

GREEN RIDGE HOUSE GAZETTE



MAY is Older Americans Month

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

We will use OAM 2016 to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own. Throughout the month, the GAIL Program will celebrate with a series of exciting, fun-filled and informative events.

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Look out for more information and announcements in the up coming weeks!

Women of Wellness (WoW) Health Fair



Come out for a variety of **FREE** health screenings, give aways, door prizes and more!

WHEN:

Wednesday, March 23, 2016
10:00am -2:00 pm

WHERE:

Springhill Lake Recreation Center
6101 Cherrywood Lane, Greenbelt, MD 20770

A shuttle will be provided for transportation at the following times :

- From GRH to Spring Hill Lake Rec Center: Pick up at 10:15 am & 1:15pm
- From Spring Hill Lake to GRH: Pick up at 11:30 am & 2:15 pm

Please sign up for the Shuttle in the Lobby!

The Green Ridge House Resident's Association Presents Activities Day



Look out for more announcements about future Activities Day events!

Beginning this March, join the GRH Resident's Association for some fun-filled activity and social time on Wednesday afternoons!

Activities Day Events for March:

Weds. March 2nd & 16th- Line Dancing at 2 p.m. in the Community Room

Weds. March 30th -Poetry 3:00-4:00 p.m. in the Community Room-Light Refreshments will be served

Don't Fall In The Spring!

By: Julian Argoti



Hello Green Ridge House residents, the spring season is just around the corner and it is time for you to wake up from hibernation. Older adults should take this time to assess their home environment to help prevent any fall related injuries. Each year, one in three adults ages 65 or older are treated in emergency hospitals for injuries relating to falls. The long term consequences of fall injuries, such as bone fractures and head injuries can have a negative impact on the independence of older adults. Fortunately, falls are not a normal part of aging and can be preventable. You can play an important role in your life in preventing falls, and make sure to encourage your fellow peers to do the same. Here are some tips to help with preventing falls.

More exercise- Lack of exercise can lead to weak legs and this increases your chances of falling. Make sure you participate in exercise programs such as yoga, which can increase strength and improve balance.



Know your medications- Some over the counter medications and prescription medications can have side effects such as dizziness, which makes falling more likely. Please have your doctor review all medications to help reduce the chance of falling, side effects, and drug interactions.

Eliminate Home Hazards- A home safety check can help identify potential fall hazards.

Steps for Home Safety:

- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Put grab bars inside and next to the tub or shower and next to your toilet.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Improve the lighting in your home. As you get older, you need brighter lights to see well.



Improve Your Balance/Strength With Three Simple Exercises

Balance: Standing on One Foot



1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10 to 15 times.
4. Repeat 10 to 15 times with other leg.
5. Repeat 10 to 15 more times with each leg.

Strength: Back Leg Raises



1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10 to 15 times.
6. Repeat 10 to 15 times with other leg.
7. Repeat 10 to 15 more times with each leg.

Strength: Side Leg Raises



1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10 to 15 times.
6. Repeat 10 to 15 times with other leg.
7. Repeat 10 to 15 more times with each leg.

March EVENTS

Look out for the monthly flyers about GRH screenings, talks and other events!

Please sign up for all events in the Lobby!

Blood Pressure Screening

Wednesday, March 9th 1:00 pm-2:00 pm in the Dining Room



Hearing Screening

Wednesday, March 9th 11:00 am –1:00 pm, in the Community Room

Welcome to Spring Pancake Brunch

Tuesday, March 15th 11am in the Dining Room



St. Patrick's Day Celebration Crafts

Friday, March 18th 1:00 - 3:00 pm in the Community Room

Coffee and Conversation: *The Process and Benefits of Pre-Planning*

Monday March 28th 3:00 - 4:00 pm in the Dining Room



Sign Up for Gardening Plots!



Better weather is on its way! Gardening can be a great way to enjoy the outdoors. If you're interested in signing up for a garden plot, stop by to see the Service Coordinator, Joyce and sign up for a plot. Also, be sure to look out for dates of upcoming talks about tending to your garden!

MANAGING LOSSES

An Interactive Discussion Series



Whether due to the loss of a loved one, a pet, a home, or a marriage, we all feel the effects of loss. Grief is a natural part of life, and everyone grieves differently. Yet, we all grieve.

This 4 week group is an opportunity for support, to learn, to gather information, and networking with others experiencing a loss. We invite you to join the group, which will include topic focused discussions, telling your story, and interactive activities including vision boards, group writing exercises, and storytelling. **We will start the third week in March and meet one day a week in the afternoon.** MORE DETAILS COMING SOON.

Cynthia Swan, LCPC, is a Grief Counselor from Community Hospices, and will facilitate the Green Ridge community's Managing Losses Group. She will draw upon her experience leading many hospice grief groups as a grief counselor in Kentucky, Colorado, and Maryland.

Ongoing Events Around the 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 am in the Dining Room. If you would like to sign up, please contact your Service Coordinator, Joyce Kolenky 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.

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

Target Distribution: ** Will be announced the day before

Wii Interactive Games: Every Thursday 1:30 - 3:30 pm 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**