



FULFORD CENTER ADVISORY BOARD

Left to right, standing: Kenny Griffin, Monica Pace, Toni Terwilliger, Darlene Dickens, Syvetta Young, Courtney Joiner, Dr. Alan Brasher
 Left to right, seated: Jean Schwabe, Ada Lee Correll, Sharon Weatherford

SOME OF OUR SEPTEMBER VISITORS



Daughters of the American Revolution Meeting



Total Wellness Session - Part 3

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

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 Normal Hours of Operation
 Monday - Friday: 8 a.m. - 5 p.m.
 Other times by appointment



OCTOBER 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.

OUR GOALS

Education
 Civic Engagement
 Hospitality

UPCOMING EVENTS

October 8---Governor David Emanuel/Adam Brinson DAR Meeting
 October 12---Middle Judicial CHINS Meeting
 October 13---Regional Financial Directors Meeting
 October 14---Department of Corrections Job Fair
 October 15---Magnolia Midlands GYSTC Board Meeting



JEAN D. SCHWABE, DIRECTOR

Message From The Director

I hope you are continuing to stay safe and that you are well during what continues to be an unusual and trying time.

On a more positive note, fall has arrived, along with very welcomed cooler temperatures, and we are looking forward to upcoming events. When visiting the Center, please be mindful of our social distancing guidelines and the face covering requirement on campus and at the Fulford Center. Should you have any questions or wish to schedule an event, don't hesitate to reach out to me.

I hope to see you soon at the Center!

ANNUAL FAMILY ASTRONOMY NIGHT RESCHEDULED FOR MARCH

Our Annual Family Astronomy Night is typically held in November; however, with social distancing measures in place, we have re-scheduled the event for March 25, 2021. Astronomy Consultant, Tom Faller, will provide an assortment of telescopes for sky observation, and we hope to have NASA Space Ambassador, Amy Hager, join us again for an exciting, fun-filled evening. More details will follow in future newsletters, so stay tuned!



FINAL 2020 TOTAL WELLNESS SESSION SET FOR NOVEMBER 17

The final session of our 2020 Total Wellness series is scheduled for Tuesday, November 17, at noon. The topic, *Secondary Trauma and Compassion Fatigue*, will be an especially relevant topic as we approach the holiday season.

Secondary trauma and compassion fatigue represent a serious challenge for people who serve as regular caregivers. Most all of us experience multiple demands and energy drains in their lives – some good, some not so good. Most all require a great deal of emotional and physical attention. Ultimately, this can lead to burnout, and that's where the challenges rest. 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.

CarePartners of Georgia will sponsor this final session. There is no cost to participate, and enrollment is limited to 20. The session will feature lunch, presentation, handouts and door prizes. Pre-registration is **required** and may be made by calling the Center at (478)289-2464.

CORRELL SCHOLARS TO BEGIN 6th YEAR OF BOBCAT BUDDIES

Last spring, twenty-one students were named as 2020-21 Correll Scholars at East Georgia State College. The scholarship program began in 2015 and was made possible through the generosity of Pete and Ada Lee Correll and the Correll Foundation. The service component of the Correll Scholarship requires that students mentor/tutor local elementary students. Beginning in January, the Scholars will begin working with twenty-one selected students from Swainsboro Elementary School through the Bobcat Buddies Program. We are delighted to begin our sixth year of this important outreach program, and we are most grateful that the Emanuel County School System will once again be providing transportation each Tuesday and Thursday from Swainsboro Elementary to the Fulford Center.

Since it began, the program has been a very effective means of increasing the positive relationships students have in their lives, while also strengthening factors that can lead to educational success. Both groups benefit tremendously as a result of the program, and we anticipate another rewarding year!



Interested in hosting a meeting or event at The Sudie A. Fulford Community Learning Center at East Georgia State College in Swainsboro? Call 478-289-2464 for details and information on requirements and restrictions during COVID-19.