

In this issue: >>>

Brain Healthy Tips

Family Fun Day

Men's Health Expo

Recipe to Try

June Food Box

Client of the Month



(Grandparents Raising And Nurturing Dependents with Disabilities)

A program of:



NEWS

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Brain Healthy Tips- Leading a Healthier Life

Worldwide, more than 55 million people are living with Alzheimer's or another dementia. The month of June is recognized as Alzheimer's and Brain Awareness Month. This month people should be having discussions about their cognitive health and well-being with family, friends, and health care professionals.

If a change is not made toward the prevention of Alzheimer's by 2030, the number of people with the disease will grow to 76 million. A person develops Alzheimer's disease in the United States every 65 seconds. More than 16 million people take care of family or friends with Alzheimer's or dementia. In the U.S., Alzheimer's is the sixth leading cause of death and 6.2 million of those living with Alzheimer's disease are over 65. Alzheimer's or other dementia kills one in three seniors and deaths due to this disease are more than prostate cancer and breast cancer combined.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible combine these habits to achieve maximum benefit for the brain and body.

- Quit Smoking- Smoking increases the risk of cognitive decline
- Exercise- Physical activity reduces the risk of cognitive decline
- Follow your heart- Obesity, high blood pressure and diabetes negatively impact cognitive health
- Eat a balanced diet- Eat fruits and vegetables to help reduce risk of cognitive decline
- Sleep- Lack of sleep may result in memory problems and thinking
- Take care of your mental health- Seek help for depression, anxiety, or stress
- Stay socially engaged- Join a support group and share activities with friends and family

Family Fun Day July 2022 – Malibu Grand Prix

Actively participating Project GRANDD caregivers and the children in their care/custody (sorry, due to limited funding we cannot accommodate other family members) are invited to join us for a free Family Fun Day outing to **Malibu Grand Prix in Norcross, GA on July 12th from 12pm-4pm.** Outing includes lunch and unlimited access to go-karts, bumper boats and mini-golf (not included: arcades, batting cages, and waterpark). \$10 per family transportation stipends will be available.

For more information, contact your case manager.

Registration is required! Register here: <https://bit.ly/FFD-0722>

DEADLINE to register: July 5, 2022



Pan-Grilled Tilapia with Lemon and Red Onion – Mayo Clinic

Ingredients: 1 (6ounce) tilapia fillet, ¼ large lemon, 1 tablespoon extra-virgin olive oil, 1 teaspoon butter, ¼ large red onion (coarsely chopped), 1 teaspoon minced garlic, 1 tablespoon grated fresh Parmesan cheese, salt and ground black pepper to taste

Directions: Squeeze lemon juice over tilapia; season lightly with salt and black pepper. Heat olive oil in a nonstick skillet over medium heat. Melt 1/2 teaspoon butter in hot oil. Add chopped onion and minced garlic; cook and stir until onion begins to look translucent, about 5 minutes. Reduce heat to medium-low. Push onion mixture to sides of the skillet. Melt remaining 1/2 teaspoon of butter in the skillet. Place tilapia in the center of the skillet and cover with onion mixture. Cover skillet and cook tilapia until it starts to turn golden, about 5 minutes. Push onion mixture to the sides again and flip tilapia. Cover and cook until second side is golden and flakes easily with a fork, about 5 minutes more. Remove skillet from heat. Top tilapia with grated Parmesan cheese, cover, and let stand until cheese is melted, 2 to 3 minutes.

JUNE FOOD BOX

Caregivers who are 55+ can receive a delivery of healthy food in June 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 June food box includes ingredients for the above recipe.

Client of the Month: Brenda Wainwright

Sixty-nine year-old Brenda Wainwright is raising two grandchildren: Miracle 15 and Palarius 14 years-old. She enjoys dancing and taking her grandkids to amusement parks. Ms. Wainwright was nominated by her case manager because she is always supportive to other Project GRANDD participants. She gladly shares her wealth of community resources knowledge. She stays active by volunteering at Easter Seals and giving back to the community. She does her best to encourage her grandchildren to achieve academically and have goals for their future and is also very supportive of their emotional needs and disabilities. Ms. Wainwright maintains regular contact with her case manager and has been active in Project GRANDD since 2014.



Favorite Quote: Love your neighbor, you never know when you might need them. Be kind to others. Share and communicate with people. Someday you might need to open your door to someone in need.

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 or <https://bit.ly/iPG06-21>
Virtual support groups will continue for those who cannot attend in-person.

Adult Support 10AM-12PM	06/07- PTSD Awareness sponsored by Oakstreet Health 06/14- GVRA Transition Services presented by Jeffrey Allen 06/28- Support and Sharing	Google Meet: https://bit.ly/ISDDAdult Phone: 414-600-9528 PIN: 888 104 633#
Family Support 6PM-8PM	06/21- Wellness/ Self-care with Nina Campbell of Oakstreet Health RSVP: https://bit.ly/iPG06-21 or 404-31-3452	Fulton Public Library System-Metropolitan Branch RSVP: https://bit.ly/iPG06-21 or 404-310-3452
Child Support 6PM-7PM	06/01- Sharing & Games	Google Meet: https://bit.ly/ISDDChild Phone: 617-675-4444 PIN: 730 691 702 0287#
Teen Support 6PM-7PM	06/08- Sharing & Games	Google Meet: https://bit.ly/ISDDTeen Phone: 929-226-1946 PIN: 508 364 396#



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