

Community Cornerstone

A quarterly newsletter from the Augusta-Richmond County Community Partnership for Children and Families, Inc.



Spring/Summer 2004

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A Healthy Start for 2004

Improving Results: Together We Can

Commemorating a year of success and looking ahead to a productive 2004, the Augusta-Richmond County Community Partnership for Children and Families, Inc. (ARCCP) convened its partners and other community members at its Annual Meeting on December 9, 2003 at the Sheraton Hotel in Augusta. While good food and company was shared by all, the primary purpose of the event was to thank the partners, children, and families for their hard work, to celebrate their accomplishments and to address the unsettled issues that are still adversely affecting our community's children and families.

From the entertainment to the speakers, this year's theme "Improving Results: Together We Can" was woven through in every aspect of the program. To kickoff the event, Senator Don Cheeks, Representative Henry Howard, and Senator Zell Miller (via video) greeted attendees. Afternoon entertainment included a poetic reading by

Shakeitrice Stokes and performances by the Cross Creek High School Show Choir. Jonay Bailey got to the heart of the occasion with the musical selection, "One Child at a Time" written by Nnenna Freelon. The poignant lyrics spoke of the importance of partnering and working together: "We all have a part to play, teacher, friend, or mentor. We'll make a brighter day with children at the center. Do you have the heart to be a partner?"

During the program Robetta D. McKenzie, Ed.D., Executive Director of the ARCCP, shared how collaboration makes an impact as she compared benchmarks to results. Through a slide presentation, Dr. McKenzie ensured that attendees understood the current status of Augusta-Richmond County's children and families. She also congratulated partners on their outstanding work and progress in the past year. The following accomplishments were recognized:

Please see [Healthy Start for 2004](#) on page 5



Joe Vignati (right) stands in shock as David Tucker (left) presents him with the Outstanding Community Volunteer award.

A Message From the Executive Director Robetta McKenzie, Ed.D

Although the Augusta-Richmond County Community Partnership for Children and Families, Inc. (ARCCP) has evolved through the years, the heart of its mission to improve the lives of children and their families has remained the same. To this end, the ARCCP partners have embraced the concept, "Every Child Deserves a Healthy Start" to help give children a chance to grow and develop from the moment their lives begin in their mothers' wombs, to address perinatal and/or access to care issues, and disparities.

In 1997, we received our first grant from the U.S. Department of Health and Human Services

Health Resources and Services Administration (Maternal and Child Health Bureau) to implement the Healthy Start Initiative in Augusta. Since then, we have had the money to tap into valuable resources that have allowed us to make progress in improving the lives of newborn babies, their mothers, and their families.

Augusta-Richmond County is one of only four sites in Georgia to be awarded federal funds to administer the Healthy Start program. The need to decrease the alarming infant mortality rate and high teenage pregnancy rate troubling our local community led to our grant reward. Infant mortality

Please see [Executive Director's Message](#) on page 4



Robetta D. McKenzie, Ed.D

What is Healthy Start?

Q. What is the Healthy Start program?

A. It is a federally funded initiative that targets communities experiencing high infant mortality rates and works to eliminate racial disparities in perinatal health by coordinating a broad range of community-driven strategies designed to combat this health problem. The guiding premise of the program is “Every Child Deserves a Healthy Start.”



Q. What government agency administers the Healthy Start program?

A. The program is made possible by the Maternal and Child Health Bureau of the Health Resources and Services Administration, Department of Health and Human Services. The program began in 1992 with 15 Healthy Start grantee communities. Another seven sites were added in 1994. As of 2004, there are a total of 97 Healthy Start projects in urban and rural communities throughout the United States, employing innovative approaches to reducing local infant mortality.

Q. What is infant mortality?

A. Infant mortality refers to infants who die before reaching age one. Low birth weight is the primary indicator of this mortality condition. Babies born weighing less than 5.5 pounds are low birth weight deliveries, and infants born weighing less than 3.3 pounds are classified as having *very* low birth weights.

Q. How does the Healthy Start Initiative direct its grant awardees to deal with the infant mortality issue in local communities?

A. In fulfilling the objective of Healthy Start, local child advocacy programs, health agencies, and other stakeholders work collaboratively with public and private entities to strengthen and enhance community systems of maternal and infant care. The program encourages communities to comprehensively address the medical, behavioral, and psychological needs of women and infants by increasing awareness of the causes and solutions to the infant mortality problem.

Q. How does the Healthy Start program benefit the Augusta-Richmond County community?

A. The Augusta-Richmond County Community Partnership for Children and Families, Inc. (ARCCP) was awarded a Healthy Start grant in 1997 to coordinate efforts between local agencies to decrease the number of unhealthy babies being born and to decrease the number of low birth weight babies. The Augusta-Richmond County Healthy Start program spans the entire county and target areas where infant mortality ranks the highest. The various partners in Augusta-Richmond County have concentrated on tackling the major adverse factors that contribute to mothers delivering low birth weight infants: poverty, stress, lack of education, and poor medical care.

Q. What special services does the ARCCP offer in conjunction with the Healthy Start program?

A. The partners focus on eliminating disparities in perinatal health by providing interconceptional care and improving women’s health through screening and intervention for depression and substance abuse during and around the time of pregnancy. The Augusta-Richmond County Healthy Start has implemented six models to assist expectant mothers in delivering healthy babies. Those six program features include:

- **Outreach/Client Recruitment:** matching expecting mothers and parenting women, especially those whose families have been underserved by health care, social services, and mental health systems, with services that they need to deliver a healthy child.
- **Case Management:** coordinating the total care of pregnant and parenting women and their families to ensure continuity of care.
- **Health Education Program:** offering a series of health classes made possible by a collaborative effort between local agencies and organizations.
- **Community-Based Consortia:** mobilizing local resources to combat infant mortality, low birth rate and racial disparities.
- **Interconceptional Care:** ensuring women are healthy prior to beginning a pregnancy in order to reduce the number of poor pregnancy outcomes through risk assessment, health promotion, and intervention.
- **Depression Screening:** utilizing screening tools that are completed by the client during or after pregnancy to determine if the client may be depressed.

Healthy Start Benefits Multicultural Community

As the multicultural population increases in the nation, the state of Georgia is experiencing a rapid rise in the number of Latino residents. The multicultural boom to the state has resulted in an increased Latino population in the Augusta-Richmond County community that has added to the diversity of the client base of the Augusta-Richmond County Community Partnership for Children and Families, Inc. (ARCCP). To date, the ARCCP has 24 Latino families enrolled in the Augusta-Richmond County Healthy Start program.

According to Monique Smith, an ARCCP program assistant, the Latino families are benefiting tremendously by participating in the Augusta-Richmond County Healthy Start program. She recalls one mother in particular who has made significant progress in receiving adequate prenatal care. The Latina mother contacted the ARCCP office when she was expecting. Already the mother of two young children, the mother explained that one of her greatest challenges was the language barrier; she was not fluent in English, which created a communication barrier in getting the appropriate community, health, and social services for her family. Smith, bi-lingual speaking English and Spanish, was able



Latino clients and their families take part in the ARCCPs annual Mother's Day Salute, held at the Henry Brigham Community Center.

to effectively communicate with the Latina mother and inform her about how the Healthy Start program could benefit her family.

After enrolling in the Healthy Start program, a case manager assessed the Latina's family needs and began to direct her to the appropriate services. One service included enrolling the mother in the Women, Infants and Children (WIC) program, where she is being educated about nutrition and proper eating during and after pregnancy. The mom also attends Healthy Start Parent Support Group meetings, where she learns about such timely topics as childbirth, immunizations and life skills. The ARCCP also assisted the family with enrolling the children in school. Today Smith says, "The family is doing great and the mother is extremely satisfied with the Augusta-Richmond County Healthy Start program. She is happy that she is

able to communicate with someone who speaks her language.

In order to ascertain the needs of the Latino community in greater depth, Dr. Robetta McKenzie, Executive Director of the ARCCP, stated the agency plans to conduct focus group to learn what their greatest needs include.

Infant Massage

When thinking of a massage, the first picture that usually comes to mind is usually that of an adult lying peacefully on a massage table relaxing. Well, after a long, hard day of diaper changes, crying, and feeding, infants also enjoy a relaxing massage. Infant massage is an ancient practice commonly used in Asia and the Pacific Islands. Due to its proven benefits, the ancient practice has now become a part of Western cultures.

Studies by the University of Miami School of Medicine have shown that infant massage is beneficial to babies in many capacities including the reduction of colic symptoms, gas, teething pain, constipation and reflux; improvement in sleep, circulation and digestion; and best of all, infant massage creates a natural bond between baby and caregiver. However, before beginning the practice of infant massage it is pertinent to first seek training or to take an instructional class with a licensed massage therapist. Caregivers should adhere to precautions and refrain from massaging an infant if he/she has a fever, infection, fracture or burn. Also, if oils or lotions are used during the massage session, make sure they are baby friendly and are warm to the touch (this can be achieved by placing the oil or lotion in both hands and rubbing them together).

Licensed massage therapist Becky Inglett with the Stress Management Center teaches Gentle Touch Infant Massage classes. In her classes, Inglett suggests that infant massage sessions begin by getting the baby use to the exercise with warm-ups. During warm-ups the caregiver holds his/her hand in front of the baby and asks a series of questions and statements: "May I touch you?" "It is massage time." "May I massage you?" This warm-up exercise also includes gently touching or stroking the baby with warm hands on his/her chest stomach legs, back, and back of the head. Inglett also notes that in order for this to work, baby and caregiver must be relaxed. When the baby is happy and alert, parents may then begin to massage their infant with gentle strokes that range from tracing a heart on his/her face or tracing a circle on his/her stomach, to gently stroking the baby from head to toe while making a "swoosh" sound. The person administering the massage must keep in mind that babies are not adults and each stroke should be soft and gentle.



Becky Inglett demonstrates how to properly massage an infant at a recent Healthy Start Parent Support Group meeting.

For more information on infant massage, contact the Stress Management Center at 706-733-1989.

refers to babies who die before reaching their first birthday. The leading cause of infant death has been identified as low birth weight newborn, which refers to a child born weighing less than 5.5 pounds or children born at a *very* low birth weight of 3.3 pounds.

But the good news is, the grant money and the hard work of our partners has already made a dent in some of these unfavorable statistics, thus improving the health, living conditions, education, and overall lifestyle of families in our community.

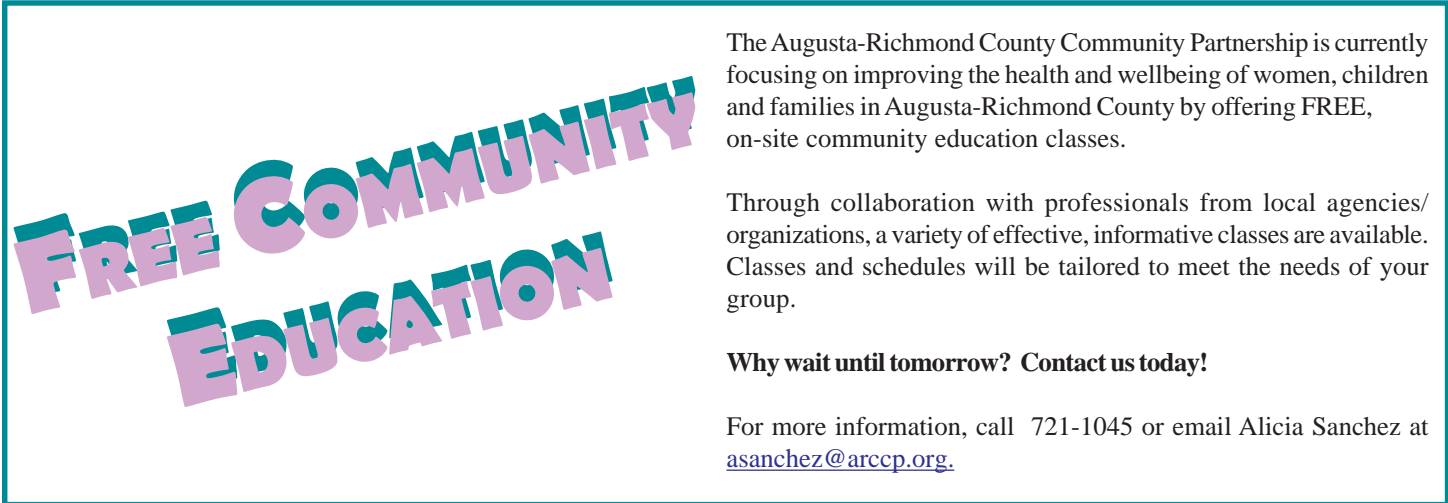
Through the Healthy Start program, the ARCCP is working to give every child a healthy start in life. We have addressed both the infant mortality and teenage pregnancy quandary head-on with a multi-faceted, comprehensive approach that is focused on eliminating the barriers to health care for women, offering special services and programs for expectant mothers, and implementing program initiatives to reduce teen pregnancy. For instance, we offer ongoing programs such as the Parent Support Group that meets monthly, parenting classes, and case management. We also host special events such as the Mother's Day Salute, Baby Fest, and workshops that offer a holistic approach to giving infants a healthy start. Our workshops cover topics such as health and nutrition, personal development, and consumer affairs. Through all our efforts, we strive to connect pregnant women and mothers with infants under the age of two with the appropriate community resources, including prenatal care, the Women, Infants and Children (WIC) program, and Medicaid.

Moreover, to effectively reduce the teen pregnancy rate early on, we began the Healthy Start Adolescent program, which provided academic enrichment and recreational activities to middle and later high school-age children. While no longer a module in the Healthy Start Initiative, partners continue to promote abstinence, healthy behavior, and positive self-esteem through various community-based programs. As a way of empowering young mothers, our partners also share helpful information with pregnant and parenting teens on child development, parenting, and the importance of getting an education.

The culmination of these efforts is paying off: The infant mortality rate in Augusta-Richmond County has decreased from 10.2 percent in 2001 to 9.6 percent in 2002. However, we can not rest on our laurels. More work is required to continue to decrease the infant mortality rate and the teen pregnancy rate and address the racial and ethnic disparities that persist.

We have made great strides in recent years, but we are constantly looking for new ways to ensure that every child in Augusta-Richmond County gets a healthy start. For example, we have enhanced our perinatal service(s) from preconception through the second year of life by giving women the tools and education they need to stay healthy during this critical time. We have also educated the public at large about the importance of prenatal care, the extent of racial and ethnic disparities in all areas of prenatal health, the dangers of prematurity and how to recognize signs and symptoms, and the impact of maternal depression and substance use. Most birth defects occur between 17 and 56 days after conception. At this time many women do not even realize they are pregnant – that's why good perinatal health is so important. But we're not just leaving healthy babies in the hands of women. We also have some exciting program ideas that will focus on the expectant fathers in the family.

When it comes to giving every child in our community a healthy start, the sky is the limit and no mountain is too high to climb. The poet Barilela Mistral once wrote: "We are guilty of many errors and faults, but our worst crime is abandoning our children, neglecting the foundation of life. Many things we need can wait. The child cannot. Right now is the time his bones are being formed, [her] blood is being made, and his senses are being developed. To him, we cannot answer tomorrow. His name is 'Today.'" There is no time to waste. Thus, we hope you will continue to support us as we work to achieve our 2004 program goals that support our belief that **"Every Child Deserves a Healthy Start."**



FREE COMMUNITY EDUCATION

The Augusta-Richmond County Community Partnership is currently focusing on improving the health and wellbeing of women, children and families in Augusta-Richmond County by offering FREE, on-site community education classes.

Through collaboration with professionals from local agencies/organizations, a variety of effective, informative classes are available. Classes and schedules will be tailored to meet the needs of your group.

Why wait until tomorrow? Contact us today!

For more information, call 721-1045 or email Alicia Sanchez at asanchez@arccp.org.

Budgeting and Spending Wisely

There are many things that come along with preparing for a child. However, many parents/caregivers fail to realize how their finances and spending habits impact their child's life and that of the family.



Nicki Arant, Director of Education with the Consumer Credit Counseling Service of the CSRA, conducted a class on budgeting and spending at a recent Parent Support Group meeting held by the Augusta-Richmond County Community

Partnership for Children and Families, Inc. (ARCCP). Arant began and ended the class with a great point, "To be financially successful, you must save some money. A lot of people are financing their lives on plastic." Not surprisingly, the topic of discussion quickly became all about credit, and the support group meeting became an interactive session filled with questions and answers and personal testimonies.

Credit, whether it be bad, good or otherwise is a delicate situation. Throughout the session Arant reinforced to the group what actions should be taken to improve their credit situation. Her number one suggestion was to avoid spending carelessly. She went on to suggest that people with good credit should work to maintain that status by paying bills on time; people without credit should begin to establish credit; and those suffering from bad credit or debt should find out where the outstanding debts are and begin to pay them off one-by-one. She also suggested the following tips to stay out of debt:

1. Never buy on impulse. Give yourself a 24-hour grace period before making purchases.
2. Never buy groceries or eat out on credit. Using a credit card on things that will be gone before you pay for them is not a good idea.
3. Keep small amounts of cash with you. This will lessen your chances of an impulse buy.
4. Never co-sign for **ANYONE**. "If your name's number two, it belongs to you," she said.
5. If you must get a credit card, get a pre-paid one. However, pre-paid credit cards are not ideal for those trying to establish credit.
6. When getting a credit card, be sure to check the interest rate, late charges, and whether or not there is an annual fee or prepayment penalty.
7. Decisions affecting your credit remain on your credit report for seven years.

Becoming financially stable goes beyond the seven tips listed above. Financial stability begins with spending wisely, budgeting, and saving money. To save money, begin by keeping a weeklong journal of all purchases. This will help to identify

unnecessary or excessive spending and areas where money can be saved. Taking lunch to work, clipping coupons, and eating in are also money-saving techniques.

Remember, children learn by example; therefore, it is important they learn how to spend wisely and save money as well. If you need help budgeting or getting a handle on your finances, contact the Consumer Credit Counseling Service of the CSRA at 706-736-2090 or 1-800-736-0033. You can also visit them on the web at www.ccsaugusta.org. To compare credit card rates and loans, visit www.bankrate.com.

A Healthy Start for 2004 continued from page 1

- A decrease in the number of low birth weight babies
- An increase in the number of high school students graduating on time
- An increase in the number of Kindergarten students who passed the GKAP-R
- A decrease in the rate of juveniles arrested
- A decrease in the poverty rate of children under 18

Yet despite these triumphs, Dr. McKenzie reminded the audience that there are still problems to overcome. For instance, more work needs to be done to decrease the rate of infant mortality, the rate of teenage pregnancy, the number of 8th graders using cigarettes and alcohol, the number of overage students in the third grade, and the rate of confirmed incidences of child abuse and neglect. In addition, further efforts must be made to increase the number of children participating in Head Start and/or Pre-Kindergarten programs. Nevertheless, Dr. McKenzie pointed out the areas in need of improvement are only small bumps in the road that we can rise above, if everyone continues to partner and work together toward a common goal.

To reiterate the value of working together and how it makes a difference, five outstanding partners were recognized for their hard work and dedication to improving the lives of children and families in Augusta-Richmond County. The following individuals were honored: Hudarphus Hardnett - Youth Ambassador; Mary Beth Pierucci and Paula Hotard - Collaborative Supporter; Joe Vignati - Community Volunteer; Christine Williams - Family Representative; and George Grant - Family and Children's Advocate.

Over 150 individuals attended the meeting and geared up for another successful year in 2004.

What to Expect During Pregnancy

Although, every pregnancy is different, there are many similarities in what women experience during this nine month period, especially in the way of physical changes. It is important that pregnant women be aware of these changes, be able to identify them and take appropriate steps to adjust to their body's transformation. There is always an exception to the rule and some women may experience little change beyond the normal expectations. For those who are not the exception, this article will take a look at what to expect of a few of the many changes and discomforts that occur during pregnancy.

The first three months (first trimester) and the last three months (third trimester) of pregnancy seem to be time periods where pregnant women are more likely to experience changes otherwise out of the ordinary. These changes range from morning sickness to swelling and may become more intense as the pregnancy progresses into the third trimester. Moreover, symptoms such as frequent urination, hemorrhoids and constipation, dizziness and nasal congestion may remain throughout pregnancy.

The First Trimester

In the first trimester, as the baby grows to about the length of an index finger, women often experience morning sickness, fatigue, and leg cramps. "Morning sickness" is nausea and vomiting that can occur beyond the morning hours and is usually limited to the first trimester. Nausea and vomiting may be relieved by eating small meals throughout the day to include starchy foods and drinking carbonated beverages. Avoiding foods that are high in fat content, fried or spicy also aids in preventing morning sickness. Fatigue, or feeling extremely tired, is the body's way of saying it needs more rest or sleep. It is important that pregnant women get eight hours of sleep and take naps when needed. Oftentimes while getting that much needed rest a mother may be awakened by a cramp in the leg. To prevent leg cramps, mothers should consume sufficient amounts of calcium by drinking milk and eating foods such as cheese and yogurt that contain calcium. If a leg cramp occurs while in bed, try to stretch the leg or pull it toward the body to relieve discomfort.

The Third Trimester

In the third trimester back pain, leg cramps, and frequent urination may become more intense. Expecting mothers may also experience shortness of breath, changes in the skin, swelling, and breast changes.

Women experience shortness of breath as the uterus enlarges, allowing little room for the lungs to expand. To relieve shortness of breath, pregnant women should lie on their side or elevated when sleeping, and walk at a slow pace. Skin changes in the form of stretch marks, dark areas around the face, or acne may occur in the last three months of pregnancy. Fortunately, these pigmentation changes usually fade after delivery. Poor circulation due to the extra weight of the pregnancy may cause swelling of the feet and legs. To relieve such discomfort, pregnant women should elevate the legs as much as possible, avoid crossing the legs or wearing tight fitting knee high or thigh high stockings. Most women are well aware of the breast changes that may occur during pregnancy. Oftentimes the breasts will enlarge and become tender. Some women may experience secretions from the nipple of what is called colostrum. Colostrum is the substance that precedes the production of milk. Pregnant women experiencing such symptoms should wear supportive bras, wear breast pads, and wash the nipple with warm water to avoid drying out the skin.

These are some of the more common symptoms or changes that pregnant women experience. Mothers to be may also experience heartburn, aching joints, nosebleeds, bleeding gums and varicose veins during their pregnancy. If any of these symptoms or others not listed in this article appear to be extreme or out of the ordinary be sure to consult a physician.

Source: *The Gift of Motherhood*
4woman.gov



Resource Corner

The Resource Corner is a short listing of available resources and services for needy families in Augusta-Richmond County. For a complete listing of service providers, visit www.csra-inca.org.

Food Banks/Assistance

Broadway Baptist Church

Phone: 706-790-8185
Hours: Mon.- Fri. 12-3 PM

Hillcrest Baptist Church

Phone: 706-793-3104
Hours: Mon. 11:30 AM-1 PM

Salvation Army

Phone: 706-826-7933
Hours: Mon-Sat. 5:30-6:00 PM
Sun. 4:15-4:45 PM

Assists with clothing and emergency shelter.

Friendly Church of God in Christ

Phone: 724-0990
Hours: Mon.-Sat. 11:30 AM-12:30 PM
Assists with clothing for children ages 6 months and up.

Public Assistance Programs

Richmond County Department of Family and Children Services

Phone: 706-721-2356
Hours: Mon.- Fri. 7 AM-5 PM
Assists with childcare, transportation, foster care, employment, child protective services, adoption and emergency assistance.

Right from the Start Medicaid

Phone: 706-729-2086
Hours: Varies. Please call ahead.

Education, Employment and Training

Department of Labor

Phone: 706-721-3131
Hours: Mon.- Fri. 7:30 AM-5 PM

Good Hope Baptist Church

Phone: 706-722-1031
Hours: Mon.-Fri. 8:30 AM-5 PM
GED Classes

Richmond Burke Job Training Authority

Phone: 706-721-1858
Hours: Mon.-Fri. 8 AM-5 PM

Health Care Programs/Services

Augusta Care Pregnancy Center

Phone: 706-724-5531
Services: Free pregnancy tests; well-baby clinic; counseling

Georgia Partnership for Caring Program

Phone: 706-729-2086 (Right From the Start Medicaid)
706-721-5611 (Medical College of Georgia)
Services: Provide health services to those who don't have private health insurance or whose income is below the 100% federal poverty level.

Richmond County Health Department

Phone: 706-721-5800
Services: Healthcare screening; eye, ear and dental screening for children; pregnancy testing; WIC program; and dental services for pregnant women.

Planned Parenthood Reproductive Health Services, Inc.

Phone: 706-724-5557 or 706-724-5550
Services: GYN exam, Pap Smears, breast exams, STD screening and treatment, birth control methods and supplies, pregnancy tests, HIV/AIDS testing and premarital blood tests.

Housing/Shelter Support

Augusta Housing Authority

Phone: 706-312-3156
Hours: Mon.- Fri. 9 AM-5 PM
Assists with childcare.

Augusta Task Force for the Homeless

Phone: 706-723-0040
Hours: Mon.-Fri. 8 AM-5 PM

Augusta Urban Ministries

Phone: 706-722-8195
Hours: Mon.-Fri. 9 AM-5 PM
Assists with childcare, clothing, after-school tutoring and furniture needs.

CSRA Economic Opportunity Authority

Phone: 706-722-0493
Hours: 8:30 AM 5 PM
Assists with Head Start/Pre-K, home improvement, training and housing.





353 Telfair Street, Augusta, Georgia 30901

Mark Your Calendars

June 28, 8:30 AM-3:00 PM
Healthy Start Conference
Held at the MCG Alumni Center.
For more information contact
Chavone Glover at 706-721-1869.

July 1, 8, 9 11 AM-1PM
Parent Support Group Meeting
Focusing on Infant Massage (some
classes are for Spanish speaking
clients). Held at Oakpoint
Community Center. For more
information contact Betty Kemp
at 706-721-7417.

July 4
Independence Day
ARCCP offices will be closed

July 10, 10 AM-11:30 AM
Youth Advisory Board Meeting
Held at the ARCCP. For more
information contact Alicia Sanchez
at 706-721-4907.

July 15, 3:30 PM
Children's Week Meeting
Held at the Department of Family
and Children Services. For more
information contact Barbara
Pignotti at 706-721-4900.

August 24, 11:30 PM-2:30 PM
Membership Council
Meeting: Building the
Childrens Agenda
Location TBA. For more
information contact Barbara
Pignotti at 706-721-4900.

Visit us at www.ARCCP.net
for a complete listing of
upcoming events and
information.

Questions, comments or submissions* should be directed to:
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Tel. (706) 721-1869 Fax. (706) 721-1048 Email. cglover@arccp.org
*For the next issue, please submit articles and events by July 15, 2004.



Special Requests from the ARCCP.....

VOLUNTEERS WANTED

Volunteers and interns are always welcome at the ARCCP. We need help in various areas such as data entry, event coordinating, and other administrative tasks. For more information, contact Chavone Glover at 706-721-1869.

ADOPT A FAMILY

Would you like to adopt a family? There are many families in Richmond County that are in need of food, clothing, blankets, and other essential items. By providing a family with items they need, you are helping them get through a difficult time in their lives. For more information, please contact Katrina Aaron at 706-721-4884.



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