

The GAIL Guide

An Aging in Place Newsletter

Volume 16 Issue 3

August 2019

Free Estate Planning Clinic Returns to Greenbelt

The GAIL Program in partnership with Dementia Friendly Prince George’s County North Sector, Community Legal Services of Prince George’s County and Pro Bono Resource Center of Maryland will be offering a Free Estate Planning Clinic for Seniors 60 Plus.

Attorneys will be available to prepare wills, advanced directives, powers of attorney and living wills. All at no charge to the participants. The event will take place Tuesday, September 17 from 10-3 pm at the Greenbelt Municipal Center—25 Crescent Road, Greenbelt, MD 20770.

INCOME GUIDELINES			
Family Size	Annual Income	Monthly Income	Weekly Income
1	\$40,650	\$3,338	\$782
2	\$53,158	\$4,430	\$1,022
3	\$65,666	\$5,472	\$1,263
4	\$78,175	\$6,515	\$1,503
5	\$90,682	\$7,557	\$1,744
6	\$103,190	\$8,599	\$1,984

TABLE OF CONTENTS

Page 2—Sunny Seniors

Page 3 Free Produce Distributions

Page 4 Free Nursing Program

Page 4 Memory Café Kick Off

Page 5 Energy Assistance

Page 6&7 Save The Dates

Page 8 Caregiver Groups Support

Space is limited and reservations are required. Please call the Pro Bono Legal Resource Center to reserve your space at

443-703-3052.

Sunny Seniors

How To Protect Your Skin From the Sun While Still Having Fun.

By Oluwalayomi Omolola , UMD Community Health Intern

What burns, blisters, and is red all over? Sunburned skin! In these shiny summer months, sun protection is a very “red hot” topic and for good reason. As we age, our body puts up less of a fight against ultraviolet (UV) rays that damage our skin. Prolonged exposure to sunlight can even lead to skin cancer if proper precautions are not taken. Fortunately, there are many things you and your caregiver can do to lower your risk of skin cancer while still enjoying your summer.



Make a Routine

Firstly, before going outside, make a routine with your family or caregiver. According to the Skin Care Foundation, the sun is very intense from 10 a.m. through 4 p.m. So, if you need to be outside, talk with your caregiver to work around this time frame. Doing this, you’ll still get a healthy amount of sunlight but at a less harmful power. Applying sunscreen with SPF 15 or higher to your body is another way to lower your chance of skin burn and skin cancer. If you cannot apply the sunscreen yourself, politely ask your caregiver to help you complete this task. Sunscreen must be reapplied every two hours to ensure your skin is being protected continually.



Sunny Seniors continued....

Create a “Sun-Care Satchel”

Secondly, organize a “sun-care satchel” with your caregiver. This bag will be packed with essentials you will need when going outside. Your “sun-care satchel” should include your sunscreen to reapply on your body, a bottle of water to hydrate yourself, a wide-brimmed hat to cover your face from the sun, and other fun items you would want outside with you. You might want to bring a colorful fan to cool you down, your favorite pair of sunglasses to block the sunlight from your eyes, or more.

Sunny Salutations

Lastly, protecting your skin from the sun can be fun! If you’re going to a baseball game, wear your favorite team’s hat. Attending a formal gathering? Bring your fancy folding fan to blow the guests away! It’s all up to you on how to enjoy your summer; just make sure you are protecting your skin while doing it.

Free Produce Distributions

Produce distributions will be held at Green Ridge House on Thursdays, August 22, September 26 and October 24, 2019 from 1:30 pm -2:30 pm. Please bring your bags and wheelie carts to transport items. Please do not park in the Green Ridge House parking lot. On street parking is available. Volunteers will be on site to help with putting bags in your car. Produce will be offered at Green Ridge House —22 Ridge Road, Greenbelt, MD .



Free Community Nursing Program for Seniors for the Fall

The City of Greenbelt's Assistance in Living Program (GAIL) in partnership with Bowie State, Washington Adventist University Schools of Nursing and our newest member Stratford University offer a student Nursing Program to families in our incorporated Greenbelt community. Services provided include the following:

- Bathing Assistance
- Medication Management
- Medical Resource Info & Advocacy
- Nursing Assessments
- Health Education
- Mental Health Screening
- Vital Signs Monitoring
- Cognitive Assessment
- Blood Sugar monitoring/assist with finger sticks



This **FREE** program is open to Greenbelt seniors age 60+ or disabled adults 50+ residing within incorporated City limits. Home visits begin Tuesday, August **for frail residents and early September for all other participants** of Team 2 participants. Participants will receive up to 9 home visits based on the needs. Home visits take place weekly, on Thursdays, between 9:00 a.m. - 3:00 p.m. To register: Contact Sharon Johnson, GAIL Community Case Manager Office: 240-542-2029 OR Email: sjohnson@greenbeltmd.gov * SPACE IS LIMITED *

Memory Café and Support Group Kick Off

The Memory Café and Support Group will resume on Wednesday, September 11 at 1:30 pm at the Greenbelt Municipal Center 25 Crescent Rd, Greenbelt MD 20770. For more information and to register please contact Sharon Johnson at 240-542-2029.

Energy Assistance Program

Do you need help paying your energy bills? If so the Maryland Energy Assistance Program may be able to assist you.

- Apply in person at your local energy assistance office. To find the Office of Home Energy Programs nearest you and other information on how to apply, call 1-800-332-6347 or visit our website at dhs.maryland.gov/energy.
- Download and print an application for Energy Assistance at www.dhs.maryland.gov/energyapplication.
- Apply online at www.dhs.maryland.gov/benefits.

Home visits can also be arranged for senior citizens or other persons with special medical needs. OHEP is a year-round program. You do not need to have a crisis to apply. Customers may apply at any time through any one of the following methods: The Maryland Energy Assistance Program (MEAP) provides financial assistance with home heating bills.

Payments are made to the fuel supplier and utility company on the customer's behalf. The Office of Home Energy Programs (OHEP) provides assistance to Maryland's low-income households to help you stay warm, stay connected, and help pay past due energy bills. The Electric Universal Service Program (EUSP) provides financial assistance with electric bills. Eligible customers receive help that pays a portion of their current electric bills. Customers who receive EUSP are placed on a budget billing plan with their utility company. Budget Billing is a tool that utility companies provide to help spread out year annual utility bills into even monthly payments to avoid spikes in your bill caused by seasonal fluctuations in energy use. Please check with your utility company on eligibility requirements and budget billing policy. Arrearage Retirement Assistance helps customers with large, past due electric and gas bills. If eligible, customers may receive forgiveness of up to \$2,000 towards their past due bill. Customers must have a past due bill of \$300 or greater to be considered eligible. Customers may only receive an arrearage grant once every seven years, with certain exceptions.

For more information or to see if you are eligible please contact the Greenbelt Assistance in Living staff—Sharon Johnson at 240-542-2029 or Christal Batey at 240-542-2012.

Save the Dates

Events Coming this Fall

September 10 Free Once an Adult Twice a Child Lecture—Karin Lakin, M/ Ed., Nationally Certified Dementia Trainer. The journey through Alzheimer’s disease last long, and includes many unexpected twists and turns. This presentation reviews each stage of this disease, and offers guidance to caregivers on the important things to plan and prepare as the illness progresses. Presented by Dementia Friendly Prince George’s County—North Sector—Greenbelt Community Center—25 Crescent Rd, 20770—2nd floor City Council Chambers to RSVP please call Katherine Farzin—240-542-2019

September 17 Free Estate Planning Clinic—Greenbelt Municipal Center 25-Crescent Rd, Greenbelt, MD 20770 10-3pm reservations required 443-703-3052

September 24—Be aware and Beware- The ABCD of Medicare and Long-term Care Insurance—Mark Gottlieb 1– 3pm at the Presented by Dementia Friendly Prince George’s County—North Sector—Greenbelt Community Center—25 Crescent Rd, 20770—2nd floor City Council Chambers to RSVP please call Katherine Farzin—240-542-2019

September 26—Free Produce Giveaway—Green Ridge House Apartments 2-3 pm—22 Ridge Road, Greenbelt, MD 20770—Do not park in the parking lot. Please bring sturdy bags. Items may be heavy.

October 8 - Free Seminar—Advocacy in a Health Crisis - Mark Asch, Right at Home Do you know how to advocate for yourself or your loved ones when hospitalized? Learn the hospital system and how and when to advocate. Know your legal rights! What happens when you are discharged? Learn about resources available for you upon discharge.

October 10, 1-7 pm Free Flu Clinic—Spring Hill Lake Recreation Center—6601 Cherrywood Lane, Greenbelt, MD 20770—Walk in welcome. No reservation needed.

Save the Dates Events

Continued.....

October 22 Free Annual City of Greenbelt Health and Wellness Fair 10-2:00 pm at the Greenbelt Community Center –15 Crescent Road, Greenbelt, MD 20770—Gymnasium—Free health screenings and tons of information.

October 24, Free Produce Giveaway—Green Ridge House Apartments 2-3 pm—22 Ridge Road, Greenbelt, MD 20770—Do not park in the parking lot. Please bring sturdy bags. Items may be heavy.

November 7, Free Produce Giveaway—Springhill Lake Elementary School 2:30--3:30 pm—6060 Springhill Drive, Greenbelt, MD 20770—Do not park in the parking lot. Please bring sturdy bags. Items may be heavy.

November 12, The Greenbelt Assistance In Living Program and Dementia Friendly America Northern Sector and AARP Presents –Free Movies for Grown-Ups—What They Had featuring Hillary Swank and Blythe Danner and a panel discussion about Caregiver Stress and Support Available in the Community

Doors open at 12:45pm Note: This event will take place in the Old Greenbelt Theatre, 129 Centerway, Greenbelt, MD 20770. More information will be coming in October on how to access free tickets for this movie, as part of Dementia Friendly Prince George’s County—North Sectors Purple Perks Program.

November 19 Managing the Emotional Roller Coaster of Caregiving

1:00-3:00pm -Christine Bitzer, Seabury Resources for Aging

Caregiving can be rewarding but it can also be riddled with feelings of anger, frustration and regret. These feelings can lead to a sense of guilt that stays with us. Learn about the myriad of responses to caregiving, methods to manage your role and find ways to cope.

Caregiver Support Group Meeting - All are Welcome!

Caregiver Support Group Meetings are held the second Wednesday of month from 6-7:15 pm in the Greenbelt Community Center –15 Crescent Road, Greenbelt, MD 20770. Please call Sharon Johnson to register or for more information at 240-542-2019.



**The Greenbelt Assistance in Living
25 Crescent Road,
Greenbelt, MD 20770**

**Next Edition Coming
October 2019**