

# PROJECT GRANDD

Grandparents raising and nurturing dependents with disabilities

Volume 7/Issue 4

## NOVEMBER PROJECT GRANDD

This month's support group will be held **Wednesday, November 19<sup>th</sup> from 10:00 am to 12:00pm at Helene Mills Senior Center.**

Our program will feature a guest speaker, Derona King, Director of Citizen Advocacy of Atlanta & DeKalb. She will tell us about citizen advocacy and how it can help families with a family member with a disability.

We look forward to seeing you on the 19<sup>th</sup>!

## November 19<sup>th</sup> Children's Clothing Swap

Bring your gently used children's clothes that your grandchild has grown out of and a bag to our November meeting! You might find what you need for your grandchild's wardrobe, and your donation might be just what someone else was looking for.

## HELLOS AND GOODBYES

### WELCOME RAINIE JUESCHKE TO ISDD!



We are pleased to announce the hiring of our new Executive Director of ISDD, Rainie Jueschke (sounds like Husky with a J). With more than 20 years of experience in nonprofit management, Rainie brings a wealth of knowledge in fundraising and operational leadership to the job. Rainie started her role on October 30<sup>th</sup>. She hopes to meet all of you at one of our upcoming meetings. Please join me in welcoming Rainie to Project GRANDD.

“What excites me about ISDD is the opportunity to chart a course for growth. ISDD has excellent and innovative programs like Project GRANDD. I'm looking forward to meeting the people behind these programs – to tell their stories so that others will be moved to join us in ensuring that children have the medical and support services they need to lead healthier and more fulfilling lives,” says Jueschke.

### FAREWELL TO A LONGTIME FRIEND

As many of you know, in October we also bid farewell to long-time Program Director of ISDD and Project GRANDD, Janice Nodvin. Janice had been with Project GRANDD since it's inception in 2005 and has been a fearless advocate and friend to all of the group's participants. We would like to thank her for her years of service and celebrate her at our December 17, 2014 Annual Holiday Luncheon. Please mark your calendar to attend. **To create a group gift, I am asking each GRANDD participant to give a photo of your family and a one page letter (typed or handwritten) to Laura by November 21, 2014.** You can bring your letter and photo to the November meeting, email it to Laura at [lmwells2009@gmail.com](mailto:lmwells2009@gmail.com) or mail it to Laura Wells, ISDD, 750 Hammond Drive, Building 1, Suite 200, Atlanta, GA 30328.

I will compile the photos and letters in a scrapbook. Shhhhhh, it's a surprise, so don't tell Janice. **Please share your memories and help make this parting gift for Janice a special one.** Please see the next page for a letter from Janice.

## A LETTER FROM JANICE

Dear Grandparents, Great Aunts and Uncles, my friends,

Little did I know in 2005 when we first came up with the idea to provide supports to grandparents who are raising their grandchildren with special needs, that this program would be so successful, so empowering and mean so much to the community. Some of you have been participants from the beginning and many of you have joined and remained so very faithful. I have shared in your family births and funerals, attended your grandchildren's IEP's and other events, spoken to you when you have been at your lowest and when you have been elated, come to be with you when you were ill, searched for basic needs for your families. In turn, you have been there for me when I have had births and deaths and illnesses. Indeed, I am a better grandmother because I have learned from you.

As you may have already learned, ISDD (the parent company of Project GRANDD) has chosen to go in a new direction as an agency and has eliminated my role in the organization. ISDD has hired a new Executive Director, and Laura Wells is now coordinating all of the ISDD programs. I am truly saddened that you will no longer be part of my weekly schedule and experiences. But you will be embedded permanently in my heart and remain the wind beneath my wings.

At the time I received this news from ISDD, one person asked if I wanted to say I was retiring. For those of you who know me, I know you are laughing. Some of you have called me "the energizer bunny". We have taught each other to remain productive, to never give up, and to look at other opportunities when necessary – and that is what I am doing.

I am continuing to work with the Adult Down Syndrome Program and striving to further develop this program so that teens and adults with disabilities are able to access services utilizing their Medicaid and Medicare. At the same time, I am also reviewing other possibilities.

You are welcome to continue to reach me whenever you wish. I am only a phone call away (678.595.4854). In the meantime, I know that Project GRANDD will continue to be a special program full of special people.

Your friend forever,  
Janice Nodvin

## EMORY NURSING STUDENT HOME VISITS ARE UNDERWAY

For the past few years, we have been blessed by a partnership with Emory's School of Nursing, where nursing students come out to do a health assessment on a grandparent. This year, in addition to geriatric nursing students, we have a group of pediatric nursing students who are also doing an assessment on one of the grandchildren. Six of you have already had your visits, and we have learned a great deal. Others are underway during the month of November. Thanks to all of you who offered to participate, and thanks to Emory's School of Nursing!



*Emory Nursing Students visit with GRANDD member, Ms. Tidwell.*



All of the 2014 Nursing Students

## Contact Us

### Project GRANDD

A program of Innovative Solutions  
for Disadvantage and Disability

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## GRANDPARENT HAPPENINGS

**Please share in your fellow GRANDD members' joys and concerns:**

Joyce Armster's mother passed away in September.

Annette Smith is going to school to be a Peer Support Mentor.

Brenda Wainwright has a grandchild attending Valdosta College.

Gloria Patterson's grandson, Amari, moved back in with her.

Jean Wilson has a grandchild at Georgia State and is doing well.

Mittie Cooper celebrated getting a car with help from her family.

Loretta Jenkin's brother has Stage 4 stem cell cancer.

Jackie Broughton is looking for a car and a job.

Natessia Adams is struggling with her sister (children's mother) who paroled out of jail to her house.

Verna Tidwell is struggling with her daughter interfering with her parenting of her grandchildren.

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### Don't forget to get your flu shot! It's not too late.

#### Why does being older than 65 put me at higher risk for getting the flu?

As you age, your immune system weakens. This weakening makes seniors—adults 65 years and older—more susceptible to the flu. For seniors, the seasonal flu can be very serious, even deadly. Ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

#### How can I protect myself from the flu?

Get the flu vaccine as soon as it is available in your area. Getting the flu vaccine protects you and prevents you from spreading the flu to your spouse, children, or grandchildren.

You have two options for vaccination—the regular dose flu shot and the higher-dose flu shot designed specifically for people 65 and older. Both vaccines protect against the same three flu viruses. The higher-dose vaccine should result in a stronger immune response. Talk to your health care provider about which vaccine is right for you.

In addition to getting the flu vaccine, you should follow our everyday steps to keep yourself healthy this flu season.

Because you are at an increased risk of getting pneumonia, a complication of the flu, talk to your health care provider about the pneumococcal vaccine. The pneumococcal vaccine will protect you against pneumonia.

#### Will Medicare cover my flu vaccine?

Yes, Medicare will cover the flu vaccine once every flu season.

## PROJECT GRAND HOLIDAY PARTY 2014

Wednesday, December 17<sup>th</sup> 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 **Wednesday, December 17<sup>th</sup>**. ISDD will provide the deli meats, 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. We know you all have some amazing recipes so this is a great time to share them. Please also write your recipe on a piece of paper and put your name on it!



Check out the spread from last year's holiday party!

**Please let us know if you can come by calling Laura at 404-310-8129 or emailing her at [lmwells2009@gmail.com](mailto:lmwells2009@gmail.com).**

What we want to know:

- ☐ who is attending from your family
- ☐ what you plan on bringing
- ☐ respond to Laura by **Dec. 10<sup>th</sup>**

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