

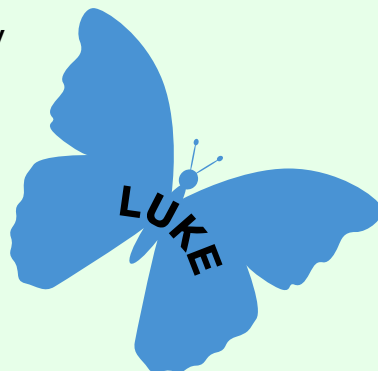
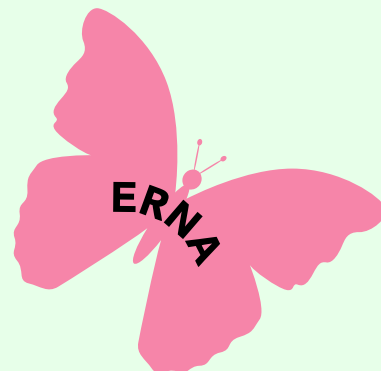
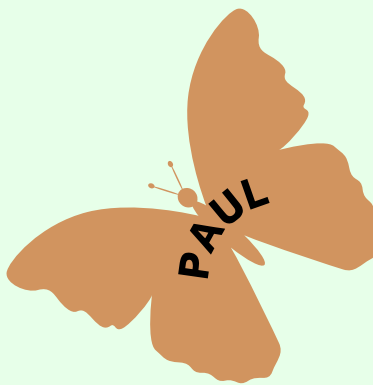
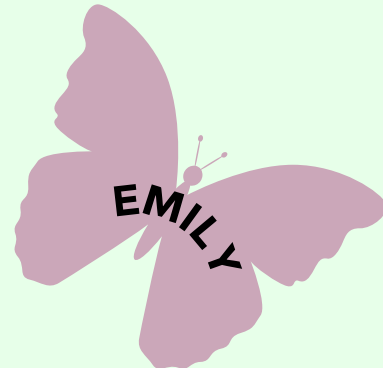
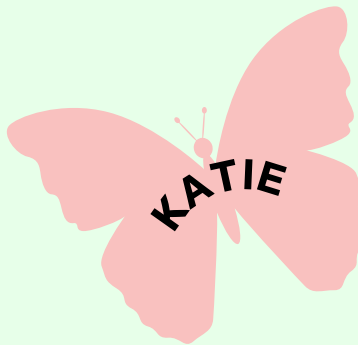
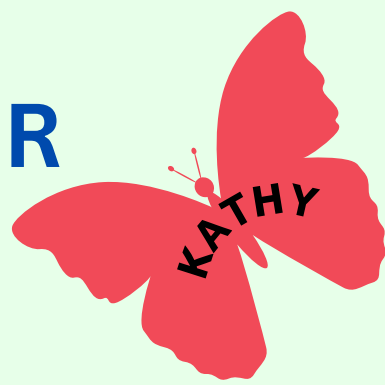
SPRING NEWSLETTER

NWGA Center for Independent Living

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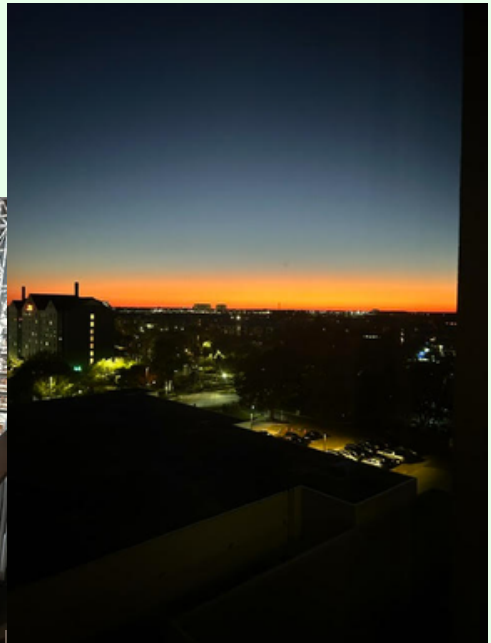
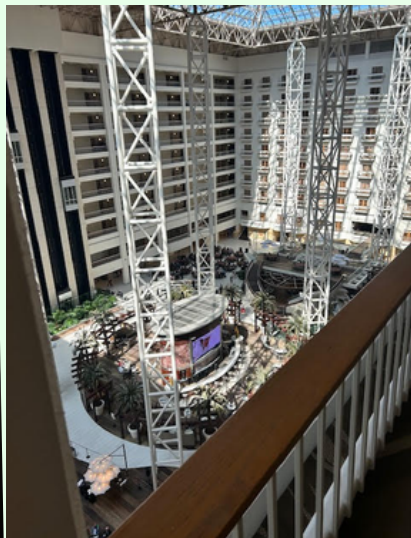
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- Pg 4/5. What our Townhalls Have to Say
- Pg 6. Nutrition Classes
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- Pg 11. What is your "Why..."
(Interview with Executive Director, Christina Holtzclaw)

SPRING EDITION NEWSLETTER
NORTHWEST GEORGIA
CENTER FOR INDEPENDENT LIVING



LDA
(Learning Disabilities
of America)
Orlando Fl.

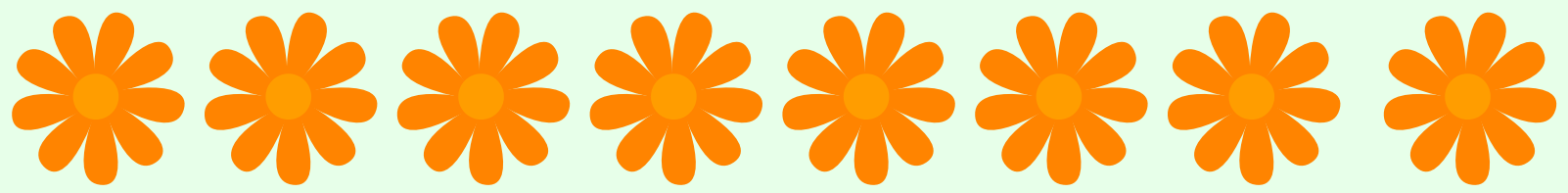
Using what we
learn to empower
others.



CEC San Antonio

CEC Convention & Expo, thousands of special education professionals from around the world come together to learn, share, grow, and connect



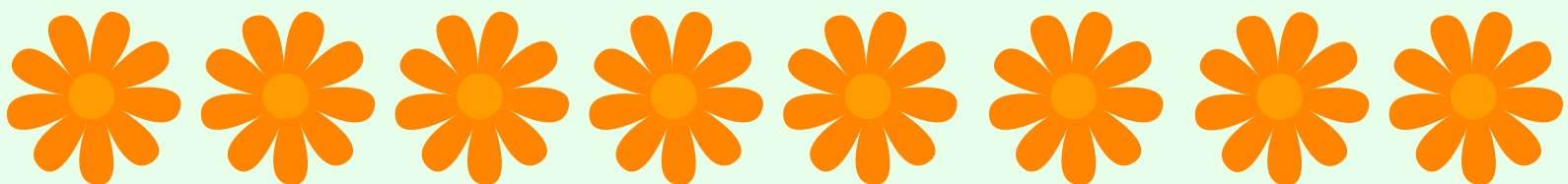


What Our Townhalls Have to Say:
Gilmer County Townhall
with Emily Smith

- Housing
- Transportation
- Emergency Preparedness



- Community Access
- Mental Health Awareness



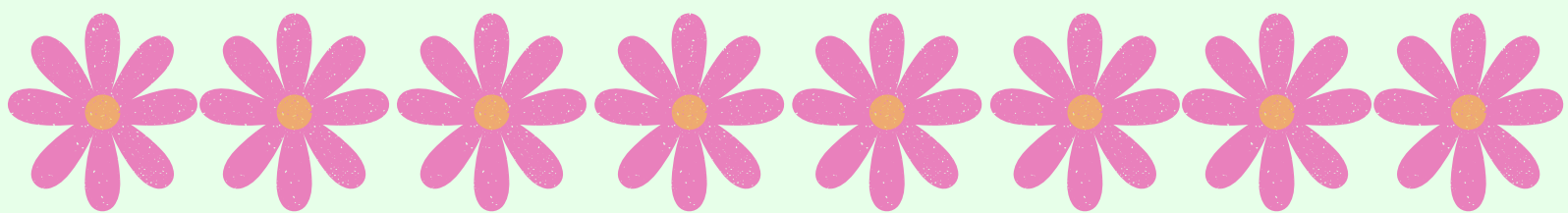
What Our Townhalls Have to Say:
Murray County Townhall
with Angela Vicente

Talking to others to identify challenges.

Working together to overcome barriers in the community.



By conducting Townhall meetings, we are able to help identify barriers in the community & work in collaboration with everyone involved to achieve a satisfactory resolution.





2024

NUTRITIONAL COOKING CLASSES

Come join us every 4th Tuesday of the month to learn how to eat healthier while making your own tasty treat to take home!

DATES:

FEBRUARY 27TH
MARCH 26TH
APRIL 23RD
MAY 28TH
JUNE 25TH
JULY 23RD
AUGUST 27TH
SEPTEMBER 24TH

HOSTED BY



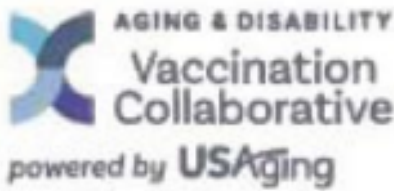
TRANSPORTATION CAN BE
ARRANGED

WHERE & TIME

HIGHRISE
BUILDING 2
COMMUNITY
ROOM
807 AVE B ROME,
GA 30165
3:30PM - 4:30PM



Upcoming Vaccine Events:



Stay Safe Stay Up to Date

Protect your *health* and the people you love. Vaccines are safe and effective. They save millions of lives and are *the* best defense against many infectious diseases. *If* you are 65+ or *have* a compromised immune system, you may be more vulnerable to certain diseases, so get vaccinated today. You have the power to prevent and protect.



Flu

The flu vaccine is very important for older adults and people with chronic health conditions, please get your seasonal flu (influenza) vaccine by the end of October or soon after.

COVID-FLU PREVENTION EVENT

THURSDAY MARCH 28
10:30 AM - 12:30 PM

Located at:

1110 N. 5th Ave
Rome, GA, 30165

Contact us at
info@nwgacil.org
or

(706)-314-0008

For more information

COVID-19

If you have not gotten a COVID-19 vaccine since last fall, you can get one now. If you are over age 65 or are immunocompromised you may want an extra shot about 4 months after getting your last one.





Upcoming Vaccine Events:



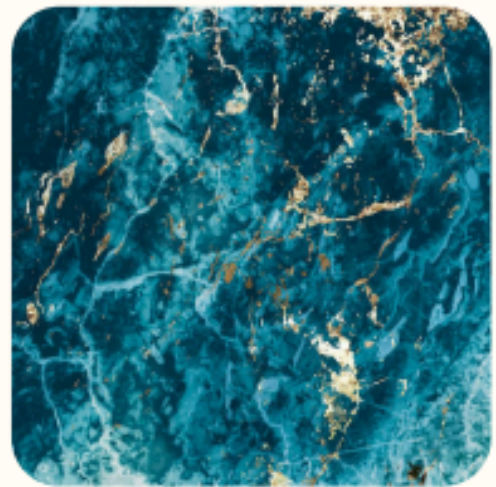
NWGA CIL and DCS

RE-ENTRY RESOURCE DAY

We are excited to invite you to our resource Fair. We will have people from the following places/organizations there to help you with any questions you may have. Don't miss out.

BOOTHS

- Cricket
- CORE(Vaccines)
- GA Vocational Rehabilitation
- NWGA Housing Authority
- WIOA Youth Transition
- Mobile Career Center-Goodwill
- Department of Drivers services
- Department of Health- WIC & Birth Certificate
- Rome Transit Department
- Department of Children Services- SNAP
- Georgia Legal Services
- Walmart Health Services
- GA Department of Labor- Veterans Services
- Rome/Floyd Free Clinic
- Highland Rivers
- NAMI
- Amerigroup
- National Alliance on Mental Illness
- Jerome Hopper counseling- Anger Management/Demestice Vिलence



Contact Us
(706) 314-0008

More Information
www.nwgacil.org

12:30 PM - 3:30PM

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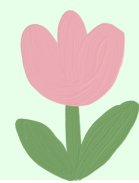
APRIL

DAY REPORTING CENTER

100 MARABLE WAY
ROME, GA 30161



Upcoming Vaccine Events:



PRESENTED IN PARTNERSHIP BY:
First Baptist Church of Rome
Women's Information Network, Inc.

GROWING WHOLE NOT OLD

- Local Agencies will be on site so you can learn about their services.
- Presentations by our Health Committee Professionals who are experts in a variety of health and well being fields.

Saturday, April 6, 2024

8:30 – 12:30 p.m. | Fellowship Hall

Cost: \$20 (includes program, lunch, workbook)

Pre-registration is required by April 2

For registration: call FBC church office or scan QR Code

706.291.6850



SPONSORED BY:



Mrs. Erna's Yummy Recipe

Spring Asparagus
Total Time: Prep/Total
Time: 25 minutes
Makes about 8 servings

Ingredients

- 1-1/2 lbs fresh asparagus
(trimmed/cut into 2 inch pieces)
- 2 small tomatoes, cut into wedges
- 3 tbsp cider vinegar
- 3/4 tsp Worcestershire sauce
- 1/3 Cup Sugar
- 1 tbsp grated onion
- 1/2 tsp salt
- 1/2 tsp paprika
- 1/3 cup canola oil
- 1/3 cup sliced toasted almonds
(almonds are optional)
- 1/3 cup crumbled blue cheese
(blue cheese is optional)



Directions

1. In large sauce pan, bring 1 cup water to boil. Add asparagus; cook, covered, until crisp-tender, 3-5 minutes. Drain; place in large bowl. add tomatoes; cover & keep warm.
2. Place vinegar, Worcestershire sauce, onion, salt, & paprika in a blender; cover & process until smooth. While processing, gradually add oil in steady stream. Toss with asparagus mixture. Top with Almonds & cheese.

What is your "Why"?



Christina Holtzclaw
Executive Director, NWGA CIL
Rome, GA

As a blind child I faced many challenges. I was lucky to even get into public schools & even then they did not have anything ready for me. They did not even have braille. I had to advocate for myself & make my own way through the public school system. And for this reason, I know what challenges others might be facing.

In today's world, there is much better assistive technology than when I was growing up. And things are more sensible too. There was no ADA when I first started out. Those of us who faced these challenges are the ones who paved the way for those in today's world.

We are paving the way for others.....

