

# 2017 Annual Report

*Living Longer Living Stronger Living Well*

**SOWEGA**  Council on Aging

Est. 1966

# Message from the Executive Director

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Dear Friends and Supporters,



I have the distinct pleasure of sharing with you for the first time as Executive Director the highlights of the many programs and services provided to seniors and people with disabilities in Southwest Georgia.

We are constantly looking for new programming to keep our older adults active and engaged. We have offered classes on use of the computer and learning how to be as smart as your smart phone and many others. Of course, we continue to offer our core programs funded by the Older Americans Act such as congregate meals in our senior centers, meals on wheels, homemaker, ombudsman, legal services, and wellness.

None of our services would be possible without a well-trained and dedicated staff. I appreciate the times that they go above and beyond to help our clients. They are the “boots” on the ground and I want to say thank you.

Speaking of support, I want to thank our great board of directors and William Collins as president for their vision and direction. They take the operations of our agency to heart and assist in setting our future goals. They support our fundraising activities and are active in special events we hold throughout the year. I also appreciate the support and voice that our advisory council gives to the community as they share about our programs and services.

Volunteers are worth their weight in gold. They have such an enormous impact in our communities through serving children in schools, building ramps, visiting nursing homes, delivering meals, teaching classes, and many other areas. I appreciate your dedication. You don't get paid monetarily for your services, however, I know you do what you do because you have a heart of service. Thank you.

SOWEGA Council on Aging continues to grow so please stay tuned for more exciting new programming that will be coming after the first of the year.

Sincerely,

Debbie Blanton,  
Executive Director

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## Mission

To coordinate a system of services that promote the well-being and independence of older Georgians and those with disabilities, helping them achieve healthy and self-sufficient lives.

## Vision

For all seniors and individuals with disabilities to live longer, live stronger and live well.

# SOWEGA Council on Aging

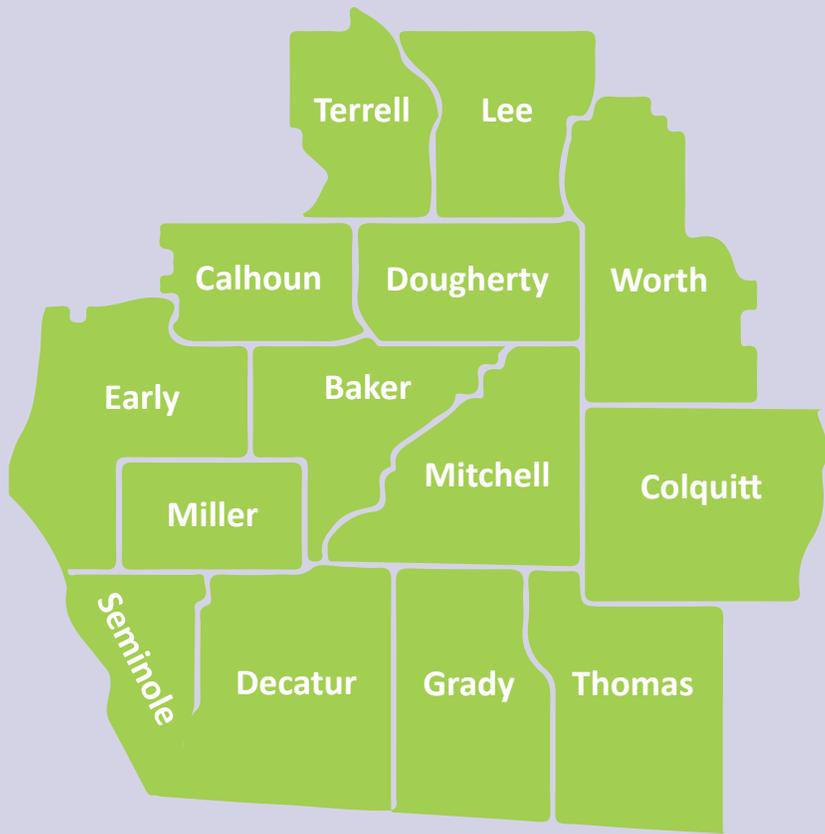
The Albany-Dougherty Council on Aging was incorporated in 1966 to meet the physical, mental and spiritual needs of older people in the area. In 1979, in order to accurately reflect the 14-county service area, the name was changed to the SOWEGA (Southwest Georgia) Council on Aging. At this time, the organization was designated an Area Agency on Aging by the State Office on Aging. Over the years, the agency has expanded to meet the needs of the ever-increasing number of older people in the public service area.

The Council on Aging (COA) plans, provides, develops and coordinates services for all people age 60+ in a 14 county, 6,000 square mile area of southwest Georgia.

With counties whose total population ranges from 4,074-96,065, it is easy to understand the challenges which must be met to provide services in a cost-effective, but fair manner. The flexibility in developing service plans, given to Area Agencies on Aging by the Division of Aging Services, permits this to happen.

The SOWEGA Council on Aging is a 501(c)(3) non-profit organization.





COUNTY SERVED	POPULATION AGE 60+
Baker	774
Calhoun	1,163
Colquitt	8,183
Decatur	5,372
Dougherty	16,527
Early	2,436
Grady	5,003
Lee	3,853
Miller	1,510
Mitchell	4,327
Seminole	2,304
Terrell	1,967
Thomas	9,408
Worth	4,542
<b>TOTAL</b>	<b>67,369</b>

## SENIOR CENTER LOCATIONS

Baker	439 Hwy 91 North	Newton	(229) 734-4350
Calhoun	425 Cedar Street	Arlington	(229) 207-2505
Colquitt	17 1st Avenue, S.W.	Moultrie	(229) 985-8006
Decatur	402 W. Water Street	Bainbridge	(229) 246-8672
Dougherty	335 W. Society Avenue	Albany	(229) 435-6789
Early	310 Meadowbrook Drive	Blakely	(229) 207-2506
Grady	33 17th Avenue, N.W.	Cairo	(229) 379-3061
Lee	141 Park Street	Leesburg	(229) 759-0909
Miller	230 W. Pine Street	Colquitt	(229) 758-3836
Mitchell	308 W. Railroad Street	Pelham	(229) 294-8460
Seminole	403 S. Wiley Avenue	Donalsonville	(229) 207-2500
Terrell	741 Forrester Drive	Dawson	(229) 518-9567
Thomas	611 N. Stevens Street	Thomasville	(229) 226-9470
Worth	710 W. Price Street	Sylvester	(229) 463-3140

## ADMIN OFFICES

335 W. Society Avenue  
 Albany, Georgia 31701  
 P: (229) 432-1124  
 T: (800) 282-6612  
 F: (229) 483-0995

## WEBSITE & FACEBOOK

[www.sowegacoa.org](http://www.sowegacoa.org)

## NEWSLETTER

*"Seniors in Action"* newsletter is an informational resource for seniors and the community.

Annual subscription fee is \$10.00.

To subscribe, please call 229.432.1124

To receive it FREE by email: [amanda.morris@sowegacoa.org](mailto:amanda.morris@sowegacoa.org)



**Golden Olympics**

# Senior Life Enrichment Centers Purpose & Programs

Senior Life Enrichment Centers exist to enrich the lives of senior citizens through programs and services that improve their health and wellness, decrease loneliness and isolation, and provide social, economic, and education opportunities to enhance quality of life.

The COA has a Center in each of our 14 counties. A hot, nutritious meal is served five days a week at each Center to people age 60+. Participants enjoy arts and crafts, entertainment, exercise programs, special events, outreach activities, and more!

Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.

Senior Centers are reinventing themselves to meet the needs and desires of the aging baby boomer generation. Boomers currently constitute 2/3 of the 50+ population. By the year 2030, 1 in 5 individuals in each community will be over the age of 65.

These facts drive the SOWEGA Council on Aging to continue to develop new programs and opportunities for this dynamic generation of older adults.



**Farmer's Market & Garden**



**Education**



**Exercise Classes**

**FY 2017  
People Served  
883**

**113,477  
Congregate Meals**

# The Kay H. Hind Senior Life Enrichment Center

Located at 335 West Society Avenue, Albany

**ADMIN OFFICES:** All employees are housed in the offices with their entrance at the rear of the building (1st Avenue).

**SENIOR LIFE ENRICHMENT CENTER:** Facing West Society Avenue, this is a place for seniors age 60+ to come and enjoy fellowship, programs, and a good meal! The Enrichment Center includes the following rooms which will allow the agency to provide a variety of new and innovative programs:

- Gym with Fitness Equipment
- Craft Rooms
- Computer Lab
- Classroom with Smart Board
- Boardroom with Smart Board
- Dining Hall / Ballroom
- Den / TV Room
- Kitchen & Catering Kitchen
- Meals on Wheels Delivery Pick-Up Area



## Community Resource: Full Service Rental Facility

The 45,000 sq. ft. facility includes a variety of multi-purpose rooms, meeting rooms, reception space, and a Ballroom which can accommodate up to 300 people in a banquet format. The facility is equipped with state-of-the-art audio visual equipment and smart boards, making the center ideal for civic group meetings, corporate meetings, seminars, conferences, educational presentations, special events, and weddings. The entire facility is ADA compliant, includes two elevators and equipment for those with mobility concerns.

You may request a facility tour and rental packet by calling 229.435.6789.



**Each of the SOWEGA Council on Aging's service counties have a senior life enrichment center that offers programming and services.**

**Please refer to page 4 for the location list.**



## Community Programs & Activities

The SOWEGA Council on Aging offers a variety of programs and activities that are designed to keep older adults socially engaged, active and learning. Activities take place at each senior center location throughout our 14-county service area.

*Contact your local center for a schedule of activities. The following are available at the Albany location:*

**TRIPS:** In the past year, the agency traveled with 169 seniors on 8 day trips. Trips are a great way to enjoy travel with the safety of a group setting.

**SMART PHONE CLASSES:** This is a new and entertaining way to learn about using smart phones. These classes are in high demand and are a lot of fun. Beginners and Advanced users welcomed. In 2017, 18 participants came to this new class.

**ART CLASSES:** Our art class has been ongoing for 24 years with over 25 regular participants. In addition to the art class, we offer specialty arts and crafts classes such as sewing, quilting, painting, etc.

**COMPUTER CLASSES:** These courses have been in high demand. Beginner and Advanced courses are offered in our computer lab. Over 36 people attended computer courses in 2017. (Space is limited)

**CARDS ANYONE?** Groups reserve space in our Mossy Oak room on a regular basis to play cards with their friends. In 2017, 27 individuals participated. Anyone wanting to enjoy lunch while playing can call 24 hours in advance to reserve a meal. There is no cost to reserve the room, check with the reception desk for meal cost.

**AARP:** AARP Safe Driver courses are offered each quarter in our classroom. In 2017, over 26 individuals participated. (Registration required)

**FITNESS ROOM:** Our fitness room includes treadmills, elliptical machines, wheelchair accessible equipment, weights and more. In 2017, over 53 individuals used the room on a weekly basis. (Orientation required)

**EXERCISE CLASSES:** Chair aerobics & Line Dancing are offered FREE several times per week. In 2017, over 154 individuals participated on a regular basis.

### Trips



### Lunch & Learns



### Art Classes



### Fitness Room

# Rural Wellness Program

The Wellness Program promotes optimum nutrition and healthy lifestyle management for positive outcomes. In each of our 14 senior centers, active aging is encouraged by implementing the following 5 key messages: “BE ACTIVE, BE SMOKE FREE, EAT HEALTHY, GET CHECKED, AND STAY POSITIVE.”

These messages are addressed through 4 major areas of wellness; lifestyle management, awareness and prevention, nutrition, and physical activity. Collaboration with community partners is key when providing programs and activities that focus on diet, exercise, health and chronic disease prevention and self-management. Over 700 older adults participated in our various events.

Health fairs held at each senior center offered free health screenings and information to educate participants on resources available within the region. During the spring, the annual Golden Olympics event is held, offering older adults the chance for fellowship and a little friendly competition. In the summer months, the Senior Farmers’ Market Nutrition Program issued 579 vouchers worth \$20 to the seniors in Southwest Georgia. In addition to these markets, community gardens are being incorporated in our senior centers to not only encourage healthy eating, but also physical activity through gardening.



The Wellness Program also facilitates evidence-based programs throughout the region, which include Living Well Workshops through Stanford’s Chronic Disease Self-Management Program (CDSMP), A Matter of Balance: Managing Concerns about Falls, and Tai Chi for Arthritis.

By encouraging older adults to “Take Charge” of their health through the many events offered by the Wellness Program, they can remain active and independent, as well as enjoy life to its fullest.

## Evidence Based Programs

**Programs are considered evidence-based if there good evidence exists that they have a positive impact on the outcomes that they are designed to change. This “proof” ensures that these programs are safe and effective.**

### Chronic Disease Self-Management Program (CDMSP)

The CDSMP is appropriate for any adults experiencing chronic health conditions such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes; their family members, friends and caregivers can also participate. This program provides information through Living Well Workshops, which teach practical skills on managing chronic health problems. The CDSMP gives people the confidence and motivation they need to manage the challenges of living with a chronic health condition.

**2 Trainers / 2 Workshops / 23 Participants**



### Tai Chi for Arthritis

Dr. Paul Lam and a team of researchers developed this evidence-based exercise program to introduce persons with arthritis or those with a fear of falling to Tai Chi. Participants meet once or twice a week for up to one hour. This eight week program is found to relieve pain caused by arthritis, reduce falls, and improve quality of life.

**10 Trainers / 14 Workshops / 169 Participants**

### A Matter of Balance

A Matter of Balance program is appropriate for any adult experiencing concerns with falling or loss of balance. The program emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

**2 Master Trainers / 2 Workshops / 15 Participants**



The Aging & Disability Resource Connection (ADRC) is a highly visible and trusted resource for people of all ages, incomes and disabilities to find information on the full range of long-term support options, and:

- Serves as the no wrong door for information, resources and services
- Provides information and assistance to individuals needing either public or private resources, to professionals seeking assistance on behalf of their clients, and to individuals planning for their future long-term care needs
- Provides easy access to information
- Offers screening for services and options counseling
- Provides resources and services that support the individual's range of needs
- Creates a person-centered, community-based environment that promotes independence and dignity for individuals

**FY 2017 Total Referrals: 7,481**

**INFORMATION: Not sure what you need?  
ADRC is your NO Wrong Door to services and support, call for answers:  
800-282-6612**

## Advocacy

The Council on Aging is the area leader in senior advocacy. Older adult concerns are monitored and addressed throughout the year at the local, state, and federal levels.

Advocacy efforts include:

- Recommending Legislation
- Developing and presenting testimony at public hearings
- Representing elderly in long-term care facilities
- Addressing local civic groups, churches, city, and professional organizations
- Commenting on proposed legislation that affect seniors in our area
- Publishing an area-wide bi-monthly senior newsletter
- Working with AAA Board of Directors, Advisory Council and Committees

Each year, advocates from across Georgia, go to the State Capitol for the Be There 4 Seniors Rally.



***Be The VOICE,  
Be An ADVOCATE!!***

# Community Care Services Program

Community based care services are provided for individuals as an alternative to nursing home placement and who are Medicaid eligible.

\*There are no age eligibility requirements.

# of clients: 552

CCSP average cost to keep seniors in their homes with services provided:

**\$2,045.30**

VS

Medicaid funding for seniors to move into a nursing home:

**\$20,499**

**\$18,453.70 savings per person**



In FY 2017, 552 Southwest Georgians were served through the CCSP program.

Clients are assessed and must meet functionally impaired criteria for program eligibility. One's health must be at the point of needing 24 hour care and at risk of nursing home placement.

The CCSP team works with individuals and their families in developing plans of care which are approved by the individual's physician.

## CCSP Services Include:

- Adult Day Health
- Alternative Living Services
- Emergency Response Services
- Home-Delivered Services
- Personal Support Services
- Consumer-Directed Personal Support Services
- Out-of-Home Respite Care
- Home Delivered Meals

# Elder Abuse Prevention

Representatives of the Long-Term Care Ombudsmen are advocates for residents of nursing homes, board and care homes, assisted living facilities and similar adult care facilities. They work to resolve problems of individual residents and to bring about changes at the local, state and national levels that will improve residents' care and quality of life.

The Representatives of the Long-Term Care Ombudsmen provide Community Education and Outreach services to raise awareness and public sensitivity for safety concerns and issues for the elderly; enabling individuals to identify and prevent the abuse, neglect and exploitation of older adults.

Members of the SOWEGA Council on Aging Representatives of the Long-Term Care Ombudsmen work closely with local law enforcement and nursing home staff. Students, retired educators and nursing home residents work together on special projects that focus on abuse issues.

Service area includes:

82 Personal Care Homes

22 Nursing Homes

37 Community Living Arrangement Homes



## Ombudsman Activity

The number one priority is complaint resolution to the residents' satisfaction, they had 1,245.

Information and Consultation: 1,309  
Consultation to facilities: 1,105

Ombudsmen cover 49 counties and a twenty thousand square mile territory that includes 435 homes and they serve 12,500 residents.

To contact an  
Ombudsman  
Representative in your  
area, call  
(800) 282-6612.

## Money Follows the Person

The MFP program allows a person who has resided in an institutional setting for at least 90 days, with services paid by Medicaid, the opportunity to discuss options for transitioning into the community to live. If a person is appropriate for transition, housing must be secured, security deposits paid, basic furniture and household goods purchased, transportation arranged, and home modifications provided as needed. Medicaid waiver programs support and promote each individual's independence and freedom of choice. An Options Counselor works closely with the Transition Coordinator to ensure that the transition is complete. Participants successfully transitioned are supported through the MFP program for 365 days.



MFP transitions from July 1, 2016 through June 30, 2017 = 18



## Adult Day Care In-Home Respite Care

The GeorgiaCares program provides free, unbiased and factual information and assistance to Medicare beneficiaries and their caregivers. The program provides community education, counseling and information about:

- Medicare and other health insurances
- Medicare Supplemental Insurance
- Prescription Assistance Programs
- Health Care Rights and Protection
- State Health Insurance Program (SHIP) outreach and training is provided to enable the public to understand Medicare benefits.
- Senior Medicaid Patrol (SMP) is designed to help individuals review their Medicare Summary Notice and to identify and report Medicare fraud, error and abuse.

Adult Day Care provides an organized program of activities for adults who need supervision. Day Care allows the caregiver an opportunity for a “time out” from care giving, and provides individuals with Alzheimer’s, or a related dementia, the opportunity to engage in social and recreational activities outside of their home.

Trained staff and volunteers lead activities in a safe environment. In-Home Respite Care is available for individuals who need care in their homes. Both of these programs allow the caregiver an opportunity for personal time and encourage participation and access to support groups and counseling.

**\*In FY 2017:**

- 45 families received Day Care
- 25 families received In-Home Respite Care
- 20,939 Day Care service hours provided
- 3,583 hours in-home respite care provided

**Support groups meet the first Wednesday of each month.**

*\*Programs provided through the Alzheimer’s Outreach Center (229) 432-2705*

Total Staff Hours:	885
Outreach Activities:	55
Participants:	1956
Off Site Counseling Stations:	168
Clients Served at Off Site Counseling Stations:	204
Beneficiaries Counseled during Open Enrollment:	605
Beneficiaries Counseled:	1346

Savings to Clients: \$1,174,559.27

## Legal Services

Delivered through the Georgia Legal Services Program, the Elderly Legal Services Program targets seniors age 60+, providing information and community education. Volunteers and attorneys, along with one supervising attorney, provide pro-bono or reduced fee services upon referral from the coordinator.

GLSP has closed 243 cases during the fiscal year. The types and number of cases are:

- Counsel and Advice – 105
- Brief Service – 97
- Negotiated Settlement w/o Litigation – 5
- Uncontested Court Decision – 4
- Administrative Agency Decision – 1
- Extensive Service – 31

Ethnic groups of people that were served is as follows:

- White – 110
- Black – 129
- Hispanic – 0
- Asian – 0
- European – 0
- Other – 4

# Volunteer

Giving back to your community can be a most rewarding experience. At SOWEGA Council on Aging, we offer a variety of areas that anyone between the ages 18 - 100 would enjoy. From delivering meals, office duties to ramp building, there is always a place for someone wanting to make a difference in the lives of our senior citizens and disabled clients.



## Volunteer Opportunities

**GeorgiaCares**  
Medicare Insurance Counseling Program

**Senior Centers**  
Entertainment, Instruction / Education,  
Client Relations

**Evidence-Based Programs**  
Powerful Tools for Caregivers, Chronic Disease  
Self-Management Program, A Matter of Balance  
Tai Chi for Health

**RSVP**  
Retired Senior Volunteer Program

**Special Events**  
Comedy Night, Empty Bowls, Serving Up Meals  
(Tennis Tournament)

**Meals on Wheels**  
Delivering hot meals to seniors in our area

## Retired Senior Volunteer Program (RSVP)

Every community in America faces the challenge of providing services where funds are limited. The Retired Senior Volunteer Program (RSVP) is vital to meeting our local needs by providing an experienced volunteer workforce. Volunteers age 55 and older are encouraged to serve by sharing their skills with others in capacities such as senior centers, Meals on Wheels programs, hospitals, museums, libraries, and youth services, among others. Our local RSVP program currently maintains a volunteer base of more than 500 volunteers who have contributed over 120,000 service hours annually at over 45 public and private non-profit agencies. These volunteers meet some of the critical needs in the community by offering ramp-building, telephone reassurance, veteran transportation and income tax preparation. In addition, volunteers teach computer and exercise classes.

The Albany RSVP was organized in 1972 by the SOWEGA Council on Aging and is funded by the Corporation for National and Community Service, the United Way of SWGA, Phoebe Putney Memorial Hospital, and other local contributions.

**RAMPS:** Average of 80 ramps built annually for disabled and elderly individuals.

**TEDDY BEARS:** An average of 100 bears per week are made and distributed to patients at Phoebe Putney Memorial Hospital.

**VETERANS SERVING VETERANS** Veterans logged over 3,000 hours of community service for other Veterans.



# Home & Community Based Services

Non-Medicaid based services available to clients in order to provide the resources and assistance necessary to remain in their homes as independently as possible.

## HCBS Programs:

Adult Day Care	Homemaker Services
Case Management	Material Aid Vouchers
Congregate Meals	Respite Care
Home Delivered Meals	

### Adult Day Care

### In-Home Respite Care

Adult day care includes programs, services and facilities designed to assist physically or mentally impaired adults remain in their communities. These are persons who might otherwise require institutional or long-term care and rehabilitation. This program also provides respite for Caregivers and In-Home services.

Clients Served / Service Hours: 60 / 6,825

### Case Management

Case management assists individuals in gaining access to needed Home and Community Based Services and other State Plan services as well as needed medical, social, educational and other services regardless of the funding source. Case Management includes: assessment, care planning, service management, monitoring, and negotiation of fees.

Clients Served / Service Hours: 250 / 4,291

### Congregate Meals

Senior Centers offer dynamic activities, wellness programs, health fairs, social interaction and meals for participants. Each of the 14 counties in the COA service area has a Senior Center which is pivotal to encouraging independence for aging adults and plays a very important role in the lives of seniors by encouraging them to become and remain social, which can help seniors reduce the risk of depression, dementia or Alzheimer's.

Clients Served / Meals Served: 883 / 113,477

### Home Delivered Meals

Also known as the "Meals on Wheels" program, home-delivered meals provide a hot, nutritious meal daily to home-bound individuals - delivered by volunteers or staff. The "personal" delivery offers social interaction as well as a safety check.

Clients Served / Meals Served: 917 / 176,304

### Homemaker Services

Most older people choose to stay in their own home as long as possible. Homemaker services provide individuals with the assistance needed to remain independent. Services include: meal preparation, laundry and light housekeeping.

Clients Served / Service Hours: 126 / 9,862



# Family Caregiver Program

The Family Caregiver Program gives support to caregivers who provide in-home care to a loved-one sixty years and older. An assessment with the caregiver is completed to identify the assistance needed and available resources.

## SERVICES MAY INCLUDE:

Respite care, personal care, homemaker services, lawn care, transportation and home modifications.

**MATERIAL AID ASSISTANCE INCLUDES:** Incontinent supplies, nutritional supplements, over the counter medications, infection control products, skin care products and assistive devices.

## EVENTS INCLUDE:

Monthly caregiver support group meeting and annual Lunch and Learn in November. In recognition of National Caregiver month in November, a family caregiver, para-professional caregiver and a volunteer caregiver are honored annually.

**Family Caregiver Support Group Members: 20**

**Family Caregiver Clients: 50**

## The BRI Care Consultation

An evidence-based care coaching program developed by Benjamin Rose Institute on Aging.

Cost-effective assistance and support to individuals with chronic conditions and their family and friend caregivers by telephone and e-mail.

- Empowers clients to manage care and find simple, practical solutions to caregiving challenges
- Facilitates effective communication among family and health care workers
- Assists clients in locating services
- Improved care
- Reduced unmet needs
- Less stress
- Fewer ER and hospital visits
- Delayed nursing home placement

The CARE-NET program - is a unique volunteer coalition of caregiver support organizations from a broad array of illnesses and disabilities.

Coalition members include volunteer leaders and advocates from community and state agencies, private corporations, churches and family caregivers who provide ongoing information, assistance, counseling, training and support groups for caregivers throughout Georgia.

## CARE-NETS:

- Link professional and family caregivers in a supportive community concerned with caregiving.
- Identify community caregiving strengths and needs
- Implement effective educational programs for caregivers
- Organize community forums on caregiving issues
- Provide a source of support for caregivers
- Foster strong relationships among community leaders concerned about caregivers
- Help agencies and stakeholders work collaboratively, coordinating human and fiscal resources
- Educate the public and legislators about caregiving
- Identify policy issues and advocate on behalf of caregivers



The Family Caregiver Program reduces caregiver burdens by providing emotional support, resources, education and hope for caregivers.

# SOWEGA Council on Aging

**Your support is greatly appreciated!**

With your help, the SOWEGA Council on Aging (COA)  
works to make Southwest Georgia a better place for seniors.

100% of all donations go directly into the programs and services offered in your area.



The SOWEGA Council on Aging is a 501(c)(3) non-profit human services organization. Donations are deductible as charitable contributions for federal tax purposes to the extent that no goods or services are provided in exchange for the donation.

## For more information on:

- Volunteer Opportunities
- Memorial Giving
- Planned Giving
- Gifts designated for specific programs, services, or Senior Centers
- Special Events

**Development Office**  
**(229) 432-1595**

Visit our website:  
[www.sowegacoa.org](http://www.sowegacoa.org)

**Administrative Offices**  
**335 West Society Avenue**  
**Albany, Georgia 31701**

**Mailing Address:**  
**P. O. Box 88**  
**Albany, Georgia 31702-0088**

**Phone: (229) 432-1124**  
**(800) 282-6612**

**Fax: (229) 483-0995**



Meals on Wheels and RSVP programs  
are supported in part by the United Way  
of SWGA and of Colquitt County