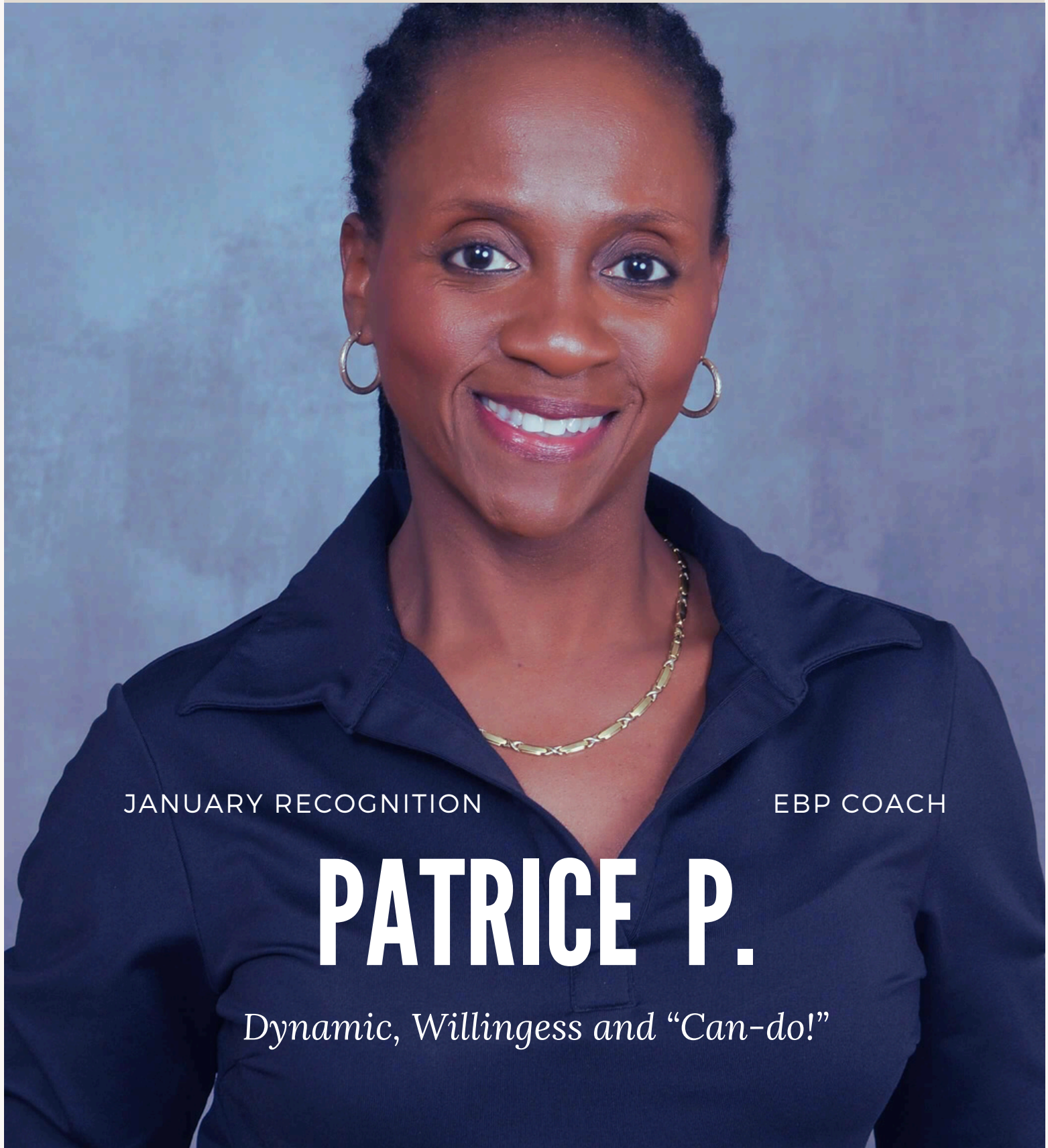


EBP Connect

JAN.2025

#4

Workshops, Community Resources, Enrichment, and more!



JANUARY RECOGNITION

EBP COACH

PATRICE P.

Dynamic, Willingess and “Can-do!”

EVIDENCE-BASED PROGRAM TEAM



Welcome EBP Coaches and Participants

Welcome to our latest edition of EBP Connect, your monthly resource for insights, updates, and community highlights in the world of Evidence-Based Programs (EBPs). As facilitators and participants dedicated to improving health outcomes through proven interventions, your role is pivotal in fostering environments where transformative health practices thrive.

Each monthly newsletter edition will feature success stories from within our community, updates on upcoming training sessions, and opportunities to attend health and wellness workshops as a participant. Whether you are guiding participants through the complexities of managing chronic diseases, supporting falls prevention initiatives, or actively taking part in your own health self-management through workshop participation, your efforts are vital in turning evidence into action. This newsletter aims to support you on this journey, providing a platform for sharing knowledge, celebrating achievements, and presenting new opportunities to connect with these programs.

We are excited to embark on this path of continued learning and improvement together. Let's continue to inspire and be inspired, as we advance toward our common goal of enhancing health and wellness across our communities. Thank you for your dedication and hard work. Let's make a positive impact, one evidence-based step at a time!

[Megan Stadnisky](#), [Shari Alexander](#), [Sarah Kozicki](#)

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EBP COACH RECOGNITION *and appreciation!*

Patrice P.

Cheers to Patrice for her excellent facilitation of her recent Aging Mastery Program workshop! Her dynamic approach, willingness to collaborate, and “can-do” spirit are all characteristics appreciated by her participants and fellow Coaches alike! Always ready to roll up her sleeves and dive in, she’s constantly elevating her skillset. Patrice recently earned another fantastic EBP credential to add to her growing list of certifications: Chronic Pain Self-Management Program Lay Leader! Thank you, Patrice!

Recognize Fellow Coaches



Your EBP Appreciation Committee would like to honor fellow Coaches in the monthly Newsletter!

Access the [EBP Coach Recognition Form](#) to nominate those fellow Coaches that have made a difference in your coaching experience this month.

Please submit your headshot/favorite photo to ebp@atlantaregional.org to be featured on the cover of EBP Connect along with your recognition!

Megan Stadnisky, Shari Alexander, Sarah Kozicki

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**PARTICIPATE IN HEALTH AND
WELLNESS WORKSHOPS**

Upcoming Workshops



VIRTUAL BINGOCIZE WORKSHOP - [REGISTER HERE](#)

- Sessions will be held twice weekly through Zoom on Mondays and Wednesdays from 2:00pm - 3:00pm EST.
- 20 Workshop Sessions to exercise and win prizes, from February 3rd-April 9th
- With the tools from this workshop, you will be empowered to age well and live Falls Free!

Register For Additional Workshops

Check out [Georgia HealthMatters](#) to view your favorite health and wellness workshops open for registration near you and across the state of Georgia!

Share Your Story - We're Listening!

Have you attended one of our evidence-based workshops? We would love to hear from you! Whether you want to share your experiences, celebrate your successes, or connect with helpful resources, our EBP Team is here for you.

Megan Stadnisky, Shari Alexander, Sarah Kozicki

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COACH RESOURCES

- [Workshop Scheduling Tool](#) - Use this tool to schedule yourself for a workshop, connect with substitute Coaches, experienced Coaches, and view upcoming regional workshops!
- [EBP Coach Quarterly Availability and Feedback Survey Jan. - March 2025](#) - Submit your responses and begin scheduling your workshops for the new year!
- [EBP Coach Master List](#) - Use this document to access EBP Coach relevant links, resources, surveys, & more.

Monthly Meetings

AMP Facilitator Touchpoint **1/6 @ 3PM**

AMOB Coach Call **1/13 @ 11AM**

EBP Coach Committee Meeting **1/21 @10AM**

EBP Office Hours **1/28 @ 3PM**

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COMMUNITY ENRICHMENT



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

IN-PERSON MENTAL HEALTH FIRST AID TRAINING

We are pleased to announce the date for your next community enrichment opportunity; **Mental Health First Aid Training** provided by the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD). This is a skills-based training course that teaches participants to identify, understand, and respond to mental health and substance use challenges in adults.

When: Wednesday, January 29th from 9am - 4:30pm with a 30-minute scheduled lunch.

Where: Atlanta Regional Commission 229 Peachtree Street NE, Atlanta, GA 30303

Please meet in the ARC Lobby.

[Click Here to Register.](#) This training session is limited to 25 attendees. Upon registration, you will receive next steps to becoming a Mental Health First Aider!

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2ND ANNUAL EBP MEETING & APPRECIATION LUNCHEON

When: Wednesday February 26th from 10:30am - 2pm EST

Where: Sewell Mill Library & Cultural Center 2051 Lower Roswell Rd
Marietta, GA 30068

We are thrilled to invite all trained and prospective EBP Coaches, members of the Evidence Based Aging Services Coalition, and special guests to attend our 2nd annual in-person gathering.

Through the generosity of our partners (and vital EBASC members) at Cobb County Public Libraries, we will gather in their unique meeting space at the Sewell Mill Library and Cultural Center to: Network, Meet, Eat, and Appreciate!

[CLICK HERE TO RSVP!](#)

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BIRTHDAYS, WHEEL OF NAMES AND FUN!

December Birthday Shout-Outs

Angela, Dana, Khadijah, Melanie, Minwoo, Patrice, Rosalene

Wheel of Names



Thanks to the following Coaches who have submitted their [EBP Coach Quarterly Availability and Feedback Survey Jan. - March 2025](#) responses! You earned your spot on the Wheel of Names!

YOU'VE EARNED YOUR SPOT ON OUR WHEEL OF NAMES!

ADRIANA, AKILAH,
AMANDA, AMY,
BEVERLY, CAROLYN,
CHARLENE, CHERYL,
CONNIE, DANA,
DAWN, EILEEN,
GRACE, JO LYNN,
JUERGEN, KAREN,
LISA, MARGE,
MARY, MARY ANN,
MEL, MICAH,
PATRICE, SRUTI,
TRACEY, URSULA',
VARSHA, WEN

Cloud Hugs



Complete the NEW [EBP Coach Quarterly Availability and Feedback Survey Jan. - March 2025](#) to earn your spot on the Wheel of Names!

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EDITORIAL AND COMMUNICATIONS



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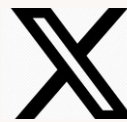
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Alexa, Alana Jordan, GrumpBeere, Alexa's_Fotos , Misstina255, geralt, BiljaSt, kale, raspixel

CLICK BELOW TO CONNECT WITH ARC



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