

GREEN RIDGE HOUSE GAZETTE

Green Ridge House Flu Clinic

When: Tuesday, October 13, 2015

1:00 - 3:00 p.m.



Where: Green Ridge House Dining Room

Cost: FREE with Medicare Part B

\$ 30.00 without Medicare

Must bring Photo ID and Medicare Card

Please sign up to reserve your vaccination.

A sign up sheet is in the lobby.

Sponsored by Potomac Home Support



Please call Sharon if you have questions
at (301) 412-2480.

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Important Numbers:

Sharon Johnson - Service Coordinator 301-412-2480
Greenbelt CARES Dept. 301-345-6660
Greenbelt Connection (Bus) 301-474-4100



2015 City Election Time

Any registered Greenbelt Voter may choose to vote by early voting or absentee voting.

Early voting at Greenbelt Municipal Building

25 Crescent Road Mondays - Fridays October 19th - October 30th 9:00 am - 5:00 pm Tuesdays until 8:00 pm

Absentee Voting: An absentee ballot may be requested via the following:

- Pick at the City Clerk's office and complete request form
- Request form from the City Clerk by phone at 301-474-8000 or by email at cmurray@greenbeltmd.gov
- Print form from the City's website at www.greenbeltmd.gov

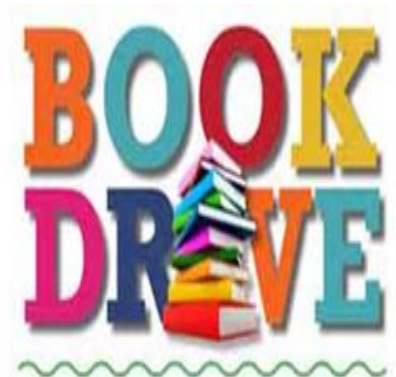
All requests must be received by noon, Monday, November 2nd. The completed ballot must be received by the City Clerk no later than 6:00 pm November 3rd.

You may return your executed ballot via :

- Sending it through U.S. mail in time to arrive no later than November 5th. Hand deliver it to the City Clerk's office
- Place it in the locked drop box of the Municipal Building.

A Special Thank You!

A most sincere expression of gratitude to all Green Ridge House residents for your overwhelming response during this year's Labor Day Book Drive. The books you donated were sold in order to raise funds for the Greenbelt Elementary School PTA. You ALL helped make this a great success!



Shredding Day



Saturday, October 17 **9 AM – 12 NOON**
(or until the truck is full)

The Greenbelt Federal Credit Union will be shredding your documents in the parking lot behind the Credit Union at 112 Centerway

Only 5 file boxes/bags per person; must be present for shredding. Personal records only (no business). **No contaminants accepted. NO BATTERIES.** No plastic binders and sheets. Abandoned boxes/bags will be trashed.

Electronics Recycling Day

SATURDAY, OCTOBER 24 **9:00 a.m. - 12:00 noon**

Public Works Yard

City residents can recycle old and/or unwanted computers and other electronic items.

Bring your items to Greenbelt Public Works, 555 Crescent Road.

Accepted items include: TVs, CPUs, monitors, keyboards, mice, printers, laptop computers, recording equipment, speakers, scanners, surge protectors, wires and power cords, fax machines, cameras, telephones, radios, DVD players, VCRs, batteries taped on one end, expanded polystyrene (block “Styrofoam” #6) – NO cups, egg-cartons, nor food trays.

PLEASE CALL IN ADVANCE IF YOU WANT TO DROP-OFF OF MORE THAN 10 ITEMS, IF YOU HAVE MULTIPLE STYROFOAM PIECES, OR ITEMS OVER 50 LBS.

For more details, contact the Greenbelt Sustainability Office at 240-542-2153

Save Money on your Pepco Bill this Winter!

In case you missed our workshop...

Colder temperatures are approaching as a result... heating bills may rise. Don't miss out on your opportunity to receive assistance with your Pepco bill.



If your monthly income is below \$1,716.00 (individuals) or \$2,323 (couples) you are eligible to apply.

Please contact, your Service Coordinator, Sharon Johnson, to schedule your appointment at 301-412-2480.

Did You Know?

The Verizon Phone Company has a special program which provides bills in large print and offers a discount for residents who have a reading, visual, or physical disability which prevents you from using a rotary or touchtone phone or a telephone directory.

Please see your Service Coordinator for an application or call 1-800-974-6006 for more information.



What Is Sitting Disease?

We all know exercise is one of the keys to a long, healthy life, but scientists are now finding out that lack of exercise can be downright dangerous to health.

A new study from Northwestern University looked at adults age 60 and older, and found that sedentary behavior is a major risk factor for future physical disability, including problems with basic activities like bathing, eating and dressing oneself.

“Every additional hour a day you spend sitting is linked to a 50% greater risk of being disabled regardless of how much moderate exercise you get,” says the official press release.

Get Up and Get Moving

In one study, published in the *Archives of Internal Medicine*, high levels of daily physical activity reduced the risk of death by 75% in older adults, compared to those with low levels of activity.

Here are some ideas to get you started in your community!

- Walk With Ease Walking Group - Meets Tues., Wed., & Fri. at 1:30pm in the Community Room (CR)
- Laughter Yoga - Meets Mondays & Fridays at 10:00 am (CR)
- Active Aging Week kicks off on Friday, September 26th! Pick up a brochure to learn more about the exciting events planned!

...continued on the next page...



Healthy Activities for Seniors and Their Families

For seniors, getting out and about with family has the dual benefit of spending time with loved ones and increasing everyone's level of activity. Here are just a few suggestions to keep everyone moving:

- When you go out as a family, whether it's to the grocery store or a movie, park at the far end of the parking lot and work in a walk.
- Do low-impact activities together, such as yoga or tai chi.
- Plan a weekly walk or bike ride as a family to get caught up on what everyone is doing.
- Start a new hobby that you can do together, and make it something that gets you off the couch, whether it's planting a vegetable garden or going to art museums.
- Remember that everyone's fitness level is different. If you aren't sure what you or a loved one can handle, check with a health care provider.

If you do not have family nearby, join your groups here in the building or at the Greenbelt Community Center. Being a part of a community can be an important resource for seniors to stay active and social. Trying to get out there alone can feel overwhelming, but a community provides a variety of activities for a wide range of interests – and an immediate circle of friends to share those interests.

What activities are most likely to get you up and moving? What strategies do you use to keep senior loved ones fit? Get the discussion started and get moving.

Ongoing Events Around Green Ridge House

- Afternoon Coffee and Conversation:** Join us for engaging educational and health workshops! Check your calendar for details! In the Dining Room
- Brown Bag Program:** Every 3rd Tuesday of the month for registered individuals. 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.
- Co Op Pharmacy Prescription Deliveries:** Monday, Wednesday and Fridays. Please call 301-474-4400 to submit your request for delivery.
- Congregate Meal Program:** Every Monday, Wednesday, and Friday in the Dining Room. Please contact Ms. Burton at 301-474-113 for more details.
- Laughter Yoga Class:** Learn how to improve your balance and muscle strength. 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.
- Produce Distributions:** Receive fresh produce donated by local farmers Thursdays in the Dining Room. See posted flyer for additional details.
- Monthly Health Screenings:** Every 2nd Wednesday of the month 1:00 - 2:00 pm in the Dining Room. Blood Pressure, and more!
- Safeway and Target Distribution:** Every Tuesday 11:00 am - 12:00 pm (DR)
- 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.