

Lula Callen Joins Project GRANDD Come meet Lula.... September 21, 2011 10 - Noon

Lula Callen has just joined ISDD and Project GRANDD. She knows well the issues dealing with grandparents, their grandchildren and children with special needs. She has just finished an Internship at the Clayton County Senior Services where she worked with grandparents raising grandchildren. She recently completed a fellowship at the Center for Leadership in Disability at Georgia State University. Her background includes working in the school system with children with developmental disabilities. Lula comes on board at ISDD as Program Assistant. She is anxious to get to know you.

At our September meeting we will spend time with an activity you enjoy most, and that is a group sharing session. We look forward to seeing you there. We know how much you like to talk with other grandparents – please bring your stories and concerns.

GRANDD – HAP Home Assessment Program

Project GRANDD is finalizing our in-home program with Emory University School of Nursing and plan to begin this month. We know that many of you are anxious to be part of this program and will try to accommodate your needs as soon as possible.

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 the Center) or #99 King Memorial/North Avenue Station

Emergency Readiness – Survival Kits Contents:

At a minimum, have the basic supplies listed below.

Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

- **Water**—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- **Food**—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- **Flashlight**
- **Battery-powered or hand-crank radio** (NOAA Weather Radio, if possible)
- **Extra batteries**
- **First aid kit**
- **Medications** (7-day supply) and medical items
- **Multipurpose tool**
- **Sanitation and personal hygiene items**
- **Copies of personal documents** (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- **Cell phone** with chargers

- **Family and emergency contact information**
- **Extra cash**
- **Emergency blanket**
- **Map(s) of the area**

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- **Medical supplies** (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- **Baby supplies** (bottles, formula, baby food, diapers)
- **Games and activities for children**
- **Pet supplies** (collar, leash, ID, food, carrier, bowl)
- **Two-way radios**
- **Extra set of car keys and house keys**
- **Manual can opener**

Additional supplies to keep at home or in your kit based on the types of disasters common to this area:

- **Whistle**
- **N95 or surgical masks**
- **Matches** • **Rain gear**
- **Towels** • **Work gloves**
- **Tools/supplies for securing your home**
- **Extra clothing, hat and sturdy shoes**
- **Plastic sheeting**
- **Duct tape** • **Scissors**
- **Household liquid bleach**
- **Entertainment items**
- **Blankets or sleeping bags**

Taken from Be Red Cross Ready



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- ✓ if your child receives free school lunches (National School Lunch Program),
 - ✓ are located where Comcast offers Internet service,
 - ✓ haven't subscribed to Comcast Internet service within the last 90 days &
 - ✓ don't have an overdue Comcast bill or unreturned equipment.
- "Internet Essentials" from Comcast: Low-Cost Internet (\$9.95) for Low-Income Families www.internetessentials.com