

Updated 1/26/2012



VALDOSTA STATE UNIVERSITY  
**Volunteer Services**  
**iVolunteer Calender**

*Upcoming Volunteer Opportunities & Special Events **on and off** campus*

# *February*

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## VALDOSTA AREA Community Service Calendar

### Azalea Century Bike Ride

On **Saturday, March 3, 2012**, the Valdosta-Lowndes County Parks and Recreation Authority will be hosting the Azalea Century Bike Ride in conjunction with the Azalea Festival, and we are looking for volunteers or organizations that might be interested in helping to run a rest stop along the route.

After completing the ride, the riders will vote for the best rest stop, the “Best of the Rests.” The rest stops that are voted the best will have an opportunity to win cash prizes of \$150 or \$100. It is an easy opportunity for community service hours or a fun way to promote your organization!

#### Azalea 5K Road Race and One Mile Fun Run

On Saturday, March 10, 2012, the Valdosta-Lowndes County Parks and Recreation Authority will be hosting the Azalea 5K Road Race and One Mile Fun Run in conjunction with the Azalea Festival. The event begins and ends directly in front of the VSU Recreation Center, located at 1500 Sustella Avenue.

**We are in need of volunteers to assist in passing out goody bags, directing runners along the route, and handing out fruit and drinks to runners. Volunteer duties are from 7:00 a.m. until 9:00 a.m.**

If this sounds like something that you would be interested in, please let me know and I will gladly provide you with more details. If you have any questions or concerns, feel free to reach me by phone at 229-333-1861 or by email at [specialevents@vlpra.com](mailto:specialevents@vlpra.com). Thanks, and I look forward to hearing from you.



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Teen Explosion is a youth leadership program. Sheila Warren is the Adult Advisor for this teen leadership program. Asset Builders is the curriculum used and focuses on teenagers planning activities for their peers to get the message out against drug abuse, violence, early sexual activities.

**Cotillion:** Contact: Estell Rose, (229) 630-3120; [estellrose@bellsouth.net](mailto:estellrose@bellsouth.net)

The Cotillion's purpose is to present our finest young ladies to society—academically, morally and socially; and to provide positive reinforcements to assist them as they embark upon womanhood. Junior and senior high school students are identified by school administrators from Lowndes, Valdosta, Brooks, Cook, Lanier, Echols, Berrien and surrounding counties with the following criteria:

- Must have “B” average
- Good moral character
- Not pregnant and have not been pregnant
- Involved in community
- Female born-debutantes/hostess; male born-escorts/hosts
- No alcohol or drugs

Escorts are juniors and seniors; sophomores are hosts and hostesses both with same criteria listed above.

Meetings are held every second Sunday. Contact: Estell Rose, (229) 630-3120; [estellrose@bellsouth.net](mailto:estellrose@bellsouth.net)

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**Challenger League Sports For children ages 5-21 (some age exceptions) with any level of disability. Call about volunteer opportunities as a buddy to a participating child. Call Cheryl at the YMCA, 229-244-4646 or [cmarshall@valdostaymca.com](mailto:cmarshall@valdostaymca.com)**

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**Volunteers needed for Serenity Palliative & Hospice Care.  
Contact Chaplain Yolanda L. Payne at  
229-241-8338.**

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## Grief Support Group

Hospice of South Georgia will be sponsoring an  
Adult Bereavement Support Group

If you or someone you know would like information about volunteering for Hospice of South Georgia, or if you know of a community or civic organization that would enjoy learning about the important roles and needs for volunteers, please contact Della at: [della.perkins@sgmc.org](mailto:della.perkins@sgmc.org) or 229-671-8375, or 1-800-HOSPICE

VA also features a Web page, <http://www.caregiver.va.gov/>, with general information on other caregiver support programs available through VA and the community.

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## Help Deliver Meals for Homebound People

***The Break Bread Together Ministry of First Presbyterian is in need of volunteers who can help sort and/or deliver meals on the weekdays (Monday-Friday, except holidays). Presently, we have a waiting list of those in need of meals, but are unable to handle the requests without additional volunteers.***

***If you, your church group, or civic organization is interested in assisting with this important ministry to the Valdosta community, please contact Susan Sheridan, Break Bread Coordinator, at 229-249-0779.***



Partnership for Health/Free Clinic for Uninsured Workers on Woodrow Wilson Drive is available to employed persons over 18.

It needs volunteers to assist in administrative, nursing and other areas.

For training times contact Libby Smith, RN at 229-245-0020 [libby.smith@lcpfh.org](mailto:libby.smith@lcpfh.org) or [info@lcpfh.org](mailto:info@lcpfh.org)

Website: <http://www.lcpfh.org>

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## VOLUNTEERS NEEDED

Jacobs' Ladder Therapeutic Riding Center in Hahira needs volunteers to help with special needs riders.



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Please send an email to us at:

[valdostamssupportgroup@gmail.com](mailto:valdostamssupportgroup@gmail.com) or check out  
our new website [www.valmssgroup.com](http://www.valmssgroup.com)

## **Pearlman Cancer Center Support Groups**

### **Holding Hand Support Group- General Support Group**

Everyone is Welcome

Meets the Third Monday each month, 2:00 PM - 3:00 PM

Pearlman Cancer Center Conference Room

209 Pendleton Dr. Valdosta

Contact 229-259-4638

No registration required

AND

### **Best Buddies Breast Cancer Support Group**

Meets every 4th Tuesday each month,

6:00 PM - 7:30 PM January-October

(No meetings in November/December)

Pearlman Cancer Center Conference Room

209 Pendleton Dr. Valdosta

Contact 229-259-4638

No registration required

## **SURVIVOR GROUPS AT THE HAVEN**

The Haven will be conducting support groups for survivors of sexual assault or child sexual abuse. There will also be a men's group for men who have experienced sexual assault.

These groups are for adult women and men over 17 years of age. It is intended for those who are ready to move from being victims to being survivors. Those individuals who are interested in one of these groups should plan to attend the complete 12 week process. Once the groups are formed, the day will be Thursdays and the time will be after work 5:30 or 6:30 PM.

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To join, contact Sheila Rowell, [therapist@valdostahaven.org](mailto:therapist@valdostahaven.org), 229-244-9056 to register. Participants must complete an initial screening. Groups are free, confidential, and facilitated by trained professionals.

It is not necessary to be a current client of The Haven to participate.

## **Easter Seals Valdosta Office**

### **Family support/respite care available for families whose children have developmental disabilities**

610 North Patterson Street, Suite A, Valdosta  
229-247-6912, toll free 866-875-4670, or fax 229-247-8549.

December Smith is the Easter Seals coordinator for Valdosta, if you need forms and have any questions regarding the application process for help with family respite care and other assistance. Please remember that the money from Easter Seals is based on the child and not family income. The family support/respite program covers Lowndes, Brooks, Lanier, Cook, Berrien, Tift, Irwin, Turner, Ben Hill, and Wilcox Counties.

### **Champions for Children Program**

The Champions for Children Program is designed to assist primarily children and families who do not meet the eligibility requirements for TEFRA/Katie Beckett Medicaid Program

<http://www.championsforchildren.org>

- Have applied for Katie Beckett and received a level of care denial
    - Age 21 and under
    - Live at home
  - Have a physical, cognitive, developmental or medical disability
- Current Medicaid recipients are not eligible for this program*

**Megan's House**, respite facility for families with children with special needs is now open in Valdosta and is in need of donations of every kind of household goods.

Contact December Smith [dsmith@swga-easterseals.org](mailto:dsmith@swga-easterseals.org)

for more information.

## **Newcomer Welcome Service and Community Guide**

For decades, The Greeting Service has welcomed Valdosta newcomers with traditional southern hospitality—a personal home visit and a folder brimming with information about schools, churches, cultural opportunities, and a bag chock full of coupons and goodies.

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The Greeting Service has expanded its borders to include Adel, Hahira, Lakeland Lake Park , Moody Air Force Base, Nashville , Quitman, and Tifton and now publishes an annual community resource guide acquainting newcomers with relocation information including job opportunities and housing.

We look forward to sharing all the fun and exciting things that Valdosta and the surrounding communities have to offer and hope you enjoy discovering a new place to call home.

**If you are new to the area, be sure to call 229-245-8383 for your Welcome Packet.**

<http://www.southgeorgianewcomers.com>

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## **Greenleaf Speaks!**

Need a free public speaker for your group or event? Therapists at Greenleaf Outpatient Program can speak to your group about an array of topics and inform your group of treatment options at Greenleaf.

Topics include: Stress Management, Emotional Control and Anger Management, Understanding and Motivating an Addicted Person, Tips for Dealing with Seasonal Depression, Reducing Anxiety, etc.

**Please contact the SGMC Speaker's Bureau at 229-259-4420.**

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## **My Friend's House**

is the name for the Valdosta State University Alzheimer's day care program. There are openings for anyone with a diagnosis of Alzheimer's disease or dementia. The program, which is free of charge, has the goal of preventing isolation by providing daily activities in a home-like environment for persons with Alzheimer's and dementia. There is a support group for the caregivers on the third Wednesday of every month. **Volunteers always are needed. Call 229-293-6146 for more information.**

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## **FREE CLINIC IN LOWNDES COUNTY**

The Partnership Health Center is a non-profit, free medical clinic. It provides primary healthcare to the working, uninsured people in Lowndes County who meet the eligibility guidelines. It is staffed by volunteer physicians, physician extenders,

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and nurses who offer their time to provide healthcare. It is located at 205 Woodrow Wilson Drive, across from the public library. **Clinic is open Tuesday from 6:00 PM-9:00 PM, Wednesday from 10:00 AM- 4:00 PM and two Saturdays a month.** These may expand as more staff is added.

### **COLORING BOOKS NEEDED FOR CLINIC TO ENTERTAIN CHILDREN**

**Our hours of operation are Monday through Friday from 8:30am-4:30pm. Paperwork and medical visits are by appointments only.**

The clinic also needs office volunteers to answer the phone and help with paperwork during the week (Monday through Friday between the hours of 8:30-4:30pm)

Patient eligibility requirements:

- Income under 200% of the Federal Poverty Level,
- between the ages of 18 and 64,
- have no health insurance,
- be a resident of Lowndes County, and
- patient or dependent must be employed.

We look forward to serving Valdosta and extending healthcare to the people who need and deserve it. For additional information about the clinic, contact 229-245-0020 ext. 3.

The clinic needs volunteer physicians, nurses and administrative helpers on Tuesdays from 6-9 pm and 10 am to 4 pm (times may change depending on volunteer availability). A small amount of your time could help make a difference in the lives of many Lowndes residents.

Please note: Donations are accepted and important to our non-profit organization. We also need donated medical equipment that will be used to help the patients in our clinic. Please call if you can help with either of these needs.

**Humane Society of Valdosta/Lowndes County**

**Low Cost Spay & Neuter Program**

**229-247-3266**

**307 E. Jane Street, Valdosta**

## Pregnancy Support Clinic of Valdosta Volunteer Opportunities

The Pregnancy Support Clinic of Valdosta is a Christ-centered ministry which advances the sanctity of human life and sexual purity empowering individuals to make life-affirming choices. Our ministry has many different opportunities for volunteers ranging from working behind the scenes on events to peer counseling. Call today to see where you can fit in, 229-333-0080, or visit our partners' website for more information, [www.pscvaldostapartners.org](http://www.pscvaldostapartners.org). Please note all interested parties must submit to an application process and 10 - 40 hours training commitment to volunteer.

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## HELP SOMEONE LEARN TO READ

### Literacy Volunteer Program

We need tutors, learners, sponsors and YOU !

LEARNERS: CALL 333 -7515 (leave your name and number).

Literacy Bowl...our fundraiser. You may still pledge/donate to improve adult literacy. Send a check to LVP, 221 S. Ashley Street, Valdosta 31601

(If you are interested in learning more about this fundraiser, e-mail [daltobello@sgrl.org](mailto:daltobello@sgrl.org).)

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## Goodwill Industries of the Southern Rivers, Inc.

is proud to offer the Valdosta Career Center without charge as a community service. Resources, technology and support services have been designed to help job seekers secure employment, and to assist in the development of micro-businesses.

WORK Connections for the Job Seeker include:

- listings of local job openings to connect job seekers with employment opportunities.
- telephones to arrange appointments and facilitate communications with employers.
- Georgia Work Ready testing
- computers to use in job searches have Microsoft Office and Publisher and internet access

- telephone, basic computer and networking skills classes
- resource library with a variety of materials to assist the job seeker prepare for and secure employment, as well as information regarding Medicaid, childcare, food stamps, training, financial aid and other community resources.
- photocopier, printers and fax machines

In addition to the resources listed above, entrepreneurs can get help to enhance marketing tools, develop a business plan or network with others in the community. Other services include:

- \* Free English as a Second Language classes
- \* Meeting rooms for groups
- \* List of community resources

Open 9 - 6 Monday - Thursday and 9 - 3 Friday  
For more information, please contact:  
229-316-1216 Fax 229-316-1218

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## **Paxen-WIA Work Readiness Program**

Sponsored by the Southern Georgia Regional Commission

Our program's work readiness component emphasizes acquisition of essential job-search, employability, and life skills for youth ages 14-21. Participants also receive instruction in strategies for seeking, securing and succeeding in a job as well as supportive services to receive a GED and gain employment/enroll in post-secondary education after credential attainment. Qualifying participants receive a stipend for program completion, become eligible for a GED testing voucher, and will receive a \$200 incentive for GED attainment.

For more information Contact: Charmane Thomas, Program Manager,

[www.paxen.com](http://www.paxen.com)

Paxen Learning Corporation "We Change Lives"

221 S. Ashley, Valdosta

Office: 229-245-2488

**SOUTH GEORGIA COUNCIL FOR  
YOUTH IN THE PERFORMING ARTS**

Please check our website [www.sgcyoutharts.org](http://www.sgcyoutharts.org).

## **South Georgia String Project**

The *South Georgia String Project* is a collaborative community outreach program of Valdosta State University through the Valdosta Symphony Orchestra, the academic/professional orchestra in-residence at the university. The goal of the project is twofold: (1) to provide access to string instruction for children, thus culturally enriching the region and (2) to provide mentored teaching experiences for university music majors who will soon become school string teachers and cultural arts advocates.

The *South Georgia String Project's* mission is to:

- provide students with an opportunity for musical enjoyment and education through the study of stringed instruments.
- promote personal development through music as an outlet for self-expression within a structured learning environment.
- encourage student leadership and share student accomplishments within the community.
- create partnerships through providing accessible string education for pre-college students while offering mentored teaching experiences for Valdosta State University music students who value string education.

For more information, go to <http://www.valdosta.edu.sgsp> or contact Dr. Gerling at [dcgerling@valdosta.edu](mailto:dcgerling@valdosta.edu) or 229-259-2087.

## **Arts events in Southwest Georgia For a listing of arts events from Columbus to Valdosta:**

<http://www.southwestgeorgia.net/events>

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## **Employment Program for Seniors:**

Senior Community Service Employment Program, sponsored by the US Department of Labor. This program enables qualified individuals to obtain paid, on the job training within their communities, update their job skills to enhance their marketability, develop new attitudes and gain greater self-confidence.

Participants work 20 hours per week earning minimum wage in a non-profit organization or government agency and receive help in transitioning from the program into a new, unsubsidized employment opportunity.

For more information, call Beth Veal at 229-249-4885 or visit her at the Georgia Department of Labor in Valdosta. Program covers

Ben Hill, Berrien, Brooks, Cook, Echols, Irwin, Lanier, Lowndes, Tift and Turner Counties.

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## FUND HELPS CANCER PATIENTS

The Partnership Cancer Fund is a not-for-profit subsidiary of the Lowndes County Partnership for Health, Inc.

- Cancer can be a financially devastating disease. Even with health insurance, there can be many associated costs that put a strain on patients and their families.
- If you or someone you know is currently undergoing treatment for cancer, *and* lives in Lowndes County, *or* receives cancer treatment from a Lowndes County provider but lives outside Lowndes County, they may qualify for financial assistance from the Partnership Cancer Fund.

Financial assistance is available for:

- Transportation costs for Medical Care
- Nutritional Supplements
- Medications
- Certain types of Medical Equipment

Contact the Lowndes County Partnership for Health, Inc. at 229-245-0020 (option 1) to obtain an application or to request more information. You may also go to [www.lcpfh.org](http://www.lcpfh.org)

Tax deductible donations are accepted, and all funds remain in the local community to benefit as many cancer patients as possible. Send donations to P.O. Box 1782, Valdosta, GA 31603

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**Pediatrics HealthCare for Kids**



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The Adopt-A-Road program is an ongoing community service opportunity offered through Keep Lowndes/Valdosta Beautiful for organizations and businesses to adopt a portion of a road to keep clean throughout the year.

For more information on events, meetings, Adopt-A-Road, or signing up to volunteer, call or email Aaron Strickland at (229) 671-2499 or [astrickland@lowndescounty.com](mailto:astrickland@lowndescounty.com)

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## **Volunteer at Second Harvest of South Georgia, a member of Feeding America**

Food Bank volunteer hours are as follows:

9:00 AM - 5:00 PM Monday- Wednesday

9:00 AM - 7:00 PM Thursday

9:00 AM -12:00 noon Friday

8:00 AM - 12:00 noon, one Saturday a month (please call for dates)

Special appointments should be made for groups of ten or more.

We are always in need of volunteers.

Please call to schedule all volunteer work and/or for more information at 244-2678 ext. 234

- Our new name and logo directly convey that we are providing access to food for people who need it- hungry Americans. In essence, "feeding" serves as a double meaning- both providing food and enriching lives.

We are now known as **Second Harvest of South Georgia, Inc.**, and we are a member of *Feeding America- The Nation's Food Bank Network*. This is a very subtle change, as we have had much success over the years with our branding in south Georgia. In the end, the wording in our organization's name is the only change that will be seen by the public. We continue to provide the same goods and services for our loyal members.

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## **Valdosta/ Lowndes Recreation, Parks and Community Affairs Department Mildred Hunter Community Center**

All participants must pay an annual membership fee for the Mildred Hunter Community Center.

**The membership fee is as follows:**

**Adults 18 and up: \$30.00 per year**

**Seniors 50 and up : \$12.00 per year or \$1.00 per month**

This membership fee will give you access to all of our recreational programs. Memberships will not cover evening instructional programs (Sewing Classes, Computer Classes, Karate Program, or Basketball

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Leagues). All participants must also complete and sign an active membership waiver form before participating in any center activity or program.

For more information contact Andre Newson @ 259-5437 or 259-5407.

If you would like to register in classes at the center, contact Andre Newson at the Mildred Hunter Center, 229-259-5407 or 259-5437

**Homework Assistance**, a tutoring program for the youth in the City of Valdosta that helps in excelling in academics. This meets Monday-Thursday afternoons from 3:00-5:45 and Friday afternoons from 3:00-4:45.

**African Culture & Dance Class** is a learning program taught by Iye Kargbo designed to teach about the African culture and show different styles in dance to children ages 5-12. This program meets Tuesday evenings from 6:00-6:45.

**Marching Pride Drill Team**, Monday, Tuesday and Thursday, 4:00 - 5:30 PM, This program helps young men in all communities to learn and build self-esteem, character and motivation. Age group is 7 to 16.

**Phazes Modeling Troupe**, is a posing program for teenagers in middle school and high school designed to show basic modeling skills. This program starts 1/27/11, meets Thursday evenings from 6:00-6:45 & Saturday mornings from 11:30-12:30.

**Young Ladies' Circle of Ambitions** provides guidance, mentors, and cultivates young ladies into successful women. The young ladies will participate in group mentoring that will include guest speakers, workshops that are educational, and community service that promotes healthy living and productive lifestyles. Program meets twice a month, from 11am-12pm.

**Intervention Guidance Mentoring Program** is a mentoring program for youth and teenagers ages 11-18 to help in dealing with life, goals, conflict, and character to become model citizens. This program meets the every Tuesday evening beginning at 6.

**Bingo & Bonus Bingo** is for senior citizens to come together to compete against one another for fun and to win inexpensive prizes. It meets Wednesday mornings from 11:30-12:30. For more information, contact Michael Foster at 259-5407.

**Senior Health Education** involves walking, exercising, and interacting with other seniors to give them a chance to listen to guest speakers and about remaining in good health. Michael Foster and Courtnee Hawkins are coordinating this class. Program meets twice a month, Monday and Thursday mornings from 10:00am-11:00am.

**Senior Social** is a socializing program for older participants to come together for eating, fellowship, and/or playing Bingo for tallies. It starts 1/26/11, and meets on the last Wednesday from 11:30-12:30pm.

**Free Sewing Classes**

Monday and Tuesday, 6:00 PM - 8:00 PM -Ages 15 and older

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**Community Friends for International Students**

Help give each new VSU international student a friend in the Valdosta community...become a resource for the student and help the student in times of homesickness and cultural adjustment. A Community Friend also provides the student an opportunity to share his/her culture. The Friend can be an individual or an entire family. By inviting an international student to dinner, taking her to the mall, or participating in other such social activities, a Community Friend helps an international student feel welcome and helps compensate for the separation from friends and family. This is a unique opportunity to learn about another culture and make a difference in the life of an international student. For more information, contact Irina McClellan, International Student Advisor, 229-333-7410.

**KALEIDOSCOPE After School Program**

**Valdosta\*Lowndes Recreation, Parks, and Community Affairs presents after school programs at Clyattville Elementary School and Lake Park Elementary School. From 3:00 to 6:00 there will be homework assistance, structured games, and activities. A snack will be provided. The cost is \$10 a day or \$30 a week. Some scholarships are available. For more information, call 333-1861 or visit the website at**

**[valdostasportsandevent.com](http://valdostasportsandevent.com) \*\*\*\*\***

**Regularly Scheduled 12 Step Groups**

For information, call 1-800-766-4653

**Lowndes County**

**AA**, 5:30 PM, meeting only, Monday thru Friday, at First Baptist Church (corner of Toombs Street and Central Avenue) in building across the street from the office on Toombs Street. All meetings are Open Discussion and non-smoking. Call 229-245-7516 or 229-244-0070.

**AA** 7:00 PM, First Baptist Church (corner of Toombs Street and Central Avenue) in building across the street from the office on Toombs Street. This meeting is Closed Discussion and includes Big Book Study. Call 229-245-7516 or 229-244-0070.

**AA, Baytree Fellowship** meets Thursdays 8:00 PM and Saturdays at 7:00 PM at Messiah Lutheran Church, 500 Baytree Road, Valdosta. Both meetings are non-smoking. Call 229-245-0426.

**Northside Group AA** meets Tuesday thru Saturday at noon, Sundays at 7:00 PM and Thursdays at 8:00 PM at Christ Episcopal Church, 1521 North Patterson Street, Valdosta.





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Training is provided for Family Supporters.

**Office Angels** (Monday–Friday 9am–4pm): Answer phone, Greet visitors, Perform office duties

**ReStore** (Tuesday–Saturday 9 to 4): Display, sort & price stock, Assist customers, Test & repair large appliances

**Jobsite** (Tuesday–Saturday 8am–4pm): Help build houses, Serve as Site Host/Hostess, Paint, Landscape, Provide meals, Clean up

**Serve on a committee:** Church Relations, Construction, Family Selection, Family Support

**Lunch providers for worksites needed**

**Dinner site volunteers needed for campus groups coming during their spring breaks.**

For more information, contact Richard Hart: 242-3468, 563-1253 or Christine Nash: 245-1330 ext. 27, [volunteerhabitat@bellsouth.net](mailto:volunteerhabitat@bellsouth.net)

For more information visit our website: [www.valdostahabitat.org](http://www.valdostahabitat.org)

To volunteer contact Volunteer Coordinator by e-mail: Christine Nash, [volunteerhabitat@bellsouth.net](mailto:volunteerhabitat@bellsouth.net) or phone: 229-245-1330, ext 27.

## **Habitat ReStore**

...is open to the public every Thursday, Friday, and Saturday 9:00 AM to 5:00 PM. It is at 2010 East Cypress St. For sale are donated new and used home improvement materials, furniture, appliances, and much more. Donations to the store are tax deductible. All sales proceeds benefit Valdosta-Lowndes County Habitat for Humanity and are used to help further the mission of building affordable housing for people in need.

**Workers needed for ReStore...must be able to withstand variations of temperature...**

For more information, call the store manager, Bill Ray, at 229-247-8513.