

In this issue: >>>

Diabetic Neuropathy

Medicaid Open Enrollment

LIHEAP Heating Program

Client of the Month

Support Group Schedule



(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

November 2024

Volume 19 Issue 11

What is Diabetic Neuropathy?

Diabetes can harm your nerves. That damage, called neuropathy, may be painful.

It can happen in several ways, and they all seem to be related to blood sugar levels being too high for too long. To prevent it, work with your doctor to manage your blood sugar.

You may hear your doctor mention the four types of diabetes-related neuropathy: peripheral, autonomic, proximal, and focal.

Peripheral Neuropathy

This type usually affects the feet and legs. Rare cases affect the arms, abdomen, and back.

Early symptoms usually get better when your blood sugar is under control. There are medications to help manage the discomfort.

Autonomic Neuropathy

This type usually affects the digestive system, especially the stomach. It can also affect the blood vessels, urinary system, and sex organs.

Proximal Neuropathy

This type causes pain (usually on one side) in the thighs, hips, or buttocks. It can also lead to weakness in the legs.

Most people with this condition need treatment, such as medication and physical therapy, for their weakness or pain.

Focal Neuropathy

This type can appear suddenly and affect specific nerves, most often in the head, torso, or leg. It causes muscle weakness or pain.

Other Diabetes Nerve Damage

People with diabetes can also get other nerve-related conditions, such as nerve compressions (entrapment syndromes).

Carpal tunnel syndrome is a very common type of entrapment syndrome. It causes numbness and tingling of in the hand and sometimes muscle weakness or pain.

If you think you may have any type of nerve problem, talk with your doctor, so they can check for the cause.

For more information check out: <https://www.webmd.com/diabetes/diabetes-neuropathy> from What is Diabetic Neuropathy?, written by WebMD Editorial Contributors



Medicare Open Enrollment

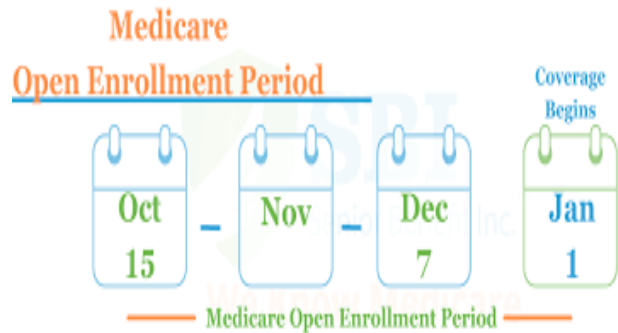
To compare plans and look at savings options:

1. Go to [Medicare.gov](https://www.Medicare.gov) to learn the difference between Traditional Medicare and Medicare Advantage, and do side-by-side comparisons of costs and coverage for Medicare Advantage and prescription drug plans.

2. Call 1-800-MEDICARE. Help is available 24 hours a day, including weekends.

3. Access no-cost personalized health insurance counseling from [shiphelp.org](https://www.shiphelp.org), State Health Insurance Assistance Programs (SHIP) or call 1-800-MEDICARE for each SHIP's phone number.

4. Check eligibility for the Medicare Savings Programs and the Part D Low-Income Subsidy Program. To learn more about the Part D Low-Income Subsidy Program, visit: [Medicare.gov/extrahelp](https://www.Medicare.gov/extrahelp) or call 1-800-MEDICARE (1- 800-633-4227).



LIHEAP Heating Program

The Low-Income Home Energy Assistance Program (LIHEAP) is available to all income eligible households. This program offers a payment of \$350, \$450, or \$500 once per program year to be applied to your home energy bill.

They will begin accepting applications for the LIHEAP program on December 1, 2024 for seniors only (ages 65+). Applications for the general population will be accepted, starting January 1, 2025. All services are provided by appointment only.

Link to: [Georgia Community Action Agencies](https://www.GCA.org)

Apply for assistance at your local Community Action Agency.

Take the following documents to your appointment:

1. Proof of Income for all household members for the past 30 days
2. Proof of Social Security number for each person in the household
3. Most recent Gas and Electric Bill for the household
4. Proof of citizenship or legal immigrant status

Call 1-404-657-3426 for additional information



Client of the Month- Marilyn Maddox

Each month we select a Project GRANDD caregiver to highlight so we can get to know each other.

Marilyn Maddox is a 69 year old grandmother who is caring for two of her grandchildren. Eldest of the pair is Edward a computer whiz, who doesn't allow ADHD or adjustment disorder get in his way. Then there is Chasity who loves to read and play with her baby dolls. The family have been members of Project GRANDD for two years. Ms. Maddox hobbies include spending time with her grandchildren, doing so keeps her active and feeling youthful. They enjoy spending time together by going out to get pizza and playing at a park. Her favorite quote is "you never fail until you stop trying." Ms. Maddox is our client of the month because she has a welcoming personality and actively participates through her support group attendance. Some advice she likes to offer is; "Love on them babies and don't give up. It's hard but we are all they have. Keep moving forward."



SUPPORT GROUPS

A light dinner is served 6:00pm – 6:30pm during family meetings.

| | | |
|--|--|---|
| AM Virtual Adult Support 10AM-12PM | 11/5- Support & Sharing Guest: N/A https://bit.ly/ISDDadult Phone: 256-581-5048, PIN: 611 544 546# | <i>Google Meet:</i> https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546# |
| Gwinnett PM Family Support 6 PM-8 PM | 11/11- Support & Sharing Guest: N/A RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458 | <i>Spectrum Autism Support Group Inc.:</i> 2997 Main St., Duluth *new RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458 |
| DeKalb AM Adult Support 10:30 AM- 12:30PM | 11/12- Support & Sharing Guest: N/A RSVP: https://bit.ly/DeKalbAM or 470-310-3458 | <i>DeKalb County Library:</i> 3500 Covington Highway, Decatur RSVP: https://bit.ly/DeKalbAM or 470-310-3458 |
| Fulton PM Family Support 6PM-8PM | 11/19- Support & Sharing Guest: N/A RSVP: https://bit.ly/FultonPM or 470-310-3458 | <i>Fulton Public Library:</i> 1332 Metropolitan Parkway, Atlanta RSVP: https://bit.ly/FultonPM or 470-310-3458 |
| DeKalb PM Family Support | 11/26- Canceled | <i>Canceled</i> |
| Rockdale AM Adult Support 9AM-11AM | Caring for Our Kin-Workshop- see link below for dates and modules (11/4, 11/18, 11/25) RSVP: https://bit.ly/PGRockdale or 470-310-3458 | <i>Olivia Haydel Senior Center:</i> 1240 Dogwood Drive RSVP: https://bit.ly/PGRockdale or 470-310-3458 |



Funded in Part By:



Frances Wood Wilson Foundation



| | | | | |
|--------------------|---------------------------------|--------------------|--------------|--|
| Contact us: | Rainie B. Jueschke, CFRE | Executive Director | 404-551-5258 | rainiej@isdd-home.org |
| | Thindiwia Bellamy | Program Director | 470-310-3452 | bellamyt@isdd-home.org |
| | Shantell Thomas | Program Manager | 470-310-3458 | shantellt@isdd-home.org |
| | Sherri Felliccia, MS | Lead Case Manager | 470-310-3459 | sherrif@isdd-home.org |
| | Cartavia Conley | Case Manager | 470-798-3025 | cartaviac@isdd-home.org |
| | Nea Wells, MSW | Case Manager | 470-481-0121 | neaw@isdd-home.org |
| | Anais Hairston | Case Manager | 404-474-8645 | anaish@isdd-home.org |
| | Sandi Austin | Case Manager | 404-595-2530 | sandia@isdd-home.org |

Visit us on the Web: www.isdd-home.org

Like and Follow Us on Facebook: Projectgrandd and Isddhome

2302 Parklake Drive
Suite 110
Atlanta, GA 30345

