

Stir It Up Broadcast Summary: July – September 2023

Quarter 3

4.13.2018	Dr. Shawntell Phoenix Martin interviews Francis Gillerson, and Yolanda Maxwell from Safe Shelter.	Friday, 7.21.2023 12 pm – 1 pm	Safe Shelter offers battered men and women shelter. Information is provided about the services available for those who have experienced abuse.
1.18.2019	Shawntell Phoenix-Martin and Jacqueline Awe interviews Charity Lee, founder of the Ella Foundation.	Friday, 7.28.2023 12 pm – 1 pm	Charity Lee provides information about childhood trauma, how trauma can be experienced before the child is born and the effects of trauma as the individual grows. Additionally, information on what one should look for and do if their child has experienced trauma. Information about resources is also provided.
9.13.2019	Jacqueline Awe interviews Vira Salzburn and Stephen Williams from Chatham County Safety Net Planning Council	Friday, 8.4.2023 12 pm – 1 pm	Guests talk about mindful self-compassion, its meaning and what it entails.
8.24.2018	Hosts Jaqueline Awe and Shawntell Phoenix-Martin interview nutritionist, Carolyn	Friday, 8.11.2023 12 pm – 1 pm	Guilford discuss how to be healthy, and what being healthy means.

	Guilford.		
11.14.2014	Jaqueline Awe interviews: Dr. Nancy Ciufi	Friday, 8.18.2023 12 pm – 1 pm	Dr. Nancy Ciufi discusses critical thinking, and the importance of being able to think critically. Dr. Ciufi also talks her critical thinking class at Savannah State University, and how she encourages her students.
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, 8.25.2023 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.
4.4.2014	Jaqueline Awe Interviews: Jodi Whitaker from the National Alliance on Mental Illness.	Friday, 9.1.2023 12 pm – 1 pm	Jodi Whitaker talks about her experience with mental health issues, and where she found assistance. Jodi works with NAMI, and provides listeners with information on resources available for anyone experiencing mental health crisis.
8.16.2019	Jacqueline Awe interviews Whitney Gilliard from Gilliard & Company Foster Care	Friday, 9.8.2023 12 pm – 1 pm	Gilliard talks about resources her organization provides and advocacy work for those in foster

			care.
9.15.2023	Jacqueline Awe interviews Ellaree Peters, Community Health Worker from the Sickle Cell Foundation of GA, Inc., and SSU student Nadia Newman a HBCU American Red Cross Student Ambassador.	Friday, 9.15.2023 12 pm – 1 pm	Newman talks about her responsibilities as ambassador on campus, and how she spreads information about blood donations, and educate students.  Peters explains what sickle cell is, how it affects those suffering from the disease. She also talks expresses how this disease disproportionately affects African Americans. Peters also provides information on the resources available for those that need assistance and the importance of blood transfusions.