



THIS HOUSING IS PROVIDED TO YOU by PHOEBE PUTNEY MEMORIAL HOSPITAL and SOWEGA-AHEC

Questions? Please contact SOWEGA-AHEC: 229-439-7185 / Hours: M-F (8:00am – 5:00pm)

HOUSING SITE	Palmyra House	1115 Palmyra Road Albany, GA 31701
ACCOMMODATIONS	Male housing 3 bedrooms (1 twin; 2 double beds) 1 bathroom	



1115 Palmyra Road

ARRIVAL INFORMATION

KEY PICK UP LOCATION	Report to Phoebe Putney Memorial Hospital (PPMH) information desk and ask for Security. Enter hospital through main entrance. When a Security Officer arrives, tell him you are an AHEC student and a housing package is being held for you in the safe. You may check into housing anytime the day/evening before your rotation begins.
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AHEC HOUSING POLICY

HOUSING POLICY	By accepting AHEC housing support, you are agreeing to abide by the Student Housing Agreement & Policy. Violations may inhibit your using our housing in the future.
INSURANCE POLICY	SOWEGA-AHEC is not responsible for your personal property while it is on the premises.
KEY LOCK OUT POLICY	Contact the Security Office at PPMH to regain admittance: 229-312-2500.
MAINTENANCE POLICY	It is your responsibility to notify the AHEC (229-439-7185) regarding maintenance issues. For after hour emergencies, please call the PPMH Security (229-312-2500).
EMERGENCY CONTACT	Call 911

HOUSE RULES

- No smoking.
- No space heaters.
- No candles.
- No pets allowed.
- No sleep over guests allowed.
- Do not move furniture or desks from room to room.
- Do not move from your assigned room.
- Do not prop your feet on the walls.
- Keep all exterior doors locked while residing in the house. This is both for your safety and that of your housemates.
- Maid service is not provided. Bedrooms are cleaned between student rotations. Cleanliness of the house is your responsibility. Keep all common areas clean.
- The house telephone number is (229) 889-7060. This is a restricted line and you must dial a "9" before making local calls. To make a long distance call, dial the PPMH operator at 312-1000. Identify yourself, ask for an outside line, use your calling card or call collect.
- Report problems to the AHEC office a 229-439-7185.
- Phoebe Security: 229-312-2500.

DRIVING DIRECTIONS

DIRECTIONS FROM ATLANTA:	<p style="background-color: yellow; margin: 0;">Phoebe Putney Memorial Hospital, 417 W 3rd Ave, Albany (229-312-1000)</p> <ul style="list-style-type: none"> ▪ From I-75 S merge onto I-475 S/GA-408 S via Exit 177 toward bypass to I-75 S toward Valdosta. ▪ Take the GA-300/GA-FLA Pkwy exit, Exit 99, toward Albany. ▪ Turn right onto GA-300 S/Georgia-Florida Pkwy. ▪ Turn slight right onto Clark Ave/US-82. ▪ Merge onto US-19 N/US-82 W /GA-520 W. ▪ Merge onto N Jefferson St via EXIT 5B toward Downtown. ▪ Turn right onto W 3rd Avenue. ▪ PPMH is on the right.
DIRECTIONS FROM AUGUSTA:	<ul style="list-style-type: none"> ▪ From Laney Walker Blvd, continue to follow GA-4 S. ▪ Turn right onto GA-88 W/Jefferson Davis Memorial Hwy. Continue to follow GA-88 W. ▪ GA-88 W becomes GA-24 W. ▪ Turn left onto GA-22 W/GA-24 W. ▪ Stay straight to go onto E Hancock St/GA-49. Continue to follow GA-49 SW. ▪ Turn left onto Gray Hwy/US-129/GA-11/GA-22/GA-49. Continue to follow US-129/GA-11/GA-49. ▪ Merge onto I-16 W toward I-75/Atlanta. ▪ Merge onto I-75 S via the exit on the left toward Valdosta. ▪ Take the GA-300/GA-FLA Pkwy exit, Exit 99, toward Albany. ▪ Turn right onto GA-300 S/GEORGIA-FLORIDA PKWY. ▪ Turn slight right onto Clark Ave/US-82. ▪ Merge onto US-19 N/US-82 W /GA-520 W. ▪ Merge onto N Jefferson St via EXIT 5B toward Downtown. ▪ Turn right onto W 3rd Avenue. ▪ PPMH is on the right.
DIRECTIONS TO HOUSE FROM PPMH:	<ul style="list-style-type: none"> ▪ Exit the hospital parking lot at the Second Avenue entrance (near the PPMH Medical Tower). ▪ Turn right onto Second Avenue. ▪ Turn right onto North Monroe. ▪ Bear left onto Palmyra Road. ▪ Turn left onto 5th Avenue. ▪ Driveway of house is immediately on the left.

THINGS TO DO

AREA INFORMATION	<ul style="list-style-type: none"> ❖ Albany Area Chamber of Commerce: http://albanyga.com/ ❖ Albany Newspaper: http://www.albanyherald.com/ ❖ Albany Government Site: http://www.albany.ga.us/ ❖ Things to do in Albany: http://tiny.cc/g3pzm ❖ Southwest GA News: http://www.mysouthwestga.com/ ❖ Fitness Facilities: <ul style="list-style-type: none"> ▪ YMCA: http://www.albanyareaymca.org/ ▪ Tony's Gym: http://www.tonysgym.com/v2/ ▪ PT Gym: http://www.realpagessites.com/ptgym/index.html ▪ Anytime Fitness: http://tiny.cc/jqv99
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WHAT TO KNOW BEFORE YOU ARRIVE

WHAT TO BRING	<ul style="list-style-type: none"> ▪ all bedding for twin (Room 1) or double bed (Rooms 2 & 3), i.e., sheets, pillows, etc. ▪ towels and washcloths ▪ toiletry items ▪ toilet paper, paper towels, napkins ▪ hangers ▪ cell phone ▪ laptop ▪ laundry detergent ▪ kitchen trash bags ▪ food and beverages ▪ cleaning supplies
APPLIANCES PROVIDED	<ul style="list-style-type: none"> ▪ washer and dryer ▪ refrigerator/freezer ▪ stove/oven ▪ toaster ▪ coffee maker ▪ iron/ironing board ▪ vacuum cleaner
SUPPLIES PROVIDED	<ul style="list-style-type: none"> ▪ pots, pans & cookie sheet ▪ dishes ▪ glasses ▪ eating utensils ▪ serving utensils ▪ pasta strainer ▪ pot holders
SERVICES PROVIDED	<ul style="list-style-type: none"> ▪ Wireless internet access provided and is intended to be used for educational purposes. Students will not illegally download files or send, receive or display material reasonably construed as obscene or harassing. Access to and use of the internet is not confidential and can be monitored. Failure to comply with this policy will result in immediate removal and permanent ban from all SOWEGA-AHEC housing. ▪ You are responsible for cleaning up after yourself. There is limited cleaning service provided by the hospital. Please be courteous to your roommates and keep your belongings picked up.

DEPARTURE INFORMATION

CHECK OUT INSTRUCTIONS

- Clean out ALL of your items from the refrigerator and pantry.
- Remove ALL trash from the house and place in outside garbage receptacle.
- A vacuum, broom, dustpan, and mop are provided for you to use.
- If you are the last person to leave the house, please set the thermostat to a reasonable temperature and turn off all lights.
- Lock all windows and exterior doors.
- If an incoming student reports that the room is dirty upon his or her arrival, then you will be responsible for a \$75 cleaning fee and barred from SOWEGA-AHEC housing for the rest of the academic year.
- Return key to AHEC office at 1512 W. 3rd Avenue.



Thank you!
*We hope you have a great experience training
in southwest Georgia.*