WE WOULD LIKE TO WELCOME PAUL RAY AS OUR NEW TRANSITION COORDINATOR!
Kids Corner

We would like to introduce the Kids Corner where it highlights the services offered to our youth.

New Website Design

We have a new design to our NWGA Center for Independent Living website. Please check it out!

www.nwgacil.org

CHECK OUT OUR CLASSES!

Milestone Transitions

Learn and discuss about advocacy, IEP’s, Assistive Technology, and resources for the real world for High school, College, etc. in a four-week course.
EmployABILITY

Our employABILITY class covers information a person may need to know in preparation to getting a job. We talk about being able to advocate for accommodations, what employers and applicants need to know about the ADA, disclosing a disability, making a resume, and through the interview process. This is a great class for those who have a disability and are seeking work.

Department of Labor office at
462 Riverside Pkwy NE, Rome, GA 30161

PUBLIC HEALTH

Wellness

Learn and discuss about Exercise, Relationship and diversity, and Mental Health in a four-week course

Nutrition

Learn and discuss about Nutrition with several kitchen appliances and healthy cooking on a budget, in a four-week Course
5- Ingredient Chocolate-Peanut Butter Icecream Sandwich

TIME
Active Time: 20 mins  Total Time: 2 hrs 50 mins  Servings: 12

INGREDIENTS
• 2 large bananas, sliced and frozen
• 1/3 cup natural peanut butter
• 3 tbs oat milk or nondairy milk
• 1/3 cup mini non-dairy chocolate chips
• 12 chocolate graham cracker sheets (6 1/2 ounces)

DIRECTIONS
1. Place frozen bananas, peanut butter, and 3 tbs oat milk in a blender. Blend on High until smooth, adding more milk, 1 tbs at a time, if needed to reach a creamy consistency. Transfer the mixture to a median, 1 tbs at a time, if needed to reach a creamy consistency. Transfer the mixture to a medium bowl. Fold in chocolates. Freeze until the mixture is semi-firm, about 30 minutes.
2. Break graham cracker sheets in half. Spread 2 tbs banana mixture evenly on 1 half: top with the other half. Repeat with the remaining graham crackers and banana mixture. Freeze in a covered container until firm, about 2 hours.

NUTRITION
Serving Per Recipe: 12  Calories: 159
  Total Fat: 8g  Saturated Fat: 2g  Sodium: 90gm
  Total Carbohydrate: 21g  Dietary Fiber: 2g  Protein: 3g
  Vitamin C: 2mg  Vitamin A: 151U  Vitamin K: 2mcg  Calcium: 12mg
  Iron: 7mg  Potassium: 154mg

SERVING FIFTEEN COUNTIES IN NWGA
Bartow, Catoosa, Chattooga, Dade, Fannin, Floyd,
Gilmer, Gordon, Haralson, Murray, Paulding, Pickens,
Polk, Walker and Whitfield
We sincerely apologize for any errors/omissions. Please contact us so that we may correct them.
Gisela and Katie at USAging Conference at SLC, UT

Katie and Giselle went to their first conference at the USAging Conference in Salt Lake City, UT (July 16th - July 19th). They met representatives from all over the country at the tradeshow, got to listen in on several workshops, and even participated in a Dementia Now demonstration.
DURING JULY 23-JULY 27TH, NWGA CIL STAFF CHRISTINA HOLTZCLAW, KATHY BAKER, GISELLE PHILLIPS, AND TONIA CLAYTON VISITED WASHINGTON DC TO ATTEND THE NATIONAL INDEPENDENT LIVING COUNCIL CONFERENCE TO ADVOCATE FOR THE RIGHTS OF PEOPLE WITH DISABILITIES ON THE HILL. WHILE THERE, STAFF TRAINED ON A VARIETY OF TOPICS, VISITED THE US CAPITOL AND EVEN THE WHITE HOUSE! GEORGIA WAS WELL REPRESENTED.

I SPOKE WITH ASHLEY PADGETT, WHO IS THE AIDE FOR CONGRESSMAN BARRY LOUDERMILK & HARPER WITH SENATOR WARNOCK ABOUT THE DIFFERENT ISSUES ABOUT PEOPLE WITH DISABILITIES. I EXPLAINED ABOUT THE 5 FOR 5, WHICH WOULD HELP CENTERS FOR INDEPENDENT LIVING TO HAVE A BUDGET OF 500,000,000 TO HANDLE 5 CORE SERVICES.