

Spring 2020

# Green Ridge House Gazette

**Coronavirus Keeping You Home? Join a phone program and access activities, information, and more from the comfort of your apartment!**

## **Well Connected Community**

Well Connected is a phone and online program that offers activities, education, friendly conversation, and support groups to older adults. Play a game, learn something new, or connect with people across the country. All programs are accessible by phone or computer and free of charge for adults over age 60.

## **Mather Telephone Topics**

Telephone Topics is a phone program available to anyone who wants to dial in to a wide range of discussion topics. Call a toll free number to listen to your choice of live performances, wellness programs, guided classes, music reviews, and more.

## **Maryland Senior Call Check**

The Senior Call Check is a phone program that provides free daily calls to Marylanders age 65 and over. Participants will receive an automated call every day at a time of their choosing for messages and updates on the Covid-19 outbreak and where to find support if needed.

**For more information about any of these programs and how to register, check out the flyers in the lobby!**



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## Just like social distancing does not mean social isolation, staying inside does not mean staying

**sedentary!** One of the best ways to stay healthy is to stay active. There are many easy, safe indoor exercises for older adults. Try out these two:

### **The Single Foot Stand** (*for balance*)

This exercise helps keep you upright to improve stability and help prevent falls.

1. Stand behind a steady chair and hold onto the back.
2. Pick up your left foot and balance on your right foot as long as is comfortable.
3. Place your left foot down and then lift up your right foot and balance on your left foot
4. You want to be able to stand on one foot without holding the chair for up to a minute.

### **Wall Snow Angels** (*for flexibility*)

This exercise helps to open up your chest and to decrease tightness in the middle of your back. You don't have to be in the snow to make this angel!

1. Stand about 3 inches away from the wall and place your head and lower back flat against the wall.
2. Put your hands at your sides with the palms out and the backs of against the wall.
3. Keeping your arms touching the wall, raise them up above your head (or as high as is comfortable).
4. Repeat a few times to make some wings for your angel.

Find more exercises at **Go4Life**, the National Institute on Aging at NIH's collection of free [exercise videos](https://go4life.nia.nih.gov/workout-videos/) on YouTube. Check out <https://go4life.nia.nih.gov/workout-videos/> for details.



## Announcements as of March 31, 2020

### The State of Maryland:

Governor Larry Hogan has put the state of Maryland under a **stay-at-home directive, in effect starting 8 PM on March 30, 2020**. This means people may only leave their homes for essential reasons, including grocery shopping, picking up food, working essential jobs, or caring for a relative or friend.

People are also allowed to leave their homes to do exercise, such as jogging or walking, as long as they follow social distancing guidelines. Stay at least six feet away from others when out. Contact sports or team activities and other gatherings of over 10 people are prohibited. Violations may be punished by a misdemeanor charge.

**Only essential businesses will remain open.** These include grocery stores, convenience stores, other links in the food supply chain, pharmacies, other healthcare services, laundromats and dry cleaners, plumbing/electric/HVAC services, cable and phone providers, banks, automotive repairs, warehousing and distribution companies, and other critical emergency, manufacturing, energy, and transportation businesses.

**Restaurants may remain open for drive-thru, take-out, and/or delivery options only.**

### The City of Greenbelt:

**All City buildings and facilities will remain restricted from public access until at least April 30, 2020.** All classes, activities, and programs remain cancelled. City services for residents will continue as staff is rotating through offices and teleworking. Questions can be answered by phone at 301-474-8000, through the City website at [www.greenbeltmd.gov/covid19](http://www.greenbeltmd.gov/covid19), or by the Recreation Department Weather and Information line at 301-474-0646.

If you are in need of essential goods such as food, **a number of local businesses remain open at this time.** This list is subject to change at any moment, so it is best to call ahead and check. See the following page for the list.

Business Name	Shopping Center	Phone Number	Address
Auto Zone	Beltway Plaza Mall	(301) 313-0371	6000 Greenbelt Road
Bank of America	Beltway Plaza Mall	(301) 474-4887	6038 Greenbelt Road
Beltway Cleaners	Beltway Plaza Mall	(301) 474-0035	6000 Greenbelt Road
Boston Market	Beltway Plaza Mall	(301) 220-4445	6228 Greenbelt Road
Capital One	Beltway Plaza Mall	(301) 345-2424	6226 Greenbelt Road
Chipotle	Beltway Plaza Mall	(301) 982-6722	5506 Cherrywood Lane
CVS	Beltway Plaza Mall	(301) 441-8810	5910 Greenbelt Road
DC Charbroiled Chicken	Beltway Plaza Mall	(240) 965-5825	6062 Greenbelt Road
Dunkin Donuts	Beltway Plaza Mall	(301) 220-3806	5900 Greenbelt Road
Fed Ex	Beltway Plaza Mall	(301) 982-0464	6030 Greenbelt Road
G&R Title Services (Sunday Closed)	Beltway Plaza Mall		
Giant Food	Beltway Plaza Mall	(301) 982-5482	6000 Greenbelt Road
Greenbelt Liquors	Beltway Plaza Mall	(301) 474-1890	6000 Greenbelt Road
Gus's Fried Chicken	Beltway Plaza Mall	(240) 965-5821	5810 Greenbelt Road
H&R Block	Beltway Plaza Mall	(301) 345-9133	6084 Greenbelt Road
Hook and Reel	Beltway Plaza Mall	(240) 241-4825	6002 Greenbelt Road
Jersey Mike's	Beltway Plaza Mall	(301) 486-0080	6000 Greenbelt Road
Laundromat (Sunday Closed)	Beltway Plaza Mall		5701 Cherrywood Lane
Mission BBQ	Beltway Plaza Mall	(240) 542-9200	5506 Greenbelt Road
Popeyes	Beltway Plaza Mall	(301) 982-2315	6224 Greenbelt Road
Silver Diner	Beltway Plaza Mall	(301) 220-0028	6040 Greenbelt Road
Target	Beltway Plaza Mall	(301) 837-0054	6100 Greenbelt Road
Thompson Vision Care (Sunday Closed)	Beltway Plaza Mall	(301) 982-4200	5900 Greenbelt Road
Three Brothers Italian Restaurant	Beltway Plaza Mall	(301) 474-5330	6160 Greenbelt Road
Wendy's	Beltway Plaza Mall	(301) 474-3539	6242 Greenbelt Road
Advance Auto Parts	Greenway Shopping Center	(301) 345-0576	7435 Greenbelt Road
Capital One Bank	Greenway Shopping Center	(301) 623-3706	7515 Greenbelt Road
Dollar Tree	Greenway Shopping Center	(301) 623-3706	7573 Greenbelt Road
Greenway Liquors	Greenway Shopping Center	(301) 345-0598	7533 Greenbelt Road
H&R Block	Greenway Shopping Center	(301) 513-0026	7547 Greenbelt Road
IHOP	Greenway Shopping Center	(301) 486-1234	7405 Greenbelt Road

## Ongoing Events at Green Ridge House

**Giant Grocery Distribution:** Every Monday only in the Dining Room starting at 1 PM. Friday distributions have been canceled for the month of April. If you are interested in picking up items, you must sign up for a time slot if you have not already. See more guidelines posted in the Terrace level hallway. To sign up please call or text Flora, the Service Coordinator, at **301-412-2480** or email her at [fli@greenbeltmd.gov](mailto:fli@greenbeltmd.gov).

**Congregate Meal Program:** Every Friday in the Dining Room. Please contact Ms. Marvel Brown at **301-474-1113** for more details.

If you are in further need of food, please call the St. Hugh Food Pantry at **301-474-4322**.

**All other activities remain canceled until further notice.**