

THE GAIL GUIDE

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July 2017

Free Produce Distribution is Back at Green Ridge House

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The GAIL Program is pleased to announce that the Capital Area Food Bank's Mobile Market Program will return to historic Greenbelt. Free produce for Greenbelt residents will be provided on the 4th Thursday of the month July-October at Green Ridge House Apartments -22 Ridge Road, Greenbelt, MD 20770. All distributions will be from 2:30-3:30 pm. Please mark your calendars with the following dates:

July 27, 2017
August 24, 2017
September 28, 2017
October 26, 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, etc. On the day of the distribution you must enter on the right side entrance of the building. Please do not park in the lot. Volunteers will be onsite to load vehicles or bring a rolling cart. Registration is not required.



Hay Fever, an allergic disorder!

– By Millicent Uzuegbu, Public Health Intern from The University of Maryland

It's summertime and pollen is in the air! Being exposed to pollen may cause allergic rhinitis, also known as Hay Fever. Hay Fever does not involve being exposed to hay and it is not usually accompanied by fever as the name implies. It is a form of inflammation in the nose that occurs when the immune system overreacts to outdoor allergens such as pollens from grass, trees, and weeds; indoor allergens such as dust mites, mold and pet hairs or dander; and other irritants such as cigarette smoke and perfumes. The immune system overreacts to allergens by releasing histamines into the bloodstream. The histamines in the bloodstream cause hay fever symptoms such as sneezing, coughing, running nose, itchy nose and throat, swollen blue-colored skin under the eyes, fatigue and postnasal drip.



According to the Asthma and Allergies Foundation of America, it is predicted that 50 million people in the United States are affected by Hay Fever. Hay Fever cannot be prevented altogether but it is important to control exposure to its triggers. Some of the preventative measures include keeping windows closed during high pollen count periods, using mite-proof bedding covers, using proper hygiene and air conditioner filters. It is also important to ensure that our home environment and our pets are clean always. Dust from the home environment and from pets can cause symptoms of Hay Fever to occur. Face masks can also be helpful.

Symptoms of Hay Fever can be treated by using home ingredients, over the counter medications or both. Some home ingredients include warm salty water which should be gargled to soothe a sore throat. To relieve symptoms of sneezing, running nose and itchy throat and eyes, over-the-counter antihistamines such as Benadryl may be taken. Antihistamines are usually the first drug options, but caution needs to be used because they can cause drowsiness. Get evaluated and treated by a physician if home remedies and over-the-counter medications do not provide adequate relief for Hay Fever symptoms.

Source:

Allergy Facts | AAFA.Org". Aafa.org. N.p., 2017.

Coming in September Check. Change. Control.



The GAIL Program is pleased to announce our partnership with the American Heart Association in the Check. Change. Control.- Self Monitoring Blood Pressure Initiative. This free initiative is:

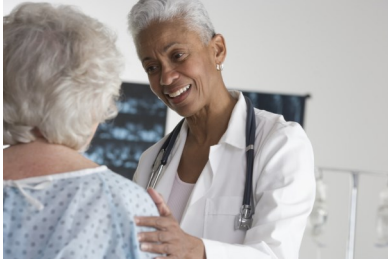
- Evidence based high blood pressure management program that utilizes a tracker to empower patients to take ownership of their cardiovascular health.
- Incorporates the concepts of remote monitoring, mentoring, tracking as key features to improve HBP management, physical activity and weight reduction.
- Four month education sessions with incentives for participation.
- Encourages residents and staff to take weekly readings over 4 months. Blood pressure cuffs will be made available in numerous locations around the City.
- Target Audience: Residents and City of Greenbelt staff with high blood pressure
- Residents and staff that submit their blood pressure number via computer or via blood pressure log will be entered into a monthly prize drawing.

Developed to support hypertension management among the adult population, Check. Change. Control.® engages participants, emphasizing 3 important aspects of managing hypertension:

1. Checking for high blood pressure and symptoms;
2. Changing lifestyle and seeking treatment;
3. Controlling hypertension by taking preventative measures.

Registration will begin Monday, September 18, 2017– September 29, 2017. Look for more details in the Greenbelt News Review, on flyers around town and on the City of Greenbelt Municipal television channel, Facebook page, and the City of Greenbelt website. We hope people of all ages with join us as we Check. Change and Control our blood pressure.

Save the Date Events Coming Soon



The GAIL Program is pleased to continue to provide health and wellness services to Greenbelt residents free of charge. Your attendance shows our vendors that take their time and effort to supply residents and staff with access to free screenings that we value their participation. The GAIL Program hopes to continue to provide access to free health services in our effort to have healthy and happy Greenbelt residents.

City of Greenbelt Annual Health and Wellness Fair

Greenbelt Community Center— 15 Crescent Road, Greenbelt, MD 20770 Tuesday, October 17, 2017 from 10:00 am—2:00 pm—Featuring Flu shots, mini massages, blood pressure screening and much more.

Greenbelt — National Memory Screening Week Sites

1. Greenbelt Municipal Center - Monday, November 06, 2017 9:30-11:30 am
25 Crescent Road, Greenbelt, MD 20770
2. Green Ridge House - Wednesday, November 8, 2017 9:30-11:30 am
22 Ridge Road, Greenbelt, MD 20770

Call Nima Shamsa, GAIL Public Health Intern, to register at 240-542-2033

Other upcoming events include a free flu clinic and free smoking cessation classes.

Memory Café and Support Group - New Session Begins September 6, 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 resume Wednesday, September 6, 2017 at 1:30 pm and run through November 8, 2017 in the Greenbelt Municipal Center — 25 Crescent Road, Greenbelt, MD 20770 — 2nd floor. For the first session 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.