

Summer 2023

Green Ridge House Gazette

The Ins and Outs of the Internet

Recently got a new laptop, but never used the Internet? Here's a quick, basic introduction: the **Internet** is the **International Network** of computers. The **World Wide Web**, or just the **Web**, is a system for accessing information on the Internet. Basically, the Internet is the connections between the computers that transmit information, and the Web is how we look at that information. Most people use these terms interchangeably. When something is stored on the Internet and accessible by the Web, it is considered **online**.

You need more than a computer go online. You also need an **Internet connection** from an **Internet service provider** (such as Comcast) or your device won't be able to find the wider Internet around it. Connections are limited to certain areas, so if you leave that area, you won't be able to go online until you reach a new connection.

The final part of the puzzle is the **Web browser**. A browser is a free tool on your computer or laptop for you to read and view the Web. To see anything online, you need to first open your browser. Common browsers include **Google Chrome** and **Microsoft Edge** (formerly known as **Internet Explorer**).

Still confused or want to know more? See the next page for information about our **future technology classes**.



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Laptop Classes start in August



Learn how to use your Chromebook laptop and the Internet!! Classes will be **Mondays 10:00 AM – 11:45 AM, August 7 to August 28** in the Community Room. Learn how to: Set up your Chromebook laptop, use basic Chromebook settings and functions, set up Wi-Fi and explore the Internet, practice online safety, participate in video calls, and more. **Limited spots.** More details to come.

July is Energy Assistance Month

Energy Assistance is a year-round program that you can apply for at any time but must renew every June/July. You can apply now for benefits that will be issued in July 2023. We will be having our first **Energy Assistance Application workshop on Tuesday, July 11**. Additional workshops and individual appointments will be scheduled based on demand. **See the flyer and sign-up sheets in the lobby for more information, including time slots and income requirements.**

This year, if you had Energy Assistance benefits before, you may receive a **redetermination notice** and form in the mail from the Department of Social Services. Filling out this form allows you to renew your benefits without the hassle of completing a whole new application like in previous years. See the Service Coordinator if you need assistance with the redetermination form.

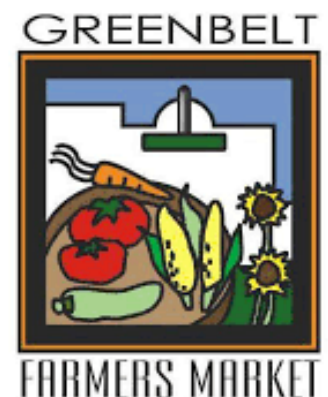
Farmer's Market Vouchers available!

Eligible GRH residents can now apply to receive voucher booklets to use at any participating Farmer's Market, including the Greenbelt Farmer's Market! To receive vouchers, you must be at least 60 years old and your household income must fall under the eligibility requirements.

This year the value of a voucher booklet is \$50.

Please see the flyer in the lobby for income requirements.

Vouchers will be distributed later in July. There are a limited number of vouchers available. Contact the Service Coordinator at 301-412-2480 to get a booklet.



Guide to Self-Care

written by Shakita Point

Did you know that July 24 is International Self-Care Day? Even though self-care is done on a daily basis, this day is to emphasize the advantages. **Self-care is the ability to promote and maintain your own health and cope with illness or disability, with or without the support of health workers.** There are seven types of self-care, with the first four being the key dimensions:

- . Physical (the body), to live and breathe.
- . Emotional (the heart), to love and care.
- . Psychological (the mind), to learn and grow.
- . Spiritual (the spirit), to connect with essence, purpose and meaning.



- . Mental (knowledge), to continuously pursue learning.
- . Recreational (activities), to take time for fun and hobbies.
- . Social (relationships), to build healthy interactions and relationships with others.

To improve your self-care here are some things you can do. For physical self-care, get regular exercise, even if it's just a small walk a day— it'll help boost your mood and improve your health. For emotional and psychological self-care, make sleep a priority, focus on positivity, practice gratitude, and set goals and priorities. For social self-care, stay connected with friends and family. Self-care sometimes involves elimination, like stopping a bad habit. A well-balanced self-care routine involves each of these, so avoid restricting yourself to just one or two.

Self-care is very important because it can reduce stress and anxiety, improve your physical health, protect your mental health, and lead to better relationships. It can be done any time of day or night, and anywhere you are. Remember that self-care is not static. Don't compare your self-care to anyone else's because everyone's routine will be different. A little self-care can make a big difference in your day.

Community Nursing Program to Return Fall 2023

The City of Greenbelt's Assistance in Living Program (GAIL), along with the Bowie State, Washington Adventist, and Chamberlain University Schools of Nursing, are proud to offer 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
- Visits will take place one day of the week 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

**For more information contact the Service Coordinator at 301-412-2480 or
fli@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.

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! Crochet and Needlepoint Group: Every second Thursday of the month 11:30 AM – 12:30 PM in the Library. **Starts July 13th.** Run by counselor Glenda Willis!