



# Project GRANDD



## November Groups & Events

MON	TUES	WED	THURS	FRI
02	03 10:00 AM only: Topic: Nutrition	04	05	06
09	10 10 AM / 7:30 PM: Legal Aid presents: Legal Issues & Kinship Families	11 6:00 PM: Children Support Group (Ages 8-12)	12	13
16	17 10:00 AM only: Topic: Self Care for Kinship Caregivers	18 6:00 PM: Teen Support Group (Ages 13-19)	19	20
23	24 10:00 AM only: Thanksgiving Group	25	26 Happy  Thanksgiving!!	27

### Link & Info for ALL GROUPS

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

Dial In: 414-600-9528

PIN: 888 104 633 #

# November is National

## Diabetes Month



Learning to recognize the signs of diabetes could increase your chance of an early diagnosis. Make sure you talk to your doctor if you think you are experiencing these symptoms.

1. **Going to the bathroom more than the usual amount**
2. **Feeling very thirsty all the time**
3. **Having itchy skin**
4. **Having an increased appetite**
5. **Feeling tired or drowsy**
6. **Experiencing blurred vision**
7. **Feeling pain or numbness in feet or legs**
8. **Cuts and scrapes taking longer to heal**
9. **Rapid, extreme weight loss or weight gain**
10. **Experiencing yeast infections**

### When to See a Doctor

Doctors can test for diabetes using a simple blood test. If you are experiencing some of the above symptoms, and particularly if you are experiencing any of them in combination with one another, you should see a doctor to check whether diabetes could be the cause. Early diagnosis and careful management can prevent many serious complications of diabetes.

### Diabetes Resources Around Atlanta

- Diabetes Association of Atlanta Possibility of up to 6 months of assistance for diabetes medication and supplies. Visit [www.diabetesatlanta.org](http://www.diabetesatlanta.org) or call 404-527-7150 ext. 112 for more information.
- Mercy Clinic North– Atlanta Free and sliding scale clinic with diabetes screening along with other services. Mon-Fri 8:30am-5pm and Tues Evenings from 6pm-8pm. Call 678-843-8700 for more information.
- Grady Health System– Asa G Yancey Health Center Sliding scale (may not be free depending on your income), accepts Medicaid, Medicare, Peachcare, Private Insurance. Mon-Fri 8am-5pm. Call 404-616-2265 for more information.

**Please reach out to your case manager for more information and access to low-income/free diabetic services in and around the Atlanta area.**

# Thanksgiving Gatherings and COVID-19

(An article from the CDC Website)

Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved.

## Lower Risk Activities

- Having a small dinner with only people who live in the household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner with family and friends
- Watching sports events, parades, and movies from home

## Moderate Risk Activities

- Having a small outdoor dinner with family and friends who live in your community
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching things, wearing masks is enforced, and people are able to social distance
- Attending a small outdoor sports event with safety precautions in place

**Higher Risk Activities:** Avoid these higher risk activities to help prevent the spread

- Attending crowded parades
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- Attending large indoor gatherings with people from outside of your household
- Going shopping in crowded stores

## 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**  
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## Contact Us

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**Happy  
Thanksgiving  
from Project  
GRANDD!**

PLACE  
STAMP  
HERE