

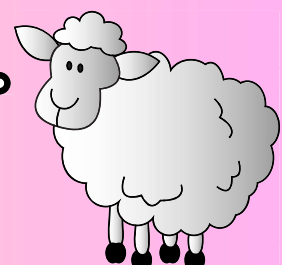
- PG 1-CONTENTS
- PG 2-STAFF
- PG 3-WELCOME KIMBERLY LINDSEY  
THANKS TO JANET
- PG 4-OPEN HOUSE EVENT-MARDI GRAS
- PG 5-PROFOUND AUTISM CONFERENCE IN BOSTON
- PG 6-EMERGENCY TOWNHALL
- PG 7-P2P AWARDS AND UPCOMING SUMMER CAMPS
- PG 8-SUMMER DREAMERS' CAMP RWS
- PG 9 & 10-SUMMER CAMP AT NWGACIL
- PG 11-RECIPE
- PG 9-UPCOMING TRAVEL TO
  - BILOXI-REGION 1 DIRECTORS' MEETING & VISIT TO LOCAL CIL
  - UPCOMING TRAVEL TO NEW ORLEANS  
NATIONAL FED FOR THE BLIND
- PG 10 & 11-CLASSES AND UPCOMING EVENTS
- PG 12-UPCOMING TRAVEL-LEARNING IS HOW WE HELP OTHERS
- PG 13 & 14-UPCOMING CLASSES
- PG 15-WHAT IS ADVOCACY?
- PG 16-ACTIVITY PUZZLE

Where do sheep go  
on spring break?

To the  
Baaa-hamas!!

JANUARY 2025-APRIL 2025

SPRING EDITION NEWSLETTER  
NORTHWEST GEORGIA  
CENTER FOR INDEPENDENT LIVING





## Our Staff

Christina Holtzclaw-Executive Director

Katie Duncan-Business Manager

Angela Vicente-Lead Independent Living  
Specialist Bilingual

Paul Ray-Transition Specialist

Emily Smith-Independent Living Specialist

Vinny Olsziewski-Independent Living Specialist

Tonia Clayton-Information and Referral Specialist

Kim Lindsey-CIL Instructor

Welcome Kim Lindsey



NWGACIL would like to give a warm welcome to Kim Lindsey who has joined our team as the Pre-ETS Instructor for the P2P program. We look forward to working together with her and we are very happy to have her aboard.



Thanks to Janet LeGrande



NWGACIL would like to express our deep appreciation for all of the hard work that Janet put into piloting the P2P program and teaching the curriculum. We would like to wish her success in her new role!



# Open House Event

## Mardi Gras

On February 26<sup>th</sup> the CIL hosted its annual Mardi Gras themed Open House.

This year's edition also featured a Silent Auction.

The event was attended by some of our consumers, members of the CIL's Board of Directors, representatives of numerous local organizations, and members of the community. Entertainment was provided by local DJ, Thunder.







# Profound Autism Conference

The Profound Autism Conference was an amazing adventure in learning about areas of research, medicine, technology, advocacy, and education. They covered vast information including behavior problems, water safety, and emergencies.





# Emergency Townhall

NWGA CIL partnered with Floyd's Fire Training Center and Cave Springs GVRs Center.

Through the partnership, we taught BEP, Cedartown Middle High, and Peperal Middle/ High School students about Emergency preparedness. The students were split into groups and taken to two rooms, where they did Fire extinguisher training and a rollout of the bed exercise with Mouse and Goose from the Floyd training center.

At the end, we met and reviewed the information we learned today. Everyone stated what they had learned and how much they enjoyed today's event.

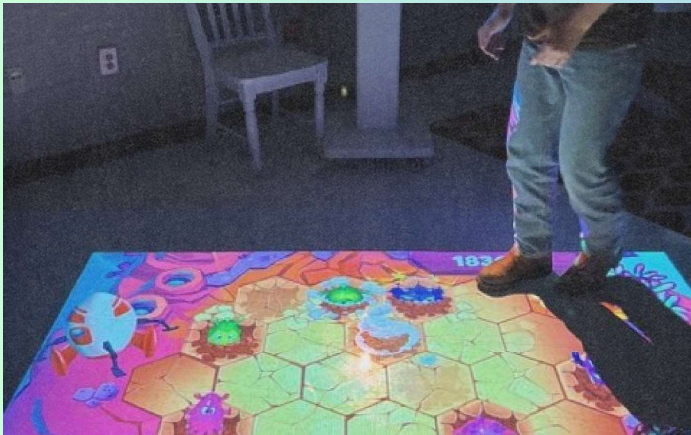
Before the students left for the schools, they were informed of the center and given our information.

## P2P & BTG

# NWGA CIL

### SY 24-25 END IN AWARDS

NWGACIL worked in collaboration with GVRA and Polk County Schools to complete the P2P classes with success and celebration.



We are leading into summer with 2 exciting opportunities for youth where they will learn more about self-advocacy, job readiness, and money management.

### SUMMER PLANS

### PREP FOR SY 25-26

We continue working in collaboration with GVRA and Polk County Schools as we plan for the upcoming school year.



### SUMMER DREAMERS' CAMP RWS

For our Bridging the Gap Summer Dreamers' Camp where you will prepare for your bright future with hands-on activities and mentorship opportunities!

\*flyer attached

### NWGACIL DAY CAMP

NWGACIL 1 day Camp offers a great day of fun with games, scavenger hunt, and exciting activities to enjoy while practicing self-advocacy skills and insight to job readiness.

\*flyer attached





**Bridging the Gap Presents:**

# SUMMER DREAMERS' CAMP



**WOULD YOU LIKE TO...**

- **Live the college experience** in a supportive and independent dorm setting
- **Make lifelong friends and boost your social skills** through games, tours, field trips, and fun activities like visiting Great Wolf Lodge, team building, and evening social events
- **Discover Career Pathways at RWS** and see them in action on industry tours
- **Explore your dreams and future career paths** through hands-on experiences
- **Connect with RWS graduates** who are now working or continuing their education
- **Join a financial literacy challenge** – earn “income” and budget for fun like ceramics, painting, basketball, video game truck, and more!



**2025**



**JUNE 2–5, 2025**

**Roosevelt Warm Springs**  
6135 Roosevelt Highway  
Warm Springs, GA 31830

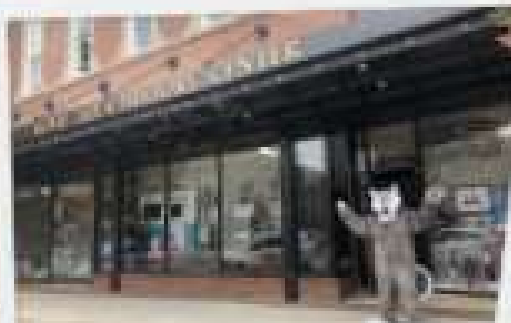
**JOIN US!**

For our Bridging the Gap Summer Dreamers' Camp where you will prepare for your bright future with hands-on activities and mentorship opportunities!

**Spaces are limited – Register TODAY!**



**JUN, 17**  
**9 AM - 3 PM**



# 1 DAY Summer CAMP



**Join us for  
Games,  
scavenger hunt,  
and more!**



For More Information, contact us :  
[info@nwgacil.org](mailto:info@nwgacil.org)  
[nwgacil.org](http://nwgacil.org)

**+706-314-0008**

227 Broad Street, Suite 101, Rome GA 30161



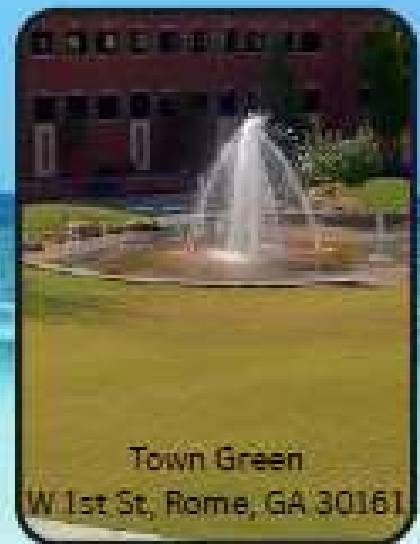
# One Day Summer Camp

## Arrival:

9:00 AM: Welcome & Career Day Bingo

10:00 AM: Water Park Activity-  
Public Speaking Activity

10:45 AM: Prep for lunch



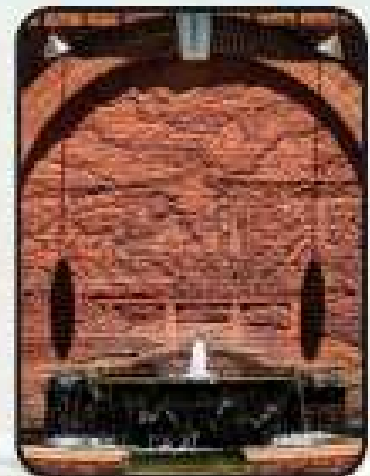
Town Green  
W 1st St, Rome, GA 30161

## Lunch

11:00 AM: Picnic at Town Green

11:30 AM: Scavenger Hunt - History M

1:00 PM: Reflection Folder



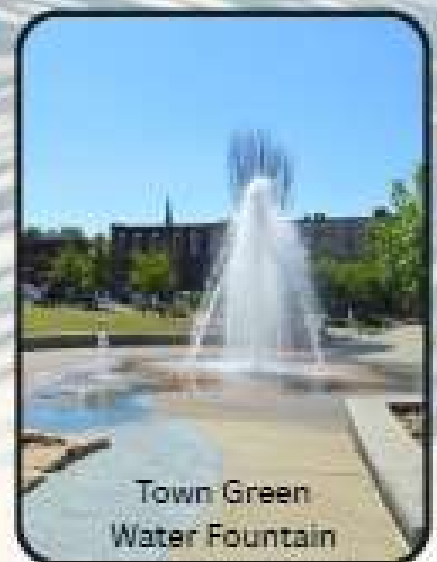
Outside History Museum  
305 Broad St, Rome, GA 30161

## Evning

1:30 PM: Remembrance Creation:  
Bralet or pottery.

2:00 PM: Reflecton and Descussion

3:00 PM: Dismissal.



Town Green  
Water Fountain



# Easy Oven Baked BBQ Chicken Legs

Baked bbq chicken drumsticks is an easy recipe that the whole family will love. Using just a few simple ingredients, this bbq chicken recipe will become one of your family favorites. No grill required.

## How to bake bbq drumsticks

The method requires only a few simple steps.

1. First thing, pat dry chicken legs with a paper towel. This helps the chicken skin brown.
2. Season generously with salt, pepper, and garlic powder.
3. Place chicken leg pieces on a parchment or aluminum foil lined sheet pan. This makes for easy clean up.
4. Bake at 400 degrees for 20 min. Flip chicken and bake some more.
5. Baste with plenty of sauce and continue to bake.
6. Flip and baste with more sauce and bake for a final time.



## Ingredients:

- chicken legs
- salt
- black pepper
- garlic powder
- favorite bbq sauce

## Tips for not burning bbq chicken legs

- We are desiring browned crispy skin and caramelized sauce, but not burned.
- To achieve browned legs, use a shallow rimmed baking sheet as opposed to a casserole dish.
- Give plenty of space around each drumstick. Do not overcrowd.
- Sauce your drumsticks towards the end of the cooking process instead of at the beginning. Sauce has a high sugar content and will burn if you try to bake the drumsticks with sauce on from the beginning.
- Increase the heat a little more at the end if you find your legs aren't getting as browned as you like. Every oven is a little different. Don't be afraid to put it on broil at the end for a minute or two. Just keep a close eye on them to prevent burning.

# Upcoming Travel

Learning is how we help others

## What is coming up?

June 10–12  
Biloxi Mississippi

July 8–13  
New Orleans  
Louisiana

## SECDA in Biloxi, Mississippi

We will be attending the SECDA meeting and looking forward to meeting with the local Center for Independent Living to learn about their center and how they assist individuals in their area.



## National Federation of the Blind 2025-National Convention in New Orleans, Louisiana



The National Federation of the Blind National Convention is the largest gathering of blind people in the world. It is the premier event for training, support, and information for the blind community.

The National Convention offers hundreds of sessions, dynamic presentations, and countless opportunities.





**NWGACIL**  
All We See Is Possibility



## Upcoming Classes



### Yoga with Donna

Join Donna as she leads beginners and all skill levels in her Yoga class at NWGA CIL.

When: Jun 2<sup>nd</sup> at 3 pm

Where: 527 Broad Street, Suite 101  
Rome, Ga 30161

### Social/ Book Club

Join us in building and strengthening Social Skills through games, activities, and hobbies.

When: 2nd Wednesday of each Month at 10:30 a.m.

Where: In person or on Zoom.  
527 Broad Street, Suite 101, Rome, GA 30161  
The location is subject to change.

### Tech Tuesdays

Join Emily Smith to explore the different types of assistive technology.

Three-session series.

When: 3rd Tuesday of each Month at 2 p.m.

Where: In person or on Zoom.  
527 Broad Street, Suite 101, Rome, GA 30161  
The location is subject to change.

### Social/ Book Club

Join us in building and strengthening Social Skills through games, activities, and hobbies.

When: 3rd Wednesday of each Month at 2 p.m.

Where: In person or on Zoom.  
225 Broad St. #100, Rome, GA 30161  
The location is subject to change.



## Upcoming Classes



<b>Nutrition Class</b>	<p>Join Emily Smith and Tonia Clayton to explore health and low-budget meals.</p> <p><b>When:</b> 3:30-4:30 pm on the 4th Tuesday of each month</p> <p><b>Where:</b> 807 Ave B, Rome, GA 30165 Community Room</p>
<b>Money Management</b>	<p>Join Vinny Olszoewski to discuss banking, budgeting, and financial schemes.</p> <p><b>When:</b> 4th Wednesday of each month at 10 a.m.</p> <p><b>Where:</b> 527 Broad Street, Suite 101, Rome, GA 30161</p>
<b>Employability Class</b>	<p>Join Vinny Olsziewski as he discusses self-advocacy, work readiness, and job exploration.</p> <p><b>When:</b> 4th Wednesday of each month at 3 p.m.</p> <p><b>Where:</b> 527 Broad Street, Suite 101, Rome, GA 30161</p>
<b>Yoga With Donna</b>	<p>Join Donna as she leads beginners and all skill levels in her Yoga Class here at NWGA CIL.</p> <p><b>When:</b> Jun 23<sup>rd</sup> at 3 pm.</p> <p><b>Where:</b> 527 Broad Street, Suite 101 Rome GA 30161</p>

☎ 706-314-0008



527 Broad Street, Suite 101  
Rome, Georgia 30161

✉ [info@nwgacil.org](mailto:info@nwgacil.org)



LAST UPDATED 05.19.25



# What is Self-Advocacy?

No one knows your life experiences, your needs, and your feelings better than you. Therefore, no one is better qualified to advocate for your needs than you! Self-advocacy is just that; representing one's interests and needs.

Unfortunately, many people have barriers that make it difficult at first to advocate for themselves. Some may have difficulty communicating, while others may have an anxiety disorder that makes it difficult for them to communicate with people in positions of authority. Whatever the barrier, self-advocacy is an integral component of the independent living philosophy.

Many of our staff members have disabilities, and as such, they have first-hand experience in learning how to self-advocate. Our staff can assist our consumers with becoming their self-advocates largely because they have been through it themselves.



Self-Advocacy:  
Know Yourself,  
Know What You  
Need, Know How  
to Get It

# Self-Advocacy

**Note:** Words are hidden in all directions including backwards and diagonally.

A	O	W	N	E	R	S	H	I	P	D	T	S	A	F	D	A	E	T	S
M	W	H	G	N	I	N	O	I	P	M	A	H	C	E	U	B	T	T	S
B	L	R	P	R	O	G	R	E	S	S	I	V	E	T	M	K	N	I	C
I	J	E	C	N	E	I	L	I	S	E	R	C	H	L	C	W	E	U	V
T	N	O	I	T	A	I	T	O	G	E	N	E	Z	O	R	Y	M	S	E
I	K	S	I	R	V	O	C	A	L	I	N	J	M	E	T	Y	R	R	N
O	G	W	P	U	E	N	U	E	Y	T	M	M	S	I	U	C	E	U	N
N	L	N	S	I	P	P	O	E	I	S	U	P	L	D	F	K	W	P	E
N	O	D	I	D	R	C	R	C	C	N	O	I	A	R	B	Y	O	M	Z
O	J	I	S	Z	G	A	I	E	I	N	B	C	V	C	K	Q	P	U	E
I	C	E	T	P	A	T	T	C	S	A	E	E	O	G	T	O	M	X	V
T	O	J	S	A	Y	L	A	I	T	E	V	D	I	U	W	F	E	L	I
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V	F	J	H	M	I	I	U	L	T	N	T	T	R	E	D	A	M	L	C
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T	D	Y	N	I	C	K	I	R	G	A	N	X	O	T	Y	E	Y	E	O
O	E	W	T	C	M	T	N	R	E	G	R	C	J	R	I	M	D	X	R
M	N	Y	A	H	I	D	I	Y	W	T	A	T	M	E	W	O	L	N	P
V	C	Y	I	N	M	T	U	Q	P	C	E	J	S	S	L	Z	N	Q	I
X	E	U	I	W	Y	T	T	S	Y	A	L	D	Z	V	J	D	D	V	H

Resilience

Pursuit

Proactive

Integrity

Ownership

Representation

Vocal

Empowering

Responsibility

Ambition

Inspiration

Impactful

Accountability

Empowerment

Trailblazing

Motivation

Authenticity

Confidence

Championing

Negotiation

Advocacy

Progressive

Determination

Courage