



United Way of West Alabama
March 2016

The Community Connection *for* Help

INFOLINE

2-1-1 in West Alabama is a service of United Way of West Alabama.
For assistance, dial 2-1-1 or 205.345.7775.

Upcoming Events

*** Farmer's Market**

Currently underway until June 4th

***Hospice 5k run/walk**

Saturday, March 26th

***Walk for Autism**

Saturday, April 9th

Mayor's Cup

Saturday, April 23rd

Government Plaza

***Release the Fear Rally**

Saturday, April 30th

Turning Point

***Mal Moore Golf Tournament**

Thursday, May 5th

Benefits Boys and Girls Club

***Celebrity Waiter**

Friday, May 6th

Tuscaloosa River Market

Credit Builder Workshop

Tuesday, May 17th

Fathers in the Park

Saturday, June 4th

United Way Day of Action

Friday, June 17th

*United Way or partner agency

ABILITY ALLIANCE OF WEST ALABAMA

205-333-1577

Ability Alliance provides case management and other services for persons with cognitive and intellectual disabilities. This agency services residents in Tuscaloosa, Bibb and Pickens counties.

ADULT EDUCATION

205-391-2662

Free classes held at C.A. Fredd Campus of Shelton State Community College. The cost to take the GED test is \$120. GED recipients are eligible to participate in a tuition scholarship program. For more information visit ged@sheltonstate.edu.

ADVANCED INSULIN MANAGEMENT

1-866-919-1246

This company based in Moundville specializes in providing diabetic test strips and insulin pump supplies. Free home delivery is also available.

ALABAMA BLUES PROJECT

205-752-6263

For more information on the spring after school blues camp visit alabamablues.org or call the number above.

ALABAMA HEAD INJURY FOUNDATION*

205-823-3818

March is Brain Injury Awareness Month. Visit ahif.org for a list of activities taking place across the state. Support group meetings are held the first Tuesday of each month. For more information contact Nicole Brown 662-425-2804.

INFOLINE is provided by the Information & Referral Service of United Way of West Alabama. If you have information or news about your organization you would like in our next issue please send me an email at tamika@uwwa.org. If you would like to receive Infoline via email send your email address to tamika@uwwa.org



ALABAMA HOSPICE CARE OF TUSCALOOSA

205-633-3705

ALS ASSOCIATION

1-800-664-1242

West Alabama Support Group - Meetings are usually held the second Tuesday of every month from 6:00 to 7:30 p.m. The group meets at Hospice of West Alabama. For more information visit ALSAlabama.org.

AMERICAN HEART ASSOCIATION

205-510-1551

The American Heart Association is the largest voluntary health organization dedicated to defeating heart disease, stroke and other cardiovascular diseases. For more information, visit call 205-510-1551.

AMERICAN RED CROSS*

205-758-3608

March is Red Cross Month. During this month The Red Cross is recognizing everyday heroes. Becoming a hero includes: creating a plan for your home, testing your smoke detector, signing up to be a Red Cross volunteer or making a financial donation.

ARTS 'N AUTISM*

205-247-4990

Buffalo Soldiers Charity Ride – April 2nd

The ride will begin at 10:30 a.m. with a picnic at Bowers Park at noon. Mayor Walt Maddox is the keynote speaker. For more information visit the Buffalo Soldiers Tuscaloosa Chapter Facebook page.

Walk for Autism/5k Race - April 9th

Visit runsignup.com to register. Call the number above for more information.

The Arc of TUSCALOOSA COUNTY*

205-556-4900

“Pullin’ for The Arc” – April 30th

This agency provides care for patients and families that are dealing with terminal illness.

The event will take place from 9 a.m. until noon in the overflow parking lot behind University Mall. Each team of 10 will compete to see who can pull a Tuscaloosa Fire Department fire truck a length of 25 feet! A minimum registration fee of \$250.00 per team is required.

AREA AGENCY on AGING

205-333-2990

West Alabama Area Agency on Aging is seeking committed leaders to teach Healthier Living classes to persons 60 and older. By participating you will receive free certification from Stanford University as a Chronic Disease Self-Management Program Lay Leader. Contact Lyn Stone at 205-333-2990 extension 211 or lyn.stone@westal.org for more information.

Senior Appreciation Day - May 25th at Bryant Conference Center.

ARTS COUNCIL

205-758-5195

The Jungle Book – March 18th and 19th

The show will take place at the Bama Theatre. For show times and ticket prices visit theactonline.com.

Bobby Bones Comedy Show – March 26th

This show will take place at the Bama Theatre from 8-10 p.m. It will also feature Brooke Eden. For ticket prices call 1-800-745-3000.

Tuscaloosa’s Got Talent – April 10th

This show will take place at the Bama Theatre from 4-9 p.m. For more details on auditions and ticket prices call 205-792-5476. All proceeds benefit Project Blessings.

BARNES BRANCH YMCA*

205-759-4284

Spring Break Camp – March 14th – 18th. The cost is \$60 per week. Summer Camp registration

begins the week of May 16th. The “Youth First” Sustaining Campaign is currently underway. Contact the number above to make a donation.

BIG BROTHERS/ BIG SISTERS* 205-758-5734

Shining Stars Dinner – April 14th

This night showcases adults and children who participate in the program. The event will start at 6 p.m. at the River Market. The guest speaker is Bobby Bowden.

BOYS & GIRLS CLUB* 205-553-3879

Mal Moore Memorial Tournament – May 5th

For more information call the number above.

BOY SCOUTS OF AMERICA* 205-554-1680

(Black Warrior Council)

Citizenship, fitness and leadership for young men. For more information visit bwc-bsa.org.

CATHOLIC SOCIAL SERVICES 205-759-1268

This agency offers assistance with food, rent, utilities and some medications. CSS is closed on Fridays.

C.A.P.S.* 205-758-1159

(Child Abuse Prevention Services)

Parenting classes take place every Tuesday night from 6:30 until 8:30 p.m. at Forest Lake United Methodist Church. The Safe Sleep/Cribs for Kids program provides safe sleep education and a portable crib to families in need.

CARING DAYS ADULT DAY CARE* 205-752-6840

Caregiver/Sitter Training – March 21st -22nd

This training class is designed to provide family caregivers and sitters with information to help better prepare them to meet the needs of their

loved ones. The cost for the training is \$40 and is due by March 15th.

CHILDREN’S HANDS ON MUSEUM 205-349-4235

Celebrate the Sakura Festival all March. Special events will take place each Saturday from 10 a.m. until 4 p.m.

Search for Shamrocks - March 17th from 9 a.m. until 5 p.m. Search the museum for lucky Shamrock Coins all day!

Trade coins for prizes in the Lucky Leprechaun Shoppe.

Easter Egg Hunt – March 25th

This event will take place from 5:30-7:30 pm The Egg Hunt begins promptly at 6 p.m. No baskets allowed!

Rubber Duck Derby- Coming in April. For more information contact the number above.

CITY OF TUSCALOOSA 311

Mayor’s Cup – This race will take place April 23rd at 8 a.m. at Government Plaza. For more information visit tuscaloosamayorscup.com.

COMMUNITY FOUNDATION OF WEST ALABAMA

205-366-0698

The CFWA seeks to promote charitable giving among individual donors, corporations and agencies. Visit thecfwa.org for more information.

COMMUNITY SERVICE PROGRAMS 205-752-5429

Early Intervention is currently enrolling infants and toddlers with developmental concerns in West Alabama. If you feel your young child, ages birth to 3 years, is not learning or growing in the way you expect, please contact Early Intervention at (205) 752-0476.

Path To Homeownership- March 26th Shelton State Community College from 9 a.m. to 3 p.m. lunch will be provided.

Financial Capability Session – March 29th Mortgage Default and Foreclosure Prevention at the Ferguson Center from 5:30 pm-7:00 pm

Homebuyer Education Workshop- April 2nd Forest Lake United Methodist Church 8:30 a.m. until 12:30 p.m.

Financial Fitness Workshop- April 5th at the Head Start administrative office from 5:30 p.m. until 7:30 p.m.

April 30, 2016

Homebuyer Education Workshop- April 30th Forest Lake United Methodist Church 8:30 a.m. until 12:30 p.m.

Credit Builder Workshop- April 12th at the Head Start administrative office from 5:30 p.m. until

Financial Fitness Workshop- May 10th at the Head Start administrative office from 5:30 p.m. until 7:30 p.m.

Credit Builder Workshop- May 17th at the Head Start administrative office 5:30 p.m. until 7:30 p.m. For more information or to register for the workshops, contact Antwon Prince-Sealy at (205) 469-0358.

COMPASSION COALITION 205-553-7282

This agency coordinates the faith based communities in times of disaster. To help survivors of the Pickens County tornado visit pickenscountytornado.org. Volunteers and donations always welcome.

DENT TRANSITIONAL PROGRAM 205-246-5655

Homeless shelter for men ages 19-30.

DCH Diabetes Center 205-750-5260

This center serves as a resource facility for people with diabetes and their families. The center also offers classes on how to cook and eat heart healthy.

DCH FOUNDATION 205-759-7349

BBQ & Blue Jeans – April 30th from 6-10 p.m. at the Tuscaloosa Regional Airport. Tickets are \$40 per person and \$70 per couple. For more information visit thedchfoundation.org.

DCH HOME CARE AGENCY 205-759-7010

This agency provides skilled home health services. The office is located at 1401 Greensboro Ave.

DCH Home Medical Equipment 205-330-3177

DCH Home Medical Equipment provides equipment and services to patients in need of equipment prescribed by their doctor. This agency is located in the Phelps Outpatient Center.

DHR 205-554-1100

This agency provides assistance with the following services:
Adult and child protective services, child support issues, adoption, foster care, child care and food stamps for low income families.

DME SERVICES 205-591-0817

DME Services specializes in custom/consumer power chairs and manual wheelchairs for children and adults. DME services Tuscaloosa and surrounding counties. For wheelchair repairs call 205-591-4792.

EAST TUSCALOOSA SOUP BOWL 205-553-4588

Wednesday and Friday meals are served from noon until 1:00 p.m. at Hargrove Methodist Church. On Sundays lunches are given at 2 p.m. at Alberta Baptist Church.

EASTER SEALS WEST ALABAMA* 205-759-1211

Champions Ball – May 14th @ 7 p.m. This event will take place at the Bryant Conference Center. It will feature a mock casino, silent auction and more. Tickets are \$80 for an individual and \$150 per couple.

EFFICIENT MEDICAL 1-877-781-3004

This business sells wheelchairs, walkers and cpap machines along with many other medical equipment and supplies. Repairs available for any make or model wheelchair or scooter. Repairs can be made on site.

FAMILY COUNSELING SERVICE* 205-752-2504

Death By Chocolate – April 21st at 6 p.m. at the Tuscaloosa River Market. Each year restaurants, catering companies, and other businesses in the Tuscaloosa area compete by bringing their best chocolates in hopes of being recognized as having Tuscaloosa's Best Chocolate. Tickets are \$25 in advance. For more information visit www.counselingservice.org.

FAMILY ENDEAVORS 205-535-1010

Family Endeavors is a non-profit agency that provides programs and services in support of children, families, veterans and those struggling with disabilities.

FOCUS on SENIOR CITIZENS* 205-553-3133

Volksfest – April 2nd from 11 a.m. until 9 p.m. at Government Plaza. This event celebrates German culture and features local brews, authentic German food, arts and craft and children’s area. Tax preparation for seniors will end in April.

GIRL SCOUTS* 205-980-4750

(North-Central Alabama)
Girls ages 5-17 are open to join Girl Scouts. Visit girlscoutsna.org.

GOOD SAMARITAN CLINIC* 205-343-2212

The clinic offers medical care and basic dental care to patients with limited income. The clinic is open on Tuesdays and Thursdays by appointment only.

HABITAT FOR HUMANITY 205-349-4629

Great Tailgate BBQ Cookoff – April 9th at Government Plaza. For more information call the number above.

HEART GALLERY 205-445-1293

Kid at Heart – May 5th at Good People Brewing Company in Birmingham. This event will include games, food, and music, and there is no entrance fee! A portion of the night’s sales will go to support Heart Gallery Alabama. For more information visit HeartGalleryAlabama.com.

HERO 334-624-0842

(Hale Empowerment & Revitalization Organization)
The agency is giving away free books at their office located at 1120 Main Street in Greensboro.

HOSPICE OF WEST ALABAMA* 205-523-0101

Hospice Stars In Our Hearts – 5k run/walk
This event will take place March 26th at Hospice of West Alabama. Registration begins @ 7 a.m. and the race begins @ 8 a.m. Registration is \$20. The first 150 people who register will receive a free t-shirt. This event will also feature activities for children including an Easter egg hunt, live band and shopping for the adults.

INFORMATION & REFERRAL* 211

2-1-1 can refer callers to resources and information which includes: utility bill, mortgage, rent assistance, food, and clothing.

Individual Development Account - This program assists qualifying individuals who open an account by matching earned income with local and federal funds. For details dial 2-1-1!

INDIAN RIVERS 205-391-3131

This agency provides treatment/support to people with serious mental illness, substance abuse/dependence, or an intellectual disability.

KING'S HOME 205-553-0045

King's Home serves women and children seeking refuge and help from abuse, neglect, abandonment, and other difficult circumstances. To make a clothing or furniture donation call the thrift store at the 205-507-4700.

LAMAR COUNTY HOME HEALTH

205-695-1143

This agency provides skilled home health services. The office is located at 300 Springfield Rd, Vernon, Al 35592.

LEGAL SERVICES ALABAMA 1-866-456-4995

Legal Services Alabama offers assistance with foreclosures, consumer issues and elder law.

OASIS PROGRAM 205-554-1300

This free program assists adults 55 and older who have suffered vision loss. This agency also offers support group meetings the third Tuesday of each month at 1:30 p.m. at University Church of Christ.

PARA 205-562-3220

Breakfast with the Easter Bunny- March 19th at 8:30 a.m. at the Miller Center. Spring break camp will take place in March and summer camps will take place in May. Adult softball registration begins March 25th. The pools open on May 27th. For more information on events and activities visit tpara.org.

PAL (Parenting Assistance Line) 1-866-962-3030

PAL offers assistance and support to parents and caregivers of children birth to adolescence. Phone lines are open from 8:00 a.m. until 8:00 p.m. Monday through Friday. Services are available for Spanish speaking families.

PHOENIX HOUSE* 205-758-3867

This agency offers transitional housing for men and women with substance abuse disorders.

PSYCHOLOGY CLINIC, U of A 205-348-5000

The clinic provides evaluations for Attention-Deficit, Learning Disorders, Disruptive Behavior, Depression, Anxiety and other educational and emotional needs. The clinic also provides therapy sessions. For more information visit psychologyclinic.ua.edu.

RESOURCES FOR INDEPENDENCE 205-562-2022

Residential and day programs offered for people ages 12 and older with developmental disabilities.

SALVATION ARMY* 205-632-3691

The homeless shelter located on Greensboro Avenue is now open. This agency helps those in need with food, clothing, utility & rent assistance.

SHELTON STATE 205-247-7722

Spring Break – March 14th – 18th

Spring Graduation – May 5th

Regrets Only - May 13th – 22nd at the Bean-Brown Theatre. For more information call 205-391-2277 or visit theatretusc.com.

SICKLE CELL ANEMIA FOUNDATION, INC.*

205-758-1761

This organization provides comprehensive services through counseling and support services to individuals and families at risk for Sickle Cell Disease and it’s variants.

S.P.A.N. Program of Tuscaloosa County

205-554-0565

Fishing Tournament- This night time tournament will take place in July. The Special Programming for Achievement Network helps youth who are involved with the justice system get a GED or a job.

STILLMAN COLLEGE 205-349-4240

Spring Break – March 14th – 18th

For activities at Stillman visit stillman.edu.

SUCCESS BY 6* 205-345-6640

Jump Start – This program is offered during the summer for children entering Kindergarten. For more information contact the school your child will be attending in the fall.

TEMPORARY EMERGENCY SERVICES*

205-758-5535

Celebrity Waiter- May 6th at the Tuscaloosa River Market starting at 7 p.m. An elite group of community leaders will become celebrity waiters

servicing a gourmet dinner and collecting tips to benefit TES.

TURNING POINT* 205-758-0808

Many events will take place around West Alabama in April in honor of Sexual Assault Awareness Month.

Release the Fear Rally – April 30th

Take Back the Night Rally –April 7th @ UWA and April 18th @ Stillman College. For more information call the number above.

TUTOR DOCTOR 205-765-7675

Homework help and tutoring available for children in Tuscaloosa and surrounding counties. For details visit tuscaloosatutoring.com.

TUSCALOOSA’S ONE PLACE* 205-462-1000

Fathers in the Park – This event will take place on June 4th. For more information call the number above. This agency is in need of volunteers for their afterschool and summer program.

TUSCALOOSA PUBLIC LIBRARY 205-345-5820

The TPL offers programs for children of all ages. Homework help also available.

The Alabama Tobacco Quitline Service

1-800-Quit-Now (1-800-784-8669)

Chat Line- Monday-Thursday, 7 a.m. until 7 p.m.

TUSCALOOSA TOURISM & SPORTS COMMISSION

205-391-9200

Farmer’s Market – March 12th – June 4th

Tour de Tuscaloosa – April 9th @ Government Plaza

A Day - April 16th at Bryant Denny Stadium

Druid City Arts Festival – April 9th at 10 a.m. at Government Plaza.

Junior League Dragon Boat Race – April 30th at the Riverwalk Plaza.

Darius Rucker Concert – June 16th at the Tuscaloosa Amphitheatre. For more details visit visittuscaloosa.com.

UA SCHOOL OF LAW 205-348-4960

Free legal advice with the following: Civil Law, Community Development, Criminal Defense, Domestic Violence, Elder Law and Mediations.

UNITED CEREBRAL PALSY* 205-345-3031

Casual Day is the biggest awareness event of the year for UCP. Individuals and businesses are encouraged to purchase a t-shirt and wear it on a designated day in April.

UNITED WAY OF WEST ALABAMA 205-345-6640
Day of Action – June 17th

WEST ALABAMA AIDS OUTREACH* 205-759-8470

Sunset Dinner – This event will take place May 30th at 5:30 p.m. at the River Market. For more information call the number above.

WEST ALABAMA FOOD BANK 205-333-5353

The food bank is always accepting donations. This agency is located at 3160 McFarland Boulevard in Northport.

WINGS OF GRACE 205-759-1039

This agency provides food, clothing, household goods and other items to people in need in West Alabama.

YMCA-Central* 205-345-9622

The “Y” offers various aerobics classes and youth sports programs. For more information visit ymca.org.



United Way of West Alabama
2720 6th Street
Tuscaloosa, AL 35401
205.345.6640
www.uwva.org



HOW DO YOU LIVE UNITED?