

CHATHAM COUNTY CONNECTION



July 24, 2016



Al Scott
Chairman



Helen Stone
District 1



James Holmes -
District 2



Tony Center
District 3



Patrick Farrell
District 4



Yusuf Shabazz
District 5



Lori Brady
District 6



Dean Kicklighter
District 7



Priscilla Thomas
District 8

For more information on the current district lines visit:

<http://www.chathamcounty.org/Government/BoardofCommissioners/CommissionDistrictMaps.aspx>

MESSAGE FROM THE CHAIRMAN



Al Scott, Chairman

Every spring County staff are hard at work preparing the budget for the next fiscal year which starts on July 1 every year. On June 24, 2016, the Chatham County Board of Commissioners approved the County's fiscal year 2017 budget of \$505 million and also adopted annual property tax rates. I am pleased to report that for the third year in a row the Board was able to

hold property tax rates steady despite rising operating costs.

The Board adopts budgets and tax rates each year for its County-wide and unincorporated area operations. The Board approved a budget of \$175.8 million for County-wide operations with a corresponding tax rate of 11.543 mills. The approved budget for unincorporated area operations was \$30.7 million funded by a tax rate of 4.13 mills. Most of the remaining \$299 million budget outlines the capital projects funded by the voter-approved Special Purpose Local Option Sales Tax (SPLOST) penny.

The County-wide millage rate of 11.543 includes the decrease in property taxes first generated in 2014 when repurposed SPLOST funds of \$4 million were returned

to taxpayers. Building on the zero-based budgeting strategy, this year the County Manager expanded the internal budget review process for evaluating requests. Balancing a level millage rate with increasing service needs and rising costs created some prioritization challenges. Some of these challenges included increased detention center medical costs, increased recreational services, public defender restructuring, competitive salary levels, higher technology costs and the maintenance of aging infrastructure and facilities.

Some of the major projects in this year's SPLOST fund budgets include replacement of Memorial Stadium, roadway resurfacing, road improvements on Skidaway Road, drainage improvements over Pipemaker's Canal at State Route 21 & 25 as well as two

railroad crossings, Benton Boulevard Extension, construction of the Whitefield Avenue Police Precinct, expansion of the Juvenile Court facility, Jennifer Ross Soccer complex improvements and \$45 million that will be passed through to area municipalities for their SPLOST projects.

The budget process is now tied to the need of the citizens and businesses based on the County Blueprint, a long term strategic plan authorized by the Board of Commissioners, covering areas such as economic development, health, education, and quality of life. Visioning and planning for the future of our County is paramount in setting proper direction for budget, community programs and capital projects such as recreation, roads, etc. for our community. ■

Voting information for

2016 Election Dates



5th District Democratic County Commission Runoff Election

Election Date: July 26, 2016

Polls Open 7AM - 7PM



Online Voter Registration

Must have a GA Driver's License or State ID to register online.

- Go to the GA Secretary of State website: www.sos.ga.gov
- Click Elections
- Click the red box: Register to Vote

Mobile App

- Available to use to update voter registration
- Search: GA Votes in App Store



Log in to www.sos.ga.gov

Precincts Eligible to Vote in this Runoff

Election Date: July 26, 2016

- 5-02 Senior Citizens Center
- 5-03 Butler Presbyterian
- 5-06 Seed Church
- 5-08 Savannah Primitive Baptist Church
- 5-10 Jonesville Baptist Church
- 5-11 Largo Tibet School
- 7-09 Southwest Baptist Church
- 7-10 Progressive Recreation
- 8-03 Silk Hope Baptist
- 8-06 Mary Fournoy Golden Age Center
- 8-12 Beach High School

If you voted Democratic or non partisan in the May 24 election or did not vote but were registered by April 26, 2016, you are eligible to vote on July 26.

If you do not live in the 5th Commission District or you voted Republican in the May 24 election you will not be eligible to vote in this runoff election.

2016 ELECTION DATES

July 26: General primary, nonpartisan runoff

Oct. 11: Deadline to register to vote in General Election; local, state and federal runoffs

Nov. 8: General Election

Dec. 6: Runoffs for local, state offices

Jan. 10, 2017: Runoffs for federal offices

CHATHAM COUNTY VOTER REGISTRATION OFFICE

1117 Eisenhower Drive Suite E, Savannah, GA 31406
MAIL: P.O. Box 13757, Savannah, GA 31416
PHONE: 912-790-1520
FAX 912-790-1519
Email: voter@chathamcounty.org
Website: voter.chathamcounty.org

Chatham County-Savannah Comprehensive Plan Update



You might be asking yourself "What is a comprehensive plan?" and "Why is it important to me?" Simply put, a comprehensive plan is a document designed to help guide a community by providing a vision of the future.

It is an all-inclusive, or "comprehensive," approach to addressing the issue of a community's growth in the future. The final, official document serves as a policy guide for staff, appointed officials, and elected officials in their decision making process as growth and development issues come before them.

Our local comprehensive plan should be important to each and every one of us because it will shape how our community will grow and evolve.

It's once again time to review and update our existing Comprehensive Plan originally completed in 2006, with revisions made in 2009 and 2012. Now is the time to reflect on what has been completed, identify what still needs to be done, and determine if priorities have changed requiring any adjustments in the course we are headed.

Please follow us on Facebook or check our website (thempc.org) for updates and opportunities to be involved in providing input for this important document. This document will help shape our community by identifying issues, opportunities, and priorities and allocating resources accordingly.

The Survey is available at www.thempc.org

LOCATIONS

Voter Reg Main Office
Voter Reg Main Office
Civic Center
Mosquito Control
Islands Library
Southwest Library (Sav Mall)

ADDRESS

1117 Eisenhower Dr, Suite E
1117 Eisenhower Dr, Suite E
301 W. Oglethorpe Ave
65 Billy B. Hair Dr
125 Wilmington Island Rd
14097 Abercorn St

HOURS

8:00 am - 5:00 pm (M,W,F)
8:00 am - 7:00 pm (T, TH)
9:00 am - 4:00 pm (M-F)
9:00 am - 4:00 pm (M-F)
10:00 am - 5:00 pm (M-F)
10:00 am - 5:00 pm (T-F)

Hurricane Preparedness

Although Georgia hasn't weathered a major hurricane in recent years, Georgia's coast remains at risk for hurricanes that form in the southern Atlantic Ocean, Caribbean Sea and Gulf of Mexico. Now is the time for all Georgians to prepare and recognize the risks and potential dangers of hurricanes and what to do before, during and after a storm. Use this list as a guide to start important conversations with your family and friends. Don't wait until the storm comes. Plan now!

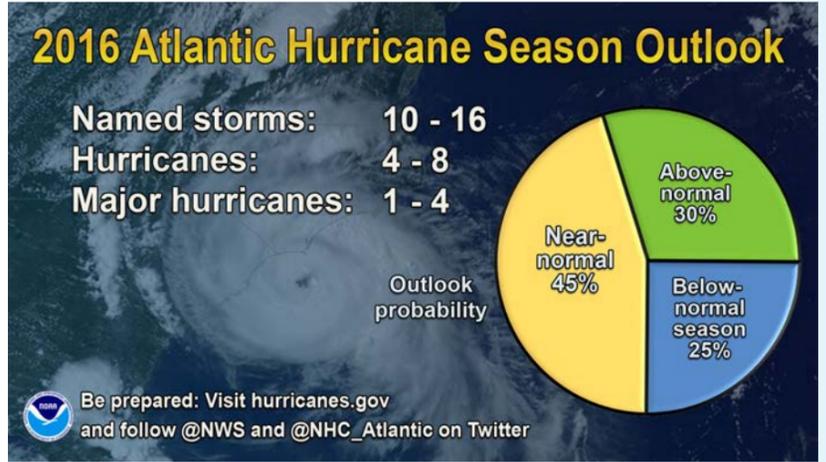
Know Your Risks! Because of our low elevation and geographical makeup, Chatham County is especially vulnerable to storm surge. Storm surge is an abnormal rise of water generated by a storm's winds that can reach heights over 10 feet and flood nearly all of Georgia's coastal counties. Believe it or not, storm surge is responsible for the greatest number of hurricane fatalities. In a category 3 hurricane, about 75 percent of Chatham County would be under 17 to 23 feet of water!

Develop an Evacuation Plan! Use this time to figure out where you are going to go and how you will get there if an evacuation was ordered. Do you have family or friends far away from the storm that you can stay with for an extended period of time? If so, go there! Shelters will be cramped and should be your last option. Plus, most shelters don't accept pets. Make sure you take

them with you! Most will not survive if left behind.

Check Your Insurance! Hurricanes can produce high winds that add to a storm's destructive power. Hurricane-force winds can easily destroy poorly constructed buildings and mobile homes. Winds can stay above hurricane strength well inland. In addition to destructive winds, hurricanes also can spawn dozens of tornadoes. Call your insurance company or agent and ask for an insurance check-up to make sure you have enough homeowners insurance to repair or even replace your home. Don't forget coverage for your car or boat. Remember, standard homeowners insurance doesn't cover flooding.

Build an Emergency Kit! You're going to need supplies not just to get through the storm but for the potentially lengthy and unpleasant aftermath. Have enough non-perishable food, water and medicine to last each person in your family a minimum of one week. We recommend one gallon of water per person, per day. Electricity and water could be out for at least that long. You'll need extra cash, a battery-powered radio and flashlights. Check out our emergency kit checklist by downloading the ChathamEMA mobile app. A customized communications plan and Ready kit checklist can be created and shared through the app. The best part? It's free for Apple and Android users!



Strengthen Your Home! Hurricanes are vicious storms. Adding some extra protection to your home could save you time and money later. Have the proper plywood, steel or aluminum panels to board up the windows and doors. Remember, the garage door is the most vulnerable part of the home, so it must be able to withstand the winds. Yard furniture can become deadly missiles in a hurricane's high winds. Bring them indoors or properly secure before evacuation.

Stay In The Know! Where will you turn for trusted information? You can sign up for CEMA's Emergency Alerts and have them sent directly to your phone via text. Just text "follow ChathamEMA" to 40404. NOAA Weather Radios are also an invaluable resource to ensure your

family stays weather ready.

Have a Plan After the Storm! Local authorities may not be able to provide information about what is happening in your area. Listen to a NOAA Weather Radio, watch TV, listen to the radio or monitor the Internet for official news and instructions as they become available.

To help residents prepare for hurricanes and other emergencies, CEMA provides online tools to make a disaster supply kit, develop a tailored communications plan and stay informed about potential threats. Visit ChathamEmergency.org to find helpful information on how protect your pets, elderly or disabled family members, and tips on preparing for severe weather.

When Emergency Situations Occur, Stay Informed!



When Emergency Situations Occur: Stay Informed! Visit: chathamemergency.org/register-for-alerts.php

CEMA encourages everyone who lives, works and plays in Savannah and Chatham County to sign up to receive emergency and community notifications on their cell phones.

SwiftReach allows us to send emergency and community notifications to alert the public to missing persons, severe weather, evacuation orders, and other urgent public safety scenarios.

Subscribers can also sign up to receive notifications in other areas: where they work, where their children attend school, etc. And they can sign up for non-emergency notifications such as road closures, neighborhood watch meetings, and more.

Registration is free and all alerts will be clearly identified as originating from SCMPD, City of Savannah, Chatham County or Chatham Emergency Management Agency officials. The system is designed to make phone

Dial 912.644.8811 to get weather and emergency information, as well as seasonal tips.

calls to specific people or areas in the event of an emergency or for sharing important information.

All listed landline phone numbers have already been programmed into the system, but since many people no longer have a home phone or primarily use their mobile devices, CEMA encourages citizens to register their cell phone with SwiftReach.

SwiftReach will make up to two attempts to reach each number in the system and will leave a message if the call is routed to voicemail. Additionally, subscribers can sign up to receive text messages and/or e-mails.

The system can make thousands of calls in a minute to convey vital information.

WTOC and the Chatham Emergency Management Agency have teamed up to make sure you stay ahead of the storms and other emergencies. You can get weather and emergency information by simply picking up the phone. Just dial 912.644.8811 to get weather and emergency information, as well as seasonal tips.



This year, CEMA took a long hard look at the word "Recommended" and "Voluntary" when it came to evacuations. The words implies there is a choice; however, if a major storm threatens Chatham County, residents must evacuate the county. Starting this season, CEMA will no longer use the term "Recommended" or "Voluntary" Evacuation, instead we will use "Early" or "Mandatory" Evacuation. This change is to reflect the dangers residents will surely face should they stay behind.

Evacuation Transportation

When an evacuation is imminent, the safety of all Chatham County residents is of utmost importance. For those without transportation, help is available at the Evacuation Assembly Area (EAA). CEMA initiates evacuation operations at the local level utilizing all available resources to assure effective response. State assistance is supplementary to local activation of resources and is made available in response to local requests for assistance.

Activation of the EAA will be situation dependent, and contingent on the CEMA Director's recommendation and the approval of the Command Policy Group. Current planning calls for the Savannah Civic Center to be utilized as the primary EAA facility/location. Activating the EAA will require all scheduled events at the Civic Center to be postponed and/or cancelled, and the facilities prepared for EAA activities. As evacuation orders are considered, local Emergency Support Function (ESF) partners having responsibilities at the EAA will be notified and will meet to review procedures, determine or update resource requirements, identify possible issues, and resolve other shortcomings. Evacuees may walk to the EAA, or be dropped off by family or friends however; it is anticipated that the majority of the evacuees will arrive at the EAA utilizing Chatham Area Transit buses.

Upon arrival at the EAA, citizens will be directed to one of two designated Registration Areas. Passengers without pets will be directed into the Civic Center Arena. Passengers arriving at the EAA accompanied by pets will be directed to a sign-in area staffed and prepared to address pet issues. EAA staff will be available to answer questions and to help those passengers requiring assistance. Passengers with service animals will not be required to register their pets and may go through general check-in.

After completing the registration process, evacuees, pets and baggage will be loaded on school buses and trucks. Next stop is Augusta where they will be provided temporary housing. Once public safety issues within the County have been mitigated and the area is determined safe, the Chatham County Command Policy Group will call for the return of the area's population. Evacuees from Chatham County that utilized public transportation during the evacuation process will be afforded the opportunity to utilize public transportation to return to Chatham County.

Hurricanes and Storm Surge

It is no secret that Chatham County is vulnerable to the threat of tropical storms and hurricanes. With our low elevations and significant flooding potential, the storm surge from a major hurricane making landfall on our coast could have catastrophic consequences. Likewise the winds from one of these systems could create millions of cubic yards of debris clogging our streets and highways and damaging or destroying property on an enormous scale.

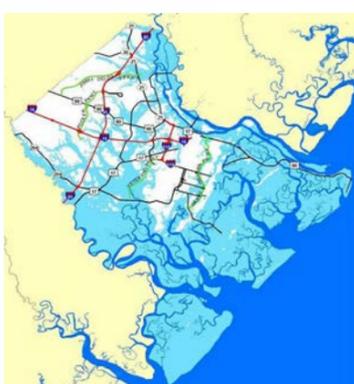
Storm surge happens when the surface of the sea rises due to the force of the hurricane's winds spiraling in towards the center of the storm. Storm surge can reach heights of more than 30 feet near the center of a Category 5 hurricane. In very large hurricanes, the surge can horizontally fan out over several hundred miles of coastline, gradually diminishing well away from the center. The surge of high water topped by battering waves

can be devastating. It is important to note that the stronger and larger the size of the hurricane and the shallower the offshore water, the higher the surge will be. Storm surge is by far the greatest threat to life and property along the Georgia coast. In the past, large death tolls have resulted from the rise of the ocean associated with many of the major hurricanes that have made landfall. Hurricane Katrina (2005) is a prime example of the damage and devastation that can be caused by surge. At least 1500 persons lost their lives during Katrina and many of those deaths occurred directly, or indirectly, as a result of storm surge.

For Chatham County, the effects of storm surge can be catastrophic. Storm surge estimates are higher for our area due to unique geographical features, like shallow waters offshore and a slow sloping shelf. For instance, a typical Category 3 hurricane in our area could be expected to result in a storm surge

of anywhere between 17-23 feet. In Chatham County, a Category 1 hurricane would leave Tybee Island and just about all of coastal Chatham under water. With a Category 3 storm, areas inland like Garden City and Pooler would be covered in water. The entire county would be inundated with water with a Category 5 hurricane.

The Storm Tide is the combination of the storm surge and the astronomical tide (normal daily tide). If the storm surge arrives at high tide, the water height will be even greater. For example, as a hurricane moves ashore, a 15-foot surge added to the 2-foot high wind driven waves creates a storm tide of 17 feet. The mass of water, topped by battering waves, can travel miles and miles inland from the coast, submerging everything in its path. The combination of storm surge, battering waves, and high winds can be deadly as well as cause massive property damage.



Job Training Program Can Change Lives

The Chatham Apprentice Program (CAP) trained 100 Chatham County residents and assisted 60 with job placements for the fiscal year 2016, which ended June 30th. CAP also supported 31 participants in obtaining their forklift safety certification and seven individuals get a TWIC card.

CAP is a workforce training program that helps unemployed and under-employed Chatham County residents find or create career paths that offer opportunities for advancement.

“My lack of experience and a GED or high school diploma have kept me from acquiring a job,” said Andrew Bags, a recent CAP graduate. “I have the ability to do any job that I put my mind to but without the proper education and skill set I am unable to achieve my goals.”



Forklift Safety Certification



Wesley Single Mom CAP Class



Reentry Class

“With the help of the Chatham Apprentice Program I have gained confidence and a sense of direction. I’ve learned work force etiquette and skills in the program. For example, I did not have any knowledge of resumes and resume building. I learned that I need to create a budget so that I can stay on track with my finances. I encourage everyone to go through the Chatham Apprentice Program. It changed my life, and I think it will change other’s lives as well.”

CAP is a four week employability-skills training that includes professionalism, resume’ writing, interview skills, and customer service; plus, basic reading, writing, and math skills. Classes are offered at least six times a year. Upon completion of the program CAP staff assist successful graduates with job placement and follow up with the participants from six months to a year. The average pay rate for successful graduates is \$10.24 per hour. In addition, CAP staff offers individual “case management” consultations for those who cannot enroll in the full-time program but are motivated to change jobs and advance in their chosen field.

2015-16 Highlights

The Chatham Apprentice Program held several classes for special populations last fiscal year. Last August it held a class for single mothers at the Wesley Community Center. CAP provided childcare and transportation passes to reduce barriers for attendance.

In January, CAP held a class at the Georgia Department of Labor and partnered with Savannah Technical College to offer a forklift safety certification to all 20 participants. This class had a job placement rate of 60% with an average hourly wage of \$11.24.

This spring, CAP partnered with the Coastal Transitional Center and Dismas Charities to offer a class for 18 returning citizens. Several of the participants also earned their forklift safety certification through Savannah Technical College. Eleven of 18 of the participants have obtained employment with pay ranging from \$8.00 to \$10.00 per hour.

The Chatham Apprentice Program, managed by Step Up Savannah, is funded by Chatham County with support from the United Way of the Coastal Empire. Services are open to all residents of Chatham County who are 18 and older.

UPCOMING CAP CLASSES:

RECRUITMENT AND INFORMATION SESSION

Department of Labor 9/19 to 10/13/2016

West Broad YMCA 11/7 to 12/6/2016

Recruitment and information sessions will run from 7/1 – 9/1/2016. Please call (912) 401-0672 or (912) 656-4339 or (912) 656-4079 for more information.

Do Your Part in Chatham County to Help Control Mosquito Population

Chatham County Health Department officials are urging residents to clean up around their homes, yards and communities and get rid of unnecessary items that can hold water and turn into mosquito breeding grounds. After every rainfall, tip out water in flowerpots, planters, children’s toys and wading pools, and buckets. If it holds water and you don’t need it (old tires, bottles, cans), toss it out. Mosquitoes can cause disease such as West Nile Virus, Eastern Equine Encephalitis, and Zika virus.

One of the most effective ways of preventing the spread of mosquito-borne viruses is controlling the mosquito population by eliminating standing water around the home and in the yard. In addition, clean out gutters, remove piles of leaves, and keep vegetation cut low to prevent landing sites for adult mosquitoes. For containers without lids or that are too big to tip over or toss out (bird baths, garden pools), use larvicides such as Mosquito Dunks or Pre-Strike Mosquito Torpedoes and follow the label instructions. These larvicides will not harm birds or animals.

5Ds Residents are always encouraged to remember the 5 D's of Prevention:

- 1 Dusk/Dawn** – Mosquitoes usually bite at dusk and dawn, so avoid or limit outdoor activity at these times.
- 2 Dress** – Wear loose-fitting, long sleeved shirts and pants to reduce the amount of exposed.
- 3 DEET** – Cover exposed skin with an insect repellent containing the DEET, which is the most effective repellent against mosquito bites.
- 4 Drain** – Empty any containers holding standing water because they are excellent breeding grounds for virus-carrying mosquitoes.
- 5 Doors** – Make sure doors and windows are in good repair and fit tightly, and fix torn or damaged screens to keep mosquitoes out of the house.

Homeowners associations and neighborhoods, along with city and county governments, are encouraged to sponsor community cleanup days.

“Controlling the mosquito population has to be a community-wide effort,” said Dr. Diane Weems, District Health Director for the Coastal Health District. “If we all do our part to remove places where mosquitoes can breed and take precautions to prevent getting bitten by mosquitoes then we

can lessen the risk of getting mosquito-borne diseases.”

It is also important to protect yourself from mosquito bites. Use EPA-registered insect repellents containing 20%-30% DEET, Picaridin, IR3535, or Oil of Lemon Eucalyptus. Wear light colored clothing with long sleeves, long pants and socks to help prevent mosquito bites.



To learn more about Tip ‘n Toss or mosquito-borne viruses including Zika, go to gachd.org/tip-n-toss or dph.ga.gov

CONTROL MOSQUITOES TIP 'n TOSS

Mosquitoes breed in standing water. To reduce the mosquito population around your home and property, eliminate all standing water and debris.

1 Pool cover that collects water, neglected swimming pool or child's wading pool

2 Birdbath (change water weekly) and garden pond (stock with fish)

3 Any toy, garden equipment, or container that can hold water

4 Flat roof with standing water

5 Clogged rain gutter (home and street)

6 Trash and old tires. Drill drain holes in bottom of tire swings

7 Tree rot hole, hollow stump or rain puddle

8 Repair missing, damaged, or improperly installed screens

9 Uncovered boat or boat cover that collects water

10 Leaky faucet (repair) or pet bowl (change water daily)

Find out what it takes to stop Zika. Please visit dph.georgia.gov/zika

PARK AND RECREATION MONTH JULY 2016

YOUTH FOOTBALL COACHES MEETING
Thursday, July 24 at 6pm
Administrative Office

Summer RUMMAGE SALE
JULY 9th 9am-12pm
Frank G. Murray Community Center (near to Island High)

SUMMER SCORCHER at Lake Mayer Park
Friday July 15 thru Sunday July 17

INDOOR GARAGE SALE at the Frank G. Murray Community Center
Saturday, July 9 9am - 12pm

LITTLE LEAGUE YOUTH ALL-STAR TOURNAMENTS
Friday July 8 thru Sunday July 10 and Friday July 22 thru Sunday July 24 in North Georgia

FOR MORE INFORMATION CALL 912-652-6784

Chatham County Yard Waste Weight Limit

50 lbs
Maximum weight limit of yard waste per container
County Ordinance § 21-403

+

900 =

Equivalent of lifting

15
hippos if every household has 50 pounds of yard waste

Injuries are frequent if workers pick up household yard waste exceeding 50 pounds

Please be considerate of Chatham County employees and do not exceed the 50 pound weight limit of yard waste.

YOGA on the PIER

6/4 • 7/16 • 8/20 • 9/17
8:00AM Tybee Island Pier

Location: Tybee Island Pier & Pavilion
Start Date: Sat, 06/04/2016 Start Time: 8:00am - 9:00am
Parking: You will need to pay the parking meters on Tybee. Tybee Island meters need to be paid 7 days a week, 8am - 8pm.
Registration Fees: \$8 Pre-Registration / \$15 morning or register for all 4 classes for only \$28.
Proceeds Benefit the Fresh Air Home on Tybee - a summer camp for children from the Savannah and surrounding area who wouldn't otherwise be able to attend a camp.

Yoga on the Pier is sponsored by: the Chatham County Parks & Recreation Department

Back-to-school Brings Opportunities to Sign Up for Children's Health Coverage



Bull Street Public Library "Enrollment Assistance for PeachCare for Kids, Medicaid and SNAP benefits available the second Tuesday of each month at the Bull Street Public Library. Walk-ins on a first come, first served basis.

Health insurance is essential for children to thrive at school and in life. National research has shown that children with health coverage who visit a doctor regularly are more likely to complete high school and graduate college compared with their peers who don't have access to care.

Fortunately, there are free and low-cost health insurance options available in the community through Medicaid and PeachCare for Kids. These programs offer a broad set of benefits, including doctor visits, dental care, immunizations, prescriptions, mental health services, and more.

Medicaid and PeachCare for Kids provide quality health coverage for working families with children and teens; a family of four earning up to \$59,904 a year may qualify. For those already enrolled, it's important to renew each year to ensure continuous coverage.

Individuals who need assistance finding a pediatrician or family practitioner may call the Chatham County Care Coordinator at 912-356-2887.

Unexpected illness or accidents can happen at any time. Get some peace of mind: Get your children enrolled and keep them enrolled in health coverage.

Questions? Visit healthykidssavannah.org or call 912-661-3040.

Get your children the health coverage they deserve and have one less thing to worry about.

Our Enrollment Assistance Partners...

In Chatham County, in-person assistance for signing up or renewing coverage is available from the Campaign for Healthy Kids enrollment partners:

Bull Street Public Library
2002 Bull Street, Savannah
Details: 2nd Tuesday of each month
Hours: 5pm-8pm
Next events: August 9th & September 13th.

St. Mary's Community Center
812 W. 36th Street, Savannah
912-447-0578 •
Hours: Monday-Thursday, 9am-3pm

Centro Hispano de Savannah
First Hispanic Baptist Church
(SE HABLA ESPAÑOL)
1 Gamble Road, Savannah
912-777-8955
Hours: Tuesday 6pm-9pm, Thursday 9am-4pm, 6pm-9pm

Centro Hispano de Savannah
St. Paul's Episcopal Church
(SE HABLA ESPAÑOL)
1802 Abercorn St, Savannah
912-232-0274
Hours: Mondays 6pm-9pm

Chatham County Safety Net Planning Council
Chatham County Health Department
1395 Eisenhower Drive, Savannah
912-356-2887
Hours: Monday 9am-1pm and Wednesday 1pm-5pm

Curtis V. Cooper Primary Health Center
(SE HABLA ESPAÑOL)
106 E. Broad Street, Savannah
912-527-1000
Hours: Monday, Wednesday & Friday 8am-5pm, Tuesday & Thursday 8am-7pm, Saturday 9am-2pm

Moses Jackson Advancement Center
1410B Richard Street, Savannah
912-525-2166
Hours: Monday-Friday 9am-2pm

Step Up Savannah
428 Bull Street, Savannah
912-232-6747
Hours:

Get Excited and Move (GEM)

One of the many ways that Chatham County provides services to the disabled community is through the Anderson/ Cohen Weight Lifting Center located at 7230 Varnedoe Drive, next to Memorial Stadium. They provide weight lifting coaching for people with disabilities through the Abilities Unlimited Program. Abilities Unlimited also coaches the award winning Special Olympics Weight Lifting Team.

But there is a recent addition to services for citizens with disabilities. GEM (Get Excited and Move) is a multi-dimensional exercise program designed by Olympic Coach Michael Cohen, and is just one more example of how Chatham County is helping people with disabilities in our community. The program, which utilizes the most appropriate skills and activities from a variety of sports (Olympic weight lifting, floor work, stretching, agility training, and boxing) is designed specifically for People with Parkinson's disease (PwP's) and other movement disorders. In addition, like no other group remedial or therapeutic program in the US, GEM encourages the caregivers to participate. They do not serve as

coaches or cheerleaders. Rather, the caregivers, like the PwP's, become active, vital athletes, working towards the goal of strengthening their bodies and encouraging overall health.

GEM was developed at the request of Sarah Bernzott, Director of Savannah Parkinson Support Group (SPSG), an area 501(c)(3) supporting and enhancing the lives and families of those touched by Parkinson's disease, which is both debilitating and progressive.

With more than 150 people on the support group roster, and with Parkinson's disease and other movement disorders diagnoses growing, it became necessary to create a program, utilizing both aerobic and anaerobic exercise, that could be modified to help each diagnosed person, regardless of age or level of degeneration.

GEM began in late February with 23 participants as a pilot program approved by Chatham County Parks and Recreation. It is funded totally by non-profit, except for the reduction of fee (\$10 rather than \$20) allowed to people with disabilities at the Anderson Cohen Gym and the support of Coach

Cohen and his staff. As of June 10, there are 88 participants signed up from throughout Chatham County, and living at a variety of economic levels. Each day brings new success to the participants and to the GEM program, and growth shows no signs of slowing down. SPSG/Team Savannah leaders anticipate more than 200 participants in a variety of movement disorders (PD, ALS, MS, Essential Tremor, Huntington's disease, Dystonia, etc.) by December, 2016.

Additionally, a number of caregivers and PwP's have decided to continue to work outside of the regularly scheduled classes and are training as Elite Masters Level Athletes, utilizing training by Coach Cohen and his Team Savannah staff. These people, just a few short months ago, had little hope of any cure for Parkinson's disease. There is still no cure. However, they have repeatedly been told to exercise, exercise, exercise by their physicians and families; and now, they have the opportunity to do that, in a safe environment, and can focus on activities and skills designed with a degenerative condition in mind.



If you want more information about any of these programs, or if you need an accommodation to access any of Chatham County's buildings or services, or know someone who does, please contact James Aberson, ADA Coordinator. He can be reached by phone at (912) 652-7937 during business hours, or by email at jeaberson@chathamcounty.org.

2016 Chatham County Parks & Recreation Department



Back by popular demand, the Famous Hall of Fame "Gator Rivers" 3 on a 3 Competition

Ages: 8-14

Site: Lake Mayer Community Park, 1850 East Montgomery Cross Road

Free Globetrotters Bookbags to the 1st 8 teams

Contact: Anthony D. Russell, (912)-652-6791 or ADRussell@chathamcounty.org

Hamburgers and Hotdogs while they last

Time: 9am-1pm, Saturday July 30, 2016

Sponsored by Chatham County Park Services

Three Chatham County All-Star Little League Teams Participated at District and State Levels



Chatham County Parks and Recreation recently finished its first full season of Little League Baseball. This year the program expanded to include children from the ages of 4 to 12.

Three All Star teams were selected to participate at

the district and state levels. Our 7-8 year olds went to Warner Robins June 20th - 21st to vie in the district tournament. The 9-10 year old team will travel to Marietta on July 9th and the 11-12 year old group to Peachtree City July 22nd to compete against other All Star teams at the state level. We wish all these teams the very best!

Chatham County Parks and Recreation's goal is to provide kids a great experience with baseball as well as teaching them the fundamentals of the game. We would also love to see Chatham County represented at the Little League World Series on ESPN one day! Want your child to be part of Little League Baseball? Signups will begin for players and volunteer coaches at the beginning of 2017.

For more information, contact Cameron Chastain at (912) 652-6782 or by email at cjchasta@chathamcounty.org