

GREEN RIDGE HOUSE GAZETTE

Flu Shot Clinic



Cost: FREE with Medicare Part B

\$ 25.00 with Medicaid

When: Monday, October 9th 2017 at 1:00pm

Where: Green Ridge House Dining Room

Must bring Photo ID and Medicare Card

Please sign up in the lobby to reserve your vaccination!



Inside this Issue

Welcome New Public Health Intern	2a
Upcoming Events	2b
Fall Crafts and Well Being	3
Management Corner	4a
Summer Produce is Ending	4b
Quick and Simple: Fall Recipes	5
Ongoing Events	6

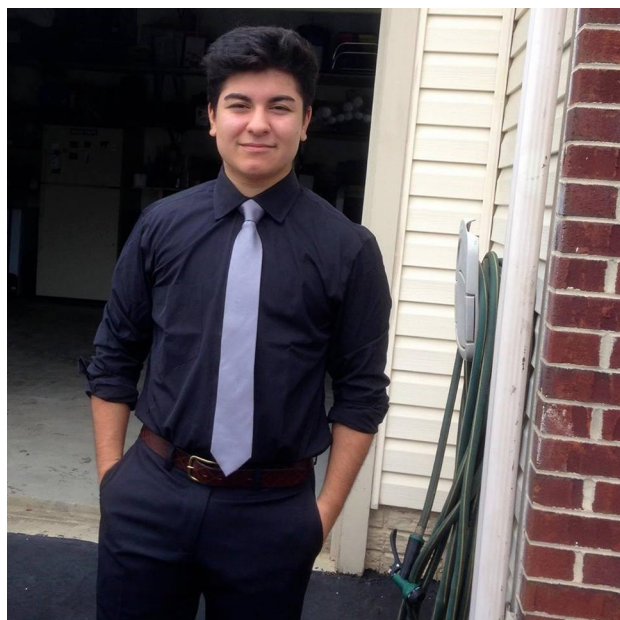


Active Aging week takes place every year during the last week of September. This year's Active Aging Week will be from Sunday, September 24th– Saturday, September 30th 2017.

The objective of this week is to

promote the strengths of aging by creating opportunities for older adults to engage in exercise and other wellness activities. This year's theme is "Ignite your Passion". This theme urges older adults to use their passions as a means for activity. There will be several events around the City of Greenbelt in celebration of Active Aging Week. Please be sure to pick up an Active Aging Week brochure in the Green Ridge lobby and check out this year's events.

Welcome Nima Shamsa our new Public Health Intern!



Greetings! My name is Nima Shamsa and I am the new GAIL Public Health Intern for Fall 2017. I am a senior Community Health major at the University of Maryland School of Public Health. After graduating I hope to work in community outreach, helping those in need to connect with health resources. In the future, I would like to continue my Public Health education by pursuing a Masters in Public Health and eventually work towards an M.D. I look forward to meeting and working with everyone here at GAIL. I am eager to meet all the residents and assist in any way I can.

Upcoming Events

Family Financial Matters

Join us for a discussion about important financial planning tools.

Monday, September 25th 1:30pm– Green Ridge Dining Room

“The Dancing Lady” (An Interactive Dance Presentation)

Watch the dance performance and then try out some moves!

Friday, September 29th 1:30pm-Green Ridge Dining Room

Home Run to Health– GAIL Program Health Fair

Get free screenings, health care information and door prizes at Greenbelt’s annual health fair!

Tuesday, October 17th 10am-2pm– Greenbelt Community Center

Mental Health Screening Day

Get a free mental health screening and receive information about promoting your mental health.

Wednesday, November 1st 1-3pm– Green Ridge House

Memory Screenings

Test your memory and learn about memory improvement techniques.

Tuesday, November 11th 10am-12pm– Green Ridge House

Fall Craft And Wellbeing: Ignite your passion!



By Millicent Uzuegbu, GAIL Public Health Intern, UMD

As the summer ends, the temperature cools, the leaves change colors, and you know it is fall season. You will also begin to see longer evenings and earlier sunsets. This can mean less time to spend engaging in some of our favorite outdoor pastimes. Not to worry though, you can still have fun indoors and get busy with crafts! According to research by the National Institute of Health, activities like crafting could reduce your chances of developing mild intellectual impairment by as much as 50 percent. A research finding published in American Journal of Public Health in 2010, shows that visual art activities such as crafting improve wellbeing by decreasing negative emotions and increasing positive ones. It also reduces stress, anxiety, and distress.

Neuroscientists, Occupational therapists, and other experts have all cited crafting as therapeutic. They all note that crafting calms the senses. Crafting can build self-esteem, boost brainpower, and enhance coordination. With all of these benefits, how many more reasons do you need to start crafting? It is surely a fun way to enjoy the early sunset evenings of fall while improving your health and wellbeing! Some exciting fall crafts you could try include: bundled Q-tip fall tree painting, colorful corn decoration, making a pine cone hanger, or a fall leaf collage.

According to a documented interview with Dr. Mercola, crafting can be a great distraction from physical pain and other worries. However, if you do not like crafting, he recommends that you make it a priority to identify some other mentally stimulating and enjoyable activity that can keep you occupied indoors. Cooking new foods, singing or learning an instrument can all be ways to stay engaged indoors. The take home message is: Discover and ignite your passions, don't let the cold weather slow you down! You can improve your health, happiness, and overall wellbeing.

Information Sources: www.ncbi.nlm.nih.gov: www.elder-one-stop.com: www.articles.mercola.com

Management Corner

Please see the following reminders and announcements from the Green Ridge Management Office.

If you notice the front automatic doors are off the track or not working, please call the emergency maintenance number so that the on-call maintenance man can be contacted and repair the doors.

Please remember to write your apartment number on your rent check or money order. We have trouble reading some residents' signatures, so the apartment number allows us to credit the check/money order to the correct resident.

If you spill anything in any common areas, please notify the office. If it is after hours or on the weekend, put a ticket in so that management can address the issue when we are in the office. We have had issues where unreported spills are being tracked through the building and creating large stains that can't be removed.

Aides that work in the building for more than one resident and are working for multiple residents on any one day are permitted to use two wash machines and/or dryers per resident they are working for.

It has come to light that many residents are questioning service animals in the building. Service animals are part of the American with Disabilities Act (ADA). ADA does not require service animals to be certified and permits service animals to go anywhere. Denying access to a service animal can be classified as discrimination and result in legal action. If you have more questions regarding service animals, please visit the Management Office.

LAST Produce Distribution at Green Ridge for the Year

Our last produce distribution at Green Ridge for this year will be on Thursday, September 24th 2017. Produce will be delivered on this date to all residents who have signed up. We will resume produce distributions at Spring Hill Lake Elementary School on the first Thursday of the month at 2:00pm beginning on November 2nd 2017. All are welcome to attend! Produce distribution will be resuming at Green Ridge in June 2018.



Quick and Simple Fall Recipes

Small Serving Sizes– See Below!

Banana Split Oatmeal

Yield: 1 serving

Ingredients:

- 1/3 cup oatmeal, quick-cooking dry)
- 1/8 teaspoon salt
- 3/4 cups water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt, non-fat



Preparation:

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Crustless Spinach Pie

Yield: 2 servings

Ingredients:

- 2 tablespoons butter
- 2 eggs (large)
- 1/2 cup flour
- 1/2 cup milk (1%)
- 2 garlic cloves (minced, or 1/2 teaspoon garlic powder)
- 1/2 teaspoon baking powder
- 4 ounces mozzarella
- 2 cups spinach (chopped, fresh)



Preparation:

1. Preheat oven to 350 degrees.
2. Melt butter or margarine in an 8 inch baking pan.
3. Beat eggs well. Add flour, milk, garlic and baking powder. Pour into baking pan. Stir in cheese and spinach.
4. Bake for 30-35 minutes or until firm and the cheese is slightly golden brown.

Pumpkin Soup

Yield: 4 servings

Ingredients:

- 1 can white beans (15 ounce, rinsed and drained)
- 1 onion (small, or 2 tsp. onion powder)
- 1 cup water
- 1 can pumpkin (15 ounces, plain)
- 1 can chicken or vegetable broth, low-salt (14.5 ounces)
- 1/2 teaspoon thyme or tarragon
- salt and pepper to taste (optional)

Preparation:

1. Blend white beans, onion, and water.
2. In a soup pot, mix bean puree with pumpkin, broth, and spices.
3. Cover and cook over low heat about 15 to 20 minutes until warmed through.



Ongoing Events Around the Green Ridge House

•**Afternoon Coffee and Conversation:** Join us in the Green Ridge Dining Room for engaging educational and health workshops! Check your calendar for details!

•**Produce Distribution:** Last Distribution for the season
Thursday, September 28th * Resuming in June 2018*

•**Brown Bag Program:** Every 3rd Tuesday of the month for registered individuals.
11:00 a.m. in the Dining Room.

•**Congregate Meal Program:** Every Monday, Wednesday, and Friday in the Dining Room. Please contact Ms. Marvel at 301-474-1113 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.

•**Monthly Health Screenings:** Every 2nd Wednesday of the month 1:00 - 2:00 pm
in the Dining Room. Blood Pressure, and more!

•**Meat/ Target Distribution:** Weekly on Mondays at 11:30 am in the dining room
as items are available

•**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**