



GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES



VOLUME 12/ISSUE 7 January 2019

January Project GRANDD Support Groups

Fulton County Daytime Session

Third Tuesday of Every Month from 10am to 12:00pm
Helene Mills Senior Multipurpose Facility
515 John Wesley Dobbs Ave NE, Atlanta, GA 30312



This month: Tuesday, January 15th at 10am

Topic: Money Management/Budgeting led by Operation HOPE

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

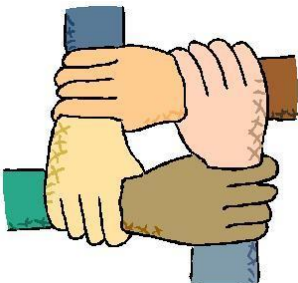


This month: Thursday, January 10th at 10:30am

Topic: Educational supports and IEP goals—is your child’s IEP working for them?

GRANDDS and KIDS Evening Support

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



Monday, January 28th 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 Jan. 25th !! Register to attend by email to lauraw@isdd-home.org or call 404-310-8129

HEALTH/EDUCATION CORNER

LEARNING MUSIC MAKES KIDS SMARTER from www.childtrends.org

LOS ANGELES, Calif. (Ivanhoe Newswire) — Five years ago, psychologists at the Brain and Creativity Institute at the University of Southern California studied how learning music might affect brain development in young children. The researchers used MRIs to look at potential brain changes after participation in music and other activities.

Twelve-year-old Raquel Montoya has played violin with the LA Philharmonic Youth Orchestra after school, two hours a day, since she was six. She's in USC Professor of Psychology Assal Habibi's study on how music training affects kids' brains.

"We saw that children who have had music training had stronger brain activation in the frontal region of the brain. These are the areas that are responsible for decision-making," detailed Habibi.

Researchers tracked 25 six-year-olds, using MRIs to measure things like brain maturation, social skills, and learning abilities. They compared their results with control groups of kids in sports programs and kids with no organized training.

The music-trained group had a stronger connection between the right and left sides of the brain. These kids' cognitive skills, including executive function abilities and auditory skills, were better. Raquel said the training helps her learn.

Raquel told Ivanhoe, "When I'm at school and I see other kids that don't do any other activities, like they just go home, I see them struggle a lot. And sometimes, I am just like, how's this so hard when it's easy?"

"Not only is it fun and brings children together and teaches them social skills, but it would seem to be important toward the brain and cognitive development," explained Habibi.

Raquel's mom, Angeles, agrees: "Music, it opens up the brain."

The Youth Orchestra, or YOLA, is a free after-school program. Habibi is spreading the word about her study results, hoping they'll convince policymakers that music and the arts are just as critical as science and math to children's learning.

Produced by Child Trends News Service in partnership with Ivanhoe Broadcast News and funded by a grant from the National Science Foundation.

Full research article: <https://nyaspubs.onlinelibrary.wiley.com/doi/full/10.1111/nyas.13606>

Join Project GRANDD members for Senior Day at the Capitol!

Thursday, February 7th 2019 from 9am to 3pm

New location this year with a **sit-down lunch!**
Sloppy Floyd Building directly across from the Capitol
Easy access to walk across the street to meet legislators



If you have never been to the Capitol this is always a great opportunity to speak to your House and Senate representatives about issues that matter to you. It is also a great time to learn about what bills are currently being voted on that affect seniors.

Please let Laura know if you can attend at 404-310-8129 or lauraw@isdd-home.org

Raising your Grandchildren or other relative children and wondering how to make it work in today's society? Feeling alone or confused?

Join Project GRANDD for an 8-week enrichment program developed at Cornell University called Parenting A Second Time Around (PASTA).

Topics include: child development, caring for oneself as a caregiver, rebuilding a family, living with teens, legal issues and more!

JOIN US!!

YOU DON'T WANT TO MISS IT!!

FRIDAYS FROM 10:30 AM TO 12:30 PM

STARTING JANUARY 11TH THROUGH MARCH 1ST

Refreshments and \$5 travel money will be provided

Covington Branch of the DeKalb County Public Library
3500 Covington Hwy, Decatur, GA 30032

Please RSVP to Sherri at 678-468-4544 or sherrif@isdd-home.org

Need Help? Contact Us

ISDD OFFICE

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RESOURCE CORNER

Need help with tax preparation?

The Volunteer Income Tax Assistance (VITA) program and Tax Counseling for the Elderly (TCE) offer free tax help for all taxpayers, particularly those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors.

To locate the nearest AARP TCE Tax-Aide site between late January and April use the AARP Site Locator Tool or call 888-227-7669.

<https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action>

Or email taxaide@aarp.org



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