

## CONTACT INFORMATION

For further information or to arrange a visit to  
"My Friend's House" contact:

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Sonia Vendrell  
Program Assistant  
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Robin Carter  
Program Assistant  
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If you would like to be on our mailing list  
contact any of the persons above

### **Lovegiver's Support Group**

All meetings are held on the 3rd Wednesday of  
each month  
109 West Moore St.  
Valdosta Ga.  
12: noon - 1:00 pm



## Department of Social Work

Southern Georgia Area Agency on Aging  
Waycross, Ga.

And

Valdosta State University

## **VOLUNTEERS NEEDED!**

Call us to find out about volunteering. We can  
adjust to your schedule. Some training is required  
and will be provided at the Center. Contact My  
Friend's House at 229-293-6146  
for more information.

### **FOR ENROLLMENT INFORMATION**

**CALL:**

SOUTHEASTERN GA. AREA AGENCY  
ON AGING  
1-888-732-4464

# MY FRIEND'S HOUSE



## **A Day Program for Seniors with Special Needs**

## OUR MISSION

Our mission is to provide quality daycare services for seniors who are experiencing mental challenges, and to offer a safe, friendly environment for those in our care. We strive to treat our clients with the respect which they deserve.



## OUR FACILITY

At My Friend's House, we maintain a caring, loving and safe atmosphere. The Center is staffed with five patient, compassionate and understanding individuals plus graduate assistants who are capable of communicating with the population which we serve. In addition to the staff, students from the School of Social Work, School of Nursing, as well as various sororities volunteer their time to assist at the Center. You can be confident that the facility is one that clients will enjoy coming to and one that family caregivers can depend on.



## HOURS OF OPERATION

We are open Monday through Friday from 8:30am - 4:00pm. Participants may attend anytime during the hours of operation depending on the family's personal needs. We are equipped with full kitchen facilities where we can prepare the lunch which each client is required to bring. We provide all snacks and drinks.

Lunch - 12:00pm - Snack 10:00am and 3:00pm

## LOCATION

We are located a 109 West Moore St.  
(Between Patterson and Oak)



## FINANCIAL OBLIGATIONS

There is no fee for the services; however, we invite families to make donations and/or participate in fundraising activities which are held from time to time. Monies raised are used for program supplies or other needs which may arise that are not covered by the funding source.



## ACTIVITIES

We provide activities that promote social, physical, creative, and cognitive stimulation. The staff is qualified to guide our friends through these activities at their own individual level.

**Exercise:** includes a variety of indoor and outdoor games and activities. All exercise is geared to help maintain muscle strength, joint flexibility, and eye - hand coordination.

**Music:** Music Therapy encourages further interaction. All types of music are used. We have a pianist who volunteers her time once per week to provide this service. Our friends love this time, and enjoy singing together.

**Bingo:** is a game loved by all, and everyone wins. No one leaves the bingo table without a prize and sometimes two.

**Memory Lane:** is time set aside for participants to discuss important events, places, things, and people from the past. This is usually an exciting sharing of bygone eras.

**Arts & Crafts:** includes painting, molding, pasting, coloring, flower arranging, mosaics, cake decorating, and much more.

**Hug Therapy:** is a part of our daily routine. A comfortable and reassuring hug is what we all need and we all like to give.

**Laughter:** is our number one activity. Laughing is healthy for all of us, and is good for physical and emotional stimulation, regardless of age or cognitive ability.