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A program of:



**NEWS**

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## **Heart Disease and Sleep Apnea**

Snoring can keep you awake, ruin your sleep cycle and your daily rhythm, and even harm your relationships. But more than being just an annoyance, snoring may bring about life-threatening consequences.

If you've ever awakened yourself with a sudden snore — or if your partner nudges you awake to get you to turn over — it's possible you could be affected by sleep apnea, which is associated with high blood pressure, arrhythmia, stroke, and heart failure.

Sleep apnea is more than a fancy name for snoring. It is a disorder in which a person's breathing repeatedly starts and stops during sleep.

Not everyone who snores has sleep apnea, but many who have sleep apnea do snore regularly and loudly. One in five adults suffers from at least mild sleep apnea; it afflicts more men than women.

The most common type is obstructive sleep apnea (OSA), in which weight on the upper chest and neck contributes to blocking the flow of air. A less-common type, central sleep apnea (CSA), occurs when the brain fails to send regular signals to the diaphragm to contract and expand. CSA has been associated with brain stem stroke. (Continued on next page)

## **Let's Welcome Sheila to ISDD**

We are growing here at ISDD. We have added a new role to help on the administrative side of the business. Sheila Bradshaw, Administrative Assistant is our most recent addition to the ISDD team. She has



several years experience working with non-profits and has been recognized for outstanding achievement in customer service satisfaction. Her past experience makes her the perfect fit for this role. Her goal is to provide both the participants and staff adequate attention and effort to the best of her ability.

Sheila is a parent to a child born with a chronic disease, for whom she was the main caretaker with help from family & friends. She states that sometimes it takes more than Love, we ALL know that parenting doesn't ever stop.

In her spare time she enjoys family gatherings, going to the beach, traveling and the holiday seasons. In her personal time she loves quiet time to reflect and relax. Welcome to the team Sheila!

## Sleep Apnea continued from page 1

For people with OSA, it becomes difficult to keep the upper airway open during sleep because weight overpowers the muscles that hold it open.

When the air flow stops, the body releases stress hormones, which over time can lead to heart disease. It also can increase the risk of type 2 diabetes, liver problems and metabolic syndrome.

People who are overweight are especially at risk for OSA because fat deposits around the upper airway can cause the airway's muscles to lose tone over time, leading to obstructed breathing. Similarly, people with thicker necks, narrow throats or enlarged tonsils or adenoids may also be at risk.

Aside from loud snoring and sudden stopped breathing or gasping for air during sleep (observed by someone else, obviously), symptoms may seem similar to those of any sleep disorder: Waking up with a dry mouth, morning headaches, difficulty sleeping or excessive sleepiness and/or irritability or trouble paying attention while awake.

Your doctor can evaluate your symptoms, but you may need a sleep specialist to conduct testing, such as overnight monitoring of your breathing, to diagnose your condition and determine its severity.

For full article check out: <https://bit.ly/HeartSleep>

## Georgia Pubic Library Family Passes

Through partnerships with organizations across the state, Georgia's public libraries provide families with educational and recreational opportunities to spend time together while saving money.

With your free library card, you can check out passes for free and reduced-cost entry to places like Zoo Atlanta, Georgia State Parks & Historic Sites, The Center for Puppetry Arts and more.

Some Partnerships Include:

- [Center for Puppetry Arts](#)
- [Chattahoochee Nature Center](#)
- [Fox Theater](#)
- [Georgia Aquarium](#)
- [Hawks Check It Out Reading Program](#)
- [Michael C Carlos Museum](#)
- [Zoo Atlanta](#)

For more information check out:  
<https://bit.ly/ISDDPass>

## ISDD Family Day at the High Museum

Bring your family out to enjoy some art, tours, and workshops.

Saturday, June 10<sup>th</sup>  
10:30 am- 2:00 pm  
Lunch will be provided

Registration Link will be sent out soon.

## Respite Care Opportunity

Do you need a short term break from being a caregiver? Perhaps grab some lunch or to enjoy an afternoon movie or even go grocery shopping. We can help you with your much needed break. We have partnered with an agency that will watch your child while you get some time to yourself. These professionals have completed background checks and have experience with all types of dependents. For more information contact our Program Director, Thindiwia Meredith at (470)310-3452.

# Client of the Month- Stefanie Stokes

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

Ms. Stokes or as her grandchildren call her Yèyo (which is mother in Swahili) is a 42 year old grandmother. She has been a member of ISDD for two years. Ms. Stokes is highlighted as this month's client of the month because grandparents do not have to be a certain age, they just need a big heart. She attends support groups regularly and is not afraid to chime in to share her experiences with other grandparents. She cares for two of her own teenage boys, two grandchildren and the newest addition is her very own toddler. She has been the caretaker of her granddaughter since she was 7 months old. Some of her favorite things to do with the girls are doing manicures and pedicures. She thinks of herself as an herbalist and takes a holistic approach to life. As her granddaughter would say she makes potions.



Favorite Quote: I don't live by compliments, therefore, I won't die from there insults."-KP

## SUPPORT GROUPS

<b>Virtual Adult Support</b> <b>10AM-12PM</b>	<b>5/2- Topic: Support and Sharing</b>	Google Meet: <a href="https://bit.ly/ISDDAdult">https://bit.ly/ISDDAdult</a> Phone: 414-600-9528 PIN: 888 104 633#
<b>DeKalb AM Adult Support</b> <b>10:30 AM- 12:30PM</b>	<b>5/9- Protecting Yourself from Financial Abuse</b> <b>Guest: William Wesley, Delta FCU</b> <b>RSVP: <a href="https://bit.ly/DeKalbAM">https://bit.ly/DeKalbAM</a></b> or 470-310-3458	DeKalb County Library System: Covington Highway Branch <b>RSVP: <a href="https://bit.ly/DeKalbAM">https://bit.ly/DeKalbAM</a></b> Or 470-310-3458
<b>Fulton PM Family Support</b> <b>6PM-8PM</b>	<b>5/16- Support and Sharing</b> <b>RSVP: <a href="https://bit.ly/FultonPM">https://bit.ly/FultonPM</a></b> or 470-310-3458 <i>A light dinner will be served 6:00pm – 6:30 pm</i>	Fulton Public Library System- Metropolitan Branch <b>RSVP: 470-310-3458 or</b> <b><a href="https://bit.ly/FultonPM">https://bit.ly/FultonPM</a></b>
<b>Gwinnett AM Adult Support</b> <b>10:30 AM-12:30 PM</b> <b>(3<sup>rd</sup> Wednesday)</b>	<b>5/17- Support and Sharing</b> <b>RSVP: <a href="https://bit.ly/GwinnettAM">https://bit.ly/GwinnettAM</a> or</b> 470-310-3458	Gwinnett Public Library System- Norcross Branch <b>RSVP: <a href="https://bit.ly/GwinnettAM">https://bit.ly/GwinnettAM</a></b> or 470-310-3458
<b>Fulton AM Adult Support</b> <b>10:30 AM-12:30PM</b>	<b>5/23- Support and Sharing</b> <b>RSVP: <a href="https://bit.ly/FultonAM">https://bit.ly/FultonAM</a> or</b> 470-310-3458	Fulton Public Library System- Mechanicsville Branch <b>RSVP: <a href="https://bit.ly/FultonAM">https://bit.ly/FultonAM</a></b> or 470-310-3458



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