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(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

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Seasonal affective disorder: More than feeling sad

Seasonal affective disorder, or SAD, is a type of depression that is related to the changes in seasons.

What are the possible causes of SAD?

While the exact cause is unknown, it may be linked to the reduced amount of sunlight affecting the natural chemicals like serotonin and melatonin in your body that determine mood and energy levels and regulate sleep.

How does SAD differ from other types of depression?

SAD has a seasonal pattern, with recurring episodes happening more predictably during certain seasons — most commonly during the winter months.

Symptoms of seasonal affective disorder to watch for include:

- Difficulty concentrating
- Feeling persistently tired and fatigued, including feeling a loss of energy nearly every day of the affected months
- Losing interest in things you would typically enjoy, such as hobbies and social activities
- Feelings of worthlessness
- Persistently feeling down or sad
- Thoughts of suicide
- Weight changes, including weight gain or weight loss

- Sleep disturbances, which could include hypersomnia (sleeping too much) or insomnia (difficulty falling asleep)

Are there treatments available for SAD?

- Medications- An antidepressant prescribed by a healthcare professional can be an effective treatment option.
- Physical activity- Research has shown that exercising for 20 minutes at least three days a week has similar effectiveness to taking an antidepressant.
- Cognitive behavioral therapy (CBT)- CBT helps people learn how to manage their symptoms of depression or reduce the severity of the symptoms.

If you have a history of SAD, talk with your healthcare team about a plan to better manage your mood during the winter months.

For more information check out: <https://mayoclinic.org/4g2RLxB> from Seasonal affective disorder: More than feeling sad, written by Joel Streed



**SEASONAL
AFFECTIVE
DISORDER**
AWARENESS MONTH
DECEMBER

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! Attend 8 sessions and get a \$100 gift card. *New participants only.



Thursdays: 10:30 am-12:30 pm
Registration: <https://bit.ly/PASTA0125>
Jan.23, 2025 – Mar. 13, 2025

Location: ISDD
2302 Parklake Drive, Suite 110
Atlanta, GA 30345

Tech Tuesday with Georgia Tech

Project GRANDD has partnered with the Georgia Institute of Technology to bring the children and teen support groups Tech Tuesdays. Here they can build robots, fly drones, and so much more! This event will take place at our evening family support groups in Fulton and DeKalb County.



Evening Adult Virtual Support Group

Project GRANDD enjoys bringing you and your fellow caregivers together to engage with one another. We have decided to add an evening virtual support group to help fit your busy schedules. This new group will take place on the third Thursday of every month between 6 pm and 8 pm starting January 16, 2025.

<https://bit.ly/ISDDadult>

Phone: 256-581-5048

PIN: 611 544 546#



Client of the Month- Sharon Kelly-Dent



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

Sharon Kelly-Dent is a 67-year-old grandmother who is raising two of her grandchildren. Her grandson is 7 years old and her granddaughter is 17. She just recently took in her granddaughter after having Travis for most of his life. Having two children with a 10-year age gap presents its challenges however that does not stop Sharon from enjoying her time with them. She enjoys gardening with them and they love watching their labor pay off with new beautiful flowers. When she has some downtime, she enjoys watching comedies, crime, and drama TV shows. She believes in loving on kids, having patience, listening, and showing interest in what they like to do or watch on TV with them. As our client of the month, Sharon is always looking to make connections with people who are in the same boat as herself.



SUPPORT GROUPS

In observance of the upcoming holidays, we will not host the Fulton, Gwinnett, or DeKalb Evening Family Support groups. Please enjoy this time with your families. We will return to our regular support group schedule in January.

<p>AM Virtual Adult Support 10 AM-12 PM</p>	<p>12/3- Support & Sharing Guest: N/A https://bit.ly/ISDDadult Phone: 256-581-5048, PIN: 611 544 546#</p>	<p><i>Google Meet:</i> https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#</p>
<p>DeKalb AM Adult Support -Holiday Luncheon 12 pm-2 pm</p> <p>Scan QR code to bring an item to the potluck</p>	<p>12/10- Holiday Luncheon Guest: N/A RSVP: https://bit.ly/DeKalbAM or 470-310-3458</p> <p>Potluck Sign Up: https://bit.ly/ISDDPotluck</p> 	<p><i>DeKalb County Library: 3500 Covington Highway, Decatur</i> RSVP: https://bit.ly/DeKalbAM or 470-310-3458 Potluck Sign Up: https://bit.ly/ISDDPotluck</p> 
<p>Rockdale AM Adult Support 9AM-11AM</p>	<p>Caring for Our Kin-Workshop- see link below for dates and modules (12/2, 12/9, 12/16) RSVP: https://bit.ly/PGRockdale or 470-310-3458</p>	<p><i>Olivia Haydel Senior Center: 1240 Dogwood Drive</i> RSVP: https://bit.ly/PGRockdale or 470-310-3458</p>



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