

# Senior Centers

- ALBANY SITE 1 229.435.6789
- ALBANY SITE 2 229.435.6733
- ARLINGTON 229.725.4790
- BAINBRIDGE 229.246.8672
- BLAKELY 229.723.8700
- CAIRO 229.377.9440
- COLQUITT 229.758.3836
- DAWSON 229.995.3717
- DONALSONVILLE 229.524.2831
- LEESBURG 229.759.0909
- MOULTRIE 229.985.8006
- NEWTON 229.734.4350
- PELHAM 229.294.8460
- SYLVESTER 229.776.4460
- THOMASVILLE 229.226.9470



Area Agency on Aging  
Non-Profit Organization

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**“Living Longer, Living Stronger,  
Living Safer”**

**800-282-6612**

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

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**SOWEGA** Council on Aging

is here to help you!



**SOWEGA** Council on Aging

1105 Palmyra Road  
Albany, Georgia 31701

229-432-1124

800-282-6612

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

**Encouraging Choice,  
Independence,  
Individuality and Privacy  
for older people since  
1966.**

## ADVOCACY

The staff of the Council serve as advocates for the elderly by monitoring, evaluating and commenting on all policies, programs, hearings, and actions which will affect the elderly.

## ACTO

The Alzheimer's Caregiver Time Out program offers the Alzheimer participant and the caregiver the chance to engage in social and recreational activities outside of their home.

## Community Care Services Program

CCSP offers community based care as an alternative to nursing home placement. Services include skilled nursing, homemakers, adult day rehab, alternative living, emergency response, and respite care.

## ELDER ABUSE PREVENTION

Community education and outreach services are provided too identify and prevent abuse, neglect and exploitation of older adults by promoting public awareness and sensitivity to this subject matter and the elderly.

## EMERGENCY RESPONSE

The emergency response program has 50 units that are available in Dougherty County which provides 24-hour a day monitoring.

## FAMILY CAREGIVER PROGRAM

The Care managers for the program provide assessment, educational and emotional support and guidance for the caregivers in selecting from the menu of services for which they could hire help and receive reimbursement.

## GATEWAY

This is your single point of entry for programs and services throughout the 14 county area of southwest Georgia.

“The ADRC is a valuable resource for seniors, people with disabilities, family members, caregivers and professionals.”

# Aging & Disability

## RESOURCE CONNECTION

We are not a place but a new way of providing information and assistance, awareness, and access.



### GEORGIA CARES

This program provides community education, counseling, and information about Medicare, Medicaid and other health insurance.

### HOME DELIVERED MEALS

The Meals on Wheels program provide a hot nutritious meal, some warm conversation and a daily safety check, to eligible seniors in our area.

### HOMEMAKER

Trained staff assist seniors with light

housekeeping in order for them to remain in their own homes.

### LONG TERM CARE OMBUDSMAN

The LTCO advocates for residents of long term care facilities and is available throughout the 14 county area.

### LEGAL SERVICES

The Elderly Legal Services program provides information and community education. Staff attorneys, provide pro-bono or reduced fee services upon referral from the

coordinator.

### RSVP

The Retired Senior Volunteer Program is a program made up of volunteers over the age of 55. The volunteers serve in senior centers, deliver Meals on Wheels, schools, hospitals, hospice, soup kitchens, food banks, etc...

### SENIOR EMPLOYMENT

This program is contracted through the Experience Works organization and provides job training opportunities to people 55 years of age and older who meet the income requirement.

### WELLNESS

“Be Active, Eat Healthy, Get Checked, Be Positive and Be Smoke Free” are the 5 key messages the Wellness Program implements in each of our 15 senior centers through education and various activities throughout the year.