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(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

February 2024

Volume 19 Issue 2

Feel Good Ways to Lower Your Blood Pressure

Recent research suggests some unexpected ways to further protect your heart's health. Try these tactics also to lower your risk for both heart attacks and strokes:

Take a hot bath daily

There's nothing wrong with having a nice long soak in the tub while winter weather and the ongoing COVID-19 pandemic have you spending more time at home. In fact, doing so may give you an extra heart boost. High temperatures cause the blood vessels to dilate, which lowers blood pressure. Plus a hot bath helps with lowering stress, one of the four pillars of heart health.

Just stretch

It doesn't replace a vigorous bike ride or brisk walk, but according to a recent study from Europe, mere stretching may reduce the risk of heart attack and stroke by improving blood flow, which in turn is believed to decrease stiffness and damage to the walls of your arteries.

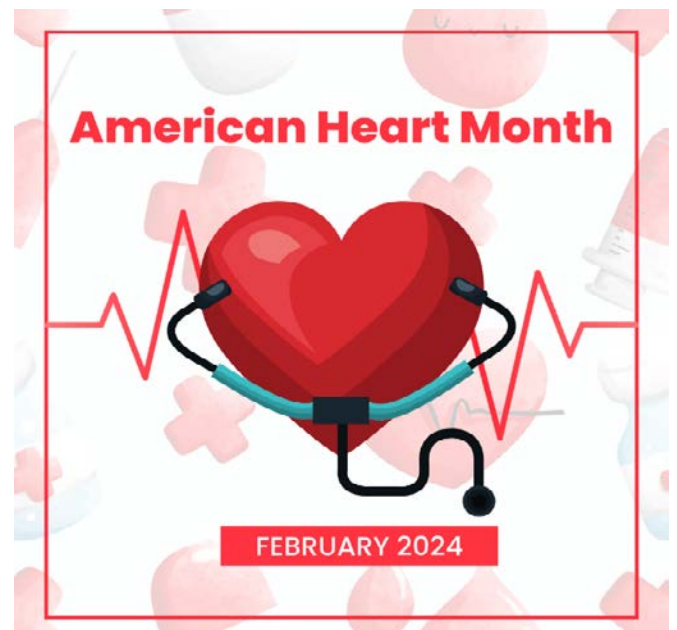
Filter your coffee

Improving heart health is one of coffee's nifty perks — but it turns out that's true only if you brew it the right way. A study of more than a half million people in Norway recently showed that those who drank filtered coffee were 15 percent less likely to die during the 20-year follow-up due to any cause, including heart disease.

Practice tai chi

The heart-related benefits of tai chi, the ancient Chinese practice of slow, meditative movement, are multifold. According to a study of more than 200 people with somewhat elevated blood pressure, those who practiced tai chi for three months significantly decreased it, compared to those who didn't. In research involving obese patients with diabetes, tai chi lowered cholesterol, body mass index (BMI) — a measure of weight and height used to define obesity — and C-reactive protein (CRP), a marker of inflammation in the body that's linked to poorer heart health.

For full article check out: <https://bit.ly/PGhearthealth>
From *Feel Good Ways to Lower Your Blood Pressure*
Courtesy AARP



Community Resources

Free Tax Assistance:

Don't pay for filing, loans or rapid refunds! Let United Way help save you money. Text 211OD to 898211 and choose #3 for tax help. They will provide a local free site to assist you

Food Assistance:

For food banks in your area:

Text 'FINDFOOD' to 888-976-2232

OR <https://feedinggeorgia.org/find-your-food-bank/>

Hours



Monday & Wednesday
3-6pm general public

Friday

3-6pm teachers/school staff, city/state workers, EMS/first responders w/ valid work ID

**2615 Donald Lee Hollowell PKWY NW
Atlanta, GA 30318**

Tutoring Opportunities Available

Is your child struggling in school? Can they benefit from tutoring? ISDD has partnered with DFCS and The United Way to offer tutoring services. The Learning Loss grant will allow us to provide free tutoring services to school-aged children who are not performing at grade level. The goal of this program is to strengthen reading skills and improve math proficiency.

Requirements for participation are:

1. Be a U.S. citizen or legal immigrant;
2. Be a Georgia resident;

3. Currently receive (SNAP)/Food Stamps, Temporary Assistance for Needy Families (TANF), Medicaid or Supplemental Security Income (SSI) **or** have a household income 400% or less of the Federal Poverty Level (FPL);
4. Be 5 - 17 years old **or** be 18 years old and currently enrolled in school

Progress reports/ report cards, student's full social security number, proof of income and benefits of services required. If interested, contact our Program Director, Thindiwia Bellamy at 470-310-3452.

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)
- 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, 123 Magic, and ACT classes count towards participation and the course should only be completed once

Client of the Month- Valerie Colbert

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

Valerie Colbert is a 65 year old grandmother raising her 13 year old great-grandson Jayzon. She is our client of the month because she is extremely encouraging and determined. She goes through great lengths to educate herself, her family, the school, and her community on Jayzon's disability to ensure he receives the support he needs and is safe. The family enjoys watching shows about animals together, however when she is by herself, she enjoys westerns and cowboy shows. Some advice she would like to offer is, "Don't give up when things seem like they're crashing in on you! Reach beyond the breaking point and pull yourself up." One of her favorite quotes comes from the bible: "The joy of the Lord is my strength." Thank you for being an exceptional member of Project GRANDD.



SUPPORT GROUPS

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

AM Virtual Adult Support 10AM-12PM	2/6- Guardianship & Adoption Guest: Atlanta Legal Aid https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#	Google Meet: https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#
Gwinnett PM Family Support 6PM-8PM	2/12- Ending the Silence (Adults) RSVP: https://bit.ly/PGGwinnettPM Guest-NAMI or 470-310-3458 <i>A light dinner will be served 6:00pm – 6:30 pm</i>	Conference Center at Gwinnett Justice and Administration Center (Rooms B & C) RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458
DeKalb AM Adult Support 10:30 AM- 12:30PM	2/13- Language As A Tool to Combat Stigma Guest: Dana McCrary RSVP: https://bit.ly/DeKalbAM or 470-310-3458	DeKalb County Library System: Covington Highway Branch RSVP: https://bit.ly/DeKalbAM or 470-310-3458
Fulton PM Family Support & Adult Virtual 6PM-8PM	2/20 -Ending the Silence (Adults & Youth) Guest-NAMI RSVP: https://bit.ly/FultonPM or 470-310-3458	Fulton Public Library System- Metropolitan Branch RSVP: 470-310-3458 or https://bit.ly/FultonPM <i>Google Meet: Link Above</i>
DeKalb PM Family Support 6 PM-8 PM	2/27- Heart Disease Prevention RSVP: https://bit.ly/DeKalbPM or 470-310-3458	New Life Community Alliance RSVP: https://bit.ly/DeKalbPM or 470-310-3458



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