



## GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES

VOLUME 10/ISSUE 2

September 2016



### SEPTEMBER SUPPORT GROUP

**Plan to attend:  
Tuesday, Sept. 20th  
10:00 am to 12:00 pm**

**Helene Mills Senior  
Multipurpose Center  
Activities Room  
515 John Wesley Dobbs Ave  
Atlanta GA 30312**

**Attention Deficit  
Hyperactivity Disorder—  
What is it and what are  
strategies that can make life  
more manageable for  
children who have it?**

This month we will have a  
speaker from Morehouse School  
of Medicine, pediatrician Dr.  
David Levine.

#### **Bus Route to Helene Mills:**

From 5 POINTS STATION, take  
#113 Auburn Ave. (get off at the  
Center) or King Memorial #99  
/North Avenue Station

#### **By Car from I-20 W**

- 1) Take the Boulevard exit
- 2) Right onto Boulevard
- 3) Right onto John Wesley  
Dobbs Avenue
- 4) The Helene Mills Center will  
be the second building on the  
right

**Upcoming Support  
Group Meetings:  
October 18<sup>th</sup>  
November 15<sup>th</sup>**

### **September is Kinship Care Month in Georgia and National Grandparents Day is September 11, 2017.**

Treat yourself to some “me time”.  
Go for a long walk, take a bubble bath,  
get a massage.



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### **Grandparents Raising Grandchildren Resource Fair**

Thursday, September 15, 2016

10:00am to noon

Romae T. Powell Juvenile Justice Center

395 Pryor Street SW, Atlanta, GA 30312

Suite #1132

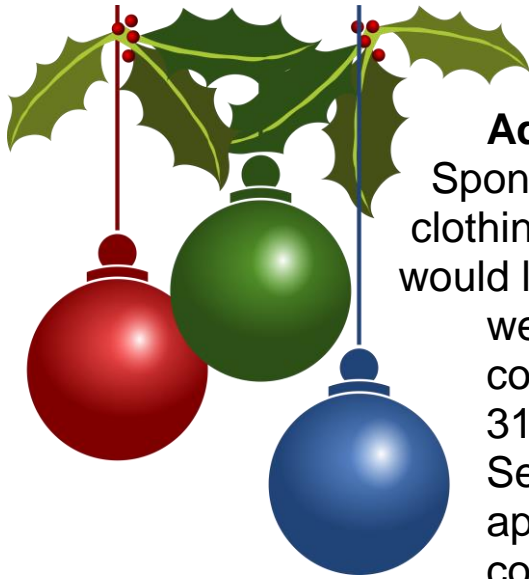
Sponsored by: United Way, Fulton County Juvenile Court,  
Atlanta Legal Aid Society, Atlanta-Fulton Public Library System,  
and Atlanta Community Food Bank

Thanks to the Ruby Neeson Diabetes Foundation for their  
wonderful presentation at our August support group about  
diabetes and how it affects our body!

**If you were unable to attend last month's group and are  
interested in a monthly class to learn about preventing  
diabetes, eating healthy  
and taking care of your  
health, please let Laura  
know by email or call  
her at 404-310-81292.**

The Ruby Neeson Diabetes  
Foundation will offer Project  
GRANDD members a free  
once a month class for a  
total of six sessions  
**starting in September.**





We at ISDD have already begun to plan for our **Adopt a Grandparent holiday program.**

Sponsors matched with each family provide gifts, clothing, coats and food for the family members. If you would like for your family to be sponsored this year, we need your application by **October 31<sup>st</sup>**. Please contact Laura at [lauraw@isdd-home.org](mailto:lauraw@isdd-home.org) or 404-310-8129 to get an application or fill one out at the September or October support group. All applications will be considered by our selection committee, and you will be notified if your family can be sponsored by November 8<sup>th</sup>.

## Home Visits

Part of our Project GRANDD program includes assisting families to connect with the resources that are available in the community. One of the ways that we can best provide this service is to visit you and your family in your home and complete an in-depth assessment of needs. Laura and Shandra are in the process of reaching out to new members and members who have not been visited in awhile. If you would like to schedule a home visit, please let Laura or Shandra know by email or phone. (See blue box.)



### Need Help? Contact Us

#### ISDD OFFICE

750 Hammond Drive, Bldg. 1, Suite 100

Atlanta, GA 30328

404-303-5126 office

404-600-3332 Rainie Jueschke, Executive Dir.

404-310-8129 Laura Wells, Program Coord.

770-366-3722 Shandra Wilson, Case Mgr.

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

## HEALTH CORNER

### What is ADHD?

Attention-deficit/hyperactivity disorder (ADHD) is one of the most common neurobehavioral disorders of childhood. It is sometimes referred to as Attention Deficit Disorder (ADD). It is usually first diagnosed in childhood and often lasts into adulthood. Children with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active.



### What are some of the signs of ADHD?

Many children have trouble focusing and behaving at one time or another. However, children with ADHD do not just grow out of these behaviors. The symptoms continue and can cause difficulty at school, at home, or with friends.

A child with ADHD might:

- ☐ daydream a lot
- ☐ forget or lose things
- ☐ squirm or fidget
- ☐ talk too much
- ☐ make careless mistakes or take unnecessary risks
- ☐ have a hard time resisting temptation
- ☐ have trouble taking turns
- ☐ have difficulty getting along with others

Deciding if a child has ADHD is a several step process. There is no single test to diagnose ADHD, and many other disorders, like anxiety, depression, and certain types of learning disabilities, can have similar symptoms. One step of the process involves having a medical exam, including hearing and vision tests, to rule out other problems with symptoms like ADHD. Another part of the process may include a checklist for rating ADHD symptoms and taking a history of the child from parents, teachers, and sometimes, the child.

### What can I do if I think my child may have ADHD?

Talk with your child's doctor or nurse. If you or your doctor has concerns about ADHD, you can take your child to a specialist such as a child psychologist or developmental pediatrician, or you can contact your local early intervention agency (for children under 3) or public school (for children 3 and older).

CDC sponsors the National Resource Center, a program of CHADD – Children and Adults with Attention-Deficit/Hyperactivity Disorder. Their website has links to information for people with ADHD and their families (<http://www.help4adhd.org/NRC.aspx>). The National Resource Center operates a call center with trained staff to answer questions about ADHD. The number is 1-800-233-4050.

To find out whom to speak to in your area, you can contact the Center for Parent Information and Resources <http://www.parentcenterhub.org/find-your-center/> to find the Parent Training and Information Center nearest to you. In order to make sure your child reaches his or her full potential, it is very important to get help for ADHD as early as possible.

#### ***Additional Information:***

***<http://www.cdc.gov/adhd>  
1-800-CDC-INFO (800-232-4636) <http://www.cdc.gov/info>***

## RESOURCE CORNER

**First African Community Food Pantry**—you can shop for what you want each Wednesday rather than receiving a pre-packaged box of groceries.

BRING YOUR OWN SMALL SHOPPING BAGS

5197 SALEM ROAD \* LITHONIA, GA 30038

**EVERY WEDNESDAY - 11:00 am - 12:30pm**

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**The Fulton County Office of Workforce Development** has established a Youth Enrichment Services Program at the Fulton County Oak Hill Child, Adolescent & Family Center. The mission of the program is to develop and maintain a comprehensive, coordinated youth training and employment program that will expand workforce opportunities, encourage leadership and independent thinking, and assist the youth of Fulton County in assessing and achieving their personal goals.

**The Youth Enrichment Services Program** serves youth ages 16 to 21 who reside in Fulton County. To reach the Youth Enrichment Services Program, please call the Fulton County Oak Hill Child, Adolescent & Family Center at (404) 612-4111

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**PROJECT GRANDD**  
A program of Innovative  
Solutions for Disadvantage &  
Disability  
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