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(Grandparents Raising And Nurturing Dependents with Disabilities)

A program of:



NEWS

November 2022

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Diabetes Awareness Month

Diabetes is a chronic disease that affects the pancreas's ability to produce the hormone insulin. Insulin helps regulate the glucose level in the blood. Approximately 1 Million people in Georgia have a diagnosis of diabetes with an additional 230,000 people with diabetes but are unaware. The prevalence of diabetes in Georgia has increased by almost 20% since 2006 when an estimated 9.7% of adults had diabetes, compared to 11.4% in 2016.

There are four recognized types of diabetes type 1, type 2, gestational diabetes, and prediabetes. The risk factors vary by type of diabetes. Family history increases the risk for type 1 diabetes, and some viral infections have been linked to the increased risk for type 1 diabetes. Type 2 diabetes, however, is almost entirely preventable. Risk factors related to type 2 diabetes are primarily associated with lifestyle behaviors and genetics. Risk factors such as age, race, and family history cannot be changed; others, such as being overweight or obese, lack of physical activity, having high blood pressure and cholesterol, and smoking, which significantly increases the risk of developing type 2 diabetes, can be mitigated. Type 1 diabetes can start at any age. But it often starts during childhood or teen years. Type 2 diabetes, the more common type, can develop at any age. Type 2 diabetes is more common in people older than 40.

Some of the symptoms of type 1 diabetes and type 2 diabetes are:

- Feeling more thirsty than usual.
- Urinating often.
- Losing weight without trying.
- Presence of ketones in the urine. Ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin.
- Feeling tired and weak.
- Feeling irritable or having other mood changes.
- Having blurry vision.
- Having slow-healing sores.
- Getting a lot of infections, such as gum, skin and vaginal infections.

For more information check out <https://bit.ly/diabetesGA>.



Social Security Increase 2023

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023. On average, Social Security benefits will increase by more than \$140 per month starting in January.

The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit

amount. The fastest way to find out their new benefit amount is to access their personal *my Social Security* account to view the COLA notice online. It's secure, easy, and people find out before the mail arrives.

People can also opt to receive a text or email alert when there is a new message from Social Security--such as their COLA notice--waiting for them, rather than receiving a letter in the mail. People may create or access their *my Social Security* account online at www.ssa.gov/myaccount.

Source: <https://bit.ly/COLA22>

Community Resources

Food Box Giveaway

New Life Community Center will host a Thanksgiving food box giveaway. Boxes will be available for drive-thru pick up or walk-up on November 19, 10:00 am - 2:00 pm. No pre-registration is required.

New Life Community Church.
3592 Flat Shoals Rd.
Decatur, Georgia 30034

Kidney Health Screening

Free screenings on Saturday, December 3, 2022 to assess individual's kidney health including urinalysis, blood pressure, blood sugar/glucose and consultation with medical providers. No pre-registration required.

New Life Community Church.
3592 Flat Shoals Rd.
Decatur, Georgia 30034

Free Tutoring

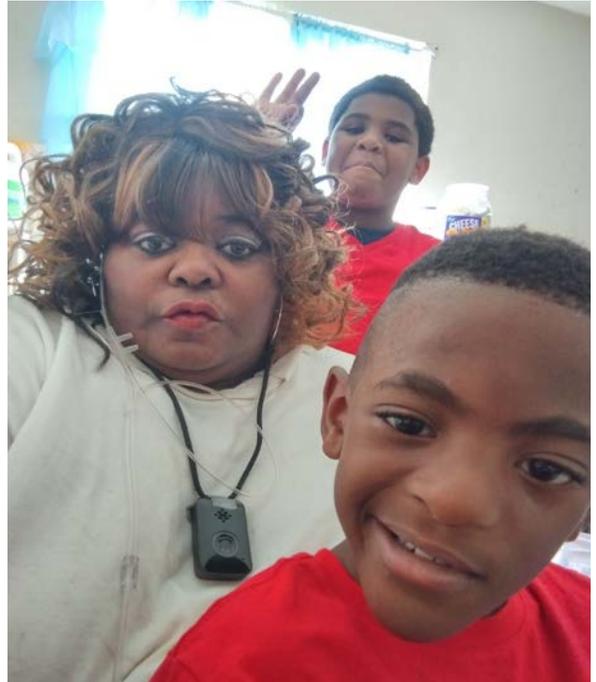
Is your child struggling in school? Can they benefit from tutoring? ISDD has partnered with In-Home Tutor Atlanta to provide free tutoring services by certified teachers in your home (in-person or virtually) to school-aged children ages 5-18 who are not performing at grade level. Participants are eligible for up to 10 sessions, progress reports or report cards required. If interested, contact our Program Director, Thindiwia Meredith at 470-310-3452.



Client of the Month- Sharon Sims

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

Ms. Sharon Sims is a 56-year-old grandmother raising her 2 grandchildren James and Larry. She has been an active member of ISDD since 2017. Ms. Sims enjoys spending time with her grandchildren and watching comedy movies, dancing, coloring, and playing outside. Ms. Sims is very supportive and active in her grandchildren's lives. She explained that she will do anything to ensure that her grandsons live their best life possible. Ms. Sims practices self-care by reading and doing puzzles. Ms. Sims' advice to others who are raising grandchildren is "Take care of yourself so that you are able to properly take care of your grandbabies". Her favorite quote is. "You can't win all the time. You have to have some downs to know when you're up" –Carrie Underwood



SUPPORT GROUPS

We are happy to offer three in-person support groups and one virtual support group. DeKalb will have a morning session, Fulton will continue the evening family support group (adults, children and teens; childcare for children under 8) and we have added an additional morning meeting. A light dinner is served 6:00pm -6:30pm during the family support group.

RSVP required for in person

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| Virtual Adult Support 10AM-12PM | 11/01- Topic: Diabetes Awareness Guest- Mutima Jackson-Anderson | Google Meet: https://bit.ly/ISDDAdult Phone: 414-600-9528 PIN: 888 104 633# |
| DeKalb AM Adult Support 10:30 AM-12:30PM | 11/8- Topic: Respite Services Guest-Stacy Georges RSVP: https://bit.ly/PG11-08 or 470-310-3458 Refreshments will be available | DeKalb County Library System: Covington Highway Branch RSVP: https://bit.ly/PG11-08 Or 470-310-3458 |
| Fulton PM Family Support 6PM-8PM | 11/15- Support and Sharing RSVP: https://bit.ly/PG11-15 or 470-310-3458. A light dinner will be served 6:00 – 6:30 pm | Fulton Public Library System- Metropolitan Branch RSVP: https://bit.ly/PG11-15 or 470-310-3458 |
| Fulton AM Adult Support 10:30 AM-12:30PM | 11/29- Support and Sharing RSVP: https://bit.ly/PG11-29 or 470-310-3458 Refreshments will be available | Fulton Public Library System- Mechanicsville Branch RSVP: https://bit.ly/PG11-29 or 470-310-3458 |



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