

GREEN RIDGE HOUSE GAZETTE

Upcoming March Events

Wednesday, March 22nd

Vital Signs Clinic– Nursing Triage

Provided by: Washington Adventist Nursing Department

-Community Room 10:00am-12:00pm

Monday, March 27th

Colorectal Health Education

Provided by: Doctors Community Hospital

-Library 3:00-4:00pm

* Pre—registration required in the lobby



Happy Spring!

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Free Vital Signs Clinic

Wednesday, March 22, 2017 from 10-12 noon in the Community Room

You can select the screenings of your choice from the list below. Please sign up for an appointment slot and make your selections on the sign up sheet in the lobby.

- ⇒ Blood Pressure Screening
- ⇒ Body Mass Index Review
- ⇒ Heart and Lung Check
- ⇒ Weight
- ⇒ Mental Health Screening
- ⇒ Activity of Daily Living Assessment
- ⇒ Brief Cognitive Assessment

For more details please call GAIL Program Intern: Katherine Farzin at 240-542-2033

Greenbelt Senior Mobility Survey

We need your suggestions about how we can improve transportation and mobility in the City of Greenbelt. The deadline for the Greenbelt Senior Mobility Survey has been extended until March 31st 2017. If you have not yet completed a survey, please take a few moments to pick one up from the lobby, complete it and return it back to Joyce– Green Ridge Service Coordinator before the due date.

Thanks for your participation!

Announcements

Benefits

Attention Attention! If you receive benefits through any of the following programs this year, please contact Joyce Kolenky– Service Coordinator as soon as possible:



- Senior Prescription Drug Assistance Program
- Supplemental Nutrition Assistance Program (Food Stamps)
- Energy Assistance
- Medicare Savings Program (QMB or SLMB)
- Lifeline/ Safelink
- Transportation Vouchers

Meat Distributions

As a reminder, meat distributions will take place weekly on Mondays at 11:30 **as items are available**. Please listen out for announcements to find out whether there is a distribution that day.



Sign up for Gardening Plots

Spring is finally here! If you like to plant and you're interested a garden plot, please stop by to see the Service Coordinator, Joyce and sign up for a plot. Plots will be distributed on a first come first serve basis.

Achooo! Spring Time Is Coming! What You Need To Know About Allergies And How To Handle Them



By Katherine Farzin, GAIL Program Public Health Intern

The trees are sprouting, flowers are blooming, there's a nice breeze and the sun is shining! From the lovely weather we have been having lately, you would think spring is making an early come back! You may have noticed more people walking or sitting outside and enjoying the weather, however, there are many who stay inside and dreads this time of year because of seasonal allergies. Seasonal allergies, also known as allergic rhinitis and hay fever affect nearly 36 million Americans each year. Allergies happen when a person's immune system responds by attacking normal, everyday substances such as pollen, when they enter the body through the skin, eyes, nose, or mouth. Flowers, trees, grass, and other plants, produce pollen that spread through the air and once inhaled they can cause your body to make a protein called IgE that attaches to pollen. Then histamine and other chemicals to get released into the blood and cause common symptoms like runny nose, itchy or watery eyes, skin rashes (hives) and sneezing.

Seasonal allergies are typically self-diagnosable and treatable. Although there is no cure, there are several techniques or treatments that can help keep pollen at bay or relieve seasonal allergy symptoms.

Tips to Reduce Your Exposure to Pollen

1. The easiest way to keep pollen at bay is to stay indoors when the pollen count is high. How do I know when the pollen count is high? You can find information about the pollen count by watching the Weather Forecast or by visiting The Pollen Count Tracker (www.weather.com/allergy-tracker). Both of these resources will tell you what the pollen count is for the day or week and if breathing conditions are ideal.
2. It is important to keep your windows and doors closed to prevent pollen from setting in your home.
3. Keeping your home's air filter clean, including air purifier.
4. If you are going outdoors use a pollen or painter's mask. When you come back inside, make sure you remove your clothes and shower to rinse off any pollen.



Tips To Relieve Seasonal Allergy Symptoms

1. Try an over-the-counter medication. Nasal sprays, oral antihistamines, decongestants, and combination medications can help alleviate runny nose, itchy or watery eyes, skin rashes (hives) and sneezing.
2. Drink lots of water. It helps thin the mucus in your nasal passages and give you some congestion relief.
3. Consider alternative treatments. Some studies suggest that a Butterbur extract may work as well as antihistamine medicines. It is always important to consult with your doctor before trying a new treatment.
4. If the above treatments do not work, consult with your doctor for more treatments available that are right for you.

Information courtesy of www.mayoclinic.org and www.webmd.com

Management Corner

Please see the following announcements from the Green Ridge House
Management Team

REAC/HUD Inspection

As many of you already know, Green Ridge House (GRH) underwent a REAC/HUD inspection on 11/22/2016 and failed that inspection. Management has submitted a formal dispute on this inspection and is requesting that either the false/unfounded items on the inspection be removed from the inspection or that the entire inspection be thrown out and that REAC/ HUD conduct a new inspection. Management has also submitted a formal complaint against the inspector that performed the REAC/HUD inspection due to his unprofessionalism. We will keep residents posted as to the progress and/or results of the dispute and complaint.

Management Corner Continued:

Distributions

Many residents line up on the terrace level for produce, brown bag, etc. We have been warned that if an inspector comes through and the residents are blocking the hallway that the property will receive a violation. **We are asking that you please DO NOT line up until 10 minutes prior to the distribution time.** We are also asking that you form the line up against one wall leaving a clear passage in the hallway or wait in the community room until it is the time to enter the dining room.

Trash Disposal

Trash is not being disposed of properly. The trash bags are not being tied and closed and when they are dumped from the trash dumpster into the trash truck, trash begins to fly everywhere. Bags are also being left on the ramp of the terrace level instead being put into the dumpster. This is a huge problem because this type of neglect could attract rats and other vermin. Last year we had a large problem with raccoons. If trash is readily available on the ramp they will try to gain access to the building. Please remember to properly dispose of your trash so that we can maintain cleanliness of the building and keep pests away.

Pull Cord Removal Project

For some time now GRH has been considering the removal and discontinuing the use of the pull cords in each apartment located in the bathroom and bedroom. Many residents have the cords taped up or furniture completely blocking the cord. When the property is inspected if either of these conditions exist we are found in violation. Also, we have been told by various inspectors that because the system is antiquated and does not go directly to 911 it is a large liability to the property. Due to these many reasons Management and The City of Greenbelt have decided to eliminate the pull cords. Work will need to be done in each apartment. The pull cords will be removed and a blank plate will be installed in place of the pull cord. Once we have a time frame for this project we will distribute a flyer explaining when this will take place and other details.



It’s almost that time of year again! Older American’s Month is approaching. During the month of May we will honor our seniors, their accomplishments and the contributions that they make to our communities with a series of celebratory events. Please look out for more information about the month’s activities both here and at the Community Center in the upcoming weeks.



Have you completed a Renters Tax Credit Application this year? Please see the chart below to determine whether you are eligible. If think you are eligible and have not yet completed an application, please contact Joyce- Green Ridge Service Coordinator to verify your eligibility and fill out an application.

CHART 1 - AGE 60 OR OLDER OR 100% DISABLED.

If you are age 60 or older or 100% disabled, use this chart to see if you should file an application to have the State determine your eligibility.

1. Find your approximate 2016 total gross household income in Column A.
2. If your monthly rent is more than the figure in Column B across from your income, you may be eligible and are encouraged to apply.

(A) 2016 Total Gross Income	(B) 2016 Monthly Rent	(A) 2016 Total Gross Income	(B) 2016 Monthly Rent	(A) 2016 Total Gross Income	(B) 2016 Monthly Rent
\$1 - 10,000	\$117	\$43,000	\$1,100	\$59,000	\$1,600
20,000	423	46,000	1,200	62,000	1,700
25,000	576	49,000	1,300	66,000	1,800
33,000	800	53,000	1,400	69,000	1,900
39,000	1,000	56,000	1,500	73,000	2,000

EXAMPLE: Mary Jones, age 67, had a \$9,964 income in 2016 and she paid \$245 per month rent. She also paid all her own utilities. With an income close to \$10,000 and rent that is more than \$117 per month, Mary Jones should apply for the credit.

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
- **Produce Distribution: **RESUMING IN JUNE** Every 4th Thursday of the month at 2:30pm
- **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**