



GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES



VOLUME 9/ISSUE 4

UPCOMING EVENTS

NOVEMBER SUPPORT GROUP

**Join us for a sharing of
Gratitude and also a
Focus Group on
GRANDD 2016**

**Plan to attend:
Tuesday, November 17th
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 3rd
Tuesdays**

**Upcoming Meetings:
December 15, 2015—Holiday
Luncheon
January 19, 2016**

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) Left onto Boulevard
- 3) Left onto John Wesley Dobbs Avenue
- 4) The Helene Mills Center will be the second building on the right

Share Your Story This Month With Georgia Legislators:

Make your voice heard to the legislators in Georgia who pass laws on funding and resources for those raising kin. If you haven't yet attended a meeting of the study committee, there is one last one on Thursday, November 12th from 6-8pm at Georgia State. Bring your children and give your testimony about what supports are needed for Kinship families! If you can't attend you can share your story online at www.kinshipcarega.com.



Thoughts for November.

As we enter the month of November, our thoughts turn to the holiday season. We watch the leaves change colors and feel the brisk fall air. Daily, we are each given the gift of life. Certainly, in that gift is also the gift of struggle. We do not choose to struggle, yet through the struggle comes growth. Without the leaves

falling off the trees each fall, leading to a dormant period each winter, we could not experience the beautiful rebirth of the spring.

Service is the gift of sharing ourselves, our spirit, our love, our gifts and our knowledge to all those we touch. We are not islands, we need each other. We are all teachers and pupils every day. We will only grow when in the spirit of generosity, we share gifts with others. We all have so much to give. Just think about the first Thanksgiving and how everyone came together and shared. It was truly a time of peace and celebration.

November is the month of gratitude and sharing. At our regular meeting, we will have a time of gratitude where we honor the gifts we have been given. In the second hour of the meeting, I will ask each of you to share your thoughts, ideas and needs in a Focus Group that will help guide Project GRANDD into the next year. You have a gift to give to others raising their grandchildren. Please come to the meeting and share. Warmly,

Laura M. Wells

Have you scheduled your annual flu shot yet?

True or False? You can get the flu from having a flu shot.

Answer: False. The virus in the vaccine is actually inactive and technically can't cause the flu, according to Immunization Program Director Sheila Lovett of the Georgia Department of Public Health. It may cause some aches or sniffles, but these usually clear up in a day or two.

Seniors are encouraged to get their annual shots now to give them plenty of time to build immunity before the flu season begins in earnest later in the year. Among the vaccine choices is the high-dose flu shot, or

Fluzone High-Dose, which was designed to improve immune response in adults 65 and older. **Another option is the quadrivalent or four-strain vaccine for broader coverage against influenza.**

Last year, 62.8 percent of older Georgians received the flu vaccination, a percentage that lags behind national stats of 66.7 percent.

During an average flu season, an estimated 200,000 people in the U.S. will be hospitalized with flu-related symptoms, and flu-associated deaths could be as high as 49,000, according to the Centers for Disease Control and Prevention. Some 90 percent of these will be senior adults.

Seniors also lag behind in getting other recommended shots. Only 67 percent of older Georgians had been vaccinated for pneumonia as of 2013, the latest data available. The state's goal is 90 percent. The one-time vaccine is recommended after age 65.

And nationally, less than one in four older adults had been vaccinated for shingles as of 2013. Shingles is the reactivation of chickenpox, which lies dormant in an estimated 90 percent of all adults in the U.S., according to the CDC. When the virus re-emerges, it comes with a rash and stabbing pain that can linger for months or even years.

The risk of getting shingles increases with age, and so does the chance of developing long-term pain and other complications. Adults should get a shingles vaccination at age 60.

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



Medicare Open Enrollment is October 15th to December 7th

Medicare Open Enrollment: 5 Things You Need to Do

Routines help keep us focused, organized and even healthy. However, if your health routine doesn't include preparing for Medicare's Open Enrollment, now's the time to kick start a new healthy habit. If you have a Medicare health or prescription drug plan, Open Enrollment runs **October 15 through December 7 and is the time you can make changes to your plan.** Even if you're happy with your current coverage, you might find something that's a better fit for your budget or your health needs. If you miss an Open Enrollment deadline, you'll most likely have to wait a full year before you can make changes to your plan.

[Here are five important things every Medicare beneficiary can do to get in the Medicare Open Enrollment routine:](#)

1. Review your plan notice. Be sure to read any notices from your Medicare plan about changes for next year, especially your “Annual Notice of Change” letter. Look at your plan’s information to make sure your drugs are still covered and your doctors are still in network.

2. Think about what matters most to you. Medicare health and drug plans change each year and so can your health needs. Do you need a new primary care doctor? Does your network include the specialist you want for an upcoming surgery? Is your new medication covered by your current plan? Does another plan offer the same value at a lower cost? Take stock of your health status and determine if you need to make a change.

3. Find out if you qualify for help paying for your Medicare. Learn about programs in your state to help with the costs of Medicare premiums, your Medicare Part A (hospital insurance) and Medicare Part B (medical insurance) deductibles, coinsurance and

Co-payments and Medicare prescription drug coverage costs. You can do this by visiting Medicare.gov or making an appointment with a local State Health Insurance Assistance Program (SHIP) counselor.

4. Shop for plans that meet your needs and fit your budget. Starting in October, you can use Medicare’s plan finder tool at Medicare.gov/find-a-plan to see what other plans are offered in your area. A new plan may:

- a. Cost less
- b. Cover your drugs
- c. Let you go to the providers you want, like your doctor or pharmacy

If you find that your current coverage still meets your needs, then you’re done. Remember, during Medicare Open Enrollment, you can decide to stay in Original Medicare or join a Medicare Advantage Plan. If you’re already in a Medicare Advantage Plan, you can switch back to Original Medicare.

5. Check your plan’s star rating before you enroll. The Medicare Plan Finder has been updated with the 2016 Star Ratings for Medicare health and prescription drug plans. Plans are given an overall quality rating on a 1 to 5 star scale, with 1 star representing poor performance and 5 stars representing excellent performance. Use the Star Ratings to compare the quality of health and drug plans being offered.

These are a few easy ways to get a jump start on your Medicare Open Enrollment. For more information you can, call 1-800-MEDICARE (1-800-633-4227), and say “Agent.” TTY users should call 1-877-486-2048. Help is available 24 hours a day, including weekends. If you need help in a language other than English or Spanish, let the customer service representative know the language. You can also visit a local State Health Insurance Assistance Program (SHIP) counselor! SHIP counselors provide free, one-on-one, non-biased Medicare assistance. Get free personalized health insurance counseling by calling your SHIP. To get the phone number, visit Medicare.gov/contacts, or call 1-800-MEDICARE.

***From the DEPARTMENT OF HEALTH & HUMAN SERVICES Centers for Medicare & Medicaid Services

Not eligible for Medicare?

Open Enrollment for the Affordable Care Act insurance is Nov. 1st to Jan. 31st.

Need health insurance coverage?

Visit www.HealthCare.gov or call the Marketplace Call Center at 1-800-318-2596, 24 hours a day, 7 days a week.

Project GRANDD HOLIDAY PARTY 2015

Tuesday, December 15th from 11:00 am to 1:00pm
(note time change)

11:00am-12:00pm Group meeting in conference room

12:00pm-1:00pm Luncheon in Helene Mills cafeteria

We are planning our holiday party which will occur on **Tuesday, December 15th**. ISDD will provide the ham and turkey, but YOU will provide your favorite side dish. Begin thinking about what you will bring. You are asked to bring a side dish that is a vegetable, a salad, a starch, or a dessert. You can sign up at our November meeting.



Please let us know if you can come by calling Laura at 404-310-8129 or emailing her at lmwells2009@gmail.com.

What we want to know:

- ☐ who is attending from your family (how many)
- ☐ what you plan on bringing
- ☐ respond to Laura by **Dec. 8th**

PROJECT GRANDD

A program of Innovative Solutions
for Disadvantage & Disability

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