

MAY SUPPORT GROUP

**Plan to attend:
Tuesday, May 17th
10:00 am to 12:00 pm**

**Helene Mills Senior
Multipurpose Center
Activities Room
515 John Wesley Dobbs Ave
Atlanta GA 30312**

Legal Considerations for Grandparents Raising Grandchildren

This month two attorneys from Atlanta Legal Aid, Laurie Rashidi and Hilary Leland will come speak about common legal issues that grandparents face (see paragraph at right). Come hear about these issues and get your questions answered.

Bus Route to Helene Mills:

From 5 POINTS STATION, take #113 Auburn Ave. (get off at the Center) or King Memorial #99 /North Avenue Station

By Car from I-20 W

- 1) Take the Boulevard exit
- 2) Right onto Boulevard
- 3) Right onto John Wesley Dobbs Avenue
- 4) The Helene Mills Center will be the second building on the right

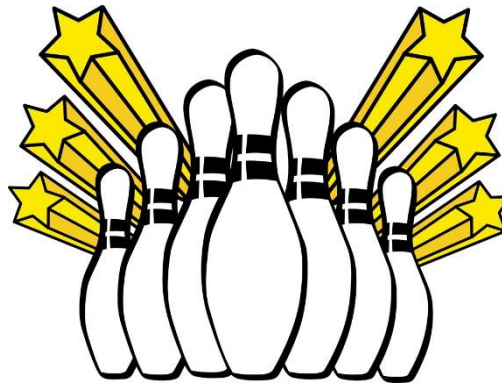
**Upcoming Support
Group Meetings:**

**No meeting in June/July
August 16, 2016**

May's guest speakers:

This month we will hear from Hilary Leland, attorney with Atlanta Legal Aid's Senior and Relative Caregiver hotline. The Georgia Senior Legal Hotline/Relative Caregiver Hotline provides advice and brief services to seniors sixty years of age and older as well as relative caregivers of any age. Hotline attorneys advise on a variety of issues including adoption, custody options, public benefits, housing, wills, and consumer issues. The Hotline also provides referrals for free legal representation for clients who meet income and other guidelines.

We will also hear from Laurie Rashidi, attorney with Atlanta Legal Aid's Relative Caregiver Project. The Relative Caregiver Project provides representation to grandparents seeking to adopt their grandchildren through placement with pro bono attorneys.



It's time for some
SUMMER FUN!

This summer, join Project GRANDDD members and families for a fun summer outing to Stars and Strikes at Stone Mountain Industrial

JULY 2016—Final Date To Be Determined!

What is Stars and Strikes? Bowling, video games, pizza and fun with friends. Plan to join Project GRANDDD families for a summer outing to Stars and Strikes. More information will be sent out in June. Be sure you RSVP to Laura in June to save your spot!

**May is...Mental Health Awareness Month
Asthma Awareness Month
National Stroke Awareness Month**



HEALTH CORNER

Take steps in just minutes to maintain or improve your health.

Take 5! Or less! Small changes that only take a little time can go a long way to improve or maintain good health. *Information adapted from Centers for Disease Control at www.cdc.gov.*

In Five Minutes or Less, You Can:

1. Wash hands

Handwashing is one of the best things we can do to keep from getting sick and avoid spreading germs to others.

Tip: Washing hands with soap and water **for at least 20 seconds** is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs and might not remove harmful chemicals.

2. Buckle up

Seat belts reduce serious crash-related injuries and deaths by about half. Seat belt use is the most effective way to save lives and reduce injuries in crashes.

Did you know? Motor vehicle crashes are a major public health problem.

- Non-fatal crash injuries resulted in more than \$50 billion in lifetime medical and work loss costs in 2012.⁴
- Motor vehicle crashes are the leading cause of death among teens.¹
- Young adults (18-24) have the highest crash-related injury rates of all adults.⁵
- Of the teens (aged 13-20 years) that died in crashes in 2012, approximately 55% of them were not wearing a seat belt at the time of the crash.

3. Protect your skin

Skin cancer is the most common cancer in the United States. To protect your skin use a sunscreen with SPF 15 or higher, seek shade, cover up and avoid indoor tanning.

Fact: Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

Advocacy Celebration

Congratulations on your advocacy work! Thanks to all the many grandparents who came out and gave testimony last year to the Kinship Care Committee and also who came to Kinship Day on the Capitol. Last Tuesday, Governor Deal signed into law HB 962. This law enacts the following: (1) a kinship care enforcement administrator position within the Department of Human Services (DHS) to ensure continual compliance with all existing and future state Kinship Care regulations and policies, including timely processing of paperwork; (2) creation of a separate, easier to use COMPASS (Common Point of Access to Social Services) website specifically for grandparents and other relatives to apply for benefits for the children in their care; and (3) authorization of the use of a military service member's state of legal residence for maintaining Medicaid eligibility for military family members with special needs to ensure no lapse in coverage.



Signing House Bill 962 into law. Governor Nathan Deal, center, and House Representative Stacy Abrams to the left of Governor Deal. Grandparents and advocates were also present for the signing.

Happy Mother's Day from all of us at ISDD and Project GRANDD to all of you. You are such an important influence in your grandchildren's lives. May you get lots of hugs and I love you's on this Mother's Day.



RESOURCE CORNER

- 1) **Free Improv in the Park.** The first Wednesday of the month from May to September. A free hour long show from Whole World Improv Theatre in Central Park at Atlantic Station. 245 18th Street, Atlanta GA. www.bit.ly/DSImprov
- 2) **Kids Skate Free**--go to the website www.KidsSkateFree.com and register for coupons that let your kids ages 10 and younger skate free this summer. Metro Atlanta has several locations including Sparkles Family Fun Center locations.
- 3) **Free Sunday Funday monthly at High Museum of Art.** 1280 Peachtree Street, N.E. Atlanta, GA 30309A new program series on the second Sunday of each month offering free admission for all visitors and special family-friendly programming from 1 to 4 p.m. **Please note:** Admission is free from 12 noon to 5 p.m. Programming takes place from 1 to 4 p.m. www.high.org
- 4) **Kids Bowl Free**--gives kids two free games of bowling from 10am to 5pm Mondays to Fridays and 9am to noon on Saturdays now through August 26th. You can register for the program at www.kidsbowlfree.com/starsandstrikes. For locations, visit www.starsandstrikes.com.

PROJECT GRANDD
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