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(Grandparents Raising And Nurturing Dependents with Disabilities)

A program of:



NEWS

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Heart Disease in Women

Heart disease may be considered by some to be more of a problem for men. However, it's the most common cause of death for both women and men in the United States. Because some heart disease symptoms in women can differ from those in men, women may not know what to look for.

The most common heart attack symptom in women is the same as in men — some type of chest pain, pressure or discomfort that lasts more than a few minutes or comes and goes.

But chest pain is not always severe or even the most noticeable symptom, particularly in women. Women often describe heart attack pain as pressure or tightness. And it's possible to have a heart attack without chest pain.

Women are more likely than men to have heart attack symptoms unrelated to chest pain, such as:

- Neck, jaw, shoulder, upper back or upper belly (abdomen) discomfort
- Shortness of breath
- Pain in one or both arms
- Nausea or vomiting
- Sweating
- Lightheadedness or dizziness
- Unusual fatigue
- Heartburn (indigestion)

These symptoms may be vague and not as noticeable as the crushing chest pain often associated with heart attacks. This might be because women tend to have blockages not only in their main arteries but also in the smaller ones that supply blood to the heart — a condition called small vessel heart disease or coronary microvascular disease.

Compared with men, women tend to have symptoms more often when resting, or even when asleep. Emotional stress can play a role in triggering heart attack symptoms in women.

Because women's heart attack symptoms can differ from men's, women might be diagnosed less often with heart disease than are men. Women are more likely than men to have a heart attack with no severe blockage in an artery.

For more information check out the complete article at: <https://bit.ly/womenheartsigns>



Tutoring Opportunities Available

Is your child struggling in school? Can they benefit from tutoring? ISDD has partnered with DFCS and The United Way to offer tutoring services. The Learning Loss grant will allow us to provide free tutoring services to school-aged children who are not performing at grade level. The goal of this program is to strengthen reading skills and improve math proficiency.

Requirements for participation are:

1. Be a U.S. citizen or legal immigrant;
2. Be a Georgia resident;

3. Currently receive (SNAP)/Food Stamps, Temporary Assistance for Needy Families (TANF), Medicaid or Supplemental Security Income (SSI) **or** have a household income 400% or less of the Federal Poverty Level (FPL);
4. Be 5 - 17 years old **or** be 18 years old and currently enrolled in school

Progress reports/ report cards, student's full social security number, proof of income and benefits of services required. If interested, contact our Program Director, Thindiwia Meredith at 470-310-3452.

Free UPS Second Sundays at the High Museum

On the second Sunday of each month, the High Museum of Art offers free admission for all visitors and special family-friendly programming!

Sunday, 12 noon–5 pm

- Music by a local Atlanta DJ!
Robinson Atrium
- Drop-In Art Making*
Anne Cox Chambers Wing Lobby
- smARTbox distribution*
Taylor Lobby, Wieland Pavilion

*While supplies last

Dates:

- February 12, 2022
- March 12, 2023
- April 9, 2023
- May 14, 2023
- June 11, 2023
- July 9, 2023
- August 13, 2023
- September 10, 2023
- October 8, 2023
- November 12, 2023
- December 10, 2023



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: virtual or 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
- PASTA and ACT classes count towards participation and the course should only be completed once

Client of the Month- Mrs. Rebecca Pace

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



Rebecca Pace is a 51 year-old grandparent raising her 6 grandchildren Joshua, Jeremiah, Isaiah, Jasmane, Na'kiah, and Amir. Her daughter passed away on February 2, 2022 of breast cancer and from that point, she has been taking care of her six children. She expressed that it has been hard, but God has been with her 100% and she is thankful to God for Project GRANDD for helping her through this difficult process. Her family enjoys movie nights. Her favorite quote is, “You only have one life to live, live it to the fullest”. She enjoys home improvement, Food Network, and cooking shows. Ms. Pace lives by the motto, take one day at a time, and let GOD lead you.

SUPPORT GROUPS

We are happy to offer two in-person support groups and one virtual this month. DeKalb will have a morning session and Fulton will continue the evening family support group (adults, children and teens; childcare for children under 8) with a light dinner is served 6:00pm – 6:30pm during the family support group. There is no Fulton day group this month.

RSVP required for in person groups

Virtual Adult Support 10AM-12PM	2/7- Topic: Ending the Silence Guest- NAMI-National Alliance on Mental Illness	Google Meet: https://bit.ly/ISDDAdult Phone: 414-600-9528 PIN: 888 104 633#
DeKalb AM Adult Support 10:30 AM-12:30PM	2/14- Ways to Reduce Expenses Guest- William Wesley- Delta Community Bank RSVP: https://bit.ly/PG02-14 or 470-310-3458	DeKalb County Library System: Covington Highway Branch RSVP: https://bit.ly/PG02-14 Or 470-310-3458
Fulton PM Family Support 6PM-8PM	2/28 Support and Sharing RSVP: https://bit.ly/PG02-28p or 470-310-3458. A light dinner will be served 6:00 – 6:30 pm	Fulton Public Library System-Metropolitan Branch RSVP: 470-310-3458 or https://bit.ly/PG02-28p



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