

**FEBRUARY 2023**

# **THE GAIL GUIDE**

Greenbelt Assistance In Living Program Newsletter



**[WWW.GREENBELTMD.GOV](http://WWW.GREENBELTMD.GOV)**

**NEW  
PROGRAMS  
COMING  
SOON!**

**UPCOMING EVENTS**

**NEW CLASSES  
COMING SOON!**

# Save the Dates

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The GAIL Program is pleased to provide the following programs and services:

## Free Produce Every Third Thursday of the Month

Drive-thru and walk-ups are welcome.

**Time:** 1-3 pm

**Location:** Greenbelt Community Center,  
15 Crescent Road, Greenbelt, MD 20770

**Upcoming Dates:**

April 20, June 15

## Caregiver Support Group

Offers comfort and reassurance for caregivers and individuals with dementia or a related condition.

Meets the 2nd Wednesday of every month.

**Time:** 6:00 pm-7:00 pm

**Phone:** Sharon Johnson, 240-542-2029

**Email:** [sjohnson@greenbeltmd.gov](mailto:sjohnson@greenbeltmd.gov)

## Memory Café

The Memory Café is a welcoming space for people with memory challenges. It is a great opportunity for lively discussions, camaraderie, and an engaging experience!

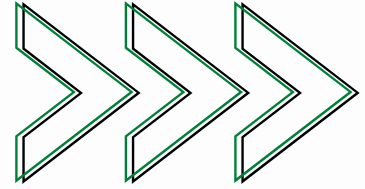
Meets the 1st Wednesday of each month.

**Time:** 1:30 - 2:30 pm

**Contact:** Sharon Johnson, Group Facilitator

**Office:** 240-542-2029

**Email:** [sjohnson@greenbeltmd.gov](mailto:sjohnson@greenbeltmd.gov)



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**COMING SOON**

# COMMUNITY NURSING PROGRAM

The City of Greenbelt's Assistance in Living (GAIL) program, in partnership with Bowie State University, Washington Adventist University, and Prince George's County Community College: Schools of Nursing have resumed in-person community nursing services!

This FREE program is open to Greenbelt seniors, age 60+ and/or disabled adults 50+, residing within incorporated city limits. Participants will receive up to 10 home visits weekly or biweekly (based on need), on Tuesdays, between 9:00am - 3:00pm. In compliance with County and CDC policy, all student nurses are fully vaccinated and will wear personal protective equipment (PPE) while in the home. If you are interested in participating, the summer session (May- August 2023) registration is now open.

## **Available services include:**

- Bathing Assistance
- Medical Resource Info. & Advocacy
- Medication Management
- Mental Health & Cognitive Screening
- Nursing Assessment
- Vital Signs Monitoring
- Health Education
- Blood sugar monitoring/assistance with finger prick



## **To register:**

Call Sharon Johnson, GAIL Community Case Manager (240) 542-2029, email [sjohnson@greenbeltmd.gov](mailto:sjohnson@greenbeltmd.gov)

# LOW INCOME HOUSEHOLD WATER ASSISTANCE PROGRAM

The Maryland Low Income Household Water Assistance Program (LIHWAP) is part of a federally-funded American Rescue Plan program that provides assistance to help households pay water and wastewater bills. Depending on your income and specific needs, you may qualify for the following assistance:

- **Reconnect Household Water/Wastewater Services** – If your household's water/wastewater services have been disconnected because of past due water bills, grant funds may be available up to \$2,000 to pay off the balance, including fees to reconnect household water services.
- **Prevent Disconnection of Household Water/Wastewater Services** – If you have received a notice that your water/wastewater services will be disconnected due to a past due balance and you can't afford to pay, grant funds may be available to pay all or part of your bill.
- **Reduce Current Household Water/Wastewater Past Due Balance** – If you are struggling to afford your current water bills and meet other household needs, you may qualify for temporary assistance to pay some or all of your current water bills.

Applicants must be Maryland residents who are responsible for the payment of a water and/or wastewater bill issued by a public water system or treatment works. Applicants must live at the property for which assistance is being provided. Only one water/wastewater bill account per service address is eligible to receive Maryland Low Income Household Water Assistance Program benefit. (# of people per household) Household Income (per month)

- 1 \$3,324 / mo
- 2 \$4,347 / mo
- 3 \$5,369 / mo
- 4 \$6,392 / mo
- 5 \$7,415 / mo



**For an application, please visit**

[myMDTHINK Programs & Services Portal \(maryland.gov\)](https://www.maryland.gov/myMDTHINK)

or contact the **GAIL Program Office** (301)345-6660 ext. 2012 or 2029



# NEW CLASSES COMING SOON !



## March 1–April 12:

**Powerful Tools for Dementia Caregivers** classes help caregivers have better self-care while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, or friend at home or in a care facility, whether down the block or miles away, yours is an important role.



## April 27–May 18:

**Dining with Diabetes** is a 4-week program that focuses on diabetes management through nutrition. This program is for any adult with or without diabetes or for those who support those with diabetes.



## June 6:

**Habit Shift Mindset** is a single session program focuses on how habits are cultivated and how they can be changed or eliminated. It is a highly interactive session where participants leave with a workbook with a plan of action they personally created to change any habit they wish to change and learn.

### To register:

Call Sharon Johnson  
GAIL Community Case Manager  
Office: (240) 542-2029  
Email: [sjohnson@greenbeltmd.gov](mailto:sjohnson@greenbeltmd.gov)