

**GRANDPARENTS RAISING AND NURTURING
DEPENDENTS WITH DISABILITIES**

VOLUME 14/ISSUE 7 February 2020

February Project GRANDD Support Groups

DeKalb County Daytime Session

Second Thursday of Every Month from 10:30am to 12:30pm
Covington Branch of DeKalb Public Library
3500 Covington Hwy, Decatur, GA 30032

This month: **Thursday February 13th, 2020- 10:30 AM**

Topic: MONEY MANAGEMENT presented by Operation HOPE



Fulton County Daytime Session

Third Tuesday of Every Month from 10am to 12:00 PM
Martin Luther King Jr. Recreation Center
110 Hilliard St SE, Atlanta, GA 30312

This month: **Tuesday February 18th, 2019- 10 AM**

Topic: PREVENTIVE SERVICES = BETTER HEALTH



Improve your health and reduce your risk of chronic disease by becoming familiar with needed immunizations, screenings and services. Learn about preventive services that Medicare covers as well as other free and low-cost services.

Presented by Atlanta Regional Commission

GRANDDS and KIDS Evening Support

Join us for an Evening Support Group for Grandparents Raising Grandchildren with Special Needs & Children's Support Groups



Monday, February 24th, 2019
6:00pm to 8:00pm (Dinner Served 6:00 to 6:30)

Metropolitan Library
1332 Metropolitan Pkwy SW Atlanta, GA 30312

Topic this month: Support & Sharing

All are invited to attend an evening support group for grandparents raising grandchildren with special needs and **separate mental health support groups for children aged 8-18**. Childcare will be provided for children under 7.

Register to attend by email to rsvp@isdd-home.org or call 470-310-3458 by February 20th, 2020.

NEW DEKALB EVENING SUPPORT GROUP

We are so excited to be beginning a new evening support group for the DeKalb area. Join us for food, fun, educational speakers & sharing. All ages invited. Grandparents and relatives raising kin will meet to share support with each other. Children and teens will have separate support groups. Childcare will be provided for children 7 & under.

Location:

New Life Community Center, Building 1
3592 Flat Shoals Road
Decatur, Georgia 30034

3rd Wednesday each month from 6-8pm
Starts Wednesday February 19th, 2020

RSVP required!

Please RSVP to Ashlyn at 470-310-3458
or rsvp@isdd-home.org **by February 17th**

**Need Help?
Have a Question?
Contact Us**

ISDD OFFICE

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Senior Day at the Capitol

If you have never been to the Capitol, this is a great opportunity to speak to your House and Senate representatives about issues that matter to you. This is also a great opportunity to learn about what bills are currently being voted on that affect you as seniors. Spots are limited.

If interested, please contact Cindy @ 470-798-3025.

HEALTH CORNER

How You Can Prevent Chronic Diseases

Many chronic diseases are caused by key risk behaviors. By making healthy choices, you can reduce your likelihood of getting a chronic disease and improve your quality of life.

Quit Smoking

Stopping smoking (or never starting) lowers the risk of serious health problems, such as heart disease, cancer, type 2 diabetes, and lung disease, as well as premature death—even for longtime smokers. Take the first step and call 1-800-QUIT-NOW for FREE support.

Eat Healthy

Eating healthy helps prevent, delay, and manage heart disease, type 2 diabetes, and other chronic diseases. A balanced diet of fruits, veggies, whole grains, lean meats, and low-fat dairy products is important at any age. If you are overweight, losing even 5% to 7% of your body weight can help prevent or delay type 2 diabetes.

Get Regular Physical Activity

Regular physical activity can help you prevent, delay, or manage chronic diseases. Aim for moderate physical activity (like brisk walking or gardening) for at least 150 minutes a week.

Avoid Drinking Too Much Alcohol

Over time, excessive drinking can lead to high blood pressure, various cancers, heart disease, stroke, and liver disease. By not drinking too much, you can reduce these health risks.

Get screened to prevent chronic diseases or catch them early, visit your doctor regularly for preventive services such as screening tests for cancer, diabetes and high blood pressure, which can lead to strokes.

Get Enough Sleep

Insufficient sleep has been linked to the development and poor management of diabetes, heart disease, obesity, and depression. Adults should get at least 7 hours of sleep daily.

Know Your Family History

If you have a family history of a chronic disease, like cancer, heart disease, diabetes, or osteoporosis, you may be more likely to develop that disease yourself. Share your family health history with your doctor, who can help you take steps to prevent these conditions or catch them early.

For this article and more information on how to prevent chronic disease, see the CDC website: <https://www.cdc.gov/chronicdisease/about/prevent/index.htm>

RESOURCE CORNER

Summer Camp & Enrichment Expo

Summer break is closer than you know so NOW is the time to make plans for fun times and enriching activities for kids! Please join us for our Annual Summer Camp Fair February 21, 2020, 10:00 a.m. - 1:00 p.m. at the APS Coan Building, 1550 Hosea L. Williams Dr., Atlanta, GA 30317. Camps with multiple areas of interest will share application deadlines, costs and more. For details, email eholland@atlanta.k12.ga.us. See you there!

Free Tax Assistance

You do not have to pay for filing, loans or rapid refunds!

Let United Way help save you money.

Text 2110D to 898211 and choose #3 for tax help.

They will provide a local free site to assist you.

PROJECT GRANDD
A program of Innovative Solutions for
Disadvantage & Disability
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