CONTACT INFORMATION

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

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

MY FRIEND'S HOUSE

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

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

**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, 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.

**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.