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(Grandparents Raising And Nurturing Dependents with Disabilities)

A program of:



NEWS

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Post-Holiday Blues

The holidays are a busy time and they last from Thanksgiving through New Year's Eve. While it may be an exciting stretch for many people, it can also be a prolonged period of loneliness and sadness for others. Throughout this time, emotions are heightened.

Sometimes emotions are hard to regulate. Many people experience mental health challenges after the holidays. It's common after all of the hoopla for people to experience a letdown or what some call the "post-holiday blues." Usually not long-lasting, most people swing "back to normal" after a short while.

Emotions You Might Feel Now

Emptiness You may have had added responsibilities like cooking or volunteering for a local non-profit leading to exhaustion which might contribute to you feeling this way.

Let Down After Extreme Emotions This feeling of being let down after the holidays might simply be your recovery from intense positive emotions.

Loneliness you may have felt alone and isolated during the holidays

Stress While you might have enjoyed holiday time, it disrupted your routine and you really didn't have much rest. After so much stimulation, your return to reality might involve even more to catch up on.

Loss If you were close to your family and are no longer, you might feel disappointed as well as a sense of loss. If a loved one recently died, you might be sad and grieving.

Moving past the post-holiday blues

Give yourself more time. This means giving yourself additional time for everything from unpacking to catching up on the mail. Schedule a day or two as catch-up time. Use this as a buffer before returning to the regular routine.

Change your mood by limiting social media. Talk to people by phone or in person instead. Other things to try are: get some exercise, partake in nature therapy, eat well, get enough sleep, be nice to yourself, watch funny movies, and communicate that you may be feeling down.

Post-Holiday blues can range from disappointment and emptiness to lack of motivation and feelings of slight depression. If these feelings persist, it might be something else. Those tackling loneliness, depression, and grief may have a difficult time during the holidays. If you can't shake these feelings seek help.

For more information check out the source: <https://bit.ly/theholidayblues>

Thank you for attending our Holiday Luncheon 2022



WE WILL BE CLOSED ON



January 16, 2023

MLK Day Events:

Atlanta History Center 10am-4pm free admission

<http://bit.ly/3U2yaSS>

MLK Day Parade Gwinnett County 12pm-6pm

<https://bit.ly/3oEkyAQ>

Ebenezer Baptist Church Commemorative Service 10am

<https://bit.ly/3Hjsst8>

MLK Day of service- AmeriCorps volunteer opportunities

<http://bit.ly/NPSmlkday>

ACT Parenting Class

ACT Raising Safe Kids is an evidence-based curriculum from the American Psychological Association designed to provide caregivers of children 0 – 10 years old with a toolbox of skills to effectively deal with difficult behaviors and form strong, healthy, loving attachments with your relative children. In nine weekly, two-hour fun and interactive classes, you'll learn what children can do and understand at different ages, effective methods of discipline, how to resolve conflicts in positive ways and how to reduce the influence of electronic media. Classes are held virtually on Thursdays from 10AM-12PM beginning January 26, 2023. The course is free, but pre-registration is **REQUIRED** so that we can mail the class materials to you. Deadline for registration is January 15th and classes begin January 26th. Register here: <https://bit.ly/ACTJan2023> or call our Program Assistant Shantell Thomas at 470-310-3458. \$100 grocery gift card will be awarded to those who attend all nine sessions (cannot have previously completed the course)

Client of the Month- Ms. Loretta Jenkins

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

Ms. Loretta Jenkins is a 59-year-old proud grandmother raising her 9 grandchildren. She has been an active member with ISDD since 2005. She is our client of the month because she has a kind, caring heart and extremely active in our program. Ms. Jenkins recently fought hard to get her teenage granddaughter in her custody. Also, out of the kindness of her heart she took in her granddaughter's 2 friends, who were homeless. Ms. Jenkins is a strong advocate for all her grandchildren. She enjoys playing board games with her family. Her hobbies are cooking, baking, and fishing with her grandchildren. Ms. Jenkins advice to other grandparents who are raising children "Always love your grandchildren for who they are and you have to have a lot of patience".



Her favorite quote is "Love God first and take care of yourself".

SUPPORT GROUPS

We are happy to offer three in-person support groups and one virtual. DeKalb will have a morning session, Fulton will continue the evening family support group (adults, children and teens; childcare for children under 8) and we have added an additional morning meeting. A light dinner is served 6:00pm -6:30pm during the family support group.

RSVP required for in person

Virtual Adult Support 10AM-12PM	1/03- Topic: Working with children Impacted by Substance Abuse Guest- Nikesha Williams- HERO program Manager/ Chris 180	Google Meet: https://bit.ly/ISDDAdult Phone: 414-600-9528 PIN: 888 104 633#
DeKalb AM Adult Support 10:30 AM-12:30PM	1/10- Topic: Basics of Budgeting and Financial Literacy Guest- William Wesley- Delta Community Bank	DeKalb County Library System: Covington Highway Branch RSVP: https://bit.ly/PG01-10 Or 470-310-3458
Fulton PM Family Support 6PM-8PM	1/17 Support and Sharing RSVP: https://bit.ly/PG1-17 or 470-310-3458. A light dinner will be served 6:00 – 6:30 pm	Fulton Public Library System- Metropolitan Branch RSVP: https://bit.ly/PG1-17 or 470-310-3458
Fulton AM Adult Support 10:30 AM-12:30PM	1/24- Support and Sharing RSVP: https://bit.ly/PG01-24 or 470-310-3458	Fulton Public Library System- Mechanicsville Branch RSVP: https://bit.ly/PG01-24 or 470-310-3458



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