



## REMINDER: FINAL 2020 TOTAL WELLNESS SESSION TO BE HELD NOVEMBER 17

The final session of this year's Total Wellness Series will be held Tuesday, November 17, at noon. *Secondary Trauma & Compassion Fatigue* is the session topic. Secondary trauma and compassion fatigue represent a serious challenge for people who serve as regular caregivers. Recognizing early warning signs and seeking early intervention are important. This session will provide coping mechanisms that can be used to increase an individual's resistance to this form of stress and is provided by CarePartners.

The series is FREE and is made possible through a partnership with UGA Extension, Emanuel Medical Center, East Georgia State College, East Georgia Healthcare Center, Queensborough National Bank and Trust, and CarePartners. Lunch, a presentation, and door prizes will be provided. Enrollment is limited to 20, and **registration is required**. If you have questions or would like to register, please give us a call at (478)289-2464. Social distancing regulations will be followed and face coverings will be required. We hope to see you November 17!



**THE FULFORD ADVISORY BOARD WISHES YOU EVERY HAPPINESS THIS HOLIDAY SEASON AND THROUGHOUT THE COMING YEAR.**

### FULFORD CENTER ADVISORY BOARD

Dr. Alan Brasher  
Ada Lee Correll  
Darlene Dickens  
Kenny Griffin

Courtney Joiner  
Elizabeth Kraus  
Monica Pace  
Jean Schwabe

Toni Terwilliger  
Sharon Weatherford  
Syvetta Young



at East Georgia State College

### FULFORD CENTER STAFF

Jean Schwabe, Director  
Angie Williams, EGSC Director of Event Planning and Scheduling  
Erin Youmans, Magnolia Midlands GYSTC Coordinator  
Kim Hooks, Part-Time STEM Teacher

Phone: 478.289.2464  
Fax: 478.289.2465  
Email: [jdschwabe@ega.edu](mailto:jdschwabe@ega.edu)  
*Normal Hours of Operation*  
Monday - Friday: 8 a.m. - 5 p.m.  
*Other times by appointment*



NOVEMBER/  
DECEMBER  
2020

### OUR MISSION

By providing an environment where learning opportunities take place and community relationships are enriched, the Sudie A. Fulford Community Learning Center will develop individual capacity and improve the quality of life for Swainsboro and Emanuel County.

## UPCOMING EVENTS

November 9---Middle Judicial CHINS Meeting  
November 10---Department of Corrections Job Fair  
November 12---Governor David Emanuel/Adam Brinson DAR Meeting  
November 17---Total Wellness Series, Part 4  
November 19---Bobcat Buddies Orientation

December 3---Fulford Advisory Board Meeting  
December 10---Governor David Emanuel/Adam Brinson DAR Meeting  
December 11---Jackson Bridesmaid Luncheon  
December 12---12th District Democratic Party Meeting  
December 14---Middle Judicial CHINS Meeting

### OUR GOALS

Education  
Civic Engagement  
Hospitality



JEAN D. SCHWABE,  
DIRECTOR

## Message From The Director

After nearly eleven years as director of the Fulford Center, I have decided the time is right to pursue retirement and new adventures. I want to express my immense pride in my time at this amazing community center. Serving as director has been one of the most gratifying experiences of my life and nothing short of fulfilling. The Center has claimed a permanent place in my heart, and I will forever cherish the experiences I've had here, the wonderful people I've worked with and the many folks I've met along the way.

I especially want to thank the community for your support over the years and the value you placed on this great resource.

My heartfelt gratitude goes to all those who served on the Fulford Advisory Board through the years. I could not have asked for a better, more dedicated group of individuals.

And to Pete and Ada Lee Correll, thank you for this extraordinary center and the opportunity of a lifetime to serve as its first director. You created an amazing place where your mother's legacy will flourish for many, many years to come.

In the wise and whimsical words of A.A. Milne's Winnie the Pooh, "How lucky I am to have something that makes saying goodbye so hard."

With best wishes for a vibrant future,  
Jean

# FULFORD ADVISORY BOARD MEMBERS PAST AND PRESENT

Dr. Alan Brasher  
Claire Collins  
Ada Lee Correll - *Lifetime Member*  
Darlene Dickens  
Kenny Griffin  
Erma Jenkins

Angie Johnson  
Ann Johnson  
Betsy Johnson  
Courtney Joiner  
Karen S. Jones  
Norma Kennedy

Elizabeth Kraus  
Dr. Dee McKinney  
Monica Pace  
Bill Rogers  
Priscilla Smith  
Susan Stephens

Mike Strobridge  
Toni Terwilliger  
Sharon Weatherford  
Tammy Wilkes  
Syvetta Young



THANK YOU, PETE AND ADA LEE CORRELL, FOR  
THE OPPORTUNITY OF A LIFETIME, AND  
THANK YOU, "MISS SUDIE," FOR CONTINUING  
TO INSPIRE EACH OF US EVERY DAY!



*First Fulford  
Youth Leadership Academy*



*First  
Lunch and Learn*



*First SAT  
Review Session*



*First Family  
Astronomy Night Bingo*



*Thanks for Making  
the night sky  
BRIGHTER*  
*One of the First Planetarium  
Shows - SPS First Graders*



*First Family Astronomy  
Night with Max and Friends*



*First  
Total Wellness Series*



*First Summer Camp -  
Academic Camp for Enrichment Experience*

THANK YOU FULFORD ADVISORY BOARD MEMBERS PAST AND  
PRESENT! IT HAS BEEN A JOY TO WORK WITH EACH OF YOU, AND I  
SINCERELY APPRECIATE YOUR DEDICATION TO THE CENTER!