

# PROJECT GRANDD

Grandparents raising and nurturing dependents with disabilities

Volume 8/Issue 4

## **OUR MAY 2015 MEETING: BEHAVIORAL STRATEGIES FOR WORKING WITH CHILDREN**

**WEDNESDAY, MAY 20<sup>TH</sup>  
10:00 AM-12:00PM**

**Helene Mills Senior  
Multipurpose Center  
(515 John Wesley Dobbs  
Ave. Atlanta GA 30312)**

**This month we will  
discuss supports and  
strategies for dealing  
with challenging  
behaviors in children.  
Bring the names of  
providers that you have  
used successfully in the  
past. We will also have 2  
guest speakers, Clay  
White of PEOTSI, and  
Trey Carrion from Hope  
Rising Behavioral Health  
Services.**

**We also need to decide  
on where we want to  
have a family outing this  
summer: Braves game?  
Zoo? Other?**

**Upcoming Meetings:  
June 17, 2015  
July outing date TBD**

## **May is Mental Health Awareness Month & Asthma Awareness Month. Did you know?**

### **World Asthma Day**

#### **Asthma is Common**

300 million people  
currently suffer from  
asthma.

#### **Asthma Affects Children**

It's the most common  
chronic disease among  
children.

#### **Asthma is Deadly**

250,000 deaths are  
attributed annually to  
asthma.

#### **Asthma is Manageable**

Medication and avoiding  
asthma triggers can reduce  
its severity.

Sponsored by  
 **World Asthma  
Foundation**  
*Breathe Well Live Well*

Source: U.S. Centers for Disease Control and Prevention and World Health Organization.

## GRANDPARENT OUTING FOR MAY:

Sheila has arranged for a block of tickets to be in the audience for a May taping of the game show Family Feud. The date is still being determined. It will be at the Atlanta Civic Center and you will need to arrive around 10:30am for the 11:00am show. If you are interested you should contact Sheila Smith at 770-625-6190 to be added to the list.



### PROJECT GRANDD COOKBOOK:

Don't forget that we are working on creating a cookbook with recipes from all of you. We'd like each of you to bring a recipe that is either one from your grandparents or one that you make for your grandchildren and include a short

story about why the recipe is special to you. Please email your recipe, stories and pictures to [lmwells2009@gmail.com](mailto:lmwells2009@gmail.com) or bring a copy to the next Project GRANDD meeting. We would like to have all recipes by June 1 so we can have the books ready to sell by the holidays. Please help us make this happen and raise money for Project GRANDD! We will have a volunteer at the May 20<sup>th</sup> support group meeting ready to take down your recipe for you. Please plan to stay an extra half hour so that yours can be included. Please let Laura or Granny Bo know if you can stay after.



### DIRECTIONS to Monthly Meetings:

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. to the Helene Mills Center

or King Memorial #99 /North Avenue Station

## HEALTH CORNER

### HOW TO AVOID ASTHMA TRIGGERS

If you have asthma, an asthma attack can happen when you are exposed to “asthma triggers.” Your triggers can be very different from those of someone else with asthma. Know your triggers and learn how to avoid them. Watch out for an attack when you can't avoid the triggers. Some of the most common triggers are:

#### **Tobacco Smoke**

Tobacco smoke is unhealthy for everyone, especially people with asthma. If you have asthma and you smoke, quit smoking.

“Secondhand smoke” is smoke created by a smoker and breathed in by a second person. Secondhand smoke can trigger an asthma attack. If you have asthma, people should never smoke near you, in your home, in your car, or wherever you may spend a lot of time.

#### **Dust Mites**

Dust mites are tiny bugs that are in almost every home. If you have asthma, dust mites can trigger an asthma attack. To prevent attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Don't use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your bedroom. Wash your bedding on the hottest water setting.

## **Outdoor Air Pollution**

Outdoor air pollution can trigger an asthma attack. This pollution can come from factories, cars, and other sources. Pay attention to air quality forecasts on radio, television, and the Internet and check your newspaper to plan your activities for when air pollution levels will be low.

## **Cockroach Allergen**

Cockroaches and their droppings can trigger an asthma attack. Get rid of cockroaches in your home by removing as many water and food sources as you can. Cockroaches are often found where food is eaten and crumbs are left behind. At least every 2 to 3 days, vacuum or sweep areas that might attract cockroaches. Use roach traps or gels to cut down on the number of cockroaches in your home.

## **Pets**

Furry pets can trigger an asthma attack. If you think a furry pet may be causing attacks, you may want to find the pet another home. If you can't or don't want to find a new home for the pet, keep it out of the person with asthma's bedroom.

Bathe pets every week and keep them outside as much as you can. People with asthma are not allergic to their pet's fur, so trimming the pet's fur will not help your asthma. If you have a furry pet, vacuum often. If your floors have a hard surface, such as wood or tile, damp mop them every week.

## **Mold**

Breathing in mold can trigger an asthma attack. Get rid of mold in your home to help control your attacks. Humidity, the amount of moisture in the air, can make mold grow. An air conditioner or dehumidifier will help you keep the humidity level low. Get a small tool called a hygrometer to check humidity levels and keep them as low as you can—no higher than 50%. Humidity levels change over the course of a day, so check the humidity levels more than once a day. Fix water leaks, which let mold grow behind walls and under floors.

## **Smoke From Burning Wood or Grass**

Smoke from burning wood or other plants is made up of a mix of harmful gases and small particles. Breathing in too much of this smoke can cause an asthma attack. If you can, avoid burning wood in your home. If a wildfire is causing poor air quality in your area pay attention to air quality forecasts on radio, television, and the Internet and check your newspaper to plan your activities for when air pollution levels will be low.

## **Other Triggers**

Infections linked to influenza (flu), colds, and respiratory syncytial virus (RSV) can trigger an asthma attack. Sinus infections, allergies, breathing in some chemicals, and acid reflux can also trigger attacks. Physical exercise; some medicines; bad weather, such as thunderstorms or high humidity; breathing in cold, dry air; and some foods, food additives, and fragrances can also trigger an asthma attack.

Strong emotions can lead to very fast breathing, called hyperventilation, that can also cause an asthma attack.

***Information reprinted from the Centers for Disease Control at [www.cdc.gov/asthma](http://www.cdc.gov/asthma)***



**Please help us save money and the earth: If you no longer want this newsletter or prefer it electronically by email, please let Laura know by 404-310-8129 or [lmwells2009@gmail.com](mailto:lmwells2009@gmail.com)**

## RESOURCE CORNER

**Camp Village is Inspiring Children to Change the World! Two locations: Downtown Atlanta at the APEX museum and SW Atlanta at Hoosier UMC, 2545 Benjamin E. Mays Drive SE, Atlanta GA 30311. Ages 5-18 years old.**

**Activities include: dance, chess, etiquette, gardening, horseback riding, robotics, reading, soccer, swimming, tennis, etc.**

**Camp Cost:**

\$175/first child, \$100/each additional child. Camp Village Stimulus Discount – 50% discount, if pre-registration for entire summer

• **Georgia CAPS Accepted – Provider #39414**

• **Camperships Offered**

• **Fees are based on sliding scale**

**Camp Dates:** Monday – Friday: June 1 – June 26, 2015

**Camp Hours:** 8am – 94pm

**Extended Before Care:** 8am – 9am: (no charge)

**Extended After Care:** 4pm – 6pm: (\$50 per week or \$15 per day)

**Aftercare:** (\$25 nonrefundable deposit per week)

**Confirmation:** Each camper will receive a CAMP VILLAGE confirmation notice, information packet and t-shirt after registration.

**Late Fee:** \$5 per minute late fee charged for pick up after 6:05 pm

**Meals:** Morning snacks and lunch included in the fee, however, children may also either bring their lunch or order from the Restaurants of the Village (KV's Southern Cuisine, KFC, Chinese, Subway, etc.) at an additional cost of \$5 per day.

**Closing Summer Celebration:** Friday, June 26, 2015

[www.campvillage.com](http://www.campvillage.com) or 404-349-0122

## PROJECT GRANDD

A program of Innovative Solutions for  
Disadvantage & Disability

750 Hammond Drive  
Building 1, Suite 100  
Atlanta, GA 30328