

THE GAIL GUIDE

Volume 15 Issue 2

April 2017

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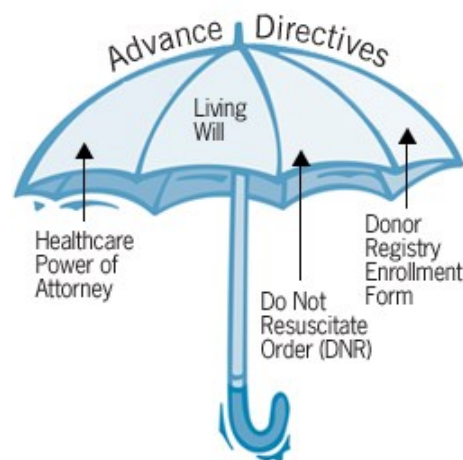
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Do you know what 5 documents you need to have in place should an unexpected emergency arise? Attorneys who have practiced in the field of elder law and estate planning for many decades have seen many clients who failed to plan ahead. The results were frequently disastrous. Led by Jackie Byrd, Elder Law Attorney, this 5@55 workshop is a guide to help you learn about the five essential legal tools everyone should have by the age of 55: Will, Health Care Power of Attorney, Living Will, Advance Medical Directive, and Digital Diary. If you are over 55, it is not too late to take action! Please call 301-345-6660 to register. The 5@55 workshop will be held Tuesday, April 25 from 12:30-2:30 pm in the Greenbelt Municipal Center—25 Crescent Road, Greenbelt, MD 20770—2nd floor City Council Chambers.

Following this workshop, you will have an opportunity to sign up for a free 1:1 consultation with a lawyer on Senior Law Day to complete your Advance Medical Directive free of charge. Attorneys will be on site on Monday, May 1, 2017 from 10:00 am – 2:00 pm and attendees will be given documents to review in advance to enable them to prepare specific questions for the attorney. To complete the documents participants must have the name, address and phone number of the people they will designate as their Health Care Power of Attorney and secondary designee. The Senior Law Day will be held at the same venue as the workshop. Please note it is not required to attend the 5@55 workshop to have your Advanced Directives and Living Will completed by an attorney but first priority registration will be given to those that attend the 5@55 presentation,



Less is More Support Group Forming for Families and Friends or People with Excessive Collections

Many people become overwhelmed with the tasks of sorting, reorganizing and uncluttering. Is it very difficult for you or someone you care about to part with “stuff” even if it seems to be of no value, duplication and gets in the way of daily living or may even be dangerous? Fire safety, and the ability for Fire and EMS to safely get in and out of the home are the City of Greenbelt’s primary concern. A lot of homes in Greenbelt have very little storage space. To find out about getting direct help or to become an effective helper, call Tom Patota at the G.A.I.L. Program 301 345-6660.



Memory Café and Support Group— New Session Begins April 26, 2017

The Memory Café welcomes those experiencing early stage dementia, mild memory loss or cognitive impairment as well as family and friends of those affected. It’s a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and lots of creative fun! Café sessions also highlight for caregivers the different activities that members can still participate in. Hopefully this will spark some interest in activities that can be continued in a home setting. Sessions will begin Wednesday, April 26, 2017 at 1:30 pm and run through June 28, 2017 in the Greenbelt Municipal Center—25 Crescent Road, Greenbelt, MD 20770—2nd floor. For the first sessions we encourage caregivers to attend. The programming will alternate between the support group and the memory café. On days when attendees are participating in the support group caregivers need not attend.

Please note that the program is not suitable for people with dementia to attend alone if they have specific care needs such as: problems with continence, mobility issues that require aid, high levels of anxiety or disorientation/history of wandering. Memory support/café members must pre-register prior to the start of the program with the GAIL Program Case Manager—Sharon Johnson, 240-542-2029.

Free Produce Distribution



Produce will continue to be distributed at Springhill Lake Elementary School - 6060 Springhill Drive, Greenbelt, MD 20770 from 2:30-3:30 pm on Thursday, April 6, 2017. If the weather is poor attendees should enter the school beginning at 2:15 pm. Distribution will continue at Springhill Lake Elementary School the first Thursday of the month through May 4, 2017. Please bring sturdy bags, wheelie carts or luggage to haul your produce items away. Items distributed may be heavy and may include sweet potatoes, white potatoes, onions and etc.

Produce will continue in June but will relocate to Green Ridge House-22 Ridge Road, Greenbelt, MD 20770 on the 4th Thursday of the month-June 22 -October 26, 2017. Distribution to the community will continue to be 2:00—3:00 pm. **Please do not park in the lot.** Volunteers will be on onsite to load vehicles or bring a rolling cart. Registration is not required.

Summer Free Community Nursing Program Registration Opens Soon!

Registration opens Monday, April 10, 2017 for the free community nursing program. Participants will receive weekly visits from a Bachelors of Nursing Student from Bowie State University School of Nursing . All students are supervised by their onsite professor. Services offered included: Nursing Assessments, Vital Signs Monitoring, Diabetic Education, Bathing Assistance, Resource Linkage, and Health Care Advocacy with Health Care Professionals.

Visits begin on Mondays, May, June 5—August 21, 2017 between 9-2 pm. The program will return in the fall for additional free days of service. To participate you must live within the City limits of Greenbelt. Please contact Sharon Johnson, Program Coordinator **to register 301-345-6660 ext. 2029.** Please commit to keep all of the scheduled appointments during the program. This will allow both resident and student to have a successful experience with the program. All student nurses will contact client prior to arrival to remind them of their appointments. Students will also travel in teams of two for safety purposes. We ask that program participants try not to have other guests during the time of your appointment.



Got Sleep? - By Katherine Farzin,

GAIL Program Public Health Intern from University of Maryland

Has daylight savings time disrupted your sleep? Spring Forward And Sleep Well!

Happy Spring! On Sunday, March 12th, everyone changed their clocks ahead one hour in observance of daylight savings time. Although some of us are happy that it is not as dark at 5 o'clock in the evening, others are upset about losing an hour of sweet sleep!

The Institute of Medicine estimated 50 to 70 million Americans chronically suffer from a sleep disorder. Sleep is a very important part of our physical health. Sleep reenergizes us to help our brains function properly. How much sleep is enough sleep? The National Institute of Health says the hours of sleep vary by age. Pre-school-age children need at least 12 hours of sleep daily, adolescents need 9-10 hours, and adults (including elderly) need 7-8 hours. Studies show that sleep quality, duration, and behaviors before bed can significantly impact an individual's overall performance. If you are having trouble sleeping due to the recent daylight savings or suffering from hypertension, diabetes, depression, obesity, or other chronic diseases the following are healthy sleep habits and tips you can use to improve your quality of sleep.

Support health sleep habits by: Showering at night. Temperature plays an important part in regulating circadian rhythm. If you enjoy a hot or warm shower, make sure you do so earlier in the evening to give your body a chance to cool off and trigger sleep.

Avoid caffeine, alcohol, and tobacco products. Most people consume caffeine because it is a stimulant that increases mental awareness and keeps you awake. Avoid caffeine 4-5 hours before bed. This includes tea, coffee, soda, and chocolate. A nightcap may help you fall asleep but you are more likely to have disruptive sleep. Avoid alcohol 4-5 hours before bedtime. Many believe a cigarette or other tobacco-related products help you relax and go to sleep, but the nicotine found in cigarettes is another stimulant that disrupts sleep. Avoid cigarettes 2 hours before bed or quit smoking altogether!

Practice a consistent sleep schedule. Try to sleep at the same time every night as to fulfill the recommended hours of sleep. If you do feel tired during the day, keep naps before 5 pm and limit nap time to 45 min or less. If you are having trouble sleeping: White Noise apps act as a sound conditioner by creating sound to mask activity from inside and outside your home. One sound does not fit all; it will take a couple of tries to find the right sound for you.

Melatonin is a hormone our body's naturally make that controls our sleep and wake cycles, however, it can be found in foods or over-the-counter supplements to help treat sleep problems. It can be taken short term or long term but it is always important to consult your physician for proper dosage and to check for other medication reactions. Relaxing activities an hour or so before bed. Try reading a book, yoga, or listening to classical music. Sleep on a comfortable mattress and pillow. Get comfortable! Sleep posture is key to getting quality sleep. Check out "The Link between Sleep Position and Sleep Quality" on WebMD for more information.

Source:

Institute of Medicine. Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem. Washington, DC: The National Academies Press; 2006.

Patlak, Margie. Your Guide to Healthy Sleep. Bethesda: National Institute of Health, 2011. Print. 06-5271.