



# Greenbelt Assistance in Living Guide

Volume 5 Issue 4

October 2009

## Important Phone Numbers

- \* Greenbelt Assistance in Living Program—301-345-6660- ext. 2012
- \* Greenbelt Senior Nutrition Program and Activities -301-397-2208 ext. 2054
- \* Greenbelt Connection 301-474-4100
- \* Green Ridge House 301-474-7595
- \* Greenbelt CARES - 301-345-6660

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## Discounts on Telephone Service for Low Income Residents

Do you need a phone? Are you having trouble paying your telephone bills? If so, you may be eligible to take advantage of two special programs that help reduce the cost of phone service.

Lifeline Assistance and Link-Up can help qualified customers get phone service and pay their bills. These are public programs implemented by local telephone companies that help eligible households pay for basic telephone hook-up costs and monthly services.

You may be qualified if your household income is no more than 135 percent of the federal poverty income guidelines or if you participate in any of the following programs:

- Medicaid
- Supplemental Security Income (SSI)
- Low-Income Home Energy Assistance Program (LIHEAP)
- Federal Public Housing Assistance (Section 8)
- Food Stamps
- Temporary Assistance to Needy Families (TANF)
- National School Lunch Free Lunch Program (NSL)
- Bureau of Indian Affairs Program (Tribal TANF, Head Start Subsidy, NSL)

Lifeline Assistance will help qualified customers who already have telephone service save a significant amount of money on their monthly phone bills, while Link-Up helps eligible customers receive a generous discount on the installation of telephone service in their homes.

Also, consumers can voluntarily forego presubscribed long distance telephone service by requesting toll-blocking, a service that prevents toll calls (such as long distance) from being made and prevents these consumers from paying hefty service deposits. Customers using this service can still use pre-paid calling cards or dial-around services to place long-distance calls from their homes.

For more information, or to find out if you qualify for the programs, call your local phone company, state public utility commission, or the Federal Communications Commission at 1-888-CALL-FCC. You may also visit the "Lifeline Across America" Web site [[www.lifeline.gov](http://www.lifeline.gov)].

## Energy Assistance Day

The Greenbelt Assistance in Living Program will hold an Energy Assistance Day on Monday, October 26 from 10-12 noon and from 1-3 pm at the Greenbelt Municipal Building - 25 Crescent Road, Greenbelt, MD - 2nd floor GAIL Program office. The Maryland Energy Assistance Program provides residents with financial assistance with heating and cooling their homes. There are no assets requirements by income guidelines are provided below:

### Income Eligibility Limits

Household Size	Maximum Monthly	Maximum Yearly
1	\$1,579.37	18,952.50
2	\$2,124.79	\$25,497.50
3	\$2,670.20	\$32,042.50
4	\$3,215.62	\$38,587.50
5	\$3,761.04	\$45,132.50
6	\$4,306.45	\$51,677.50
For each additional	\$545.42	\$6,545.00

What Information will the Energy Assistance Office Need?

1. Copy of Applicant's photo identification
  2. Proof of Residency (Home owners - the service address listed on the utility bill will do. For Renters - a copy of your lease will do)
  3. Copies of Social Security cards for the entire household (including children)
  4. Proof of all of your household's total gross income for the last 30 day period within the last 90 days (from all sources of income). Documented proof includes: pay stub, benefit letters from the Social Security Administration, Veterans Administration, Unemployment Insurance Program, or Social Services Administration, and Pension Information
- A copy of your most recent Utility bill, termination notice (if applicable).

If you would like to schedule an appointment to complete an application please contact Julius Suku at 301-474-8000 ext. 3002 for an appointment. Greenbelt Assistance in Living Program Staff will be standing by to assist you.



## OPEN SEASON FOR MEDICARE PART D

Beginning November 15, 2009 - December 30, 2009 Medicare will have open enrollment for Medicare Part D Prescription Drug Program. This is the time of the year that seniors can enroll or change prescription drug plans. This is also the time of year when Prescription drug companies increase the prices of premiums and co-pays for the new fiscal year beginning January 2010. It is very important that you review your plan with a qualified staff person. The GAIL Program staff will be more than willing to assist Greenbelt residents or their caregivers in making an informed choice about Medicare Part D enrollment or plan changes. Please contact Julia Frank, GAIL Program Case Manager to schedule an appointment with the GAIL Team - 240-542-2022.

### Upcoming Events- Mark Your Calendars

**Tuesday, October 6, 2009** - 5:00 pm - 8:00 pm - Free Depression Screening Event- Beltway Plaza Giant Pharmacy - Please join the GAIL Program staff for free mental health assessments and a chance to meet with a mental health professional or just stop by and receive mental health information and resources.

**Monday, October 12, 2009** - 4:00 pm-5:30 pm - Caregiver Support Group - 15 Crescent Road, Greenbelt, MD 20770- Community Meeting Room #103 -All caregivers are welcome to attend the New Caregiver Support Group. This group will offer support to caregivers of all types that may be providing assistance to disabled adults or seniors with a variety of conditions. Julia Frank, LGSW will be conducting the group. For more information please contact Ms. Frank at 301-474-8000 ext. 2022

**Tuesday, October 13, 2009** - 10:00 am - 2:00 pm -The City of Greenbelt Health Fair - Greenbelt Community Center - 15 Crescent Road, Greenbelt, MD 20770- Admission is Free, Seasonal Flu Shots will be available and Medicare is accepted. Medicare recipients please bring your photo identification and your Medicare Card. All others the cost is \$25.00 for the flu and \$35 for pneumonia. Free health screenings including, bone density, blood pressure, hearing and depression screening will be available.

**Thursday, October 15, 2009** - 12:00 noon- 4:00 pm - The City of Greenbelt Health Fair part II - Springhill Lake Elementary School - 6060 Springhill Drive, Greenbelt MD 20770. Admission is free, seasonal flu shots will be free to the first 200 adults that register by calling 301-474-1602. Medicare recipients are encouraged to attend the October 13, 2009 health fair. Health information and free screenings will be available.

**Saturday, November 14, 2009** - 1- 4pm - Caregiver Workshop -Greenbelt Community Center - 15 Crescent Road, Greenbelt, MD . Please join speakers, vendors and GAIL Program staff for an exciting day of information, resources and support. This event is free but you must register in advance. Seating is limited. To RSVP please contact Julia Frank at 301-474-8000 ext. 2022.

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## New Program - Mobile Therapeutic Recreation Pilot Program

GAIL and the Therapeutic Recreation services of the Greenbelt Recreation Department are teaming up to offer more to the senior citizens and persons with disabilities. This is an in-home program that provides those in need with visits from a recreation therapist. The objective is to improve the quality of life of those in need, through recreation. This can be accomplished with group or individual sessions. Sessions may consist of reminiscing, card games, Nintendo Wii, nutrition education, fitness education, leisure education, skills training, handicrafts, and more. Programs will be designed to meet the needs of each individual.

For those who desire more than in-home visits, The Recreation Department continues to offer a large variety of classes and programs. Come take advantage of creative and visual arts programs, game night, monthly movies, trips, fitness and educational classes and much, much more. Please visit the City's web site at [www.greenbeltmd.gov](http://www.greenbeltmd.gov) and click on the link "Recreation Brochure" for more information. Here you can find information pertaining to activities for all ages and abilities. Or you can pick up a brochure at any of the Recreation Department facilities.



For more information or to schedule an appointment, please call 240-542-2054, Monday through Friday, 10am-6pm.

## Ask The Expert Schedule



Ask the Experts Cable Show offers viewers a wide array of topics of interest. The topics for this quarter are:

**Tuesday, October 20— How to Choose an Assisted Living Facility - Rexford Place**

**Tuesday, November 17- Senior Resources - Presented**

**by The Family Tree**

**Tuesday, December 15 – Ask the Expert Cable Show takes a break for the holiday season. It will return January 19, 2009**

Ask the Expert is filmed at Green Ridge House, 22 Ridge Road, Greenbelt, MD from 11:00—12:00 noon. Episodes are edited and shown the following month on Comcast Channel 71 and FiOS Channel 21. Episodes are shown on Tuesdays and Thursdays at 10:00 am and 6:00 pm for your viewing pleasure. Please RSVP if you **do not** reside at Green Ridge House by calling Sharon Vanzego, Service Coordinator at Green Ridge House at 301-412-2480.