

NEWS FROM THE GLEN

NEWSLETTER
OF
GLEN ALLEN

WWW.GLENALLEN.ORG

WINTER 2021



A Word From Your Editor.

It is my hope that you all will remain safe during this challenging time. I believe that help is on the way to end the pandemic. Governor Larry Hogan announced that residents age 65 and older, will be eligible to receive at no cost, the COVID-19 vaccine beginning January 25th.

The Maryland.gov information sheet says that the vaccine has promising results and the early clinical trials have shown that the vaccine is highly effective in preventing serious illness. During the clinical trial, the vaccine is said to have minimal side effects with most being soreness at the injection site, fever or body aches.

Nonetheless, we must remain positive and do our part as responsible citizens. We must continue to wear a mask, wash our hands and keep a safe distance from others. Remember, get tested and quarantine if you feel sick or have been exposed to someone who is sick. Stay safe Glen Allen!

Feeling Anxious about being in the House.

If you are like the majority, you are starting to feel anxious about being in the house day after day with no end in sight. Here are some ways you can cope.

- Dust off that old “to do” list of things that you wanted to get done but never had time to do.
- Challenge yourself, learn something new.
- Help someone in need. A phone call every day for a wellness check can make a difference in the life of a senior citizen.
- A daily walk will do your body good.
- Start a gratitude journal. It helps to lower stress levels and focus on what matters.

Dr. Lindsey Isreal, Psychiatrist, (Board Certified) says, “The one thing we know to consistently be true is that our drive to live, our ability to learn and our creative spirit will allow us not only to survive this virus, but to be even wiser and stronger for having gone through it. That is not a consolation prize, that is a real result of adversity”. Let’s choose to have a good life, exercise your mind and your body.

PLEASE WEAR A MASK, WASH YOUR HANDS AND KEEP YOUR DISTANCE.

DID YOU KNOW ?

On December 10th, the Prince George's County Planning Board conducted a public hearing on Detailed Site Plan #DSP-99003-01 for a 3-story, 48,708 sq. ft. addition to the existing EZ Storage facility on Gallant Fox Lane. The City Council held a public hearing on this application and recommended approval with two conditions. Those conditions were included in the M-NCPPC staff report. At the conclusion of its hearing, the Planning Board voted to approve #DSP-99003-01, including the City's conditions.

Want to Make a Difference In Bowie?

The city is encouraging residents to get involved. Join a committee or volunteer to help with a special event. Below are some volunteer opportunities.

- Get involved with a City Committee
- Neighbors Helping Neighbors
- Stream Teams
- Scout Projects
- Volunteer Projects

If you are interested in any of these opportunities, you can go to the City of Bowie website and look for "Get Involved".

February is Love Your Heart Month.

Love Your Heart! Here are some simple tips to keep your heart healthy. Heart health starts with oral health, so be sure to floss daily and visit your dentist regularly. Other things include knowing blood pressure and blood sugar (A1C) numbers; decreasing trans fats; managing stress via meditation, coloring, and relaxing Epsom salt baths; and exercising with yoga and tai chi.



Bowie News!

Frozen Meal Delivery through the Prince George's County Senior Nutrition Program is currently being offered for Bowie residents while the Center is closed due to COVID-19. To obtain frozen meal delivery you can reach the County's Senior Nutrition program at 301-265-8475.

Meals are served at the Center, Monday through Friday at 11:45 am. The meals are provided through the Prince George's County Department of Family Services, Aging Division, Nutrition Program. The monthly menu is available at the Senior Center.

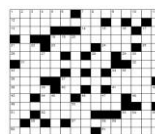
The county pays \$5.75 per meal. Seniors are asked to donate as much as they can. **Reservations are required 48 hours in advance.** Cancellations should be made as soon as possible. **Call 301-809-2356.**

Seniors, Need a Mask?

If you are a Bowie senior who has not been able to make or secure a mask, please contact the Bowie Senior Center at 301-809-2300 and they will arrange to have a free mask delivered to you.

February Activity Packets Drive-Thru.

An activity packet with puzzles, activities, crafts, and more is available each month to keep your brain engaged and your spirit joyful. Please call the Center at 301-809-2300 if you would like to pick up a packet on Tuesday, February 9, 10 a.m. – noon. This popular monthly outdoor drive-thru event also provides an opportunity to share a friendly wave with the staff. Let's stay connected.



HOA Board Meetings 2021

- January 12, 2021
- March 9, 2021
- May 11, 2021
- July 13, 2021
- September 14, 2021
- October 12, 2021

Meetings begin at 7:00 pm

Due to COVID-19 all meetings are held via Zoom until further notice.

All Residents of Glen Allen are welcome to attend the Board of Directors Meeting, however, the Executive Session is a closed meeting for Board members only.

Share Your News

Do you have any news to share with your neighbors? If so, send it to jchildscoats@gmail.com

See Something, Say Something!

If you see anything amiss in your neighborhood, do not hesitate to contact our PROCOM representative, Tushema Collins at 301/261-0777 X149

HOA Contacts

ProCom, Inc.
Tushema Collins 301-261-0777 X149

HOA Board of Directors

Karen DeFazio, President..... 301-249-7463
Charles Brown, Vice Pres..... 301-351-1396
Cary Hithon, Treasurer..... 301-218-1956
Jacquelyn C. Coats, Secty..... 202-297-4283
Eunice Eshun301-974-2639

City Council Member, District 4
Roxy Ndebumadu 301-809-3029

Committees & Chairs

- Architectural Review, Charles Brown
- Grounds and Maintenance, Joe Brust
- Hospitality, Jacquelyn Childs Coats
- Newsletter, Jacquelyn Childs Coats

Website: www.glenallen.org

Recognizing Special Days

January 15th Martin Luther King's birthday
Month of February – Black History Month
February 14th Valentine's Day
February 15th President's Day
February 17th Ash Wednesday
March 14th Daylight Savings Time
March 17th St. Patrick's Day
March 28th Palm Sunday

Bowie Grief Support Group Virtual

Workshop Thursdays, February 18 – March 25, 2 p.m. This six-week workshop offers emotional support and practical advice for widowed persons as well as those who have lost a family member or friend. For more information and to register for the Zoom sessions, please contact Heike Nyland at heikenylan@msn.com or call the Center at 301-809-2300. Sessions are sponsored by the Patuxent Widowed Persons Service.