

ADMH NEWSLETTER

Adult Disability Medical Healthcare



Newsletter Highlights

Run for Health 2023
September 10, 2023

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ADMH ANNOUNCES THE 2023 RUN FOR HEALTH

Our run is always so much fun and such a great cause! Be sure to register. Better than that, why don't you form a team and do it together?

We count on you to register individually, make or join a team, and help us get sponsors! We need YOU moving forward together! Thank you for joining our journey.

SCAN HERE TO SPONSOR OR REGISTER



ADMH has a new
phone number
770-430-2922

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HEALTHCARE WITHOUT BARRIERS

We are so thankful for your support, participation and financial endeavors. By working together, we create a domino impact to the disability community. ADMH embraces *healthcare without barriers*. This is so important for person-centered care to teens and adults with developmental disabilities. Often times when we are helping others, we realize it does something inside of us also.

PROGRAMS 2023

GET FIT & BE HEALTHY

Get Fit and Be Healthy 2023 is well under way. We are combining both in-person and on-the-go activities. Dr. Andrea Videlefsky is adding to our health and wellness with strategies to eat, drink, and maintain healthy goals. Our personal trainers, Amir and Shelly London, continue to provide exercise and strength training. We are trying new recipes and are excited to introduce guest chefs. The group got a welcomed surprise at our first session with our dear friend, AMANDA WESTHEIMER, who shared some of her favorite recipes including a delicious watermelon salad. In addition, we are seeking community adventures with GET FIT ON THE GO. We toured the Wylde Woods Center at Oakhurst Gardens. Our tour guides were master gardeners headed by our own Rebecca Valdez. Each participant left with an herb garden.



WATERMELON FETA SALAD

- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 tablespoons chopped fresh mint
- 8 cups diced seedless watermelon
- 1 chopped sweet onion
- 1 chopped, seeded English cucumber
- 4 ounces feta cheese



FIRST THINGS FIRST OUTREACH EDUCATION AND WEBINARS

Join Us
FIRST THINGS FIRST
Guardianship and other options

Thursday, May 18, 2023
7:00-8:00 pm
Via Zoom - Spots are limited.
Scan the QR code to register.
Questions: info@theadmh.org

Emma Barry
Bowden Law Firm
ADMH WEBINAR SERIES FOR FAMILIES
SESSION 4

ADMH has listened to the requests of our families and caregivers who need assistance in understanding and accessing community services. Our monthly webinars address topics that range from access to Medicaid and social security benefits, waiver programs, guardianship options, wills, financial questions, health transition. The webinars are monthly, typically on a Thursday, and open to the community. Please reserve your spot by registering for the ZOOM presentation.

Our next webinar is Thursday, May 18 and will cover Guardianship and Alternative Options with EMMA BARRY JD as our presenter.

CLINIC

The Adult Disability Medical Healthcare continues to accept new patients, many with complex medical needs and many who are progressing very well since entering our medical care. We embrace their individual needs and continue to address the person and their family before, during and after their visit. We are typically seeing over 16 patients per month in our team clinics, and continue to provide telehealth, behavioral assessments, and individualized supports as needed. To get on our waiting list, please contact us at our new phone number.



PATIENT SPOTLIGHT

ROSS MCEACHERN



Ross McEachern is a 29-year-old fun-loving friend to many. He has been part of the ADMH community since he was in high school. He enjoys being with his family. He gets along well with friends of all ages. He enjoys football and baseball and is happy to attend games in person.

After high school Ross attended the post-secondary inclusive program at Kennesaw State University. He now is employed 5 days a week at Ingles where he inquired and got the job on his own. He has several hobbies and enjoys writing and listening to songs; being with people. His long term goal is to share an apartment with a friend, especially his long time pal, Patrick Stinson.

Ross serves as the ADMH RUN FOR HEALTH Co-Chair and is an Ambassador for ADMH. He would love you to join his team **RUNNING WITH ROSS**.



MOTHER SPOTLIGHT

EARTHA FOULKES

Eartha Foulkes is a single mother of Christina Gordon and Josh Gordon. Christina has a rare neuro genetic disorder known as Angelman Syndrome which carries other underlying diagnoses such as epilepsy. Josh is a UGA college student.

She works over 40 hours a week outside the home. Eartha drives a special needs school bus for Fulton County, a job she dearly loves and has had for 20 years. She appreciates that she is the first person that students and their parents see in the morning and the last person as they are brought home. Many are of Hispanic background and Eartha helps the families understand and negotiate the system.

Eartha embraces her faith in God where she finds strength to take on each day. With very little time of her own, she likes to run, be outside and garden. Christina especially enjoys the North Metro Miracle League and Capernaum, Young Life group. In June 2020 their home burned down and they resided in a small apartment until they could return to their home a year later in July 2021.

Christina has been on the waiting list for a Medicaid Waiver and is still not deemed a priority. She uses the support she currently receives respite funding which Chrissy needs when her mom is not at home.

When asked what she would like to tell other parents, she says it is important to form a network you can depend on. Friends are important to have, but do not overload them with situations they may not understand.

Cheers to Eartha Foulkes for being an amazing mother!



CONGRATS & UPDATES

TEAM UPDATES

We bid farewell to these ADMH Team members. We appreciate all you have done to assist our patients and families.

ANDREW ABRAMS, Marketing and Program Director, has a new role at Georgia State University, Center on Leadership as UCEDD Operations Specialist.

PAIGE ABRAMS, LCSW, social worker, has now taken a full time role in private practice therapy and lead therapist at Loving Helping Hand.

NEW ADMH TEAM



NIKKI GONZALEZ, MS, is our new Marketing and Program director. Nikki grew up in Georgia. She spent 7 years working in a special needs classroom. Nikki comes to ADMH with a variety of experience, and holds a masters degree from Palm beach atlantic university in Mental Health Counseling. Nikki loves to travel and spend time with her husband and her two children.



PAT SATTERFIELD, MCE serves as the ADMH Outreach Education Director. She coordinates a monthly webinar series for parents, adult siblings, caregivers, and professionals providing vital information and strategies for accessing services and transition planning. Pat serves at the ADMH Secretary and Executive Director of the Dunamis Educational Foundation. She and her husband, Ben, enjoy their 4 sons including Blake, who has Down syndrome. Both Ben and Pat have worked in the field of Assistive Technology for almost 40 years.

ADMH BOARD NEWS

JOINING OUR BOARD

TRACY BRYANT is the parent of Daniel Bryant who is a young adult with a disability and 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. He is honored and excited to be considered to join the ADMH Board of Directors.

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 (GaPMP). 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.

LEAVING OUR BOARD

HEIDI MOORE leaves our Board of Directors taking personal time for family and to provide support to her son Jacob. Heidi continues to support ADMH projects and activities. Thank you for your service.

**BRANDON STEWART
AWARDED COACH OF THE YEAR
CONGRATS!!!**

