



GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES



VOLUME 9/ISSUE 7

FEBRUARY SUPPORT GROUP

**Plan to attend:
Tuesday, February 16th
10:00 am to 12:00 pm**

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

**This month we will focus
on advocacy skills. If
you'd like to share your
experience, please
contact Laura at 404-
310-8129 to let her know.
We will have guests for
the Georgia LEND
program from Georgia
State's Center for
Leadership in Disability.**

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:**

March 15, 2016

April 19, 2016

UPCOMING EVENTS

Advocacy at the Georgia Capitol:

Join Project GRANDD as we attend Senior Week and Disability Day at the Capitol. At both events you can learn advocacy skills, meet with legislators, and make your voice heard about issues that matter to you. **Please see the dates below and let Laura know which you are able to attend so you are registered. We will meet at the location indicated.** Travel stipends are available on request.

Advocacy for Issues Affecting People With Disabilities

February 18, 2016 9:00am-2:00pm

Disability Day at the Capitol

Meet at the Georgia Freight Depot at 9:00am—look for the Project GRANDD table once you are inside building

Schedule Overview for February 18th:

9 AM - 11 AM: T-Shirt distribution, activities and exhibits at the Georgia Freight Depot before the rally - *first come, first served.*

11 AM - 12:30 PM: Rally program in Liberty Plaza, Capitol Avenue & MLK, Jr. Dr.

12:30 PM - 2 PM: Box lunch and exhibits at the Georgia Freight Depot - *first come, first served.*

- See more at: <http://gcdd.org/public-policy/2016-disability-day-at-the-capitol.html>

Advocacy for Issues Affecting Seniors

February 25, 2016 8:30am- 2:00pm

Senior Week & Grandkins Day at the Capitol

Meet at the Mitchell Street entrance to the Capital at
8:30am

Light lunch will be provided from 12-2pm

HEALTH CORNER

Use of Electronic or E-Cigarettes among teens grow

Seven in 10 middle and high school students are exposed to e-cigarette advertising. E-cigarette use among high schoolers jumped from 1.5 percent to 13.4 percent as spending on advertising increased in 2014. Most e-cigarettes contain nicotine, which causes addiction and can lead to many serious health issues. What can we do?



The Centers for Disease Control (CDC) says kids should not use e-cigarettes, and urges families and communities to take action preventing their use. Help prevent smoking by:

- Asking teens about e-cigarette use and advising them about the dangers of nicotine, e-cigarettes, and tobacco use.
- Monitoring and discussing what media children view and decide what is appropriate for their age.

Setting a positive example by being tobacco-free yourself. For free help, call 1-800-QUIT-NOW (1-800-784-8669) or visit www.smokefree.gov

Safety Tip for use with Smart Phones:

A public hospital employee named Julia Thompson posted on Facebook about an iPhone feature that could potentially help save your life during an emergency situation. At the beginning of the post she notes, "Many patients come in and we have had no way of knowing who they are or how to contact their next of kin. And their phones are locked!" What many people don't know is that you can set up accessible medical information through your phone even when it's locked, making it much easier for emergency responders to help you in a crisis situation.

The iPhone comes with a free app, simply called Health. The icon is a white box with a tiny pink heart in the top-right corner. Once you open the Health app, a menu bar appears at the bottom of the screen. At the far-right of the menu bar is a Medical ID icon that you tap to enter any necessary emergency information. Once on the Medical ID screen, you can fill in categories such as Medical Conditions, Blood Type, Allergies & Reactions, and Medications -- anything that might help an emergency responder treat you in an urgent situation.

Once you fill out this information, you can access it even from your locked screen.

Androids also have an app called ICE/in case of emergency that works similarly. If you don't want to download an app, you can go to the good old fashioned owner information, enter your emergency contact and 'I.c.e' as the owner and tick the 'show owner information on lock screen' under settings.

Article reprinted from www.thebig98.com.

Planning for Summer Project GRANDD outing:

Even though it's winter, it is time to decide on a location for our annual Project GRANDD Summer Family Outing. When school is out in June and July, we don't meet as a support group. However, we meet with grandparents and kids for a fun outing, usually one day in July. Last year we went to a Brave's game, the year before the Atlanta Zoo. We would like to know your preference of where you want to go this year. Somewhere new? If anyone has a contact with an indoor location (to avoid the heat), please let Laura know by phone or email. Any and all ideas for the outing are appreciated.

We will vote at our February meeting—or you can cast your vote by email or phone.



Health and Home Survey

Hopefully, you all got the letter informing you that we have a Morehouse graduate student who is conducting research on the environment and the health of grandparents raising grandchildren. Kelly Brown of Morehouse will be calling each of you to offer you the opportunity to complete the survey by phone. It should not take very long and the research can lead to more programs and services by giving us data to support our funding. I hope many of you will be willing to speak to her and complete the survey when she calls. Please let Laura know if you have any questions regarding your participation.



Project GRANDD Directory

Some grandparents have indicated that it would be helpful to have a picture directory of all our members that can be given out with phone numbers and contact information. This will enable members to reach out to each other for information and social support outside of

GRANDD meetings. At our February meeting, you will be asked to sign-up if you want to be included. If you can't make the meeting but want to be included, please let Laura or Granny Bo know.

Contact Us

ISDD OFFICE

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Suite 100

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404-303-5126 office

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404-310-8129 Laura Wells cell

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RESOURCE CORNER

The Young Adult Guidance Center (YAGC) offers the following services:

- mentoring program for children involved in the juvenile justice system and children of incarcerated parents;
- mental health services, including counseling and behavioral therapy,
- summer enrichment for 6-16 year olds,
- and GED program

1230 Hightower Road
Atlanta, GA 30318
www.yagc.net or 404-792-7616

Tea Cup Girls, Inc offers a mentoring program for girls ages 5 to 18. Groups meet 1st and 3rd Saturdays of each month in Lithonia.

770-744-1183 ext 103
Cemetrice Metts & Cynthia Wright, Founders
www.teacupgirlsinc.org

PROJECT GRANDD

A program of Innovative Solutions
for Disadvantage & Disability

750 Hammond Drive
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