

ZOO OUTING Family Event July 20, 2011

Our annual family outing set



ISDD and Emory University School of Nursing is teaming up to provide all Project GRANDD families with our annual wonderful family event. This event will include general admission tickets provided by Zoo Atlanta, a wonderful time together at the zoo and a family picnic. All provided as a summer opportunity to enjoy your grandchildren and other grand families. **Your reservation is a MUST.** Please contact us no later than JULY 8th. Our tickets are limited, so this will be on a first come, first serve basis. We will also limit the number of tickets per family to 4 to 5 unless we have extra tickets.

**Reservations Deadline
July 8th
Please contact
Janice 678-595-4854**

Project GRANDD healthy and fun May program

At our Caring for the Caregiver meeting in May, participants had the opportunity to learn healthy stretching and how to include exercise in the daily routine. Our personal trainer, RUTH PENEFIELD, and Senior Yoga Instructor and counselor, MARGO GELLER, volunteered their time and talents and made us feel so much better.

For those of you who attended, have you been doing your yoga breathing techniques to reduce stress? Remember, 5 times a day and 10 times each.

Margo teaches us breathing and relaxation techniques.



Learning to stretch the spine – daily practice.



Ruth teaches us how to prepare to exercise by sitting tall.



To avoid heat stress, keep these facts in mind:

1) drink a glass of fluid every 15 to 20 minutes and at least one gallon each day.

2) Avoid alcohol and caffeine. They both dehydrate the body.
3) Wear light-colored, loose-fitting clothing.

Family Day at the ZOO!

July 20

10:00 – 1:00

Plan NOW to join
Project GRANDD.
Call us to reserve your
spot.

Deadline to RSVP: July 8th

GRANDD – HAP Home Assessment Program

The Emory Team.....

Maeve Howett is a nurse from the Emory University School of Nursing joining the Project GRANDD team.



Carolyn Clevenger
Gerontological Nurse Practitioner



Dian Evans
Emergency Nurse Practitioner

Project GRANDD has started a new partnership with the Emory University School of Nursing. Nurses trained in the health and well being of seniors and children will provide in-home health assessments and resources.

Joining Maeve Howett, Susan and Janice will be Dr. Carolyn Clevenger and Dr. Dian Evans. Our goal is to offer a special in-home care management program to all Project GRANDD families. You will have the opportunity to invite one of the team members into your home along with nursing students. The team will use some health assessment questionnaires to determine how we can help you improve your health and your grandchildren's health. There will also be some basic information provided on specific ways of making your home a healthier and safer place.

Nurse Maeve will be at our Zoo Outing to provide you the opportunity of getting to know her and for you to sign up for a home visit from her team.

Nurse Maeve is a foster parent, trains nursing students about pediatric health, is an expert on breast feeding mothers and is an environmental health nurse (she works with Dr. Rubin and Janice on the children's environmental health project.)owerH She is looking forward to meeting you at the zoo event and scheduling some time to talk! Contact her at 404-727-8170.

Roundtable a chance to hear from you about your transportation concerns and priorities. Anyone can join a call by using the 800 number and PIN.

Dial in Number is 888-886-6603

Date	County	Pin
June 15th 7:15 pm	DeKalb	16722
June 22nd 6pm	Fulton	16727
June 22nd 7:15pm	Clayton	16728



MyPlate offers a visual reminder to make healthy food choices when you choose your next meal. MyPlate can help prioritize food choices by reminding us to make half of our plate fruits and vegetables and shows us the other important food groups for a well-balanced meal: whole grains, lean proteins, and low fat dairy.

EASY SUMMER RECIPES



Great sources of Calcium, Antioxidants, Vitamin K, Potassium and Fiber

USDA Unveils New, Simple Tips to Stay Healthy, Active and Fit

Posted by Agriculture Secretary Tom Vilsack on June 02, 2011

First Lady Michelle Obama and Surgeon General Dr. Regina Benjamin unveiled USDA's new food icon, [MyPlate](#). It serves as a quick, simple reminder to all consumers, built off of the 2010 Dietary Guidelines for all Americans.

WAYS TO STAY COOL....

Be a fan-atic. Instead of reaching for the AC, consider the much underrated ceiling fan. It uses less energy than an air conditioner, costs less to buy, is a breeze to install, and cools like a charm.

Consume the cold stuff. Take advantage of your fridge by filling up some spare bottles with water and keeping them in there. And keep one in the freezer for those extra hot days. Eat small, light meals, and foods high in water content, like fruits & vegetables.

Take a cool shower. It's a great way to chill out fast and keep the air in your home cool too—and considering how quickly you may want to get out of it, a cool shower is also a great way to save water.

Make a pop. Make your own popsicles with flavored water, fruit juice or crushed fruit. Place in the freezer in a paper cup adding a stick or plastic fork. It is a fun activity for the kids and so refreshing.

See you at the zoo - July 20th



The Atlanta Regional Transportation Roundtable will host telephone town hall meetings, one in each county. The meetings will give local officials from each county who serve on the

See you at the ZOO! Contact Janice 678-595-4854
Susan 404-299-5568;

Institute for the Study of Disadvantage and Disability
www.isdd-home.org