



GREENBELT Senior Resource Guide

VOLUME 8 EDITION 1

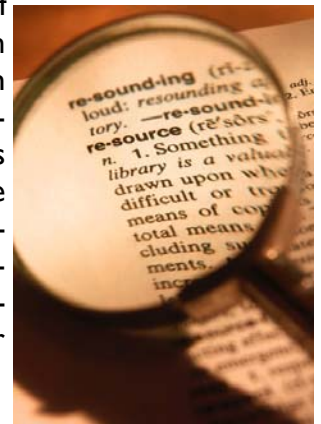
JULY 2016

SPECIAL POINTS OF INTEREST:

- Greenbelt Senior Nutrition Program
- Mobile Counseling
- The Greenbelt Connection
- Consumer Checkbook
- Memory Support Group
- Free Produce Program
- GIVES
- Mental Health Screening Day
- The Caregiver Support Group
- Green Ridge House
- The Benefit Check-up
- Community Wellness Program
- GAIL Guide
- Memory Cafe
- The Brown Bag Food Program

Greenbelt Assistance in Living Program

The goal of the GAIL program is to provide information and support to enable seniors to remain in their homes. The Greenbelt Assistance in Living Program was established in 2001 and is available to senior citizens residing in the City of Greenbelt, Maryland and/or caregivers of a Greenbelt senior. This program is staffed by a Community Resource Advocate who coordinates and provides information about, and referrals to, appropriate agencies and community resources for adult residents, caregivers or family members of the Greenbelt community; assists clients in making informed choices about their health and wellness options; serves as a liaison between the resident and service provider; evaluates the social services needs of each client; and provides support and training resources to caregivers. The Community Resource Advocate develops and implements programs that relate to the specific needs of seniors. Please look for additional resource information in the Senior Resource of the Month column, featured in the *Greenbelt News Review*, or the *GAIL Guide*, a quarterly resource newsletter available to GAIL participants and the City of Greenbelt website www.greenbeltmd.gov. If you would like additional information about the Greenbelt Assistance in Living Program, please contact Christal Batey, Community Resource Advocate at 301-345-6660 ext. 2012 or email her at cbatey@greenbeltmd.gov.



Greenbelt Senior Center Program

The Greenbelt Senior Center is open to senior citizens, ages 60 and over, during regular Community Center operating hours. The center located at 15 Crescent Road, Greenbelt, MD 20770 includes a senior game room, lounge, and classrooms. It offers educational opportunities, trips, Golden Age Club meetings, hot meals Monday-Friday, and other leisure and fun activities designed specifically for senior citizens. For more information or to sign up for a variety of exciting activities please call Karen Haseley at 301-397-2208 .



**Food and Friendship,
who could ask for
more.**



**Having reliable transporta-
tion makes the world of dif-
ference when you can no
longer drive.**

The Greenbelt Senior Nutrition Program

The Senior Nutrition Program serves hot lunches Monday through Friday in the commercial kitchen at the Greenbelt Community Center - 15 Crescent Road, Greenbelt, MD. Senior citizens must reserve a hot lunch at least a day in advance to ensure that enough meals are delivered. Meal donation requested is \$2.25. Please call 301-397-2208 ext. 4215 to make reservations. Meals are also served Monday, Wednesday and Friday at Green Ridge House - 22 Ridge Road, Greenbelt, MD. This program is for Green Ridge House residents only. For Green Ridge House residents interested in enrolling please contact Joyce Kolenky, Green Ridge House Service Coordinator at 301-412-2480.

Free Mobile Counseling Service

The GAIL Program Geriatric Case Manager and Counselor will provide free counseling sessions for up to 6 months for Greenbelt residents 60+ or disabled adults 50+ and their caregivers. Counseling services will be offered in the GAIL Program office-25 Crescent Road, Greenbelt, MD 20770 - 2nd floor but in home counseling will be provided on an as needed basis. Counseling services will be provided Monday & Wednesday- Friday with evening hours available by appointment on Wednesdays or Mondays. To schedule an appointment and complete a new client intake form please contact 301-345-6660.

The Greenbelt Connection

The City of Greenbelt provides a limited transportation service within Greenbelt utilizing a 10 passenger, wheelchair accessible van. Service is available to all residents of Greenbelt. To arrange for transportation, call 301-474-4100 at least 24 hours before you need a ride. The hours of operation are Monday—Friday from 8:30 am—4:00 pm. Sunday bus service begins an hour later. For senior citizens, individuals with disabilities and children (6-18 years of age), the fare is \$1.00. For all other citizens, the fare is \$1.75. The Greenbelt Connection does not operate on holidays observed by the City.

The GAIL Guide



The GAIL Guide is a quarterly publication geared toward seniors, disabled adults and their caregivers. This free publication provides readers with exciting information about new programs, opportunities, grants and resources to make aging in place in Greenbelt easier. If you would like to receive a paper copy of the GAIL Guide please contact the GAIL Program Office at 301-345-6660 ext. 2012 or if you would like to receive a electronic copy sent to your email box please follow these steps: 1. Visit the City of Greenbelt website www.greenbeltmd.gov 2. Scroll down to the section of the front page entitled Information Station 3. This will allow you to sign up for the guide and other City publications. 4. Complete the on-line registration form to receive the GAIL Guide delivered to your email box quarterly. Your support of this green effort would be greatly appreciated.

The Memory Cafe

The Memory Café & Support Group provide is a stigma-free environment for those with early-stage Alzheimer's disease, mild cognitive impairment or other forms of dementia and their spouses, partners and caregivers. It is a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and engaging creative fun! Café sessions also highlight for caregivers activities that members can still participate in, with the goal that this will spark some interest in activities that can be continued in a home setting. For more information contact Sharon Johnson At 240-542-2029.





“I need to know more about a contractor before I let them into my home.”

“Mental Health Screening Day has been instrumental in providing residents with the mental health resources they need.”

“With the cost of produce this program is a life saver.”



The Consumer Checkbook

Have you ever wonder how to choice a contractor for service in your home? This new program provides GAIL participants with their unbiased rating based on in-depth evaluations of thousands of firms. You will also find advice on how to size up firms, deal with the firms you select and how you might be able to do work yourself, so you wouldn't need to hire a firm at all. As a program participant you will have online access to Checkbook magazine articles published since the time your subscription began as well as previous articles. In addition to firm ratings you will also have access to “Consumer Information Exchange” where subscribers can post their recommendations on a host of services plus their Guide to Top Doctors and the Guide to Top Hospitals. To enroll please contact the GAIL office at 301-345-6660 ext. 2012

Memory Support Group

Receiving a diagnosis that your memory is fading is never easy — its life changing. It can be caused by Alzheimer's disease, Parkinson's, Multiple Sclerosis and many other disorders. It is normal to experience a range of emotions. Acknowledging your feelings can be an empowering first step in coping with the challenges ahead. Those things which are the most cause for concern if you feel you are having a memory problem, include such things as challenges in planning or solving problems; difficulty completing familiar tasks at home, at work, or at leisure and confusion with time or place. The next session is starting Fall 2016. For more information please call Tom Patota at 301-345-6660 ext. 2038

Free Produce Program

During the months of November -September the GAIL Program in partnership with the Capital Area Food Bank provides free produce to 150 households. Produce is distributed at Green Ridge House -22 Ridge Road, Greenbelt, MD from June -September on the 4th Thursday of the month and at Springhill Lake Elementary -6060 Springhill Drive, Greenbelt from November-May on the 1st Thursday of the month. Please contact the GAIL office for more details - 301-345-6660 ext. 2012.

G.I.V.E.S.



EVERY-ONE NEEDS A HELPING HAND SOME-TIMES.

Greenbelt Intergenerational Volunteer Exchange Services is a volunteer organization primarily composed of people living in and around Greenbelt who are willing to provides free assistance to seniors and persons with disabilities. Volunteers earn care credits to exchange for services they may need in the future.

Services included transportation to doctors, grocery shopping, assistance with minor home repairs, pet sitting, meal preparation, light cleaning and more. If you would like to learn more about G.I.V.E.S. , would like to receive services, or to volunteer please call 301-507-6590.

“Trying to work through the mental health maze can be overwhelming, having great resources is essential.”

Mental Health Screening Day

Mental Health Screening Day is an annual free event that provides Greenbelt residents with the opportunity to receive free mental health screening services for Depression, Anxiety, Bipolar, Mood Disorders and Post Traumatic Stress Syndrome. This year’s event will be held November 2016. Screenings are conducted at the Greenbelt CARES Office and Green Ridge House Senior Apartments. Participants will have access to a mental health professional after completing the screening and crisis response services will be available if needed. Please look for the exact time in the September GAIL Guide, Greenbelt News Review or the City of Greenbelt website www.greenbeltmd.gov

Caregiver Support Group

The Caregiver Support Group provides support to people providing caregiving services to friends or family members with chronic health or mental health conditions. GAIL Program Case Manager/Counselor will be facilitating the group the second Wednesday of the month, from 6:15 -7:45 pm in the Greenbelt Community Center—15 Crescent Road, Room #103 Greenbelt, MD. If you are interested in participating please call at 301-345-6660, extension 2038 prior to attending a session.





Quality care is just a phone call away.

“The items provided by the Adaptable Equipment Program have made my life so much easier.”

The Brown Bag Food Program

This food program is a partnership with the Capital Area Community Food Bank. It offers seniors on a fixed income the ability to supplement their existing food budget through the distribution of nutritious non-perishable food items and toiletries. Participants receive a minimum of one bag of supplemental food and toiletries each month. Participants pick up their distributions on the third Tuesday of the month at Green Ridge House residents pickup their bags in the lobby of the building and homebound residents have their bags delivered to their door. The goal of this program is to offer seniors the opportunity to get out of their homes and socialize in addition to supplementing their diet. For the \$10.00 suggested donation, you receive 12 bags of groceries over the course of the year at a cost of 83 cents per bag. Income guidelines do apply. If you would like to receive an application and learn more about the Brown Bag Program please call Joyce Kolenky at 301-412-2480.



Green Ridge House Apartments

Green Ridge House (GRH) is a HUD Section 8 –202 apartment for seniors age 62 + or disabled adults owned by the City of Greenbelt. Green Ridge House has 101—1 bedroom apartments. Amenities include: On site beauty shop, green house, ceramic room, exercise room, computer room, social activities, a library, a service coordinator to link residents with benefits and resources. Green Ridge House is located at 22 Ridge Road, Greenbelt, MD and income guidelines do apply. Currently, Green Ridge House has a waiting list but the list is scheduled to open in March 2015. Please look for announcements in the Greenbelt News Review and the Gazette for opportunities to add your name to the list. For additional information please contact 301-474-7595.



The Benefits Check Up



Developed and maintained by The [National Council on Aging](#) (NCOA), BenefitsCheckUp is the nation's most comprehensive internet-based service to screen for benefits programs for seniors with limited income and resources. BenefitsCheckUp includes more than 2,000 public and private benefits programs from all 50 states and the District of Columbia such as: Prescription drugs, Nutrition (including Supplemental Nutrition Assistance (SNAP)/Food Stamps), Energy assistance, Financial, Legal, Health care, Social Security,

Housing, In-home services, Tax relief, Transportation, Educational assistance, Employment and Volunteer services. If you would like to complete a benefits checkup from the privacy of your home you can find the screening at www.benefitscheckup.org. Please note the screening does not require any personal information such as name, social security number or your phone number. Please call Sharon Johnson to schedule your check up today at 240-542-2029.

Free Community Health and Wellness Program

The City of Greenbelt in partnership with Greenbelt Homes Incorporated (GHI) will be offering free The Greenbelt Community Health Fair on Tuesday, October 18, 2016. The event will be held in the Greenbelt Community Center—15 Crescent Road, Greenbelt, MD 20770 from 10:00 am—12:00 noon. On Monday, October 31, 2016 from 1-7:00 pm the GAIL Program in partnership with the Prince George's County Health Department will be hosting a free family flu clinic at Springhill Lake Recreation Center. In addition during the course of the year we will be offering free screenings for the community in various locations throughout the City. Please check the GAIL Guide and Greenbelt News Review for dates and times.

Screening offered will include:

- Blood Pressure
- Memory Screening
- Depressions Screening
- Carotid Artery Screening
- Peripheral Artery Disease Screening

All screening will be free.



THE GREENBELT ASSISTANCE IN LIVING PROGRAM
25 Crescent Road
Greenbelt, MD 20770

*The GAIL Guide is now available
online at www.greenbeltmd.gov.*