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(Grandparents Raising And Nurturing Dependents with Disabilities)

A program of:



NEWS

September 2023

Volume 18 Issue 9

## Kinship Caregivers Month

Are you ready to #DoSomethingGrand? Check out the official [Grandparents Day Take Action Guide](#), Generations United created with support from “Far From Alone” and Humana, for tons of ideas on how you can celebrate intergenerational connections and make a difference in your families or communities.

#DoSomethingGrand and celebrate Grandparents Day (Sunday, September 10) throughout the month of September! This year we are celebrating [The Grandparent Advantage](#).

Here are some ideas to enjoy with your family:

- Read a book with your grandfriends, grandparents, or grandfamily caregiver.
- Take a walk together through your neighborhood or favorite park.
- Share family stories of your favorite memories together, your family’s history, or look through a family photo album together.
- Go for an outing as a family (i.e. dinner at a restaurant, to the movies, skating rink, hiking, amusement park, etc.).
- Cook a meal together using your favorite family recipe.
- Do an arts and crafts activity.
- Have a virtual coffee or lunch date.
- Participate in an in-person or virtual family game night.
- Volunteer together in remembrance of 9/11 or attend a 9/11 memorial service event.

- Gather in person as a family and share kind words to honor those grandparents, grandfriends or older caregivers who are no longer here. Afterward, plant a tree or flower seed at a park, family garden, or special location to amplify their remembrance.
- Create a celebratory dance video with your family and friends.
- Write handwritten notes to your grandparents, grandfriends, or grandchild. Include in the envelope your favorite photos together.
- Call or video chat with your grandchild, grandfriends, or other loved ones and convey the love and appreciation you have for them.
- Bake healthy treats and deliver them to your grandchildren, grandfriends, or loved ones. Or, pop in for a visit and bake them together!

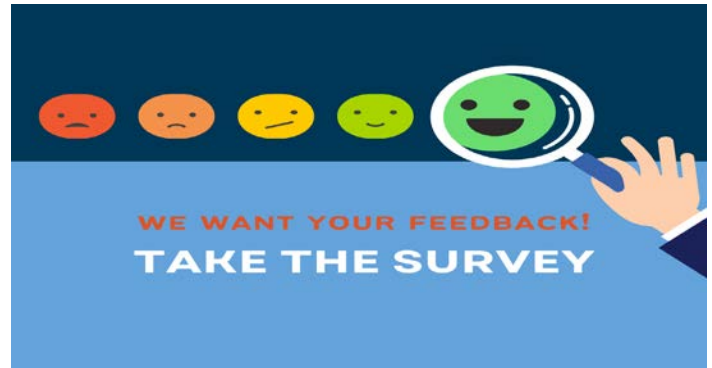
For more information check out:

[www.grandparentsday.org](http://www.grandparentsday.org) From *Do Something Grand* by Generations United.



# September Kinship Survey

The Kinship Care Participant Survey tool is administered twice a year and used to gauge participants' perceptions of the various programs impact on Kinship families. You will receive a survey if you have a case manager. Please return your survey by September 30th. If you have any questions about the survey please contact our program manager Shantell, at (470) 310-3458.



## Cold, Flu, and RSV

For the first time this fall, there will be three different vaccines against the biggest respiratory virus threats: a new COVID booster, the yearly flu shot and two RSV vaccines for older adults.

Health officials urged eligible Americans to get the vaccines ahead of what many believe could be an intense winter respiratory season, especially after several years of unpredictable viral activity.

For more information check out:

<https://nbcnews.to/3OBYen6>

From Covid, flu, RSV vaccines urged as health officials brace for respiratory virus season by Erika Edwards



## Adopt a Family Application

Here at ISDD we are beginning our preparations for our annual Adopt A Family. Every year we hope to help a many families as possible. Clients with a case manager on our waitlist are eligible to apply. To be eligible to participate you must meet our income guidelines and participation requirements (listed below).

Applications will be sent out via email and text September 1st. Please complete your application by September 15<sup>th</sup>. If you need assistance completing your application contact your case manager or Shantell at (470)310-3458. Receipt of application does not guarantee acceptance into the Adopt A Family program.

## 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) must attend (1) per quarter (every 3 months)
- 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- Alfreda Scott

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

Our client of the month of September is Ms. Alfreda Scott. She is a 69-year-old grandmother raising her grandson Aaron, whom she affectionately calls Peanut. She has been an active member of Project GRANDD for 6 years. The family loves to enjoy outside activities such as catch and bike riding. On a nice sunny afternoon you may catch her outside playing basketball with her grandson. Her favorite quote is “See you in the morning by the Grace of God” which we are fortunate to hear at every monthly support group she attends. Ms. Scott’s favorite television show is Imitation of Life. Ms. Scott is always optimistic even despite hard times. She shows gratitude for life and spreads love among everyone she meets. Her perseverance, courage, and optimism is contagious so if you ever need a pick me up think of Ms Alfreda Scott.



## SUPPORT GROUPS

|   |  |   |
|---|--|---|
| <b>AM Virtual Adult Support</b><br><b>10AM-12PM</b>                   | <b>9/5- Support and Sharing</b><br><a href="https://bit.ly/ISDDadult">https://bit.ly/ISDDadult</a><br>Phone: 256-581-5048<br>PIN: 611 544 546#   | Google Meet:<br><a href="https://bit.ly/ISDDadult">https://bit.ly/ISDDadult</a><br>Phone: 256-581-5048<br>PIN: 611 544 546#   |
| <b>Gwinnett PM Family Support</b><br><b>6PM-8PM</b>                   | <b>9/6- Support and Sharing</b><br><b>RSVP:</b> <a href="https://bit.ly/PGGwinnettPM">https://bit.ly/PGGwinnettPM</a><br>or 470-310-3458   | Gwinnett Public Library System-<br>Norcross Branch <b>RSVP:</b><br><a href="https://bit.ly/PGGwinnettPM">https://bit.ly/PGGwinnettPM</a><br>or 470-310-3458                                 |
| <b>DeKalb AM Adult Support</b><br><b>10:30 AM- 12:30PM</b>            | <b>9/12- Support and Sharing</b><br><b>RSVP:</b> <a href="https://bit.ly/DeKalbAM">https://bit.ly/DeKalbAM</a><br>or 470-310-3458  | DeKalb County Library System:<br>Covington Highway Branch<br><b>RSVP:</b> <a href="https://bit.ly/DeKalbAM">https://bit.ly/DeKalbAM</a><br>or 470-310-3458                                  |
| <b>Fulton PM Family Support &amp; Adult Virtual</b><br><b>6PM-8PM</b> | <b>9/19- Support and Sharing</b><br><b>RSVP:</b> <a href="https://bit.ly/FultonPM">https://bit.ly/FultonPM</a><br>or 470-310-3458<br><br><i>A light dinner will be served 6:00pm – 6:30 pm</i> | Fulton Public Library System-<br>Metropolitan Branch<br><b>RSVP:</b> 470-310-3458 or<br><a href="https://bit.ly/FultonPM">https://bit.ly/FultonPM</a><br><br><i>Google Meet: Link Above</i> |
| <b>DeKalb PM Family Support</b><br><b>6 PM-8 PM</b>                   | <b>9/26- Support and Sharing</b><br><b>RSVP:</b> <a href="https://bit.ly/DeKalbPM">https://bit.ly/DeKalbPM</a> or<br>470-310-3458  | New Life Community Alliance<br><b>RSVP:</b> <a href="https://bit.ly/DeKalbPM">https://bit.ly/DeKalbPM</a><br>or 470-310-3458  |



Funded in Part By:



Thompson Fund & Dyer Family  
Fund of the Community  
Foundation for Greater Atlanta



Murphy Family Foundation



Waterfall Foundation



**Contact us:**

**Rainie B. Jueschke, CFRE**  
Executive Director  
404-551-5258  
[rainiej@isdd-home.org](mailto:rainiej@isdd-home.org)

**Shantell Thomas**  
Program Manager  
470-310-3458  
[shantellt@isdd-home.org](mailto:shantellt@isdd-home.org)

**Laquena Craig**  
Case Manager  
470-798-3025  
[laquenac@isdd-home.org](mailto:laquenac@isdd-home.org)

**Thindiwia Meredith**  
Program Director  
470-310-3452  
[mereditht@isdd-home.org](mailto:mereditht@isdd-home.org)

**Sherri Feliccia**  
Lead Case Manager  
470-310-3459  
[sherrif@isdd-home.org](mailto:sherrif@isdd-home.org)

**Bisi Smith**  
Case Manager  
678-591-8095  
[bisis@isdd-home.org](mailto:bisis@isdd-home.org)

Visit us on the Web: [www.isdd-home.org](http://www.isdd-home.org)

Like and Follow Us on Facebook: Projectgrandd and Isddhome

4282 Memorial Dr. STE B  
Decatur, GA 30032

