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(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

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Vaccines for Seniors

Which vaccines do older adults need?

As you get older, a health care provider may recommend vaccinations, also known as shots or immunizations, to help prevent certain illnesses. Talk with a doctor or pharmacist about which of the following vaccines you need. Make sure to protect yourself as much as possible by keeping your vaccinations up to date.

COVID-19 vaccines

COVID-19 is a respiratory disease that causes symptoms such as fever, cough, and shortness of breath. Older adults are more likely than younger people to get very sick from COVID-19. The disease can lead to serious illness and death.

Flu vaccine for older adults

Flu — short for influenza — is a virus that can cause fever, chills, sore throat, stuffy nose, headache, and muscle aches. Flu is very serious when it gets in your lungs. Older adults are at a higher risk for developing serious complications from the flu, such as pneumonia.

The flu is easy to pass from person to person. The virus also changes over time, which means you can get it again. To ensure flu vaccines remain effective, the vaccine is updated every year.

Vaccines to help prevent pneumonia

Pneumococcal disease is a serious infection that spreads from person to person by air. It often causes pneumonia in the lungs and it can affect other parts of the body. Older adults are at higher risk than younger people of getting very sick or dying from pneumococcal disease.

Tetanus, diphtheria, and pertussis (whooping cough) vaccines

Tetanus, diphtheria, and pertussis are diseases caused by bacteria that can lead to serious illness and death.

Shingles vaccine for older adults

Shingles is caused by the same virus as chickenpox. If you had chickenpox, the virus is still in your body. As you get older, the virus could become active again and cause shingles.

For full article check out: <https://bit.ly/shots4seniors> from the National Institute on Aging



10 Basic Facts for Writing a Will

Preparing a will is one of the most important things you can do to put your life in order. Among other things, it will help you decide what to do with your most important stuff, which may give you peace of mind.

1. What a will does

Your last will and testament is the legal document in which you, the “testator,” declare who will manage your estate after you die and who is entitled to your possessions. You can also name the guardians for minor children or other dependents.

2. If you die without one

Without a valid will, you die “intestate.” That usually means your estate will be settled based on the laws of your state, which determine who inherits what. Your estate will go through probate, the legal process of transferring the property of a deceased person to the rightful heirs.

3. An attorney—or not

No, you don’t need an attorney, provided your will meets the legal requirements of your state. You can write it on paper or on your computer. Just make sure to let your executor and other family members know where to find it, should you become incapacitated or die.

4. Separate wills: yours, mine and ours

Estate planners almost universally advise against a joint will, and some states don’t recognize them. Your spouse isn’t likely to die at the same time, and you may have property that’s not jointly held. Separate wills make sense, even if they look similar.

5. Choosing your witnesses

Any person can act as a witness to your will, as long as they’re “disinterested.” In other words, the person who witnesses your will should get no benefit from it.

6. Naming an executor—or two

You can name your spouse, an adult child or a trusted friend or relative as your executor — perhaps individuals who are younger than you and in good health. If your affairs are complicated, an attorney or someone with legal or financial expertise is a better choice.

7. Leaving specific stuff to specific heirs

How do you make sure that certain heirs receive certain property? Spell that out clearly. You can create a separate “letter of instruction” that is filed with your will.

8. Keeping your will safe—and accessible

Before a probate will process your estate, it’s likely to require the presentation of your original will. So it’s important to keep this document safe, yet accessible.

9. When to update it

Get in the habit of reviewing your will every two or three years, or when a major life change has occurred— marriage, divorce, birth of a child, and death of a beneficiary or executor, a significant purchase or inheritance. Also, once your minor children become adults, they won’t need guardians, unless they’re disabled.

10. Making a bulletproof will

Finally, a will can be contested—its legal validity challenged—for a number of reasons: It wasn’t properly witnessed; you weren’t competent when you signed it; or it’s the result of coercion or fraud.

Create a free will at:

<https://www.freewill.com/>

For full article check out:

<https://bit.ly/ISDDWill> written by Patricia Amend, AARP

Client of the Month- Priscilla Catlin

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

Priscilla Catlin not only cares for her grandchild, but she cares for a beautiful young lady by the name of Celina, who is no relation. Although the relationship is very unique, her love for Celina is undeniable. Ms. Catlin has been with Project GRANDD for the past two years and cannot be anymore grateful for the aid that she receives for Celina. She loves spending quality time with her by taking her to church to get spiritually fed, as well as entertaining her by taking her to the movies. Although she is not an avid television watcher, she loves inspirational television shows that speak to her mind, soul and spirit and help to raise Celina. Ms. Catlin advises all caretakers that may come across challenges in parenting relative children, “To meet them where they are. Get to know them, and become personable with them. Try to grow together.” Ms. Catlin is the personification of strength and endurance. Project GRANDD is honored to have her as our client of the month.



SUPPORT GROUPS

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

AM Virtual Adult Support 10AM-12PM	8/6- Support & Sharing Guest: TBD 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#
Gwinnett PM Family Support 6PM-8PM	8/12 –Support & Sharing RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458	<i>Spectrum Autism Support Group Inc.:</i> 2997 Main St., Duluth *new RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458
DeKalb AM Adult Support 10:30 AM-12:30PM	8/13- Support & Sharing Guest: TBD RSVP: https://bit.ly/DeKalbAM or 470-310-3458	<i>DeKalb County Library:</i> 3500 Covington Highway, Decatur RSVP: https://bit.ly/DeKalbAM or 470-310-3458
Fulton PM Family Support	8/20-Canceled-Resumes in September	8/20-Canceled-Resumes in September
DeKalb PM Family Support 6 PM-8 PM	8/27- Support & Sharing Guest: TBD 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	8/29-Canceled	8/29-Canceled



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