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(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

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## Obesity –Associated Health Risk for Women

In the United States, the prevalence of obesity in both women and men is rapidly increasing. Obesity has been associated with many health complications in both men and women.

### Cardiovascular Disease

Women with obesity are more likely to develop high blood pressure, high cholesterol and type 2 diabetes (T2D), all of which increase the risk of heart disease.

### Type 2 Diabetes

Obesity is a significant risk factor for the development of T2D in both men and women. Among postmenopausal women, metabolic health and obesity are directly correlated with the risk of developing T2D.

### Cancer

Obesity is associated with an increased incidence of several types of cancer, including endometrial, renal, esophageal, ovarian and breast cancers in postmenopausal women and colorectal cancer in premenopausal women.

### Respiratory Diseases and Sleep Apnea

Obesity-related dyspnea is characterized by a reduction in lung volume and function. Additionally, obesity is a major risk factor for obstructive sleep apnea (OSA), a condition in which breathing is interrupted during sleep by upper airway obstruction.

### Liver, Gallbladder and Kidney Disease

The prevalence of nonalcoholic fatty liver disease (NAFLD) increases with increasing BMI.

### Musculoskeletal

Obesity increases the load and stress on the hip and knee joints, which can lead to the development of osteoarthritis.

### Urinary Incontinence

Excess body weight is thought to increase abdominal and bladder pressure, increasing urethral mobility and leading to urinary incontinence.

### Psychological

Women with obesity may experience negative psychological effects, such as decreased self-esteem and body image issues. This can lead to depression and anxiety, which can in turn exacerbate obesity and related health issues.



Reference: Apovian CM, Aronne LJ, Barenbaum S. Obesity and Women's Health. April 23, 2024. Accessed April 24, 2024. <https://www.healio.com/clinical-guidance/obesity/obesity-and-women-s-health-special-populations>

# Back to School 2024-2025

It's time for school supplies! If your children are in need of school supplies for the upcoming school year\*, please use the link provided <https://bit.ly/PGSchool24>. Forms must be completed by 6/14. If you have any questions please contact your case worker or Shantell (470) 310-3458.



\*Must meet participation requirements for this opportunity & be an active member of ISDD/ Project GRANDD

## 1-2-3 Magic

Dr. Thomas W. Phelan, a clinical psychologist with decades of experience, breaks the complex job of parenting down into 3 simple steps. 1-2-3 Magic focuses on calm, non-verbal communication and signaling to help your child regulate their emotions and respond more appropriately to the situation. It is appropriate to use with kids ages two to twelve, applies to neurotypical kids as well as kids with ADHD, learning disabilities, and other challenges.

**4- two hour in-home sessions  
Schedule with your case manager**

## Free Dental Care

The Ben Massell Dental Clinic offers comprehensive oral health services at no cost to adults who qualify based on income (at or below 125% FPL, residence (metro Atlanta) and lack of dental insurance. The services are provided by local dentist who volunteer their time.

700 Fourteenth St. NW  
Atlanta, GA 30318  
404-881-1858

\*Application required before appointment can be made

**Application:** <https://bit.ly/PGDental>

## March 2024 Kinship Survey Results

	March 24	March 23
	% Agree	% Agree
I do not feel as stressed out as I used to	86%	86%
I am enjoying life more now.	82%	82%
I think that I will be able to continue raising child(ren) in my care.	95%	94%
I feel that my relationship(s) with my grandchild(ren) has improved from before I became involved in Kinship Care	91%	90%
I would recommend the Kinship Care program to others who are in the same situation as myself.	98%	100%
I feel as if my overall health and sense of well-being have improved.	85%	94%

Number of Participants: 56  
Number of Surveys Issued: 150

Comments:

- Dental Care & Affordable housing
- Services in Henry County
- LIHEAP
- Intermittent help with utilities
- Help with unforeseen emergencies (vehicle and home repairs)
- Respite
- Tutoring

**We value your feedback!**

# Client of the Month- Cheryl Glover

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

Cheryl Glover is a 63 year old grandmother who has dedicated her life to raising her two grandchildren and helping with the care of the other grandchildren who do not live with her. Ms. Glover has been a member of Project GRANDD for over 5 years. She is our client of the month because she advocates for her grandchildren and takes their education very seriously. The family enjoys singing and dancing together any chance they get. She enjoys making sure her grandchildren listen to Saturday morning old school music and play with the family pet Stuy, a chiweenie. Some advice she would like to offer is that patience and unconditional love is a must when it comes to having a kinship family. Her favorite quote is “self-care is a must.” Thank you Ms. Glover for all of



your hard work and dedication. We are happy to have you and your family as a member of Project GRANDD!

## SUPPORT GROUPS

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

<b>AM Virtual Adult Support</b> <b>10AM-12PM</b>	<b>5/7- The Assertive Mindset</b> Guest: Dr. Pamela Thompson <a href="https://bit.ly/ISDDadult">https://bit.ly/ISDDadult</a> Phone: 256-581-5048 PIN: 611 544 546#	<i>Google Meet:</i> <a href="https://bit.ly/ISDDadult">https://bit.ly/ISDDadult</a> Phone: 256-581-5048 PIN: 611 544 546#
<b>Gwinnett PM Family Support</b> <b>6PM-8PM</b>	<b>5/13- Healthy Living</b> Guest: Lisa Harris- Medicare Advocate <b>RSVP:</b> <a href="https://bit.ly/PGGwinnettPM">https://bit.ly/PGGwinnettPM</a> or 470-310-3458	<i>Spectrum Autism Support Group Inc.:</i> 2997 Main St., Duluth *new <b>RSVP:</b> <a href="https://bit.ly/PGGwinnettPM">https://bit.ly/PGGwinnettPM</a> or 470-310-3458
<b>DeKalb AM Adult Support</b> <b>10:30 AM- 12:30PM</b>	<b>5/14- Understanding Obesity</b> Guest: Patrick A. Brown- Amerigroup 360 <b>RSVP:</b> <a href="https://bit.ly/DeKalbAM">https://bit.ly/DeKalbAM</a> or 470-310-3458	<i>DeKalb County Library:</i> 3500 Covington Highway, Decatur <b>RSVP:</b> <a href="https://bit.ly/DeKalbAM">https://bit.ly/DeKalbAM</a> or 470-310-3458
<b>Fulton PM Family Support</b>	<b>5/21- CANCELED – due to election</b>	<b>DON'T FORGET TO VOTE!</b>
<b>DeKalb PM Family Support</b> <b>6 PM-8 PM</b>	<b>5/28- Forgiving Yourself &amp; Others</b> Guest: Dr. Pamela Thompson <b>RSVP:</b> <a href="https://bit.ly/DeKalbPM">https://bit.ly/DeKalbPM</a> or 470-310-3458	<i>New Life Community Alliance:</i> 3592 Flat Shoals Rd, Decatur, <b>RSVP:</b> <a href="https://bit.ly/DeKalbPM">https://bit.ly/DeKalbPM</a> or 470-310-3458



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Visit us on the Web: [www.isdd-home.org](http://www.isdd-home.org)

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