

THE GAIL GUIDE

Volume 14 Issue 4

October 2016

Save The Dates for the City of Greenbelt Health Fair & Free Flu Shot Clinic

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Health
&
Wellness

The City of Greenbelt in part-
nership with Greenbelt Homes
Inc. presents the 17th Annual
Health and Wellness Fair. This
year's theme is Treasure Your
Health. The location will be the
Greenbelt Community Center -
15 Crescent Road, Gymnasi-

um -Greenbelt, MD 20770 on Tuesday, October 18, 2016 -10:00 am-
2:00 pm. Please join the 30+ vendors including, Doctors Community
Hospital, Maryland Insurance Administration, AVR Vascular Medicine,
Potomac Home Support, Capital Hospice, and many others. Free
screenings, flu shots, and health information will be available.



In addition a free family flu clinic in
partnership with the Prince George's
County Health Department will be held
on Monday, October 31, 2016 at the
Springhill Lake Recreation Center—
6101 Cherrywood Lane, Greenbelt, MD
20770 from 1:00 –7:00 pm. Flu shots
will be available for infants as young as
6 months—adults. Children under 18
require a parent to sign a permission
slip. School are closed that day so it will
be a great opportunity for a family to re-
ceive their shots. Goodie bags for the
first 75 children that receive their flu
shot.

Maryland Energy Assistance Program

Now is the time to sign up for the Maryland Energy Assistance Program. Approved families receive an electricity award and a heating credit paid directly to their service provider. To register for the program please contact Christal Batey, City of Greenbelt Community Resource Advocate at 301-345-6660 ext. 2012. Applicants will need proof of gross income, photo id and social security cards for all members of the household, a copy of your lease if you rent and a copy of your most recent Pepco and heating bills. Income guidelines are listed below and there is no asset test.

| Effective July 1, 2016 to June 30, 2017 | | |
|---|---------------------------|--------------------------|
| Household Size | Maximum Gross Monthly In- | Maximum Gross Yearly In- |
| 1 | \$1,733 | \$20,790 |
| 2 | \$2,336 | \$28,035 |
| 3 | \$2,940 | \$35,280 |
| 4 | \$3,544 | \$42,525 |

Memory Café and Support Group— Open Enrollment

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, September 21 at 1:30 pm and run through November 16, 2016 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.

Medicare Part C & D Open Enrollment

MEDICARE HEALTH INSURANCE
1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY
JOHN DOE

MEDICARE CLAIM NUMBER
000-00-0000-A

SEX
MALE

IS ENTITLED TO
HOSPITAL (PART A) **01-01-2007**
MEDICAL (PART B) **01-01-2007**

EFFECTIVE DATE

SIGN HERE →

Open enrollment begins October 15 – December 7, 2016 for Medicare Part D—prescription drug coverage. During open enrollment the GAIL Program office can assist Greenbelt residents in making an educated choice for their prescription coverage. During open enrollment, drug insurance companies present new formulary pricing and have the opportunity to change their premiums. During a consultation, GAIL Program staff will also determine if Greenbelters are eligible for other benefits that may reduce their prescription costs.

During this annual enrollment period (AEP) you can make changes to various aspects of your coverage.

1. You can switch from Original Medicare to Medicare Advantage, or vice versa.
2. You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another.
3. And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria.

1. You must be enrolled in Medicare Part A and B.
2. You must live in the plan's service area.
3. You cannot have End-Stage Renal Disease (some exceptions apply).

Between January 1 and February 14 each year, if you are enrolled in a Medicare Advantage plan also known as a Medicare Part C Plan, you can leave your plan and return to original Medicare. You cannot switch to another Advantage plan unless you have a circumstance that affords you a Special Enrollment Period.

After you leave your plan, you will have until February 14 to enroll in a Part D plan that will begin the first day of the following month that you enroll.

If you would like to schedule an appointment with Christal Batey, Community Resource Advocate to review your Part D Plan or Medicare Advantage Plan please call 301-345-6660 ext. 2012 to schedule an appointment beginning October 3, 2016.

A Change Location in the Free Produce Distribution



Produce will continue to be distributed at Green Ridge House 22 Ridge Road, Greenbelt, MD for Thursdays, September 22 and October 27 at 2:30 pm. Please line up outside on the right side of the entrance. You must bring sturdy bags, luggage on wheels or a rolling cart to carry your produce away from the site.

We will also have Mini Mobile Market Monday, September 26, 2016 from 10:30-11:30 am in the Municipal Center Parking lot.

The distribution location and day of the month will change to Springhill Lake Elementary School 6060 Springhill Drive, Greenbelt, MD 20770 from 2:30-3:30 pm beginning Thursday, November 3, 2016. 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.

The Winter Blues-Seasonal Affective Disorder

By Aida Martinez, Public Health Intern, UMD

As the warm weather and long sunny days slowly fade, it is time to welcome and prepare for Maryland's cold and unpredictable fall and winter seasons. With winter approaching it brings various health and safety concerns. Falls caused by ice, or other hazardous conditions, are one of the leading reasons for the elderly to be rushed to the emergency room. But, there is more than meets the eye; this change in season does not only bring hazardous conditions but also brings a shift in mental health. Seasonal Affective Disorder (SAD), or seasonal depression, is a common mood disorder that occurs most frequently in the fall and winter. Luckily this condition is easily treatable once it is acknowledged.

How do you know if you have SAD? The symptoms are very similar to those of depression, including: loss of energy, sleepiness, social withdrawal, appetite changes, sadness and more. In order for an individual to have this condition, the symptoms must persist for more than one to two weeks. What differentiates this disorder from regular depression is it occurs at the same time every year for a certain amount of time. There are many factors that play into why the elderly are susceptible to SAD. During the winter, the elderly are more likely to stay indoors to avoid any risk of injury from inclement weather. This can eventually lead to SAD because they are not receiving the proper amount of Vitamin D that is normally obtained through sunlight, and they are already an at-risk group for Vitamin D deficiency. Not only are they not obtaining the proper amount of Vitamin D, but they are spending more time alone and isolated in their living headquarters which adds to their feelings of loneliness and hopelessness. —Continued on page 5.

Mental Health Screening Day Comes to Greenbelt



The Greenbelt Assistance in Living (GAIL) Program in partnership with the Bowie State University and Washington Adventist University Schools of Nursing will offer free mental health screenings to the Greenbelt community on Wednesday, November 9 at the Greenbelt Community Center –15 Crescent Road, Room 103, Greenbelt, MD from 1-3 pm and Thursday, November 10 at Green Ridge House—22 Ridge Road, Greenbelt, MD 20770 in the Community Room for Green Ridge House residents only from 1-3 pm. Nursing students will be going door to door at Green Ridge House to provide assessments for residents. Mental Health professionals will be on hand at both locations for follow up and referrals if necessary.

In addition the City of Greenbelt offers year round Mental Health Screening via the City of Greenbelt website that the community can take from the privacy of their own home. Please visit the screening located on the City of Greenbelt website at www.greenbeltmd.gov.

The Winter Blues Seasonal Affective Disorder-continued

There are three ways to avoid and treat Seasonal Affective Disorder. First is self-care, following the proper diet with all necessary nutrients and 20 to 30 minutes of physical activity per day can lower the risk of SAD. Some foods rich with Vitamin D include tuna, salmon, cheese, eggs, and any labeled Vitamin D fortified products like dairy, orange juice and cereals. Therapy is another form of treatment; this includes cognitive behavioral therapy and light therapy. Cognitive behavioral therapy allows the individual to discuss their changes in thoughts, behaviors, and feelings with a professional. Light therapy simulates the daily sunlight intake through a device known as a light box. Doctors normally recommend the individual to sit by the box 20 to 30 minutes a day. Lastly, antidepressant medication is another method of treatment. It is important to discuss every option with your doctor in order to ensure you are receiving the proper treatment for your lifestyle. If you would like to determine if you have SAD or if you are seeking treatment do not hesitate to contact the GAIL program counselor and case manager, Tom Patota, at 301-345-6660.

Information courtesy of www.mayoclinic.org

YOUR GAIL PROGRAM STAFF



Christal Batey is the Community Resource Advocate for the City of Greenbelt. She supervises the GAIL Program staff, provides program design and implementation as well as community partnership building and internship supervision. Mrs. Batey leads the Know Your Medicare Program that helps Greenbelt residents make informed choices about selecting the best prescription plan and/or Medicare Advantage Plan. In 2016 she developed the Aging in Place Prince George's Working Group and is the Co-Chair of Dementia Friendly Prince George's-North County Sector. Mrs. Batey is also the Chairperson of the Prince George's County Advisory Committee on Aging. Her office number is 301-345-6660 ext. 2012.



Sharon Johnson is the GAIL Program Community Case Manager. Sharon has been with the program for almost 10 years and was recently promoted to Case Manager after working as the Green Ridge House Service Coordinator for 8 years. Mrs. Johnson's role includes providing individual case management to residents, co-facilitation of our Memory Support Group, and Group Leader for our Memory Café Program. She leads our community nursing program and has helped launch our newest Diaper Baby Mobile Wellness Program and coordinates the nursing interns. This free program provides new stay at home mothers with bi-monthly nursing intern visits, free diapers, nutrition information and free baby supplies. Mrs. Johnson also is the co-chairperson for Dementia Friendly Prince George's—North County Sector. Her office number is 301-345-6660 ext. 2029.



Thomas Patota, LCSW-C, LICSW, has been with the GAIL program for over three years (and with Cares for 4 years). He brings to the city over 40 years' experience in human services, over 30 of which are post-graduate. Most of his professional roles were in New England with families and youth, but included nursing home consultations, rest home social work and other generational psychotherapy before he established private practice in Maryland, which he maintains in White Oak. At GAIL his work includes co-lead of the Memory and Caregivers' Support groups and clinical consultations when needed to Green Ridge House and other home or office visits at the current 28 hour position. Mr. Patota can be reached at 301-345-6660 ext. 2038



Joyce Kolenky is the newest addition to the GAIL Program Staff. She is the Service Coordinator at Green Ridge House. Prior to being hired she served as a Public Health Intern at Green Ridge House. As the Service Coordinator her role is to conduct resident assessments and to determine the best programs and services available to help residents remain independent. She coordinates all health and wellness programs, the Brown Bag Food Program, the Mobile Market Program distribution days and works with the nurses and public health interns. Joyce can be reached by calling 301-412-2480