

In this issue: >>>

ISDD New Staff
Depression and Aging
AMC-Gwinnett
Birth Announcement
Client of the Month
Support Group Schedule



(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

July 2024

Volume 19 Issue 7

Welcome Sandi



Sandi Austin is ISDD's newest case manager. Originally from Brooklyn, New York, she was born in Guyana, South America

and raised by her paternal grandmother who influenced her to be a part of the human services/community-based services field. Sandi earned her B.S. in Healthcare Management from Purdue University. She has more than 15 years of experience in crisis management with a proven record of coordinating services, creating innovative solutions, providing assessments, and using a client-focused approach. Her extensive background as a child protective services agent and advocate has honed her exceptional interpersonal skills, attention to detail, and strong empathy when working with disadvantaged communities. She is married with four children and enjoys spending time with her family and friends. During her down time she enjoys traveling, cooking, long walks and home designing. Welcome to the team Sandi!

Depression and Aging

Depression is a true and treatable medical condition, not a normal part of aging. However older adults are at an increased risk for experiencing depression. If you are concerned about a loved one, offer to go with him or her to see a health care provider to be diagnosed and treated.

Depression is not just having "the blues" or the emotions we feel when grieving the loss of a loved one. It is a true medical condition that is treatable, like diabetes or hypertension.

How is Depression Different for Older Adults?

- Older adults are at increased risk. We know that about 80% of older adults have at least one chronic health condition, and 50% have two or more. Depression is more common in people who also have other illnesses (such as heart disease or cancer) or whose function becomes limited.

Continued on next page



Depression and Aging Continued...

- Older adults are often misdiagnosed and undertreated. Healthcare providers may mistake an older adult's symptoms of depression as just a natural reaction to illness or the life changes that may occur as we age, and therefore not see the depression as something to be treated. Older adults themselves often share this belief and do not seek help because they don't understand that they could feel better with appropriate treatment.

How do I know if it's Depression?

Someone who is depressed has feelings of sadness or anxiety that last for weeks at a time. He or she may also experience—

- Feelings of hopelessness and/or pessimism

- Feelings of guilt, worthlessness and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps, or digestive problems that do not get better, even with treatment

For full article check out:

<https://bit.ly/PGdepression> From Depression and Aging, Center for Disease Control

**WE HAVE
MOVED**



**2302 Parklake Drive, Suite 110
Atlanta, GA 30345**

Family Movie Day in Gwinnett



July 31, 2024

RSVP Required

More information will be provided at a later date. Contact Shantell with any questions (470)310-3458. *Project GRANDD/ ISDD clients only

Welcome Baby!



Warmest congratulations
on the birth of your sweet baby girl!

Nea Wells

YOU MATTER

Text. Call. Chat.

988 SUICIDE & CRISIS
LIFELINE

Client of the Month- Yvette Barlow

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

Yvette Barlow is a 55 year old grandmother who is raising three grandchildren. She has two granddaughters and one grandson. She has been a member of Project GRANDD for the past 6 years. Her hard work and dedication stands out as she always puts her grandchildren first. She is the true definition of an AMAZING grandparent. She likes to keep the kids active and they enjoy bowling and playing at Dave and Buster's. Ms. Barlow's favorite quote is "the family that prays together stays together." When she gets time to herself she enjoys watching Abbot Elementary. Some advice she would like to offer to other caregivers is that "these babies are looking up to you and can feel your emotions. Keep your head up, put God first and continue to pray. Don't give up!"



SUPPORT GROUPS

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

AM Virtual Adult Support 10AM-12PM	7/2- You're Not Alone: Ending the Silence Guest: NAMI 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	7/8 –Canceled-Resumes in August	7/8-Canceled-Resumes in August
DeKalb AM Adult Support 10:30 AM- 12:30PM	7/9- You're Not Alone: Ending the Silence Guest: NAMI RSVP: https://bit.ly/DeKalbAM or 470-310-3458	<i>DeKalb County Library:</i> 3500 Covington Highway, Decatur RSVP: https://bit.ly/DeKalbAM or 470-310-3458
Fulton PM Family Support 6PM-8PM	7/16- You're Not Alone: Ending the Silence RSVP: https://bit.ly/FultonPM or 470-310-3458	<i>Fulton Public Library:</i> 1332 Metropolitan Parkway, Atlanta RSVP: https://bit.ly/FultonPM or 470-310-3458
DeKalb PM Family Support 6 PM-8 PM	7/23- You're Not Alone: Ending the Silence Guest: NAMI RSVP: https://bit.ly/DeKalbPM or 470-310-3458	<i>New Life Community Alliance:</i> 3592 Flat Shoals Rd, Decatur, RSVP: https://bit.ly/DeKalbPM or 470-310-3458
Rockdale AM Adult Support 10AM-12PM	7/25-Support & Sharing RSVP: https://bit.ly/PGRockdale or 470-310-3458	<i>Olivia Haydel Senior Center:</i> 1240 Dogwood Drive RSVP: https://bit.ly/PGRockdale or 470-310-3458



Funded in Part By:



Thompson Fund & Dyer
Family Fund of the Community
Foundation for Greater Atlanta



Murphy Family Foundation



Waterfall Foundation



Contact us:	Rainie B. Jueschke, CFRE	Executive Director	404-551-5258	rainiej@isdd-home.org
	Thindiwia Bellamy	Program Director	470-310-3452	bellamyt@isdd-home.org
	Shantell Thomas	Program Manager	470-310-3458	shantellt@isdd-home.org
	Sherri Felliccia, MS	Lead Case Manager	470-310-3459	sherrif@isdd-home.org
	Bisi Smith	Case Manager	470-798-3025	bisis@isdd-home.org
	Nea Wells, MSW	Case Manager	470-481-0121	neaw@isdd-home.org
	Anais Hairston	Case Manager	404-474-8645	anaish@isdd-home.org
	Sandi Austin	Case Manager	404-595-2530	sandia@isdd-home.org

Visit us on the Web: www.isdd-home.org

Like and Follow Us on Facebook: Projectgrandd and Isddhome

2302 Parklake Drive
Suite 110
Atlanta, GA 30345

