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(Grandparents Raising And Nurturing Dependents with Disabilities)

A program of:



NEWS

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Flu Season is in Full Swing

The Georgia Department of Public Health (DPH) is urging Georgians to get vaccinated against flu right now. Flu activity is already widespread in Georgia – earlier than we’ve seen in recent years.

It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, so it’s important to take preventive measures now.

New for this season, there are three flu vaccines recommended for individuals 65 years and older. Talk to your healthcare provider or pharmacist about which vaccine is best for you. However, if you can’t get one of the quadrivalents, don’t delay getting vaccinated. Any flu vaccine is preferably to no flu vaccine.

Flu vaccine is available at public health departments, doctors’ offices, grocery stores, neighborhood clinics and pharmacies. To find a location near you, click on <https://www.vaccines.gov/find-vaccines/>. Flu vaccine can be administered at the same time as COVID vaccine, so it’s a good time to get your updated booster, too.

Symptoms of flu include fever, cough, sore throat, runny or stuffy nose, headache, chills and fatigue. One of the most pronounced flu symptoms is an overall feeling of achiness and malaise that comes on quickly.

In addition to the early arrival of flu, respiratory syncytial virus or RSV is also affecting a high number of Georgians, especially young children and older adults. RSV is a common respiratory virus that causes cold-like symptoms but can lead to lung inflammation and to pneumonia. It is especially serious in infants because of the small airways in their lungs. Call your healthcare professional if you or your child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms. There is no vaccine for RSV.

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



**GA Senate Runoff:
VOTE December 6th**

Laptop Giveaway with Inspiredu



On November 12th, the DeKalb Office of Partnerships & External Affairs and DeKalb Office of Youth Services partnered with Inspiredu and Project GRANDD to provide the first series of computer and technology education classes to DeKalb citizens. Participants received one laptop per family and one year of tech support.

LIHEAP Heating Program

The Low-Income Home Energy Assistance Program (LIHEAP) is available to all income eligible households. This program offers a payment of \$350, \$450, or \$500 once per program year to be applied to your home energy bill.

They began accepting applications for the LIHEAP program on November 1, 2022, at 11:00 AM for seniors only (ages 65+). Applications for the general population will be accepted, starting December 1, 2022. All services are provided by appointment only.

Link to: [Georgia Community Action Agencies](#)

Apply for assistance at your local Community Action Agency.

Take the following documents to your appointment:

1. Proof of Income for all household members for the past 30 days
2. Proof of Social Security number for each person in the household
3. Most recent Gas and Electric Bill for the household
4. Proof of citizenship or legal immigrant status

Call 1-404-657-3426 for additional information

Client of the Month- Betty Bell

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

Ms. Betty Bell is a 64-year-old grandmother raising her 2 grandchildren Malachi and Mikyah both 16 years of age. She was chosen as this month's client of the month because she is a pleasure to work with. She is proactive in advocating for and locating the resources required to support her grandchildren needs. Her faith keeps her strong in the face of hardship and she has remained an active participant and contributor to Project GRANDD support groups and activities since 2017. Some of her favorite activities to enjoy with her grandchildren are attending family functions together. Ms. Bell loves baking cakes for special occasions, interior decorating, and shopping for vintage clothes and items. Some advice she would like to offer is to give these kids a lot of love and patience. Do a lot of praying, because it's a difficult job and that's what gets her through.



Favorite quote: Psalm 23:5: You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

SUPPORT GROUPS

As the holiday approach we will **NOT** host our Fulton AM and PM family support groups this month. Our virtual support group will take place on the first Tuesday of the month. DeKalb will have their support group on the second Tuesday of the month. We will also host a holiday potluck luncheon this year. See below for more details.

Our office will be closed December 23, 2022- January 2, 2023

Virtual Adult Support 10AM-12PM	12/06- Topic: Special Needs Respite Services Guest-Stacy Georges	Google Meet: https://bit.ly/ISDDAdult Phone: 414-600-9528 PIN: 888 104 633#
DeKalb AM Adult Support 10:30 AM-12:30PM	12/13- Topic: Support and Sharing 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
Holiday Luncheon 11AM-2PM	12/14- Holiday Luncheon Sign up to bring a dish and enjoy the company of other Project GRANDD participants RSVP: https://bit.ly/PG22Luncheon or 470-310-3458	Fulton Public Library System- Metropolitan Branch RSVP: https://bit.ly/PG22Luncheon or 470-310-3458



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