



**GRANDPARENTS RAISING AND  
NURTURING DEPENDENTS WITH  
DISABILITIES**



VOLUME 12/ISSUE 12 June 2019

**June Project GRANDDD Support Groups**

**Fulton County Daytime Session**

**NO June or July Daytime Support Groups**

**DeKalb County Daytime Session**

Second Thursday of Every Month from 10:30am to 12:30pm  
Covington Branch of DeKalb Public Library  
3500 Covington Hwy, Decatur, GA 30032



This month: **Thursday, June 13<sup>th</sup> at 10:30am**

**Topic: Tech 101—Using technology available today: Come learn the basics!**

Presentation led by Roland Dawkins of Humana

**GRANDDS and KIDS Evening Support**

**Join us for an Evening Support Group for Grandparents Raising Grandchildren with Special Needs & Children's Support Groups**

**Monday, June 24<sup>th</sup> from 6-8pm**  
**Metropolitan Library 1332 Metropolitan Pkwy SW**



**Topic this month: Support and Sharing**

All are invited to attend an evening support group for grandparents raising grandchildren with special needs and **separate mental health support groups for children aged 8-18**. Childcare will be provided for children under 8.

**You must RSVP by June 21<sup>st</sup> !! Register to attend by email to [lauraw@isdd-home.org](mailto:lauraw@isdd-home.org) or call 470-310-3458.**

**Project GRANDDD Annual Family Fun Day 2019**

Please join us for an outing for the whole family on Tuesday July 16<sup>th</sup> from 11am to 2pm. The outing is to a trampoline park called Xdrenaline at 1611 Roswell Rd, Marietta, GA 30062. ISDD will provide a Chick-Fil-A lunch for all attending. . Adults and children are welcome to jump on these giant trampolines.

(More information on next page).

## Annual Family Fun Day Cont.

We will have bingo in a private room for those who do not want to jump. Due to funding limitations, the outing is open to family members you are raising in your household. You must sign-up by June 30<sup>th</sup>. There is plenty of free parking for those who drive at Xdrenaline. A shuttle will also be provided from Helene Mills Senior Center for those who don't drive. Space is first-come, first-serve for the shuttle, so sign up today, by calling **470-310-3458** or email [peneloper@isdd-home.org](mailto:peneloper@isdd-home.org).



## Welcome, Cindy!

Please join ISDD in welcoming Project GRANDD's newest case manager, Cindy Stroud. Cindy has a Master's Degree in Social Work from Georgia State University and over seven years' experience in working with families and children. Cindy's passion includes helping families succeed no matter the circumstances! We are excited to welcome Cindy to the Project GRANDD family.



## Need Help? Have a Question? Contact Us

**ISDD OFFICE**  
**4282 Memorial Drive Ste. B**  
**Decatur, GA 30032**  
**404-600-3332 ext. 104 office**

Rainie Jueschke, Executive  
Director

[rainiej@isdd-home.org](mailto:rainiej@isdd-home.org)

404-551-5258

Laura Wells, Program Director

[lauraw@isdd-home.org](mailto:lauraw@isdd-home.org)

470-310-3452

Sherri Feliccia, Case Manager

[sherrif@isdd-home.org](mailto:sherrif@isdd-home.org)

470-310-3459

Cindy Stroud, Case Manager

[cindys@isdd-home.org](mailto:cindys@isdd-home.org)

470-798-3025



## School Supplies

If you signed your grandchildren up for fall school supplies by the May 31<sup>st</sup> deadline, your supplies will be ready to pick up on Thursday, August 1<sup>st</sup> at the Atlanta Legal Aid downtown office (54 Ellis Street Atlanta GA 30303). Please check with your caseworker for further details or if you have questions.

## HEALTH CORNER—

### The Hidden Health Risks of Hearing Loss

Article edited from <https://considerable.com/hidden-health-risks-hearing-loss>

Hearing loss might seem like an inconvenience. You turn the TV louder, choose quieter restaurants, or ask people to repeat themselves. But it's actually not just an annoyance—it's also linked with some serious health problems.

“We used to feel that hearing loss was a loss of communication opportunity and that was about it, but what has become clearer in the last several years is that there are much deeper cognitive and physical health implications,” says Donald Schum, vice president of audiology at Oticon, a hearing aid manufacturer. Paul Farrell, associate director of audiology for the American Speech-Language-Hearing Association, outlines the types of health problems we’re talking about:

### **Social isolation, loneliness and depression**

“Most adults develop hearing loss gradually over many years,” Schum says. Over time, you might gravitate away from experiences you no longer enjoy, like restaurants and parties, and toward less-social activities that do not put as much demand on your hearing. Communication difficulties isolate people, and then people become more depressed and stressed.

“As older adults get more and more isolated, that can lead to stress and depression,” Schum says. It’s a downward spiral. “Our big concern in audiology is that we believe we can stop some of that [downward spiral] earlier on if people are willing to do something about their hearing loss,” Shrum says. “We want to get more people to recognize that linkage and act.”

### **Cognitive impairment and dementia**

There are a few different hypotheses about the link between hearing loss and decreased brain function, Farrell says. One says neither causes the other, but that neurodegeneration as you age causes both. Another thinks the energy the brain uses as you struggle to hear might deplete the energy the brain needs in other areas, Farrell says. And a third suggests that the social isolation that can stem from hearing loss can lead to decreased sensory input, which can then lead to dementia. “One of the best stimulations for the cognitive system is to be around other people, having a good conversation,” Shrum says. “When you start to lose that because of isolation you’re at greater risk of cognitive decline. We are in no way saying that getting hearing aids prevents dementia or Alzheimer’s—we’re not anywhere near that—but we do recognize how important social interaction is in the later years, and it’s tricky to create those environments for yourself if you allow yourself to become more isolated because of hearing loss,” Schum says.

### **Falls**

Farrell says a study of 2,000 people found that those with a higher degree of hearing loss had a greater risk of falling. It’s not yet clear what the connection is between falling and hearing loss.

### **Diabetes and heart disease**

Diabetes might affect the blood flow to the cochlea and lead to hearing loss, Farrell says. And while it could be that diabetes is causing hearing loss, not the reverse, hearing loss could still be an important indicator. That’s because 8.1 million people in the United States with diabetes are undiagnosed. And hearing loss in the low frequencies could indicate heart disease, though the connection is still unclear. “We’re seeing more and more evidence and continuing to discover the links between these serious conditions and hearing loss,” Schum says.

### **A wide-ranging concern**

Hearing loss is a common problem as you age. According to the National Institute on Deafness and other Communication Disorders, disabling hearing loss affects about 2 percent of adults aged 45 to 54, 8.5% of adults aged 55 to 64 and nearly 25% of those aged 65 to 74. “It’s really important for any individual who has hearing loss to ensure they have a good conversation with their physician and audiologist,” Farrell says. “Be open and honest about all the health conditions you’re being faced with.”

## RESOURCE CORNER

### Looking for a last minute summer camp?

You can call or email Parent to Parent at [info@p2pga.org](mailto:info@p2pga.org) or 1-800-229-2038 to request assistance.

Search <http://www.qualityrated.org/> or call 1-877-ALL-GA-CAMPS for summer childcare and camps information.

YMCA Camps learn more at: [www.ymcaatlanta.org/program-locations/summer-camp/](http://www.ymcaatlanta.org/program-locations/summer-camp/), scholarships available.

«Text2»  
«Text3»  
«Text5»

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4151 Memorial Drive, D-106  
Decatur GA 30032