



May Groups & Events

TUESDAY, May 4th @ 10 AM	Support Group & Trivia: Come test your knowledge and win a prize!
WEDNESDAY, MAY 5th @ 6 PM	Children's Support Group: Ages 8-12
SUNDAY, MAY 9TH	Happy Mother's Day from Project GRANDD!
TUESDAY, MAY 11TH @ 10 AM	Stress Management—Meditation presented by Tingli Xing
<u>MONDAY</u> MAY 17TH @ 10 AM	Psychology of Spending presented by: Delta Community Credit Union
WEDNESDAY, MAY 19TH @ 6 PM	Teen's Support Group: Ages 13-19
TUESDAY, MAY 25TH @ 10 AM	Benefits Navigation presented by Alicia with Social Security

Link & Info for all groups

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

OR Use your phone and call in!

414-600-9528, PIN: 888 104 633 #

Let us know what you and the children/teens you are caring for want from the child and teen Project GRANDD support groups!
Follow the link: <https://bit.ly/2QyXF3h>

Member Corner

Welcome to the Member Corner! This 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.

MAY MEMBER OF THE MONTH: Cindy Davis Ivey



Age: 53 years old with a birthday coming up on May 31st! Happy Birthday!

Currently Raising: Her 17 year old daughter and 2 grandchildren: Quinton (age 5) and Brianna (age 3)

Favorite activity to do with the children:
Take a walk because it gives the children a chance to play and see nature

Favorite quote: “You can do whatever you want to as long as you put your mind to it but most of all trust GOD”

Favorite TV show: The Nanny

Favorite hobby: Writing

Member of Project GRANDD since: 2019

Advice: “My advice to other relative caregivers is to have patience and continue to give lots of unconditional love to the children.”

Why Ms. Davis Ivey was Nominated for Member of the Month: “Ms. Cindy Davis Ivey was nominated because of her dedication to the ACT Raising Safe Kids Program. She comes early to class and participates without being asked. Ms. Davis Ivey has grown tremendously since participating with Project GRANDD.” -Cindy Stroud, Project GRANDD Case Manager

May is American Stroke Awareness Month!

Learn the Stroke Warning Signs

Use the Letters “F.A.S.T.” to Spot Stroke Signs and Know When To Call 9-1-1.

Face drooping: Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven or lopsided?

Arm weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech: Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.

Time to call 9-1-1: If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Additional Symptoms: -Sudden numbness or weakness of face, arm, or leg, especially on one side of the body

-Sudden confusion, trouble speaking or understanding speech

-Sudden trouble seeing in one or both eyes

-Sudden trouble walking, dizziness, loss of balance or coordination

-Sudden severe headache with no known cause

Stroke Prevention and Risk Factors

-Risk factors you can control: high blood pressure, smoking, diabetes, diet, physical inactivity, obesity, high cholesterol, carotid artery disease, peripheral artery disease, atrial fibrillation, sickle cell disease (sickle cell anemia)

-Risk Factors Not Within Your Control: age, family history, race, gender, and prior stroke, TIA or heart attack

Find out more at **stroke.org**

Resource Corner

- **COVID-19 Vaccine Info:**
cdc.gov/coronavirus/2019-ncov/vaccines/faq.html
- **COVID-19 Vaccine Site Locator:**
dph.georgia.gov/locations/covid-vaccination-site
- **Childcare Resource:** See if you qualify for help with childcare at 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

Melissa — 470-310-3452 Cindy — 470-798-3025
Sherri — 470-310-3459 Ashlyn — 470-310-3458

Project GRANDD
A Program of Innovative Solutions for
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Project GRANDD

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