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(Grandparents Raising And Nurturing Dependents with Disabilities)

A program of:



NEWS

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Ways to Save on Groceries

Saving money on groceries doesn't mean you have to sacrifice your well-being. There are lots of ways to save on food that is good for you. Whether you're shopping in the store or ordering groceries for pick up, here's what to look for in every aisle.

Produce

When you do find a good price on your favorite fruits and vegetables, it can be tempting to stock up. You can freeze most raw vegetables, and frozen bananas and berries work well in smoothies. Canned or frozen produce can also help you stretch out your time between shops so you go to the grocery store less often, avoiding impulse buys.

Dairy and Dairy Alternatives

Whether you drink cow's milk, almond milk, or another dairy alternative, you can save when you choose the lower-priced store brand — it's usually the same ingredients as the well-known brand with a store's label on it. (And it's not just milk: lots of store brand products are made by the big-name manufacturers.)

Meat, Seafood, and Other Proteins

Knowing the best time to shop can help you save big in the meat and seafood departments. Store managers usually start reducing prices on these items mid-week to make room for fresher cuts in time for the weekend, when more people shop for groceries. Markdowns also happen later in the day, around dinner time.

Bread, Pasta, and Grains

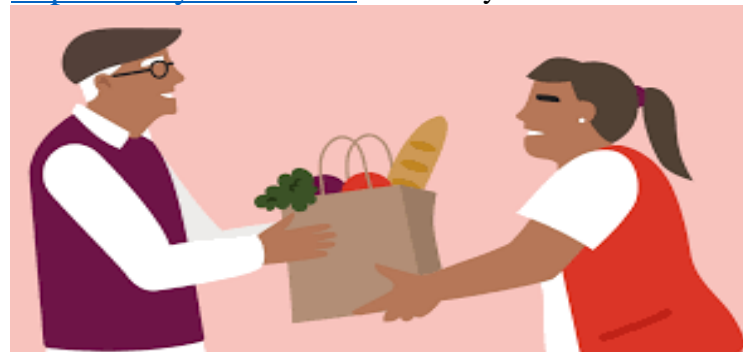
While white rice and pasta are budget-friendly grain options, it's a good idea to include plenty of healthy whole grains in your diet. Look for breads labeled 100% whole wheat. Brown rice, bulgur, and buckwheat are considered whole grains.

Grains are also an affordable way to stretch your meals, especially when you buy in larger packages. To be sure you're getting a deal, compare the unit price on the shelf below the food, which typically shows the food package's cost per pound, quart, or other unit of weight or volume.

One Last Tip: Make It Yourself

When you're trying to eat healthier on a budget, knowing what NOT to buy is just as important as knowing what to buy. As much as possible, stick to a list of fresh ingredients you can use to prepare your own meals. It's almost always cheaper — and better for you — than ready-made, pre-packaged options.

For more information check out: <https://bit.ly/ISDDsave> - Courtesy AAPR Foundation



New Parenting Class... 123 Magic

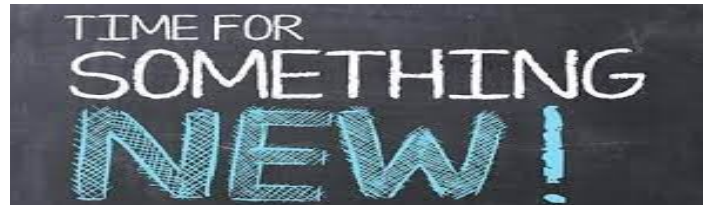


1-2-3 Magic is the world's simplest parenting program. Dr. Thomas W. Phelan, a clinical psychologist with decades of experience, breaks the complex job of parenting down into 3 simple steps. 1-2-3 Magic focuses on calm, non-verbal communication and signaling to help your child regulate their emotions 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. Attend 8 sessions and get a \$100 gift card.

Wednesdays 10:30am-12:30 pm
Registration: <https://bit.ly/PGMagic0124>
Jan.17, 2024 – Mar. 13, 2024

Location: Mechanicsville Library
400 Formwalt St SW
Atlanta, GA 30312



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! Attend 8 sessions and get a \$100 gift card. * New participants only.

Thursdays 10am-12 pm
Registration: <https://bit.ly/PASTA0124>
Jan.18, 2024 – Mar. 14, 2024



Location: Access Mental Health Agency
1903 Phoenix Blvd. Suite 200
Atlanta, GA 30349



Client of the Month- Kwana Fair

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

It is very rare that you find individuals that pour so much into others with a smile on their face and display a sweet demeanor. That is the true display of Ms. Kwana Fair’s nature. Despite the trivial transgressions she faced this year, she continues to strive for a better living situation for her and her grandchildren. Being a grandmother of three beautiful children, Ms. Fair incessantly makes numerous efforts to show her grandchildren care, love, and humility. Ms. Fair loves to take her grandchildren to the zoo, the aquarium and dreams of traveling to Disney World. During this time of year, she likes to watch holiday films like Home Alone with her grandchildren. Her advice for other caregivers is to lean on close friends or love ones when you are at your wits end. Always have positive individuals within your space that replenish into you what you pour out. Ms. Fair lives by the quote, “When times get tough, keep moving forward.”



Ms. Fair’s faith keeps her grounded and sound. Her tenacity to love and care for her grandchildren is impeccable. There is no one more deserving of this accolade than Ms. Fair.

SUPPORT GROUPS

In observance of the upcoming holidays we will not host the Fulton, Gwinnett, or DeKalb Evening Family Support groups. Please enjoy this time with you families. We will return to our regular support group schedule in January.

<p>AM Virtual Adult Support 10AM-12PM</p>	<p>12/5- Medicare is not just for old people- The ABCDs of Medicare Guest: Lisa Harris https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#</p>	<p>Google Meet: https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#</p>
<p>DeKalb AM Adult Support 11 AM- 1 PM</p>	<p>12/12- Lunch & Learn on Medicare Guest: Lisa Harris RSVP: https://bit.ly/DeKalbAM or 470-310-3458 Potluck Sign Up: https://bit.ly/ISDDPotluck</p>	<p>DeKalb County Library System: Covington Highway Branch RSVP: https://bit.ly/DeKalbAM or 470-310-3458 Potluck Sign Up: https://bit.ly/ISDDPotluck</p>



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

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4282 Memorial Dr. STE B
Decatur, GA 30032

