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(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

February 2025

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In Sickness and in Health: Couples & Heart Disease

Couples share a lot more than romance: the same values, interests, and maybe even sports teams. But they often also share the same behaviors and risk factors that can lead to cardiovascular disease.

A study published in fall 2020 in the journal *JAMA Network Open* looked at 5,400 U.S. couples enrolled in an employee wellness program. Researchers evaluated their likelihood of developing heart disease using risk factors. About 80% of couples had less-than-ideal scores for heart disease risk, primarily due to their unhealthy diets and lack of exercise.

Partner Influence

While age and family history play a role, lifestyle greatly influences whether you will actually develop heart disease. Risk factors such as high blood pressure, high cholesterol, obesity, and smoking are connected to the choices we make.

Couples often share eating and exercise habits. If one partner eats fatty foods and spends evenings sitting on the couch, the other probably will, too.

But if one partner makes a habit of mainly eating fresh fruits and vegetables and going for daily walks or bike rides, those good habits can rub off on the other as well. After a while, you'll both be in a healthy routine.

Team Up for Health

By working as a couple, both of you can lower your risk for cardiovascular disease. Try to:

- **Cook more meals together.** Cooking at home helps you to eat healthier and save money—and cooking is a lot more enjoyable with company in the kitchen.
- **Make fitness-oriented plans.** Aim for at least 30 minutes of daily exercise.
- **Stop smoking.** One study found that when couples attended smoking cessation programs together, their odds of successfully quitting were six times higher than for people who attempted to break the habit alone.

Heart disease prevention should not focus on the individual, but instead on the entire household. If one person has an increased risk, other members of the family likely do as well.

For more information check out: <https://bit.ly/PG2Hearts>
From In Sickness and in Health: Couples Often Share Heart Disease Risk



New Year, New Heart: Life-Saving CPR & Wellness

The Metropolitan Atlanta Chapter of The National Coalition of 100 Black Women, Inc. advocates for black women and girls, promoting equity and leadership in the areas of health, education, public policy, and economic empowerment. To extend their health advocacy to the community, the Health Committee hosts an annual health fair. The fair provides free services like health screenings and resources while educating the public on health and wellness.



**Saturday, February 15,
11am - 2pm EST
501 Pulliam Street Southwest #250
Atlanta, GA 30312**

Register Here: <https://bit.ly/PGNewHeart>



YOU MATTER

Text. Call. Chat.

988 SUICIDE & CRISIS
LIFELINE

DeKalb AM Group is Relocating

In efforts to further improve our program, we have decided to relocate our DeKalb morning support group to a new location. We will meet in our office building starting this month.

**2302 Parklake Drive
Suite 175
Atlanta, GA 30345**

ISDD Participation Requirements

- Any grandparent or relative raising a relative child is welcome to attend the monthly support groups offered by Project GRANDD/ ISDD (Support groups are offered: virtually, by phone, and in person)
- Project GRANDD/ ISDD clients receiving monthly case management must meet minimum support group requirements of one (1) per quarter (every 3 months). Meeting these requirements make you eligible for material assistance, back to school supplies, and Adopt A Family (income limits apply).
- PASTA and 1 2 3 Magic classes count towards participation and the course should only be completed once

Client of the Month- Naima Hicks

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

Ms. Naima Hicks joined the Project GRANDD family in 2021. Together, Ms. Hicks and Maia, her 10-year-old granddaughter, love adventuring to new local spots and visiting the Georgia Aquarium. They even share a favorite quote that Maia picked out: "Butterflies can't see their wings. They can't see how truly beautiful they are, but everyone else can. People are like that as well." - Naya Rivera



Ms. Hicks loves watching Maia shine in sports like swimming, track and field, basketball, and cross country. Maia also keeps busy with extracurriculars like Girl Scouts and band, and Ms. Hicks is her biggest fan in everything she does! She is incredibly devoted to ensuring Maia has every opportunity to thrive and excel, always reaching out for resources or assistance when needed and becoming a skilled advocate during school IEP meetings. She loves listening to gospel music and going to church. Her favorite quote is "I can do all things through Christ who strengthens us." Her encouraging demeanor, positive attitude, and ability to persevere through challenges while remaining optimistic are part of the reason she is our client of the month. Her advice for other caregivers is to "keep God first and remember to take care of yourself. The children need our strength and guidance.

SUPPORT GROUPS

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

AM Virtual Adult Support 10 AM-12 PM	2/4- Support & Sharing Guest: N/A 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#
DeKalb AM Adult Support 10:30 AM- 12:30 PM	2/11- Depression Guest: Patrick Aaron Brown-Amerigroup 360 RSVP: https://bit.ly/DeKalbAM or 470-310-3458	<i>ISDD Office:</i> 2302 Parklake Dr. Ste. 175 Atlanta RSVP: https://bit.ly/DeKalbAM or 470-310-3458
PM Virtual Adult Support 6 PM-8 PM	2/20- Conduct vs Oppositional Defiant Disorder Guest: Patrick Aaron Brown-Amerigroup 360 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#
Fulton PM Family Support 6PM-8PM	2/11- Support & Sharing Guest: N/A 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
Rockdale AM Adult Support 9AM-11AM	2/10-Support & Sharing Guest: N/A 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



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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
	Emily Ferrer	Marketing & Fundraiser Mgr.	404-868-9590	eferrer@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
	Cartavia Conley	Case Manager	470-798-3025	cartaviac@isdd-home.org
	Sandi Austin	Case Manager	404-595-2530	sandia@isdd-home.org

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

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2302 Parklake Drive
Suite 110
Atlanta, GA 30345

