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(Grandparents Raising And Nurturing Dependents with Disabilities)

A program of:



NEWS

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Back to School Anxiety

Children and teens are often anxious about the parts of school adults tend to forget, such as making friends, navigating unfamiliar buildings and classrooms, finding where to sit during lunch and making sure they won't face bullying from other students. Parents worry about juggling jobs and school events, the extra demands on finances and ensuring their kids keep up academically. Anxiety can be good, and it does serve a purpose. It can help increase focus, help people avoid danger and push us out of our comfort zones but it can sometimes feel scary and overwhelming. Anxiety becomes detrimental once it consumes one's life or starts to negatively impact decisions.

School based therapy matters and Chris 180 has 80 sites where their therapists help students work through difficult emotions and provide the necessary resources to cope with everyday stressors and anxiety like peer pressure, navigating relationships and transitioning to new school schedules.

In addition to school-based therapy, many kids find that having new outfits to wear and fun school supplies also eases back-to-school jitters. For middle and high school students, social interactions with their peers are often their number one concern so identifying a school sponsored group, sport or extracurricular activity can help to widen a child or adolescent's friend group and gives them a break from the pressure of school.

Contact Chris 180 if you are in need of their services. (404)486-9034

Source: <https://chris180.org/back-to-school-mental-health-red-flags/>



Updated Covid-19 Guidelines

The CDC no longer recommends staying at least 6 feet away from other people to reduce the risk of exposure -- a shift from guidance that had been in place since the early days of the pandemic.

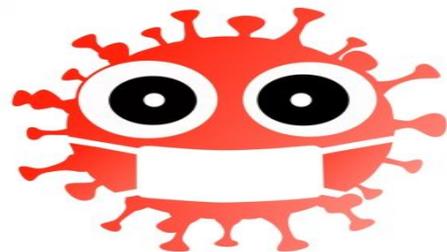
The shift is a sign of how much has changed since the beginning of the pandemic more than two years ago. Nearly the entire US population has at least some immunity through vaccination, previous infection or, in some cases, both.

The new guidance also does not advise quarantining people who've been exposed to Covid-19 but are not infected. But the guidance does keep some measures the same. It encourages testing for people with symptoms and their close contacts. It also says people who test positive should stay home for at least five days and wear a mask around others for 10 days. It also continues to recommend that people wear masks indoors in about half the country.

The new guidelines also tailor advice on isolation for people who became very sick from Covid-19. People with moderate symptoms -- such as shortness of breath -- and those who were hospitalized should stay home for at least 10 days. People with compromised immune systems should now talk to their doctor about ending their isolation after an infection.

There's new advice on what to do if your [Covid-19 symptoms rebound](#), too. If you end isolation and your Covid-19 symptoms get worse, you should start isolation over again and see your doctor. For more information refer to <https://bit.ly/CDC822>.

Source:
<https://www.cnn.com/2022/08/11/health/cdc->



PASTA: Parenting the Second Time Around

Join us as we work together using an award-winning curriculum created by Cornell University for relatives raising children. This eight week enrichment course will cover topics including: child development, discipline, caring for oneself as a caregiver, rebuilding a family, living with teens, legal issues & more!

Thursdays

October 6, 2022- December 1, 2022
Registration: <https://bit.ly/2022PASTA>



Location; Access Mental Health Agency
1903 Phoenix Blvd. Suite 200
Atlanta, GA 30349

Client of the Month- Mr. Gene Anderson

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

Gene Anderson is 70 years old and has been a member of ISDD since 2020. Mr. Anderson was nominated because he is a pleasure to work with and maintains frequent contact. He cares for 5 grandchildren, Zion, Kazyriah, Heaven, Nehemiah, and Elijah. He is always doing his best to provide for them, even under challenging circumstances. He enjoys watching educational TV shows and playing baseball with his grandchildren. Some advice he has is, work hard and don't give up on your grandchildren. If you give up, you'll miss the blessing.



Keep them busy and do things with them so they have fun and you do too. You're all they have.

Resource Corner

- Kinship Survey starts in September, emails will be sent to clients with CM
- Write a free legal will using freewill.com
- Free technology assistance at DeKalb (Book a Librarian Program at Stone Mountain -Sue Kellogg Branch) and Fulton Libraries (Metropolitan Branch) Registration Required

SUPPORT GROUPS

We are happy to offer two in-person support groups. DeKalb will have a morning session on the second Tuesday of the month and Fulton will continue the evening family support group on the third Tuesday of the month (adults, children and teens; childcare for children under 8) unless otherwise stated. A light dinner is served 6:00pm -6:30 pm for the family support group. **RSVP required**

A virtual support group will continue for those who cannot attend in-person.

No Child or Teen Support Groups this month

Virtual Adult Support 10AM-12PM	09/6- Support and Sharing	Google Meet: https://bit.ly/ISDDAdult Phone: 414-600-9528 PIN: 888 104 633#
AM Adult Support 10:30 AM-12:30PM	09/13- Support and Sharing RSVP: https://bit.ly/PG09-13 or 404-310-3452 Refreshments will be available	DeKalb County Library System: Covington Highway Branch RSVP: https://bit.ly/PG09-13 Or 404-310-3452
PM Family Support 6PM-8PM	09/20- Guest-Alliance Theater RSVP: https://bit.ly/PG09-20 or 404-310-3452. A light dinner will be served 6:00 – 6:30 pm	Fulton Public Library System- Metropolitan Branch RSVP: https://bit.ly/PG09-20 or 404-310-3452



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