

health and human services onestop

gwinnettcounty's resource for quality living

news & calendar **summer 2006**

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Health and human services centers, community center growing, changing with county's population

In previous editions of the *One Stop* newsletter, we have given you an idea of the present status of the County's two health and human service centers – Buford and Norcross – as well as the Centerville Community Center. Now, let's take a look at how the concept of the one-stop service centers came to be.

The primary purpose of the two original centers – Buford Human Services Center and Norcross Human Services Center – was to house key agencies for members of the community. By housing these agencies in one location, citizens were able to complete their appointments in one trip, therefore providing service and convenience in "one stop." However, it soon became clear that there was a need to bring other services and programs into the center to support the clients who were being served by these agencies.

As the total population, as well as the various minority populations, grew in the county, a need for specialized programming that focused on the multicultural needs of the community grew as well.

When the Centerville Community Center opened in 2004, the County expanded the availability of health and human service programs to the population in south Gwinnett. Today, many outside organizations have collaborated with the County in all of the Health and Human Services Division's service centers to produce a wide variety of health and human service enrichment programs for citizens of all ages and cultures.



The Centerville Community Center is located at 3025 Bethany Church Road in Snellville.

Now, when people come to any one of the three centers, they will be able to complete necessary tasks and participate in programs and classes ranging from computer and language tutoring to dance and knitting classes.

The staff of Gwinnett County's Health and Human Services Division works hard to ensure that every resident has access to an enhanced quality of life. With the convenience and creative opportunities available at each one of the service centers, the possibilities are endless. We hope this edition of *One Stop* will help you to learn more about the one-stop centers and upcoming programming.

Upcoming auction to benefit Gwinnett seniors

Tickets are selling fast for the fourth annual silent auction benefitting Gwinnett's senior citizens. The theme for this year's auction is *An Evening in Emerald City* and the event will be held on August 10 from 6:00pm – 8:30pm at Delmar Gardens of Gwinnett.

The silent auction is hosted by Friends of Gwinnett County Senior Services (FOGCSS), a non-profit organization that privately supports Gwinnett Senior Services programs. The auction is open to the public and all funds raised will go directly to support Gwinnett County Senior Services programs.

"The silent auction raises much-needed funds for Gwinnett's growing senior population," said



Auction items will include several pieces of fine art. The 2005 auction raised more than \$13,000 for Gwinnett Senior Services.

Celia Moore, Resource and Marketing Coordinator for Gwinnett County Health and Human Services. "All funds raised will go directly to Gwinnett Senior Services. Programs, including Meals on Wheels and the senior emergency fund, are vital in making it possible for seniors to live longer in the comfort and familiarity of their own homes."

The evening will feature live music, heavy hors d'oeuvres, cocktails, a large selection of silent auction items, door prizes, and new to this year's event – a live auction. Auction categories include travel, jewelry, sports, fine art, specialty services, dining, apparel, home decor, and electronics.

Tickets are \$10 if purchased in advance or \$15 at the door. To purchase advanced tickets or for more information, call Celia Moore at 770.822.8775 or visit www.fogcss.org.

You can be a part of making the silent auction a success for Gwinnett seniors. Get involved by donating an item, becoming a sponsor, or volunteering your time and talents. All donations are tax deductible.

An Evening in Emerald City
Silent auction to benefit Gwinnett Senior Services
August 10, 2006
6:00pm – 8:30pm
Delmar Gardens of Gwinnett

to:

Meals on Wheels program hungry for volunteers

In 2003, Meals on Wheels volunteers delivered almost 50,000 frozen, chilled, or hot meals to homebound elderly citizens. Last year, dedicated volunteers delivered more than 80,000 meals and a daily dose of friendliness to senior clients.

Case managers identify, screen, and qualify older homebound seniors who are physically, mentally, or nutritionally challenged but still striving to live independently. About 400 seniors face the dilemma of feeding themselves every day in Gwinnett County, and there is always a waiting list for the Meals on Wheels program. Gwinnett County's senior population grew by 115 percent from 1990 to 2000; the number of seniors aged 65 and older living alone increased from 637 to 6,171. The demand for Meals on Wheels will only continue to increase.

The program is in need of new volunteers to ensure that the increasing number of needy seniors in Gwinnett County don't go unserved. There are currently more than 50 delivery routes operated by volunteers, so there is bound to be a route convenient to where you live.

What is required of a Meals on Wheels volunteer?

Availability, commitment, and compassion. Nearly all of the routes are run in the morning so that the clients can eat their home-delivered meal (in many cases, their only meal) by midday, so volunteers scheduled to serve must meet the staff driver at prescribed times at designated drop-off points.

It may be difficult for those who work 9:00am to 5:00pm to serve as a Meals on Wheels volunteer, but there are some employees in the Lawrenceville area who take an early lunch, drop by the Lawrenceville Senior Center, pick up the food for a delivery route, and run the route. We request that all Meals on Wheels volunteers be willing to commit to serving at least six months so that the clients are



Marie Beiser, a Meals on Wheels volunteer, loads meals into her car before going on her route. Many volunteers deliver meals to homebound seniors during their lunch breaks.

not overly confused by too many new faces. If six months sounds like a long time, remember that volunteers serve a maximum of one time per week and the average route is completed in about 1.5 hours.

Just taking the time to interact and chat with often lonely or isolated seniors is a true expression of compassion. Volunteers can be looking for light bulbs to replace while listening to the clients, mothers accompanied by their young children can foster cross-generational kindness, and retired volunteers can even relate to similar events involving their own parents, so the experience is rewarding for everyone.

Once volunteers have gotten involved with serving as a Meals on Wheels volunteer, the hunger for more interaction with the clients is the ultimate reward. To find out how to become a volunteer, call 770.822.8837 or visit www.gwinnettseniorservices.com.

FOGCSS elects new officers

Friends of Gwinnett County Senior Services (FOGCSS), the volunteer-run, non-profit organization that privately supplements select Gwinnett County Senior Services programs, has installed a new slate of officers and welcomed new board members into the fold.

New 2006 – 2007 President **Jennifer Thilo** accepted the challenge of helping to meet the needs of area seniors. "I think that our Friends board is encouraged by new members joining," she said. "These new faces bring added energy and fresh ideas. Our duty is to work together to make sure that no senior in need goes hungry or that no senior suffers from a fall caused by home hazard repair that went undone due to lack of financial support."

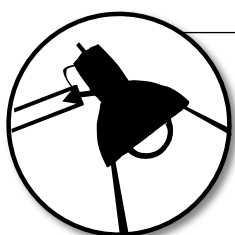
Thilo, who also serves as the Director of Delmar Gardens of Gwinnett, works around seniors on a daily basis, "Delmar Gardens residents are fortunate to live in a supportive environment, but many older seniors live alone without family or caregiver support. The Friends of Gwinnett County Senior Services strives to complement the in-home services delivered by Gwinnett County Senior Services to keep seniors safe in their homes."

New board members **Cathy Packwood, Susan Shenefield, Marti Straub, John Winters, and Brenda Wade** bring unique skills and abilities to the Friends of Gwinnett County Senior Services. "We have many needs to meet," says Thilo. "so we always consider board candidates who are willing to contribute to help us fulfill our mission."

Cathy Packwood, an attorney, brings experience in working to help bridge the gaps in support services delivery for recipients. **Susan Shenefield**, the Atlanta Journal-Constitution's Gwinnett Administrative Coordinator, has been involved with area non-profit organizations and issues for years. "With Gwinnett's older population growing so rapidly, I see the need for focusing on greater community commitment to meet their needs," she said.

Marti Straub also serves as the Gwinnett RSVP program coordinator. **John Winters**, a past-president of the Gwinnett Council for Seniors, is a civic-minded financial planner who has hit the ground running and is willing to "meet anyone anywhere to discuss our needs". **Dr. Brenda Wade**, a retired physician, brings a can-do attitude and a helping heart to the board.

For more information on FOGCSS or information on how you can contribute, call Jennifer Thilo at 770.923.3100 or visit www.fogcss.org.



Senior Spotlight

Case Management Team – The Vital Link

There are more than 70,000 seniors over the age of 60 residing in Gwinnett County and many of them are still working and very active in the community. Many of the more active seniors' elderly parents or relatives are also living independently.

People are living longer and need daily physical, mental, and social challenges. Fortunately, many of Gwinnett's homebound seniors have a valuable link to the outside world through the Senior Services case management team.

The case management team is made up of dedicated client advocates who help to assess and assist seniors in meeting daily living challenges. The team, led by case management coordinator **Diane Evans**, includes **Davida Brotherton, Ralph Gifford, Agnes Matheson, and Carol Veach**, along with information and assistance specialist **Adrienne Noble** and administrative assistant **Loretta Fauntleroy**.



The Senior Services case management team is vital in providing resources and volunteers to satisfy age-related needs.

The case managers, considered by some as hybrid social workers/services brokers, each have responsibility for nearly 100 clients. Each client comes with their own unique set of circumstances.

Older seniors striving to remain in their homes rather than in an institutional setting frequently need caregiver or volunteer support to assist with daily activities. Activities can include shopping, meal preparation or delivery, housekeeping, minor household repairs, transport to medical appointments, or even the little things like a field trip to the beauty parlor or barbershop.

The case management team is resourceful and trained to coordinate and collaborate with family/support network members to meet age-related needs. These busy people make home visits to assess, monitor, or reassess client circumstances, seek outside resources or solutions, and handle the impossible – on a daily basis. They are the vital link between the need and the means.

Senior Programs

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

Senior Centers

Buford	770.614.2527
Lawrenceville	770.822.5180
Norcross	770.638.5683

Contribution Opportunities

Donation	770.822.8775
Volunteer	770.822.8837

Think P.I.N.K. – Preparation, Inspiration, Nurturing, Knowledge

Diamond in the Rough is a non-profit youth development and leadership program committed to transforming the world, one child at a time. Its purpose is to motivate, educate, inspire, and provide guidance to girls aged 10 – 18 through a holistic life skills training and group mentoring program. The four primary components include mentoring, life skills development, educational assistance, and career coaching.

“Our philosophy is based on the belief that our children are like diamonds and each one is precious, unique, and full of potential. Our youth, like diamonds, require time, patience, and polishing to uncover and expose their true quality, value, and brilliance,” says **Nicole Steele**, Executive Director of Diamond in the Rough. It is the organization's desire to assist girls in becoming responsible, productive, successful adults; help guide them in making informed decisions about their

future; teach and equip them to tap into their gifts and talents; to live a purposeful life; and learn to love themselves. Diamond in the Rough partners with other youth organizations and programs to aid and meet the full needs of their participants and to offer long-term mentoring and training programs that will create life-long relationships and long-term results.

All girls aged 10 – 18 are welcome to participate every Thursday, beginning September 14, at the Centerville Community Center. Middle school girls meet from 5:00pm – 6:15pm and high schoolers will meet from 6:30pm – 7:45pm.

For more information, a program application, and orientation into the Clusters Group Mentoring Program, call Diamond in the Rough at 678.376.9676 or go to www.ditr.org.

Summer Camp Express makes learning fun

Summer is in full swing at the Centerville Community Center this July. Kids are enjoying a break from the rigors of school work and, instead, taking part in a wide variety of summer-time activities at the Centerville Community Center.

Through August 11, kids can enjoy the Summer Camp Express, sponsored by the Family Choice Child Development and Resource Center. Campers enjoy weekly themes such as Beach Party, What's Cooking, Summer Olympics, Discovery Creek, A Camping We Will Go, Dance, Dance, Dance, and more.

The camp includes special features such as ceramics, hip hop/line dancing/salsa dancing, Falcon Cheerleading lessons, bubble mania, the Science Guy, Adventures of Disaster Dude, water safety, basketball clinics, and more. The weekly cost for tuition is \$75 and includes breakfast, lunch, and snacks. For more information, call 770.679.1276.

For other camp information, call 770.985.4713.

Dance classes offer fun for all ages, skill levels

Coming in September: Dance class, a fun and creative way to exercise, gain self-confidence, and meet new friends! Three types of dance classes will be offered at the Centerville Community Center during a six-week period, beginning September 9 and lasting through October 14.

Pre-Ballet, which is a beginner's look into this classical style of dancing, will be available for those ages three to five.

Ballet/Tap I will be available for those aged six to 10, and **Beginning Jazz** will be offered to those aged six to 11.

All classes will be held from 9:30am – 10:30am and the cost is \$45 for the entire six-week program.

For more information, call the Centerville Community Center at 770.985.4713.

Back-to-School Bash to kick off new school year

It's almost that time of year again – time to buy pencils, paper, and new clothes. You guessed it! It's a new school year.

Enjoy one last summer party before hitting the books. The Centerville Community Center will hold a free back-to-school bash to send summer out with a bang. The bash will be held on Saturday, August 5 from 10:00am to 2:00pm at the center and festivities will include games, snacks, a clown, music, giant inflatables, and a petting zoo. Vision screenings will be provided by the Wal-Mart Vision Center and dental screenings will be provided by Help A Child Smile Mobile Dental Program (by appointment only; call 770.985.4713 for scheduling information). While you are there, you will also learn about various enrichment activities available at the center for kids.

Visit www.centervillecommunitycenter.com for more information or call 770.985.4713.



Eight-year-old Nick Whitfield soaked up the last bit of summer on one of the giant inflatables at the 2005 Back-to-School Bash.

Lights, Camera, Action!



New Dawn Theater Company comes to Centerville Community Center

The organization's mission is to bring quality theater to Gwinnett County. *“Our goal is to build a community relationship that will allow people from all walks of life to discover their inner child and outward adult. We desire to put fine arts back in the lives of people of all ages, to let them flourish and realize an untapped or unknown potential, and to allow creative thinking, positive mental attitudes, and dramatic performance skills to come to light,”* said **Sherry Ingbritsen**, President of New Dawn Theater Company.

Board members have extensive and diverse theater backgrounds and have been working in the theater for many years. Whether you are a novice or a seasoned professional, you are welcome to participate. New Dawn Theatre believes that a community that allows itself to fulfill a dream or a destiny is a community that can reach beyond the stars.

Community members with a desire to act, who enjoy making costumes or working with make up, or would like to work constructing sets are invited to participate (an audition and application process is required).

Auditions for *Dear Departed* will be held at the Centerville Community Center on August 14. For more information, visit www.newdawntheatercompany.com.

Preventative ultrasound could save your life

A preventive healthcare ultrasound screening will be held at the Centerville Community Center on Monday, August 28.

Life Line Screening will scan the carotid artery in the neck for plaque build up, which can lead to a stroke (75 percent of all strokes are linked to carotid artery blockage), and the arteries in the legs for peripheral arterial disease, which is linked to heart disease. A test for aneurysms in the aortic vessel in the abdomen and a bone density screening that can identify a risk of osteoporosis will also be offered.

This is a preventative program, and with early detection, these problems can be treated. Results will be sent directly to you. The tests are non-invasive, completely painless, and each take about 10 minutes or less to complete.

The vascular tests are offered for \$45 each or for the package price of \$109. The osteoporosis screening is \$35. The complete wellness package – all four tests – is \$129.

Screenings are recommended for those aged 40 and over. Space is limited, and pre-registration is required. To schedule an appointment, call 1.800.324.1851 or call **Khristel Trau** at 678.462.3702 for additional information.

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@gwinnettcountry.com.

eventcalendar

july

Summer Camp Express

8:30am – 6:00pm. Campers will enjoy weekly themes: Dance, Dance, Dance; Beach Party; What's Cooking; Summer Olympics; Discovery Creek; Lights, Camera, Action; and more. In-house field trips include Build-a-Bear, Ceramics, Hip Hop Dance, Falcon Cheerleading Lessons, Bubble Mania, Science Guy. Weekly cost is \$75 and includes breakfast, lunch, and snacks. Camp is sponsored by the Family Choice Child Development and Resource Center. For more information, call 770.679.1276.

July 3 – July 26 • Aerobics, Strength Training, and Nutrition Classes

Classes taught on Mondays and Wednesdays in four-week sessions. Strength Training: 7:15pm – 8:00pm for \$30; Aerobics class: 6:30pm – 7:15pm 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.

July 8 • Grant Writing Workshop

8:30am – 2:00pm. Learn how to incorporate your business, how to write a grant proposal, and more. The cost is \$25. Pre-registration and payment is required. Call 770.985.4713 to register.

July 8 • Credit and Money: Understanding Your Credit

10:00am – noon. Topics include understanding FICO scores, reading and repairing your credit report, and monitoring services. The cost is \$10 per person, \$15 per couple. Pre-registration and payment is required. To register, call 770.985.4713.

July 10 – July 14 • Advance Voting, Gwinnett County Elections

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

July 15 • Flip Flop Crop: Scrapbooking

10:00am - 4:30pm. Create your own scrapbook album. The theme: Beach Borders. The cost is \$15, plus supplies. Pre-registration/payment required. For more information, call 770.277.9010.

July 17 – July 21 • Ballet, Tap, and Jazz (ages five – 12)

Tuesdays, 6:00pm – 7:00pm (ages five – nine); 7:00pm – 8:00pm (ages 10 – 12). The cost is \$50 for eight weeks. Pre-registration and payment is required. For more information or to register, call 770.985.4713.

July 17 • Vacation Reading Program: Comedy Improv Show featuring Laughing Matters (ages 11 – 18)

7:00pm. Sponsored by the Gwinnett County Public Library. For more information, call 770.822.5373.

July 20 • Vacation Reading Program: Once Upon a Time Magic Show with Ken Scott

4:00pm. Sponsored by the Gwinnett County Public Library. For more information, call 770.822.5373.

July 25 • Milk and Cookies Concert

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

July 28 • Tuneful Tots (ages two – five)

10:30am. Free music exploration sponsored by the MOMS Club of Snellville.

august

August 5 • Back-to-School Bash 2006

10:00am – 2:00pm. The Centerville Community Center, the NAACP Gwinnett Branch, Diamond in the Rough, and other organizations are collaborating to host the annual Back-to-School Bash. Children and teens will enjoy music, the Chick-Fil-A cow, a petting zoo, inflatables, refreshments, door prizes, and vision screenings and dental screenings. For more information, call 770.985.4713 or visit www.centervillecommunitycenter.com.

August 5 • Grant Writing Workshop

8:30am – 2:00pm. Learn how to incorporate your business, how to write a grant proposal, and more. The cost is \$25. Pre-registration and payment is required. Call 770.985.4713 to register.

August 7 – August 30 • Aerobics, Strength Training, and Nutrition Classes

Classes taught on Mondays and Wednesdays in four-week sessions. Strength Training: 7:15pm – 8:00pm for \$30; Aerobics class: 6:30pm – 7:15pm 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.

August 14 • Audition for Dearly Departed by New Dawn Theater Company

The Centerville Community Center welcomes the New Dawn Theater Company. Auditions for *Dearly Departed* will be held at 7:00pm. at the community center. Production will be held in October. For more information, visit www.newdawntheatercompany.com.

August 19 • Get the Scoop Crop: Scrapbooking

10:00am – 4:30pm. Find out what's new in album making and create your own scrapbook album. The cost is \$15, plus supplies. Pre-registration/payment required. For more information, call 770.277.9010.

August 21 – October 2 • Yoga

Mondays: 7:00pm – 8:00pm and Saturdays: 9:00am – 10:00am for six weeks, \$96. Or, one day a week (either Monday or Saturday) for \$48. Yoga can increase flexibility, decrease tension and stress, and improve strength while toning your body. It's a great workout for improving posture, strengthening your abdominals, and overall toning. For more information, call 678.852.9944 or send an e-mail to wykey@bellsouth.net.

August 22 • Milk and Cookies Concert

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

August 22 • Book Club Discussion

The Gwinnett County Public Library (Centerville Branch) will be conducting a book discussion on Author and Pulitzer Prize Winner Suzan-Lori Parks' book *Getting Mother's Body*. This is a free event, but registration required; call 770.985.4713. A minimum of 10 participants is required to hold the event. Free refreshments provided.

August 25 • Tuneful Tots (ages two – five)

10:30am. Free music exploration sponsored by the MOMS Club of Snellville.

August 26 • G.I.R.L.S. Leadership Program

9:00am – 4:00pm. Topics include goal setting, communication skills, problem solving, conflict management/resolution, self-esteem, ethics, values, and entrepreneurship for females ages 10 to 19. The cost is \$20. Pre-registration and payment is required. Sponsored by I Am, Inc. Call 404.545.9051 for more information.

August 27 • Centerville Community Heritage Dance Series

3:00pm – 5:00pm. The Heritage Dance Series is a traditional family/intergenerational dance sponsored by the Chattahoochee Country Dancers (CCD) and the Centerville Community Center. Dances include a caller, live fiddle, and banjo music. Cost: Suggested donation of \$3 per person or \$10 for a family. For more information, go to www.mnopltd.com/cendance.

August 28 • Life Line Screening: 10 Minutes Could Save Your Life

8:30am – 5:30pm. A preventive healthcare ultrasound screening will be held at the Centerville Community Center on Monday, August 28. Screenings are recommended for those aged 40 and over; pre-registration is required. Space is limited, so schedule your appointment by calling 1.800.324.1851 or call Khristel Trau at 678.462.3702 for more information.

August 28 • Diabetic Shoe Clinic

Diabetic Medicare patients are entitled to a pair of therapeutic shoes or three pairs of inserts per calendar year. All you need to bring is your Medicare number, primary doctor's name and phone number, and secondary insurance, if applicable. For more information, contact Susan Peters at 678.640.1035.

september

September 2 • Grant Writing Workshop

8:30am – 2:00pm. Learn how to incorporate your business, how to write a grant proposal, and more. The cost is \$25. Pre-registration and payment is required. Call 770.985.4713 to register.

September 14 • Diamond in the Rough's Clusters Group Mentoring Program

Its purpose is to motivate, educate, inspire, and provide guidance to girls aged 10 – 18 through a holistic life skills training and group mentoring program. All girls aged 10 – 18 are welcome to participate every Thursday, beginning September 14, at the Centerville Community Center. Middle school girls meet from 5:00pm – 6:15pm, and high schoolers will meet from 6:30pm – 7:45pm.

September 9 – October 14 • Pre-Ballet (ages three – five)

9:30am – 10:30pm. The cost is \$45 for six weeks. Pre-registration and payment is required. To register, call 770.985.4713.

September 9 – October 14 • Ballet/Tap I (ages six – 10)

10:40am – noon. The cost is \$45 for six weeks. Pre-registration and payment is required. To register, call 770.985.4713.

September 9 – October 14 • Beginning Jazz (ages six – 11)

12:10pm – 1:30pm. The cost is \$45 for six weeks. Pre-registration and payment is required. To register, call 770.985.4713.

September 11 – 12 • AARP Driving Safety Program

1:00pm – 5:00pm. This eight-hour refresher course is designed for drivers aged 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. The cost is \$10.

September 12 – November 7 • Depression Recovery Program

6:30pm – 8:00pm. This is an educational program that utilizes an innovative, non-traditional approach for treating

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depression. The focus of this eight-week class is to teach individuals how to recover from depression with lifestyle strategies that have been scientifically proven to enhance brain functioning, which impacts mental health. Topics include identifying depression and its causes, nutrition and the brain, how thinking can defeat depression, positive lifestyle choices, and more. The cost is \$70 and includes a workbook and CD. For more information, call 770.985.4713.

September 16 • Credit and Money: Understanding Your Credit

10:00am – noon. Topics include understanding FICO scores, reading and repairing your credit report, and monitoring services. The cost is \$10 per person, \$15 per couple. Pre-registration and payment is required. To register, call 770.985.4713.

September 16 • Get the Power: Scrapbooking

10:00am – 4:30pm. Power sort and layout your photos for album making. Cost is \$15, plus supplies. Pre-registration and payment is required. For more information, call 770.277.9010.

September 16 • G.I.R.L.S. Leadership Program

9:00am – 4:00pm. Topics include goal setting, communication skills, problem solving, conflict management/resolution, self-esteem, ethics, values, and entrepreneurship for females aged 10 to 19. The cost is \$20. Pre-registration and payment is required. Sponsored by I Am, Inc. Call 404.545.9051 for more information.

September 18 – 19 • Genealogy Workshop

6:30pm – 8:30pm. Learn about your ancestors and family history by learning how to document your life and research family records, national and state archives, libraries, the Internet, census and court records, Social Security Index, land and tax records, immigration records, and more. You will also learn how to publish your data and how to plan a family reunion to share all of your findings! The cost is \$30 and includes a workbook.

September 19 • Milk and Cookies Concert

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

September 23 • Learning Negotiating Skills

9:00am – noon. This hands-on, interactive course includes role-playing, simulations, and development exercises to negotiate a win-win situation for all parties involved. The course may be beneficial to adults, teens, college students, young adults, and seniors. The cost is \$30. Pre-registration and payment is required. For more information, call 770.985.4713.

September 29 • Tuneful Tots (ages two – five)

10:30am. Free music exploration sponsored by the MOMS Club of Snellville.

ongoing

First Tuesdays • MOMS Club of Snellville

10:00am – noon. Activities include play groups, park days, book clubs, recipe swaps, and holiday parties. No registration is required. Call 770.985.4713.

First Tuesdays • Wheelchair Support Group

6:00pm – 8:30pm. Paraplegics and quadriplegics share experiences, network, and have fun. Call 678.873.5174 or send an e-mail to handtohelp@aol.com.

Wednesdays and Fridays • Bridge, Bunko, Dominoes, and Scrabble Clubs

9:00am – 3:00pm. Senior adult groups are welcome to use the Centerville Community Center as a meeting place. You do not have to be in a group to play. For more information, call 770.982.4647.

Thursdays • Toastmasters of Centerville

Learn to become a better public speaker, deliver great presentations, lead teams effectively, give and receive constructive evaluations, and more. Visit the Toastmasters of Centerville every Thursday at 7:00pm.

Diamond in the Rough's Clusters Group Mentoring Program

Its purpose is to motivate, educate, inspire, and provide guidance to girls aged 10 – 18 through a holistic life skills training and group mentoring program. All girls aged 10 – 18 are welcome to participate every Thursday, beginning September 14, at the Centerville Community Center. Middle school girls meet from 5:00pm – 6:15pm, and high schoolers will meet from 6:30pm – 7:45pm.

Thursdays • GOTHOT Teen Meetings

6:30pm – 9:00pm. Gwinnett Organized Teens Hope of Tomorrow (GOTHOT) is a youth development program for teens ages 12 – 19 years. It is a diverse group aimed at strengthening race relations. For more information, call 770.985.4713.

Thursdays and Fridays • Community Children's Playroom

1:30pm – 4:30pm. Activities include monthly themes, dress-up and pretend play, arts and crafts, novelty toys, and a welcoming community. The cost is \$1 per child for snacks. Caregivers must remain with the child at all times.

First and Third Thursdays • Pinckneyville Writer's Group

10:00am – noon. Critique format; all genres. No registration is required. Call 770.985.4713.

First and Third Thursdays • Snellville Writer's Group

7:00pm – 9:00pm. For those interested in writing novels. No registration required. Call 770.985.4713 for more information.

Third Thursdays • Red Hat Society

The Cheyenne Peppers of Centerville are looking for red and pink hatters to join the society. Free. For more information, call 770.985.4713.

Step 'n' Fit Club

9:00am. Group meets weekly to walk the trail and to participate in health chats. Everyone is welcome to join. Meet up with friends and make some new ones, all while improving your personal fitness! Membership is free, but pre-registration is required. For information on specific meeting days, call 770.985.4713.

Teen Advisory Committee

Middle and high school teens are invited to be a part of a team that will recommend, develop, and plan activities for local teens. Interested teens should send an e-mail to vivian.gaither@gwinnettcounty.com or call 770.985.4713.

additional programming

Chess Class and Club

If you are interested in learning to play, call 770.985.4713 and leave your name, phone number, and e-mail address. Once there are 15 interested participants, we will create a class and select dates and times.

Dance Lessons: Salsa, Cha-Cha, Merengue

If you are interested in learning to dance, call 770.985.4713 and leave your name, phone number, and e-mail address. Once there are 15 interested participants, we will create a class and select dates and times.

Knitting: Beginner – Advance Levels

If you are interested in learning to knit, call 770.985.4713

and leave your name, phone number, and e-mail address. Once there are 15 interested participants, we will create a class and select dates and times.

Basic Sewing, Sewing II for Kids and Adults

If you are interested in learning to sew, call 770.985.4713 and leave your name, phone number, and e-mail address. Once there are 15 interested participants, we will create a class and select dates and times. Students must provide their own sewing machine.

Pilates

If you are interested in a Pilates class, call 770.985.4713 and leave your name, phone number, and e-mail address. Once there are 15 interested participants, we will create a class and select dates and times.

Kickboxing for Adults

If you are interested in kickboxing class, call 770.985.4713 and leave your name, phone number, and e-mail address. Once there are 15 interested participants, we will create a class and select dates and times.

Jewelry Making (Beads) Class

If you are interested in making jewelry, call 770.985.4713 and leave your name, phone number, and e-mail address. Once there are 15 interested participants, we will create a class and select dates and times.

Spanish for Adults

If you are interested in learning Spanish, call 770.985.4713 and leave your name, phone number, and e-mail address. Once there are 15 interested participants, we will create a class and select dates and times.

Watercolor or Pastels Class for Adults

Call 770.985.4713 if you are interested in watercolor or pastels, and leave your name, phone number, and e-mail address. Once there are 15 interested participants, we will create a class and select dates and times.

Storytelling Workshop for Youth

If you are interested in storytelling, call 770.985.4713 and leave your name, phone number, and e-mail address. Once there are 15 interested participants, we will create a class and select dates and times.

Ballroom Dancing

If you are interested in ballroom dancing, call 770.985.4713 and leave your name, phone number, and e-mail address. Once there are 10 interested participants, we will create a class and select dates and times.

Volleyball Lessons

If you are interested in volleyball, call 770.985.4713 and leave your name, phone number, and e-mail address. Once there are 10 interested participants, we will create a class and select dates and times.

Flower Arranging

If you are interested in flower arranging, call 770.985.4713 and leave your name, phone number, and e-mail address. Once there are 10 interested participants, we will create a class and select dates and times.

Cooking Classes

If you are interested in cooking classes, call 770.985.4713 and leave your name, phone number, and e-mail address. Once there are 15 interested participants, we will create a class and select dates and times.

Instructors and performers needed!

The Centerville Community Center is currently accepting proposals for instructors or performers in the following areas: jewelry making, art classes for adults and children, chess, and youth music bands with demo tape or CDs. For an electronic copy of proposal format, send an e-mail to vivian.gaither@gwinnettcounty.com. A volunteer application and background check is required from all instructors and volunteers.

eventcalendar and news

ongoing

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.

Energy Assistance

The Partnership for Community Actions is accepting applications for energy assistance on Tuesdays and Fridays from 9:00am – 3:00pm through September 30, 2006. Assistance is available on a first-come, first-served basis. For more information, call 404.929.2500 or 866.832.9249.

Teen MOMS program

The Teen MOMS program is not meeting this summer at the Buford Human Services Center; however, if you are interested in this program you should call the Sugar Hill United Methodist Church for information on the summer program. The number is 770.945.2845, ext. 244.

The Buford Human Services Center is home to the following agencies:

- Buford Public Health, 770.614.2401
- Department of Family and Children Services (DFCS), 770.614.2500
- Buford Senior Center, 770.614.2527
- Buford Senior Day Club (Alzheimer's Adult Day Care), 770.614.2529

For more information about any of these agencies, call 770.614.2537.

Energy assistance available

You may qualify for energy assistance!

The Partnership for Community Action will be taking applications at the Buford Human Services Center on Tuesdays and Fridays from 9:00am to 3:00pm through September 30, 2006, or until funds are depleted.

Applicants must bring proof of income for all household members for the last 30 days, a copy of the most recent electric bill, verification of social security numbers for all members of the household, picture ID for the applicant,

proof of age for those aged 65 or older, and proof of disability for disabled. Assistance is available on a first-come, first-served basis. For more information, call 404.929.2500 or 866.832.9249.

Energy assistance is provided in several ways. A check may be mailed directly to your electricity provider or you may receive a check made payable to the recipient if the electricity provider is not on the approved list. Money for the purchase and installation of an air conditioning unit or for the purchase of a quality fan is also available.

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, check with the center coordinator about submitting a proposal.



The Buford Human Service Center houses several helpful agencies.

Peachcare for Kids provides healthcare for uninsured

Peachcare for Kids, an insurance program offered by the State of Georgia, is available for most children who are uninsured and living in Georgia.

The benefits include doctor care, preventative services, specialist care, dental care, vision care, mental health care, and prescription medications. Emergency room services and hospitalization are also covered. Each child enrolled in the program is assigned a Georgia Better Health primary care provider in their area. In March 2006, about 247,000 children received benefits from the program.

To be eligible, a child must be under the age of 18 and a citizen of the United States or have resided in the U.S. legally for at least five years.

The family of the child must also meet the following requirements regarding income:

Family Size	1	2	3	4
Monthly Income Level	\$1,920	\$2,585	\$3,252	\$3,917
Annual Income Level	\$23,030	\$31,020	\$39,010	\$47,000

Children of State employees are not eligible. For children over the age of six, a monthly premium is required. The cost per month is between \$10 and \$35 for one child and no more than \$70 for a household with two or more children.

As of 2006, a one-month waiting period is effective for late payments of the premium, which is due the first day of the month prior to the month the child will be covered. The purpose of this new policy is to reduce the administrative expenses incurred when late payments are made. If the payment is late, the child's insurance will be cut out for a period of one-month.

Peachcare for Kids applications are available at any Public Health or Department of Family and Children Services location. Applications and more information are also available by calling 1.877.GA.PEACH or at www.peachcare.org.

Hispanic Heritage Month to feature Mis Raíces essay contest

As part of the 2006 Celebration of Hispanic Heritage Month, the Norcross Human Services Center and the Buford Human Services Center, working with the Health and Human Services Hispanic Advisory Board, will sponsor an essay contest entitled "Mis Raíces: What the Hispanic/Latino Culture Means to Me."

The contest began in 2003 and has grown each year. In 2005, prizes were awarded at the Hispanic Heritage Celebration, which was held outside of the Wal-Mart shopping center at Sugarloaf Parkway and Highway 29. The event featured more than 14 different dance and musical groups representing the cultures of different Latino/Hispanic countries. More than 2,500 people were in attendance.

Individuals wishing to enter the essay contest must be ages eight – 20 and be a resident or attend school in Gwinnett County. Participants may write an essay, song, or poem in English or in Spanish. All submissions must be turned in by **September 20, 2006**. To pick up an entry form and to view the contest rules, visit the Buford Human Services Center or the Norcross Human Services Center. For more information or to submit your essay, contact **Ivonne McNally** at 770.638.2383 or send an e-mail to ivonne_mcnally@gwinnett.k12.ga.us.



Grupo Folclorico Internacional performed at last year's Hispanic Heritage Celenration held at the Wal-Mart Super Center at Sugarloaf Parkway and Highway 29. More than 2,500 people were in attendance.

Plans for Hispanic Heritage Month include an exhibit at the Gwinnett Justice and Administration Center, which will highlight all of the Hispanic countries. The exhibit will be on display from September 26 until the end of October. The Celebration Day will take place on October 14, 2006. Essay contest winners will be notified in advance and awarded prizes at the celebration.

eventcalendar and news

arts

Wednesdays • Oriental Brush Painting

11:00am – 1:00pm. This program is for adults. The cost is \$50 for eight weeks. Participants will receive instruction in Oriental brush painting techniques and practices. Provided by the Asian American Resource Center. Call the Norcross Human Services Center at 770.638.5661 to register.

computer classes

Thursdays • Computer instruction for seniors

10:00am – noon. This program is free for seniors. Participants will receive instruction on *Beginning Internet and E-mail Usage*, as well as many other helpful techniques regarding the use of computers. Instruction provided on a first-come, first-served basis. Call the Norcross Human Services Center at 770.638.5661 to register.

Wednesdays 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. For information about the AARC, call 770.270.0663.

Mondays and Wednesdays, Saturdays • Computer instruction in Spanish

Class is offered from 6:30pm – 8:30pm on Mondays and Wednesdays and 8:30am – 12:45pm on Saturdays. 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. To register, call the Norcross Human Services Center at 770.638.5661. Classes are provided by Futuro. Futuro can be reached at 404.642.1345.

Lunes y Miércoles • Computación en Español

6:30pm – 8:30pm. Sábados de 8:30am – 12:45pm. \$100 por cinco semanas y una inscripción de \$25 por año. Mín-

Get ahead of the back-to-school rush

Plan now to get your school-age children up-to-date on their vaccinations. Staff at both the Buford Health Center and the Norcross Health Center are encouraging parents to bring children in before the next school year gets too close. If you wait until the last minute, you can expect long lines and wait times.

Be sure to bring vaccination records with you. You can use information from the child's dentist if he or she was seen during the past year. This year, the cost for each vaccine is only \$14.75. The hearing, vision, and dental exams cost a total of \$30.00, or \$10.00 per test.

The Gwinnett County Health Department accepts Visa, MasterCard, debit cards, cash, or Medicaid as forms of payment. Payment is expected at the time of service in order for the client to receive forms necessary for the child's entry into school.

Call the Buford Health Center at 770.614.2401 or the Norcross Health Center at 770.638.5700 for more information. Both are open Monday – Friday from 8:00am – 5:00pm and on Saturdays from 8:00am to noon.

imo de ocho estudiantes por clase. Programa presentado por Futuro. Llamen al Centro de Servicios Humanos de Norcross para inscribirse al 770.638.5661.

Wednesdays and Fridays • Computer instruction in English

May 31 – July 21; 10:00am – noon. This program is provided by the Asian American Resource Center and the cost is \$150 for 16 classes. To register, call the Norcross Human Services Center at 770.638.5660.

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). For more information about the AARC, call 770.270.0663.

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

Noon – 2:00pm. 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). For more information about the AARC, call 770.270.0663.

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). For more information about the AARC, call 770.270.0663.

health and nutrition

Monday through Friday • Nutrition

10:00am – noon. This program is provided by the University of Georgia Extension Service and is free for mothers and children. Call 678.377.4032 to register.

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

Saturdays • Consumer Credit Counseling

This program is held on the first Saturday of every month from 9:00am – noon and is free for at-risk families. Instruction in Spanish. For additional information about the program or to register, call the Consumer Credit Counseling Service at 404.653.8867.

Fridays • Cultural Fitness and Support Group

5:30pm – 6:30pm. The program is provided by Caminates and is free for youth six to 16 years old. Bilingual instruction is available. To register, call the Norcross Human Services Center at 770.638.5661. For information about Caminates, call 404.457.8933.

Mondays • Gamblers Anonymous

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

Viernes • Cultural

5:30pm – 6:30pm. Programa gratis para niños y adolescentes entre seis y 16 años de edad. Programación bilingüe.

Programa presentado por Caminantes – 404.457.8933 y auspiciado por el Centro de Servicios Humanos de Norcross. Llame al 770.638.5661 para registrarse.

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. A 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. 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). 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

TBA • Youth Employment Workshops

This is a free workshop for young adults between the ages of 17 and 21. 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 information on the Gwinnett County Youth Project, call 770.806.2026.

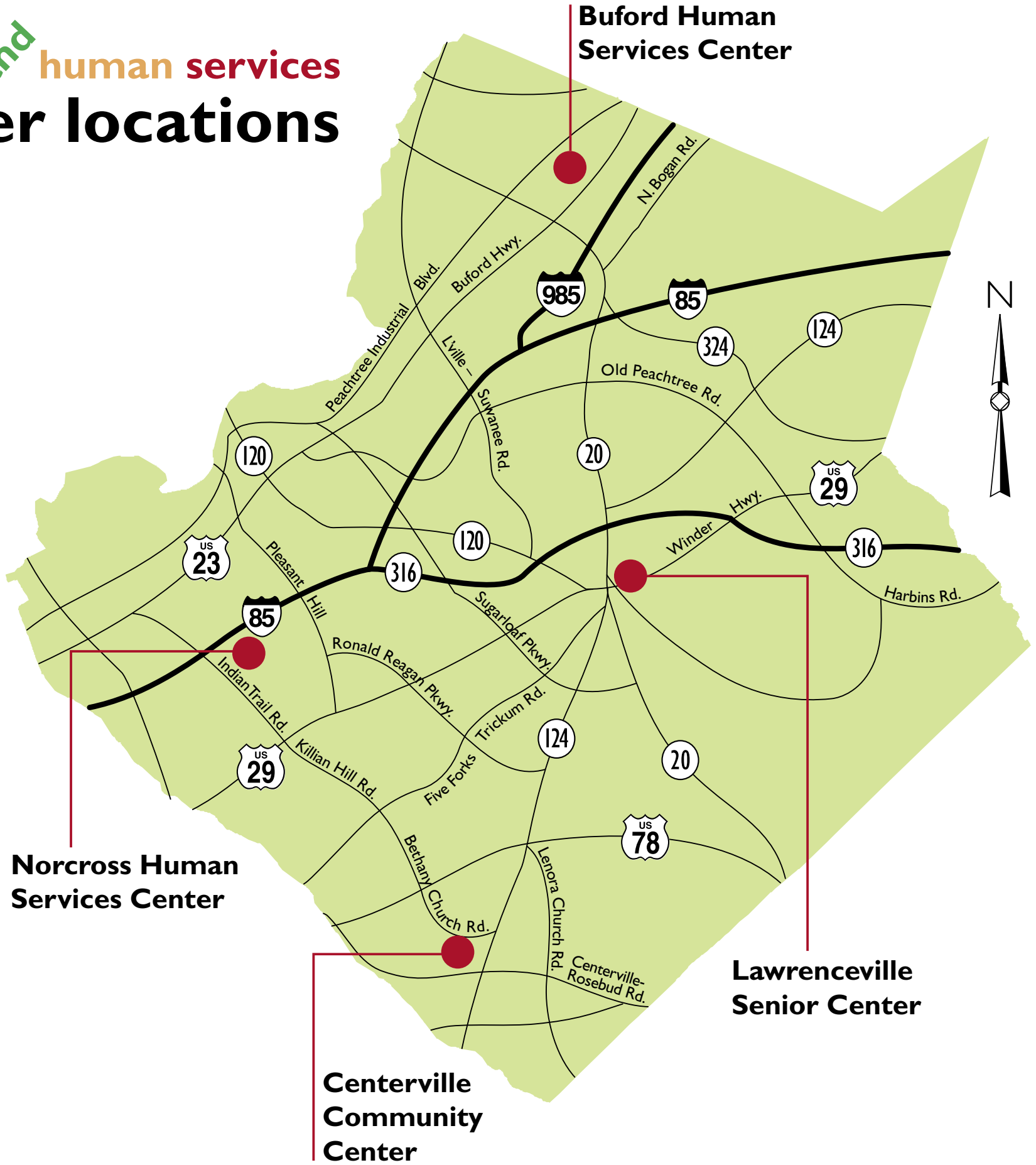
Second Friday of each month • Have Fun and Learn

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.

El Segundo Martes 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 futuro 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

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

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

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