



ADULT DISABILITY MEDICAL HEALTHCARE NEWSLETTER

INSIDE THIS ISSUE

- Patient Spotlight
- New Year – New Board
- Get Fit & Be Healthy



Elise McEachern–Board Chair 2024



Patient Spotlight



Our Mission:

ADMH provides comprehensive, coordinate, person-centered healthcare for teens and adults with developmental disabilities. We strive to empower individuals and their families to become advocates for their own health and wellness needs.

Making an impact

We received a call from one of our patient's parents in late fall. Aiko was sick and presented with a bad cough. Our coordinator asked if she had a pulse oximeter and blood pressure monitor to check her vitals. We also requested to check for Covid. Dr. Videlefsky gave a list of important things to look for to check her progress. As those symptoms started to worsen, they decided it was time to go to the Emergency Room. On the way to the Emergency Room, Aiko had a seizure. They were able to get her to the ER and she was placed in ICU where she was diagnosed with RSV. Dr. Videlefsky continued to check in with the family throughout her stay as she got strong enough to go home. Aiko's parents, stated that even after Aiko was discharged from the hospital. Dr. Videlefsky and Janice continued to check on Aiko. That level of care was something was above and beyond. What an amazing job Aiko's parents did advocating for her. Our patient's health can be very fragile, and something that could be an average illness for someone else could be life-threatening to our patients. This phone call and ADMH's quick response saved Aiko's life. This is why we care so much about our mission. Having basic home health instruments like a blood pressure monitor, pulse oximeter, and thermometer help the team make more accurate recommendations. We will continue to strive to not only empower our patients and families but to provide the best comprehensive care possible!

Run Committee 2024

AFTER OUR SUCCESSFUL 2023 RUN WE TALKED ABOUT WHAT WOULD BE NEXT FOR 2024. WE WANT TO LEARN AND GROW. THIS YEAR AS WE PREPARE TO CELEBRATE 10 YEARS OF ADMH WE PLAN TO MAKE OUR 2024 RUN THE BEST YET. WE HAVE SOME AMAZING ADDITIONS TO OUR TEAM AND WE WANT TO SHARE THEM WITH YOU!

At ADMH we would not be who we are without our patients. This year we are honoring our patients by having three Co-Chairs who are each patients on our run committee. Ross McEachern (Past and current), Danny Bryant, and Kyleigh Kramlich.

As we prepare for the 2024 RUN we are ecstatic to have them as apart of our team as we work hard to plan for the next RUN!



Ross



Danny



Kyleigh

New Year New Board

INTRODUCING OUR NEWEST BOARD MEMBERS

TRACY BRYANT



TRACY BRYANT is the father of Daniel Bryant, a young adult with Down Syndrome and a patient at ADMH. Tracy and his wife, Beth, have lived in Atlanta for more than 40 years. They have four children, three daughters and Daniel. The Bryants enjoy being active supporting the special needs community in Georgia. Tracy is semi-retired and works part-time with Financial Services. He is a past Environmental Scientist. Tracy will serve as our 2024 Board Treasure.

DAVID GORDAN



DAVID GORDON is an attorney firm partner in South Africa with expertise in Corporate and Commercial litigation. He is a proud US citizen by naturalization and a retired general counsel. He is a dedicated member of the Rotary Club of Atlanta Metro and dedicated support to the ADMH Run. He and his wife, Judy, are proud parents of 3 adult daughters, Claire, Megan and Katie who has Prader Willi Syndrome.

ANNE MAHAFFEY LADD



ANNE MAHAFFEY LADD has served as a Family Engagement Program Specialist at the GADOE (Georgia Department of Education). In this role, her primary responsibility is oversight of the Georgia Parent Mentor Partnership (Ga PMP). Anne has been a long-time disability and family advocate. Anne will tell you that her greatest teacher has been her son Matthew who is a young adult with a developmental disability. ADMH is privileged to have Anne participate as a member of the board of directors for The Adult Disability Medical Healthcare

ALAN WEINTRAUB



ALAN WEINTRAUB is a board certified developmental-behavioral pediatrician. Dr. Weintraub was also the co-chair of the Developmental Disabilities Committee of the Georgia Chapter of the American Academy of Pediatrics. He remains active on that committee. He is an accomplished presenter on complex disability issues and the psychopharmacology of ADHD and autism. He and his wife, Louise, are proud parents of 3 adult children, a son who is a rabbi, a daughter who is a speech pathologist and a son studying engineering.

Thank You

Special thank you to Richard Pease, Pat Satterfield, & Bess and Evan Wineburger for your time on our board! Pat continues to remain on Staff at ADMH. We know that each of you will continue to support ADMH.



Are you interested in being a part of our Board or on one of our committees?
Contact us today:
mceachern.admh@gmail.com



New Year Goals

AS THE NEW YEAR APPROACHES ANOTHER ONE OF OUR GREAT PROGRAMS WILL RELAUNCH. IF YOU OR SOMEONE YOU KNOW IS INTERESTED IN BEING A PART OF OUR 2024 GET FIT AND BE HEALTHY PROGRAM. PLEASE USE THE CONTACT INFORMATION BELOW AND REGISTER BY JANUARY 11, 2024.

ADULT DISABILITY MEDICAL HEALTHCARE
PRESENTS



GET FIT



& BE HEALTHY 2024

Get Fit and Be Healthy in My Community

As an individual with a disability who is 18 years old or older
you are invited to participate in the

Here is what you will do during the 4 to 5 monthly sessions:



- 1) Learn important skills to help you eat and drink healthy
- 2) Increase your exercise level
- 3) Prepare your own healthy meals
- 4) Work towards your healthy weight
- 5) Receive items to help you achieve your goals
- 6) Be with great friends and make new friends
- 7) Participate in community activities
- 8) Attend the 4 to 5 weekend workshop sessions



DEADLINE: for enrollment is January 10, 2024

Space is limited so please respond quickly so you are not left out.

COST: No cost involved but are asked to participate in all sessions.
You will be asked to complete the necessary forms and obtain medical clearance.

TENTATIVE DATES OF PROGRAM:

Sat, 2/17/2024; Sun., 3/24/2024; Sun., 4/14/2024;
Sun., 5/5/2024; Sun. 6/9/2024 Graduation

RSVP: Elizabeth Joyce – ejoyce@gigisplayhouse.org
or

Janice Nodvin – j.nodvin@theadmh.org