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(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

January 2024

Volume 19 Issue 1

Self-Care While Caregiving



For caregivers, self-care is vital to protect your health, but it often falls by the wayside as the stress of day-to-day demands drains your energy, compassion, and sense of

individuality. If you're feeling stretched beyond your limits, there are ways to find your center again. Getting the support you need and practicing self-care can help you recover from burnout, boost your well-being, and become a better caregiver. As you do, you may find your relationship with the person you care for improves too. Place an emphasis on the importance of addressing the imbalance between how much you are giving and how much you are receiving. That means opening yourself up to outside support and resources. Ways you can build a stronger support system include finding a caregiver advocate, offloading some of the work, joining a support group, and getting additional support through your employer or local agencies.

Improving your approach to self-care can also include: eating healthy meals and snacks, prioritizing sleep, exercising, maintaining your health by seeing your doctor as recommended, and asking for help.

Sometimes, you need support to cope with the toll of caregiving. If you're feeling anxious, depressed, or burned out, schedule a mental health appointment for yourself just as you would for your loved one. You can contact a primary care physician or mental health care professional for support.

Caregiving can be a meaningful and challenging experience. The key to recovery is to reclaim your needs — and remember that they're just as important as your care recipient's needs. With rest, support, and self-care, you can recover from burnout and build resilience to protect your health for the long haul.

For more information check out: <https://bit.ly/3TyXG5C>- From *How to Find Time for Self-Care When Caregiving* Courtesy Everyday Health



January Reminders!!!

1-2-3 Magic

Wednesdays 10:30am-12:30 pm

Registration: <https://bit.ly/PGMagic0124>

Jan.17, 2024 – Mar. 13, 2024

Location: Mechanicsville Library
400 Formwalt St SW
Atlanta, GA 30312

PASTA

Thursdays 10am-12 pm

Registration: <https://bit.ly/PASTA0124>

Jan.18, 2024 – Mar. 14, 2024

Location: Access Mental Health Agency
1903 Phoenix Blvd. Suite 200
Atlanta, GA 30349

OUR OFFICE IS CLOSED IN HONOR OF
**MARTIN LUTHER
KING, JR. DAY**
JANUARY 15, 2024



MLK Day Events:

Atlanta History Center 10am-4pm free admission

<https://bit.ly/40WEFeO>

MLK Day Parade DeKalb County 10am

<https://bit.ly/3tfHviW>

King Center King Holiday Observance Jan.8th-13th

<https://bit.ly/3NwiGWQ>

MLK Day of service- Hands on Atlanta opportunities

<https://bit.ly/480d1AA>

Thank You for Attending our Holiday 2023 Luncheon



Client of the Month- Tonya Milsap

Each month we select a Project GRANDD caregiver to highlight so we can get to know each other.

Tonya Milsap is a grandmother raising 3 of her grandchildren. Ms. Milsap has been a member of Project GRANDD for two years and actively attends our family support groups. Her 3 year old grandson and a set of 5 year old twins keep her busy. The family enjoys spending time together at the YMCA where the children take swimming lessons and gymnastics. Some of her favorite things to do are exercising and heading to the sauna, where she gets a chance to relax and reflect. Ms. Milsap has overcome many obstacles, displaying her resilience and perseverance. Some advice she would like to give is pray, have patience, spend time with your loved ones and be understanding. Her favorite quote is nothing beats failure but to try!



SUPPORT GROUPS

A light dinner will be served 6:00pm – 6:30 pm during family meetings.

AM Virtual Adult Support 10AM-12PM	1/2- Support and Sharing https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#	Google Meet: https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#
Gwinnett PM Family Support 6PM-8PM	1/8- Support and Sharing RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458 <i>A light dinner will be served 6:00pm – 6:30 pm</i>	Conference Center at Gwinnett Justice and Administration Center (Rooms B & C) RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458
DeKalb AM Adult Support 10:30 AM- 12:30PM	1/9- Support and Sharing RSVP: https://bit.ly/DeKalbAM or 470-310-3458	DeKalb County Library System: Covington Highway Branch RSVP: https://bit.ly/DeKalbAM or 470-310-3458
Fulton PM Family Support & Adult Virtual 6PM-8PM	1/16- Support and Sharing RSVP: https://bit.ly/FultonPM or 470-310-3458	Fulton Public Library System- Metropolitan Branch RSVP: 470-310-3458 or https://bit.ly/FultonPM <i>Google Meet: Link Above</i>
DeKalb PM Family Support 6 PM-8 PM	1/23- Support and Sharing RSVP: https://bit.ly/DeKalbPM or 470-310-3458	New Life Community Alliance RSVP: https://bit.ly/DeKalbPM or 470-310-3458



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