Kidney disease can develop at any time, but those over the age of 60 are more likely than not to develop kidney disease. As people age, so do their kidneys.

According to recent estimates from researchers at Johns Hopkins University, more than 50 percent of seniors over the age of 75 are believed to have kidney disease. Kidney disease has also been found to be more prevalent in those over the age of 60 when compared to the rest of the general population.

The National Kidney Foundation (NKF) urges everyone over the age of 60 to be screened for kidney disease. NKF recommends annual screening with a simple urine albumin test that checks for protein in the urine—the earliest sign of kidney damage—as well as a blood test for kidney function. In addition to seniors, NKF recommends that members of other high-risk groups, such as those with diabetes, high blood pressure, and/or a family history of kidney failure, also be screened annually.

Kidney disease often develops slowly with few symptoms, and many people don't realize they have it until the disease is advanced. Awareness of kidney disease, especially for those at risk, is the first step to preventing, or slowing the progression of kidney disease.

Kidney Disease Facts:

- Kidney disease kills more people each year than breast or prostate cancer.
- The National Kidney Foundation recommends annual kidney disease screening for anyone over the age of 60.
- Risk factors for kidney disease include: high blood pressure, diabetes, kidney stones, a family history of kidney failure, prolonged use of over-the-counter pain medications, and being over the age of 60.
- More than 37 Million Americans - 1 in 7 adults- have chronic kidney disease and most don't know it.
- Of the over 120,000 Americans on the national organ transplant waitlist, more than 98,000 await a life-saving kidney.

LIHEAP Cooling Program
Local agencies will begin accepting applications for the LIHEAP program on April 1, 2024 for seniors only (ages 65+). Applications for the general population will be accepted, starting May 1, 2024. All services are provided by appointment only.

Apply for assistance at your local Community Action Agency.

https://georgiaca.org/agency-finder

1-2-3 Magic
Dr. Thomas W. Phelan, a clinical psychologist with decades of experience, breaks the complex job of parenting down into 3 simple steps. 1-2-3 Magic focuses on calm, non-verbal communication and signaling to help your child regulate their emotions and respond more appropriately to the situation. It is appropriate to use with kids ages two to twelve, applies to neurotypical kids as well as kids with ADHD, learning disabilities, and other challenges.

4- two hour in-home sessions
Schedule with your case manager

PASTA: Parenting the Second Time Around
Join us as we work together using an award-winning curriculum created by Cornell University for relatives raising children. This eight week enrichment course will cover topics including: child development, discipline, caring for oneself as a caregiver, rebuilding a family, living with teens, legal issues & more!

Thursdays 10:30am-12:30 pm
March 21, 2024- May 16, 2024
Registration: https://bit.ly/PASTA0324

Location: Gwinnett Norcross Library
5735 Buford Hwy
Norcross, GA 30071

News for You
ISDD Family Movie Day at the AMC
April 3, 2024
RSVP Required
More information will be provided at a later date. Contact Shantell will any questions (470)310-3458

Need help with purchasing period products? Atlanta GLOW works to combat period poverty. Eligibility requirements apply.
https://www.atlantaglow.org/help
Gracie Harvey is a 62 year old grandmother who is raising her 3 grandchildren. She has been their primary caregiver for the last 5 years. They have been members of Project GRANDD since 2021. She enjoys shooting hoops with the kids outside and watching movies like Jurassic Park. Ms. Harvey is our client of the month because she has a loving and caring spirit not only for her grandchildren but others as well. Some advice she would like to offer is keep going and do not give up, God will never give you anything he feels though you can’t handle. Her favorite quote is “I can do all things through which my God strengthens me.” We are happy to have you as a member of Project GRANDD!

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

| AM Virtual Adult Support 10AM-12PM | 3/5- IEP & Special Aid Basics  
Guest: Tereni Wade  
Phone: 256-581-5048  
PIN: 611 544 546#  
Google Meet:  
Phone: 256-581-5048  
PIN: 611 544 546# |
|-----------------------------------|-------------------------------------------------|
| Gwinnett PM Family Support 6PM-8PM | 3/11- Caring for Yourself While Caring for Others  
Guest-Lisa Harris  
RSVP: https://bit.ly/PGGwinnettPM  
or 470-310-3458  
Conference Center at Gwinnett Justice and Administration Center (Rooms A & B)  
RSVP: https://bit.ly/PGGwinnettPM  
or 470-310-3458 |
| DeKalb AM Adult Support 10:30 AM-12:30PM | 3/12- Adverse Childhood Experiences  
Guest: Patrick Brown-Amerigroup 360  
or 470-310-3458  
DeKalb County Library System: Covington Highway Branch  
or 470-310-3458 |
| Fulton PM Family Support 6PM-8PM | 3/19- Caring for Yourself While Caring for Others  
Guest-Lisa Harris  
RSVP: https://bit.ly/FultonPM  
or 470-310-3458  
Fulton Public Library System-Metropolitan Branch  
RSVP: 470-310-3458 or https://bit.ly/FultonPM |
| DeKalb PM Family Support 6 PM-8 PM | 3/26- Autism 101  
Guest: Dr. Stormie Pulver- SPARK Autism Research  
or 470-310-3458  
New Life Community Alliance  
or 470-310-3458 |