

# onestop

gwinnettcountry's resource for quality living

news & calendar sept – dec 2011

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## Safety tips for kids home alone

In the movies, Kevin McCallister made staying home alone seem like an adventure. But in reality, there is an increasing number of parents who work and more children who are home alone after school. Many of these children are home alone because daycare might be unavailable, cost-prohibitive, or unsatisfactory or no neighbors are available to provide supervision while looking after their own children.

Like most states, Georgia does not have regulations or laws to determine when a child is considered old enough to care for her/himself or to care for other children. However, there are state guidelines administered through the Division of Family and Children Services to evaluate situations and determine if a child neglect investigation is warranted. DFCS encourages parents to use sound judgment and assess the maturity and responsibility of their children before deciding whether to leave them home alone.

In Georgia, it is recommended that children ages 9 through 12 can be left alone for up to two hours. Children ages 12 and up should not be left alone for more than 12 hours at a time. Please be aware that parents are still held responsible for their children if problems arise. Authorities could still take action against the parents depending upon the circumstances.

While teaching your child safety rules for staying home alone, it is important to stress the importance of being safe without unnecessarily instilling fear.

### Safety tips for parents

- Post a list of emergency numbers including family members, trusted friends and neighbors, and emergency personnel
- Make sure your child knows his/her phone number and address. Write these on the list of important numbers. It



is very easy for anyone, especially a child, to panic in an emergency. If included on the list, your child can easily read the information aloud to a 911 operator in case of emergency

- Make sure smoke detectors are installed and operating on every floor of the house and teach your child what to do in case of fire. Practice fire evacuation routes with your children
- Keep a first aid kit in the house, and teach your child basic first aid
- Keep a flashlight and batteries in an easily accessible place in case of a power outage. Show your child where to find it

...cont'd on page 5

## Do you know your neighbor?

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

**Clue:** Their country is considered the bridge between the East and West and has a unique blend of cultural traditions.

**Clue:** Many are of Islamic faith, but strong Christian and Jewish influences exist.

**Clue:** It is not unusual for visitors to be offered food and beverages by shop owners in the marketplace, or even offered shelter for a few nights in the homes of villagers.

**Clue:** Families often consist of three generations living together. Tradition dictates that families should work together and all members should contribute somehow to the family.

**Clue:** When sitting, it is considered rude to expose the sole of your foot.

**Clue:** People often stand close to each other during conversations.

**Clue:** Keeping eye contact during a conversation is important; it indicates sincerity.

**Clue:** Head gestures are very common.

**Clue:** When entering a room, if you are not automatically met by someone, greet the most elderly or most senior first.

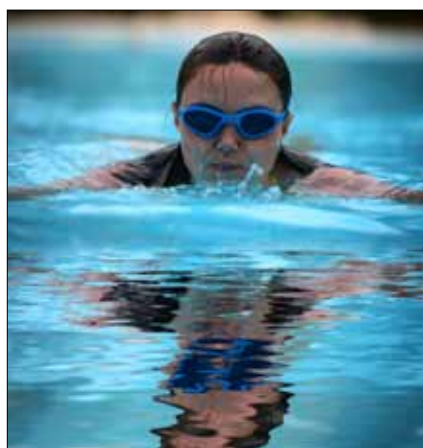
**Clue:** Homes are divided into guest and private areas, and it is improper to ask for a tour of the house.

**The answer is on page 7.**

## Staying fit indoors

The winter months are drawing near, a time when many otherwise active people dread the idea of going outdoors to exercise. Here are some cost-effective ways to stay in shape and out of the cold.

- Walk at an indoor location, like a mall. If you need extra motivation to get yourself to the mall, join a walking group. This will help you stay accountable to someone other than yourself
- Create a home gym. This doesn't have to be expensive. You can easily setup a great workout routine with just a set of dumbbells, an exercise ball, and a jump rope, all for around \$50
- If you have stairs where you live or close by, you can spend as little as 20 minutes at a time climbing up and down the stairs and get a very intense and efficient workout
- Get wet. Find a local indoor pool you can use. Try swimming, water aerobics, or even just walking or running laps in the water
- Visit a library. Usually local libraries offer exercise videos you can check out for free. Pick up a new one to try out every time you return the previous video



you increase cardiovascular strength. Thirty minutes, three days a week is all it takes to see the benefits of exercising.

By staying fit during winter you'll be able to avoid gaining weight, get a head start on swimsuit season, and avoid losing strength and stamina caused by inactivity. Also, keep in mind that exercise and nutrition go hand in hand.

Within the comfort of your own home, check out [www.tvgwinnett.com](http://www.tvgwinnett.com) and watch *Growing in Gwinnett* to get an exercise workout, learn new recipes, and become informed on health-related issues.

Remember, exercising is more than a means to lose weight. It is a way to preserve and improve your health. When you exercise, your muscles become toned, your metabolism speeds up so you burn more calories, and

## Depression in older adults

With older adults, it can be hard to tell the difference between depression and illnesses such as dementia. In addition, older adults may not talk to their doctor about their sad or anxious feelings because they are embarrassed. But depression is nothing to be embarrassed about. It is not a personal weakness; it's a medical illness that can be treated.

### Symptoms of depression:

- No interest or pleasure in things you used to enjoy
- Feeling sad or numb
- Crying easily or for no reason
- Feeling slowed down or feeling restless and irritable
- Feeling worthless or guilty
- Change in appetite; unintended change in weight
- Feeling anxious, or worrying all the time
- Trouble recalling things, concentrating, or making decisions
- Headaches, backaches, or digestive problems
- Problems sleeping, or wanting to sleep all of the time
- Feeling tired all of the time
- Thoughts about death or suicide

**There are resources available to help older adults and their caregivers cope with depression:**

Fuqua Center/Emory Division of Geriatric Psychiatry  
 Appointments: 404.728.6302  
 fuqua.emoryhealthcare.org

Georgia Telemedicine Project  
 To access geriatric psychiatry specialists in rural areas of the state  
 866.754.4325

The Georgia Crisis and Access Line  
 800.715.4225

Screening for Mental Health  
 mentalhealthscreening.org

AgeWise Connection  
 Information on aging services in Georgia  
 404.463.3333 or 800.676.2433

## Caregiving from a distance

Many of us have senior relatives who are still independent and insist on living on their own, in their own home. It may be a few miles away or quite a distance from you.

*"Caregiving from a distance is extremely challenging. The most important thing is to have some level of communication,"* said **Adrienne Noble**, Information and Referral Specialist of Gwinnett Senior Services. Noble suggests reaching out to the senior's friends, neighbors, church groups, and senior centers to find out what's going on. They can be the eyes and ears when you are not physically there.

Think about scheduling visits around holidays, birthdays, and monumental events that transpired in that person's life to make him or her feel even more special. Your presence may also be needed for additional support to attend doctor's appointments. Noble emphasizes, *"Many seniors do not want to reach out and ask for the help, as they do not want to overwhelm their loved ones."*

Oftentimes, it is the absence of family that makes seniors sad and lonely. Stay in touch with letters and phone calls. Do not be intimidated to introduce them to new technology for them to feel closer to you. Playing games such as Scrabble® through the Internet, using video chat online, and social media keeps them in touch with the younger generation and something to look forward to. Suggest they join a club or committee to get involved in the community and be among their peers.

From time to time, welcome a visit from your senior family members. Get them out of the house to see new sights. It is another way for you to share joyous memories that will last a lifetime.

*"You may not be able to be by their side as often as you would like, so reach out and stay in touch with your seniors. When they know someone is there to connect with emotionally, it is better for their overall health,"* says Noble.

## Dining on a budget

### Chicken Vegetable Salad

4 servings

#### Ingredients

- 2 cups cooked turkey or chicken, diced
- ½ cup celery, diced
- ¼ cup green pepper, diced (if desired)
- ¼ cup onion, chopped
- ¼ cup yogurt (low-fat or fat-free) or mayonnaise (reduced-fat)

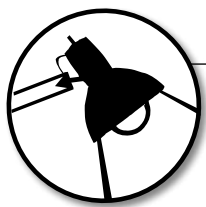
#### Cooking instructions

1. Toss ingredients together with yogurt or mayonnaise
2. Chill; salad can be eaten as is or spread on crackers or bread

Per serving using low-fat yogurt – calories: 133 (19% of total calories from fat); total fat: 3 grams; sodium: 73 milligrams; Vitamin A: 2%\*; Vitamin C: 15%\*; Calcium: 5%\*; Iron: 5%\*

\* Percentage Daily Values

For similar recipes, call Ines Beltran, FACS Agent, Gwinnett County Extension Service, at 678.377.4010 or e-mail her at ines.beltran@gwinnettcountry.com.



## Senior Services Spotlight

### 99 and active

It is rare to find a native Gwinnettian, let alone one who lives on her own in her late nineties. Meet **Bessie Faulkner**, who is 99 years old and attends Buford Senior Center.

Bessie insists on living independently. She told family members that she worked a lot of years to pay for her house and didn't want to go anywhere else. When it came to retirement, Bessie was not in a rush. She didn't give in until age 86, when her son Robert retired and convinced her to do the same.

Several years ago, Bessie told Robert, *"I'm not gonna live with you, but you can come and see me every day."* That is exactly what he does. For her 99<sup>th</sup> birthday, he took her to get a pedicure and have lunch at Golden Corral. Robert says, *"She is priority number one. She is such a wonderful lady, taking care of me all my life. I truly thank God for her."*

Bessie was born in Winder and moved to Buford at the young age of 7. Her father worked at the historical tannery in Buford. Later on in life, she married and had two children, Carolyn, who is now deceased, and Robert. They were raised in her current house, which she has occupied for 62 years.



**Bessie Faulkner (center) receives a birthday hug from a Buford Senior Center participant on her 99<sup>th</sup> birthday**

**Shirley Reed**, Buford Senior Center Specialist, says, *"Bessie comes to the center to play her favorite game, Bingo. She is very alert as she calls her own cards. Her glorious smile lights up the room every time."* The senior center is her second home three days a week where she meets with friends and passes the time. It allows her to stay active and interact with others.

If you or someone you know would like to become a participant at the Lawrenceville, Buford, or Norcross Senior Center, call 678.377.4150 or visit [www.gwinnettseniorservices.com](http://www.gwinnettseniorservices.com) for more information.

## Family Caregiver's Conference

### Save the date

Saturday, November 5, 2011 • 9:00am – 3:00pm  
 First United Methodist Church of Lawrenceville  
 395 West Crogan Street • Lawrenceville, GA 30046

This conference will address issues faced by those caring for another adult (spouse or parent) and those who are relative caregivers of children.

### Keynote Speaker • Denise Brown

**Topic:** Secret Stress Buster; Embracing Limits  
 Ms. Brown has over 20 years of experience working with family caregivers. She is a certified professional coach and author who encourages and motivates caregivers to take on a meaningful role.

**Breakout Sessions:** *Caregivers of Adults* will help caregivers know when to seek counseling, make tough decisions, and how to face challenges. *Grandparents Raising Grandchildren* will address issues such as burnout, difficult behaviors, communication, and legal and financial issues.

Exhibitors will be available to talk one-on-one with caregivers and offer community resources. Door prizes will be given out throughout the day.

Cost: \$10 per person. For more information call Julie Lucas at 678.377.6721. If you want to be a vendor, contact Harriet Wharton at [harriet.wharton@gwinnettcountry.com](mailto:harriet.wharton@gwinnettcountry.com).

**Gwinnett County Senior Services offers programs at three centers: Lawrenceville, Norcross, and Buford.**  
[www.gwinnettseniorservices.com](http://www.gwinnettseniorservices.com)

# eventcalendar

## after school program

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

Monday – Friday from 2:30pm – 6:30pm. Tutoring, mentoring, chess, Spanish, and workshops on financial literacy, nutrition, conflict resolution, self-esteem, bullying, and more. Cost: \$45 per week. To register, call the community center at 770.985.4713. For additional information, please call Karen Foote at 404.246.3009 or e-mail leadsmentorpro@gmail.com.

## art

### Watercolor and Fabric Art for Seniors 50 and Over

Tuesdays, September 13 – September 27 from 10:00am – 11:30am. Three session class teaches the combination of techniques and media to create framed art. Process includes drawing and painting on recycled fabric. No skill required. Bring old neckties or pieces of fabric. Cost: \$2 per person, payable in cash with exact change. Limited space, pre-registration required by calling 770.985.4713. For class information, e-mail jamart\_77@yahoo.com.

### Hand Making Paper for Seniors 50 and Over

Wednesday, October 19 from 10:00am – noon. Explore old and new ways of making paper pulp and turning recycled paper into beautiful handmade sheets, cards, journals, and more. Cost: \$2 per person in cash with exact change. Space limited to first six. Contact sastraylor@gmail.com. To pre-register, call 770.985.4713.

## career

### Everything You've Always Wanted to Ask a Job Recruiter, But Were Afraid • FREE!

Saturday, October 22 from 9:00am – noon. Interactive panel discussion with information needed to kick your job search and career in overdrive. Topics: Résumé Writing, Interview Skills, Career Transition, and more. Panel from various industries will present topics and answer questions. E-mail Fronzetta Peake at frpeake@aol.com. To pre-register, call 770.985.4713.

### Toastmasters of Centerville

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

## clubs

### Wii™ Exercise, Billiards, Table Tennis, Bridge, Bunko, Canasta for seniors 50 and over

Mondays from 9:00am – noon. Senior adult groups or individuals are welcome to use community center as meeting place. Call 770.982.4647 for information.

### Clicks and Sticks Knitting Guild

Second Thursdays from 7:00pm – 9:00pm. For all experience levels. Cost: \$25 per year (first meeting free) to fund charity knitting, educational sessions, and more. Make new friends and help serve others through charity knitting. Please contact the Guild at 770.413.6171 or info@clicksandsticks.com.

### Red Hat Society • FREE!

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

### Atlanta SCRABBLE® Club

Second Saturdays at 10:00am. Put your skills to the test while making new friends. Cost: \$1 per month. E-mail doc2barbara@gmail.com or call 770.557.1343 for more information.

## dance

### Jazz for Ages 5 to 11

Tuesdays from 5:00pm – 6:00pm for ages 5 – 7; 6:00pm – 7:00pm for ages 8 – 11. Session I: August 16 – September 20; Session II: September 27 – November 1; Session III: November 8 – December 13. Cost: \$45 per six-week session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call 770.985.4713.

### Pre-Ballet/Tap for Ages 3 to 7

Saturdays from 8:30am – 9:30am for ages 3 to 4; 12:10pm – 1:10pm for ages 5 to 7. Session I: August 13 – September 24 (no class September 3); Session II: October 1 – November 5; Session III for five weeks: November 12 – December 17 (no class November 26). Cost: \$55 per session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call 770.985.4713.

### Ballet/Tap I for Ages 5 to 7

Saturdays from 9:30am – 10:30am. Session I: August 13 – September 24 (no class September 3); Session II: October 1 – November 5; Session III for five weeks: November 12 – December 17 (no class November 26). Cost: \$55 per session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call 770.985.4713.

### Ballet/Tap II for Ages 8 to 11

Saturdays from 10:40am – noon. Session I: August 13 – September 24 (no class September 3); Session II: October 1 – November 5; Session III for five weeks: November 12 – December 17 (no class November 26). Cost: \$60 per session, including recital. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. To pre-register, call 770.985.4713.

### Belly Dancing for Ages 13 to Adults

Tuesdays from 7:00pm – 8:00pm. August 30 – October 4; October 25 – December 6 (no class November 22). Low- to no-impact exercises can be modified to suit individual. Cost: \$42 for six weeks. To pre-register, call 770.985.4713. E-mail costoluto.g@gmail.com.

## education for adults

### Fall Lawn Care

Tuesday, September 6 from 7:00pm – 8:30pm. Learn what is needed during fall months to keep lawns healthy and attractive. Topics: pre-emergent herbicides, maintenance, reseeding fescue lawns, preparing lawn for winter, and more. Cost: \$2 per person in cash with exact change. Sponsored by Gwinnett Extension Service. Contact Timothy Daly at 678.377.4010. To pre-register, call the community center at 770.985.4713.

### AARP Driver Safety Program for Seniors 50 and Over

Mondays and Wednesdays from 9:30am – 1:00pm. September 12 and 14; October 10 and 12; November 7 and 9; December 12 and 14. Includes defensive driving techniques, adjusting to age-related changes in vision, hearing, and reaction time. For seniors 50 and over, but anyone with a valid driver's license is welcome. For possible insurance discount, please contact your provider. Cost: \$12 AARP members; \$14 non-members. Present current membership card with payment. Please call 770.985.4713 to pre-register.

### Computers for Adults and Seniors • Meeting Your PC and Windows® 7

Mondays or Fridays from 10:00am – 1:00pm. Mondays: September 12 – October 3; November 14 – December 5. Fridays: September 9 – September 30; November 18 – December 16 (no class November 25). Introduces beginners to computers and prepares them for advance learning. Cost: \$10 non-refundable registration plus \$44 for four weeks. Contact Karl Jenkins at 678.344.2257. To pre-register, call 770.985.4713.

### AARP CarFit Program • FREE!

Tuesday, September 13 from 10:00am – 1:00pm. Thursday, November 3 from 1:00pm – 4:00pm. Interactive, customized educational program to improve older driver safety ensuring safest "fit" for drivers in their vehicles, recommended adjustments, adaptations, and local resources. To pre-register, call 770.985.4713.

### ¡Clases de Computación en Español!

Martes y jueves, 20 de septiembre – 13 de octubre de 6:30pm – 8:30pm; ó sábados, 24 de septiembre – 15 de octubre de 8:30am – 12:30pm. Edúquese y aprenda sobre su computadora, como enviar mensajes por correo electrónico, y como hacer operaciones básicas que se apliquen al Microsoft Office 2010 (Word, PowerPoint, Excel). Precio: \$15 (no reembolsable) y \$80 para la cobertura de cuatro semanas de clases. Para mayor información sobre el curso, llamar a Ibrahim Molina al 678.983.8884 ibrahammolina@yahoo.com. Llame al 770.982.4647 para información sobre el pago e inscripción.

### Basic Conversational Spanish for Adults

Tuesdays, September 20 – October 25 from 7:15pm – 8:15pm. Understand and appreciate other cultures and the world around you. Cost: \$10 non-refundable registration with \$50 for six weeks. E-mail Grisel Amargos at spanishteachersn@aol.com or grisskey@yahoo.com. To pre-register, call 770.985.4713.

### Computers for Adults and Seniors • E-mail, Web, and Research

Mondays or Fridays from 10:00am – 1:00pm. Mondays: October 10 – November 7. Fridays: October 7 – November 4. Beginners learn about Web use for research and connecting through e-mail. Cost: \$10 non-refundable registration plus \$55 for five weeks. Contact Karl Jenkins at 678.344.2257. To pre-register, call 770.985.4713.

### Fall Tree and Shrub Planting

Monday, October 17 from 7:00pm – 8:30pm. Fall is the best time to plant trees and shrubs. Topics: proper planting techniques, maintenance, various trees and shrubs that thrive in your area. Cost: \$2 per person in cash with exact change. Sponsored by Gwinnett Extension Service. Contact Timothy Daly at 678.377.4010. To pre-register, call the center at 770.985.4713.

### Knitting 101

Tuesdays from 7:00pm – 9:00pm. October 18 and November 15. Learn to knit and purl and consider joining the Knitting Guild. Size 8 needles, worsted weight yarn (smooth, light colored Lion's Wool Ease, Vanna's Choice, or Red-Heart 4-ply) required. Cost: \$2 cash with exact change. Class limit: 12. Contact Guild at 770.413.6171 or info@clicksandsticks.com. To register, call 770.985.4713.

### Snellville Writer's Group • FREE!

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

### Centerville Writer's Group • FREE!

First and third Thursdays from 10:00am – noon. Critique format; all genres. No registration required. Call the center at 770.985.4713 or e-mail MsSealofCW@yahoo.com with the subject line: Centerville Writer's Group.

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**The Nurse Is In! Health Education • FREE!**

Third Saturdays from 10:00am – 11:00am. September 17: Life with Alzheimer's and Dementia, Dealing with the Day to Day; October 15: Hospice, Myths, and Unanswered Questions. Also, check your pulse and blood pressure and review your health history and eligibility for services. To register, please call the Centerville Community Center at 770.985.4713. Sponsored by Homestead Hope Foundation and Homestead Hope Hospice.

education  
for youth

**ABC Math Tutoring for Ages 7 to 10**

Tuesdays, August 16 – December 13 (no class November 22) from 5:00pm – 6:00pm for grades 2 and 3; 6:15pm – 7:15pm for grades 4 and 5. Jump start your child's progress with math difficulties. Gwinnett's AKS curriculum used to aid students with process skills, numbers and operations, geometry, algebra, and more. Only 10 students per group. Cost: \$12 per week; first two weeks' fee of \$24 due at registration. E-mail atestates@aol.com or call 404.438.1067. To pre-register, call 770.985.4713.

**ABC Reading Comprehension Tutoring for Ages 7 to 9**

Thursdays, August 18 – December 15 (no class November 24) from 5:00pm – 6:00pm for grades 2 and 3; 6:15pm – 7:15pm for grade 4. Jump start your child's progress with reading difficulties. Gwinnett's AKS curriculum used to aid students with strategies, comprehension, vocabulary, and more. Only 10 students per group. Cost: \$12 per week; first two weeks' fee of \$24 due at registration. E-mail atestates@aol.com or call 404.438.1067. To pre-register, call 770.985.4713.

**ABC Language Arts Tutoring for Ages 7 to 9**

Saturdays, August 20 – December 17 (no class November 26) from 12:30pm – 1:30pm for grades 2 and 3; 1:45pm – 2:45pm for grade 4. Gwinnett's AKS curriculum used to assist students with strategies, grammar, and more. Only 10 students per group. Cost \$12 per week; first two weeks' fee of \$24 due at registration. Contact: atestates@aol.com or call 404.438.1067. To pre-register, call 770.985.4713.

**Pen, Paper, and Perseverance for Ages 14 and up**

Thursdays, September 1 – 29 from 7:00pm – 8:30pm. Session I: Creating conflict, side-stepping stereotypes, visualizing scenes, naming characters. October 13 – November 10 for Session II: Approaching an editor; book ideas, and genre. Professional instruction on styles and elements for magazines, blogs, novels, and screenplays. Includes journal and essay writing with option to perform in poetry, monologue, or positive music arrangement. Cost: \$20 per five weeks. E-mail Pamela.towns@yahoo.com or call 248.885.0345. To pre-register, call, 770.985.4713.

**Fun, Interactive Math Workshop for Grades 3 to 10**

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

**Singing Workshop for Ages 8 to 16**

Saturdays, September 10 – 24 from 12:30pm – 1:15pm. Private vocal lessons in peer group setting to develop skills and confidence for public performance. Cost: \$10 non-refundable registration with \$40 course fee for four weeks, materials, and performance. Contact MasterPiece Performing Arts at 678.765.2865 or mppacinfo@charter.net. To pre-register, call 770.985.4713.

eventcalendar

**Please Pass the Manners: Etiquette for Ages 5 to 10**

Saturdays from 9:00am – 1:00pm. September 17 – 24; November 12 – 19. Fun-filled two-day workshop with educational activities focusing on social skills, self-esteem, party manners, dining manners, and more. Cost: \$10 non-refundable registration with \$35 course fee (includes workbook, tote bag, fine dining experience, certificate, and more). Please contact Natalie Christiani at 678.468.5048 or natbrownmodels@gmail.com. To pre-register, call 770.985.4713.

**Basic Conversational Spanish for Ages 8 to 12**

Tuesdays, September 20 – October 25 from 6:00pm – 7:00pm. Give your child the gift of learning another language as well as understanding and appreciating other cultures. Cost: \$10 non-refundable registration with \$50 for six weeks. E-mail Grisel Amargos at spanishteacher-sn@aol.com or grisskey@yahoo.com. For pre-registration, call 770.985.4713.

**Positive Puppets: Puppet Making Workshops for Ages 5 to 10**

Saturdays from 10:30am – 11:30am. September 24, October 22, November 19. Story readings, music, art, and group discussions used to address issues negatively affecting children. Topics: respecting others, individuality, self-esteem, diversity, managing feelings, and safety. Cost: \$8 per child per class. E-mail nina@thesrot.org or call 404.518.8833. To pre-register, call 770.985.4713.

**S.A.T. Math Boot Camp**

Saturday, September 24 from 12:30pm – 6:30pm. Cost: \$150 (10 percent sibling discount for two or more children) includes packet of exercises and copy of *How to Help Parents and Kids Get Over the Fear of Math*. To pre-register, please call 770.985.4713. E-mail MathIsFun@mathlon1.net for more information.

**Championship Chess Instruction and Club for Ages 7 to 14**

Mondays or Saturdays, Mondays: September 26 – October 31 from 4:30pm – 6:30pm; Saturdays: October 29 – December 10 (no class November 26) from 10:00am – noon. Studies confirm that chess contributes to academic benefits in math, reading, and problem-solving. Practice club the last hour. Parent or guardian required for club participation. Cost: \$48 per six weeks with loaned chess sets. Last day tournament. To pre-register, please call 770.985.4713. E-mail rodneylewis33@gmail.com or call 770.560.1071 for more information.

**Etiquette for Everyone for Ages 11 to 14**

Saturdays from 9:00am – 1:00pm. October 15 – 22; October 29 – November 5. Interactive two-day workshop focuses on polishing image. Topics: conversation, body language do's and don'ts, self-esteem, social skills, table/dining manners, and more. Cost: \$10 non-refundable registration with \$35 course fee (includes light snack, workbook, and certificate). To pre-register, please call 770.985.4713. Contact Natalie Christiani at 678.468.5048 or at natbrownmodels@gmail.com for more information.

**Knitting 101**

Tuesdays from 7:00pm – 9:00pm. October 18 and November 15. Learn to knit and purl (children ages eight – 12 must have adult learner present). Size 8 needles, worsted weight yarn (smooth, light colored Lion's Wool Ease, Vanna's Choice, or Red-Heart 4-ply) required. Cost: \$2 per person in cash with exact change. Class limit: 12. Contact Guild at 770.413.6171 or info@clicksandsticks.com. To register, call 770.985.4713.

events

**American Red Cross Blood Drive**

Fridays from 2:00pm – 7:00pm. September 2 and December 9. Every two seconds, someone in America needs blood. Just one pint can save three lives! Red Cross

serves as a bridge between four million generous blood donors and millions of patients every year. To make an appointment to donate, call 1.800.GIVE.LIFE or visit www.redcrossblood.org. Bring photo ID. Walk-ins welcome, but appointments encouraged. For information, call the center at 770.985.4713.

**Lend a Helping Hand to Your Community!**

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

**Advance Voting**

The community center is **only** an advance voting site, not an election day precinct. In the event of a special election this fall, the center will open for advance voting only. For voter registration information, application, or to confirm dates and sites, contact the Gwinnett County Board of Registration and Elections at 678.226.7210 or visit www.gwinnettcountry.com.

exercise

**Gentle Ashtanga Yoga for Beginners and Seniors**

Tuesdays from 9:30am – 10:30am. September 6 – 27; October 4 – 25; November 8 – 29; December 6 – 27. Relax and rejuvenate in slow-paced class designed for beginners and seniors to increase strength, flexibility, and stamina. Bring mat and strap. Cost: \$40 for four weeks. Paid adult may bring active senior for free. Contact: Heidi Mikklesen, heidijanem@yahoo.com. To pre-register, please call 770.985.4713.

**Mommy and Me Fitness**

Wednesdays from 10:30am – 11:15am. September 21, October 19, November 16, and December 14. Moms, dads, or caregivers and toddlers (18 months – 3 years) bond while learning healthy habits. Cost: \$1 per parent in cash with exact change. To pre-registration, call 770.985.4713.

**Yoga for Ages 16 and Over**

Thursdays from 6:30pm – 7:30pm. September 15 – October 6; October 13 – November 3; and November 10 – December 8 (no class November 24). Faster paced customizable class designed for beginners to advanced. Bring mat and strap. Cost: \$40 for four-weeks. Paid adult may bring active senior for free. Contact: Heidi Mikklesen at heidijanem@yahoo.com. To pre-register, call 770.985.4713.

**Walk-a-Weigh Fitness and Nutrition**

Wednesdays, October 5 – November 9 from 10:00am – noon. Can't get motivated? Exercise with us, learn healthy cooking and eating habits, and enjoy losing weight! Cost: \$13 for six weeks payable in cash with exact change. Sponsored by Gwinnett Extension Service. Contact Ines Beltran at 678.377.4010 or ines.beltran@gwinnettcountry.com. To pre-register, call the center at 770.985.4713.

**Zumba for Families**

Tuesdays, October 4 – November 8 from 7:00pm – 8:00pm or Saturdays: October 8 – November 12 from 11:00am – noon for kids ages 5 – 17 accompanied by a parent/adult over 21. It's time to make fitness a family affair, so get off the couch and have fun in this exhilarating, easy-to-follow, Latin-inspired, calorie-burning fitness program moving millions toward joy and health. Free tent event and demo on Saturday, September 17, 10:00am – 1:00pm. Cost: \$45 for individuals 18+ years; \$55 for family of two; \$65 for family of three (with \$10 for four or more person(s) in group). This is a six week family program requiring parent participation with children ages 5 – 17 years. Only individuals 18+ years may register

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# eventcalendar and news

## centerville community center calendar

...cont'd from page 4

alone at individual rate. For curriculum or class questions, contact Arlene or Shellie at 770.708.7022 or e-mail kidzexploregreatness@gmail.com.

### health and safety

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

Thursday, September 15 from 6:30pm – 8:30pm. National award-winning course for parents and new/soon-to-be drivers (14 – 16) learn about the 40 hours of supervised driving required by Georgia law, driver attitude, knowledge, and behavior of both parent and teen driver. Parents must attend with teens. Sponsored by Child and Adolescent Resource Education Services. Call 404.578.7629 or e-mail monicaddavis@comcast.net. To pre-register, call 770.985.4713.

#### **Canning and Preserving Fruits and Vegetables**

Wednesday, October 19 from 1:00pm – 2:30pm. Learn correct way to preserve fruits, vegetables, make your own salsa, properly freeze and store goods. Cost: \$2 per person in cash with exact change. Sponsored by Gwinnett Extension Service. Contact Ines Beltran at 678.377.4010 or ines.beltran@gwinnettcountry.com. To pre-register, contact the community center at 770.985.4713.

#### **The Nurse Is In! • FREE!**

Second Wednesdays from 10:30am – 1:00pm. Free pulse and blood pressure checks, health history review, and eligibility for services. Enjoy topics and demonstrations including massage therapy, music therapy, and more. To register, call 770.985.4713. Sponsored by Homestead Hope Foundation and Homestead Hope Hospice.

### mentoring

#### **Law Enforcement Agencies Assisting in Development of Students • Mentoring for Ages 7 to 18**

Tuesdays, August 16 – October 11; October 18 – December 13 from 6:00pm – 8:00pm. Mission is to develop, inspire, empower youth through life changing experiences that develops a vision for their lives. Must commit with parental involvement for the 2011/12 school year. Topics: team building, leadership, conflict resolution, self-esteem, peer pressure, bullying, and more. Cost: Non-refundable, yearly application fee of \$15 for returning students; \$20 for new students with a \$5 activity fee due every nine weeks for professional speakers, and special activities. Contact Karen Foote at drkfoote@gmail.com. To register, call 770.985.4713.

### music

#### **Juice and Cookies Music Exploration for Ages 1 to 5**

Tuesdays, September 13, October 11, November 8 from 11:30am – 12:15pm. December 13 from 11:00am – 11:45am with holiday activity. Interactive rhythm exploration with snack. Cost: \$1 per child in cash with exact change. No registration required. For questions, please call 770.985.4713.

### support group or services

#### **Weatherization Program • FREE!**

Tuesdays and Thursdays from 10:00am – noon. Thursdays: September 8, October 20, November 17, December 1, and December 8. Tuesdays: September 13, September

## calendar

#### **Live Life in Fullness • FREE!**

Second Thursdays from 5:00pm – 7:30pm. Workshops on various topics for single mothers and their children. Call 770.239.1753 for information.

#### **I Am Beautiful**

Leadership development program for young girls and women. Register for the school year 2011 to 2012. Call 404.545.0951 or visit the website at www.iambeautiful.org for cost, dates, and other information.

#### **Canasta and Rummikub**

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

#### **Gamblers Anonymous • FREE!**

Wednesdays 6:30pm – 8:30pm. Gamblers Anonymous is a program for the individual, their family members,

friends, and loved ones of gamblers who have been affected by gambling. This group is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem. Call the Buford Human Services Center at 770.614.2526 for more information.

#### **Project Safe Place**

The Buford Human Services is a registered Safe Place location for children and teens who feel they are being threatened by a stranger, picked on by bigger and older kids, latchkey kids who have lost their keys, runaway teens, or those who have been kicked out of homes, youth with friends who are drinking and driving, teens experiencing a family crisis/breakdown in communication, or children from neglectful or abusive homes. Services are provided by the Gwinnett Children's Shelter. For more information, please visit the shelter's website at www.gwinnettchildrenshelter.org or call 678.546.8770.

27, October 4, October 25, November 1, November 15, and December 20. Allows homeowners to reduce energy costs by applying for and working through the process of weatherization. For qualified households meeting eligibility requirements. To register, call 770.985.4713.

#### **12 Steps to Keeping Your Kids Drug Free • FREE!**

Tuesday, September 13 from 10:00am – 11:15am. For families with school-age children. Topics: Parenting techniques, discipline tools, and drug and alcohol education to open communication at home to prevent substance abuse among children. Sponsored by Hearts for Families. To pre-register, call 770.985.4713.

#### **Benefit Analysis Screening • FREE!**

Thursdays from 9:00am – 4:00pm. September 15, October 20, November 17, and December 15. Determine eligibility for public benefits: food stamps, Medicaid for children and pregnant women, WIC, TANIF, subsidized child care, energy assistance. Sponsored in partnership with the Atlanta Prosperity Campaign and the Georgia Department of Family and Children Services. No appointment necessary. For more information, call 678.538.9972 or visit www.atlantaprosperty.org.

#### **Powerful Tools for Caregivers • FREE!**

Thursdays, September 22 – October 29 from 10:00am – noon. Develop a wealth of self-care and confidence tools to reduce personal stress, change negative self-talk, communication in challenging situations, tough caregiving decisions, and more. Call the center to pre-register at 770.985.4713. Five participants required to hold class.

#### **Divorced Parent Support Group for Kids**

Thursdays or Mondays from 6:30pm – 7:30pm. September 29, October 10, October 27, November 17, December 1, and December 15. Children ages 7 to 12 will learn coping skills to navigate through the transition of divorce.

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- Make sure your child has a way to contact you when you are away from the home, including a cell phone and/or work number. Check your messages often and promptly return your child's calls
- Limit the kind of cooking that can be done absent adult supervision
- Call and check on your child. Always call and let him or her know if you are running late

#### **Safety tips for children**

- Never let anyone into the house, and do not open the door to strangers
- Use caller ID or an answering machine to screen calls. When answering the phone, never tell callers you are home alone. Tell them your mom/dad is busy and will call them back
- Keep all doors and windows locked

Cost: \$20 per session. Sibling discounts available. For information, contact sharai@covenantcounseling.org. To pre-register, 770.985.4713.

#### **Overeaters Anonymous • FREE!**

Thursdays from 7:00pm – 8:00pm. For more information, visit www.oa.org/index.htm or call the community center at 770.985.4713.

#### **NAMI Gwinnett (National Alliance on Mental Illness of Gwinnett)**

Dates TBD. NAMI is a consumer (person with a mental illness) and family based support, education, and advocacy organization. It offers peer support and educational programs to those suffering from mental illness, their family members, and friends. If you are interested, call the community center at 770.985.4713 to pre-register. Ten people required to hold meetings.

#### **Talking Books Program • FREE!**

Service sponsored by the Northeast Georgia Talking Book Center, which provides audio books for the visually, physically, or reading disabled. Books are available by mail or download to registered patrons. For information, call 1.800.531.2063 or visit www.clarke.public.lib.ga.us/talkingbooks for application.

#### **Project Safe Place at the Centerville Community Center • FREE!**

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

- If you're coming home to an empty house, never enter the house if there are open or broken windows or doors or other signs of forced entry. Leave and get help from a trusted neighbor
- Stay in the house until parents return home; do not invite friends over
- Tell parents of any fears or concerns

Remember, no matter how mature your child acts, he or she is still a child. Children will make mistakes; they don't always react in a situation as you wish they would. And, even if they start off well without adult supervision, they can develop real fears about being home by themselves.

#### **Sources:**

- www.yourfamilyhealth.com/kids\_latch\_key\_kids
- www.dfcs.dhr.georgia.gov
- www.mychildsafety.net/home-alone.html

# eventcalendar and news

## computer classes

The Norcross Human Services Center would like to partner with a nonprofit to teach computer classes. Space is available to hold classes during the day, at night, or on Saturdays. Eleven computers are available. No fee to use space or equipment if class meets NHSC guidelines and offers the class for free or at a reduced cost. E-mail [ingrid.patrick@gwinnettnhsc.com](mailto:ingrid.patrick@gwinnettnhsc.com) or call 770.638.5661 to request a proposal packet.

### Computers for Seniors • FREE!

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

## education for adults

### Sign Language Classes

Saturdays from 10:00am – noon. Learn to communicate using Sign Language. Sign Language is a formal language employing a system of hand gestures for communication (as by the deaf). The cost is free for AASD/GA PINES families and \$70 per person outside of AASD/GA PINES. AASD will use the textbook, *A Basic Course in American Sign Language*, written by Tom Humphries, Carol Padden, and Terrence J. O'Rourke. Instruction will focus on visual learning, practice, and handouts. Call 404.298.3613 for more information and registration. Space is limited to 15 individuals.

### CDA Credential Course

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

### AARP Drivers Education Class

Saturdays from 9:00am – 4:00pm. September 17, October 15, November 19, and December 17. AARP is offering a monthly Driver Safety Course taught in Chinese. After completion of the course, you may be eligible for a 10 percent discount on your auto insurance. Course is geared for participants age 50 or older; however, participation is available for all ages. Cost: \$12 for AARP members or \$14 for non-AARP members. Register in person at the Norcross Human Services Center. For more information, call the center at 770.638.5661.

### Life Skills Classes • FREE!

Flexible schedule. Advance registration necessary. Classes open to all who are applying for financial help from the Department of Family and Children Services (DFCS). Program designed to assist participants in becoming self-sufficient. Class provided by the County Extension Service. For class scheduling and registration, please call 678.377.4032.

NHSC partners with nonprofit organizations to bring free or reduced-cost programs to our community. These partners enjoy free use of space for their service to our community. For consideration, please request a proposal packet by e-mailing [ingrid.patrick@gwinnettnhsc.com](mailto:ingrid.patrick@gwinnettnhsc.com) or by calling 770.638.5661.

### Clase de Habilidades para Mejor Vida • ¡GRATIS!

Los horarios varían para acomodar más variedad de necesidad; se requiere hacer cita avanzada; clases abiertas a todo el público y para aquellos que están aplicando para ayuda financiera del Departamento de Familias y Niños (DFCS). Este programa está diseñado para asistir a los participantes en hacerse autosuficientes. Clases en español e inglés. Las clases son gracias a la Universidad de Georgia y la Extensión del Condado de Gwinnett. Para horario y inscripción de clases, por favor llame al 678.377.4032.

## education for youth

### Math and Reading Tutoring

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

### Money Management and Life Skills

Saturdays from 10:00am – 11:00am. Ages 14 to 21. Class size is limited. Help youth succeed in every area of their lives by giving them the skills they need. Cost: \$5. Program provided by Bridging the Gap Independent Living and Resource Center, 678.467.0159. Register in person at the Norcross Human Services Center. For more information, call the center at 770.638.5661.

## events

### American Red Cross Blood Drive

Tuesday, November 1 from 1:00pm – 6:00pm. November, TBA. Adults 17 years or older. The need for blood remains constant. Help ensure that a stable inventory is available for premature babies, cancer patients, sickle cell anemia treatments, or the victims of the many accidents and other illnesses that may require transfusions. Make a difference. To register, visit [www.redcrossblood.org](http://www.redcrossblood.org) and enter zip code, 30093; our sponsor code is: NHSC. Or contact the Red Cross at 1.800.483.5433. For more information, call the center at 770.638.5661.

### Parents Night Out

Fridays from 6:30pm – 10:30pm. Cost: \$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 One 2 One Educational Support. For more information, please call the Norcross Human Services Center at 770.638.5661.

## fitness

### Walking Club • FREE!

Tuesdays at 11:30am. For adults. Meet at the first floor volunteer desk. The group will walk NHSC and school's parking lot. Consult your physician before you begin this or any other exercise program. Please call 770.638.5661 to register.

### Yoga for Seniors • FREE!

Wednesdays at 11:00am. Class open to all seniors 60 and over. Classes can be done sitting down or standing up. Meal reservation required the day before in order to eat at the senior center after the Yoga class. Please call 770.638.5680 to leave a message and reserve your meal by 1:00pm the day before class or send an e-mail to [tammy.lea@gwinnettnhsc.com](mailto:tammy.lea@gwinnettnhsc.com).

### Fitness Express • FREE!

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

## health and safety

### General Health and Nutrition • FREE!

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

### Nutrición y Salud General • ¡Gratis!

Segundo viernes de cada mes de 10:00am – mediodía. Todas las edades son bienvenidas. Aprenda a comer saludablemente y com usar el plan de nutrición "Mi Plato." También como planear comidas y encontrar recursos en su comunidad. Clases en español e inglés. Las clases son gracias a la Universidad de Georgia y la Extensión del Condado de Gwinnett. Inscripción de clases llame al Centro de Recursos Humanos de Norcross al 770.638.5661.

### Project Safe Place

The Norcross Human Services Center is a registered Safe Place location for children and teens who feel they are being threatened by a stranger, picked on by bigger and older kids, latchkey kids who have lost their keys, runaway teens or those who have been kicked out of homes, youth with friends who are drinking and driving, teens experiencing a family crisis/breakdown in communication, or children from neglectful or abusive homes. Services are provided by the Gwinnett Children's Shelter. Visit their website [www.gwinnettchildrenshelter.org](http://www.gwinnettchildrenshelter.org) or call 678.546.8770 for more information.

## language

### English Reading and Writing • FREE!

Mondays and Wednesdays from 9:00am – 11:00am. Ongoing program for English speaking adults. Classes are taught in an informal setting and mixed levels. Space is limited. Call the Norcross Human Services Center to register, 770.638.5661.

### English as a Second Language • FREE!

Tuesdays and Thursdays from 9:00am – 11:00am. Classes for adults from any culture or nationality who want to learn or improve their English knowledge. Classes are provided by the Asian American Resource Center. Call 770.270.0663 for more information or send an e-mail to [education@aarc-atlanta.org](mailto:education@aarc-atlanta.org).

### Inglés Escritura y Lectura • ¡GRATIS!

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

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

Mondays and Wednesdays or Tuesdays and Thursdays from 6:30pm – 8:30pm. New and returning students need to take a test to determine the current level of proficiency. Classes are for adults from any culture or nationality who want to learn or improve English as their second language. Classes are provided by the Asian American Resource Center. Please call 770.270.0663 for more information or send an e-mail to [education@aarc-atlanta.org](mailto:education@aarc-atlanta.org).

## norcross human services center calendar

### mentoring for youth

#### Girl Scouts

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

#### Reunión de Girl Scouts

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

#### Life Skills and Anger Management

Saturdays from 10:00am – 11:00am. Ages 14 to 21. Space is limited. Call for latest class schedule. Program deals with root causes and will lead youth down the path of healing in order to develop into strong, confident, and stable adults. For program registration, contact Bridging the Gap Independent Living and Resource Center at 678.467.0159, or register in person at the Norcross Human Services Center.

#### Self-Esteem and Life Skills

Saturdays from 10:00am – 11:00am. Ages 14 to 21. Space is limited. Call for latest class schedule. Program deals with root causes and will lead youth down the path of healing for them to develop into strong, confident, and stable adults. For program registration, please contact Bridging the Gap Independent Living and Resource Center at 678.467.0159.

## multicultural

#### Centro Multicultural para una Madures Positiva • ¡Gratis!

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

*“Diversity is not about how we differ. Diversity is about embracing one another's uniqueness.”*

~ Ola Joseph

## Partnership Against Domestic Violence

The mission of Partnership Against Domestic Violence (PADV) is to end the crime of intimate partner violence and empower its survivors. It hopes to achieve this mission by:

- Offering safety and shelter for battered women and their children
- Restoring power, self-sufficiency, and control to domestic violence survivors
- Educating the public on the dynamics of domestic violence

For more than 35 years, PADV, the largest nonprofit domestic violence organization in Georgia, has provided professional, compassionate, and empowering support to bat-

tered women and their children in metro Atlanta. PADV began as an all-volunteer agency in 1975 and incorporated in 1977. Today the agency has over 40 full and part-time staff with an administrative office and two 24-hour emergency safe houses in Fulton and Gwinnett Counties. For more information, visit [www.padv.org](http://www.padv.org). The 24-hour crisis line in Gwinnett is 770.963.9799.

#### Here are several other hotlines you can call for assistance:

- Gwinnett 24-hour crisis line: 770.963.9799
- Gwinnett Children's Shelter: 678.546.8770
- National Domestic Violence: 800.799.7233
- Peace Place: 770.586.0927
- Statewide Domestic Violence 24 hours: 800.334.2836
- United 4 Safety: 404.200.5957

#### Citizenship • FREE!

Mondays and Wednesdays from 6:30pm – 8:30pm. Participants will learn history and other current information about the U.S. This program follows the ESL schedule. Instruction provided by the Asian American Resource Center, 770.270.0663 or send an e-mail to [education@aacatlanta.org](mailto:education@aacatlanta.org). Call the Norcross Human Services Center for registration dates and more information at 770.638.5661.

#### Gwinnett Multicultural Advisory Committee

Fourth Tuesday of each month from 1:00pm – 3:00pm. GMAC collaborates and networks with other organizations to provide resources and education to benefit the diverse communities of Gwinnett County. The committee meets at the Norcross Human Service Center. Please call 770.638.5661 for more information.

#### Multicultural Center for Positive Aging • FREE!

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

## support groups

#### Gamblers Anonymous • FREE!

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

#### Clases de Crianza • FREE!

Martes de 6:30pm – 8:30pm. Instrucción en español. Serie de ocho secciones las cuales enseñan con el método PASOS; entenderse usted mismo y su bebe; entender su sentimientos; darse fuerzas a si mismo y su hijo/a; escuchar y hablar con su hijo/a; ayudar que su hijo/a cooperen; disciplina que sirve, escoger la que mejor le sirva; drogas y alcohol; estos son algunos de los métodos de crianza. Para más información y para inscripción, comuníquese con el Gwinnett Children's Shelter al 678.546.8770.

#### Clases Prenatales • GRATIS!

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

de Norcross 770.638.5661. Para inscripción o más información, llame a Gloria Baroni al 678.843.8902.

#### Family Violence Intervention Program/Anger Management Program

Wednesdays from 4:00pm – 5:30pm. Cost: \$20 per person. Groups are ongoing and follow a 24-session series. Participants receive information and training in areas such as: respect, support and trust, accountability and honesty, partnership, and many other positive ways to deal with family issues. For more information and to register, please call Families First at 404.541.3039.

#### NAMI Connections • FREE!

Thursdays from 7:00pm – 8:00pm. Connections is a facilitated support group for and by people with mental illness. All conversations are kept confidential and help is provided by the people in the group based on shared experiences. If you have questions, please contact NAMI Gwinnett (National Alliance in Mental Illness of Gwinnett) at 678.982.5354.

#### Court-Appointed Special Advocate Training

Prior to training, a prospective volunteer completes an application, reference checks, and consents to a criminal background check. Once the application has been successfully completed, you will be required to attend a 40-hour training session, which includes 10 hours of court observation. Training sessions vary, but generally last four to six weeks with three-hour classes. Upon completion of the training period, prospective volunteers who have met all requirements are sworn-in as officers of the court by a juvenile court judge. For consideration and/or more information, please e-mail [steve.gill@gwinnettcounty.com](mailto:steve.gill@gwinnettcounty.com) or call 770.619.6015.

## workshops

#### Habitat for Humanity • FREE!

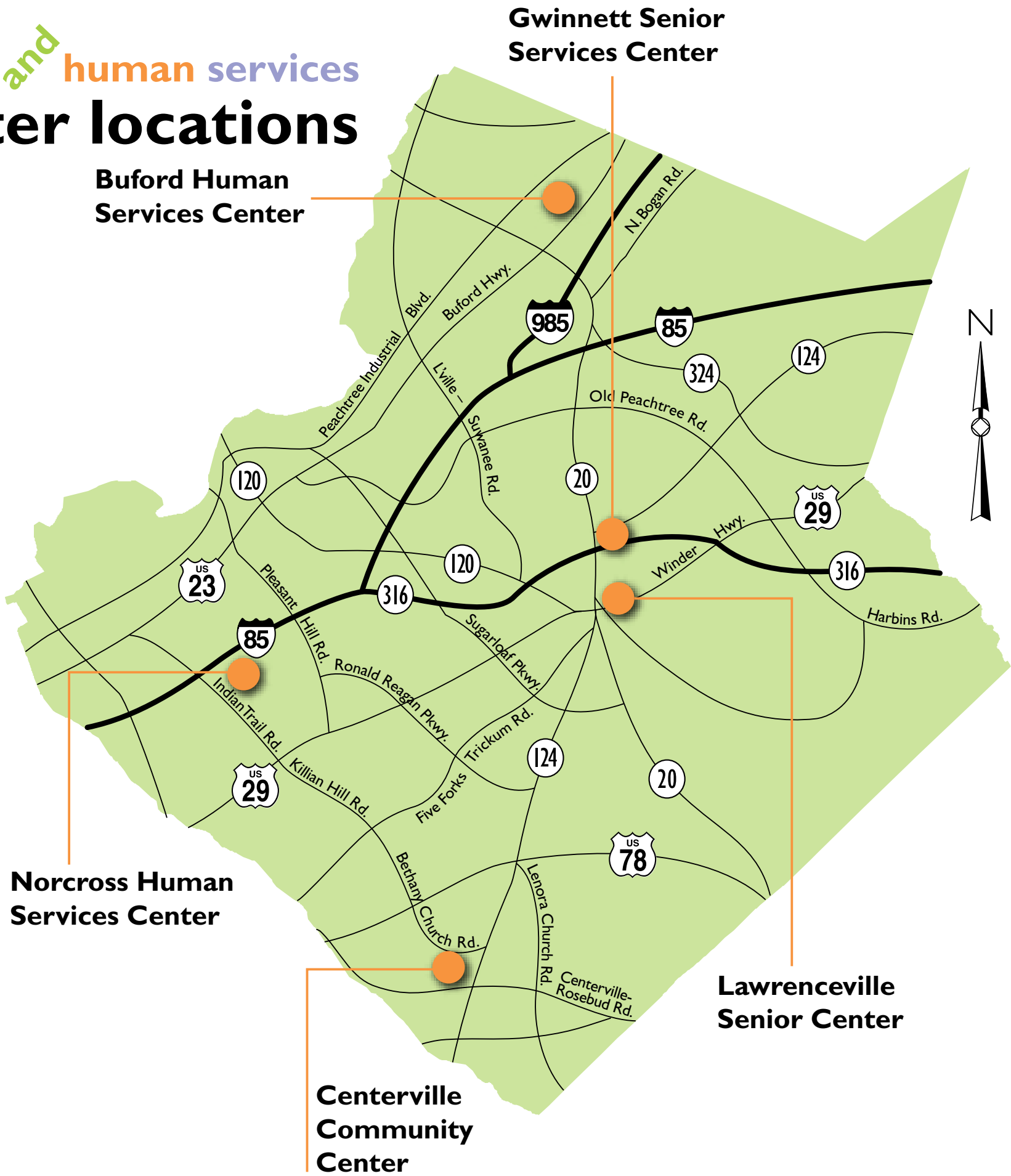
Saturday in December. Date TBA. Want to own your own home? Applicants are required to meet several qualifications to ensure success. In general, prospective homeowners must be citizens or legal residents, prove steady income, have good credit, earn a monthly income that falls within the minimum and maximum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

### Do you know your neighbor?

...continued from page 1

Answer: Turkish People

# health *and* human services center locations



### Centerville Community Center

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

Activities housed in the center include:

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

### Norcross Human Services Center

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

Agencies housed in the center include:

- Norcross Public Health Clinic
- Norcross Senior Center
- Four Corners Primary Care Center
- 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