, thousands of volunteers will be selflessly giving up their time to assist agencies by renovating facilities, providing landscaping, and performing a variety of services for those in need.

Great Days of Service was formed under the Gwinnett Coalition for Health and Human Services to increase community awareness about the many agencies and organizations that the Gwinnett Coalition represents and supports. **Janet Schwalbe**, chairperson of Great Days of Service, describes the two-day event as, "an opportunity for the community to come together to help agencies less fortunate. Individuals and groups are able to give back to the county where they live, work, and play."

Small contributions of canned food for homebound seniors, school supplies, and toys for tots, and larger items, such as building materials, landscaping, or the donation and planting of trees are needed for the vast range of projects. This year, there are over 120 projects to be completed within a two-day period. One of the major projects is to create a grocery store at the Glancy Rehabilitation Center to simulate everyday living. Patients will be able to practice functional grocery-shopping skills with therapeutic assistance, which will help them feel more comfortable re-entering mainstream society prior to discharge. The vision is to also construct a bank and beauty salon to give these "customers" the confidence to complete everyday tasks.

Children and youth are encouraged to participate from an early age, as they tend to volunteer for the rest of their lives. The kick-off for the youth volunteers will be held at Rhodes Jordan Park on October 21 at three o'clock in the afternoon.

Major corporations such as Primerica and Home Depots in Lawrenceville, Suwanee and Hamilton Mill have already committed to building better communities for the residents of Gwinnett County. They have been teamed up with projects to include landscaping and painting.



Great Days of Service volunteers from 2005 created a science garden at one of the local schools.

To sponsor a project or to become a volunteer, you may contact **Rachael Holder**, Associate Director of the Gwinnett Coalition at 770.995.3339 or Janet Schwalbe, Chairperson of Gwinnett Great Days of Service, at 678.442.3440.

For more information on Great Days of Service, visit the website at [www.gwinnettgreatdaysofservice.org](http://www.gwinnettgreatdaysofservice.org).

## 1, 2, 3: Three ways to celebrate and learn about the Latino/Hispanic culture

### 1 Uno – Hispanic Heritage Celebration at the Wal-Mart Shopping Center at 1400 Lawrenceville Highway in Lawrenceville on October 14

The celebration on October 14 will begin at 11:00am and will continue until 4:00pm with many presentations throughout the day. There will be folkloric dances, music presentations, vendors providing a taste of their countries' foods, and much more. For a full description of the day's events, please visit [www.gwinnettnhsc.com](http://www.gwinnettnhsc.com).



An exhibit featuring goods and artifacts from Latin American countries will be located on the first floor of the Gwinnett Justice and Administration Center beginning October 2.

### 2 Dos – Exhibit of goods and artifacts from Latin American countries

Beginning on October 2, an exhibit of goods and artifacts from Latin American countries will be on display on the first floor of the Gwinnett Justice and Administration Center, located at 75 Langley Drive in Lawrenceville. Displays will be available for viewing from 8:00am to 5:00pm Monday through Friday.

### 3 Tres – Mis Raices essay contest

The *Mis Raices – What the Hispanic/Latino Culture Means to Me* essay contest is open to residents of Gwinnett County between eight and 20 years of age. Participants may write an essay, song, or poem in English or Spanish. All entries must be submitted to the Norcross or Buford Human Service Center by September 20. Contest winners will be notified in advance and prizes will be awarded at the celebration on October 14.

For more information on the essay contest, please contact **Ivonne McNally** at 770.638.2383 or send an e-mail to [ivonne\\_mcnally@gwinnettk12.ga.us](mailto:ivonne_mcnally@gwinnettk12.ga.us). Entry forms and information are also available at the Norcross and Buford Human Service Centers.

to:

# Preparing for flu season

Every fall we are reminded about the importance of getting our annual flu shots, because many groups of people are at increased risk of getting very sick. In spite of our doctors and public health officials' urging, many of us manage to procrastinate or are afraid of needles, so we wait until dosages are in limited supply and as a result, we then manage to miss out. Recently, there has been a lot of discussion in the media about influenza, but most of us are not certain if the reports are referring to the bird (avian) flu, pandemic flu, or seasonal (common) flu. Realistically, most of us probably have ignored most of these warnings and remain unconcerned about whether any of these bugs will affect us.

The avian flu can be transmitted from birds to humans. We have no natural immunity and there is no vaccine available at this time. Government agencies are monitoring this avian flu and conducting vast research. So far, the bird flu has had a very limited impact on humans, but is considered very dangerous. By contrast, the common flu is a seasonal respiratory illness that is transmitted from person to person, but most of us have some immunity and the previously-mentioned vaccine is available prior to flu season.

However, the wild card is the pandemic flu. Since we have very little natural immunity and it could easily spread from person to person, this bug might possibly cause a global (pandemic) outbreak. Currently there is no pandemic flu, but public health officials are warning us to prepare for the possibility of a large-scale outbreak, which could infect more than half the Georgia population! We need to take into consideration the fact that many of us would probably get sick and be advised to rest, drink fluids, and avoid contaminating others. Some experts state that the likelihood of a future pandemic flu outbreak is a matter of *when* rather than *if*.

Many volunteers are going to be needed to fill in the gaps created by so many illnesses. Therefore, the Health and Human Services Division of Gwinnett County is taking steps: Gwinnett County Senior Services is creating a plan whereby all homebound seniors currently receiving home-delivered meals services daily, and Senior Center clients and members of other at-risk groups, will be able to rely on home preparedness kits consisting of non-perishable foods as well as liquids and medical/home care supplies to help them through this or any other emergency. Volunteers will need

to establish daily contact with these at-risk groups in order to make sure that they haven't become sick, and if so, to check to see if they are able to help themselves at home since doctors and hospitals would most likely be overwhelmed by the sheer number of sick people.

Now is the time to join the team by filling out your volunteer application so that you can help if there is a pandemic flu outbreak. The needs of the clients are probably going to exceed the services delivery system under such extreme conditions. Additionally, groups, businesses, and organizations can become involved by gathering suggested materials for home preparedness kits or collecting funds to underwrite the cost of assembling and preparing such kits that would allow these clients to get by for a minimum of a week.

Now that you know that you can help to make a difference, go to [www.gwinnettseniorservices.com](http://www.gwinnettseniorservices.com) or call 770.822.8837 for more information.

# Community Collaboration: The Connection That Counts

Area businesses, organizations, and civic associations have an opportunity to partner with Gwinnett County Senior Services this fall to potentially make a big difference in the lives of almost 700 senior clients. Specifically, a contingency plan that has been developed to help prepare seniors for a pandemic flu outbreak or other potential widespread emergencies. A list has been created that includes non-perishable foods, healthy drinks, as well as health/medical items that would allow elderly homebound clients to com-

pensate for temporary loss of daily home-delivered meals service for up to one week. There are more than 400 homebound elderly clients currently relying on daily home-delivered meals and/or homemaking services, and there are hundreds of seniors who regularly attend one of the three Senior Centers.

Organizations seeking to contribute funds to purchase home preparedness kit contents can make a tax-deductible dona-

tion to the Friends of Gwinnett County Senior Services (FOGCSS), the volunteer-governed nonprofit organization that privately supplements select Gwinnett County Senior Services programming for senior clients. Some companies or groups may choose to collect contents to help create the anticipated 700 kits that will help homebound as well as senior centers clients subsist during the potential emergency period that could last one to two weeks. Some examples of food and non-perishables include: ready-to-eat meats or fish, crackers, canned vegetables, bottled water and fruit juices, pasta, fruit cups, and dry breakfast cereals. Some medical or health items include prescribed medical supplies (like glucose), thermometers, fever-reducing medicine, anti-diarrhea medication, alcohol-based hand wash, trash bags, toothpaste or mouthwash, flashlights with batteries, manual can openers, household disinfectant, toilet paper and tissue, fluids with electrolytes, and multi-vitamins.

For more information about the home preparedness list, go to [www.gwinnettseniorservices.com](http://www.gwinnettseniorservices.com) or call 770.822.8837 to receive a content list.



## Senior Services Spotlight

Years ago, there were two centers that served meals to senior citizens in Gwinnett County – one in Lawrenceville and the other in Buford. As the older population grew, so did the demand. In 1994, a more spacious and state-of-the-art kitchen was established. It now consists of a staff of eight people.

**Catherine Montgomery** has been cooking meals for Gwinnett County senior citizens for 24 years. She recalls being the only full-time staff person who would cook more than 100 meals a day to serve the seniors at the Buford Center and supply home delivered meals. At that time, she did not have the luxury of blast chillers to cool down the food in a short period, which eliminates the possibility of bacteria contamination. This method now allows the staff to cook meals in advance and enable them to provide 450 to 500 meals a day for the seniors in Gwinnett County and homebound clients who are identified through the Meals on Wheels program.



Senior Services kitchen staff (from left to right): Linda Brewer, Catherine Montgomery, Pat Milhous, Kathryn Byas, Carl Bennett, Willie Randolph, and Carolyn Blow (Katherine Kucheryavyy not pictured)

**Kathryn Byas** describes her job as rewarding and look forward to coming to work every day. She started with Gwinnett County as a part-time driver and is now employed as a full-time cook. **Pat Milhous** is the Nutrition Services Coordinator and makes it her duty to plan a varied menu each day that meets all the nutrition requirements for seniors. Her biggest challenge is satisfying the various tastes due to the diverse culture in Gwinnett County. Her staff makes her job easier and she proudly states, "I have the best staff in the county and am honored to be working with them."

The Meals on Wheels program delivers meals to homebound clients. They are constantly looking for volunteers. Should you wish to become involved and give back to the community, please call **Gary Galloway**, Volunteer Coordinator, at 770.822.8837.

### Senior Programs

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Homemaking Services	678.377.4150
Information Helpline	678.377.4150
Meals on Wheels	678.377.4150
Transportation	678.377.4150

### Senior Centers

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Buford	770.614.2527
Lawrenceville	770.822.5180
Norcross	770.638.5683

### Contribution Opportunities

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Donation	770.822.8775
Volunteer	770.822.8837

# Nurturing Parents Program

The Nurturing Parents Program is coming to the Centerville Community Center every Tuesday evening starting October 3 through December 19 from 6:00pm to 8:30pm. It was developed by Stephen J. Bavolek, PhD., a recognized leader in the field of parenting education, child abuse, neglect, treatment, and prevention. The philosophy of this program emphasizes the importance of raising children in a warm, trusting, and caring household. Children who are nurtured develop the capacity to trust, care, and respect themselves, others, and the environment.

Topics include learning nurturing communication strategies, recognizing one another's needs, building self-esteem in children and adolescents, parents and children increasing their empathy, non-violent discipline, handling peer pressure, and drug and alcohol abuse. By participating, you will enjoy free childcare for ages two and up, free meals, door prizes, and sessions for parents and youth ranging from ages 11 – 14.



This program is sponsored by GRN Community Service Board and is limited to the first 15 families, so don't delay! For registration and program information, call **Tamera Ferguson** at 678.377.3771. Program commitment and attendance is required.

# Dearly Departed: A drop-dead funny play

From the moment father Bud Turpin keels over at the breakfast table, right on through his burial, *Dearly Departed* makes it clear that there's more to living and dying in the Bible Belt than you can shake a corn dog at. As the immediate family struggles to make arrangements, tempers fly



because figuring out how to pay for the "dang thing" becomes top priority. Family friends and relatives gear up for the wake at Depew's Funeral Home. After all, this is a place to go where they can get free eats.

*Dearly Departed* is set somewhere south of the Mason-Dixon line, telling the story of father Turpin's funeral and its aftermath, not to mention the dizzying array of crazies who are attached to him. This husband and patriarch of the family was not exactly God-fearing or even perhaps likable and, as a result, his extended family has a variety of unexpected responses to his passing.

If you have never been to a "red neck" funeral, you should experience first-hand New Dawn Theater's production of *Dearly Departed*. This southern comedy is written by David Bottrell and Jessie Jones and directed by Bill Miller.

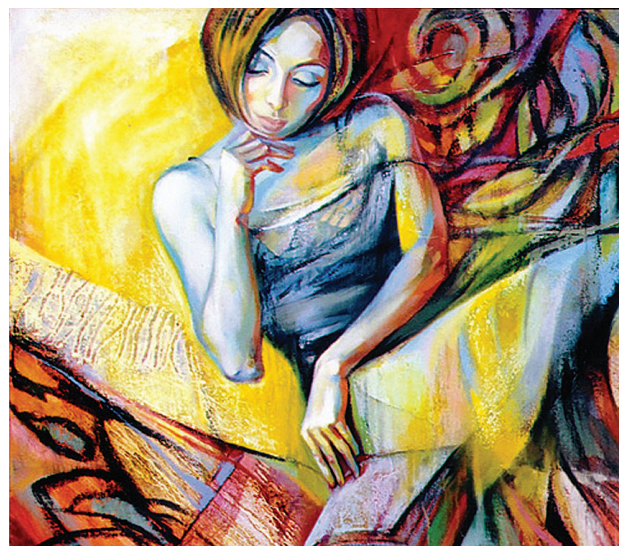
Performances will be held at the Centerville Community Center on Thursday through Sunday, October 19 – 22, and Friday through Sunday, October 27 – 29. Show times are at 8:00pm on Thursday and Friday, Saturday matinee at 1:00pm, and Sunday matinee at 2:00pm. Tickets are \$10 for evening shows and \$8 for Saturday and Sunday matinees. Come, bring a friend, and enjoy laughing with us!

# Meet the artist: Lena Reznik

Lena is a Russian-born artist possessing exceptional talent in drawing and painting. Her education in fashion design gave her formal training and familiarity with the human body. Her portraiture captures the likeness of her subjects while offering beautiful colorations in her striking compositions.

In recent years, Lena has experimented with abstracted imagery. These bold compositions pop with vibrancy and offer rich, textural qualities. In addition to painting, Lena also does exquisite pen and ink, watercolor, charcoal, and pastel work.

Lena donated nearly \$3,000 worth of paintings for the silent auction in August, which was hosted by Friends of Gwinnett County Senior Services, a nonprofit organization, which privately supports certain Gwinnett County Senior Services' programs. Funds that were raised through the silent auction will benefit senior citizens through the Meals on Wheels program and the senior emergency fund making it possible for seniors to live longer in the comfort and familiarity of their own homes.



Lena's works will be on display at the Centerville Community Center from September 25 through December 29. Exhibit hours are Monday through Friday from 8:30am to 5:30pm. Please call 770.985.4713 for evening and Saturday exhibit hours.

# Enjoy Breakfast with Santa

The Centerville Community Center and the MOMS Club of Snellville will be hosting its fourth annual Breakfast with Santa on Saturday, December 9 from 9:00am to 11:00am. There is no need to register, just come and enjoy the holiday spirit. Jolly ole' Saint Nick will be there to greet your little ones and have their picture taken with him while reading their wish list.

Breakfast will be served for a mere fee of \$3. All the proceeds will benefit the Partnership Against Domestic Violence. So, come and start the holiday season right by giving back to our community and helping those in need!

For more information, call 770.985.4713.



Don't miss Breakfast with Santa hosted by the Centerville Community Center and the MOMS Club of Snellville on Saturday, December 9 from 9:00am – 11:00am.

# Healthy backs: Pack it light!

Many of us are still carrying that heavy load on our backs. You can help prevent back and shoulder ache, weakened muscles, tingling arms, and stooped posture by following these simple healthy tips:

- Ensure your bag has wide, padded shoulder straps and padded back if it's a bookbag
- Pack it light
- Wear it right: always use both shoulder straps
- Consider a rolling backpack

## Share your ideas with us!

If you have a talent that you would like to share with the community and it is in line with the mission of the Health and Human Services Division, submit a proposal to one of the center coordinators.

## Instructors Needed!

The Centerville Community Center is currently looking for instructors or performers in the following areas: chess, yoga, pilates, youth music bands with demo tape or CD. For an electronic copy of the center's proposal format, send an e-mail to [vivian.gaither@gwinnettcounty.com](mailto:vivian.gaither@gwinnettcounty.com).

# eventcalendar

## october

### October 2 – December 20 • Bee a Reader Enrichment Program

9:00am – 1:00pm. Children ages 3 and 4 years old have the opportunity to participate in story time, arts and crafts, music and movement, and so much more. Children must be potty trained to participate. Cost: \$45 for Mondays through Wednesdays (snacks included). For more information, contact Family Choice Child Development and Resource Center at 678.772.6284 or 404.483.6905.

### October 2 – 25 • Aerobics, Strength Training, and Nutrition Classes

Classes taught on Mondays and Wednesdays in four-week sessions. Aerobics class: 6:30pm – 7:15pm for \$30; Strength Training: 7:15pm – 8:00pm for \$30; and Nutrition: 8:00pm – 8:30pm for \$20. Discounted rate: \$65 for all three classes or \$50 for any two. Students provide own mat, towel, and water bottle. For more information, call 770.736.5361 or e-mail wendyorr@bellsouth.net.

### October 2 – November 20 • Doodlebug Art Education for Kids

5:00pm – 5:30pm for kids ages 3 – 5 years; cost \$60 for an eight-week course. 5:45pm – 6:45pm for kids ages 6 – 7 years; cost \$80 for an eight-week course. Children can enjoy learning and developing skills by exploring many different mediums, styles, and art history! Children will learn shape recognition, color relationship, and so much more through markers, drawing pencils, oils and soft pastels, paint, and clay! Pre-registration/payment required. For more information, e-mail DoodlebugAE@yahoo.com or call 770.255.8997.

### October 2 – December 29 • Art Exhibit by Lena Reznik

Come and enjoy the beautiful works by Russian-born Lena Reznik who possesses exceptional talent in drawing and painting. Lena's works will be on display for your enjoyment and purchase. Exhibit hours are Monday through Friday from 8:30am – 5:30pm. For evening and Saturday hours, call 779.985.4713.

### October 3 – December 19 • Nurturing Parent's Program

6:00pm – 8:30pm. Topics include learning nurturing communication strategies, how to recognize one another's needs, building self-esteem in children and adolescents, increasing empathy, non-violent discipline, peer pressure, drug and alcohol abuse, and more. Participants will enjoy free childcare for ages 2 and up, free meals, door prizes, and sessions for parents, adolescents, and children ages 10 – 16 years. Program is free and enrollment is limited to the first 15 families, so don't delay; register today by calling Tamera Ferguson at 678.377.3771.

### October 4 – October 25 • Folk Dances from Nigeria, Ghana, and the Caribbean

5:30pm – 6:30pm. Come and explore the world of Afro-Caribbean folk dance for children ages 5 – 10 years. This four-week session taught on Wednesdays includes Salsa, Merengue, Mambo, Samba, and dances from Nigeria, Ghana, and the Caribbean Islands. Cost: \$40. For information, contact Dancentryx at trinette@dancentryx.com.

### October 4 – October 25 • GetFit Families

6:00pm – 7:00pm. A family who eats and works out together, stays together! This program consists of a 30-minute workout along with 30 minutes of health and nutrition education. This is a wonderful opportunity for a parent and child to bond while working together towards losing weight and establishing lifelong healthy habits for an improved quality of life. Cost: \$80 for a parent and a child ages 13 – 18 years. For information, contact Wakesha Henley at 678.852.9944 or wykey@bellsouth.net

### October 4 – October 25 • Yoga

7:00pm – 8:00pm. Ready to increase your flexibility, decrease tension and stress, and improve your strength while toning your body? Try Yoga! It's a great workout for improving posture, strengthening your abdominals and overall toning. Cost: \$40 for four weeks. For information, call 678.852.9944 or e-mail at wykey@bellsouth.net.

### October 5 • Financial Seminars – FREE!

2:00pm – 3:00pm. Proven Strategies for Fixed Income Retirement (For Senior Adults). 6:30pm – 7:30pm; Retirement Success with Traditional and Innovative Strategies. Come learn the basic principles and concepts of investing, including multiple strategies, roadblocks to a successful retirement program, and obstacles that get in the way after retirement. Sponsored by Daniels and Associates and Seminars of the South. Registration is required to hold the seminar. For more information, call 770.985.4713.

### October 6 - October 27 • Pilates

6:00pm – 7:00pm. Pilates focuses on strengthening and stretching the body, resulting in long, lean muscles. You will enjoy the benefits of increased strength, flexibility, and stamina! Cost: \$40. Pre-registration required. For additional information, call 678.852.9944 or send an e-mail to wykey@bellsouth.net.

### October 7 – November 25 • Doodlebug Art Education for Kids

1:00pm – 1:30pm for kids ages 3 – 5 years; cost \$60 for an eight-week course. 1:45pm – 2:45pm for kids ages 6 – 7 years; cost \$80 for an eight-week course. Children can enjoy learning and developing skills by exploring many different mediums, styles, and art history! Children will learn shape recognition, color relationship, and so much more through markers, drawing pencils, oils and soft pastels, paint, and clay! Pre-registration/payment required. For more information, e-mail DoodlebugAE@yahoo.com or call 770.255.8997.

### October 7 – October 28 • Latin Dance for Adults

10:30am – 11:30am. Latin dance classes include Salsa, Merengue, Mambo, and more. Cost: \$40 for the four-week session for ages 16 and up. Course includes a field trip to a location where you can practice your dance skills. Contact Dancentryx at trinette@dancentryx.com.

### October 7 • G.I.R.L.S. Leadership Program

9:00am – noon. Topics include goal setting, communication skills, problem solving, conflict management/resolution, self-esteem, ethics, values, and entrepreneurship for females ages 10 – 19 years. The cost is \$20. Pre-registration and payment is required. Sponsored by I Am, Inc. Call 404.545.9051 for more information.

### October 14 – December 9 • Journey through Africa: A Cultural and Educational Experience

3:30pm – 4:30pm for ages 4 – 10 years; 4:30pm – 5:30pm for ages 11 – 19 years. Students will learn the fundamental principles of traditional and contemporary African dance, beat, and oral traditions, such as riddles, proverbs, folktales, cultural songs, musical instruments, country of origin, history, and choreography. The final class will consist of a full recital. Students should wear loose-fitting clothes, and bring water and a writing pad for learning. Get ready to have fun! Pre-registration required. Cost: \$55 for eight weeks. For more information, contact Africa Uzor Foundation at akalakaonyedue@yahoo.com or call Mr. Ogbue at 678.754.2296.

### October 14 • Croptoberfest: Scrapbooking

10:00am – 4:30pm. Create your own scrapbook album. The cost is \$25, plus supplies. Pre-registration/payment required. For more information, call 770.277.9010.

### October 19 – 22, 27 – 29 • Dearly Departed, by New Dawn Theatre Company

If you have never been to a "redneck" funeral, you need to experience New Dawn Theater's production of *Dearly Departed*. Performances will be held October 19 – 22

and October 27 – 29. Show times are at 8:00pm on Thursdays and Fridays; 1:00pm on Saturdays and 2:00pm on Sundays. Tickets are \$10 for evening shows and \$8 for Saturday and Sunday matinees.

### October 21 • Crochet/Knit Classes (Beginners)

Ages 8 to adult. Knit: 10:00am – noon. Bring Red Heart yarn in any color, one skein, and size 8 needles. Crochet: noon – 1:00pm. Bring size G needles and Red Heart yarn in any color. Cost: \$15. Pre-registration required. Call 678.413.2739 or e-mail trennystreasures@yahoo.com.

### October 21 – November 25 • (Saturdays) Pre-Ballet (ages 3 – 5 years)

9:30am – 10:30am. Cost is \$45. Pre-registration/payment is required. Send an e-mail to saddlers@bellsouth.net or call 678.357.1164.

### October 21 – November 25 • (Saturdays) Ballet/Tap I (ages 6 – 10 years)

10:40am – noon. Cost is \$50. Pre-registration/payment is required. Send an e-mail to saddlers@bellsouth.net or call 678.357.1164.

### October 21 – November 25 • (Saturdays) Beginning Jazz (ages 6 – 11 years)

12:10pm – 1:30pm. Cost is \$50. Pre-registration/payment is required. Send an e-mail to saddlers@bellsouth.net or call 678.357.1164.

### October 22 • Centerville Community Heritage Dance Series

6:30pm – 8:30pm. The Heritage Dance Series is a traditional family and intergenerational dance sponsored by the Chattahoochee Country Dancers, which includes a caller, a live fiddle, and banjo music. Suggested donation of \$3 per person or \$10 for a family. For more information, go to www.mnopltd.com/cendence.

### October 23 • Five Secrets to Permanent Weight Loss – FREE!

7:00pm – 8:00pm. Learn natural and healthy ways to permanently lose weight, increase energy, and feel better and younger. Why is it that fad diets, calorie counting, body wraps, and diet pills don't work and when they do, the results are not permanent? Recent research shows that metabolism and hormones may be the key to effective, permanent weight loss. The five secrets will show participants how sugar affects hormones leading to weight gain, and how exercise and eating healthy, not dieting, can lead to improved metabolism, permanent weight loss, and improved health and vitality. Sponsored by Dr. James Roman, Greater Gwinnett Health Initiative, Doctors Speakers Bureau. Registration is required to hold the seminar. Refreshments will be served. Call 770.985.4713.

### October 25 • Natural Solutions to Digestive Disorders – FREE!

7:00pm – 8:00pm. Learn about proper diet, exercise, the avoidance of foods that irritate and harm the digestive tract, and the natural treatments to improve or heal digestive problems. Sponsored by Dr. James Roman, Greater Gwinnett Health Initiative, Doctors Speakers Bureau. Registration is required. Refreshments will be served. For more information, call 770.985.4713.

### October 28 • Attention Deficit Hyperactivity Disorder, a Drug-Free Approach – FREE!

9:00am – 10:00am. The goal is to educate parents, teachers, day care supervisors, or anyone who works with children with this condition about safe, natural solutions to help improve behavior and performance. Sponsored by Dr. James Roman, Greater Gwinnett Health Initiative, Doctors Speakers Bureau. Registration is required. Refreshments will be served. For more information, call 770.985.4713.

### October 30 – November 3 • Advance Voting, Gwinnett County Elections

9:00am – 7:00pm. Advance voting will be held at the

# eventcalendar

Centerville Community Center for the General Primary. Any Gwinnett County registered voter who is eligible to vote in an election may vote in advance in person during this time. For more information, call the Gwinnett County Elections Office at 770.822.8787.

## november

### November 1 – November 22 • Folk Dances from Nigeria, Ghana, and the Caribbean

5:30pm – 6:30pm. Come and explore the world of Afro-Caribbean folk dance for children ages 5 – 10 years. This four-week session taught on Wednesdays includes Salsa, Merengue, Mambo, Samba, and dances from Nigeria, Ghana, and the Caribbean Islands. Cost: \$40. For information, contact Dancentryx at [trinette@dancentryx.com](mailto:trinette@dancentryx.com).

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6:00pm – 7:00pm. A family who eats and works out together, stays together! This program consists of a 30-minute workout along with 30 minutes of health and nutrition education. This is a wonderful opportunity for a parent and child to bond while working together towards losing weight and establishing lifelong healthy habits for an improved quality of life. Cost: \$80 for a parent and a child ages 13 – 18 years. For information, contact Wakasha Henley at 678.852.9944 or [wykey@bellsouth.net](mailto:wykey@bellsouth.net)

### November 1 – November 22 • Yoga

7:00pm – 8:00pm. Ready to increase your flexibility, decrease tension and stress, and improve your strength while toning your body? Try Yoga! It's a great workout for improving posture, strengthening your abdominals, and overall toning. Cost: \$40 for four weeks. For information, call 678.852.9944 or e-mail at [wykey@bellsouth.net](mailto:wykey@bellsouth.net).

### November 2 • Financial Seminars – FREE!

10:00am – 11:00am. Proven Strategies for Fixed Income Retirement (For Senior Adults). 6:30pm – 7:30pm; *Retirement Success with Traditional and Innovative Strategies*. Come learn the basic principles and concepts of investing, including multiple strategies, roadblocks to a successful retirement program, and obstacles that get in the way after retirement. Sponsored by Daniels and Associates and Seminars of the South. Registration is required to hold the seminar. For more information, call 770.985.4713.

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### November 4 • G.I.R.L.S. Leadership Program

9:00am – noon. Topics include goal setting, communication skills, conflict management/resolution, self-esteem, ethics, values, and entrepreneurship for females ages 10 – 19 years. The cost is \$20. Pre-registration and payment is required. Sponsored by I Am, Inc. Call 404.545.9051 for more information.

### November 4 • Share the Harvest: Scrapbooking

10:00am – 4:30pm. Learn how to make a holiday photo sharing card, find out what is new in album making, and create your own scrapbook album. Cost is \$15, plus supplies. Pre-registration/payment required. For more information, call 770.277.9010.

### November 4 – November 25 • Latin Dance for Adults

10:30am – 11:30am. Latin dance classes include Salsa, Merengue, Mambo, and more. Cost: \$40 for the four-week session for ages 16 years and up. Course includes a field trip to a location where you can practice your dance skills. Contact Dancentryx at [trinette@dancentryx.com](mailto:trinette@dancentryx.com).

### November 6 – December 11 • Flower Arrangement Class – FREE!

6:00pm – 7:00pm. Mr. Larry Lucas has been teaching and providing seminars on the topic for over 40 years at places such as the High Museum of Art, Gym Hale, Hyatt Hotel, garden clubs, and more. Mr. Lucas has also been the florist for the Governor's Mansion during the Carter administration, has made many appearances on channel 2 and 5, and is the author of *Fun with Food and Flowers*. Registration is required. For more information, call 770.985.4713.

### November 6 – December 11 • The Joy of Cooking – FREE!

7:15pm – 8:15pm. Mr. Larry Lucas will share the pleasure of cooking for one or for a dinner party, so come learn from the best! Registration is required. For more information, call 770.985.4713.

### November 9 • Learning Negotiating Skills

9:00am – noon. Sam Mendelow, former Central Florida Program Director for Florida Atlantic University, will be teaching this hands-on interactive course including role playing along with simulations and development exercises to negotiate a win-win situation for all parties involved. Cost: \$30. Pre-registration/payment required. For more information, call 770.985.4713.

### November 9 • Financial Seminars – FREE!

10:00am – 11:00am. Proven Strategies for Fixed Income Retirement (For Senior Adults). 6:30pm – 7:30pm; *Retirement Success with Traditional and Innovative Strategies*. Come learn the basic principles and concepts of investing, including multiple strategies, roadblocks to a successful retirement program, and obstacles that get in the way after retirement. Sponsored by Daniels and Associates and Seminars of the South. Registration is required to hold the seminar. For more information, call 770.985.4713.

### November 11 • Crochet/Knit Classes (Beginners)

Ages 8 to adult. Knit: 10:00am – noon. Bring Red Heart yarn in any color, one skein, and size 8 needles. Crochet: noon – 1:00pm. Bring size G needles and Red Heart yarn in any color. Cost: \$15. Pre-registration required. Call 678.413.2739 or e-mail [trennystreasures@yahoo.com](mailto:trennystreasures@yahoo.com).

### November 14 • Milk and Cookies Concert

11:30am – 12:15pm. The free concert includes interactive rhythm exploration. Call 770.985.4713.

### November 17 and 18 • AARP Driving Safety Program

Nov. 17: 5:00pm – 9:00pm; Nov. 18: 9:00am – 1:00pm. Take this eight-hour classroom refresher course especially designed for drivers age 50 and over. Sponsored by the American Association of Retired Persons. Topics covered: defensive driving techniques, how to adjust driving to age-related changes in vision, hearing, and reaction time, possible insurance rate discount (depends on your provider), and more. Cost: \$10.

## december

### December 2 • G.I.R.L.S. Leadership Program

9:00am – noon. Topics include goal setting, communication skills, conflict management/resolution, self-esteem, ethics, values, and entrepreneurship for females ages 10 – 19 years. The cost is \$20. Pre-registration and payment is required. Sponsored by I Am, Inc. Call 404.545.9051 for more information.

### December 2 • Wrapping Up the Holidays, an All Day Crop: Scrapbooking

10:00am – 4:30pm. Create your own scrapbook album. Cost: \$15 plus supplies. Pre-registration/payment required. Call 770.277.9010.

### December 2 • Crochet/Knit Classes (Beginners)

Ages 8 to adult. Knit: 10:00am – noon. Bring Red Heart yarn in any color, one skein, and size 8 needles. Crochet: noon – 1:00pm. Bring size G needles and Red Heart yarn in any color. Cost: \$15. Pre-registration required. Call 678.413.2739 or e-mail [trennystreasures@yahoo.com](mailto:trennystreasures@yahoo.com).

### December 9 • Crochet/Knit Classes (Beginners)

Ages 8 to adult. Knit: 10:00am – noon. Bring Red Heart yarn in any color, one skein, and size 8 needles. Crochet: noon – 1:00pm. Bring size G needles and Red Heart yarn in any color. Cost: \$15. Pre-registration required. Call 678.413.2739 or e-mail [trennystreasures@yahoo.com](mailto:trennystreasures@yahoo.com).

### December 9 • Breakfast with Santa

9:00am – 11:00am. Have your picture taken with Santa, and eat breakfast. No registration. Cost: \$3 per person (proceeds benefit the Partnership Against Domestic Violence). For more information, call 770.985.4713.

### December 12 • Milk and Cookies Concert

11:30am – 12:15pm. The free concert includes interactive rhythm exploration. Call 770.985.4713.

## ongoing activities

### Atlanta Scrabble Club • Second and Fourth Saturdays

10:00am – noon. Put your skills to the test while making new friends. Cost: \$1 per month for membership. E-mail [doc2barbara@earthlink.net](mailto:doc2barbara@earthlink.net) or call 770.557.1343.

### Back to School/Stay in School Enrichment Activities • Tuesdays and Thursdays

3:00pm – 6:30pm. Children ages 5 – 18 years can participate in enrichment activities including homework assistance in math and language arts, Gavel Club, chess, art and Spanish clubs. Registration fee is \$50 for one child; \$25 each additional child. Cost is \$45 for both days; \$30 for one day. Sponsored by the NAACP Gwinnett Branch. For more information, call 770.985.4713.

### Bridge, Bunko, and Dominoes • Wednesdays and Fridays

9:00am – 3:00pm. Senior adult groups are welcome to use the Centerville Community Center as a meeting place. Call 770.982.4647 for more information.

### Diamond in the Rough's Clusters Mentoring Program • Thursdays

5:00pm – 6:30pm for middle school girls and 6:30pm – 8:00pm for high school girls. Youth development and leadership program to motivate, educate, inspire and provide guidance to girls ages 10 – 18 years. Call Diamond in the Rough at 678.376.9676 or go to [www.ditr.org](http://www.ditr.org).

### MOMS Club of Snellville • First Tuesdays

10:00am – noon. Call 770.985.4713 for more information.

### Project Safe Place

The community center is a registered Safe Place for youth feeling threatened or bullied, runaway teens, those kicked out of homes, experiencing a family crisis, or those in neglectful or abusive homes. Service provided by the Gwinnett Children's Shelter. Visit [www.gwinnettchildrenshelter.org](http://www.gwinnettchildrenshelter.org) or call 770.985.4713.

### Red Hat Society • Third Thursdays

7:15pm. The Cayenne Peppers of Centerville are looking for red and pink hatters to join the society. For more information, call 770.985.4713.

### Toastmasters of Centerville • Thursdays

7:00pm. Lose your fears while becoming a better public speaker, deliver great presentations, lead teams effectively, give and receive constructive evaluations. For more information, call 770.985.4713.

# eventcalendar and news

## calendar

### Energy Assistance

The Partnership for Community Actions, Inc. is accepting applications for energy assistance from seniors age 65 years and up starting November 1, 2006. Applications from the general public will be accepted after December 1, 2006. Assistance is available on a first-come, first-serve basis. For more information call 770.564.1702.

### Gamblers Anonymous

Gamblers Anonymous is held every Wednesday from 6:30pm – 8:30pm. The program is free for adults. Call the Buford Human Services Center at 770.614.2526 for more information.

### Mentoring for Girls

H.O.P.E. – Helping Others Pursue Excellence Mentoring Program will meet every Tuesday, October 10 through May 8 from 6:30pm – 7:45pm at the Buford Human Services Center. Girls from the ages of 10 to 19 years are welcome to attend. Advanced registration is required. Call I AM BEAUTIFUL at 404.545.9051 or visit the website, www.iambeautiful.org.

## Should you get an annual flu shot?

Every year, according to the CDC, approximately 36,000 Americans are killed by influenza viruses. More than 200,000 are incapacitated yearly by flu-related illness and require hospitalization. Businesses and schools are affected most severely by absenteeism caused by less debilitating cases of flu, which amounts to tens of millions nationwide every season.

The influenza virus is one of the most fluctuating germs known to man. It mutates every year and that's why an annual flu shot is needed to ward off its nasty effects. The flu season is usually described as the six-month period from October 1 to the end of March. That's when most cases of influenza infection are diagnosed.

Everyone can avoid the flu by getting an annual flu shot and by practicing good hygiene: washing one's hands frequently, not sharing food, and by observing cough and sneeze etiquette. The flu virus spreads easily by those who cough and sneeze without covering their noses or

mouths. Particles of the virus in droplets they spew out can live for up to two days on surfaces with which others come into contact.

There's an additional, and very important, reason for getting an annual flu shot. Health officials are saying that a flu pandemic, an epidemic that is worldwide, is expected and may be represented by the H5N1 strain that is currently spreading around the earth via bird migratory paths. It is very unlikely that vaccines or anti-virals will be available in quantities enough for every citizen. Therefore, it is incumbent upon all of us to make sure our immune systems are as healthy as they can be. Regular exercise, proper diet, and vaccinations contribute significantly to our overall health and are very much within our ability to control.

For additional information about the pandemic flu, go to [www.pandemicflu.gov](http://www.pandemicflu.gov).

## Changes in DFCS at Buford Human Services Center

The Adult Medicaid Unit of the Department of Family and Children Services moved to the Buford Human Services Center in July. This unit handles all the DFCS services for the elderly or disabled in Gwinnett County.

The eligibility section of DFCS that was formerly housed at the Buford Human Services Center is now in Lawrenceville, so issues dealing with family Medicaid (adults with minor children) and food stamps are no longer handled in Buford.

Clients who saw caseworkers in Buford prior to July 2006 have been assigned caseworkers in the Lawrenceville office at 446 West Crogran Street. Call 678.518.5500 for contact information for new caseworkers.

Clients without children needing adult Medicaid and/or food stamps may now apply at the Buford location. Call 770.614.2478 to receive an application. The Buford Human Services Center is located at 2755 Sawnee Avenue.

## I AM B.E.A.U.T.I.F.U.L. offers H.O.P.E. to girls

Negative pressures and influences abound for youth girls, but I AM B.E.A.U.T.I.F.U.L. offers them H.O.P.E., a mentoring program that enriches the lives of girls by helping them increase self-esteem, develop leadership skills, improve academics, avoid alcohol and drugs, and build positive relationships.



The H.O.P.E. sessions, which begin on October 10 include mentoring sessions with adult leaders. The program is open to girls ages 10 – 19 years.

"The mission of this program is embodied in its name, H.O.P.E., Helping Others Pursue Excellence. Our goal is to enable girls, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible and caring citizens" says **Tina Woodard**, Executive Director. I AM B.E.A.U.T.I.F.U.L. is a nonprofit organization dedicated to coaching and inspiring girls and women to overcome barriers to succeed by realizing they are B.E.A.U.T.I.F.U.L., which stands for Brave, Energetic, Assertive, Unique, Tenacious, Important, Fabulous, Unequaled, and Loved.

The H.O.P.E. mentoring program is open to girls ages 10 – 19 years and will begin on October 10. They will meet each Tuesday from 6:30pm – 7:45pm at the Buford Human Services Center, 2755 Sawnee Avenue. Advanced registration is required.

For additional information, call I AM B.E.A.U.T.I.F.U.L. at 404. 545.9051 or visit [www.iambeautiful.org](http://www.iambeautiful.org).



## Get checked! October is National Breast Cancer Awareness Month

Breast cancer is the most common malignancy in women and the second leading cause of cancer death (exceeded by lung cancer in 1985). Breast cancer is three times more common than all gynecologic malignancies together. The incidence of breast cancer has been increasing steadily from an incidence of one in 20 in 1960 to one in seven women today.

For more than 20 years, National Breast Cancer Awareness Month (NBCAM) has educated women about early breast cancer detection, diagnosis, and treatment. The Breast and Cervical Cancer Early-Detection Program (BCCP) offers women who have low incomes an opportunity to be checked on an annual basis. While a history of breast cancer in the family may lead to increased risk, most breast cancers are diagnosed in women with no family history. All women should be checked.

NBCAM encourages all women to do breast self-exams on a monthly basis, visit a private provider or a public health clinic each year for a clinical breast exam, and have a mammogram annually if over 40 years old.

BCCP pays for a clinical breast exam at a public health clinic if a woman's income qualifies her for the program. She can also be referred to a hospital for a mammogram. Mammography screenings are a woman's best chance for detecting breast cancer early. If coupled with new treatment options, mammography screenings can significantly improve a woman's chances of survival. If exam results warrant a biopsy, that is also included at no charge to the client.

If a woman's test results indicate cancer and she is an American, she can qualify for Women's Health Medicaid for cancer treatment. The eligibility requirements are the same as those for BCCP. To find out if you qualify for either of these programs, please call for an appointment at the Buford Health Clinic at 770.614.2401 or the Norcross Health Clinic at 770.638.5700. The hours of both clinics are from 8:00am to 5:00pm Monday through Friday, and from 8:00am to noon on Saturdays.

# eventcalendar and news

## computer classes

### Thursdays and Fridays • Computer instruction in Korean

10:00am – noon. This program is provided by the Asian American Resource Center (AARC) and the cost is \$100 for a three-month period. Call the Norcross Human Services Center to register 770.638.5661.

### Tuesdays and Thursdays • Computer instruction in Spanish

Class is offered from 6:30pm – 8:30pm on Tuesdays and Thursdays. The cost is \$100 for five weeks, plus a one-time \$25 registration fee per year. There must be a minimum of eight students per class. Call 770.638.5661 to register. Classes are provided by Futuro.

### Saturdays • Computer instruction in Spanish

Class is offered from 8:30am – 12:45pm. The cost is \$100 for five weeks, plus a one-time \$25 registration fee per year. There must be a minimum of eight students per class. Call 770.638.5661 to register. Classes are provided by Futuro.

### Martes y Jueves • Computación en Español

6:30pm – 8:30pm. Sábados de 8:30am – 12:45pm \$100 por cinco semanas as y una inscripción de \$25 por año. Mínimo de ocho estudiantes por clase. Programa presentado por Futuro. Llamen al Centro de Servicios Humanos de Norcross para inscribirse al 770.638.5661.

## ESL and literacy

### Tuesdays and Thursdays • English Literacy/Civics (English Class) Level One

6:30pm – 8:30pm. This program is for adults who want to learn English. There is a one-time \$20 registration fee. Call 770.638.5661 to register. The program is provided by the Asian American Resource Center (AARC).

### Tuesdays and Wednesdays • English Literacy/Civics (English Class) Level One

10:00am – noon. This program is for adults who want to learn English. There is a one-time \$20 registration fee. Call 770.638.5661 to register. The program is provided by the Asian American Resource Center (AARC).

## NHSC boasts new, state-of-the-art computer lab

Now is your chance to take those computer classes that you have been wanting to take. The Norcross Human Services Center has just installed a new, state-of-the-art computer lab.

The classes are offered both during the day, in the evenings, and on Saturdays. Classes are currently taught in three different languages: English, Spanish, and Korean. In the future, additional languages will be added. Classes are open to children, adults, and senior citizens.

A complete listing of the computer classes can be found above in the calendar section of this publication. If you do not see a class that works for you, call 770.638.5661. If there are eight students available for another time, a new class will be established and interested students will be notified in advance.

### Mondays and Wednesdays • English Literacy/Civics (English Class) Level Two

6:30pm – 8:30pm. This program is perfect for adults who want to advance their knowledge of the English language. There is a one-time \$20 registration fee. Call 770.638.5661 to register. The program is provided by the Asian American Resource Center (AARC).

## health and nutrition

### Mondays • Nutrition

Noon – 1:00pm. This program is provided by the University of Georgia Extension Service and is free for mothers and children. Call 678.377.4032 to register.

### Thursdays • Nutrition Classes/The Right Bite

10:00am – 11:00am. Free program for Seniors. Provided by the University of Georgia Extension Service. For more information, call 678.377.4032.

### Tuesdays • Parenting

9:00am – noon. This program is provided by Grace and Glory Garden and is free for adults. Call the Norcross Human Services Center at 770.638.5661 to register. For more information about Grace and Glory Garden, call 770.338.9557.

## support groups

### Tuesdays and Thursdays • Asian American Resource Center

9:00am – 4:30pm. Free information on resources and programs for the Asian community. Services offered in English, Spanish, Chinese, and Korean. Located in the first floor staff office.

### Mondays • Gamblers Anonymous

6:30pm – 8:30pm. Gamblers Anonymous is free for adults. Call 678.234.5648 for additional information.

### Mondays, Thursdays • Refugee Family Services

9:00am – 4:30pm. Free information on resources, programs and services for refugee families. Services offered in English, Spanish, Korean, Bosnian, Vietnamese, Liberian, Sudanese, Arabic/Kurdish, and Somali. Located in the first floor staff office on Mondays and in the second floor staff office on Thursdays.

## language

### Mondays and Wednesdays, Tuesdays and Thursdays, Saturdays • Spanish for Adults

Spanish for adults is offered Mondays and Wednesdays from 7:15am – 9:30am; Tuesdays and Thursdays from 6:30pm – 8:45pm; and Saturdays from 8:30am – 12:45pm. The cost is \$100 for five weeks, plus a one-time \$25 registration fee. Minimum of eight students per class is required. Call the Norcross Human Services Center at 770.638.5661 to register. Instruction provided by Futuro. For information on Futuro, call 404.642.1345.

### Saturdays • Spanish for Children

8:30am – 12:45pm. The cost is \$75 for five weeks, plus a one-time \$25 registration fee. Call the Norcross Human Services Center at 770.638.5661 to register. Instruction provided by Futuro. To reach Futuro, call 404.642.1345.

## multicultural

### Wednesdays • Citizenship

7:00pm – 8:00pm. This program is for adults who want to become U.S. citizens. Call 770.638.5661 to register. The program is provided by the Asian American Resource Center (AARC). For more information about the AARC, call 770.270.0663.

source Center (AARC). For more information about the AARC, call 770.270.0663.

### Wednesdays • Girl Scouts

Troop meetings are held on Wednesdays from 6:30pm – 8:30pm. To join a troop or for more information about Girl Scouts, call 404.527.7500.

## workshops

### Second Friday of the Month • Have Fun, Learn

6:30pm – 10:30pm. This educational parents' night out has a different theme every month. Planned activities include arts, crafts, and movies. The cost is \$10 per child and pre-registration and payment is required. Snacks and drinks are included. Provided by Futuro and sponsored by the Norcross Human Services Center. To register, call 770.638.5661.

### Health, Finance and Community Awareness

Free workshop series provided in English and translated in different languages. Languages available are Spanish, Korean, Portuguese, Bosnian, Vietnamese, Liberian, Sudanese, Russian, Arabic/Kurdish, and Somali. Programs provided through the coordination of various partners including the Asian-American Resource Center, Refugee Family Services, World Financial Group, and International Medical Clinics. For more information and to be placed on a waiting list for the workshops, please call the Norcross Human Services Center at 770.638.5661.

### Salud, Finanzas, y Accesoria Comunitaria

Serie de talleres gratis en inglés y traducidos en varios idiomas. Los lenguajes en que estarán disponibles son: español, coreano, portugués, bosnio, vietnamés, liberiano, sudán, ruso, árabe/kurdos y somalí. Estos programas son proporcionados gracias a la coordinación de varios Agencias Asociadas como Centro Americano Asiático de Recursos (AARC por sus ciclos en inglés), Servicios de la Familia para Refugiados (Refugee Family Services), el Grupo Mundo Financiero (World Financial Group) y Clínica Médica Internacional (International Medical Clinics). Para más información y para inscribirse en una lista de espera para uno o varios talleres, llama por favor el Centro de Servicios Humanos de Norcross al 770.638.5661.

### A Saúde, Finanças, e Comunidade Consciência

Uma série de oficina fornece em inglês e traduzido em linguagens diferentes. As linguagens disponíveis são o espanhol, coreano, português, bósnio, vietnamita, libériano, russo, sudão, arábico/kurdos, e somalí. Os programas forneceram por a coordenação de vários sócios como o Centro Americano-Asiático de Recurso (AARC), Serviços Refugiado de Família (Refugee Family Services), Grupo Financeiro Mundial (World Financial Group), e as Clínicas Médico Internacional (International Medical Clinics). Para mais informação e ser lugar numa lista de espera para as oficinas, por favor chama o Centro Humano de Serviços de Norcross em 770.638.5661.

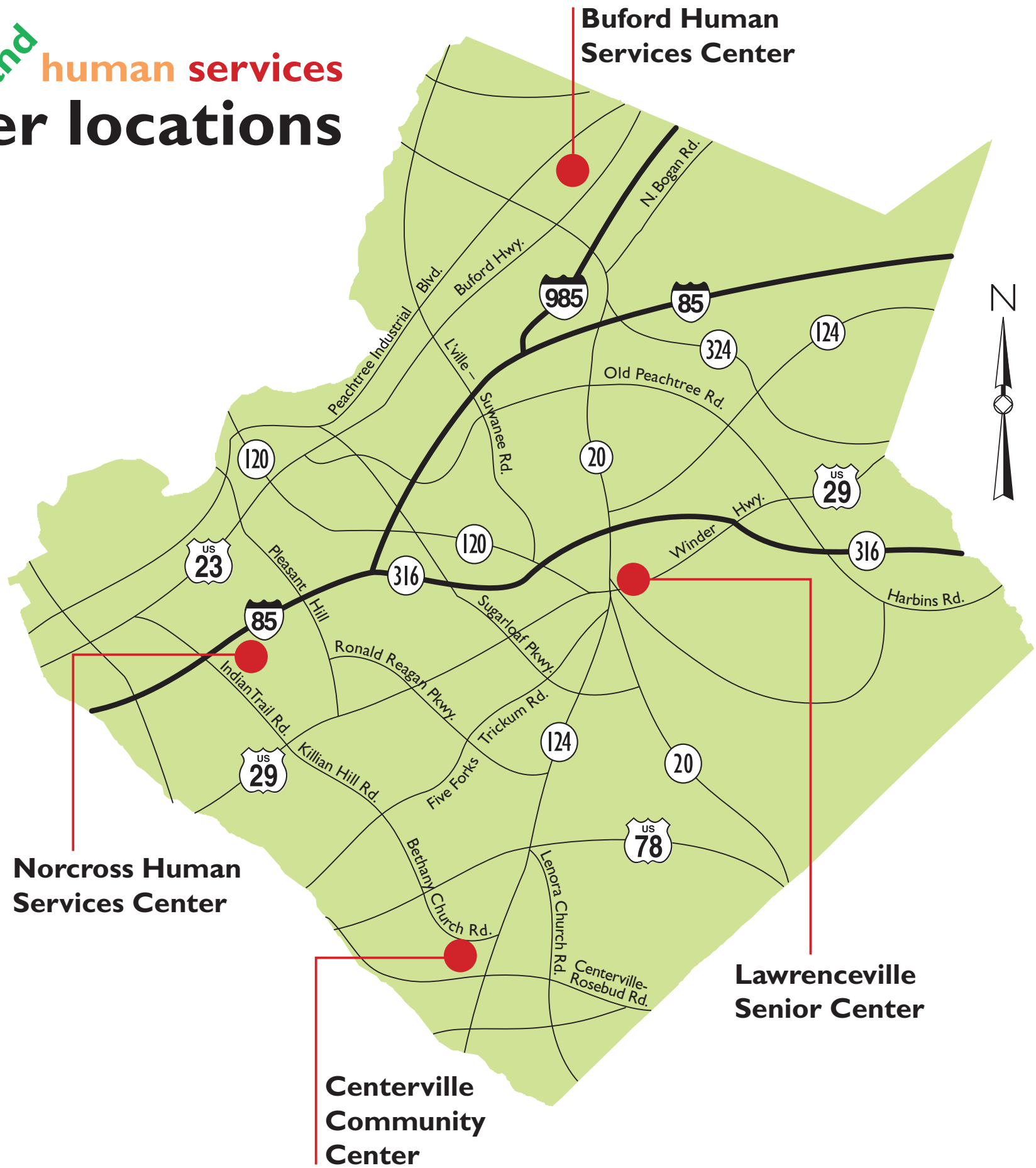
### TBA • Youth Employment Workshops

This is a free workshop for young adults between the ages of 17 and 21 years. The date is to be announced. Participants will learn how to prepare for interviews, access employment opportunities, and more. Call the Norcross Human Services Center for more information or to register at 770.638.5661. Workshops provided by the Gwinnett County Youth Project. For more information on the Gwinnett County Youth Project, call 770.806.2026.

### El segundo Viernes de cada mes • Diviértase y Aprenda

6:30pm – 10:30pm. Un tema diferente cada mes, disfrute un atardecer sin niños mientras que ellos aprenden con manualidades, arte, y película. Incluye merienda y bebida. Regístrese por avanzado hasta el día del programa, espacio reservado solo con pago. \$10.00 por niño/a. Programa presentado por Sparks y auspiciado por el Centro de Servicios Humanos de Norcross.

# health *and* human services center locations



### Centerville Community Center

3025 Bethany Church Road  
 Snellville, GA 30039  
 770.985.4713  
[www.centervillecommunitycenter.com](http://www.centervillecommunitycenter.com)

Activities housed in the center include:

- After school tutoring/academic prep courses
- Art/dance/drama/exercise classes
- Teen forums and summer camps
- Available rental space for special occasions and events
- Social events, arts and crafts for seniors
- Preschool reading programs
- Programs focusing on health, relationships, self-improvement, career, personal development, and more

### Norcross Human Services Center

5030 Georgia Belle Court  
 Norcross, GA 30093  
 770.638.5660  
[www.gwinnettnhsc.com](http://www.gwinnettnhsc.com)

Agencies housed in the center include:

- Norcross Public Health Clinic
- Norcross Senior Center
- Gwinnett/Rockdale/Newton Community Service Board (Mental Health)
- Head Start/Pre-K, Ninth District Opportunity
- Department of Family and Children Services (DFCS)
- 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](http://www.gwinnettbhsc.com)

Agencies housed in the center include:

- Buford Public Health Clinic
- Buford Senior Center
- Buford Senior Day Club
- Department of Family and Children Services (DFCS)
- Partners with other governmental and outside 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