

GAIL Guide

An Aging In Place Newsletter

May 2021
Volume 18 Issue 2



New Location for Produce Distribution

Please mark your calendar for our monthly free produce distributions at the Greenbelt Community Center—15 Crescent Road, Greenbelt, MD. Thursday, May 20, 2021 will be the last date at the Community Center for the Summer.

Beginning Thursday, June 17 our produce distribution will move to the Municipal Center – 25 Crescent Road, Greenbelt, MD – lower parking lot. Distributions will be drive through events from 1-3:00 pm. No registration needed. Please pop your trunk as you approach the distribution site. All distributions will be on the third Thursday of the month. We will continue at this venue for June and July. In an effort to keep our volunteer safe, please wear your mask.



Free Gifts for Caregivers

The GAIL Program has partnered with Dementia Friendly Northern Prince George's County to offer a Free Drive Thru Caregiver Appreciation Event in Greenbelt on Thursday, May 27 at the Greenbelt Community Center – 15 Crescent Road, Greenbelt, MD 20770 from 11-12:30 pm.

Eleven vendors will be on site with gift bags for each attendee. **All caregivers will receive at least 11 gifts** from local businesses, organizations and programs – gift cards, self-care products, books and more. If you cannot make this date we have another opportunity on Monday, May 24 from 1-3:00 pm at Tribute at Melford Assisted Living – 17300 Melford Blvd., Bowie, MD 20715.

So if you are an unpaid caregiver (spouse, partner, family member or friend) providing care to someone in need and you live in Northern Prince George's County, please register with Katherine Farzin by calling 240-542-2029. We have tons of gifts and would love to thank you for what you have done during the pandemic.

See Me at The Smithsonian

The City of Greenbelt Memory Cafe is proud to announce this new partnership with the Smithsonian to offer an interactive program suitable for adults with Dementia and their caregivers.

The City's Memory Cafe is the first of its kind offered with Prince George's County. On May 26th 1:30-2:30 pm, the National Portrait Gallery will offer a program specifically for our Memory Cafe Group, this session is open to the community. To register for any of the upcoming programs, please email: access@si.edu

To read more information about the program, see their website: <https://access.si.edu/program/see-me-smithsonian>

Upcoming program dates/topics:

May

Wednesday, May 5th / 2-3 pm / Smithsonian American Art Museum

Wednesday, May 19th / 2-3 pm / National Museum of Asian Art

Wednesday, May 26th 1:30-2:30 pm / National Portrait Gallery - City of Greenbelt Memory Cafe program

June

Wednesday, June 2nd / 2-3 pm / National Museum of American History

Wednesday, June 16th / 2-3 pm / National Museum of African American History and Culture



Individuals with dementia and their care partners can discuss and engage with Smithsonian collections.

For more information or to register:
Email access@si.edu; visit our website
<https://access.si.edu/program/see-me-smithsonian>

Programs are held on the 1st and 3rd Wednesday of the month from 2:00 to 3:00 p.m.

Programs are accessible on Zoom (video and audio).
Live captioning is provided.

ACCESS
Smithsonian

See Me at the Smithsonian is made possible by generous support from the Andrew W. Mellon Foundation, the Secretary of the Smithsonian, and the Smithsonian New York Regional Council.



Internet Essentials Program

The GAIL Program has decided to revamp our internet program. For residents 50+ that are deemed disabled with a SSDI or a disability retirement source of income and seniors 60+ that reside within the City limits of Greenbelt and participate in one of the following programs will be eligible to register: SSI, SNAP/Food Stamps, VA Pension, reside at Green Ridge House, participate in LIHEAP (Low Income Heat Energy Assistance Program), Unemployment, or Medicaid.

Internet Essentials grant will offer residents free internet/Wi-Fi service for 1 year. There are no contracts and no credit checks. Internet essentials will allow up to three devices such as a computer, tablet or cellphone to utilize the internet signal at one time. New Internet Essentials customers will receive service for 14 months. If you would like to receive the service after that you would pay \$9.99 per month to keep the service or you can return the equipment. All equipment will be mailed directly to your home and you will have simple plug in instructions. If you do not have an internet enabled device. GAIL Staff can help you locate a low-cost option that would enable residents to take advantage of this opportunity.

In addition, if you already have Internet Essentials the GAIL Program will cover the cost for one year. GAIL staff will check in via email to validate continued use of the service. The value associated with this program is \$139.86 for new customers and \$119.88 for existing Internet Essentials Customers. Registration ends June 30, 2021.

To register, contact Katherine Farzin, 240-542-2019.

Free Webinars on Caregiving: Coming in May

Being My Mom's Mom with Author Loretta Veney – Thursday, May 6th at 7:00 pm

Moving Mom & Dad – Jennifer Tilghman - Thursday, May 20th, 2

Author Series - The Art of Estate Planning – Attorney Cheryl Cha
Thursday, June 10th at 7:00 pm.



To register, please contact Katherine Farzin – 240-542-2019

SPECIAL THANK YOU TO HALEIGH COAR, UMD PUBLIC HEALTH INTERN AND WELCOME VELNA PARRISH, UMD PUBLIC HEALTH INTERN



Haleigh will graduate May 21, 2021, from the University of Maryland School of Public Health. She will earn a Bachelor of Science degree in Community

Health. Haleigh will graduate with the Latin Honor, Summa Cum Laude which is earned by the top 2% of the graduating class of the School of Public Health. She was also a recipient of the 2021 Dean's Scholar Award. After her internship with GAIL Haleigh accepted a position with the Lake Effect Leaders program, which is run through AmeriCorps. Her year of service will take place in Erie, PA and will start in early July. Haleigh will be working with the Bayfront East Side Taskforce (BEST) to reduce food insecurity in the Erie community. "I am grateful for all the experiences I have had while working with GAIL that helped me with my future plans. I am especially thankful for the amazing community I got to work with in Greenbelt and can't wait to come back and visit."



Velna Parrish is a senior undergraduate student at the University of Maryland, College Park, majoring in Behavioral and Community Health. Inspired by her previous

healthcare background, Velna's career interests are Health Promotion and Prevention and Self-Management of Chronic Diseases within the senior community. She believes in empowering and supporting people to live healthy lifestyles to maintain or improve their quality of life. After graduation, Velna plans to obtain her certification as a Certified Health Education Specialist. She is excited about interning at the GAIL Program this summer and having the opportunity to serve the Greenbelt community.

Velna will join our team on Monday, May 24, 2021. The GAIL Team is excited to have her on board and we wish Haleigh the best possible experience and Erie, PA and look forward to seeing her when she returns to the area.