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IMPORTANT CONTACTS:

- **Sharon Johnson, Service Coordinator**
(301) 412 - 2480
- **Greenbelt Connection**
(301) 474 - 4100
- **GIVES Volunteer Services**
(301) 507 - 6580

Green Ridge House Gazette

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Service Coordinator on Maternity Leave

The Green Ridge House Resident Service Coordinator, Sharon Johnson, will be on maternity leave beginning Monday, April 8, 2013 and will return July 2013.



During this time, Ms. Narineh Abrahamian will be available to provide Service Coordination services to all Green Ridge House residents. Many residents may remember Narineh, as she was recently a City of Greenbelt GAIL and Service Coordination program intern. She has since completed her Undergraduate Degree in Public Health with the University of Maryland. Narineh will be contacting residents to follow up with various programs and services. Please welcome her back!

When you need assistance please feel free to contact Narineh:

Office Days: Mondays - Thursdays

Office Hours: 9:00 a.m. - 3:30 p.m.

Phone Number: (301) 412-2480

The Service Coordinator's office is located on the 1st floor across from the elevators.

If you are in need of additional services please contact the City of Greenbelt's Resource Advocate, Christal Batey, at (301) 345-6660.

May is Older Americans Month!

Every year since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions and achievements. It is a proud tradition that shows our nation's commitment to honor the value that elders continue to contribute to our communities.

This year's Older Americans Month theme—"Unleash the Power of Age!"—emphasizes the important role of older adults. This May, communities across the nation will recognize older Americans as productive, active, and influential members of society.

Older Americans Month celebrations will acknowledge the value that older adults continue to bring to our communities by making an effort to applaud recent achievements of local elders and inviting them to share the activities they do to unleash the power of age.

The Green Ridge House encourages you to take part in the celebrations by sharing your Older Americans Month resolutions with the U.S. Administration on Aging. Post what you will do this May to unleash the power of age on the AoA Facebook page, and follow up by sharing a picture or story about the experience later in the year.

While The Green Ridge House provides services, support, and resources to older adults year-round, Older Americans Month is a great opportunity to show special appreciation! We will continue to provide opportunities for elders to come together and share their experiences with one another, as well as with individuals of other generations.

To learn more about activities and events planned for Older Americans Month, or to find ideas about what you can do to unleash the power of age, contact your service coordinator Narineh Abrahamian at (301) 412-2480.

Contact your local Area Agency on Aging office by visiting www.eldercare.gov or calling

1 (800) 677-1116 to find ongoing opportunities to celebrate and support older Americans.

Adding Fiber to your Diet

It is important for everyone to make sure to have a diet with fiber. The American Cancer Society recommends eating fiber-filled foods in order to help prevent a variety of diseases. Having a fiber-filled diet is thought to prevent colon cancer by preventing the development of pouches in the colon. Along with helping prevent colon cancer, it may also lower blood pressure, improve cholesterol levels, and help control blood sugar levels. Fiber has also been thought to help individuals reach and stay at a healthy weight. Men age 19-50 should aim to consume 38 grams a day and women age 19-50 should aim to consume 25 grams a day. Men age 51 and older should aim to consume 30 grams a day and women age 51 and older should aim for 21 grams per day.

Adding more fiber to your diet is not a difficult thing to do. Fiber can be found in a wide variety of foods. Beans, peas, other vegetables, fruits and whole grain products are just a few foods that contain fiber. When adding more fibrous foods to your diet, it is important to do so slowly in order to allow your stomach to adjust to the changes. High-fiber diets require lots of fluid in the body in order to work properly. For more information on how to safely add more fiber into your diet, talk to your doctor.

By: Elizabeth Coffman



Top Banana Grocery Delivery

April showers bring May flowers, but you don't have to go out to get your groceries in the rain, Top Banana Home Delivered Groceries will come to you! While delivering your groceries, they can put away heavy items, open stubborn jar lids and more.

Its easy to get started!

- Call 301-372-FOOD (3663) every 2nd or 4th Monday between 9:00 a.m. - 4:00 p.m. Your order will be delivered Wednesday of that same week.
- While placing your order, please be sure to mention any coupons that you have.
- Forms of payment accepted: Cash, check, debit/credit card, EBT card.

Get Active, Stay Healthy

With warmer weather approaching, spring is the perfect season to get active. Physical activity is one of the healthiest things you can do for yourself. Even just moderate physical activity such as casual walking is very beneficial for helping you to stay strong to continue doing the daily activities you enjoy. Being inactive nearly doubles a person's likelihood of developing heart disease, yet as people age, it is common to become reluctant to engage in physical activity. People often think exercising requires a gym membership, special equipment, or will just be too difficult. There are fun and easy ways to get active, just remember to start out at a low level of effort and work your way up gradually.

It is important to check with your doctor before starting a new exercise routine if you are experiencing:

Significant weight loss

Chest pains or significant shortness of breath

Foot or ankle sores that won't heal

Joint swelling

Ongoing pain when walking

Heart problems

Cleaning, vacuuming, raking, gardening

Dancing, playing tennis or other sports

Cycling on a stationary bike or bicycling outside.



To avoid future injuries when starting a new exercise routine, try these tips:

Wait at least 2 hours after eating a large meal before engaging in exercise.

Wear appropriate clothing such as comfortable, loose fitting clothes and shoes such as sneakers with proper arch support.

Tips to Improve Memory

Memory loss is a common issue amongst seniors. However, memory loss is not inevitable. Here are some tips to help enhance memory!

Stay mentally active! Stimulate your mind! By engaging in activities such as cross words, puzzles, reading, or even computers, you are constantly working your mind. Being physically active can help as well! Take a walk around the community, or partake in the yoga sessions or gym!

Socialize! Engage with others in the community! Get together with friends and family, or even volunteer! Communicating with others will help with brain function!

Organize your life! Having a more organized system will help to prevent from forgetting things! Placing objects in the same spot, marking things in a calendar or journal, and even cleaning out your clutter will help you to remember where things are!

Using these tips will help you focus on tasks, limit distractions, help remember where things are, and stimulate your mind!

If you are looking to improve your memory, sign up for the BCAT Brain Fitness Program! Contact Victoria Barry at (301) 474-8000 extension 3002!

By: Jamie Malmut

Get Active, Stay Healthy continued...

Warm up with a low intensity exercise before doing activities that are more strenuous. If outdoors, pay attention to your surroundings and be aware of weather and traffic conditions.

Make sure to drink water before, during, and after exercising.

Try these activities as part of your exercise routine:

Walking, climbing stairs, jogging, swimming

Cleaning, vacuuming, raking, gardening

Dancing, playing tennis or other sports

Cycling on a stationary bike or bicycling outside.

"Exercise: Exercises to Try." *NIHSeniorHealth*. National Library of Medicine, n.d. Web. 05 Mar. 2013.

By: Victoria Barry

How to Prevent Falls



According to the Center for Disease Control and Prevention, every year 1 out of 3 elders over the age of 65 falls. These falls can lead to moderate to severe injuries such as hip fractures and head injury which can lead to early death. Fortunately, this issue can be prevented by taking the right safety precautions.

In order to reduce chances of falling, older adults should:

- Exercise regularly. Exercising will help to increase balance, strength, and flexibility in muscles and bones. Make sure to go easy and exercise at your own pace so that you don't hurt yourself!
- Get regular checkups at the doctor, and make sure prescriptions are not expired or have strong side effects. It is important to be aware of your prescriptions side effects, some may cause dizziness or vision impairment, which may affect your balance.
- Make sure to get your eyes checked by an eye doctor at least once a year and update your eyeglasses to maximize their vision. Make sure your glasses are always clean and readily available for when taking walks or getting up from chairs or surfaces.
- Make your home fall proof! Adding grab bars, tub/shower handles, or rails next to the toilet/stairways can help with walking around your home. Try and keep the room clean to avoid tripping or falling over objects.

By: Jamie Malmut

Ongoing Events Around Green Ridge House

- **Afternoon Coffee and Conversation:** Join us for engaging workshops discussing educational and health related topics while enjoying coffee, tea, and refreshments! Discussions are held the fourth Monday of every month from 3:00 p.m. - 4:00 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.
 - **Lunch and Learn:** Participate in interactive workshops learn about educational and health related topics room while enjoying your lunch! Discussions are held the second Thursday of every month 1:00 p.m. -2:00 p.m. in the Dining Room.
 - **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.
- ALL residents are welcome to participate in ALL programs unless otherwise stated.**
Official reminder notices and will be dispersed and posted as the events approach.

Coffee & Conversation, Lunch & Learn!