

Summer 2017

GREEN RIDGE HOUSE GAZETTE

Farmers Market Vouchers

It's that time of year again! Get your free Farmer's Market vouchers. To be eligible you must be age 60 + with an income of no more than \$1300 or a recipient of Medicaid or SNAP (Food Stamps). Each individual will receive booklets valued at \$30- 6 checks worth \$5 each. Checks are valid from July 2017 through November 30, 2017 and can be used to purchase fresh fruits and vegetables from approved Farmer's Markets in the State of Maryland.

**Please sign up in the Lobby

When: Friday, July 7th 2017 at 10:00am

Where: Green Ridge Dining Room



FREE Summer Produce Distributions Will be Starting Soon!

FREE Produce will be delivered on the following dates to all Green Ridge Residents who sign up:



June 22nd

July 27th

August 24th

September 28th

*Please sign up in the Lobby

Inside this issue:

Energy Assistance	2a
Welcome Public Health Intern- Millicent	2b
Summer Time: What You Need to Know About Skin Cancer and How to Handle It!	3
Upcoming June Events	4a
Benefits Review	4b
Management Corner	5a
Senior Brown Bag Program Enrollment	5b
Ongoing Events	6

Maryland Energy Assistance Application Workshop

If your monthly income is below \$1,733.00 (individuals) or \$2,336 (couples) you are eligible to apply and receive financial assistance with your home Pepco bill.

Date: Tuesday, July 18th 2017

Time: 10:00-12:00pm & 1:00-3:00pm

Location: Service Coordinator Office

[Please sign up in the lobby.](#)

Please bring the following to your Appointment:

1. Photo ID
2. Social Security Card
3. Rental Lease
4. Pepco Bill
5. Proof of Income



Welcome Millicent Uzuegbu our new Public Health Intern!



My name is Millicent Uzuegbu and I am the GAIL Public Health Intern for Summer 2017. I am a student of the School of Public Health at the University of Maryland, College Park. I am pursuing my Bachelor of Science degree in Community Health and will be graduating December 2017. After graduation I plan to work for a Health organization or join the U.S. Public Health Commission Corp. I am interested in Public/Community Health outreach and focused on Minority Health—especially underserved populations. I hope to one day start my own Health organization/non-profit that will attend to the needs of underserved populations. I look forward to working with you all, learning all I can about the GAIL program, and helping to meet all residents' needs.

Summertime!



What You Need to Know About Skin Cancer and How to Handle it!

By: Millicent Uzuegbu

GAIL Program Public Health Intern

Thinking of laying at the beach or taking a walk during summer? Well, think sun and skin. Too much sun exposure can cause skin cancer.

What does skin cancer look like?

Skin cancer could look like a small **spot** or **mole**. It can look like a **red firm lump**. It can also look like **sores** that do not heal. Sometimes it can be tricky, it can just look like **scaly patches** on the skin. It is important to take time and look all over your skin, from head to toe and scan for spots on your body that look unusual. If you notice any of these, have your doctor look at it.

Your doctor can confirm if any skin changes might be skin cancer by doing a biopsy. During biopsy, a sample of the spot on the skin is removed and sent to the lab for testing.

If skin cancer is detected early, it can be effectively treated.

Tips to Prevent Skin Cancer

- Avoid prolonged sun exposure
- Use sunscreen
- See your doctor every year for professional skin exam.

HOW TO DETECT SKIN CANCER



Facts

According to NIH Senior Health, over 1 million people are affected by skin cancer a year.

There are two types of skin cancer:

1. Rare but life-threatening Melanoma.

2. Common and easily treatable Non-Melanoma (Basal cell and Squamous cell).

nihseniorhealth.gov

Upcoming June Events

Secure the Call:

A presentation about a FREE emergency alert phone available from the local police department

When: Monday, June 26th 2017 at 12pm

Where: Green Ridge Dining Room

Provided by the Secure the Call Organization

*Please sign up in the lobby



Pollinator Planting Celebration:

Come out to meet your neighbors at the garden beds, learn about pollinator-friendly plants, and make your own free seed planters!

When: Friday, June 23rd at 2pm

Where: Raised Garden Beds– behind Green Ridge House

Brought to you by the City of Greenbelt– Public Works Dept.

* Please sign up in the lobby

Benefits Review

The Service Coordinator office will be completing benefits reviews for all residents. Either Joyce Kolenky, Service Coordinator or the GAIL Program Intern: Uchenna “Millicent” Uzuegbu will be contacting you by phone to complete the review. Each review will only take a few minutes. We will be reviewing your eligibility to apply for the following programs:

- Senior Prescription Drug Assistance Program or Extra Help
- Supplemental Nutrition Assistance Program (Food Stamps)
- Energy Assistance
- Medicare Savings Program (QMB or SLMB)
- Renters Tax Credit

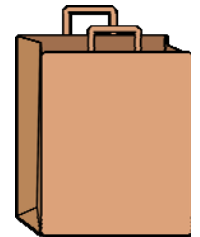


Management Corner

Please see the following announcements from the Green Ridge Management Office

- There is going to be many capital improvements that will be happening this summer:
 - The sitting area at the front of the building next to the main entrance will be torn up and removed and new concrete poured.
 - The picnic area in the back of the property will be completely torn up and removed and a new concrete patio installed.
 - Throughout the common areas of the building the paint will be touched up.
 - The third and final stage of the upgrading of the elevators.
 - There will be many other smaller projects too.
- Please remember if you become ill and are hospitalized you need to notify the Management Office.
- If you change your phone number you need to notify the Management Office.
- If you have a vehicle and do not have Maryland plates, you are required to get Maryland plates after living here six months.

LAST CALL for Senior Brown Bag Program Enrollment/ Reenrollment



Enrollment is going on now for this year's Senior Brown Bag Program. You must be **age 55+** and meet at least one of the following qualifications for eligibility: **Food Stamps (SNAP), Temporary Assistance for Needy Families (TANF) or Medicaid recipient or have a monthly income of \$1471 or less.** All who are interested in receiving a Brown Bag must stop by the Service Coordinator office to complete an application by no later than **Wednesday, June 21st 2017.** **Current Brown Bag Recipients must recertify their eligibility with the Service Coordinator by Wednesday, June 21st 2017 to continue enrollment in the program.** Please contact Joyce Kolenky– Service Coordinator at 301-412-2480 with any questions.

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 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**