



# GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES



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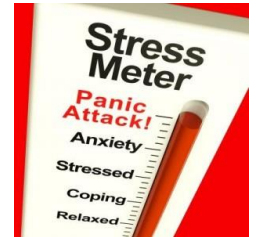
## February Project GRANDD Support Groups

### 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, February 19<sup>th</sup> at 10am**

Topic: **Staying Healthy During Stressful Times**



### 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, February 14<sup>th</sup> at 10:30a**

Topic: **Are you Healthy or Fit? Led by the Ruby A. Neeson Diabetes Foundation**



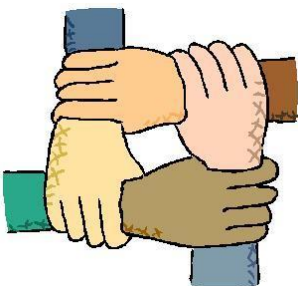
## GRANDDS and KIDS Evening Support

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

**Monday, February 25<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 February 22!! Register to attend by email to [lauraw@isdd-home.org](mailto:lauraw@isdd-home.org) or call 404-310-8129**

### THE TEN BEST SUPERFOODS FOR YOUR EYES from [www.aarp.org](http://www.aarp.org)

#### 1. Tuna

“Getting omega-3 fatty acids matters for maintaining healthy eyes,” says Sunir J. Garg, retinal surgeon at Wills Eye Hospital in Philadelphia. A 2016 meta-analysis of studies on fish consumption and age-related macular degeneration found that people who ate the most fish had the lowest risk of the sight-stealing disease. Aim for two to three servings a week of dark meat fish such as tuna and salmon.

#### 2. Blueberries

These violet-hued gems are rich in anthocyanins, potent antioxidants that easily cross the blood-retina barrier to provide extra vision protection. They also may improve vision in people with normal tension glaucoma, a form of the disease that damages the optic nerve. If you spend a lot of time in the sun, blueberry anthocyanins may be particularly helpful, since research shows that they can protect your retina against damage from UV light exposure. You'll also get anthocyanins from other dark red, blue and purple foods like blackberries, currants and red grapes.

#### 3. Dark Chocolate

If you need another reason to indulge in a chunk of dark chocolate today, here's one. An intriguing 2018 study published in *JAMA Ophthalmology* reported that adults who ate a bar of dark chocolate could literally see better — enjoying improvements in visual clarity and contrast sensitivity — about two hours afterward, perhaps because of a boost in blood flow. Even if your Dove bar doesn't sharpen your vision, the flavonoids found in dark chocolate may help improve vision in people with glaucoma as well as reduce your risk for macular degeneration. But consume in moderation, or you'll have other health issues to worry about!



#### 4. Spinach

Spinach and other dark leafy greens like kale and collard greens are packed with two antioxidants — lutein and zeaxanthin — that are stored in the eye's macula, which helps shield the eye from damaging light. Lutein is especially good at filtering out blue light, which is the kind that glares from your phone and computer screens. These antioxidants also appear to help maintain rich blood flow to your eyes. “Aim for at least three servings a week,” Garg says. Lutein and zeaxanthin are fat soluble, so drizzle on the olive oil for maximum absorption — and deliciousness.

#### 5. Eggs

Egg yolks are brimming with the same powerful eye-protecting antioxidants, lutein and zeaxanthin, that are found in leafy green vegetables. The beauty of getting them in your omelets is that the high fat content in eggs means that you very easily absorb all that antioxidant goodness. In fact, one study found that eating just one egg a day for five weeks increased lutein levels by 26 percent and zeaxanthin levels by 38 percent (the study also found this egg-a-day routine had zero ill effects on cholesterol or triglyceride levels). Egg yolks are also a rich source of vitamin D, which may also help protect against macular degeneration.



## 6. Oysters

Oysters Shellfish like oysters are among the best sources of the mineral zinc, which healthy eyes have in abundance. Zinc helps vitamin A create melanin, a pigment that protects your eyes. Zinc deficiency can cause poor night vision, or night blindness, as well as cataracts. In high doses, zinc also appears to be able to slow the progression of macular degeneration once you have early stages of the disease. But you don't need more than the daily recommended dose — 8 milligrams a day for women and 11 milligrams a day for men. Oysters deliver more of the mineral than any food, but you also can get plenty of zinc from beef, other shellfish and fortified cereals.

## 7. Hot Tea

Folks who drink hot tea every day are 74 percent less likely to develop glaucoma than those who don't, according to a study of more than 1,600 adults published online in the *British Journal of Ophthalmology*. The researchers found no such associations between glaucoma and other commonly consumed beverages, including caffeinated and decaffeinated coffee, iced tea and soft drinks. Though the study isn't conclusive, brewed tea is a good source of disease-fighting antioxidants.

## 8. Oranges

Vitamin C should really be called Vitamin See. Like other antioxidants, it helps prevent free-radical damage and may reduce your risk of cataracts and macular degeneration. It also helps build collagen, which provides structure for your cornea. You can get ample doses of C from strawberries, red bell peppers and all citrus fruits. Oranges, however, might be the real apples of your eyes: In one study of adults 49 and older, those who said they ate at least one serving of oranges a day had a 61 percent lower risk of age-related macular degeneration 15 years later than those who said they didn't eat oranges.

## 9. Sunflower Seeds

A Spanish study of nearly 600 men and women age 65 and older found that people who ate a healthy diet providing at least 8 milligrams of vitamin E a day had significantly lower rates of cataracts and cataract surgery than those who ate lesser amounts. The recommended daily value for this powerful antioxidant vitamin is 15 milligrams, the amount in 2 ounces of sunflower seeds. Other good sources are almonds, hazelnuts and peanut butter.

## 10. Carrots

No list of sight-saving foods would be complete without carrots. Carrots are a rich source of beta-carotene, an antioxidant carotenoid that your body converts to vitamin A, which is essential for good vision. Vitamin A helps with the production of both rod and cone cells, which help you see in low light conditions and to see colors. Beta-carotene also helps fend off disease-causing free radical damage. Eating high amounts may lower your risk for diseases like macular degeneration, cataracts and glaucoma. You can get beta-carotene from yellow, orange and red fruits and veggies like sweet potatoes and cantaloupes as well as dark leafy greens like kale and broccoli.

## Need Help?

Have a

Question?

Contact Us

### ISDD OFFICE

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## RESOURCE CORNER

- The Atlanta Public Schools Department of **Special Education Parent Expo**--March 7, 2019 5-8pm. The Coan Building 1550 Hosea Williams Dr. N.E. Atlanta, GA 30317
- Drew Charter School PTA invites all Kirkwood and East Lake students from all schools and their parents to its **4th Annual Summer Camp Expo** on February 9 from 10 a.m. - 1 p.m. in our Drew Upper Campus Cafeteria (300 E Lake Blvd).
- **Beginner Computer Classes** for adults and seniors  
10:15 am Friday Feb 8th and 15th  
FREE  
Adamsville-Collier Heights Library 3424 MLK Jr. Drive Atlanta  
To register: [404-699-4206](tel:404-699-4206) or [afpls.org](http://afpls.org)



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