



Summer 2021

Green Ridge House Gazette

How to Beat the Heat

After a long year of sheltering in place due to the pandemic, many people are looking forward to going outdoors more this summer. It feels great to spend time outdoors, enjoy nature, and catch up with friends and family. Everyone is experiencing a new normal, but one thing remains the same—the dangers of hot and humid weather.

In the past month, record-breaking heat waves have hit parts of North America and Europe, causing health problems, power outages, and even deaths. Towards the end of June, Oregon reached a jaw-dropping 116°F—becoming the second hottest place on Earth that day. While the East Coast is having more typical weather, temperatures don't need to reach past 100°F to be dangerous. Doctors recommend taking caution past 77°F and extreme caution past 82°F, as heat injury is possible, especially for people who are over 65 years old or have chronic medical conditions.

What is heat injury? The body normally cools itself by sweating, because the evaporating sweat has a cooling effect. But sweating may not work fast enough when temperatures are high. This is especially true when it is both hot and humid, as humidity makes it harder for sweat to evaporate.

Hot and humid weather can cause heat exhaustion and heat stroke.

Turn the page to learn more about how to spot heat injuries and how to prevent them.



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Heat Exhaustion

Heat exhaustion is your body's response to losing too much water or salt from sweating. It is a warning that your body is getting too hot.

What to look for:

- Heavy sweating
- Cold, pale, clammy skin
- Fast, weak heart rate
- Muscle cramps
- Headache or dizziness
- Nausea or vomiting
- Tiredness or weakness
- Fainting

What to do:

- Loosen your clothes
- Sip water
- Move to a cooler place
- Put cool, wet cloths on your body or take a cool bath

Get medical help right away if:

- You are throwing up
- Your symptoms get worse or last longer than 1 hour

Preventing Heat Injury

Stay in cool places – if you are outdoors, rest often in shady areas and limit activity to morning and evening hours. Otherwise, stay in air conditioned places indoors.

Wear proper clothing – wear light, loose-fitting clothes, wide-brimmed hats, and sunglasses. Apply sunscreen with SPF 15 or higher to prevent sunburn.

Stay hydrated – drink plenty of fluids, even if you're not being active outdoors. Take a bottle of water with you when you go out, and don't wait until you're thirsty to drink. Stay away from sugary or alcoholic drinks, which actually cause you to lose body fluid.

Check the weather – take extra precautions if the forecast calls for extreme heat or humidity.

Heat Stroke

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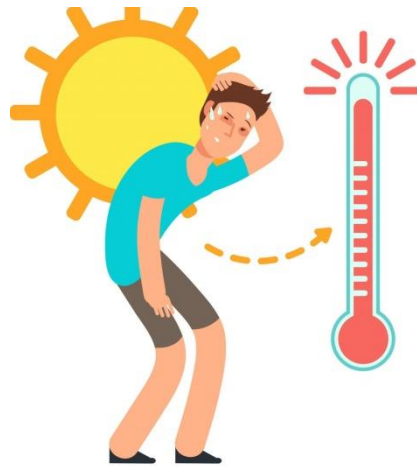
Heat stroke is when your body can no longer cool itself and body temperature rises to 103°F or higher. It is the most severe type of heat injury. It can progress from heat exhaustion, but can also occur suddenly with no prior signs. **Heat stroke is a medical emergency.**

What to look for:

- Hot, red, dry skin
- Fast, strong pulse
- Headache or dizziness
- Nausea and vomiting
- Difficulty breathing
- Seizures or convulsions
- Confusion
- Fainting

What to do:

- **Call 911 right away**
- Move the person to a cooler place
- Remove clothing and use cool wet cloths or a cool bath to lower their temperature
- Do not give the person anything to drink—people with heat stroke may not be alert enough to drink safely



July is Energy Assistance Month

Do you need help paying for energy bills? The Office of Home Energy Programs provides bill assistance for low income households.



Energy Assistance is a year-round program that you can apply for at any time but must renew every June/July. **The Energy Assistance renewal process has changed slightly this year. PLEASE READ:**

If you already had Energy Assistance between July 1, 2020 - May 31, 2021, you can be **automatically** renewed for benefits starting **July 15, 2021**. No new paperwork required! You do not have to come to a workshop, but please contact Flora, the Service Coordinator, to make sure your name is on the automatic renewal list (contact info on pg. 4).

If you did not have Energy Assistance in the previous year and are interested in benefits starting July 2021, or are not automatically renewed, you can fill out an application. We will be having an **Energy Assistance Application workshop** on **Thursday, July 22**.

Please see the flyer and sign-up sheets in the lobby for more information, including time slots and income requirements.

Farmer's Market vouchers are still available! There are a limited number left.



Eligible GRH residents can apply to receive vouchers to use at any participating Farmer's Market, including the Greenbelt Farmer's Market.

To receive vouchers, you must be at least 60 years old and your household income must fall under the eligibility requirements. Only one voucher booklet per person.

Please see the flyer in the lobby for more information, including the income requirements. Call, text, or email Flora to apply.

Grocery distribution is open to everyone—all residents welcome!

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Every Monday from 1 PM – 2 PM in the Dining Room unless otherwise announced. **Appointment times are no longer required!** Some guidelines are still in place:



- 6 people in the Dining Room at a time, more may line up in the hall. Appointment times no longer required!
- Masks are encouraged
- Items vary each week

Guidelines also posted on the Dining Room door and in the Terrace Level hallway. Weekly distribution announcements are sent through automated phone alerts. Contact Flora to sign up for alerts.

New Ongoing Events at Green Ridge House

Flora recently completed a series of classes and passed an exam for her **Professional Service Coordinator** certificate!

Service Coordinator Hours: Flora is in her office during 9 AM – 5 PM on Monday, Wednesday, and Thursday and available by phone and email on Tuesday and Friday. Call or text **301-412-2480** or email fli@greenbeltmd.gov if you need assistance or want to set up an appointment. **An office hours calendar is posted on her door.**

Monthly Produce Delivery: Every third Thursday of the month. Done with produce distributions at the Greenbelt Community Center. GRH residents will get their produce delivered to their doors instead of having to drive down to the GCC. To sign up please call, text, or email Flora.

Congregate Meal Program: Every Friday in the Dining Room. Please contact Ms. Marvel Brown at **301-474-1135** for more details.

These activities (re)opened starting July!

Art Class: Every Monday from 10 AM – 11 AM in the Ceramics Room. You must sign up for sessions on the sign up sheet in the lobby.

Laughter Yoga Class: Every Thursday from 10 AM – 11 AM in the Community Room. Learn how to improve your balance and muscle strength.

Wii Interactive Games: Every Thursday from 1:30 PM – 3:30 PM in the Community Room. Come down for an interactive game of bowling, or relax with a game of golf.