

GREEN RIDGE HOUSE GAZETTE

May Is Older Americans Month



Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation.

This year, in honor of the 50th anniversary of the Older Americans Act (OAA), we are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is *Get into the Act*.

Older Americans Month provides an opportunity to raise awareness of the importance of community engagement as a tool for enhancing the wellbeing of older adults.

Now is the time to *Get into the Act* to make the benefits of community living a reality for more older Americans. Together we can promote healthy aging and increase community involvement for older adults.

Green Ridge House will recognize and celebrate this month by hosting a calendar full of energetic, fun-filled, interactive classes, informative educational presentations, and of course ...

Look for the Older Americans Month Calendar of Events under your door soon!

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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

Social Security to Expand Field Office Hours

Budget for Fiscal Year 2015 Allows Agency to Restore Some Service Hours

The Social Security Administration announces as a result of Congress' approval of the fiscal year 2015 budget, the agency will expand its hours nationwide.

Offices will be open to the public for an additional hour on Mondays, Tuesdays, Thursdays and Fridays, effective March 16, 2015. A field office that is usually open from 9:00 a.m. to 3:00 p.m. will remain open until 4:00 p.m.

Offices will continue to close to the public at noon every Wednesday so employees have time to complete current work and reduce backlogs.

Most Social Security business does not require a visit to a local field office. Many services, including applying for retirement, disability and Medicare benefits, creating a my Social Security account, replacing a Medicare card, or reporting a change of address or telephone number are conveniently available anytime at www.socialsecurity.gov.

Social Security also offers assistance via a toll-free number, 1-800-772-1213 (Voice) and 1-800-325-0778 (TTY). Representatives are available from 7:00 a.m. to 7:00 p.m., Monday thru Friday.

Please feel free to contact your Service Coordinator, Sharon Johnson, at 301-412-2480 for additional support.

Green Ridge House Fresh Produce Distribution

When: Thursday, April 2, 2015



Time: TBA (Produce will be delivered to each resident apartment
- An announcement will be made when deliveries begin)

If you would like to receive produce, please sign up in the lobby!

Note: This distribution is just for this month since the Elementary School will be closed for their Spring Break. Green Ridge House will begin our Summer produce distribution in June - September.

For any questions please contact Sharon Johnson at 301-412-2480.

“TABLE TALK” IN GREENBELT

ALONZO T.
WASHINGTON
— MARYLAND STATE DELEGATE —



Dear Neighbor,

I am writing to personally invite you to join me at the third installment of my "Table Talk" series! This month,

"Table Talk" will take place at the New Deal Cafe in Greenbelt on March 21st from 11:00am-1:00pm.

Over the past two months, I have hosted "Table Talk" events in Hyattsville and New Carrollton. At these previous events, we have been joined by our County Council Members, Mayors, City Council Members, and dozens of residents.

We are currently debating several significant issues in Annapolis, including criminal justice reform, environmental and storm water management practices, and education reform. Additionally, over the coming weeks, we will begin to debate and discuss the Governor's proposed budget, and will work to restore the drastic cuts he made to our school system.

Your voice is critical in our legislative process, but I do know that it is not always easy to travel up to Annapolis. I hope you will join me in Greenbelt to voice your concerns about Governor Hogan's education budget cuts, to advocate for greater local economic development through the relocation of the FBI Headquarters and the construction of the Purple Line, and to hear the concerns of your neighbors. I can assure you that I will bring your concerns back to Annapolis .

My new “Table Talk” series has opened a great new dialogue across our District. It has provided a unique way to connect our County Council Members, Mayors, City Council Members, Teachers, and District 22 Residents.

I hope to see you on March 21st at the New Deal Cafe in Greenbelt!

Sincerely,

Spring is Almost Here...Lets Have A Pancake Brunch!

The Green Ridge House Residents Association would like to invite you to participate in our first, 'Welcome to Spring Pancake Brunch!' Just imagine savory sausage, fluffy eggs, DIY pancakes topped with fresh fruit and more!

Date: Tuesday, March 24, 2015

Time: 11:00 a.m.

Place: Dining Room

Please sign up in the lobby!



Interested in Joining our Walking Group

The Green Ridge House 'Go-Getters' resident-lead walking group will hold an interest meeting to discuss the dates, locations, and other events planned for members of the walking group.

Interested residents should plan to attend the meeting with creative ideas! See you there!

Date: Wednesday, March 25, 2015

Time: 11:00 am

Place: Library

Pets are welcome on walks to stretch their legs with us!



Please feel free to contact your Service Coordinator, Sharon Johnson, with any questions at 301-412-2480.

Volunteers Needed

The weather is warming up, why not get busy!

The Greenbelt Park (U.S. National Park Service) is looking for individuals to fill their 'Senior Volunteer Reception' position.



Their office is close by and located at 6565 Greenbelt Road in Greenbelt, Maryland.

The volunteer reception position will be seated at a desk.

Responsibilities are as follows: responsible for representing the National Park Service to the public by answering phones and greeting and meeting visitors. There will also be interaction with the staff of Greenbelt Park. Volunteer will assist the park with a variety of office and clerical functions. Tasks include: answering telephone, meeting and greeting visitors, filing, typing, organizing, purging/shredding of old files, mail processing, and other administrative duties.

Option to work as little as one day a week or up to 3 days a week. The reception area needs coverage Tuesday and Thursday from 9:00 a.m. to 3:00 p.m. and other days throughout the week in April and May and other days in April and May. Mondays are best for interviews.

Office Hours are 9:00 - 3:00 p.m. flexible if needed.

Orientation and training will be provided to sharpen current and obtain new skills.

Those interested please contact: **Mr. Kevin P. Barry, Park Ranger - 301-344-3944**

In Home Aide Registry

It has been brought to the attention of both the Service Coordinator and Management Office that numerous residents have expressed concern about unknown individuals in the building. In an effort to maintain a safe and comfortable environment for all, **we are asking all residents to 'register' their In Home Aide with Sharon Johnson.**



Each resident will be issued an identification badge which will be provided by the Management office, for their Home Aide to wear while in the building and other residents will be able to easily identify them as a 'Resident Home Aide'. The badge should be kept with the resident and re-issued to the aide on the days they provide service. Please call Sharon Johnson to follow up or with any questions 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.
- 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.
- 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. For more details or to sign up, please contact Ms. Burton at 301-474-1135.
- Lunch and Learn:** Participate in interactive educational and health related workshops 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.
- 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.
- Monthly Health Screenings:** Every 2nd Wednesday of the month 1:00 - 2:00 pm in the Dining Room. Blood Pressure and more!
- 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.