

## May Project GRANDD Virtual Support Groups

**Unfortunately, it is still not safe to conduct in-person support groups. As of now, we will continue to hold virtual groups to stay in touch with you!**

### **STARTING THIS MONTH: Weekly Virtual Check-In**

Every Tuesday @ 10:00am  
Starting May 5, 2020  
Support & Sharing

**Link for Google Video Call:** <https://meet.google.com/xjx-bcmt-rbr?authuser=1&hs=122>  
**Dial-in by Phone Number:** (414) 600-9528 (PIN: 888 104 633#)

**If you need help setting up your Google account or are having trouble joining the group, call your case manager or Ashlyn at (470) 310 3458.**



Are your children interested in a virtual support group for children and teens being raised in kinship families? Let us know!

**Ages 8+, Support and Sharing**

**Call or Email Ashlyn**  
[ashlynd@isdd-home.org](mailto:ashlynd@isdd-home.org)  
**470-310-3458**

Hang in there, this is really hard for everyone. We're here for you if you need us! Your case managers are working remotely to help you with whatever you need.  
Don't hesitate to reach out!

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Sherri Feliccia, Case Manager — [sherrif@isdd-home.org](mailto:sherrif@isdd-home.org) – 470-310-3459

Cindy Stroud, Case Manager — [cindys@isdd-home.org](mailto:cindys@isdd-home.org) – 470-798-3025

## Farewell from ISDD's Program Director, Laura Wells

Dear Project GRANDD families:

As most of you know by now, I am leaving ISDD as of May 1<sup>st</sup> as my family prepares to move to North Carolina in a few weeks. While I am excited for the new opportunities that our move will bring, I am also feeling quite a bit of anxiety and sadness. None of us know what the future will bring even in the best of times, but with the coronavirus wreaking havoc all across the country, these are terribly uncertain times. I am sad to be leaving at a time when I can't see each of you, wish you well in person and hug you goodbye. Of everything I will miss about Atlanta, it is your wonderful spirits and smiles that I will miss the most. You all have become like family to me over the past 5 years. You will be missed greatly!

What is certain is that ISDD and Project GRANDD will carry on doing great work supporting kinship families like yours! Cindy, Sherri, Rainie and Ashlyn are all working tirelessly to make sure that every Project GRANDD family has the support and essential items needed during this crisis and beyond. A new Program Director will be hired soon and he or she will bring new energy and enthusiasm to the role. While change is hard, it always brings important new growth as well.

I will carry each of you with me in my heart--always. I also plan to come back to Atlanta when it's safe to gather in groups so that I can properly say goodbye. In the meantime, know that everyone at ISDD is here to help you and is just a phone call away. You are the rock stars doing the hard work of raising your relatives. I was honored to be part of your journey and pray that you will all stay safe and healthy in the coming months.

-Laura



# HEALTH CORNER

During these trying and uncertain times, we are all dealing with the usual stresses of everyday life, along with new stresses that come with being in the middle of a pandemic. Below are excerpts from a CDC article regarding ways to cope with stress, the importance of developing a care plan and ways to make a mask at home.

## Ways to Cope With Stress

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
  - Take deep breaths, stretch, or meditate.
  - Try to eat healthy, well-balanced meals.
  - Exercise regularly, get plenty of sleep.
  - Avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.



## Developing a Care Plan

Community spread of COVID-19 is increasing throughout the United States, and older adults are at higher risk of severe illness and even death associated with this disease. Following CDC recommended guidance on how to avoid getting sick and what to do in case you get sick is an important step in remaining healthy and helping slow the spread of COVID-19. Additionally, developing a care plan is vital during this crucial time in our country.



A care plan is a form that summarizes a person's health conditions and current treatments. Many care plans include a summary of your health conditions, medications, healthcare providers, emergency contacts, and end-of-life care options (for example, advance directives). People complete their care plans in consultation with their doctor, and if needed, with help from a family member or home nurse aide.

Developing a care plan now can have benefits beyond the current pandemic. You can update your care plan every year, or any time you have a change in your health or medications to keep the care plan current. Care plans can reduce emergency room visits and hospitalizations, and improve overall medical management for people with a chronic health condition, resulting in better quality of life. During the COVID-19 pandemic, having a care plan is an important part of emergency preparedness.

Visit [www.cdc.gov/aging/covid19-guidance.html](http://www.cdc.gov/aging/covid19-guidance.html) for more information on the above topics and additional topics including making masks, symptoms of COVID-19, how to protect yourself, and more!

# RESOURCE CORNER

**Make Your Voice Heard!** Contact your case manager to find out more about voting from home with an absentee ballot.

**Huebsch Laundry Stores Specials:**

- Free Wash for Customers Over 60: Wednesdays 7a-10a
- Wash and Fold for 50 cents/lb

**Atlanta Community Food Bank Help Map:** [www.acfb.org/covid-19-help-map](http://www.acfb.org/covid-19-help-map) -- just put in your address and the site will lead you to the food bank or agency closest to you!

**Find Food Near You With Just a Text:**

Text FINDFOOD or COMIDA to 888-976-2232

**Atlanta Public Schools delivering food along its bus routes daily.** To see times and locations, visit [www.atlantapublicschools.us/page/62031](http://www.atlantapublicschools.us/page/62031)

Check out this 11Alive News article to find out where Metro Atlanta schools have food pickup and delivery articles: [bit.ly/AtlSchoolMeals](http://bit.ly/AtlSchoolMeals)

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