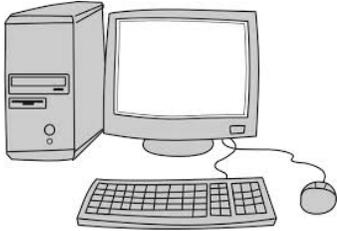


April Project GRANDDD Virtual Support Groups



Unfortunately, we are having to cancel in-person support groups until further notice due to COVID-19. However, we are excited that we can still find ways to meet and talk with you. We are going to start virtual support groups via Google Hangouts.

This means you can video chat or call in over the phone to join in on your usual support groups.

Support groups dates and times will be held according to our usual schedule that you are used to, but for now we will just be doing daytime groups.

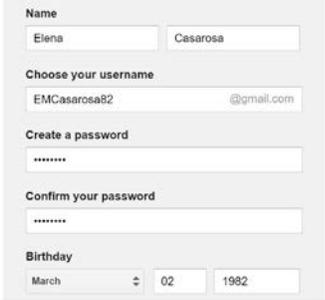
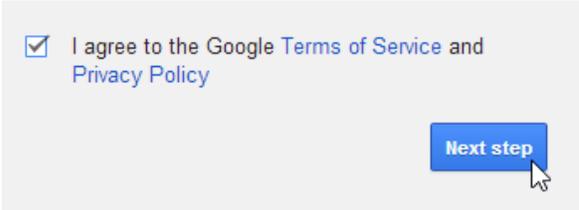
**This Month's Topic for All Groups:
Kinship Families and COVID-19: Tips to Make it Through**
Thursday, April 9, 2020—10:30am-12:30pm
Tuesday, April 21, 2020—10:00am-12:00pm

Below, you will find out how to make a Google/Gmail Account, and then how to download the Google Hangouts app in order to participate in the virtual support group. Before each support group, we will send the link that will take you directly to the meeting, as long as you have your account and app set up.

Please reach out via text or call to Ashlyn at (404) 310-3458 if you are interested and/or have any questions about getting an account set up.

First: Make a Google/Gmail Account If You Don't Have One Already

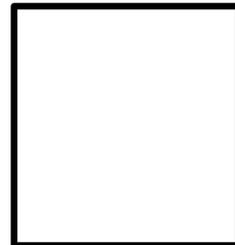
<p>1. Go to www.google.com . Locate and select the Sign In button in the top-right corner of the page.</p>	
<p>2. Click Create an account.</p>	

<p>3. The signup form will appear. Follow the directions by entering the required information, such as your name, birthdate, and gender.</p>	
<p>4. Review Google's Terms of Service and Privacy Policy, click the checkbox and then click Next step.</p>	
<p>5. Your account will be created.</p>	

Next: You're Ready to Download the Google Hangouts Application!

How to Download Google Hangouts Onto Your Phone or Mobile Device

1. Download the Google Hangouts app from your App Store and open it on your phone.



2. Allow the app to access your Google account.
3. You're good to go! Look out on your Gmail for an invitation to the Virtual Support Group. Follow this link to take you directly to the virtual meeting.

How to Set Up Google Hangouts on a Computer/Laptop/Desktop

1. Log into your Google account, then type: "hangouts.google.com" into the browser bar at the top of the screen. **(Continued on Next Page)**

2. Click through the intro screen until you land on your Hangouts homepage, which will have a list of any ongoing chats on the left and will offer you three options in the center of the page, "Video Call," "Phone Call," and "Message."

3. You're good to go! Look out on your Gmail for an invitation to the Virtual Support Group. Follow this link to take you directly to the virtual meeting.

HEALTH CORNER

How COVID-19 Spreads

COVID-19 is a new disease and we are still learning how it spreads, the severity of the illness it causes, and to what extent it may spread in the United States.



- 1. Person-to-person spread:** the virus is thought to spread mainly from person-to-person.
 - a. Between people who are in close contact with one another (within 6 feet)
 - b. Through respiratory droplets produced when someone coughs or sneezes (these droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs).
- 2. Can someone spread the virus without being sick?**
 - a. People are thought to be most contagious when they are showing symptoms (the sickest).
 - b. Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way it spreads.
- 3. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly eyes,** but this is not thought to be the main way the virus spreads.
- 4. In the U.S.,** all 50 states have reported cases of COVID-19 to the CDC.

How to Protect Yourself and Others



- 1. Wash your hands often** with soap and water for at least 20 seconds
 - a. Or use a hand sanitizer that contains at least 60% alcohol
 - b. Avoid touching your eyes, nose, and mouth with unwashed hands
- 2. Avoid close contact** with people who are sick
 - a. Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.
 3. **Stay home if you're sick,** except to get to medical care
 4. **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow, then immediately wash your hands or use hand sanitizer
- 5. Wear a facemask if you are sick** and around other people, **if you are not sick you do not need to wear one unless caring for someone who is sick**
- 6. Clean and disinfect** frequently touched surfaces daily (doorknobs, phones, etc.)



RESOURCE CORNER

Atlanta Community Food Bank Help Map:

www.acfb.org/covid-19-help-map -- just put in your address and the site will lead you to the food bank or agency closest to you!

Find Food Near You With Just a Text:

Text **FINDFOOD** or **COMIDA** to **888-976-2232**

Atlanta Public Schools delivering food along its bus routes daily. To see times and locations, visit www.atlantapublicschools.us/page/62031

Check out this 11Alive News article to find out where Metro Atlanta schools have food pickup and delivery articles: bit.ly/AtISchoolMeals

Hang in there, this is really hard for everyone. We're here for you if you need us! Your case managers are working remotely to help you with whatever you need. Don't hesitate to reach out!

Laura Wells, Program Director
lauraw@isdd-home.org
470-310-3452

Sherri Feliccia, Case Manager
sherrif@isdd-home.org
470-310-3459

Cindy Stroud, Case Manager
cindys@isdd-home.org
470-798-3025

PROJECT GRANDD
A Program of Innovative Solutions for
Disadvantage & Disability
4282 Memorial Dr. Ste. B
Decatur GA 30032