

# Georgia's Champions

## *Happy New Year*

Special Olympics Georgia wants to wish you and your family a very Happy New Year! We are excited for all the wonderful things we have to look forward to in 2021.

[Click here to watch our 2020 video recap!](#)

### **Special Olympics Georgia is on the Beltline**



We are so excited to announce that our Eternal Flame of Hope now has a permanent home on the Atlanta Beltline! This flame is commemorating 50 dedicated years of Special Olympics Georgia. You can see our flame at: 185 Montag Circle NE adjacent to the Beltline. We would like to thank YOU for believing in the 26,620 athletes and making projects like this come to life! We would also like to thank Winter Construction for donating the concrete for this massive project.

For more information about all things Special Olympics Georgia visit: <http://www.specialolympicsga.org/>.



# 2021 POLAR PLUNGE



The 2021 Polar Plunge date is official and we want YOU to be a part of this awesome event.

Mark your calendars for Saturday, February 20th at Lake Acworth in Acworth, Georgia! If

you are interested in getting involved or learning about our sponsorship opportunities

please contact Kaitlin Henderson: at

[kaitlin.henderson@specialolympicsga.org](mailto:kaitlin.henderson@specialolympicsga.org)

770-414-9390 ext. 1113. Do you have what it

takes to make the plunge?

**[Click here for more information!](#)**



## POLAR PLUNGE®

**Special  
Olympics**  
Georgia



Publix Super Market and Special Olympics have teamed up once again for the Torch Icon campaign.

Make sure to visit your local Publix January 7th-18th, and make a donation to SOGA at the register!

When you donate you'll receive a Torch Icon with coupons including your favorite P&G products!





# 2021 DUCK PLUCK



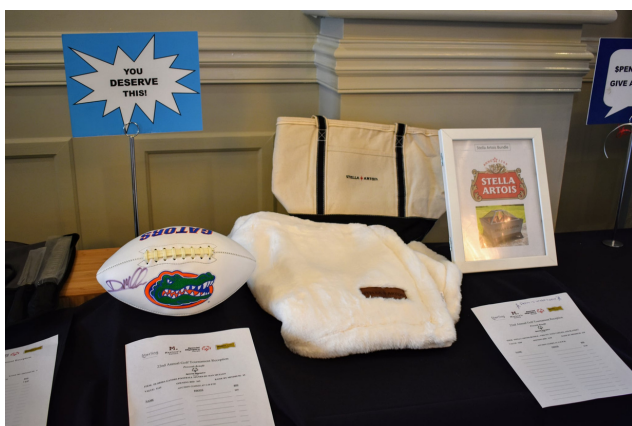
**ADOPT A DUCK,  
SUPPORT AN  
ATHLETE!**

**Special  
Olympics  
Georgia**



**Wednesday, September 22nd, 2021  
Special Olympics Georgia Atlanta Office**

**[Click here to adopt  
your duck TODAY!](#)**



## **Silent Auction Items Needed....**

We need silent auction items for our fundraisers.

If you have something you are interested in donating please contact Keegan Flanigan: at

[keegan.flanigan@specialolympicsga.org](mailto:keegan.flanigan@specialolympicsga.org)  
or 770-414-2929 ext. 1111.

# ATHLETE OF THE MONTH

## MARQUITA DENERSON - BIBB COUNTY



Marquita Denerson was born, raised and currently resides in Macon, Georgia. Marquita began her participation in Special Olympics in 1993 at the age of 18. She has been a member of Macon-Bibb Special Olympics for 28 years participating in sports such as bowling, bocce, basketball skills, table tennis, tennis, and softball. Some of Marquita's hobbies include going to church where she is a member of the Missionary Society and reading. She enjoys watching old sitcoms on television and cartoons where her favorite character is Spongebob Squarepants.

# VOLUNTEER OF THE MONTH

## CAROLYN GOOLSBY WILLIAMS - JONES COUNTY

Carolyn Goolsby Williams is a resident of Gray, Georgia. She graduated from Maggie Califf High School in 1966. Mrs. Williams was a dedicated employee for 25 years for the Jones County Board of Education until her retirement in 2013. She has been married to Charlie R. Williams for 47 years and is a mother of five, grandmother to 11, and a great grandmother to one. She has two siblings, one brother, and one sister.



Mrs. Williams has proudly served as our Special Olympics Treasurer since 2013 but has been a part of the program as a chaperone, certified coach, and huge supporter since 1984 when her son, Rondel, joined the program.



# SPONSOR SPOTLIGHT

Special Olympics Georgia (SOGA) received a \$90,000 grant from The UPS Foundation, which drives global corporate citizenship and philanthropic programs for UPS (NYSE:UPS). The grant will be used toward the volunteer program for all four of the organization's State Games. Eager to bring more volunteers to its events, SOGA is always striving to improve every volunteer experience. This grant will give SOGA the ability to invite more volunteers to join in the planning and implementation of events for its 26,620 athletes. This grant is truly important as Special Olympics Georgia is a grassroots effort. With only a small team of full-time employees, it takes a large and dedicated volunteer force to fulfill our mission and to make our State Games a reality. Whether a volunteer can commit to a single afternoon or come for a full weekend to volunteer there is a place for everyone.

"Special Olympics Georgia deeply values the support of The UPS Foundation not only through this generous grant but through the demonstrated support from the UPS employees and their families who volunteer at our events. The overall volunteer initiative enhances everything that we do for the athletes" said Georgia Milton-Sheats, Chief Executive Officer of SOGA.

Established in 1951 and based in Atlanta, Ga., UPS leads its global citizenship programs and is responsible for facilitating community involvement to local, national, and global communities. In 2019, UPS and its employees, active and retired, invested more than \$123.8 million in charitable giving around the world.

The UPS Foundation can be found on the web at [UPS.com/foundation](https://www.ups.com/foundation).

Log on to [www.ups.com](https://www.ups.com) to find out more about UPS.



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# GET INVOLVED



**Interested in joining the SOGA community? Here are all the ways you can get involved:**

## **Interested in becoming a SOGA Coach?**

Visit the SOGA website for general quizzes & resources on Coaching Special Olympics Athletes, Principles in Coaching, & Autism Spectrum Disorder  
Visit our Learning Portal to get educated and certified in Unified Sports & Concussion Training  
Coach's Code of Conduct  
Online Recertifications

For Information on Coaches Clinics & Initial Sport Certification contact Liz Smith

## **Interested in becoming a SOGA volunteer?**

Volunteer & Unified Partner Profile Form  
Click here to learn about SOGA's volunteer screening policy.  
Protective Behaviors Quiz  
Background Screen

**Sign up online for all Volunteer Opportunities**





# VOLUNTEER WITH US AT SOGA



## Summer Games

May 28-30, 2021

Emory University

Atlanta, GA

Contact Courtney Payne

at (229) 712-9973

[Courtney.Payne@SpecialOlympicsGA.org](mailto:Courtney.Payne@SpecialOlympicsGA.org)

## Upcoming Volunteer Opportunities

### Horse Show

May 28-29, 2021

Wills Park

Alpharetta, GA

Contact Hannah Creasey

at (770) 414-9390 x1103

[Hannah.Creasey@SpecialOlympicsGA.org](mailto:Hannah.Creasey@SpecialOlympicsGA.org)



If you have any questions about volunteering  
please contact Courtney Payne and Hannah Creasey.

## Resources to help in the Crisis

LEARN MORE

### eLearning Course

With the help of athletes and Program Staff, we have developed a 30-minute eLearning course for our Special Olympics community about COVID-19. This course is designed to cover the basic information about the coronavirus (COVID-19) including: what is the coronavirus, what are the symptoms, how does it spread, and how you can protect yourself. We encourage the entire Special Olympics community to complete this module at [learn.specialolympics.org](https://learn.specialolympics.org) Please see [instructions](#) for accessing this course.

### Young Athletes

Family Flash Cards. Fun and engaging flashcards featuring each of the individual activities and at home equipment modifications for families to use at home to run Young Athletes.

Young Athletes At Home. Guide for families and caregivers on how to run Young Athletes activities at home.

Young Athletes Videos. Videos demonstrating the individual Young Athletes activities.

Healthy Play at Home. Poster for families to track the various healthy behaviors they do at home.

Tips for talking to children about COVID-19 from [CDC](#) and [UNICEF](#).

### Fitness

#### Fit 5 Resources Series

Staying Fit at Home: simple week-long calendar that athletes can follow to stay fit. Week-long calendar can be repeated as needed. Athletes can sign up on the link in the resource to receive newsletter with content from Health Messengers to for tips and ideas on how to stay active.

School of Strength: Launched in March 2020 across the Special Olympics movement, School of Strength is an interactive online platform that encourages athletes to participate in a fun and engaging training program that they can do in the comfort of their own homes. Developed in partnership with WWE superstar Becky Lynch, this series of videos, a fitness tracker, a coach's playbook and a caregiver toolkit all contribute to helping athletes focus on nutrition and fitness and getting the most out of their workouts.

### eLearning for Coaches

The [online learning portal](#) has a number of free eLearning courses, now available for coaches, which are now available in a number of languages. In addition, you will find guidance created specifically for [coaches](#) to assist them during the COVID-19 crisis, including how to conduct virtual training sessions and how to activate with your athletes when you do not have access to technology. As more resources around virtual games become available, including best practices and tips, they will be made available on [resources.specialolympics.org](https://resources.specialolympics.org).

### Virtual Games

Visit the [Virtual Games](#) section of [resources.specialolympics.org](https://resources.specialolympics.org) to learn how virtual games are being offered in different programs.

## **COVID-19 STATEMENT**



# SOGA PROMOS



Thinking of selling or trading in that old car, boat or RV? Donate it instead! SOGA has partnered with CARS to turn your old vehicle, whether it's running or not, into much needed funds for our programs. CARS accepts most cars, trucks, trailers, boats, RV's, motorcycles, off road vehicles, heavy equipment, and most other motorized vehicles. CARS will make all the arrangements at no cost to you. They handle the title transfer requirements and will provide you with a written acknowledgement of your donation and tax deduction information. Click here for more information or to donate your vehicle. A helpful representative will contact you within 24 hours to schedule a pickup, or call CARS seven days a week at 1-844-404-SOGA (7642) to speak with a representative.



KROGER COMMUNITY REWARDS® Kroger Community Rewards® makes supporting SOGA super easy...all you have to do is shop at Kroger and swipe your Plus Card! Sign up with your 12 digit Kroger Plus Card number at Kroger Community Awards, and in the Community Rewards section, select Special Olympics Georgia (code SH080) as the organization you wish to support. Once you're enrolled, you'll earn rewards for SOGA every time you shop and use your Plus Card, and you'll keep earning rewards points for yourself! Enroll now for Kroger Community Awards (you must re-enroll each year to continue earning rewards for SOGA). If your Kroger Plus Card is not already registered online, you will need to create an account. If you already have an account, simply sign in, find the Community Rewards section, and select Special Olympics Georgia. Questions or problems, contact

Thomas Ritch  
770-414-9390 ext. 1121



Did you know that every time you shop at Amazon you can support SOGA athletes? Thanks to the AmazonSmile program, 0.5% of the price of your eligible purchases will be donated to SOGA. Instead of going to Amazon's main home page, go to AmazonSmile. AmazonSmile is the same Amazon that you know - same products, same prices, same service. If you click the link above, Special Olympics Georgia automatically will be selected as your charity. Now, every time you make a purchase from Amazon through smile.amazon.com you'll be supporting SOGA athletes! [Click here to start shopping.](#)

## SPREAD THE WORD

Please help us grow the family even more. Please forward this e-newsletter to your friends and family so they can sign up to also receive the monthly e-newsletter!

