



February Groups & Events

TUESDAY, FEBRUARY 2nd @ 10 AM	Talking With Your Aging Relatives About the Future
TUESDAY, FEBRUARY 9th @ 10 AM	IEP Advocacy
WEDNESDAY, FEBRUARY 10th @ 6 PM	Children's Group: Ages 8-12
TUESDAY, FEBRUARY 16th @ 10 AM	COVID-19 Vaccine: Information, Discussion, & Answers to Your Questions
TUESDAY, FEBRUARY 23rd @ 10 AM	Caregiver Support & Sharing
WEDNESDAY, FEBRUARY 24th @ 6 PM	Teen Group: Ages 13-19

Link & Info for ALL GROUPS

Link:

<https://bit.ly/grandd20>

Don't have a device? Use your phone and call in!

Dial In: 414-600-9528,

PIN: 888 104 633 #

Need Help? Call 470-310-3458

NEW REQUIREMENTS

- To be eligible for **SCHOOL SUPPLIES**: caregivers must participate in at least 4 support groups by June 2021 and children (ages 8+) must participate in at least 2 by June 2021
- To be eligible for **ADOPT A FAMILY**: caregivers must participate in at least 4 groups per person by September 2021 and children (ages 8+) must participate in at least 2 by September 2021



February is American Heart Month!



Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

Understand Your Risks The first step toward heart health is understanding your risk of heart disease. Your risk depends on many factors, some of which are changeable and others that are not. Risk factors are conditions or habits that make a person more likely to develop a disease. These risk factors may be different for each person.

Preventing heart disease starts with knowing what your risks factors are and what you can do to lower them.

Your risk of heart disease is higher if you:

- Have high blood pressure
- Have high cholesterol
- Are overweight or obese
- Have prediabetes or diabetes
- Smoke
- Do not get regular physical activity
- Have a family history of heart disease
- Have a history of preeclampsia (a sudden rise in blood pressure and too much protein in the urine during pregnancy)
- Have unhealthy eating behaviors
- Are older (age 55+ for women or age 45+ for men)

Some risk factors cannot be changed. These include your age, sex, and a family history of early heart disease. But many others can be modified. For example, being more physically active and eating healthy are important steps for your heart health. You can make the changes gradually, one at a time. But making them is very important.

Get Your Blood Pressure & Cholesterol Checked Two of the major risk factors for heart disease are high blood pressure and high blood cholesterol. If either of these numbers is high, work with your doctor to get it to a healthy range.

Aim for a Healthy Weight A healthy weight for adults is usually when the body mass index (BMI) is between 18.5 and 24.9. Always talk to your doctor or healthcare provider about what BMI is right for you. Talk to your child's doctor to determine whether your growing child has a healthy weight, because his or her BMI should be compared to growth charts specific for your child's age and sex. Following a heart-healthy eating plan and being physically active are some ways to help you achieve and maintain a healthy weight.

Manage Stress Research suggests that an emotionally upsetting event, particularly one involving anger, can serve as a trigger for a heart attack or angina in some people. Stress can contribute to high blood pressure and other heart disease risk factors. Some of the ways people cope with stress—drinking alcohol, using other substances, smoking, or overeating—are not healthy ways to manage stress.

Learning how to manage stress and cope with problems can improve your mental and physical health. Consider healthy stress-reducing activities such as: Talking to a professional counselor — Participating in a stress management program — Practicing meditation — Being physically active — Trying relaxation techniques — Talking with friends, family, and community or religious support systems

Get Regular Physical Activity Regular physical activity can: Help you lose excess weight — Improve physical fitness — Lower many heart disease risk factors such as “bad” LDL cholesterol levels, increase “good” HDL cholesterol levels, and manage high blood pressure — Lower stress and improve your mental health — Lower your risk for other conditions such as type 2 diabetes, depression, and cancer

Talk with your doctor before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

Quit Smoking If you smoke, quit. Smoking can raise your risk of heart disease and heart attack and worsen other heart disease risk factors. Talk with your doctor about programs and products that can help you quit smoking. Also, try to avoid secondhand smoke. Learn more in our video. If you have trouble quitting smoking on your own, consider joining a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking. For free help and support to quit smoking, you can call the National Cancer Institute's Smoking Quitline at 1-877-44U-QUIT (1-877-448-7848).

Talk to your doctor if you vape. There is scientific evidence that nicotine and flavorings found in vaping products can damage your heart and lungs.

Get Enough Good-Quality Sleep Sleep plays a vital role in good health and well-being throughout your life. During sleep, your body is working to support healthy brain function and maintain your physical health. Not getting enough sleep or good-quality sleep over time can raise your risk for chronic health problems. The amount of sleep you need each day will change over the course of your life. This table reflects recent American Academy of Sleep Medicine (AASM) recommendations that the American Academy of Pediatrics (AAP) has endorsed.

Resource Corner

- **COVID-19 Vaccine Info:**
cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

Contact Us

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Project GRANDD
A Program of Innovative Solutions for
Disadvantage & Disability
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Project GRANDD

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