

# The GAIL Guide

## An Aging in Place Newsletter

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### Free Produce Returns to Greenbelt with a Different Location, Date and Time



Due to the pandemic the Capital Area Food Bank was forced to cancel all free produce distributions in the DC Metropolitan Area. The Greenbelt Assistance in Living (GAIL) Program is pleased to announce that **Free Drive Thru Produce Distribution** will return to Greenbelt on

the third Thursday of the month **starting October 15 from 1-3pm at the Greenbelt Community Center-15 Crescent Road, Greenbelt, MD 20770**. No registration is needed and stay in your car. Staff will ask a series of questions upon arrival:

1. How many people in your household?
2. Are you a veteran?
3. Are you participating in the Food Stamp Program/SNAP?
4. How many children reside in your home and seniors?
5. What is your zip code?

These are not new questions, we have always asked these questions upon arrival at the distribution. This data helps the Capital Area Food Bank apply for grants and is used for reports for the Department of Agriculture and other food sources. So mark your calendars, wear your mask and we will see you there for a drive thru produce distribution:

**October 15, 2020 1-3pm**

**November 19, 2020 1-3pm**

**December 17, 2020 1-3pm**

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# October Webinar-Activities to Do with Someone with Dementia



Join Dementia Friendly Northern Prince George's County for a Live Webinar with Katelyn Sloan, certified Dementia Practitioner (CDP) who specializes in developing Person Centered and meaningful activities for those with memory impairment, and their families. Katelyn has worked with caregivers and families at every stage of the disease to establish purpose and connection as a cornerstone to the care they receive. Katelyn has partnered with various Physical and Occupational Therapy Schools in the Northern Virginia area to educate students on what it means to provide Person Centered Care.

This webinar is free and will be held Thursday, October 22, 2020 at 7: 00 pm. <https://attendee.gotowebinar.com/register/457432431618348300>

To visit Dementia Friendly Northern Sector's You Tube Channel and their previously recorded Caregiver Education Webinar Series please visit them at <https://bit.ly/2NKhuzC>. Please remember to subscribe to their channel to receive regular website postings.

## Medicare Part D Open Enrollment Begins October 15, 2020

If you are enrolled in Medicare Part D or and Medicare Advantage Program or will be enrolling for the first time in Medicare Part D now is the time to review your plan. Schedule a free virtual appointment with Sharon Johnson 240-542-2029 or Christal Batey 240-542-2012 to review the new rates and co-pays for 2021. Open enrollment closes December 15, 2020 and all plan changes will be effective January 1, 2021 unless you are enrolling for the first time. In preparation for your appointment, please have a list of all of your prescriptions, the dosage and the frequency. Staff can provide for you the projected annual cost for your prescriptions, premium, and if there is a deductible for your selected plan. Please note your annual rate increase letters do not take into consideration your specific prescriptions, so call and schedule your appointment beginning Tuesday, October 13, 2020.

# Say Boo to The Flu in Greenbelt



Flu season is here and the fact is that the flu can be scary; especially for the ones we love most. Everyone aged 6 months and older needs a flu vaccine to stay healthier this fall. Here is why:

The flu is different from the everyday cold. It can last 2 weeks or more and cause serious complications such as pneumonia. Every year the flu causes millions of illnesses, hundreds of thousands of hospitalizations,

and tens of thousands of deaths in the United States. Studies show that when getting a flu vaccine lowers your chances of becoming seriously ill or hospitalized from the flu. In fact, a 2018 HHS study showed that getting a flu vaccine lowered a pregnant woman's risk of hospitalization with flu by an average of 40 percent. Although proper etiquette for coughs and sneezes can help reduce the spread of flu, experts agree a flu vaccine is the best way to prevent flu.

Babies and young children, pregnant women, people 65 and older, and those with certain medical conditions are at increased risk of complications from flu. Getting vaccinated reduces the spread of flu from you and all those around you. This year, your flu vaccine will not only keep you and your loved ones healthier and out of the medical setting, it will preserve precious resources for those on the COVID-19 frontlines.

Both flu and COVID-19 may be spreading this fall, so it's more important than ever to get an annual flu vaccine. Flu vaccines are safe, effective, and the best way to prevent the flu. The best time to get vaccinated is before flu viruses start to spread—typically by the end of October. So, don't wait. Say boo to the flu by making sure you and your family get a flu vaccine by Halloween.

Join the Prince George's County Health Department and the City of Greenbelt for our **FREE** flu clinics:

**October 20, 2020 –10-3:00 pm**  
**Beltway Plaza**  
6000 Greenbelt Rd. Greenbelt, MD 20770  
**Upper Rear Parking Deck behind Target**

**October 27, 2020 from 10-3 pm**  
**Greenbelt Community Center**  
15 Crescent Rd., Greenbelt, MD 20770

## IMPORTANT

Drive thru and walk up service will be available. Children 6 months of age and older will be able to receive a flu shot. The senior shot will not be available. Please wear a mask to the venue. **This year you must Pre-Register via [www.vaccineconsent.com](http://www.vaccineconsent.com).** In the location section type Greenbelt Community Center or Beltway Plaza. To register by phone please call 240-542-2033.

## **GAIL GUIDE**

# Meals on Wheels is Still Available

If you are a senior or disabled adult 55 + residing within the city limits of incorporated Greenbelt and would like to participate in Meals on Wheels. The City of Greenbelt has been awarded Federal funding through the CARES Act to provide Meals on Wheels 5 days a week until December 31, 2020. If you would like to register, please contact Sharon Johnson, GAIL Program Community Case Manager at 240-542-2029. In an effort to keep delivery volunteers safe program participants are asked to leave an insulated bag on their door handle so volunteers may place the meal safely inside of the bag.



## Low Vision Face Masks for You!



The Prevention of Blindness (POB) Low Vision Center now offers face masks that will allow those with low vision to feel more comfortable traveling out of the home to grocery stores and doctor's appointments. (POB) Low Vision Center is teaching local business about the symbol and how their staff can interact with an individual with low vision. This project will increase public awareness about the often misunderstood issue of low vision. To request a free face mask, please call the POB Low Vision Center at 301-951-4444. They anticipate significant interest-face masks will be provided on a first come first serve basis (while supplies last). Face Masks are available to residents in D.C., Montgomery and Prince George's County, MD and Northern Virginia.