

Stir It Up Broadcast Summary: January – March 2023

Quarter 1

Taped/Rebroadcast	Guest(s)	Rebroadcast	Description
10.1.2018	Jaqueline Awe and Shawntell Phoenix-Martin interviews: Holland Morgan, Bereavement Coordinator from Full Circle Grief and Loss Center at Hospice Savannah.	Friday, 1.6.2023 12 pm – 1 pm	Holland Morgan provides information on bereavement and services that are provided: How to keep living and how to be healthy and move through grief. Support groups, individual counseling, support for public school system, and businesses.
4.12.2019	Jacqueline Awe interviews Charity Lee from Ella Foundation; Tadisha Sams-Young from Coordinator of Disability Services at SSU; Bria Anderson, Master level intern; and Stephen Williams MSW intern	Friday, 1.13.2023 12 pm – 1 pm	Guests discuss compassion fatigue, and the intense emotional components that is involved in the social work/care takers field. Also discussed: how easily it is to become tapped out as a counselor, social worker, care takers, etc., as well as the importance knowing when to take a break, and engage in self-care.

2.17.2017	Jacqueline Awe and Tadisha Young talk about Disability Services.	Friday, 1.20.2023 12 pm – 1 pm	Information about what disability services looks like on SSU’s campus is provided. Additionally, the definition of disability services is addressed as well what it is like to live with a disability, and what people in the community to know about those living with disabilities.
1.30.2023	Jaqueline Awe interviews Visual Artists, Margie Marie and Napoleon Wilkerson.	Friday, 2.3.2023 12 pm – 1 pm	Margie Marie and Napoleon Wilkerson discuss their joint exhibit in conjunction with the Savannah Black Heritage Festival. During this discussion, the artists talk about different career options for artists, and what they hope an audience takes away from their work.
1.23.2023	Jaqueline Awe and student Shabree Habersham interview: Martin Smith, CEO and Marie Jones, Assistant Director of OAA Savannah.	Friday, 2.10.2023 12 pm – 1 pm	Smith and Jones talk about their organization OAA Savannah. Throughout this broadcast, Smith and Jones discuss how their organization helps to empower, encourage and educate returning citizens who are released from prison. They also provide resources that aid

			individuals with obtaining jobs, housing, identification and more.
11.7.2022	Ms. Jaqueline Awe interviews Katrina Bostic, Executive Direct of Family Promise of the Coastal Empire.	Friday, 2.24.2023 12 pm – 1 pm	Bostic talks about how Family Promise of the Coastal Empire assists families that are experiencing housing insecurities.
2.28.2023	Ms. Jaqueline Awe interviews Dr. Eric Bunge from Bunge Chiropractic Health Clinic.	Friday, 3.3.2023 12 pm – 1 pm	Dr. Bunge discuss how to live a healthy life and how the cells in our body work through regeneration. Additionally, he talks about the positive and negative effects of light therapy.
	Host Dr. Shawntell Phoenix Martin and Ms. Jaqueline Awe interview Jamie Espinon, professional counselor and Director of Full Circle Center for Education and Grief Support.	Friday, 3.10.2023 12 pm – 1 pm	Jamie Espinon discuss the bereavement and grief services in the Savannah area.
10.12.2018	Jaqueline Awe, Shawntell Phoenix-Martin, Dionna Sheats.	Friday, 3.17.2023 12 pm – 1 pm	The panel talk about alternate approaches to counseling, and provide information on where to find services.
3.20.2023	Jaqueline Awe interviews Dr. Adrian Anderson and Ms. Sonté Davis from SSU's Social Work Department.	Friday, 3.24.2023 12 pm – 1 pm	During today's show for Social Work month Ms. Davis and Dr. Anderson to Savannah State's social work undergraduate

			program, what social working is, and how social workers provides help and resources for the community.
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