

The GAIL Guide

An Aging in Place Newsletter

Volume 18 Issue 3

September 2021

City of Greenbelt Coming Attractions

Free Powerful Tools for Caregivers Workshop

This six-part educational series of the evidenced based curriculum will help caregivers create a tool box of skills to enable them to care for themselves while caring for someone else living with dementia. The overall goal of the workshop is to empower participants to learn how to take care of their own health and well-being in an effort to become a better caregiver. Class participants are also given The Caregiver Helpbook to accompany the sessions. It is designed to provide them with the tools to increase their self-care and confidence to handle difficult situations, emotions, and decisions. The Caregiver Helpbook will not eliminate the challenges of caregiving. Powerful Tools for Caregivers has been shown to minimize the negative impact that caregiving has on their lives and help them seek and find resources. The goal is to help caregivers to thrive as individuals while continue to care for their care recipient living in the community.

The City of Greenbelt has certified this event for Wednesdays, October 6 through November 10, 2021 from 1pm-2:30 pm. Space is limited to 15 virtual guests. City of Greenbelt residents will have advanced registration starting Tuesday, September 7. To register, please contact **Katherine Farzin at 240-542-2019**. Registration opens for non-Greenbelt residents September 13, 2021.

Free Flu Clinics

Be prepared for this flu season by getting your flu shot at the upcoming free flu shot clinic. Flu shots are supplied by the Prince George's County Health Department. Registration opens on September 13, 2021 and is required for the event. **To register, please call 240-542-2033**. See below for locations.

Thursday, October 7th, 1pm-7pm
Springhill Lake Recreation Center
6101 Cherrywood Ln
Greenbelt, MD 20770

Tuesday, October 12th, 1pm-7pm
Greenbelt Community Center
15 Crescent Rd
Greenbelt, MD 20770

Table of Contents

Page 2

- ◇ Drive Thru Caregiver Resource Fair
- ◇ Energy Assistance Income Updates

Page 3

- ◇ Free Produce Give Away
- ◇ Rents Tax Credit 2021

Page 4

- ◇ New Intern Welcome
- ◇ Free Live Webinars For Caregivers



Drive Thru Caregiver Resource Fair

Thursday, October 14th, 10am-12pm
15 Crescent Rd., Greenbelt, MD 20770

Join vendors from around the county as they provide information and resources for family caregivers. This event will be full of resources, giveaways and prizes for caregivers. In the event of rain, this event will be held on Thursday, October 28, 2021. Registration is required.

To register, please contact **Katherine Farzin at 240-542-2019**.

New Income Guidelines for Energy Assistance

Income Eligibility Limits

Effective July 1, 2021 to June 30, 2022

(Based on 175% of the Federal Poverty Level)

For households with no members 67 years of age or older at the time of application.

Income Eligibility Limits

Effective July 1, 2021 to June 30, 2022

Household Size Maximum Gross Monthly Income Standards

1 \$1,878

2 \$2,540

3 \$3,203

4 \$3,865

5 \$4,527

- Information Needed with Application
- Copy of Applicant's photo identification
- Proof of Residency
- Copies of Social Security cards for the entire household (including children)
- Proof of your household's total Gross income for the last 30 day period
- A copy of your most recent Utility bill, termination notice (if applicable)
- A copy of your most recent heating fuel bill or receipt (if applicable)

To apply contact **Sharon Johnson at 240-542-2029** or for Green Ridge House residents please call **Flora Li at 301-412-2480**. The new application year started July 1, 2021. The earlier you apply the sooner you will receive benefits.

Free Produce Distributions: Save The Date

Please make your calendar for our monthly free produce distributions at the Greenbelt Community Center, 15 Crescent Road, Greenbelt, MD. Distributions will be drive through events from 1pm-3pm. Please pop your trunk as you approach the distribution site to receive the produce. All distributions will be the third Thursdays of the month. In an effort to keep our volunteer safe, please wear your mask at all times.



- ⇒ **September 19, 2021**
- ⇒ **October 21, 2021**
- ⇒ **November 18, 2021** (location to be determined)

Renters Tax Credit 2021

The State of Maryland provides a direct check payment of up to \$1,000.00 a year for renters who paid rent in the State of Maryland and who meet certain eligibility requirements. Registration opened February 1, 2021 and the deadline for filing an application is October 1, 2021. A properly completed application means that all questions are answered, the form is signed, copies of the entire federal income tax return, schedules and forms, necessary Social Security form (SSA1099), Railroad Retirement Verification or rate letter are all included and applicant has provided responses to any subsequent inquiries made by the Department in a reasonable timeframe. For an application, please see the link below.

<https://dat.maryland.gov/realproperty/Documents/2021-RTC-Application.pdf>

Meet the Fall 2021 GAIL Program Intern



Hi everyone! My name is Natalie Chan and I am a senior at the University of Maryland School of Public Health majoring in Community Health. I am looking forward to joining the wonderful team at GAIL as their fall intern. I am not entirely sure where the future may take me, but presently I have two cats, too many house plants, and a passion for social justice.

Natalie will be working with Green Ridge House and the GAIL Program to provide health and wellness programs for the residents of Greenbelt. Join us in welcoming Natalie to our team.

Free Upcoming Webinars

Join Dementia Friendly Northern Prince George's County for the following free webinars

Laughing to Keep From Crying - Book Review and Discussion

Thursday September 9 @7pm

Delve into what author Rosalyn Morgan and her family went through as they cared for her mother who had Alzheimers, and the lessons she learned on her caregiver journey.

[Click Here to Register](#)



Understanding Supportive (Palliative) Care and Hospice Care

Thursday September 16 @7pm

This webinar will provide an overview of end of life care and will clarify common misunderstands regarding supportive (aka palliative) care and hospice care.

[Click Here to Register](#)



Medicare Coverage Options - What You Need to Know

Thursday October 7 @7pm

Join Mark Gottlieb, President of Gottlieb Insurance Advisory for an overview of Medicare coverage options and to have all of your Medicare-related questions answered.

[Click Here to Register](#)

