

Winter 2018

GREEN RIDGE HOUSE GAZETTE

**Join Us for the
Following Up
Coming Events:**



Blood Pressure Screenings

Every 2nd Wednesday of the Month

Provided by: Potomac Home Support

1-2pm—Green Ridge Library—1st Floor

Therapeutic Massages

Wednesday, January 17th 2018

Provided by: Sage Garretson— Massage Therapy

Student

3:00-4:30 pm— Green Ridge Community Room

* Please Sign up in the Lobby!

The Dancing Lady— Interactive

Dance Performance

Monday, January 22nd 2018

Watch the show and join in for a dancing demo!

Presented by the Dancing Lady— Dance Group

1:30pm— Green Ridge Community Room

*Please Sign Up in the Lobby



Inside this Issue

Renters Tax Credit Workshop	2a
Energy Assistance	2b
Thanks for Giving!	2c
Heart Health Month	3a
Confidentiality Agreement and Consent to Release Forms	3b
Skin Care for the Winter	4
Healthy Winter Recipes	5
Ongoing Events	6

Mark Your Calendars for Our Renter's Tax Credit Workshop

The Renters' Tax Credit Program provides tax credits for renters who meet certain requirements. If you are a senior or disabled adult and if you have payed more than the specified amount in rent for your income level, you may qualify for a tax credit. Please look out for more information about this year's qualifications in the upcoming weeks. We will be having our Renter's Tax Credit Application workshop in the Service Coordinator Office on the following dates:

Tuesday February 13th 2018 : 10:00am– 3:00pm

Wednesday February 14th 2018: 10:00am– 3:00pm

****Please Sign up for a Time Slot in the Lobby**



Save Money on your Pepco Bill this Winter!



In case you missed our workshop...

As colder temperatures persistenergy bills may rise. Don't miss out on your opportunity to receive assistance with your Pepco bill. If your monthly income is below \$1,759 (individuals) or \$2,368 (couples) you are eligible to apply.

Please contact, your Service Coordinator,
Joyce –Marrel Kolenky

to schedule your appointment at 301-412-2480.

A Special Thank You!



Thank you to all Green Ridge House Residents for you overwhelming response to the City of Greenbelt's Cards, Cans and Cash Thanksgiving Food Drive! With your help, the City of Greenbelt was able to provide thanksgiving baskets to many families in need. Thanks for Giving!

February is Heart Health Month

Join us for the following heart health screenings, talks and other activities!

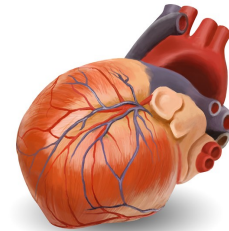
Podiatry Health Screening

Thursday, February 15th 2018

12:30-2:30pm– Green Ridge Community Room

Receive a free podiatry screening/assessment

Provided by: Dr. Stacia Jones M.D.



Carotid Artery, Blood Pressure and Glucose Screenings

Wednesday, February 21st 2018

12:00 -2:00pm– Green Ridge Community Room

Provided by: Doctor's Community Hospital

Heart Health Talk

Monday, February 26th 2018

1:30-2:30pm– Green Ridge Dining Room

Provided by: Adventist Health Care

2018 Confidentiality Agreement and Consent to Release Forms

It is time to update Confidentiality Agreement and Consent to Release forms with the Service Coordinator office. HUD requires that these forms be updated annually. Please sign, complete and return the forms to the Service Coordinator Office by Wednesday, January 31st 2018. If you have any questions or concerns, please contact Joyce-Marrel Kolenky, Service Coordinator at 301-412-2480.



Skin Care for the Winter

By: Nima Shamsa -GAIL Program Intern



The dry cool air that comes with winter can cause major discomfort to the largest and most exposed organ of the body- the skin. Dry skin is a common condition that affects many, especially during the winter months when the air is brisk and dry. The dry cold air deprives the skin of its moisture from natural oils and causes skin to become cracked, ashy and painful. Though there is nothing we can do about the weather, there are some helpful tips that can help you keep your skin sustained properly during the winter time.

Moisturizers are one of the best ways to keep skin lubricated but they are often misused. When moisturizers are applied to dry skin, the skin is not being penetrated, meaning the moisturizer is only forming a layer on the outermost part of the skin rather than seeping into the skin and increasing natural oil production. To get the most out of moisturizers they need to be applied when the skin is damp, preferably after a shower. This prevents the skin from drying out. Thick moisturizers without perfumes or alcohol are best. An easy trick to see if your moisturizer is up to par is to place a pea size amount of moisturizer in the middle of your palm and turn your hand upside down. If the moisturizer runs or leaks, it is not strong enough to moisturize the skin.

Besides keeping the skin lubricated, it is imperative that you do not do anything counter-productive that could cause the skin to become dry. For example, overusing soaps and showers can easily dry out the skin. When soaps with perfumes and long hot showers are overused, the skin becomes dry and cracked. Taking warm short showers and using soap only when necessary can prevent drying the skin out further. Using a humidifier indoors can help keep the skin moist and oiled throughout the winter. The humidifier can help promote natural oils in the skin that have been dried out by the cool air outside.

You can help protect your skin from the harsh cold weather by adhering to the tip above and of course above all else, bundling up!

Healthy Winter Recipes

With the cold temperatures, it is important to ensure we consume the proper amount of nutrients and the right foods to keep us warm and healthy. Below are two easy recipes that will keep you warm and energized to combat the winter season.

Sweet Potato & Black Bean Chili

1 tbsp. plus **2 tsp.** extra-virgin olive oil, **1** sweet potato, peeled and diced, **1** onion, diced, **4 cloves** garlic, minced, **2 tbsp** chili powder, **4 tsp** ground cumin, **1/2 tsp** ground chipotle chile, **1/4 tsp** salt, **2 1/2 cups** water, **2** 15-ounce cans black beans, rinsed, **1** 14-ounce can diced tomatoes, **4 tsp** lime juice, **1/2 cup** chopped fresh cilantro

Directions:

1. Heat oil in a Dutch oven over medium-high heat.
2. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes.
3. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds.
4. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
5. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often.
6. Reduce heat and simmer until slightly reduced, about 5 minutes.
7. Remove from heat and stir in cilantro.



Immune-Boost Soup

1 small yellow onion, diced

1/2 cup chopped mushrooms (maitake or portabella), **1** head escarole, roughly chopped (can substitute with kale or chard), **1** can low-sodium white beans (can substitute with lima beans), **1 Quart** organic low-sodium chicken broth/stock, Salt and pepper for taste, Olive oil

Directions:

1. Sauté diced onions and mushrooms in 1 TBS of olive oil in a pot.
2. Add broth/stock and beans to veggie mix.
3. Bring to a boil and then add escarole.
4. Bring to a simmer, then add salt and pepper to taste.



Ongoing Events Around the Green Ridge House

•**Afternoon Coffee and Conversation:** Join us in the Green Ridge Dining Room for engaging educational and health workshops! Check your calendar for details!

•**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**