

GREEN RIDGE HOUSE GAZETTE

1st Annual Winter Wellness Week



It might be the time when all you want to do is snuggle up indoors, but its actually more important to get active during the Winter, and not just for your fitness. Get ahead of those Winter blues and weight gain by participating in our 1st Annual Winter Wellness Week!

- * **Monday, December 1st: Peripheral Artery Disease Screenings**
9:00 am - 3:00 pm Be sure to sign up to secure your appointment time.
- * **Tuesday, December 2nd: Guided Meditation Class**
1:00 pm - 2:00 pm Class provided by Katrina Boverman
- * **Wednesday, December 3rd: Blood Pressure Screenings**
11:30 am - 12:30 pm Screening provided by Anastatia
- * **Thursday, December 4th:**
12:00 pm - 1:00 pm Men's Health Education
2:30 - 3:30 pm Reflexology with Glenda Willis
- * **Friday, December 5th: 11:30 am** Celebratory Event

**** All events will take place in the Dining Room ****

Inside this issue:

Minimize Stress During the Holiday Season **2**

Upcoming Events this Season **2 b**

Vitamin D Deficiency **3**

Winter Drive for School Supplies **4**

A Message of Thanks from your Service Coordinator **5**

Home Delivered Services: **5**

- Top Banana
- Co-Op Pharmacy

Ongoing Events **6**

Important Numbers:

Sharon Johnson - Service Coordinator 301-412-2480

Greenbelt CARES Dept. 301-345-6660

Greenbelt Connection (Bus) 301-474-4100

Minimize Stress During this Holiday Season



The holidays should be filled with laughter and good memories, but it can also be a very stressful time, here are a few tips to minimize your stress during this period:

Budget your spending: Before you go out shopping figure out how much you can afford to spend. Most people spend a little extra during the holidays, by overspending and putting yourself in debt you can create additional stress.

Learn to say no!: Always saying “yes “, when you really want to say “no” can leave you feeling overwhelmed. The holidays should be a time of relaxing with family, friends or yourself. Politely decline getting involved in activities you won’t enjoy.

Don’t skip meals: Eat foods high in protein such as eggs, fish, yogurt or milk, and foods high in fiber in order to keep energized for a busy day. Nothing is more stressful than feeling exhausted when you have a long list of things to do.

Plan Ahead: On your calendar set aside specific days for all the activities such as cooking, baking, shopping etc. This will help prevent the last minute rush to get everything completed.

Make some time to yourself: The holidays are usually a time when families gather together to celebrate. Typically this is a great thing, however too much togetherness can overload just about anyone. Spend a few minutes alone with minimal distractions, on an activity that reduces your stress levels. Some ideas include:

Taking a walk

Listening to calming music

Meditation or Yoga

Tips to Minimize Holiday Stress

1. Budget your spending
2. Learn to say no
3. Don’t skip meals
4. Plan ahead

If you find yourself feeling persistent stress regardless of the steps you take to reduce avoid your stress, you should speak with your primary care physician or seek out a mental health professional.

Vitamin D Deficiency

A Common Risk Factor for Seniors

Are you getting enough vitamin D during the cold winter months? Not getting enough vitamin D, the vitamin associated with sunshine, can be dangerous. According to the American Association of Retired Persons (AARP), “Less sunlight means you tend to get less vitamin D because it's primarily absorbed through the skin” (Winter, 2014). Low levels of vitamin D have been associated with an “increased risk of osteoporosis, heart attacks, dementia, heart disease and Parkinson's disease” (Winter, 2014). According to AARP, “Several studies also have shown that people with low vitamin D levels were twice as likely to have a heart attack or stroke, compared with those with higher levels” (Winter, 2014).

Sources of Vitamin D

Vitamin D is not common in many foods, but it is essential for helping your body absorb the calcium you need to build bone strength. Vitamin D also helps you fight off many diseases and is important for proper nerve function. Sources of vitamin D include (Vitamin D, 2014): Food. There are few foods that contain vitamin D naturally. The best foods for vitamin D are cod liver oil, salmon, mackerel, tuna, beef liver, cheese and egg yolks and Vitamin D fortified foods. Since it is difficult to get enough vitamin D naturally, many foods have vitamin D added to them. These foods supply most of the vitamin D in the American diet. Milk, breakfast cereals, and juice drinks are commonly fortified with vitamin D. For most people exposure to sunlight is the most important source of vitamin D. Sunlight converts cholesterol to vitamin D in the body. AARP recommends that about 15 minutes of sun on arms each day is often enough to maintain the vitamin D levels you need (Winter, 2014). Unfortunately, in some parts of the country, the sun virtually disappears for months during the winter time making it nearly impossible to get enough vitamin D. AARP states that some older people may need to take vitamin D supplements (Winter, 2014).



Caption describing picture or graphic.

Winter Drive for School Supplies

Join the Green Ridge House Service Coordination Program as we help to support needy children of Greenbelt Elementary School.

Supplies needed:

- ◇ # 2 Pencils
- ◇ Erasers (that fit on top of pencils)
- ◇ Crayons
- ◇ Glue Sticks
- ◇ Spiral Notebooks
- ◇ Composition Notebooks
- ◇ Children's Safety Scissors

Drop Location:

Service Coordinator's
Office

Deadline to Donate

Items:

Friday, February 27th



Thank you for Giving...A Message from your

I would personally like to thank all of you for supporting the Cans, Cash, and Card Thanksgiving Food Drive. Each and every donation that you make whether it be food, monetary, or just spreading the word and encouraging others to do so makes a big difference in the lives of those families who receive the Thanksgiving food baskets. Times are tough for many families in our local Greenbelt community, but being able to enjoy a wonderfully healthy meal at this time of year can help to brighten ones day. This year we were able to help approximately 30 families, more than we have in the previous years and we hope, with your support, that we will continue to help more families in need each year.

Sincerest Gratitude,

Sharon Johnson

Home Delivered Services

During the approaching winter season, we can expect to see some cold and snowy days. Why trek out in that weather when you can have your goods delivered to your door?



If you would like to order with Top Banana, please do the following:

- Call: 301-372-FOOD (3663) to place your order between 9 am - 4 pm
- Orders will be delivered on Wednesday of that same week.
- Please mention all coupons while placing your order.



- Don't worry about going to pick up your medications
- Call: 301-474-4400 no later than 11 am to submit your request
- Delivery days: Mondays, Wednesdays, and Fridays

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.