GREEN RIDGE HOUSE GAZETTE

Maryland Energy Assistance Application Workshop

If your monthly income is below $1,716.00 (individuals) or $2,323 (couples) you are eligible to apply and receive financial assistance with your home Pepco bill.

Date: Tuesday, July 14th

Time: 10:00 am - 12:00 noon and 1:00 - 3:00 pm

Location: Service Coordinator's Office

Please sign up in the lobby.

Please bring the following information to your appointment time.

1. Photo ID
2. Social Security Card
3. Rental Lease
4. Pepco Bill

4 Ways to Prevent Summer Dehydration

Dehydration is a common health issue that can lead to bigger problems if proper hydration is not made a priority, such as urinary tract infections and low blood pressure. Proper hydration helps to keep the body and vitals regulated. The University of Chicago Medical Center found that 40% of heat-related fatalities in the U.S. were among people over 65.

What Can Cause Dehydration?

There are a number of reasons the elderly are so prone to dehydration:

1. The ability to notice changes in body temperature typically decreases with age.
2. As people get older, body water content decreases.

Many <u>medications the elderly take</u> make them more susceptible to dehydration.

1. The elderly often experience diminished thirst; which leads to a reduced fluid consumption.
2. With aging, the kidneys have a reduced ability to concentrate urine and retain water during water deprivation.   **(Continued on next page)**

Fresh Produce Distribution Continues

When: Every Thursday

Time: Produce is available to be picked up at 11:00 am

Location: Dining Room

* On the 4th Thursday of the month only, produce will be delivered to participating residents.

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

Specific conditions, such as <u>reduced swallowing capacity</u>, decreased mobility, comprehension and communication disorders, as well as, decreased mobility and/or <u>incontinence can contribute to dehydration</u>.

Many seniors have underlying health conditions that make them less able to adapt to heat.

What Steps Can Be Taken To Prevent Dehydration?

1. Offer fluids on a regular basis throughout the day.
2. Encourage 8 oz. of fluid intake every time the senior takes medication.
3. Keep water bottles and/or a water cooler available throughout the day wherever the senior is (for example, in bed, on the patio, throughout the house or at the senior living community).

4. Provide favorite "mocktail" concoctions (see below for some great recipes) or your senior's favorite beverages (make sure they're not caffeinated or alcoholic). Drink fluids on a regular basis throughout the day.

Check out these fun 'Mocktail' Recipes:

Cucumber Lemonade with Basil   **Strawberries and Coconut Water**

Article Courtesy of http://www.aplaceformom.com/blog/2013-7-18-elderly-dehydration/

Green Ridge House Garden Ribbon Cutting!

Thanks to the and dedication of wonderful community volunteers and some of our own residents...Our Garden is complete!

This surely calls for a celebration!

You are invited to the Green Ridge House Garden Club Ribbon Cutting & Sign-Up!

Date: Friday, July 17th

Time: 11:00 am

Location: Raised Garden Area

Residents who are interested in claiming a plot, we encourage your attendance.

Light refreshments will be provided.

Please sign up in the lobby!

Did You Know?

The Verizon Phone Company has a special program which provides bills in large print and offers a discount for residents who have a reading, visual, or physical disability which prevents you from using a rotary or touchtone phone or a telephone directory.

Please see your Service Coordinator for an application or call 1-800-974-6006 for more information.

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.

- **Produce Distributions**: Receive fresh produce donated by local farmers Thursdays in the Dining Room. See posted flyer for additional details.

- **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.