

Group Meeting Wednesday, Sept. 15 10:00 – noon

Allison Vrolijk, Esq
Special Education Attorney
Mother – the REAL expert!

This month we are fortunate to have a well known school advocacy expert – **Allison Vrolijk**.



Allison Vrolijk has been admitted to the practice of law since 1995 and has previously practiced in the area of criminal prosecution. In 2002, Allison became a mother, and then again in 2004, became a mother to twins. It was one of those twins, and the discovery of his special needs, that brings her to her law practice today.

As Allison tried to find her way through the maze of first early intervention (Babies Can't Wait) and then the school system, she came to realize that she had to fight to get adequate services for her son nearly every step of the way. And in so fighting, she used many skills she learned and perfected as a lawyer: convincing writing, negotiating, and

understanding the ins and outs of the law and how to make it work for her, to name a few. And now, Allison brings that experience to you.

Come learn how to get the best for your grandchildren in school. Bring your questions. Ms. Vrolijk will have lots of handouts and information.

You are your child's best advocate. Knowledge is power. Come increase yours!

Happy Grandparents Day September 12th

Grandparents, like heroes, are as necessary to a child's growth as vitamins.

When President Jimmy Carter signed the proclamation in 1979 creating a National Grandparents Day, little did anyone know how it would grow. At the time, Carter said the holiday would recognize "the importance and worth of the 17 million grandparents in our nation." Barely a generation later, there are now more than 70 million grandparents in the United States. On September 12, 2010, Grandparents Day will reach its 31th anniversary. Like Mother's Day and Father's Day, it's a time for family celebration, and a chance to honor the important role grandparents play in children's lives.

6.4 million

The number of grandparents whose grandchildren younger than 18 lived with them in 2008

19%

Percentage of grandparents who were caring for their grandchildren and whose income was below the poverty level. This represents 493,000 grandparents.

Project GRANDD MEETING DATES

Add dates on your calendar
September 15
October 27 – note change
November 17
December 15

Project GRANDD meetings are held at the **Helene S. Mills Senior Multipurpose Center**, 515 John Wesley Dobbs Ave.

DIRECTIONS:

HELENE MILLS SENIOR CENTER:

By Car:

- 1) Take the Freedom Pkwy. Exit 248C — toward the Carter Center.
- 2) Stay straight to go onto Freedom Pkwy.
- 3) Turn right onto Blvd. NE
- 4) Turn left onto John Wesley Dobbs Ave.

By Bus:

from 5 POINTS STATION, take #113 Auburn Ave. (get off at Center)

or

#99 King Memorial/North Avenue Station

We look forward to seeing you on Wednesday, September 15th. Janice and Susan are available to speak with you at any time. Call us or set up a meeting time.



How to get your kids to eat Broccoli....

Mashed potatoes are a fundamental family favorite. Adults find them the ultimate comfort food and kids simply love the texture and taste. Mashing broccoli and cheese into sweet potatoes will not only boost the family nutrition factor, it will turn this usually bland-colored side into a colorful kid-friendly dish.

Ingredients:

*1 pound sweet potatoes, cut into large chunks
4 cups chopped broccoli florets
3/4 cup shredded Swiss cheese
1/2 cup lowfat milk
Salt and freshly ground pepper to taste*

Directions:

*1. Bring 1 inch of water to a boil in a large pot. Place potatoes in a steamer basket and steam, covered, for 15 minutes.
2. Top potatoes with broccoli, cover and steam for 5 to 7 minutes or until the potatoes and broccoli are tender.
3. Transfer the broccoli to a large bowl and coarsely mash with a potato masher. Add the potatoes, cheese, and milk and continue mashing to desired consistency. Season with salt and pepper and serve warm.
Serves 4 to 6*

What is the flu shot?

The flu shot is an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. It contains three seasonal influenza viruses that are grown in eggs. The seasonal flu vaccine protects against three influenza viruses. The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season. The 2010-2011 flu vaccine will protect against 2009 H1N1, and two other influenza viruses (an H3N2 virus and an influenza B virus).

Prevent Seasonal FLU

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

- 1. Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- 2. Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- 3. Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- 4. Clean your hands.** Washing your hands often will help protect you from germs.
- 5. Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- 6. Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

**Two times to learn about school education in September:
*9/15 Special Education Attorney Allison Vrolijk
"Your Children's Rights to a Good Education"**

*** 9/23 Parent to Parent
"Overview of Special Education"**

OCTOBER 27TH, 2010

We will celebrate Children's Environmental Health Month in October. Come hear how you can create a healthy & safe home environment for your family.



**& Co-Sponsors:
Grandparents on the Move
Project GRANDD
Project Healthy Grandparents**

**Present a FREE Training
What a Great IDEA:
An Overview of Special Education
for Parents and Families**

**DATE:
Thursday, Sept. 23, 2010**

**TIME:
10:00 – noon**

**PLACE:
Helene Mills Senior Multipurpose
Center
515 John Wesley Dobbs Ave.
Atlanta, GA**

**For Information:
Jean Davis, 404-753-6752**



Help children breathe easier

- 1. Don't smoke and don't let others smoke in your home or car.**
- 2. Keep your home as clean as possible. Dust, mold, certain household pests, secondhand smoke, and pet dander can trigger asthma attacks and allergies.**
- 3. Limit outdoor activity on ozone alert days when air pollution is especially harmful.**