



Support Groups & Events

Caregiver Support

Link: <https://bit.ly/grandd20>

Dial In: 414-600-9528

PIN: 888 104 633 #

Tues September 1

Nutrition

Tues September 8

IEP and Virtual Learning

Tues September 15

Support & Sharing

Tues September 22

Note Different Link

Virtual Field Trip: Money SMART

Zoom Link:

<http://bit.ly/virtualgranddfieldtrip>

Meeting ID: 883 4365 2042

Tues September 29

Virtual Field Trip Follow Review

Child/Teen Groups

September 9th/10th

September 23rd/24th

Please contact your child's group facilitator if you have any questions or concerns regarding these groups.

NEW Groups

Tuesday EVENINGS 7:30pm-8:30pm

To work with school starting back, we are going to be starting a Tuesday evening group with the same topics as the day time groups listed to the left*.

*Tues September 22 & September 29 EVENING will not be the same as topics during the day time.

Please use this link for 9/22 & 9/29:

<https://bit.ly/grandd20>

Dial In: 414-600-9528

PIN: 888 104 633 #

Special September Parenting Education

Thursday Evenings 6:30pm-8:00pm

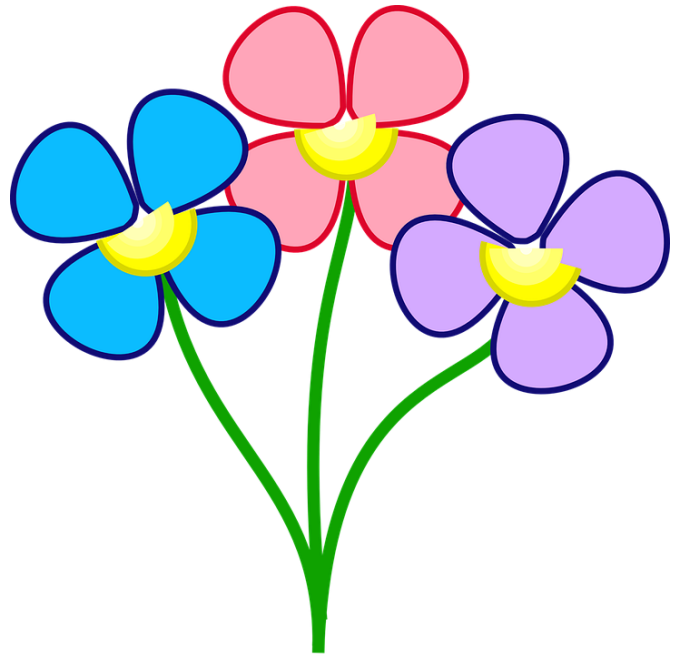
Link: <https://meet.google.com/vmr-htmh-jdq>

Dial In: 518-348-9797

Happy Grandparents' Day!

We gather here to celebrate all you've done
For caring for your granddaughter and/or your grandson
You took on this awesome task that no one else could do,
Because no one loves and cares for your grandchild quite like you.
You had the courage to start all over again
Raising your grandchild at an age when
You thought you might retire, travel and rest
But the children needed caregivers, and they needed the best.
Some came to you in pampers and most in tears
Needing nurturing and someone who cares.
Others came as toddlers, exploring the world on the run
You couldn't believe this happened—after you thought you were done.
Still others came at school age, when they needed guidance and direction
Science may have baffled you but you are great at giving affection.
And some of you have teenagers, oh my, what can I say.
Just keep reminding yourself that they won't stay this way.
We know it has not been easy— often quite a heavy load
And there have been many bumps along the road
You've been misunderstood, labeled and denied the services you need
Often criticized and not recognized for your labor or your good deed.
But we are here to honor you who have done so much
To change the lives of children with your special touch
We thank you grandparents: we thank you once, we thank you twice
And know you are appreciated for the rest of your life. Thank you, grandparents.

Sincerely, ISDD & Project GRANDD



Member Recipe

Easy Eggplant Parmesan

Submitted by Joyce McKibben

INGREDIENTS

- 1 large eggplant
- 1 teaspoon salt(for soaking and removing bitter taste)
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon of sea salt
- ½ cup marinara sauce
- ¼ cup of Parmesan cheese

Cut ends from eggplant and slice into ¼ inch rounds. Place single layer of eggplant on paper towel in baking sheet, sprinkle with salt and let stand for 30 minutes to remove moisture and bitter taste.

Preheat oven to 400 degrees Fahrenheit (while waiting on salt process). Lightly grease a large baking sheet. Rinse salt from eggplant after 30 minute process and pat dry.

Due to the various diets PLEASE add seasoning according to diet or taste.

Sprinkle salt, pepper, garlic powder and onion powder Pour marinara sauce over eggplant. Sprinkle Parmesan cheese .

Bake on 400 for 30-35 minutes & ENJOY

Health Corner

September is Healthy Aging Month and a great time to get started on better health practices! Here are some tips to help “Reinvent Yourself” and focus on healthy aging during September. Pulled from an article found on HealthyAging.net.

1. Be positive in your conversations and actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.
2. Smile often. It’s contagious and wards off naysayers.
3. Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.
4. Stand up straight! Fix your stance and practice it every day, all day until it is natural. You will look great and feel even better!
5. Try to get outside or go on a walk at least once a day.
6. Have you set up your annual physical and other health screenings? Let this serve as your reminder!
7. Find your inner artist. Paint, create, or look up online art tutorials to get your creativity flowing.

Resource Corner

- P-EBT is available for families who receive free or reduced lunch at school but do not qualify for food stamps. **You will need to apply by September 25.** <https://dfcs.georgia.gov/pandemic-electronic-benefit-transfer>
- Virtual Event You May Be Interested In: **Deepening Engagement: Keeping Kids in School During a Pandemic. September 10 from 6:00pm-7:30pm.** Register at <https://bit.ly/ReopeningSchools3>
- United Way of Greater Atlanta **food, housing, medical & more resources:** <https://www.unitedwayatlanta.org/coronavirus/>

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