

Green Ridge House Gazette

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IMPORTANT CONTACTS:

- Sharon Johnson Service Coordinator (301) 412 - 2480
- Greenbelt Connection (301) 474 - 4100
- GIVES Volunteer Services (301) 507 - 6580
- Social Service Worker Peggy O'Connor (301) 474-8000 Mon. & Fri. 1:00 - 5:00 p.m.

Free Adult Dental Clinic

The Maryland Department of Health and Mental Hygiene reports that for 2012 almost 20 percent of Maryland residents surveyed had not visited a dentist within the past five years and seven percent had not visited a dentist in more than five years. According to the U.S. Department of Health and Human Services (HHS), although most oral diseases are preventable, many individuals do not seek dental services for reasons such as: cost, lack of dental insurance, lack of access to dental services, fear of dental procedures or lack of awareness.

Do you have a tooth, gum, or jaw problem but cant afford to visit the dentist?

Come receive state of the art care **at no cost!**

Care will be provided on a first come first serve basis.

Patient Services include:

- Cleanings
- Ex-tractions
- Restorative fillings
- Endodontic/Root Canals

What: Mid-Maryland Mission of Mercy & Health Equity Festival

When: September 5-6, 2014

Doors Open at 7:00 am

First come first served

Where: Comcast Center

2001 Paint Branch Drive

University of Maryland

College Park, 20740

Sponsored by: Catholic Charities, University of Maryland Center for Health Equality,

Seniors Head Back to School In a Surprising Way

It's back-to-school season, and many households are watching their children and grandchildren return to the classroom with the usual mixture of anticipation. But, in some families, grandma and grandpa are heading back into the classroom, too, as perpetual students.

Where can you find this new "senior class?" Look to your closest university-based retirement community, or UBRC, an increasingly popular form of assisted living that puts seniors back on campus and immerses them in the college community while still offering a continuum of care for residents as they age. The result? True lifelong learning.

The term "university-based retirement community" was coined in 2006 by Andrew Carle, founder of George Mason University's program in senior housing administration. Though UBRCs may vary in the strength of their affiliation with a university, their connection with the school keeps senior residents physically and mentally active, with opportunities for recreation, fitness, education and other benefits of being part of an academic community.

Besides the health care services offered as part of the senior housing component, many UBRCs give residents access to campus fitness centers and athletic events. As far as intellectual stimulation goes, the perks are obvious – the majority of UBRCs enable residents to enroll in or audit college classes, and it's been proven time and again that keeping mentally active through lifelong learning can stave off dementia. Not only that, but hanging with college-aged youth just might keep seniors mentally young and vibrant too.

Article courtesy of website: A Place for Mom

If this sounds interesting to you, your UBRC is just a step away:

- **Programs and Support Services:** Green Ridge House Service Coordination Program - Partner with your Service Coordinator to connect with support services available to help you safely age in place. Call 301-412-2480 and speak with Sharon Johnson for more information.
- **Health/Fitness/Fun:** Greenbelt Community and Aquatic & Fitness Centers provide countless opportunities to travel, learn, stay active and have fun while doing it all! Call 240-542-2054 for more information.
- **Educational:** Seasoned Adults Growing Educationally (SAGE) Program - A tuition free program of stimulating courses offered for Maryland residents 60 and older. Call 301-322-0159 for more information.

Summer Produce Distribution



Dates for 2014 distribution Thursday Mornings:

- September 25th - October 23rd

Location: Produce will be delivered to each residents apartment

Please contact the Sharon to sign up t 301-412-2480.

Don't forget, the mini produce distributions still occur every Thursday of the month in the Dining Room.

Get Your Flu Shot, Not the Flu

As people age, their immune systems weaken. Even if they feel healthy and are active, a weakened immune system can put older adults at risk for influenza (“the flu”) and related complications. Here are a few important tips to remember:

People 65 and older should not wait for flu season to start to get their annual flu shot.

- Know that the flu can make existing health problems worse and is especially dangerous for people with chronic conditions.
- Encourage those who spend time with older adults to get vaccinated against the flu.



When: Wednesday, October 15, 2014 Time: 1:00 - 3:00 p.m.

Where: Green Ridge House Dining Room

Cost: FREE with Medicare Part B,

Must bring Photo ID \$35.00 without Medicare.

*** Please sign up in the lobby to reserve your vaccination. ***

Memory Support Group

This group is for persons with early stage memory loss. It is unique in that it is participant driven, promotes socialization, fosters well being, and personal growth. Discussion topics may include careers, families, friends, social activities, independence vs. dependence, understanding the diagnosis, driving, medical, physical and emotional challenges, loss frustration, happiness and joy. **Session Starts Wednesday, September 24th Time: 1:00 - 2:30 p.m.**

Location: City Council Room 25 Crescent Road Greenbelt, MD 20770.

FYI...For Your Information...

In Case You Missed It...

Our featured presenter for this quarter is Mr. Kelvin Hawkins with Independence Now. Independence Now is a non-profit organization whose focus is to provide support services to individuals with disabilities.

Some of the services and programs they offer include:

- Peer Counseling: Individuals serve as role models and an advocate for another individual with a disability.
- Advocacy: (System) Staff interacts with local and national legislators on behalf of people with disabilities to improve various services and employment opportunities.
- Advocacy: (Individual) Staff works with individuals to assist with increasing personal advocacy skills.
- Information Referral: , Staff will connect individuals with current information on programs, equipment, and community resources.
- Maryland Work Incentive Network (MD-WIN): Staff assists individuals who receive SSI or SSDI benefits who are employed or are interested in working. The MD-WIN program also helps individuals understand and use the incentives available to them, avoid or resolve problems that can result from working, gain an increased understanding of the rules of Social Security.

Financial Assistance is Available

If you are interested in signing up for classes at the Greenbelt Community Center or Aquatic and Fitness Center and have difficulty paying, help is available. There are scholarships available to help subsidize the cost of various classes, trips, memberships, etc. For more information please contact your Service Coordinator, Sharon

Johnson, at 301-412-2480.

Ongoing Events Around Green Ridge House

- **Afternoon Coffee and Conversation:** Join us for engaging educational and health workshops! Every fourth Monday 2:00 p.m. - 3:00 p.m. in the Dining Room.
- **Blood Pressure Check Ups:** Every 2nd Wednesday of the month 1:00 - 2:00 pm in the Dining Room. FREE for ALL Residents!!
- **Brown Bag Program:** Every 3rd Tuesday of the month for registered residents only. Brown Bags will be distributed at 11:00 a.m. in the Dining Room. If you would like to sign up, please contact your Service Coordinator, Sharon Johnson at 301-412-2480.
- **Congregate Meal Program:** Every Monday, Wednesday, and Friday in the Dining Room. For more details or to sign up, please contact Ms. Burton at 301-474-1135.
- **Laughter Yoga Class:** Learn how to improve your balance and muscle strength. Classes are held Mondays and Thursdays 10:00 - 11:00 am in the Community Room.
- **Poetry Group:** Listen. Read. Create! Participants meet every 4th Wednesday in the Community Room at 3:00 p.m.
- **Safeway Bread:** Every Tuesday (Except 3rd Tuesdays) 10:00 - 11:00 am Dining Rm.
- **Top Banana Grocery Delivery:** Orders are accepted every 2nd Monday & Wednesday. 9:00 am - 4:00 pm. To order please call: (301) 372-FOOD (3663).
- **Wii Interactive Games:** Every Thursday 1:30 - 3:30 p.m. in the Community Room. Come and join us for a interactive game of bowling, or relax with a game of golf.

Residents are welcome to participate in ALL programs unless otherwise stated.

Official reminder notices and will be posted as the events approach.