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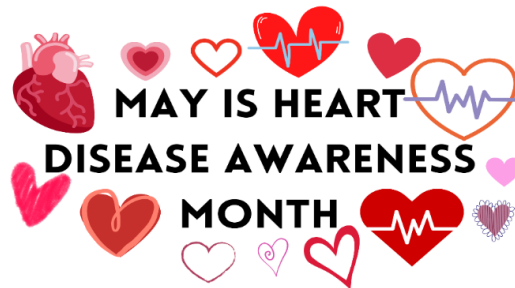
A program of:



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## WHAT IS HEART DISEASE?

Heart disease refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack. Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or arrhythmia.

When these events happen, symptoms may include: chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, shortness of breath, fluttering feelings in the chest (palpitations), shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

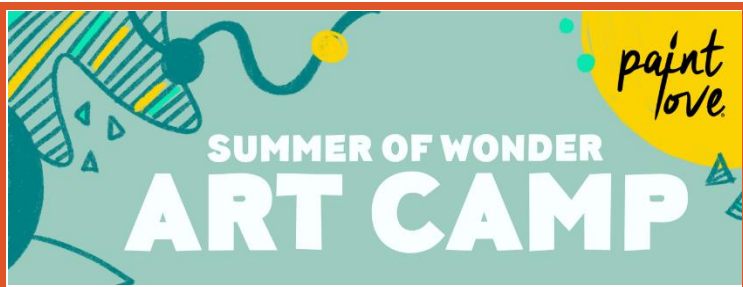
High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease.

About half of people in the United States (47%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including: Diabetes, Overweight and obesity, Unhealthy diet, Physical inactivity, and Excessive alcohol use.

Ways to exercise your heart: go for a brisk walk, play soccer, take an aerobics class, do yard work, bicycle, jog, play basketball, walk your dog, jumping jacks, wash your car by hand, clean the house, work out to a fitness video, use a stair stepper, dance, swim, march in place while watching television, take the stairs instead of the elevator, go for a run or roller skate.

Source:  
Centers for  
Disease Control and  
Prevention





## PLEASE VOTE - MAY 24!

Primary elections **draw only 20% of voters** - that means **YOUR** participation carries more weight!

At stake is one of our US Senate seats and more.

- Early voting - **May 2 – May 20**
- Mandatory Saturday - **May 7**

New voting laws are making it more difficult to vote, so it is **vital to participate - now more than ever**. Check your voter registration status and see a sample ballot at <https://mvp.sos.ga.gov/s/>.

We can't tell you how to vote, but we can tell you it is important!

Paint Love has partnered with ISDD to offer a **FREE** week long summer camp to children ages 8-12 or rising 3<sup>rd</sup>-6<sup>th</sup> graders. Paint Love is a non-profit that empowers children through art. Professional staff teach campers art techniques and skills and encourage children to think creatively and take positive actions in their lives.

Art supplies, snacks, and lunch are provided. Limited scholarships are available. If you are interested, please contact **Thindiwia Meredith (Program Director)** at **470-310-3452** no later than **May 15th!**

### *Shepard's Pie Recipe – Mayo Clinic*

**Ingredients:** 2 med potatoes, cut into nickel-sized cubes, 1 tsp olive oil, ½ cup ea. chopped onions and carrots, 1 lb lean ground beef, ½ 1lb ground turkey breast, 1 tbl tomato paste, ½ tsp ea. rosemary & thyme. ¼ tsp ea. salt & black pepper, 2 c. chicken stock, ½ c. ea. frozen peas & corn –thawed, 1 c. skim milk, 1 tbs. butter, 1/8 tsp salt.

**Directions:** Heat oven to 400°F. Boil potatoes in until tender. Heat oil in med pan over med Heat. Sauté veggies until tender. Add beef & turkey. When meat is thoroughly cooked, add tomato paste, spices, salt & pepper. Add stock & cook 10 mins; stir in peas & corn. Cook until most of stock is absorbed; place mixture in casserole dish. Drain water off potatoes, return to pot over med heat. Add milk, butter & salt. Mash potatoes until smooth consistency. Spread over meat mixture & bake for 20 minutes or until slightly golden brown around the edges. Serve hot.

## MAY FOOD BOX

Cargivers who are 55+ can receive a delivery of healthy food in May including meat, dairy, fresh fruit and vegetables, pantry items and more. Sorry, we cannot accept individual orders, only substitutions to accommodate allergies or special dietary needs.

**Contact your case manager if you would like to receive a food delivery.** The May food box includes ingredients for the above recipe.

## Client of the Month: Thuringa “Pinky” McGinty

*Each month we highlight a Project GRANDD caregiver so we can get to know each other*

“Pinky” McGinty is 46 and the caretaker of her grandchild, Jessi, who is 7 years-old and has Autism. Pinky loves spending quality time with Jessi, whether it be reading, building Legos or completing puzzles together. In her spare time, Pinky loves to cross-stitch and travel as much as she can. She was chosen as Client of the Month by her case manager because Pinky has demonstrated that she is willing to do all that it takes to properly care for Jessi, ensuring she thrives and can be successful. Pinky is able to express her needs and has no issues with asking for help to assist her to raise a child with Autism.



Pinky was eager to participate in the ACT parenting class to learn new parenting skills and has been an active participant each week. Pinky takes advantage of all community resources to better support her and Jessi. She took the initiative to participate in individual counseling to help her manage stress. Pinky also maintains consistent contact with Jessi's teachers and other educational professionals at her school.

### SUPPORT GROUPS

In-person support groups (adults, children and teens; childcare for children under 8) are on the third Tuesday of each month unless stated otherwise.

Light dinner served 6:00 – 6:30 pm. RSVP required @ 470 310-3452

**Virtual support groups will continue for those who cannot attend in-person.**

<b>Adult Support</b> <b>10AM-12PM</b>	<b>05/03-</b> Support & Sharing <b>05/10-</b> Support & Sharing <b>05/24-</b> Healthy Heart Habits with Matilda Gibbons. Sponsored by Sonder Health Plans	Google Meet: <a href="https://bit.ly/ISDDAdult">https://bit.ly/ISDDAdult</a>  Phone: 414-600-9528 PIN: 888 104 633#
<b>Family Support</b> <b>6PM-8PM</b>	<b>05/17-</b> Support & Sharing	Fulton Public Library System-Metropolitan Branch (RSVP) 470-310-3452
<b>Child Support</b> <b>6PM-7PM</b>	<b>05/04-</b> Sharing & Games	Google Meet: <a href="https://bit.ly/ISDDChild">https://bit.ly/ISDDChild</a> Phone: 617-675-4444 PIN: 730 691 702 0287#
<b>Teen Support</b> <b>6PM-7PM</b>	<b>05/11-</b> Sharing & Games	Google Meet: <a href="https://bit.ly/ISDDTeen">https://bit.ly/ISDDTeen</a> Phone: 929-226-1946 PIN: 508 364 396#



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