



## March Groups & Events

<b>TUESDAY, MARCH 2nd</b> <b>@ 10 AM</b>	<b>Support &amp; Sharing with TRIVIA!</b> Come WIN a prize!
<b>TUESDAY, MARCH 9th</b> <b>@ 10 AM</b>	<b>How To Deal with a Child That Struggles with Drug and Alcohol Addiction</b>
<b>WEDNESDAY, MARCH 10th</b> <b>@ 6 PM</b>	<b>Kids &amp; Their Caregivers:</b> We need you! Come see what children's group is all about and tell us what you want. (Ages 8-12)
<b>TUESDAY, MARCH 16th</b> <b>@ 10 AM</b>	<b>Basics of Budgeting</b> presented by Delta Community Credit Union
<b>TUESDAY, MARCH 23rd</b> <b>@ 10 AM</b>	<b>Hope, Optimism, &amp; Confidence</b> presented by C Moore Angels
<b>WEDNESDAY, MARCH 24th</b> <b>@ 6 PM</b>	<b>Teens &amp; Their Caregivers:</b> We need you! Come see what teen group is all about and tell us what you want. (Ages 13-19)
<b>TUESDAY, MARCH 30th</b>	<b>No Support Group Today</b>

**New Class Alert!** ACT Parenting Program beginning March 17th, Wednesdays from 3-5 PM on Google Meets. Come and learn parenting techniques that will assist you in raising healthy, positive children. This class is for those raising children 8 and younger. Please reach out to your case manager if you are interested.

### Link & Info for ALL GROUPS

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

OR Use your phone and call in! 414-600-9528, PIN: 888 104 633 #

# Member Corner

Welcome to the Member Corner! This new part of our newsletter will be used to spotlight YOU, our Project GRANDD members. Here we will tell your stories, share your experiences, and connect you with other members in Project GRANDD.

## **MARCH MEMBER OF THE MONTH: Ms. Annie Jefferson**

**Age:** 76 years old

**Who you are raising:** 1 great-granddaughter, age 10. Her name is Zyasya and she is in the 4th grade at DeKalb Preparatory Academy School.

**Favorite activity to do with the child(ren) you are raising:** We love reading together. She's in a graphic novel book club.

**Favorite hobby:** Sewing and cooking

**How long have you been a part of Project GRANDD?** Since 2019

**Ms. Annie's advice for other caregivers raising relative children:** Work is love made visible. It's hard work to raise our grands but if love is there we will see the end result. Keep the faith. Share yourself like a flower shares its sweet fragrance.

**Why Cindy Nominated Ms. Annie Jefferson for Member of the Month:** Ms. Jefferson was nominated because she attended all support groups in February. Ms. Jefferson always makes it her duty to follow up with emails and calls swiftly. Ms. Jefferson is always encouraging others to continue to be great.



# March is National

## Kidney Month!



(Article taken from: National Institute of Diabetes and Digestive and Kidney Diseases)

Chronic kidney disease (CKD) is a serious condition affecting 37 million people. Often overlooked until symptoms appear, CKD is progressive and can put you at risk for serious health complications including kidney failure. Adopting a healthy lifestyle can help you manage and slow progression of CKD and its complications. Follow these healthy lifestyle tips to take charge of your kidney health:

1. Meet regularly with your health care team. Staying connected with your doctor, whether in-person or using telehealth via phone or computer, can help you maintain your kidney health.
2. Manage blood pressure and monitor blood glucose levels. Work with your health care team to develop a plan to meet your blood pressure goals and check your blood glucose level regularly if you have diabetes.
3. Take medicine as prescribed and avoid NSAIDs like ibuprofen and naproxen. Your pharmacist and doctor need to know about all the medicines you take.
4. Aim for a healthy weight. Create a healthy meal plan and consider working with your doctor to develop a weight-loss plan that works for you.
5. Reduce stress and make physical activity part of your routine. Consider healthy stress-reducing activities and get at least 30 minutes or more of physical activity each day.
6. Make time for sleep. Aim for 7 to 8 hours of sleep per night.
7. Quit smoking. If you smoke, take steps to quit.

It may seem difficult, but small changes can go a long way to keeping your kidneys and you healthier for longer.

Find out more at [www.niddk.nih.gov/health-information](http://www.niddk.nih.gov/health-information)

# Resource Corner

- **COVID-19 Vaccine Info:**  
[cdc.gov/coronavirus/2019-ncov/vaccines/faq.html](https://cdc.gov/coronavirus/2019-ncov/vaccines/faq.html)
- **COVID-19 Vaccine Site Locator:**  
[dph.georgia.gov/locations/covid-vaccination-site](https://dph.georgia.gov/locations/covid-vaccination-site)
- **Childcare Resource:** See if you qualify for help with childcare at [decal.ga.gov/caps/solve.aspx](https://decal.ga.gov/caps/solve.aspx)

**If you need assistance in making a COVID-19 Vaccine appointment please reach out to your case manager.**

## Contact Us

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

## Project GRANDD

### Funded In Part By:



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