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(Grandparents Raising And Nurturing Dependents with Disabilities)

A program of:



NEWS

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Dealing With Grief During the Holiday Season

Grieving the loss of a loved one is a deep and difficult challenge at any time. If you are mourning the loss of loved ones this season, here are some important things to keep in mind.

1. Only do what feels right

It's up to you which activities, traditions or events you can handle. You are not obligated to participate in anything that doesn't feel doable.

2. Accept your feelings

Everyone takes his or her own path in grief and mourning. Some may try to avoid sad feelings; others will be bathed in tears. Some feel bad that they aren't up to enjoying a holiday; others feel guilty because they are feeling joy.

3. Get support

Talk with loved ones about your emotions and mental health needs. Be honest about how you'd like to do things this year — if you want to talk about those who have passed, then do so, and let others know it's OK.

4. Focus on the kids

Many holiday activities place special attention on children, and it often helps to zero in on their needs. Realize that your choices around getting through the holidays may affect the children, grandchildren, nieces and nephews in your family

5. Plan ahead

Sometimes the anticipation is worse than the actual holiday. Plan comforting activities ahead of time so you have something to look forward to.

6. Give

In times of grief and loss, when we may feel paralyzed by sheer emotion or negative feelings (sadness, anger, resentment), the biggest comfort may come from giving to others.

7. Acknowledge and honor those who have passed

It can be helpful to participate in a holiday ritual in memory of someone you've lost, especially if it relates directly to his or her interests.

8. Do something different

The holidays are already very different this year; losing loved ones with whom you've long celebrated can make it feel like these annual celebrations will never be the same again. In a way, they won't, and accepting this will help you manage expectations. But remember that different doesn't have to mean bad.

9. Skip it

If you feel that it will be too much for you and you'd like to simply opt out of participation in a holiday, let family and friends know. But plan comforting alternative activities for yourself, and let someone know what you will be doing.

For more information check out: <https://bit.ly/pggrief>



Voting List Maintenance in Georgia

Georgia Secretary of State Brad Raffensperger is announcing the next step in his comprehensive, non-federal election year list-maintenance effort across Georgia. County election offices mailed notices to Georgia voters who have filed a National Change of Address (NCOA) form with the US Postal Service. The U.S. Census Bureau estimates that 8.4% of all Americans move each year, with many filing these NCOA forms. 185,208 notices are being sent to voters, reflecting 100,685 voters who filed Out-of-State National Change of Address forms, and 84,523 Out-of-County National Change of Address forms.

Voters who do not respond to these mailers will be moved to an Inactive status after 50 days if no response is received by their election office. Any voter who receives a notice and still resides at their listed address should return the postage-paid notice.



Additionally, the Secretary of State mailed 37,285 postcards to voters using information received from Georgia's membership in the Electronic Registration Information Center (ERIC).

Voters who receive these postcards are prompted to go to My Voter Page to confirm their address information and submit a change of address request, if needed. They are not moved to Inactive status if they do not respond to these postcards. So far this year, there have been 679,749 pieces of mail sent to voters as part of Georgia's robust list maintenance efforts.

Georgia will continue to conduct list maintenance throughout this year in preparation for the 2024 election cycle, a continuation of robust steps taken by Secretary Raffensperger to ensure the most accurate voter records as Georgia heads into the 2024 Presidential election.

To check your voter registration go to: <https://mvp.sos.ga.gov>

Medicare Open Enrollment

To compare plans and look at savings options:

1. Go to [Medicare.gov](https://www.Medicare.gov) to learn the difference between Traditional Medicare and Medicare Advantage, and do side-by-side comparisons of costs and coverage for Medicare Advantage and prescription drug plans.
2. Call 1-800-MEDICARE. Help is available 24 hours a day, including weekends.
3. Access no-cost personalized health insurance counseling from shiphelp.org, State Health Insurance Assistance Programs (SHIP) or call 1-800-MEDICARE for each SHIP's phone number.

4. Check eligibility for the Medicare Savings Programs and the Part D Low-Income Subsidy Program. To learn more about the Part D Low-Income Subsidy Program, visit: [Medicare.gov/extrahelp](https://www.Medicare.gov/extrahelp) or call 1-800-MEDICARE (1-800-633-4227).



Client of the Month- Helen Woods

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

Ms. Helen Woods is a 60 year old grandmother raising her granddaughter Miracle who is 12 years old. She has been a member of Project GRANDD for seven years and loves everyone she comes in contact with. She is our client of the month because she is very strong and has a heart of gold along with the will and determination to make it happen. Ms. Woods loves to cook and spend time with her family and friends. She also loves writing and listening to music. Her favorite shows are Forensic Files and comedy and romance movies. They enjoy watching movies, eating snacks, going to church and singing, they pretty much do everything together. Some advice she has for fellow caregivers is to ask God for help and guidance. Keep praying, it will be alright. It's going to be times where you don't think you can make it through but God put them in our lives for a reason.



Favorite quote: "God bless you, Amen"

SUPPORT GROUPS

In observance of Thanksgiving we will not host the Fulton Evening Family Support group. Please enjoy this time with you families

<p>AM Virtual Adult Support 10AM-12PM</p>	<p>11/7- Support and Sharing https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#</p>	<p>Google Meet: https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#</p>
<p>Gwinnett PM Family Support 6PM-8PM</p>	<p>11/13- Support and Sharing RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458 <i>A light dinner will be served 6:00pm – 6:30 pm</i></p>	<p>Conference Center at Gwinnett Justice and Administration Center (Rooms B & C) RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458</p>
<p>DeKalb AM Adult Support 10:30 AM- 12:30PM</p>	<p>11/14- Support and Sharing RSVP: https://bit.ly/DeKalbAM or 470-310-3458</p>	<p>DeKalb County Library System: Covington Highway Branch RSVP: https://bit.ly/DeKalbAM or 470-310-3458</p>
<p>DeKalb PM Family Support 6 PM-8 PM</p>	<p>11/28- Self Investment: How to handle stressors of day to day life Guest: Dr. Pam Thompson RSVP: https://bit.ly/DeKalbPM or 470-310-3458 <i>A light dinner will be served 6:00pm – 6:30 pm</i></p>	<p>New Life Community Alliance RSVP: https://bit.ly/DeKalbPM or 470-310-3458</p>



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