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(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

March 2025

Volume 3 Issue 13

New Staff Alert



Antalaya Israel is our newest addition to our staff. She has joined as one of our case managers. Ms. Israel is from Brooklyn, New York. However, she relocated to Atlanta two years ago and is still adjusting to being a Georgia Peach. She comes to us with

over 13 years of years of experience in case management working for the New York State Office for People With Developmental Disabilities (OPWDD). She obtained her master's in social work from Shaw University in Raleigh, N.C., and a bachelor's degree from Metropolitan College of New York. This hard-working multitasking woman loves designing clothing, writing children's books, listening to music, exploring nature, and volunteering. She is a pescatarian and a self-proclaimed foodie who loves to try new foods locally and internationally. She also enjoys hosting events and ensuring everyone has a great time in her presence. If that is not enough to keep her busy, she is a mother to a 13-year-old daughter who is preparing to head to high school next year and they have a 3-year-old toy poodle named Mecca. We are happy to have Antalaya on our team and hope you can show her some love when you get a chance to meet her!

How to lower A1C levels

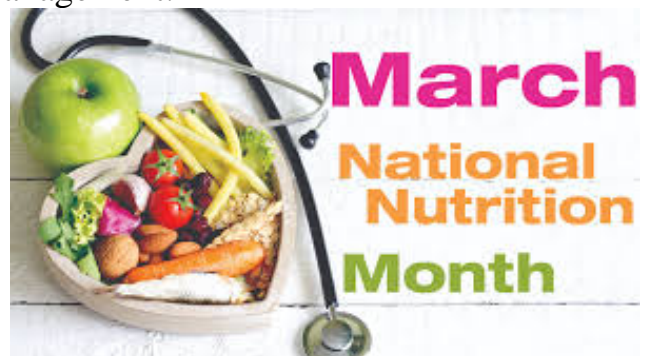
The A1C test, which some people may also call the hemoglobin A1C, HbA1C, glycated hemoglobin, or glycohemoglobin test, measures the amount of sugar attached to hemoglobin in the blood. A doctor can use it to monitor diabetes and as a diagnostic tool for the condition.

By incorporating lifestyle behaviors, such as regular exercise, a varied eating plan, and following their diabetes treatment plan, a person may lower their blood sugar. This will lower their A1C percentage and reduce the likelihood of potential health problems.

What is an A1C test?

The A1C test is a blood test that measures a person's average blood glucose levels over the past 3 months. It shows the average percentage of sugar-bound hemoglobin in a blood sample.

This test is a crucial tool in diagnosing diabetes and in determining the effectiveness of diabetes management.



How to lower A1C levels Continued

Why reduce levels?

Lowering A1C levels can help slow the progression of diabetes and reduce the risk of complications — such as nerve damage and cardiovascular disease — in both type 1 and type 2 diabetes.

The American Diabetes Association (ADA) notes that the goal for most adults with diabetes is an A1C of less than 7%. Many strategies, such as physical activity, diet, and medication, can help manage blood glucose levels and, therefore, also A1C levels.

Lifestyle tips

Exercise and lifestyle tips to help lower A1C levels include:

- Physical activity
- Avoid sitting for too long
- Monitoring blood glucose
- Weight management:

Dietary tips

Everyone, especially people with diabetes, may benefit from a balanced, nutritious diet that is low in sugar, salt, and fat. This may include fresh fruit, vegetables, and whole foods.

General nutrition tips to lower A1C levels include:

- being mindful of portion sizes
- trying not to skip meals
- planning meals ahead of time
- keeping a journal of food, medication, and exercise
- spreading out carbohydrate-rich foods throughout the day
- choosing less processed or whole foods such as whole grains, fruits, vegetables, legumes, and nuts
- eating a balanced diet complete with healthy proteins, fats, and carbohydrates
- seeking out the help of a registered dietitian

Nutrition

Nutrition plays an essential role in managing blood sugar levels. For people with diabetes, some important trends to try to incorporate into an eating plan include:

- eating sufficient fruits and vegetables
- eating lean protein
- choosing foods with less added sugar
- focusing on eating healthy fats and limiting trans fats
- eating fewer processed foods

What foods bring down a person's A1C?

Certain foods can help lower A1C by stabilizing blood sugar levels and improving overall diabetes management. These foods include:

- fruits and vegetables
- lean protein
- healthy fats
- whole foods
- whole grains
- carbohydrates

What raises A1C the most?

- unbalanced diet that is high in sugars and refined carbs
- lack of regular exercise
- difficulty following prescribed diabetes treatments
- high stress levels
- low sleep quality or quantity
- illness or infection

How long does it take to lower A1C?

Lowering A1C levels generally takes about 3 months.

A person should work closely with a healthcare professional to monitor progress and make necessary adjustments.

For more information check out: <https://bit.ly/PGA1C>
From How to lower A1C levels written by Jennifer Huizen

Client of the Month- Glenda Edward

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

Ms. Glenda Edward is a compassionate caregiver who has been raising her 15-year-old niece, Asia since 2023. Whether they are watching movies at home or catching the latest film in theaters, spending quality time together is a priority. Recently, they've also discovered a shared love for travel, and creating new memories along the way. Ms. Edward has been part of Project GRANDD for almost a year, and her case manager describes her as a go-getter who doesn't take no for an answer. She is resourceful, hardworking, and always willing to support those around her. Her kindness and dedication to Asia and her community make her stand out. When asked what advice she would share with other kinship caregivers, Ms. Edward emphasizes the importance of open



communication. She encourages caregivers to talk to their children in a way they understand, ensure they have a trusted person to confide in, and expose them to new experiences, people, and opportunities. She also lives by a simple but powerful philosophy: “No question is a dumb question. All questions are worth asking and never be afraid to ask. If they lead to other questions, keep asking.”

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	3/4- Budgeting Workshop Guest: William Wesley- Delta Community Credit Union RSVP: 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	3/11- Autism & related topics Guest: Maliha Haider-Bardill-DBHDD 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	3/20- Support & Sharing Guest: N/A RSVP: 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 PM Family Support 6 PM-8 PM	3/25- Support & Sharing Guest: N/A RSVP: https://bit.ly/DeKalbPM or 470-310-3458	<i>New Life Community Alliance:</i> 3592 Flat Shoals Rd, Decatur, RSVP: https://bit.ly/DeKalbPM or 470-310-3458
Rockdale AM Adult Support 9AM-11AM	3/17-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



Funded in Part By:



Frances Wood Wilson Foundation



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