

# Support Groups & Events

## Caregiver Support

Open to all caregivers  
Tuesdays at 10 AM & 7:30 pm

## Child Groups

(Ages 8-12)  
October 14th  
6pm-7pm

## Teen Groups

(Ages 13-19)  
October 28th  
6pm-7pm

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## Link for ALL GROUPS

Link: <https://bit.ly/grandd20>  
Dial In: 414-600-9528  
PIN: 888 104 633 #



Do you need help with absentee voting or other voting needs? Contact your case manager with any questions or concerns. Make your voice heard!

## Surveys

- Help us gauge your opinion of Project GRANDD and the program's impact on Kinship families. Please take a moment to fill out this survey:  
<http://bit.ly/granddsurvey>
- All children, regardless of school enrollment or meal eligibility status, can receive free meals through their school. Are you taking advantage of this? Either way, let us know so that we can help you! Please take a moment to fill out this survey:  
<http://bit.ly/granddfood>



**It's that time of the year!**  
**Adopt-a-Family** is almost here!

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Visit <http://bit.ly/GRANDDchristmas> to find out more details and apply for this year's gift assistance program!

# October is Breast Cancer Awareness Month!



## THE IMPORTANCE OF SCREENING

The goal of screening is to catch cancers early. Early-stage cancers are easier to treat than later-stage cancers, and the chance of survival is higher. Routine screening for breast cancer lowers one's risk of dying of breast cancer. Screening for breast cancer is done by mammography. "I cannot stress enough the importance of early detection and screening," states Dr. Constance Lehman, professor of radiology at the University of Washington School of Medicine and director of breast imaging at the Seattle Cancer Care Alliance.

## RISK FACTORS

Several primary risk factors are believed to increase the likelihood of breast cancer. However, it's important to keep in mind that most people with one or even several of these risk factors do not get breast cancer. The Mayo Clinic and National Cancer Institute list these primary risk factors:

- Age
- Chest radiation as a child
- Start of menarche before the age of 12
- Adolescent weight gain
- No pregnancy or late pregnancy (after 30)
- Lengthy use of oral contraceptives
- Post-menopausal weight gain
- Late menopause (after age of 50)
- Increased breast tissue density

Excessive exposure to estrogen, the hormone that promotes the appearance of female secondary sex characteristics, appears to be the leading factor in developing breast cancer. Exposure to a combination of estrogen and progesterone for over a four-year period also increases the risk of breast cancer. Secondary factors, including **smoking, obesity, alcohol, family history, diet, and stress, are also significant.** As with reducing the risk of all cancers, a healthy lifestyle, including a good diet, frequent exercise, and moderate stress, is recommended. **Genetics** may also play a role in breast cancer. Even though less than 10 percent of the breast cancer cases are inherited, women with a family history of the disease have a much greater risk of breast (and ovarian) cancer.

# BREAST CANCER IN SENIORS

Eighty percent of all breast cancer occurs in women over 50, and 60% are found in women over 65. The chance that a woman will get breast cancer increases from 1-in-233 for a woman in her thirties, to a 1-in-8 chance for a woman in her eighties.

“The average age of diagnosis is 62,” says Dr. Julie Gralow, associate professor of medical oncology at the University of Washington School of Medicine and medical oncologist at the Seattle Cancer Care Alliance. “So the majority of women getting breast cancer are over the age of 50.”

Gralow is especially concerned about the lack of women over 70 years of age in clinical trials.

“There are several situations unique to our older patients. We find it difficult to determine the toxicity levels of chemotherapy,” she explains, “because we simply don’t have enough information. This is significant because older women tend to have more tumors and thus be more sensitive to estrogen receptor positivity; or they might avoid chemotherapy altogether.”

Lack of information is just one of several issues surrounding breast cancer in seniors. An obligation as routine as visiting the doctor can prove challenging if the patient cannot drive or does not have anyone to take her to the appointment. This is quite significant with cancer treatment, as the patient must make six-to-eight weeks of daily trips to the hospital for radiation therapies.

## Breast Cancer Resources In and Around Atlanta

- Good Samaritan Health Center
- Your County’s Local Health Department
- WellStar Atlanta: Free Mammography during certain months
- Certain Northside Imaging Locations (Midtown, Hapeville, West Paces, Galleria) : free mammograms to underinsured women at specific locations

Reach out to your case manager for more resources!

## Resource Corner

- United Way of Greater Atlanta **food, housing, medical & more resources:** <https://www.unitedwayatlanta.org/coronavirus/>
- **Budgeting and Money Management for Seniors** <https://www.ncoa.org/economic-security/>
- **Don't Forget to Get Your Flu Shots!**  
Most people qualify for low-cost or free flu shots. Check with your doctor's office or your local pharmacy to find out more details.

**Project GRANDD**  
**A Program of Innovative Solutions**  
**for Disadvantage & Disability**  
4282 Memorial Dr. Ste. B

## Contact Us

Morgan	470-310-3452
Cindy	470-798-3025
Sherri	470-310-3459
Ashlyn	470-310-3458

### Reminder

If your family needs assistance with rent payments, mortgage payments, utilities, or groceries (related to COVID-19), please contact your case manager.

PLACE  
STAMP  
HERE