



Spring 2022

Green Ridge House Gazette

May is Older Americans Month

Every May, the U.S. Administration on Aging celebrates Older Americans Month.

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for OAM 2022 is *Age My Way*. This month will focus on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

This May, Green Ridge House is excited to celebrate OAM once more after two long years of social distancing by emphasizing engagement and connection. Follow along with our health and social events every week to get involved, combat social isolation, and stay connected to your community! Turn the page to see what’s in store, and keep an eye out for flyers and announcements throughout the coming months.



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You're invited!





Healthy Food Demo

by the City of Greenbelt

Monday, May 9th in the GRH Dining Room - Time TBA

Join us for a healthy cooking demonstration by University of Maryland health intern Pamela Aluvale. Free samples and recipe cards included. Sign up sheets will be available.



Health Screenings

by Luminis Health

Thursday, May 26th from 10 AM – 2 PM in the GRH Dining Room



Nurses from Luminis Health of Doctors Community Hospital will be providing blood pressure, cholesterol, blood glucose, and A1C screenings. More information to be announced.

Ice Cream Social

Our kick-off event!

Wednesday, May 4th from 1 PM – 2 PM in the GRH Dining Room

Enjoy a sweet treat from Rita's Italian Ice while catching up with your neighbors! Sign up sheets and flavor options will be available soon in the lobby.

Celebration Breakfast

at the Greenway Center IHOP

Friday, May 20th starting 9:30 AM

Our annual IHOP celebration meal is back! Come out for breakfast with friends and choose from three senior menu options. Transportation will be provided. More information and sign ups to be announced.



Are You Aware of Your Stress?

written by Pamela Aluvale

Stress is the feeling of physical and emotional tension in response to an external factor affecting one's usual mental, emotional, or physical state. Stress impacts older adults much more, causing longer recovery times from physical health issues like the common cold and wound healing. The American Institute of Stress found that 77% of people have stress impacting their mental health while 73% have stress impacting their physical health. Many factors can result in stress including work, relationships, family responsibilities and personal health issues. As April is Stress Awareness Month, highlighted below are a few ways to recognize, reduce and cope with stress as the spring days start getting warmer.



Take a walk outside and talk to someone you care about.

Recognize: Although the list is non-exhaustive, symptoms often associated with stress include headaches, back pain, heart palpitations, poor concentration and irritability. Experiencing these symptoms can make one feel anxious, worried, frustrated or depressed. Keep in mind those who are likely to experience higher rates of stress are women, ethnic minorities and those who are responsible for their own or their family's healthcare decisions.

Reduce: Take a walk outside on a good weather day, and to make it more enjoyable try asking a neighbor to go on the walk with you. Eat a well-balanced diet per dietary restrictions cited by your healthcare provider. Get at least 8 hours of sleep daily and reconnect with loved ones you haven't talked to in a while.

Cope: Seek a trusted individual to help you. You should find a resource you would use regularly, such as biweekly or monthly. This could include counseling, and for Greenbelt residents there is free counseling provided by the Greenbelt CARES program. If you or a fellow resident may be experiencing any signs of stress, anxiety, anger or depression, consider contacting CARES at **(301)-345-6660** or cares@greenbeltmd.gov. Another thing to consider when coping with stress, is to continue your healthy routine of living like the examples listed in the **Reduce** section.



New raised gardening beds!

Raised metal gardening beds will be installed in place of the old wooden beds behind the building.

Now taking seasonal sign-ups – contact the Service Coordinator to claim a spot! *There is limited space available.*

Ongoing Events at Green Ridge House

Service Coordinator Office Hours: Starting April, the Service Coordinator will be in her office during regular 9 AM – 5 PM hours from Mondays to Thursdays. She is also available by phone and email on Fridays. Call or text [301-412-2480](tel:301-412-2480) or email fli@greenbeltmd.gov if you would like to make an appointment. **A calendar is posted on her office door.**

Grocery Distribution: Mondays from 1 PM – 1:30 PM in the Dining Room, when available.

Monthly Produce Delivery: Every third Thursday of the month.

Congregate Meal Program: Fridays in the Dining Room. Contact Ms. Marvel Brown at **301-474-1135** for details.

Art Class: Mondays from 10 AM – 11 AM in the Ceramics Room. Sign up on the sheet in the lobby.

Laughter Yoga Class: Thursdays from 10 AM – 11 AM in the Community Room.

Wii Interactive Games: Thursdays from 1:30 PM – 3:30 PM in the Community Room.

Glenda's Chat and Chew: Every fourth Tuesday of the month at 2:30 PM in the Community Room.

Arts for the Aging: Every fourth Wednesday of the month at 2 PM in the Community Room.

New Activities!

Japanese Class: Every Friday at 3 PM in the Dining Room. Learn a new language with only a notebook! Started April 8.

