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**NEWS**

**March 2024**

**Volume 19 Issue 3**

## **Aging and Kidney Disease**

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.

For full article check out:  
[https://www.kidney.org/news/monthly/wkd\\_aging](https://www.kidney.org/news/monthly/wkd_aging) From  
*Aging and Kidney Disease* Courtesy National Kidney Foundation



MARCH IS NATIONAL

**KIDNEY**  
MONTH

## 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://georgiacaa.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



The Kinship Care Participant Survey is administered twice a year and used to gauge participants' perceptions of the various programs impact on Kinship families. Active caregivers will receive a survey via mail or email. Please return your survey by March 31<sup>st</sup>. If you have any questions about the survey please contact our program manager Shantell, at (470) 310-3458.

### 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>

# Client of the Month- Gracie Harvey

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

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.

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



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Visit us on the Web: [www.isdd-home.org](http://www.isdd-home.org)

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