

In this issue: >>>

Men's Health Month

ISDD Picnic

Family Day at the HIGH

Class of 2024

Family Fun Day 2024

Client of the Month

Support Group Schedule



(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

June 2024

Volume 19 Issue 6

Men's Health Month



June is National Men's Health Month, a time to remind men of the health issues they face and what they can do to take charge of their health. Men

are significantly less likely than women to see a doctor or report symptoms to a health care provider. Only 60 percent of men go to the doctor for a yearly, routine checkup, and 40 percent won't go until something is seriously wrong.

Here are some other important facts about men's health to know:

- The overall mortality rate is 41 percent higher for men than women, and it's higher for men for 8 out of 10 leading causes of death—including heart disease, cancer, stroke and diabetes.
- 31 percent of men suffer depression in their lifetime and 9 percent of men have daily feelings of depression or anxiety. But only 1/4 talk to a mental health professional, and only 1/3 take medication. Pay attention to signs of depression and don't be afraid to seek help.

- Prostate cancer is the second leading cause of cancer deaths for men in the United States. A man is 2 to 3 times more likely to get prostate cancer if his father, brother or son had it. Talk to your doctor about having PSA and DRE levels checked.
- Erectile dysfunction affects nearly 30 million men of all ages across the United States. If you're having problems, see a urologist and make sure it's not an early warning sign for something more serious, like heart disease, high blood pressure or high blood sugar.

For more information check out: <https://medicine.iu.edu/blogs/spirit-of-medicine/mens-health-month> written by: Christina Griffiths



Support Group in the Park

Join us at Perkerson Park on June 18, 2024 from 4pm-6pm. We will host our Fulton Family Support group during this time. Come enjoy some good company, family activities, and food. Sign up to bring your favorite summer time dish. Link: <https://bit.ly/ISDDPotluck>



Potluck Sign Up



Family Day at the

HIGH

Saturday, June 22, 2024

10:00 am- 2:00 pm

Free lunch & Parking

RSVP: <https://bit.ly/PGART2024>

Register by June 7, 2024



Scan to RSVP

Congratulations!

CLASS OF 2024



WISHING YOU ALL THE
BEST AS YOU EMBARK ON
YOUR NEXT ADVENTURE!

Family Fun Day at Stars & Strikes



Actively participating Project GRANDD caregivers and the children in their care/custody (sorry, due to limited funding we cannot accommodate other family members) are invited to join us for a free Family Fun Day outing to Stars and Strikes on Wednesday, July 10th at 1pm. Outing includes lunch, bowling, and arcade games. Transportation stipends will be available.

For more information, contact your case manager or our Program Manager Shantell at (470)310-3458. Registration is required! Register here: <https://bit.ly/FFDSS2024>



Scan to RSVP

Registration deadline is June 30, 2024.

Client of the Month- Ana Williams

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

Ana Williams is a 62 year old grandmother who is raising her grandson, Trai. She became his permanent caregiver after her son was killed. She has been in our program over 7 years. Ana and Trai enjoy their time together. They enjoy traveling, playing games, and watching the History Channel. Trai keeps her youthful with various outings and skating. Two of her favorite shows to enjoy are Dharma & Greg and Family Feud. Some advice Ana would like to offer is: stay prayerful everyday with your kids, keep them within your boundaries no matter what, utilize your community resources, reach out to others in support groups, don't be afraid to ask for help when needed, and don't neglect your needs. Ana is our caregiver of the month because she reaches out to be supportive of other grandparents and shares what she has learned through all her experience raising her grandson.



Favorite Quote: I know you've loved me since I was born, but I loved you since your whole life.

SUPPORT GROUPS

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

AM Virtual Adult Support 10AM-12PM	6/4- Support & Sharing https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#	<i>Google Meet:</i> https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#
Gwinnett PM Family Support	6/10-Canceled	<i>Canceled</i>
DeKalb AM Adult Support 10:30AM-12:30PM	6/11- Support & Sharing RSVP: https://bit.ly/DeKalbAM or 470-310-3458	<i>DeKalb County Library: 3500 Covington Highway, Decatur</i> RSVP: https://bit.ly/DeKalbAM or 470-310-3458
Fulton PM Family Support 4PM-6 PM	6/18- Support Group in the Park RSVP: https://bit.ly/FultonPM or 470-310-3458 Potluck Sign up: https://bit.ly/ISDDPotluck	Perkerson Park: 770 Deckner Ave. SW Atlanta RSVP: https://bit.ly/FultonPM or 470-310-3458
DeKalb PM Family Support 6 PM-8 PM	6/25- Support & Sharing RSVP: https://bit.ly/DeKalbPM or 470-310-3458	<i>New Life Community Alliance: 3592 Flat Shoals Rd, Decatur,</i> RSVP: https://bit.ly/DeKalbPM or 470-310-3458



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