



**GRANDPARENTS RAISING AND NURTURING
DEPENDENTS WITH DISABILITIES**

VOLUME 13/ISSUE 6 December 2019

December Project GRANDD Support Groups

Happy Holidays and Merry Christmas from all of us at ISDD!
Please join us for the annual Project GRANDD Christmas luncheon Tuesday, December 17th from 11:00am to 1:00pm. ISDD will provide the ham and turkey and drinks and you are bringing the sides and desserts. If you haven't signed up yet to bring a dish, please let Asia know what you are bringing.



We hope to see everyone at the luncheon at the Martin Luther King Recreation Center (110 Hilliard St SE, Atlanta, GA 30312). Please drop your dish off downstairs in Multipurpose Room 1 at 11am and come upstairs to Classroom 1 where we normally meet.

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, December 12th, 2019- 10:30 AM**

Topic: [Legal Issues for Relative Caregivers](#)

Presented by Atlanta Legal Aid

GRANDDS and KIDS Evening Support

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



No evening support group this month—see you in the New Year!

Have you taken our PASTA class for relative caregivers yet?

Mark your calendar for the next **8-week** enrichment:
Parenting the Second Time Around (PASTA)

The award-winning curriculum created by Cornell University for relatives raising children.

Topics include child development, discipline, caring for oneself as a caregiver, rebuilding a family, living with teens, legal issues, and advocacy.

Group will meet 8 Thursdays in January and February 2010 from 10:00am to 12:00pm

Location:

Access Mental Health
1903 Phoenix Blvd., Suite 200
Atlanta, GA 30349

Starts Thursday Jan 9th, 2020 thru Thursday, Feb. 28th
Please RSVP to Laura or Asia at 470-310-3458



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

404-551-5258

Laura Wells, Program Director

lauraw@isdd-home.org

470-310-3452

Sherri Feliccia, Case Manager

sherrif@isdd-home.org

470-310-3459

Cindy Stroud, Case Manager

cindys@isdd-home.org

470-798-3025

Asia Wilkerson, Program Assistant

asiaw@isdd-home.org

470-310-3458

HEALTH CORNER

What is the fastest way to relieve stress?

Reprinted from www.helpguide.org

There are countless techniques for managing stress. Yoga, mindfulness meditation, and exercise are just a few examples of stress-relieving activities that work wonders. But in the heat of the moment, during a high-pressured job interview, for example, or a disagreement with a family member, you can't just excuse yourself to meditate or take a long walk. In these situations, you need something immediate and accessible.

One of the speediest and most reliable ways to stamp out stress is to engage one or more of your senses—sight, sound, taste, smell, touch—or through movement. But since everyone is different, you'll need to do some experimenting to discover which technique works best for you.

Social interaction is your body's most evolved and surefire strategy for regulating the nervous system. Talking face-to-face with a relaxed and caring listener can help you quickly calm down and release tension. Although you can't always have a pal to lean on in the middle of a stressful situation, maintaining a network of close relationships is vital for your mental health. Between sensory-based stress relief and good listeners,

HEALTH CORNER (Continued)

of close relationships is vital for your mental health. Between sensory-based stress relief and good listeners, you'll have your bases covered.

Tip 1: Recognize when you're stressed

It might seem obvious that you'd know when you're stressed, but many of us spend so much time in a frazzled state that we've forgotten what it feels like when our nervous systems are in balance: when we're calm yet still alert and focused. If this is you, you can [recognize when you're stressed](#) by listening to your body. When you're tired, your eyes feel heavy and you might rest your head on your hand. When you're happy, you laugh easily. And when you're stressed, your body lets you know that, too. Get in the habit of paying attention to your body's clues.

Observe your muscles and insides. Observe your breath.

Tip 2: Identify your stress response

Internally, we all respond the same way to the "fight-or-flight" stress response: your blood pressure rises, your heart pumps faster, and your muscles constrict. Your body works hard and drains your immune system. Externally, however, people respond to stress in different ways.

The best way to quickly relieve stress often relates to your specific stress response:

Overexcited stress response: If you tend to become angry, agitated, overly emotional, or keyed up under stress, you will respond best to stress relief activities that quiet you down.

Underexcited stress response: If you tend to become depressed, withdrawn, or spaced out under stress, you will respond best to stress relief activities that are stimulating and energizing.

Tip 3: Bring your senses to the rescue

To use your senses to quickly relieve stress, you first need to identify the sensory experiences that work best for you. This can require some experimentation. As you employ different senses, note how quickly your stress levels drop. And be as precise as possible. What is the specific kind of sound or type of movement that affects you the most? For example, if you're a music lover, listen to many different artists and types of music until you find the song that instantly lifts and relaxes you.

Explore a variety of sensory experiences so that no matter where you are, you'll always have a tool to relieve stress.

The examples listed below are intended to be a jumping-off point. Let your imagination run free and come up with additional things to try. When you find the right sensory technique, you'll know it!

Sight	Smell	Touch	Taste	Movement	Sound
Look at a cherished photo or a favorite memento	Light a scented candle or burn some incense	Wrap yourself in a warm blanket	Indulge in a small piece of dark chocolate	Dance around.	Sing or hum a favorite tune.
Surround yourself with colors that lift your spirits	Spritz on your favorite perfume or cologne	Hold a comforting object (a stuffed animal, a favorite memento)	Sip a steaming cup of coffee or tea or a refreshing cold drink	Stretch or roll your head in circles	Listen to uplifting music
				Go for a short walk	Hang wind chimes near an open window
				Squeeze a rubbery stress ball	

RESOURCE CORNER

The Empty Stocking Fund's Santa's Village provides gifts for needy children.

All metro Atlanta children receiving any form of public assistance - including Medicaid, PeachCare for Kids, SSI, CAPS, TANF and SNAP - are eligible to receive gifts from The Empty Stocking Fund. You must be the child(ren)'s legal guardian (or have a foster care placement letter) to request and receive gifts. **You must register onsite.**

Hours:

Dec. 2nd – 21st

Mon. – Thurs. 9 a.m. – 7 p.m.

Fri. – Sat. 9 a.m. – 5 p.m.

Sun. Closed

Location: [970 Jefferson St NW, Atlanta, GA 30318](#)

Questions? Email us at registration@emptystockingfund.org.



PROJECT GRANDD
A program of Innovative Solutions for
Disadvantage & Disability
4282 Memorial Dr. Ste. B
Decatur GA 30032