



The Gail Guide

Greenbelt Assistance In Living Program Newsletter



Location

Greenbelt Community Center
15 Crescent Road, Ground Floor East,
Greenbelt, MD 20770

Upcoming Events

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

Produce Distribution Dates:

A friendly reminder that a card is now required to pick-up produce.

Thursday, January 18, 2024, 1-3 pm

Drive-thru and walk-ups are welcome.

15 Crescent Road, Ground Floor East, Greenbelt, MD 20770

Thursday, February 15, 2024, 1-3 pm

Drive-thru and walk-ups are welcome.

15 Crescent Road, Ground Floor East, Greenbelt, MD 20770

Thursday, March 21, 2024, 1-3 pm

Drive-thru and walk-ups are welcome.

15 Crescent Road, Ground Floor East, Greenbelt, MD 20770

Need more information

Contact Brendy Garcia (240) 424-0302

Free! Webinars

January Webinars



DATE

Thursday January 4, 2024



TIME

7:00 – 8:00 pm

Make a Resolution to Take Care of Yourself

Please Join us on a self-care discussion for caregivers aims to help participants prioritize their well-being by setting a goal for 2024.

REGISTRATION LINK

<https://attendee.gotowebinar.com/register/8314458985747715936>



DATE

Thursday January 18, 2024



TIME

7:00 – 8:00 pm

Being My Mom's Mom

Join Loretta Woodward Veney as she shares her insights on the significance of patience and forgiveness in caregiving while highlighting both the challenges and humorous moments of dementia.

REGISTRATION LINK

<https://attendee.gotowebinar.com/register/8314458985747715936>

Need more information or to register

Contact Brendy Garcia (240) 424-0302

Senior Call Check Program



What is the Senior Call Check Program?

Every day a telephone call will be placed to a participant at a regularly scheduled time. These calls will take place between 8 a.m. and 4 p.m. as close as possible to the one-hour time block pre-selected by the participant. If the participant does not answer their first call, two more automated calls will be made. If those calls go unanswered, an alternative person who is selected by the participant during program enrollment will be called. This could be an adult child, a neighbor, a loved one, or we will assign an alternate for you. The alternate will then be encouraged to check on the older adult program participant. The failure of the participant and alternate to answer will result in a call to your local non-emergency service.

To be eligible to apply:

Any Maryland resident who is 65 years of age or older who has a landline phone or cell phone (TTY is available).

How to apply?

1. Download & print Maryland Senior Call Check Paper Application to mail in. Use the link to download the application

<https://aging.maryland.gov/SiteAssets/Pages/senior-call-check/Maryland%20Senior%20Call%20Check%20Paper%20Application.pdf>

OR

2. Call toll-free (866)-502-0560 and ask to have a hard copy application mailed to your home.

New! Aging Solo-Next Steps Working Group

What is the Aging Solo Working Group?

The Greenbelt Assistance in Living Program will be forming a working group for past Aging Solo participants. We will work on making progress in several of the areas that the Aging Solo Series discussed. We will have speakers and group discussions. Participants must be willing to make progress in their Aging Solo journey to participate in the work group.

To be eligible to apply:

Must have successfully completed the Aging Solo program.

When:

4th Mondays of each month from 11-12:30 pm

- February 26, 2024
- March 25, 2024
- April 22, 2024
- May 20, 2024
- June 24, 2024 (Virtual due to summer camp)
- July 20, 2024 (Virtual due to summer camp)

Where:

Greenbelt Community Center
15 Crescent Rd, Ground Floor East,
Greenbelt MD 20770



Need more information or to Register

Contact Brendy Garcia (240) 424-0302

Senior Legal Assistance

Senior Legal Assistance Program Overview

The Senior Legal Assistance program provides access to legal advice, counseling and representation to older Marylanders. In addition, legal support to local Ombudsmen, Health Insurance Counselors, and Public Guardianship managers.

Area Agencies on Aging (AAAs) contract with local attorneys and law centers to provide services to older Marylanders. Priority is given to issues involving the following:

- Income maintenance
- Nutrition
- Public/Disability Benefits
- Health Care
- Protective Services
- Abuse
- Housing
- Utilities
- Consumer Protection
- Employment
- Age Discrimination/Civil Rights
- Advocacy for Institutionalized person

How much is the legal service?

There is no cost for legal assistance with priority issues. Please note that preference is given to older adults with the greatest economic or social need.

Who do you contact for legal assistance?

To seek assistance please call 301-265-8450

Benefits Checkup

What is the Benefits Checkup?

BenefitsCheckUp® is a free, confidential online tool that helps older adults and people with disabilities find benefits programs they might be eligible for depending on their location.

Check to see if you qualify

When clicking 'See If You May Be Eligible', the confidential tool will ask you additional questions to help determine your eligibility and will provide you with a personalized report. Once your 'Eligibility Results' report has been created, you can view it as a PDF, email it, go back and edit your answers, and you also have the option to screen for someone else.

How to apply?

You have the option to apply online
<https://benefitscheckup.org/>,
or
call 1-800-794-6559



Need more information

Contact Sharon Johnson [240-542-2029](tel:240-542-2029).

Hello and Goodbye...

Shakita Pointe



Shakita Point, the Green Ridge House Service Coordinator Assistant, has joined the GAIL Program as the Community Case Worker.

Trinity Cephas



Trinity Cephas, an undergraduate Social Work student at Bowie State University, has joined the GAIL Program as the new Social Work Intern.

Amber Prince



Amber Prince, a graduate Behavioral and Community Health student at the University of Maryland, has joined the GAIL Program as the new Public Health Intern.

Dominique Kheav



It is with mixed emotions that we announce the departure of Dominique Kheav from the GAIL program. She has decided to pursue nursing school, and while we are saddened by her departure, we are equally thrilled for her new pursuits.

Upcoming events

Support Groups

Feeling isolated? Looking to connect with others? We are here to help.



- In-Person on the 2nd Wednesdays, 6–7pm
- Virtually on the 4th Wednesdays, 2–3pm

Memory Café

Memory Café provides a stigma-free environment for those with early-stage Alzheimer’s disease, mild cognitive impairment or other forms of dementia.



- In Person on the 1st Wednesdays, 1–2 pm
- Virtually on the 2nd, Wednesdays, 2–3pm
- Virtually on the 3rd Wednesdays, 1–2pm
- Virtually on the 4th Wednesdays, 2–3pm

Volunteer Opportunities

Join the Movement! Become a Dementia Friend.



A dementia friend learns about dementia and then turns that understanding into action. We all have a part to play in creating dementia friendly communities.

If interested, please contact

Sharon Johnson at sjohnson@greenbeltmd.gov
or 240-542-2029.