

**Wednesday  
March 19, 2014**

## **Advocacy and Behavior Boot Camp Strategies**

**10:00 – noon**

This month we are fortunate to have two amazing speakers covering important topics to assist you in your daily life as a GRANDD.

Come say hello to a dear friend of Project GRANDD, **JOE SARRA**. Joe has assisted many of you in the past. Currently Joe is working at the Georgia Advocacy Office (GAO), Division of Developmental Disabilities. His role as an advocate includes looking into suspected reports of abuse and neglect within state institutions and community services. He will discuss how GAO may help YOU when you are in need of assistance and advice with yours or your family's rights and advocacy.

A second speaker of the day is **Dwight Green** who will address strategies for behavior management, particularly in boys. The Drill Instructor for the Boot Camp is a former police officer. The program focuses on life and social skills, anger management, behavior modification and character building. This program was suggested by our own Deidre Chambers.

So add WEDNESDAY, MARCH 19<sup>th</sup> to your calendar and come loaded with your questions.



### **DISABILITY DAY - 2014**

**On February 20<sup>th</sup>, Project GRANDD grandparents, children and grandchildren attended Disability Day at the Capitol. Our group, over 20 strong, received shirts, enjoyed the food, made signs, met state level policy holders and friends. We joined over 2500 people on the Capitol steps to hear the Governor, legislators and advocacy leaders discuss priorities for our family members with disabilities. Take a look at the results of our day:**



### **March celebrates:**

Read Across America  
St. Patrick's Day  
National Women's History Month  
National Nutrition Month  
World Down Syndrome Day

### **Daylight Savings Time**

**remember to change your clocks and  
forward one hour**

*Our Emory University nurses are currently of another round of home visits as part of their spring semester training. Thank you for welcoming them into your homes and we hope that you are gaining much from their time with you.*

## GRANDKINS DAY @ THE CAPITOL



**THURSDAY, MARCH 13, 2014**

**WHO:** grandparent, sister, brother, aunt/uncle or friend raising a relative child

**WHEN:** THURSDAY, MARCH 13, 2014

**TIME:** 9:00 AM – 12:00 lobbying  
12:00 – 1:00 Free Lunch

**WHERE:** Georgia Capitol, The Coverdell Building, Rm. 605  
18 Capitol Square SW., Atlanta, GA 30334

**WHY:** Share your story and raise awareness for needed funding in Georgia  
For information, contact: Jean 404-753-6752



**Project GRANDD** meetings are held at the **Helene S. Mills Senior Multipurpose Center**, 515 John Wesley Dobbs Ave.

### DIRECTIONS:

HELENE MILLS SENIOR CENTER:

*By Car:*

- 1) Take the Freedom Pkwy. Exit 248C — toward the Carter Center.
- 2) Stay straight to go onto Freedom Pkwy.
- 3) Turn right onto Blvd. NE
- 4) Turn left onto John Wesley Dobbs Ave.

*By Bus:*

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

### 20 Ways to Enjoy Eating More Vegetables

*Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. Try the following tips to enjoy more fruits and vegetables every day.*

1. Use vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach or mandarin oranges.
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.

15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.

16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt and add some chopped nuts.

17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.

18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans).

19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.

20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

See "Color Your Plate with Salad" at [www.eatright.org/nutritiontipsheets](http://www.eatright.org/nutritiontipsheets)

### TIDBITS:

- ♦ Welcome to JEAN WIGGINS who has recently moved back to Georgia. We hope to see her soon.
- ♦ Upcoming meeting dates – please add to your calendar
  - APRIL 16 – Healthy YOU and School
  - May 21 – Caring for the Caregiver
  - JULY – date to be determined
- ♦ With IEP's coming up, please let us know if you are in need of an advocate to attend your meeting. Contact Janice at 678-595-4854 to schedule assistance.

### Dealing with Burdens in Life

*Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.*

*Birthdays are good for you. The more you have, the longer you live.*

*You may be only one person in the world, but you may also be the world to one person.*

*We could learn a lot from crayons... Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.*

*Have an awesome day and know that someone has thought about you ...*