

PROJECT GRANDD



GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES

VOLUME 9/ISSUE 3

UPCOMING EVENTS

OCTOBER SUPPORT GROUP

Are your grandchildren struggling to understand their parents' absence in their lives?

Plan to attend:

**Tuesday, October 20th
10:00 am to 12:00 pm**

**Helene Mills Senior
Multipurpose Center
Activities Room**

**515 John Wesley Dobbs Ave
Atlanta GA 30312**

****please note that our monthly meetings are now on Tuesdays**

After our support group time, [Liz Carson from Kate's Club](#) will give a presentation on how children grieve the loss of a loved one and how you can best support them. Kate's Club provides social and therapeutic programs for children who are grieving the loss of a parent or sibling.

[Rachel Kane](#), from [Wholesome Wave Georgia](#), will also speak about the 2 for 1 Food Stamp program.

Upcoming Meetings:
October 20, 2015
November 17, 2015
December 15, 2015

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

Did you know?

Except for skin cancer, breast cancer is the most common cancer in American women. Breast cancer *screening* means checking a woman's breasts for cancer before she has any symptoms. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. **Most women who are 50 to 74 years old should have a screening mammogram every two years.** If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram. Some things increase your risk:

Reproductive risk factors

- Being younger when you had your first menstrual period.
- Never giving birth, or being older at the birth of your first child.
- Starting menopause at a later age.
- Using hormone replacement therapy for a long time.

Other risk factors

- Getting older.
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child).
- Changes in your breast cancer-related genes (BRCA1 or BRCA2).
- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

Symptoms

Some warning signs of breast cancer are—

- A lump or pain in the breast.
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin on the breast.
- Pulling in of the nipple or pain in the nipple area.
- Fluid other than breast milk from the nipple, especially blood.
- A change in the size or the shape of the breast.

Can't afford a mammogram?

If you have a low income or do not have insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program. To learn more, call (800) CDC-INFO.

More Information

www.cdc.gov/cancer/breast/
(800) CDC-INFO (800-232-4636) cdcinfo@cdc.gov



See page 3 of this newsletter for ideas on how to reduce your risk factors!

Great Apps for Seniors: If you have a smart phone or iPad here are some top recommended apps you can download.



The Eyes Have It

1. Magnifying Glass With Light ([iPhone](#), [iPad](#)) Cost: Free

Description: Helps with being able to read the small print. With this app, seniors can illuminate and magnify books, magazines, newspapers, restaurant menus and more from Apple products.

Staying Social

2. Skype ([Android](#), [iPhone](#), [iPad](#)) Cost: Free

Description: This app provides the ability to video conference call a family member or friend in any state or internationally for free.

Medication Management

3. Pillboxie ([iPhone](#), [iPad](#)) Cost: \$0.99

Description: If you take more than one medication, this can help to ensure that no dose is missed or late. It allows you to set up reminders with visual pill boxes within the mobile application. This app does not require a data connection and even sends reminders when your phone is asleep.

4. MedCoach ([Android](#), [iPhone](#), [iPad](#)) Cost: Free

Description: App has quick access to lists of medications, pill reminders with easy setup and even access to the pharmacy's website to fill prescriptions. And all of this can be done right in the palm of your hand on your phone, tablet or other device.

Keeping the Mind Active

5. Crosswords Classic ([Android](#), [iPhone](#), [iPad](#)) Cost: \$9.99

Description: This classic crossword puzzle app has hundreds of puzzles and adds new ones daily.

6. Sudoku ([Android](#), [iPhone](#), [iPad](#)) Cost: Free

Description: Another great option is Sudoku, the numbers version of the classic crossword.

7. Lumosity ([Android](#), [iPhone](#), [Apple Watch](#), [iPad](#)) Cost: Free

Description: This app is designed to help train memory and attention.

In Case of Emergency

8. Red Panic Button ([Android](#), [iPhone](#), [iPad](#)) Cost: \$2.99 plus fees for some features

Description: This app provides access to immediate help in case of emergency. In order to report an emergency or a need for assistance, seniors simply open the app and hit the red button in the middle of screen.

If you need resources or support at any time, please contact Laura at 404-310-8129. We are here to help you!

Help for the Holidays

ISDD is beginning to recruit sponsors for our annual Adopt a Grandparent holiday program which provides holiday gifts and basic items (coats, clothing) for families in need. If you are an active member of Project GRANDD and would like for your family to be considered for sponsorship, please contact Laura at 404-310-8129 or lmwells2009@gmail.com to get the one-page application.

Mark your Calendar for our Annual Holiday Potluck Luncheon:

Tuesday, December 15th from 11:00am to 1:00pm at the Helene Mills Senior Center





Think Pink, Live Green TIPS FOR A HEALTHIER LIFE

I am taking the **Think Pink,
Live Green** pledge.

Take the **pledge** this **Month**.

MONTHLY PLEDGE

☐

Get Regular Exercise

Try to get at least 3-4 hours of exercise a week, but 5-7 hours is better.

☐

Limit Alcohol Use

It's best to reduce consumption to 3 or fewer drinks per week. Less is better.

☐

Stop Smoking

If you smoke, stop. If you are a non-smoker, limit exposure to second- and third-hand smoke.

☐

Get Fresh Air

The outside air is usually much cleaner than the air inside your home, car, or workplace.

☐

Get Enough Vitamin D

Ask your doctor to check your vitamin D levels and recommend the right daily dose if you're low. The best sources of vitamin D are sun exposure, vitamin D3 supplements, and oily fish.

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Eat Your Fruits And Veggies

Choose fruits, vegetables, whole grains, beans, nuts, and seeds and spices as your main course ingredients for most meals.

☐

Select Foods And Beverages Carefully

Select the healthiest products and prepare them carefully; it can make a big difference. Try a new grain, lean meat or vegetable.

☐

Know Your Packaging

Only use plastics with the recycling codes #1, 2, 4, and 5, and avoid plastics with recycling codes #3, 6, and 7.

☐

Vary Your Diet And Lifestyle

Try a new grain, lean meat, vegetable, and shake up your exercise routine with a new activity.

☐

Avoid Empty Calories

Avoid high-calorie foods and drinks that offer little nutritional value.

☐

Eat Small Meals

Consume small amounts of food throughout the day. It's also the best way to meet your body's steady energy requirement and help with weight management.

☐

Cook Real Food

Limit processed foods. Homemade foods usually contain higher-quality ingredients, lower calories, and fewer additives.

☐

Choose Healthy Cooking Methods

Prepare food that maintains or enhances its nutrients, including sautéing, stir-frying, roasting, baking, poaching, and steaming.

☐

Use Safe Cookware, Storage Containers, Serving Items

Avoid non-stick pots and pans at very high heat and cooking or heating food in plastic, even if the container claims to be "microwave safe."

☐

Drink Filtered Tap Water

The public water supply in most major U.S. cities is more regulated than bottled. Filter for extra safety.

☐

Choose Safe Personal Care Products

Purchase products that are made without fragrances, hormones, and preservatives.

☐

Use "Green" Household Products

Consider organic or "green" household supplies that tend to be safer for you and the environment.

☐

Manage Your Emotional Stress

Reduce your emotional stress and build your energy, confidence, and determination to take care of yourself.

☐

Manage Your Physical Strain

Taking good care of yourself on a daily basis is also a key to keeping you healthy and feeling your best.

☐

Sleep Well

Try to get at least 8 hours a night.

Complete at least 5 tips during a calendar month and earn a **Think Pink, Live Green** certificate from Dr. Weiss.

Visit **Breastcancer.org/risk** to get more tips and expert advice from Dr. Weiss.



BREASTCANCER.ORG

RESOURCE CORNER

Representative Stacy R. Abrams put together a study committee to look at important issues affecting kinship families in Georgia. Kinship care refers to relatives raising children such as grandchildren, nieces, nephews and great-grandchildren. The first meeting was held in Atlanta on September 17th. Other meetings are being held across Georgia for input from families.

There is a website (I've included the link below) with a listing of the remaining public hearing sessions and it is my understanding that they are coordinating child care/dependent care so that caregivers may attend. There is also a tab where caregivers (and community partners, advocates, etc.) can provide statements online.

www.kinshipcarega.com

This is a great opportunity for caregivers (and care receivers!) to share their stories and needs with the committee. Please take a moment to go to the site and share your story, including what resources the state should consider providing to assist kinship families.

*"The greatest gift that you can give to others
is the gift of unconditional love and acceptance."
Brian Tracy*

PROJECT GRANDD

A program of Innovative Solutions for
Disadvantage & Disability

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