



GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES

VOLUME 12/ISSUE 10 April 2019

April 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, April 16th at 10am**

Topic: **How to Create and Maintain Your Child's IEP (Individualized Educational Plan)**



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, April 11th at 10:30a**

Topic: **Access to Resources--Learn how, when and where to contact the benefits and services that might help you or your loved ones.**



GRANDDS and KIDS Evening Support

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

Monday, April 22nd from 6-8pm

Metropolitan Library 1332 Metropolitan Pkwy SW

Topic this month: Battling the Aging Brain



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 April 26th!!** Register to attend by email to lauraw@isddd-home.org or call 404-310-8129.

ISDD office destroyed in a building fire

On February 14th, the Kensington Office complex where ISDD's office was located suffered a fire that destroyed two buildings. Thankfully, no one was injured, and though our floor did not burn there was extensive smoke and water damage to our suite which destroyed all of our office equipment and furniture. It was a major setback after we had finally established our own office space in 2017. Luckily all of our programs are held in the community, so staff has been able to work from home providing uninterrupted services to our families. In other good news, thanks to coverage on WSB-TV and CBS46 we have begun to receive donations to help furnish our new space. On April 5th we will be moving into larger space just down the street in the Park Plaza complex next to the Kensington MARTA station. We hope to hold more programs out of our new offices to augment those offered in the community. Out of the ashes, comes new life. We look forward to welcoming you to 4282 Memorial Drive, Suite B very soon!



Parenting workshops

**Raising 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!

**YOU WON'T WANT TO MISS IT!!
FRIDAYS FROM 10:30 AM TO 12:30 PM
APRIL 12TH - MAY 31ST
Refreshments and \$5 travel money 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?
Have a
Question?
Contact Us**

**ISDD OFFICE
4282 Memorial Drive Ste.B
Decatur, GA 30032
404-303-5126 office**

Rainie Jueschke, Executive Director

rainiej@isdd-home.org

404-600-3332

Laura Wells, Program Director

lauraw@isdd-home.org

404-310-8129

Sherri Feliccia, Case Manager

sherrif@isdd-home.org

678-468-4544

HEALTH CORNER—Heart Attacks Kill 6 times as many women as breast cancer from www.considerable.com

Each year, 435,000 American women have heart attacks. Nearly 20% of them are under age 65. In fact, heart attacks kill six times as many women as breast cancer does.

Yet women aren't always evaluated and treated appropriately for their heart attacks, especially compared to men, research shows. One study, for example, found that women were less likely to receive beta blockers and other common medications and therapies to manage their heart attacks or to undergo certain standard procedures like angiography.

Women can take solid steps to improve their odds of getting the right treatment for heart attack.

1. Advocate for yourself. A 2018 study published in *Circulation*, the journal of the American Heart Association, found that with similar symptoms, 53% of women said their doctor did not think their symptoms were heart-related, vs. 37% of men. “The most powerful thing a woman can say is, ‘I think I’m having a heart attack.’” Steinbaum says. “When she says that, it sets off a train of activity and thought processes in the team that is caring for her. That simple statement can be a lifesaving measure.”

2. You might not be sure it’s a heart attack—seek help anyway. Women wait 30% longer than men—about another half hour—before seeking care, on average, according to an August 2018 study published in *Current Cardiology Reports*.

“One of the reasons women delay getting treatment is that they’re concerned about appearing silly if their symptoms aren’t due to heart attack,” says Nieca Goldberg, medical director of the Joan H. Tisch Center for Women’s Health at NYU Langone Medical Center. These slowdowns can snowball. Once they arrive at the hospital, women wait 20% longer than men to receive care, according to the same study.

3. Describe—but don’t interpret—your symptoms. When did symptoms start? How long did they last? Were you at rest or asleep when you experienced them? What do they feel like?

Don’t discount symptoms by assuming they stem from anxiety, stress, indigestion, or insomnia. One study found that 21% of women attributed their symptoms to stress or anxiety, compared to 12% of men.

5. Talk about your risk factors. Don’t assume your health care team has reviewed your records. Let them know if you have high blood pressure, abnormal cholesterol levels, diabetes, or a family history of heart disease, says Goldberg.

6. Talk about gender bias. Women are more likely to survive a heart attack if their doctor is female. Goldberg wouldn’t go so far as to recommend requesting a female doctor, but you can draw attention to the possibility of gender bias. You can ask your doctor what the recommended treatment plan would be if a man presented with your symptoms. And ask about stenting and bypass. These lifesaving procedures are more often recommended for men than for women.

7. Watch for a range of symptoms. More than 85% of both women and men who are having a heart attack notice chest pain, pressure, tightness, or discomfort. But women are more likely to have three or more additional symptoms like shortness of breath, nausea, or abdominal, shoulder, jaw, or neck pain.

RESOURCE CORNER

- Special Needs Town Hall—will provide information and vendors for parents of children with special needs. Will provide info and assistance with applying for Medicaid Waivers and other funding sources. Childcare provided. Reserve at 615-491-6547 or lttnow.com
Saturday April 27th 9:30am
Greater Piney Grove Baptist Church 1879 Glenwood Avenue, Atlanta 30316
- School Based Behavioral Health Forum at the Carter Center
Forum purpose is to promote and highlight best practices of school based behavioral health, combining behavioral health with school climate and school discipline, and overcoming legal, funding and parent engagement barriers.
Saturday April 15th 9:30am to 3:00pm
Register at <https://mhforum.cartercenter.org/atlsbbhforum/>

