Meet-and-Greet: Connecting Residents to GDPM Staff

GDPM Meet and Greet
Meet and Greets are an opportunity for residents to meet, learn and share with the FSS staff; site managers, office and maintenance staff; and resident council or community council representatives.

Upcoming Meet and Greets:

**Windcliff Village Community Room (155 Windcliff Drive, Germantown)**
Tuesday, April 15th - 11:30am-12:30pm

**Westdale Terrace Community Room (108 Melba Street, Dayton)**
Tuesday, April 22nd - 1:30pm-2:30pm
(Open to residents of Westdale as well as Hawthorn Village and Winter Street)

Activities & Events for Seniors

!!! Health Fair !!!
Wilkinson Plaza Community Room
Monday, April 28th - 1:00pm-3:00pm
Information - Free Health Screenings - Door Prizes

Bingo, Fun & Prizes presented by Parrish Home Health
Westdale Terrace - Tuesday, April 8th - 12:00pm-1:00pm
Wentworth Hi-Rise - Monday, April 14th - 1:00pm-2:00pm
Wilkinson Plaza - Thursday, April 17th - 12:00pm-1:00pm
Westdale Terrace - Friday, April 25th - 2:00pm-3:00pm
Wilkinson Plaza - Wednesday, April 30th - 2:00pm-3:00pm

Avoiding Scams Targeted to Seniors presented by GE Capital
Hallmark-Meridian - Monday, April 21st - 1:00pm-2:30pm

Wellness Pharmacy Informational Session
Hallmark-Meridian - Friday, April 11th - 1:00pm-2:00pm
Metropolitan - Friday, April 11th - 2:00pm-3:00pm
Bellefontaine Ridge - Wednesday, April 23rd - 1:00pm-2:00pm

SARDI presented by Wright State University
Wolf Creek - Tuesday, April 15th - 2:00pm-4:00pm
Park Manor - Wednesday, April 30th - 10:00am-1:00pm
As always, this newsletter features the dates, locations, and times for all of the events, activities and workshops presented by GDPM and our partners each month. Keep in mind that due to unforeseen circumstances, these events are subject to changes and cancellation at any time, so please contact the event coordinator to confirm several days before the event. Please let us know if there are any activities, events, workshops, or training opportunities you would like us to try and bring to our sites and we will work to bring these activities to you.

Events and Activities Calendar for All GDPM Clients

All of these events and activities were planned by the FSS Department.

For more information about these events, please contact the Service Coordinator for each site or the FSS Supervisor.

ResCare will be visiting GDPM this month to talk about their programs, which includes youth employment services.

- **Wentworth Hi-Rise** - Tuesday, April 8th - 2:00pm-3:00pm
- **Westdale Terrace** - Wednesday, April 9th - 2:00pm-3:00pm
- **Wilkinson Plaza** - Thursday, April 10th - 2:00pm-3:00pm
- **DeSoto Bass** - Monday, April 21st - 10:00am-11:00am
- **Triangleview** - Tuesday, April 22nd - 10:00am-11:00am
- **Indian Trails** - Thursday, April 24th - 10:00am-11:00am
- **Cornell Ridge** - Friday, April 25th - 10:00am-11:00am
- **Bellefontaine Ridge** - Monday, April 28th - 10:00am-11:00am

The Urban Minority Alcohol and Drug Addiction Outreach Program, UMADAOP, will be visiting GDPM sites throughout the month of April to discuss the health risks and cultural dangers of marijuana.

- **Westdale Terrace** - Friday, April 4th - 2:30pm-3:30pm
- **Hallmark-Meridian** - Monday, April 7th - 2:30pm-3:30pm
- **Grand Senior Living** - Thursday, April 10th - 1:00pm-2:00pm
- **Wilmington Hi-Rise** - Monday, April 14th - 10:00am-11:00am
- **The Metropolitan** - Monday, April 14th - 2:30pm-3:30pm
- **Wentworth Hi-Rise** - Tuesday, April 29th - 12:30pm-1:30pm

The Public Health Department of Montgomery County (PHDMC) is coming to GDPM to help you QUIT SMOKING!!! These classes are just 1 hour per week for 5 weeks, and PHDMC will provide you with all the tools to help you quit.

- **Wilmington Hi-Rise** - 2:00pm-3:00pm
  - **Session 1** - Thursday, April 17th
  - **Session 2** - Thursday, April 24th
  - **Session 3** - Thursday, May 1st
  - **Session 4** - Thursday, May 8th
  - **Session 5** - Thursday, May 15th

Don't forget, GDPM has partnered with East End Community Services and the Wesley Community Center to provide open computer labs as well as computer training, classes and instruction to any GDPM resident.

For more information on hours and classes, contact the FSS Department or:
- East End Community Services - 624 Xenia Avenue - 937.259.1898
- Wesley Community Center - 3730 Delphos Avenue - 937.263.3556

Family Self-Sufficiency Department
220 Park Manor Drive
5th Floor Solarium
Dayton, Ohio 45410
Phone: 937-910-7500
Fax: 937-910-5300

If you would prefer to receive this newsletter via email, please send a request to ewilson@gdpm.org.