

Spring 2023

Green Ridge House Gazette

Greenbelt Awarded Free Laptop Grant

The City of Greenbelt has been approved for the **Connect Maryland Grant**, a program that will provide free laptops to income qualified households of incorporated Greenbelt. Laptops will be registered with the City and should not be given away to friends or relatives living elsewhere. **All Green Ridge House residents are automatically eligible** due to the income requirements to live here.

The provided laptops will be 14-inch Dell Chromebooks with a one-year warranty. For those who need assistance with or would like to learn more about navigating a laptop and/or the Internet, the City is planning to hold technology classes at Green Ridge House if there is enough interest. In addition, a tech support hotline manned by the University of Maryland will be available 9 AM – 3 PM in the future once laptops are distributed.

Laptop distribution is planned for late April and early May. There is currently no exact date for distribution. Pre-registered residents will be contacted when there is a date.

Interested residents must pre-register to receive a laptop. If you have not pre-registered yet, there are still a number of laptops available! **To sign up, call the Service Coordinator at 301-412-2480.**



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April is Oral Cancer Awareness Month

written by Shakita Point

Did you know that more than 54,000 people in the U.S are diagnosed with oral cancer every year? Oral cancer is cancer that develops in the tissues of the mouth or throat, including cancers of the lips, tongue, inner lining of the cheeks, gums, floor of the mouth, hard and soft palate. Oral cancer is classified into two groups. Group one is cancer of the oral cavity, which affects your lips, teeth, gums, the front two thirds of your tongue, the floor and roof of your mouth. Group two, cancers of the oropharynx, is found in the throat, tonsils, the base of your tongue and the spot where it attaches to the floor of your mouth and continues to the back of your throat. Some warning signs that may point to oral cancer are:

- Sores or irritation in the mouth that does not go away
- Red or white patches on your gums
- Pain and tenderness/numbness in your mouth or lips
- Difficulty chewing or swallowing
- A change in the way your teeth fit when your mouth is closed
- Being hoarse or other changes in your voice



Males tend to get oral cancer more often than females and seniors are generally at a higher risk. Your dentist is usually the first person to notice these signs so seeing your dentist regularly is very important. You can reduce your risk by:

- Avoiding smoking and other tobacco products
- Drinking only moderate amounts of alcohol
- Getting the HPV (human papillomavirus) vaccine
- Protecting your face/lips from the sun by using hats or sunscreen
- Eating more fruits and vegetables

The death rate associated with oral cancers remains high because the cancers routinely are discovered late in their development, but if the cancer is detected and treated early, survival rates may increase and treatment related health problems are reduced. Oral cancers that are found early are usually treated with surgery or radiation therapy. Cases that are found later may need a combination of treatments, including radiation and chemotherapy.



May is Older Americans Month

The U.S. Administration for Community Living has announced that the theme for Older Americans Month 2023 is ***Aging Unbound***. This year's focus is on promoting flexible thinking about aging and how we all benefit when older adults remain engaged, independent, and included. Join in various health and social events at Green Ridge House throughout May to celebrate older Americans and their contributions to our communities!



Schedule of Events

Ice Cream Social: Wednesday, May 3rd from 1 PM – 2 PM in the Dining Room. Enjoy a sweet treat and catch up with your neighbors. Sign-up sheets and flavor options will be available soon in the lobby.

Snack with an Elder Law Attorney: Tuesday, May 9th from 12 PM – 1:30 PM in the Dining Room. Join a representative from the Maryland State Attorney's office for a bite to eat and a conversation about elder law and other legal topics.

Celebration Breakfast: Friday, May 19th starting 9:30 AM at the Greenway Center IHOP. Our annual IHOP celebration meal! Come out and choose from senior menu options for breakfast with friends. Transportation provided if there is interest.



More events to be announced!

Community Nursing Program to Return Summer 2023

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The City of Greenbelt's Assistance in Living Program (GAIL), in partnership with the Bowie State and Washington Adventist University Schools of Nursing, are proud to resume offering the **Community Nursing Program** to residents of Green Ridge House. This **free** program is open to seniors aged 60+ or disabled adults aged 50+.

- Participants will receive up to 10 home visits by student nurses **starting mid-May**
- Visits will take place Wednesdays between 9 AM – 3 PM
- All visiting student nurses are fully vaccinated and will wear personal protective equipment (PPE) while in the home, in compliance with county and CDC policies

Services nurses can provide include:

- Bathing assistance - Medical resource info & advocacy - Health education
- Medication management - Mental health & cognitive screening
- Nursing assessment - Vital signs monitoring - Blood sugar monitoring

**To register: contact Sharon Johnson, GAIL Community Case Manager at
[240-542-2029](tel:240-542-2029) or sjohnson@greenbeltmd.gov**

Ongoing Events at Green Ridge House

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

Monthly Produce Delivery: Every third Thursday of the month.

Strong Seniors Gym Class: Tuesdays from 11 AM – 12 PM in the Community Room.

Tai Chi: Wednesdays from 10 AM – 11 AM in the Community Room.

Chair 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 third Wednesday 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! Stronger Memory Class: Every Monday from 10:30 AM – 11:30 AM in the Community Room. Started April 3rd and goes for 12 weeks.