

health and human services onestop

gwinnettcounty's resource for quality living

news & calendar **fall 2007**

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Value time spent with family

Family time is something we all say we value, but few actually experience.

Often, people are too wrapped up in accumulating wealth or pursuing a career and forget those around them. Have you looked back on your childhood and recalled your parents or family not spending enough time with you? There is nothing you can do to change the past, but you can decide to spend time with your family now – time they will remember and cherish in their later years.

There are several excuses that we use to justify our lack of time together as families.

We excuse ourselves by saying, "We don't spend much time together, but it is quality time." How do you measure such time? What does it consist of? Wouldn't you agree that quality time also means quantity of time? Spending time with family members also help to bring them closer together.

Another argument we use is: "My kids are young. If I'm not around that much for the first few years, it won't matter." This attitude does not take into account the fact that many opportunities present themselves only once and only for a moment. A child is only two for one year. Toddlers do not remain toddlers for long. We must seize every opportunity to be together because none of us knows which moments are going to be locked forever in a child's memory. And none of us knows which experiences will mark turning points in a child's life.

A third excuse is: "I'll make it up to them later. There's plenty of time. I'll build my career now so that when they're older we'll have plenty of money to spend on activities we all enjoy." This argument



is foolish. Who really believes that we'll have more time in a few years than we have now? What do you think a child would remember: you staying late at work to afford that expensive trip or you not being there at his game to see him play? Busy lifestyles don't change when we reach a certain age, they just become more deeply ingrained. We all have 24 hours in a day and what we do with those hours speaks volumes about what is important to us.

If we have no time for our children while they are young, they very likely will have no time for us when we are old. We ought to make the most of each opportunity. Be a part of your children's lives. Make family time a priority. Schedule plenty of time together so quality experiences can happen. Your family is a gift to you. Don't say, "I'll make it up to you later." Spend time with your loved ones today.

Adapted from <http://guidance.gospelcom.net>

Staying out of debt

How often have you said, "I need a new car?" Is it a want or is it an actual need? Is your current car endangering your life or can it still get you from point A to point B in one piece? Are you willing to incur the costs in getting a new car without scrimping at the end of month to pay your bills?

Here are some tips to help to determine whether it's worth investing in a new car.

It no longer fits my life. You may feel nervous about taking your ancient car on a long road trip. Your little Accord may be a tight squeeze when family comes to town. The answer to all: Rent. Why buy a pickup that costs twice as much in gas expenses because you visit Home Depot twice a year or a \$30,000 sport-utility because you take the kids skiing for a week at Easter? Even at \$100 a weekend, renting is far cheaper than a car payment—plus you get to drive the very latest without worrying about insurance, license tags, maintenance, or depreciation. Or try swapping cars with a friend, returning it gassed-up and clean (with the oil changed, too, if the loan was more than a day or two. You want to be able to ask again next year).

Repair bills are really adding up. Then do the math. Does the cost of repairs exceed the cost of a new car? A typical new car is \$21,000, about \$350 a month for five years after 20 percent down. A rebuilt transmission might run \$1,500, a huge outlay in one chunk, but far less than the \$4,200 a year you'd spend on new car payments alone. If you can't afford repairs

twice a year, it's unlikely you can afford a new car payment every month. In any case, anybody with a car older than three years should be tucking aside \$50 a month for repairs and maintenance. If the gods smile, you'll never use most of it and you'll have a tidy sum to blow on your next car.



Nervous driving an older car. Maybe little things are beginning to go—the thermostat one month, the starter the next. You might simply spend \$50 on a AAA membership and carry a cell phone, reminding yourself that even new cars aren't immune to mechanical failure. The upside of frequent breakdowns is that you'll get to know mechanics quite well. Find one you like. Flatter him. Pay your bills on time. And the next time he fixes your car, ask him to take a few minutes to see what else will need repair soon.

The repair costs more than the car is worth. A \$1,500 engine rebuild that keeps your '83 Toyota on the road still makes good financial sense. It's at this point, however, that most drivers begin to think about upgrading.

Adapted from *MSN Money*

DFACS relocates

The DFACS Norcross satellite office has relocated from 5030 Georgia Belle Court to 211 Beaver Run Road, Suite 130, Norcross 30071. Please contact the DFACS office near you to inquire about their services.

Lawrenceville DFCS – 090 (Main Office)

One Justice Square
446 West Crogan Street, Suite 300
Lawrenceville, GA 30045
Phone: 678.518.5500
Fax: 678.518.5505 or 678.518.5642

Buford DFCS – 190

2755 Sawnee Avenue, Suite B001
Buford, GA 30518
Phone: 770.614.2500
Fax: 770.614.2499

Norcross DFCS – "BR" – 200

211 Beaver Run Road, Suite 130
Norcross, GA 30071
Phone: 770.441.8800
Fax: 770.441.8830 or 770.441.8831

Survey reveals challenges facing Gwinnett youth.

See inside page 6.

Lady Linda Bailey: Leading by example

Linda Bailey has been the Gwinnett County Senior Services Manager for almost 20 years. During this period, she has seen tremendous growth and many changes in the county as well as the agency. She is able to recall her early years when the needs of seniors were not being met even though there were fewer centers and clients.

One of the things that makes Bailey so special is her genuine compassion for seniors. Simply stated, she is concerned about the well-being of everyone who receives services from Gwinnett County Senior Services programs. She effectively conveys her commitment to the staff, who in turn provide quality service to our seniors.

As part of the 35th anniversary celebration for Gwinnett County Senior Services, Bailey was accorded a special honor at the Lawrenceville Senior Center. The nobles and knights from Medieval Times who performed at the celebration surprised her with a knighting ceremony. A courtly proclamation announced, "Henceforth, Linda Bailey, in gratitude for successfully guiding Gwinnett County Senior Services, shall receive the esteemed title of Lady Linda, The First Lady of Aging."

In spite of the accolades, Bailey remains humble and focused on the challenges for the future. She aspires to make sure that the increasing numbers of homebound seniors have access to health and well-being outreach efforts. Lady Linda is determined to be able to provide needed services to all eligible seniors, regardless of their socioeconomic status. Bailey says, "I want to make sure that we do everything possible to minimize waiting lists for our services." She quickly adds, "We are rapidly approaching a point when there are going to be many more seniors requesting services, and we must be prepared to offer those without compromising quality."

In just a few years, one in every five Gwinnett County residents will be 60 years and older. Not all baby boomer seniors will be requesting program services initially, but



Linda Bailey, Gwinnett County Senior Services Manager, is knighted by one of the knights from Medieval Times at the 35 year anniversary of Senior Services in Lawrenceville.

many older seniors will face daily living challenges in their own homes. Several generations ago, there were very few seniors in Gwinnett and the life expectancy was considerably lower. However, by 2020 there will most likely be more seniors than school-aged children in this county.

Linda Bailey is committed to the future of senior services programming so that every senior will have access to needed services and the support to improve their quality of life. She firmly believes that the services that we provide for our seniors on a daily basis must remain sustainable well into the future. After all, the First Lady of Aging will not allow Gwinnett Senior Services to ever age in place.

Senior Information and Referral Helpline
678.377.4150



Senior Services Spotlight

Senior Centers Keeping Them Active

"Grandma, your bus is here," calls out Adriana, Lissa Miller's granddaughter. Miller is on her way to the Buford Senior Center. She says she feels so much more alive since she started attending the center. She looks forward to going three days a week to enjoy the variety of programs and field trips the center has to offer. "There are people from all over the world – Philippines, Japan, and Jamaica. Even though some have not mastered the English language, it doesn't deter them from coming and making new friends," says Miller.

In addition to the center in Buford, Gwinnett County Senior Services operates two other senior centers: the Lawrenceville Senior Center and the Norcross Senior Center. There are 300 active seniors who regularly attend the centers during the week.

For special events, these three senior centers get together to celebrate whatever the occasion. These particular events



Dorothy Oliver of the Lawrenceville Senior Center attends the Senior Prom held in September.

are extra special to Dorothy Oliver of Lawrenceville and Mary Faison of Buford. They had both relocated to Gwinnett County at different times to be closer to their children. However, they were never strangers. Their friendship started more than 55 years ago in New Jersey where they were neighbors. Dorothy explains, "When Mary was still in New Jersey, I told her about how great the senior center was. She decided to join the one closer to her home once she moved to Gwinnett County. Even though I make trips to visit her on my own, it's so nice to see her at the three center gatherings."

Seniors who wish to become a client at any one of the three centers should be at least 60 years of age and must undergo an assessment. To find out more information on how to become a client or for information referral, please call 678.377.4150.

Outback Suwanee delivers food and service

G'day, mates! Local businesses and organizations can eagerly anticipate Outback at Work charity lunches to be delivered right at their door this fall. The Friends of Gwinnett County Senior Services (FOGCSS), a volunteer-governed non-profit organization that privately supplements select Gwinnett County Senior Services programs, continues the public-private partnership with the Suwanee Outback Steakhouse. This annual event has generated more than \$50,000 in seven years to assist the Gwinnett Senior Services Meals on Wheels program.

The Outback at Work charity lunches are more than scrumptious meals – they are value-added contributions to what helps to make communities great. Suwanee Outback Proprietor Yanis Latsis, who has come up through the restaurant's ranks, says, "Outbackers (his staff) are people who can make a difference." The Outback corporate culture is based on taking care of people, and the primary focus of Outbackers is to work as a team.



Latsis and his family emigrated from Latvia as religious refugees. Following high school, he took a job as a dishwasher at the Lilburn Outback store, joining his brother who was an opening cook. Four-plus years later, Latsis moved to the Suwanee Outback location and was promoted to Opening Kitchen Manager. During this period, the Outback at Work legacy with Gwinnett Senior Services began. Latsis fondly recalls the first year when the Outbackers volunteered their time and efforts to prepare and package hundreds of sizzlin'-off-the-barbie meals to help support seniors that they had never met. Community involvement activities such as this are part of the grassroots marketing effort of the company, and even when they volunteer, Outbackers are committed to maintaining top quality standards.

Latsis served two years in Cumming as a front house manager after his initial four-year stint in Suwanee. He points out that his shift to management from the hourly ranks reflects 90 percent of all corporate advancement within the Outback organization. The promotion to proprietor after 11 years of dedicated Outback service took Latsis to Gainesville for four years. He became fully immersed in the local community and quickly realized how many different ways Outback restaurants interact with the community. He estimates that a typical Outback restaurant is involved with 20 to 25 events annually ranging from tours to free lunches for school children or civic organizations. In addition to the restaurant donating food for the events, Outbackers at each location contribute an additional \$20,000 through their volunteer time.

Latsis has been back as the Suwanee Outback Steakhouse proprietor for several months, and he is committed to preserving the Outback at Work traditions. The 2007 dates are September 19 and October 17 when FOGCSS will be delivering pre-ordered meals to your door. Latsis is excited to be able to offer a mouth-watering mixed grill this year – beef tenderloin medallions, flame-grilled chicken, and shrimp with seasoned french green beans and vanilla bean mashed sweet potatoes. The No Worries Wednesday Mixed Grill combo is sure to be a big hit.

To reserve your Outback at Work charity lunch, e-mail shawn.valadez@gwinnettcountry.com or call 770.822.8846.

eventcalendar

art

Abrakadoodle Art • Mondays and Thursdays

October 22 – December 17 from 4:15pm – 5:00pm for ages 3 – 5 on Mondays; October 22 – December 17 from 5:15pm – 6:15pm for ages 6 – 12 on Mondays; October 25 – December 20 from 5:15pm – 6:15pm for ages 6 – 12 on Thursdays; cost is \$80 for an eight week course (allowing for Veterans Day holiday). Students will focus on multicultural art through Around the World with Art curriculum by completing projects such as a Japanese fan, ancient Egyptian scarab art, African masks, Moroccan/Indian body art, Fabergé eggs from the Russian Czars, Arabesque design in mixed media, Van Gogh's Sunflowers in collage, and more! Pre-registration and payment required by money order. For information, e-mail kjohnson@abrakadoodle.com. Call the Centerville Community Center at 770.985.4713 for registration information.

Acting for the Camera (Film and Television) • Saturdays

September 15 – December 8 from 10:00am – 11:30am. Learn skills to perform in front of the camera along with basic techniques for filmmaking. Participants will also make their own short film to present at the end of the workshop. This 12-week program is for ages 15 to adult. Cost: \$20 or free if students provide their own MiniDV tape or DVD. Space is limited to the first 20 participants, so don't delay! For more information, please send an e-mail to centerseat@gmail.com.

Scrapbooking • Saturdays

October 20, November 3, December 15 from 10:00am – 4:30pm. Create your own scrapbook album with themes such as The Croptoberfest Great Gathering in October, Turkey Shoot in November, and Scrappin' with Scrooge in December. Cost: \$15 for each class, plus supplies. Pre-registration and payment required. Call 770.985.8189.

Stage Acting Classes • Mondays – FREE!

September 10 – December 3 from 7:00pm – 9:00pm. This beginner's workshop is designed only for ages 13 to adults interested in the process of becoming an actor. Learn technique, preparation, analysis, improvisation, and basic acting skills using various methods. This 12-week workshop will end with a student scene or monologue presentation. There is no cost, but commitment is required. Space is limited to the first 20 participants, so don't delay! For more information, please send an e-mail to centerseat@gmail.com.

career

Toastmasters of Centerville • Thursdays

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

clubs

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 or call 770.557.1343.

Bridge, Bunko, and Dominoes • Wednesdays and Fridays – FREE!

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

MOMS Club of Snellville • First Tuesdays – FREE!

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

Red Hat Society • Third Thursdays – FREE!

7:00pm. The Cayenne Peppers of Centerville are looking for red and pink hatters to join the society. For more information, call 770.557.1343 or 770.985.4713.

dance

Pre-Ballet (ages 3 – 5) • Saturdays

September 29 – November 3 from 8:30am – 9:30am or 9:30am – 10:30am. Cost: \$45 for six weeks. Pre-registration and payment required. For information, e-mail saddlers@bellsouth.net or call 678.357.1164.

Pre-Ballet (ages 3 – 5) • Saturdays

November 10 – December 15 (no class on November 24) from 8:30am – 9:30am or 9:30am – 10:30am. Cost: \$45 for five weeks with full recital. Pre-registration and payment required. E-mail saddlers@bellsouth.net or call 678.357.1164 for more information. To register, call 770.985.4713.

Ballet/Tap I (ages 6 – 10) • Saturdays

September 29 – November 3 from 10:40am – noon. Cost: \$50 for six weeks. Pre-registration and payment required. For information, e-mail saddlers@bellsouth.net or call 678.357.1164.

Ballet/Tap I (ages 6 – 10) • Saturdays

November 10 – December 15 (no class on November 24) from 10:40am – noon. Cost: \$50 for five weeks with full recital. Pre-registration and payment required. For more information, e-mail saddlers@bellsouth.net or call 678.357.1164. To register, call 770.985.4713.

Jazz for beginners (ages 6 – 11) • Saturdays

September 29 – November 3 from 12:10pm – 1:30pm. Cost: \$50 for six weeks. Pre-registration and payment required. For information, e-mail saddlers@bellsouth.net or call 678.357.1164.

Jazz for beginners (ages 6 – 11) • Saturdays

November 10 – December 15 (no class on November 24) from 12:10pm – 1:30pm. Cost: \$50 for five weeks with full recital. Pre-registration and payment required. E-mail saddlers@bellsouth.net or call 678.357.1164.

Dance Lessons for Adults • Mondays – FREE!

October 8 – 29 from 7:00pm – 8:15pm for ages 20 – 40 and from 8:15pm – 9:30pm for ages 41 – 80. Come with a partner and learn fox-trot, swing, rumba, salsa, electric slide, and more. Instructor Larry Lucas has been a Gentleman Host teaching dance lessons for over six years on cruise ships around the world. Shoes without rubber soles, dance partner, commitment to class, and pre-registration are all required. Class limited to only 20 participants, so don't wait! Call 770.985.4713.

driving

AARP Driving Safety Program

September 18 and 20; October 16 and 18; November 13 and 15; and December 11 and 13 from 9:30am – 1:30pm. Take this eight-hour classroom refresher course especially designed for drivers ages 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 for the two-day program: \$10. Call 770.985.4715 for information.

**Rental Space Available
770.985.4713**

education for kids

Success in Learning Tutoring Program (grades 6 – 8) • Mondays and Wednesdays

October 1 – November 28 from 6:00pm – 7:00pm or 7:15pm – 8:15pm. Students receive special attention in small groups of five in reading, writing, and math skills. Service includes academic assessments, learning strategies, organizational skills, and more. Services provided by certified and experienced teachers. Cost: \$140 per month. For information, contact Terry Richard at 770.497.9609 or tawr707@aol.com. Pre-registration and payment required by calling 770.985.4713.

events

Breakfast with Santa • Saturday

December 8 from 9:00am – 11:00am. The Centerville Centerville Community Center and the MOMS Club of Snellville are having Breakfast with Santa, Mrs. Claus, and Elves and you're invited! There is no need to register, just come and visit, have your picture taken with Santa, complete a craft, and eat breakfast while you're here. It promises to be great fun! Cost is \$3.00 per person. Proceeds from the event will benefit the Partnership Against Domestic Violence. For information, call 770.985.4713 or visit www.centervillecommunitycenter.com.

Rice Festival • Saturday – FREE!

October 20 from noon to 4:00pm. Third annual Rice Festival Charity Event, Bridging Diverse Communities within Metro Atlanta, will be held at the Korean Church of Atlanta, 3205 Pleasant Hill Road in Duluth. Come and experience the diverse cultures of Asia through exciting performances by musical and dance groups, a variety of different Asian foods, and a showcase of traditional costumes. The event is sponsored by the Asian American Resource Center. To participate as a sponsor, vendor, performer, or volunteer at the festival, contact delores.muhammad@aarc-atlanta.org. To learn more about the Asian American Resource Center, call 770.270.0663 or visit the website www.aarc-atlanta.org.

Taste of Centerville: A Community Celebration • Saturday – FREE!

October 20 from 1:00pm – 7:00pm. Taste of Centerville will feature local area restaurant tasting booths, neighborhood grill masters, international tasting tables, inflatable jumping area for children, face painting, arts and crafts booths, live entertainment featuring local performers, and tethered hot air balloon rides (weather permitting). This event is sponsored by the Presbyterian Church of the Redeemer (PCR) and is supported by Gwinnett County's Centerville Community Center. Come out for a great day of community celebration, meet and greet your fellow neighbors and businesses, and enjoy great food and entertainment for all ages. PCR is located at 3750 Zoar Church Road in Snellville. For further information call 770.979.2467. Restaurants and businesses that want to be a part of the event, please contact Adel Thalos at 770.979.2467 extension 22.

exercise

Boot Camp • Saturdays

October 6 – November 3 from 9:00am – 10:00am. You will enjoy a variety of cardio exercises, lose weight, increase your strength and endurance, receive nutritional information, and more. For information, contact Wakesha Henley at 678.852.9944 or getfit10@bellsouth.net. Pre-registration and payment required by calling 770.985.4713.

Introduction to Cheer (ages 4 – 7) • Thursdays

October 4 – October 25, November 1 – November 29

eventcalendar

(no class November 22) at 4:00pm – 4:45pm. Learn basic cheerleading skills: arm and leg positions, jumps, tumbling, and music-accompanied dance routines. Cost: \$35 for 4 weeks. Pre-registration and payment required. Contact Maggie@studiodanceandfitness.com or call 770.985.4713 for class information.

Dance for Joy • Tuesdays

September 11 – October 23; October 30 – December 11 from 7:00pm – 8:15pm. This class is for adult women. Come enjoy this beginner's dance class and learn to strengthen and stretch with yoga and ballet, learn lyrical movements with scarves, and dance techniques of modern, belly, and folk dance. Cost is \$30 for seven weeks, payable by check or money order. Class includes a night performance and a CD to practice at home. Comfortable clothes and socks are required and a pair of three-pound weighted balls is recommended. For registration information, call 770.985.4713. For information, contact Liza Fewell at 404.247.4783 or azilbean24@hotmail.com.

Teen Hip-Hop Fitness (ages 12 – 18) • Saturdays

October 6 – 27 and November 3 – December 1 from 10:00am – 11:00am and noon – 1:00pm. Program combines music that teens love with exercises to benefit their bodies with a focus on group cardio and strength training. Music genres include Hip-Hop and R&B. Participants should bring a mat, towel, and water bottle. Cost: \$30 for four weeks with a sibling discount of 50 percent. For class information, contact Rose Parker at 404.406.8698 or roserebel4@yahoo.com. Pre-registration and payment required by calling 770.985.4713.

Karate • Mondays and Wednesdays or Saturdays

September 5 – December 3 from 5:30pm – 6:10pm on Mondays and Wednesdays for ages 3 – 6; from 6:15pm – 6:50pm for ages 7 – 12. September 8 – December 1 on Saturdays from 9:00am – 9:40am for ages 3 – 6; from 9:45am – 10:25am for ages 7 – 12. This is a three-month program. Pay in advance to receive a 20 percent discount. To pay by month, the cost is \$49 for one day a week or \$69 for two days per week with a \$50 uniform charge. A 50 percent sibling discount is available for the second and third child, free tuition for the fourth and fifth! For curriculum information, contact Larry Bullard at 404.644.2973 or at appkarate@aol.com. For registration information, call the Centerville Community Center at 770.985.4713.

Karate (mini session) • Mondays and Wednesdays

December 5 – 17 on is a two-week program from 5:30pm – 6:10pm for ages 3 – 6, and from 6:15pm – 6:50pm for ages 7 – 12. December 8 – 15 on Saturdays is a two-week program from 9:00am – 9:40am for ages 3 – 6, and from 9:45am – 10:25am for ages 7 – 12. The cost is \$24.50 for one day per week (Monday/Wednesday/Saturday) for students with uniforms; \$34.50 for two days per week (Monday/Wednesday/Saturday) for students with uniforms. For new students, a \$50 uniform charge is required at registration. For curriculum information, contact Larry Bullard at 404.644.2973 or at appkarate@aol.com. For registration information, contact the Centerville Community Center at 770.985.4713.

Kickboxing • Thursdays

October 4 – 25 from 7:00pm – 8:00pm. Lose weight, strengthen your body, tighten your abs, and learn to become assertive. Cost: \$40 for four weeks. Contact Wakesha Henley at getfit10@bellsouth.net or 678.852.9944 for class information. Pre-registration and payment required by calling 770.985.4713.

Mommy and Me Fitness • Wednesdays – FREE!

October 3, 17; November 7, 28 from 10:30am – 11:15am. Moms and toddlers (18 months – 3 years) bond while learning healthy habits. Movements are easy to follow while instructing children in basic movement changes. Pre-registration required by calling 770.985.4713.

Tumbling for Children (ages 4 – 6) • Mondays

October 8 – 29; November 26 – December 17 from 4:00pm – 4:45pm. Introduction to tumbling and movement skills for young children will include rolling, jumping, cartwheels, beam skills, and basic coordination. Cost: \$35 for four weeks. Pre-registration and payment are required. Contact Maggie@studiodanceandfitness.com or call 770.985.4713 for information.

Yogalates • Tuesdays

October 2 – 23, October 30 – November 20, November 27 – December 18 from 7:00pm – 8:00pm. Come and enjoy the integration of power yoga moves, deep breathing, and mat Pilates. Gain value from stretching and strengthening your abdominal area and upper and lower body. Cost: \$40 for four weeks. Contact Wakesha Henley at getfit10@bellsouth.net or 678.852.9944 for class information. Pre-registration and payment required by calling 770.985.4713.

finances

Homebuyer Workshop – FREE!

November 3 from 10:00am – 2:00pm. Identifies each step in the process. Professionals who represent each component of the process make presentations. Topics include money management and planning, credit and credit reports, the mortgage loan process, fair housing, realty, insurance, inspection, and appraisal. A certificate is awarded upon completion. Sponsored by Consumer Credit Counseling Services. Pre-registration, commitment, and five participants required to hold the class. For more information, call 770.985.4713.

Financial Workshop for Women • Tuesday – FREE!

October 23 from 10:00am – 11:00am. Information on key financial and retirement strategies for the working woman. Workshop is sponsored by Daniels and Associates and Seminars of the South. Pre-registration and commitment required. A minimum of five participants is needed to hold the class. Call 770.985.4713 for more information.

Fixed Income and How to Survive During Retirement • Tuesday, October 23 – FREE!

2:00pm – 3:00pm. Living on a fixed income can be tough. Learn some rules of the road that can make your life more financially comfortable. Workshop is sponsored by Daniels and Associates and Seminars of the South. Pre-registration and commitment required. A minimum of five participants is needed to hold the class. Call 770.985.4713 for more information.

Pension Benefits • Tuesday – FREE!

November 13 from 10:00am – 11:00am. Veterans or widows and orphans of veterans over 64 years of age may qualify for tax-free pension benefits up to \$1,800 per month. These benefits are granted by Congress and have been available for over 50 years. Find out if you qualify. Workshop is sponsored by Daniels and Associates and Seminars of the South. Pre-registration and commitment required. A minimum of five participants is needed to hold the class. Call 770.985.4713 for more information.

Personal Healthcare – Paying for Long-Term • Tuesday – FREE!

November 13 from 2:00pm – 3:00pm. As we get older, healthcare becomes more important in our lives and more expensive too. Learn some of the legal strategies to protect your health, money, and assets. Workshop is sponsored by Daniels and Associates and Seminars of the South. Pre-registration and commitment required. A minimum of five participants is needed to hold the class. Call 770.985.4713 for more information.

SCAMS! • Tuesday, December 18 – FREE!

10:00am – 11:00am. Protect yourself and identify chal-

lenges of life and retirement. Topics include contracts, income distribution, probate, wills, trusts, etc. Sponsored by Daniels and Associates and Seminars of the South. Pre-registration and commitment required. A minimum of five participants needed to hold the class. For more information, call 770.985.4713.

Tax Mistakes Made During Retirement • Tuesday – FREE!

December 18 from 2:00pm – 3:00pm. Taxes follow us all of our lives, even into retirement. Workshop is sponsored by Daniels and Associates and Seminars of the South. Pre-registration and commitment required. A minimum of five participants is needed to hold the class. Call 770.985.4713 for more information.

health and safety

Babysitter Training • Saturdays

October 6, November 3, December 1 from 9:00am – 1:00pm. Youth ages 12 – 15 receive training in basic child care safety and safe play, First Aid, and professionalism and leadership skills. Cost: \$55 for materials and certification by the American Red Cross. For course information, contact kimlafourche@aol.com. Pre-registration and payment required by calling 770.985.4713.

Heartsaver First Aid/CPR Certification • Saturdays

October 20, November 17, December 15 from 9:00am – 1:00pm. Effectively recognize and treat adult emergencies in the critical first minutes before emergency responders arrive. The course also includes AED training. Cost: \$55 for materials and certification by the American Heart Association. Contact kimlafourche@aol.com for course information. Pre-registration and payment required; call 770.985.4713.

Life Line Screenings: 10 Minutes Could Save Your Life • Monday

October 1 from 9:00am – 4:00pm. Preventive healthcare ultrasound screenings will be provided to scan for plaque buildup, peripheral arterial disease, and aneurysms. Bone density screenings for women and men will screen for risk of osteoporosis. Tests are non-invasive, completely painless, and take about 10 minutes each. The cost for vascular tests is \$45 each or a package price of \$119; osteoporosis screening is \$35. The Complete Wellness Package including all four tests is offered at \$129. Screenings are recommended for ages 40 years and older. Pre-registration is required. Space is limited, so schedule your appointment by calling 1.800.324.1851 or contact Khristel McGill at 678.462.3702 for additional information.

Project Safe Place

The Centerville 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. For more information, visit www.gwinnettchildrenshelter.org or call 770.985.4713.

mentoring

Diamond in the Rough's Clusters Mentoring Program • Thursdays

6:00pm – 7:30pm. This is a group mentoring and leadership program for middle school GIRLS ages 12 – 15. Program is designed to prepare, inspire, nurture and provide knowledge. Visit www.ditr.org or call 678.376.9676 for more information.

Visit our website
www.centervillecommunitycenter.com

eventcalendar and news

music

Milk and Cookies Concert – FREE!

October 9, November 13, December 11 from 11:30am – 12:15pm. Interactive rhythm exploration and a snack to celebrate after all the work! Activity is for children ages 1 – 5. No registration required. Call 770.985.4713.

parenting

Nurturing Parents Program • Tuesdays (September 11 – November 13) – FREE!

6:00pm – 8:30pm. Learn how to nurture communication strategies, recognize one another's needs, build self-esteem in children and adolescents, increase empathy, employ non-violent discipline, and combat peer pressure, drug and alcohol abuse, and more. Free childcare, meals, door prizes, and sessions for parents, adolescents, and children. All ages welcome. Enrollment is limited to the first 15 families, so don't delay. Register today by calling Tamera Ferguson at 678.377.3771.

workshops

Centerville Writers' Group • First and Third Thursdays – FREE!

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

Digital Photography • Tuesdays – FREE!

October 2: Digital Photography is Easy; October 9: Photography Tips for Improved Photos; October 23: Vacation, Children, and Pets; November 6: Digital Photography is Easy; November 13: Photography Tips for Improved Photos; November 27: Vacation, Children and Pets; December 4: Digital Photography is Easy; December 11: Photography Tips for Improved Photos; December 18: Vacation, Children, and Pets. Workshops are from 7:00pm – 8:00pm encompassing instruction, picture taking, and critique. Requirements: Digital camera, memory card, and ability to print photos from home (no special photo printers needed). Come learn from Gene Daniels, a retired professional photographer. Pre-registration/commitment required to hold each class. For more information, call 770.985.4713.

Snellville Writers' Group • First and Third Thursdays – FREE!

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

Instructors Needed!

Send an e-mail to
vivian.gaither@gwinnettcountry.com
for more information.

“Our attitude towards
life determines life's
attitude toward us.”

– Earl Nightingale

CCC welcomes Larry Bullard and the Appalachian Karate Academy

Give yourself or someone you love one of life's greatest gifts: self-esteem, improved self-discipline and control, greater focus and concentration, and self-defense techniques.

“Martial Arts teaches more than self-defense. Participants learn important life skills, health and fitness habits, and develop the confidence to defend themselves. Students also develop the courage to take on new challenges and responsibilities, not just at the Appalachian Karate Academy, but at home, school, and in their careers through confidence and inner strength to persevere and reach their goals,” says Larry Bullard. Bullard is the owner, operator, and instructor of the Appalachian Karate Academy, which has been changing thousands of children, adults, and teenagers' lives for more than 30 years.

Bullard's program offers life-changing positive benefits such as building children's confidence by teaching them how to protect themselves and to be able to handle life's challenges. As a result, they are given the courage to say “no” to negative influences. They learn to focus as the

training provides clear goals and teaches how to achieve them through hard work and consistency. Participants also learn self-control by being able to respect themselves and others. Throughout the program students are recognized and encouraged to earn stars, patches, and other forms of achievement by maintaining perfect attendance, academic scores, and leadership roles.

Bullard is a sixth degree black belt, has served as the charter chairman of the Dojo Organization, and was inducted into the Black Belt Hall of Fame in 1997, when he was also awarded the Dojo Organization's coveted Pioneer Award. Bullard was also inducted into the Battle of Atlanta's Southern Martial Arts Hall of Fame and is the 2003 recipient of the Living Legends Sport Karate Awards recognized by Bob Wall and the late Bruce Lee.

Classes will be offered to children ages three to six and seven to 12. To learn more about the basic level curriculum, contact the Centerville Community Center at 770.985.4713, www.centervillecommunitycenter.com and/or www.geocities.com/appkarate.

Alvin and The Chipmunks announce Breakfast with Santa

Dave: *Alright you Chipmunks, it's almost time for us to start practicing for the annual Breakfast with Santa at the Centerville Community Center. There will be hundreds of children there again this year, and it is important that we are in top form. Simon, are you ready to practice your song?*

Simon: *I'll say we are!*

Theodore: *Yeah, let's sing it now!*

Dave: *O.K. Alvin? Alvin? A-L-V-I-N!!!*

Alvin: *“O.K.!”*

(All together): *Christmas, Christmas time is near, Breakfast with Santa Claus, my dear. French toast sticks, and muffins too, Milk and juice for me and you! Transformers or PSP, Me, I want a PlayStation 3! We can't wait to see Santa, So come to Centerville!*

Dave: *Remember, Breakfast with Santa is a very important event.*

Simon: *Yeah, it's sponsored by the Centerville Community and the MOMS Club of Snellville.*

Theodore: *Every kid makes a craft, has breakfast and has their picture taken with Santa! While there, kids can also visit with Mrs. Claus and the elves too!*

Alvin: *It's only \$3 per person, and all the proceeds benefit the Partnership Against Domestic Violence, so don't miss it!*

Breakfast with Santa will be held Saturday, December 8 from 9:00am until 11:00am, at the Centerville Community Center, 3025 Bethany Church Road in Snellville. Please come on time since supplies are limited, no reservations necessary. For more information, call 770.985.4713.

Just 10 minutes could save your life

Life Line Screening is a preventative healthcare ultrasound screening program that can detect plaque build up, aneurysms, and osteoporosis. With early detection, these problems can be treated.

Through the program, the carotid artery in the neck is scanned 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 third test is offered for aneurysms in the aortic vessel in the abdomen. Life Line Screening also offers bone density screenings for women and men to test for risk of osteoporosis.

Tests are non-invasive, completely painless, and take about 10 minutes each. The vascular tests are offered for \$45 each or at a package price of \$119. The osteoporosis screening is \$35. The Complete Wellness Package including all four tests is offered at \$129. Blood work will be available for testing diabetes for \$50 and results are available that day. All other results will be sent directly to you.

Screenings are recommended for people who are 40 years and older. Life Line Screening will be offered at the Centerville Community Center, 3025 Bethany Church Road in Snellville on Monday, October 1. Pre-registration is a must. Space is limited. Please schedule early by calling 1.800.324.1851 for your appointment, or if you have any questions, contact Khristel McGill at 678.462.3702.



eventcalendar and news

calendar

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.

Make time for family dinner

Spend some time with your family by preparing meals and eating together. Meal time is a daily part of life that lends itself the opportunity for the family to spend time and bond together. Here is a quick and easy recipe you could make and share with the rest of the family.

Baked Spaghetti

Preparation time: 12 minutes
Cook time: 15 – 20 minutes
Serves: 4 – 6

Ingredients:

- 12 oz. whole grain spaghetti
- ½ cup olive oil
- 3 cloves garlic, minced, or 1 tsp garlic powder
- 1 medium onion, chopped
- 2 bell peppers, chopped
- 1 tbsp dried basil
- 6 cups spaghetti sauce
- ½ lb. ground turkey
- 2 cups mozzarella cheese shredded, divided
- 1 cup Parmesan cheese grated, divided

Preparation:

- Cook the spaghetti according to package directions; drain, cover and set aside
- Preheat oven to 350°
- Heat oil in large skillet on medium heat
- Add garlic, onion, peppers, and basil; sauté 3 minutes
- Add ground beef until brown and add sauce, simmer 3 minutes
- Spread 1 cup of the sauce mixture into bottom of a 13" x 9" baking dish.
- Layer half of the spaghetti, half of the remaining sauce mixture, 1 cup mozzarella, and ½ cup parmesan
- Repeat layering
- Bake for 15 – 20 minutes
- Let stand 10 minutes before serving

Whole grain spaghetti is a good source of fiber. Buy low fat spaghetti sauce, and use low fat ground turkey, parmesan, and mozzarella cheese.

Source: Inés Beltran, FACS and Radon Agent at Gwinnett Extension Service

“Children require guidance and sympathy far more than instruction.”

– Annie Sullivan

Survey reveals challenges facing Gwinnett youth

Fact: One in five Gwinnett County youth who report being sexually active had their first sexual experience at the age of 14 or younger. Fact: More than 50 percent of high school youth report using alcohol with 30.6 percent reporting they got the alcohol from a family member or other adult.



These and other risk factors are available in a survey of 32,273 Gwinnett County youth conducted by the Gwinnett Coalition for Health and Human Services, a 501c3 nonprofit organization. Survey question categories ranged from personal health and physical activity to sexual involvement and substance use. Since the first survey in 1996, results have been used to facilitate collaboration among local health and human service agencies to improve services that provide safeguards for local children.

The most recent survey data in 2006 provided the following conclusions:

- Children from blended families are often more involved in high risk behaviors than children from single parent families
- Children who are not involved in school or community activities are more involved in high risk behaviors
- The more assets and/or protective factors children have in their lives, the less involved they are in high risk behaviors
- Communities can impact high risk behaviors if they mobilize and collaborate to address pressing issues
- There are not many differences between clusters when it comes to high risk behaviors

Over the years, one conclusion has been constant with each survey: parents are the most important line of defense. However, they must be aware of what's going on, communicate with their children, take stands, set rules, and enforce consequences. The Gwinnett Coalition for Health and Human Services has a booklet available with the data results related to various risk behaviors including drug use, sexual activity, delinquency, protective factors, health, and nutrition. The booklet also contains tips and resources for parents searching for ways to help their children. If you or someone you know is interested in obtaining a copy of the survey results booklet, please contact Ellen Gerstein at the Gwinnett Coalition for Health and Human Services at 678.376.7887 or e-mail her at ellen@gwinnettcoalition.org. Copies of the results booklet can also be downloaded at gwinnettcoalition.org.

Give your children the gift of time

Quantity time matters just as much, if not more, than quality time. Parents need to be there – they need to be a witness to their children's lives. That means creating good times, but more importantly, it means being there when things are tough. It means being an active participant in your child's everyday struggles.

Quantity time requires that we be there. Quality time ends once the weekend trip is over and Sunday evening rolls around.



Once you've made family your priority, it's fairly easy to weed out the activities that take up too much time. Maybe when you were single and had no children, you could do it all, but having a family has changed all that. As parents, we have to make hard choices. This means saying "no" more often to the people and activities that aren't central to our lives.

Relationships take care and time. Spending time with your children shouldn't be a chore. (If it does, then playing with your child will be your greatest medicine because it will teach you to relax.)

Tips for creating more time with your children

Rethink your life. One day each week, squeeze your schedule into your family life, rather than your family into your schedule. Find things that you can do together as a family. Make sure that you give each child individualized attention. Talk to your child and find out how he's doing. Be accessible, even when you're busy.

Spending time doesn't mean you have to do anything special. All it means is that you give your interest and attention. If you're overwhelmed with chores, ask your kids to help. There's something about engaging with others in routine activity that invites conversation and connection. Above all, check yourself before you use candy, money, toys, or trips to make up for being unavailable. Remind yourself that this is often a clever defense to assuage a sense of guilt.

Time spent spontaneously and given freely is a great healer of relationships. Learn to make time for the people in your life. Have days or at least moments when you freely give your time. Put all things aside and give your children time. By doing so, you'll be giving them the most valuable thing you own.

Interact with your child and her social circle. Getting to know your child's friends, friends' parents, teachers, school personnel, coaches, and other contacts will get you involved in your child's life and let you know what interests her.

Adapted from Parenting Tips by Laura Pickford Ramirez

eventcalendar and news

computer classes

Computer instruction in Korean • Thursdays and Fridays

10:00am – noon. This program is provided by the Asian American Resource Center (AARC), 770.270.0663; the cost is \$100 for a three-month period. Call the Norcross Human Services Center to register 770.638.5661.

Computer Instruction in Spanish • Tuesdays and Thursdays

6:30pm – 8:30pm. Program is provided by Futuro, 404.642.1345. The cost is \$100 for five weeks and a one-time \$25 registration fee per year. Minimum of eight students per class. Call the Norcross Human Services Center to register, 770.638.5661.

Computación en Español • Martes y Jueves

6:30pm – 8:30pm. \$100 por cinco semanas y una inscripción de \$25 por año. Mínimo de ocho estudiantes por clase. Programa presentado por Futuro, 404.642.1345. Llame al Centro de Servicios Humanos de Norcross para inscribirse al 770.638.5661.

education

Tutoring – Math and Reading

Tuesdays from 4:00pm – 5:00pm and 5:00pm – 6:00pm. Wednesdays from 5:00pm – 6:00pm. Saturdays from 9:00am – 10:00am and 10:00am – 11:00am. Cost: \$25 per hour session or \$40 for two sessions. Academic assistance with math and reading is being offered to all grade students. Basic math and algebra skills can be mastered. Reading strategies will strengthen comprehension and language skills. Each student will be guided through a study plan and will be provided support that will enable them to improve their academic standing in a small group setting. Sessions begin the week of September 17 and are taught by a certified teacher. Space is limited. Provided by One 2 One Educational Support, Inc., 678.230.4027. Call the Norcross Human Services Center to register, 770.638.5661.

health and nutrition

General Health and Nutrition – FREE!

Second and fourth Friday of every month from 10:00am – noon. All ages are welcome. Learn how to eat right and how to use the food pyramid, plan meals, and find about community resources. Information provided in both English and Spanish. Provided by The University of Georgia

Fun for young and old

"It is fun playing with older people you barely even know," said six-year old, Adriana Baughman. She is referring to a day spent with the seniors at the Norcross Human Services Center playing bingo and board games. Adriana was a participant of the summer camps held this year at the Center by One 2 One Educational Support, Inc.

Rita Williams, Executive Director of One 2 One Educational Support, Inc., expresses her excitement to the success of the program, *"I saw a need for an enrichment program for the children in the community. NHSC was a convenient location for parents, and had the resources available with the open classroom setting. We were also able to utilize the computers, which added to the program."*

This was the first year a summer camp was ever held at NHSC with an enrollment of 57 children ranging in age from five to 10 years old. Free breakfast and lunch were included in the program as well as field trips.

Extension Service. For information call 678.377.4010. Call the Norcross Human Services Center to register, 770.638.5661.

language

English Literacy/Civics (English Class) Levels One, Two, and Three • Mondays and Wednesdays

6:30pm – 8:30pm. This program is for adults who want to learn English. There is a one-time \$20 registration fee. The program is provided by the Asian American Resource Center, 770.270.0663. Call the Norcross Human Services Center to register, 770.638.5661.

English Literacy/Civics (English Class) Levels One and Four • Tuesdays and Thursdays

6:30pm – 8:30pm. This program is for adults who want to advance their knowledge of the English language. There is a one-time \$20 registration fee. Provided by the Asian American Resource Center, 770.270.0663. Call the Norcross Human Services Center to register, 770.638.5661.

English Literacy/Civics (English Class) Levels One and Three • Saturdays

9:00am – 11:00am. This program is for adults who want to learn English. There is a one-time \$20 registration fee. The program is provided by the Asian American Resource Center, 770.270.0663. Call the Norcross Human Services Center to register, 770.638.5661.

English Reading and Writing • Wednesdays – FREE!

9:00am – 11:00am. Program is conducted for adults in an informal setting. People with all levels of proficiency in the English language are invited to this ongoing program. Space is limited. Call the Norcross Human Services Center to register, 770.638.5661.

Inglés Escritura y Lectura • Miércoles – GRATIS!

9:00am – 11:00am. Programa para adultos en un formato informal y con niveles mixtos. Espacio limitado. Llame al Centro de Recursos Humanos de Norcross para registrarse al 770.638.5661.

Spanish • Tuesdays and Thursdays

6:00pm – 8:15pm. The cost is \$60 for four weeks. A minimum of five students per class is required. There is no registration fee. Call the Norcross Human Services Center to register, 770.638.5661.

Spanish • Saturdays

6:00pm – 8:15pm. The cost is \$60 for four weeks. A minimum of five students per class is required. There is no registration fee. Call the Norcross Human Services Center to register, 770.638.5661.

multicultural

Citizenship • Fridays

7:30pm – 8:30pm. 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.

Girl Scouts • Saturdays

10:30am – 12:30pm. Troop meetings are held on the first and third Saturday of every month. To join a troop or for more information, call 404.527.7500.

Reunión de Girl Scouts • Sábados

10:30am – 12:30pm. Reunión de topas, el primer y tercer sábado de cada mes. Para registrarse a las Girl Scouts o para más información, por favor llamar al 404.527.7500.

Parents Night Out

6:30pm – 10:30pm. Favorite Custom Night on October 12; Pilgrims and Indians Night on November 9; Underwater Wonders Night on December 14. Fall Festival Night on September 14. The cost is \$5 per child. Children ages 5 to 12 can participate in planned activities including arts, crafts, and movies. Snack and drink included. This program is provided by Sparks and sponsored by Norcross Human Services Center. Call 770.638.5661.

Noche Libre para Padres

6:30pm – 10:30pm. Noche de Disfraces Favoritos el 12 de octubre; Noche de Indios y Pilgrims el 9 de noviembre; Noche de las Maravillas debajo del agua el 14 de diciembre. Diferente temas cada mes; actividades organizadas que incluyen manualidades, arte, y película. Merienda y bebida incluida. Regístrese en avanzado para reservar su cupo. El coste es \$5 por niño de 5 a 12 años. Programa suministrado por Sparks y auspiciado por El Centro de Recursos Humanos de Norcross. Llame al Centro de Recursos Humanos de Norcross para registrarse al 770.638.5661.

support groups

Bus Driver Recruiting Information – FREE!

Monday to Fridays. 9:00am – 4:00pm. Free information on how to become a Gwinnett County School bus driver.

Gamblers Anonymous • Mondays – FREE!

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

Parenting Classes • Tuesdays

6:30pm – 8:30pm. Classes taught in Spanish. Series of eight sessions teaching the STEP method of parenting. For more information and to register please contact the Gwinnett Children's Shelter at 678.546.8770.

Clases de Crianza • Martes

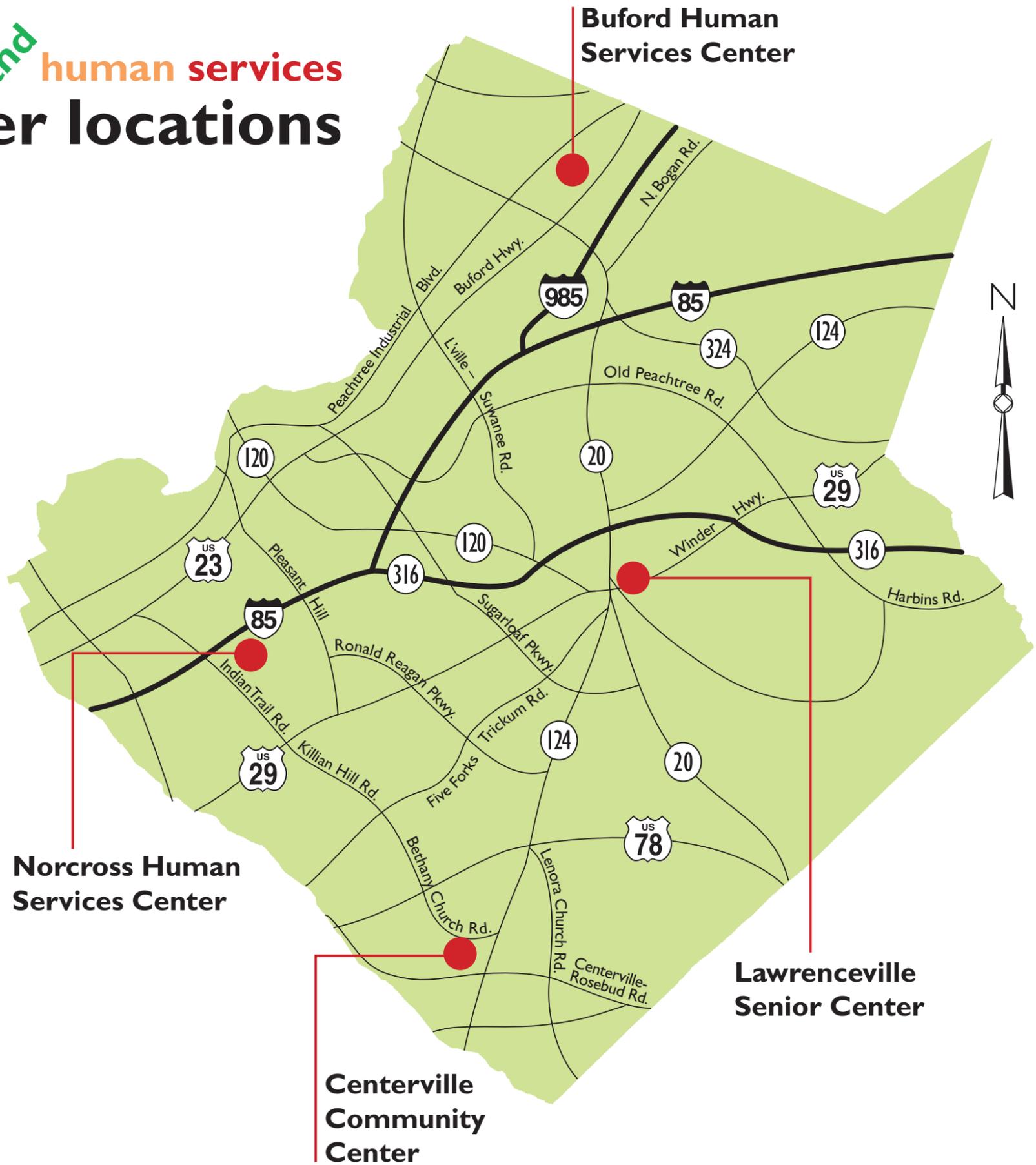
6:30pm – 8:30pm. Información en español. Series de ocho secciones las cuales enseñan con el método STEP (Paso), los métodos de crianza. Para más información, comuníquese con el Children's Shelter al 678.546.8770

workshops

Radon Workshop – FREE!

Monday, September 17 from 1:00pm to 2:00pm. Radon is the second leading causes of lung cancer in the U.S. Come learn how it can affect your health and if it is in your home. Complimentary radon test kits will be given to all attendees. Information will be provided in both English and Spanish. Call 770.638.5661 to register.

health *and* human services center locations



Centerville Community Center

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

Activities housed in the center include:

- Tutoring/academic prep courses
- Art/dance/drama/exercise classes
- Teen forums 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
- Gwinnett County Department of Motor Vehicles (Tag Office)
- A one-stop integrated health and human services center

Buford Human Services Center

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

Agencies housed in the center include:

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