



Green Ridge House Gazette

Summer 2022

Maryland Joins the *MyDirectives* Advance Care Planning Site

Advance care planning, sometimes called life planning, is considering the decisions that you might need to make about your health ahead of time, and then letting your family and health care providers know. Your health preferences are important in case you are incapacitated or unable to speak for yourself as a result of illness or injury. Advance care planning documents allow you to express your values and desires related to medical treatment wishes, end-of-life care such as palliative and hospice care preferences, organ donation status, and other critical information.

MyDirectives is a **free** online advance care plan database that allows you to record your advance care planning wishes in one secure, easy to access place. You have the option to create an entirely new plan, or to upload your existing plans and documents. The state of Maryland now participates in MyDirectives and makes any information uploaded there available to all doctors and hospitals in the state.

You can get started with advance care planning today at mydirectives.com.



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written by Errryca Shuford

Food poisoning is illness caused by eating contaminated food. Infectious organisms such as bacteria, viruses, and parasites are the most common causes of food poisoning. These organisms can contaminate food anytime and infect the food in your home if it is incorrectly handled or cooked. Whether you become sick after eating contaminated foods depends on the type of organism, amount of exposure, your age, and your health. Older adults and people with chronic diseases are at higher risk for food poisoning. Older adults are at risk because when you're older your immune system may not respond as quickly to infectious organisms compared to when you're younger. People with chronic diseases, such as diabetes or AIDs, are at higher risk since these diseases lower their immune response.

Food poisoning may last anywhere from a few hours to a few days. Symptoms include nausea, vomiting, watery or bloody diarrhea, abdominal pains and cramps, and fever. These symptoms may appear anywhere from within a few hours to a few weeks. Some common types of food poisoning include Salmonella, Listeria, E. coli, and Shigella.

To prevent food poisoning in your home you should:

- Wash your hands, utensils, and food surfaces often.
- Keep raw meat, poultry, fish, and shellfish away from other foods to prevent cross contamination.
- Cook foods at a safe temperature by using a food thermometer and refrigerate or freeze perishable foods within 2 hours of purchasing them.
- Defrost food safely in the refrigerator and throw out any food that you're not sure has been prepared safely.

Seek medical attention immediately if you experience any severe symptoms of food poisoning.



Food poisoning is more common in the summer because of the heat.

Farmer's Market Vouchers now available!

Eligible GRH residents can now apply to receive voucher booklets to use at any participating Farmer's Market, including the Greenbelt Farmer's Market! **This year the value of a voucher booklet is \$35.**

To receive vouchers, you must be at least 60 years old and your household income must fall under the eligibility requirements.

Please see the flyer in the lobby for income requirements.

Vouchers will be distributed through July. There are a limited number of vouchers available. Call, text, or email Flora, the Service Coordinator, to get a booklet.



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. If you are interested in receiving Energy Assistance for the first time **OR** if you received Energy Assistance in the previous year and want to renew, you can apply now for benefits that will be issued in July 2022. We will be having our first **Energy Assistance Application workshop on Thursday, July 14**. Additional workshops will be scheduled based on demand.

If you had Energy Assistance benefits last year, your benefits may be automatically renewed by the Office of Home Energy. You should receive a notice in the mail if they are. Automatic renewal is not guaranteed—see the Service Coordinator if you are uncertain whether your benefits were renewed.

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

Community Nursing Program

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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 families and individuals in incorporated Greenbelt, including in 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 September 7, 2022
- Visits can take place weekly or biweekly, on Tuesdays 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.

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.

Japanese Class: Fridays from 3 PM – 3:45 PM in the Dining 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.