



Carroll County Senior and Community Centers' Newsletter FEATURING WESTMINSTER SENIOR CENTER

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Website:

<https://www.carrollcountymd.gov/government/directory/citizen-services/aging-disabilities/senior-and-community-centers/>

Mission Statement

The Carroll County Bureau of Aging & Disabilities is dedicated to providing the highest quality of services, programs and assistance to promote choice, dignity and independence for older adults, adults with disabilities and those who care for them.



**All centers will be closed February 17th
for Presidents Day**



**Join our Senior Centers for all of our
fun-filled and informative programming!**

SPECIAL "VALENTINE'S DAY"

**LUNCH EVENT:
FEBRUARY 14TH
RSVP BY:
FEBRUARY 6TH
(See page 4 for
menu)**



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.



Welcome!

Before you participate in ANY Senior Center activity you MUST complete a membership form.



NEW MEMBERS!

If this is your first visit to the center, please let the volunteers at the front desk know. They will be able to give you a tour of the center and answer any questions you might have.

Membership forms are available at the front desk. The membership form must be completely filled out and signed. The beige pages should be returned to Center staff and yellow copies are for your information.

You will receive a membership card when completed forms are returned to Center staff. This card may be used at any of the five Senior Centers in Carroll County. Please swipe your membership card at the front desk each day that you attend before you begin your activities.

HOW TO SIGN IN ON THE TOUCH SCREEN LOCATED AT THE FRONT DESK

- ♦ Please **Swipe** your **Senior Center Card** on the right side of the touch screen.
Forgot your card? Use your phone number.
- ♦ **Touch the word (s)** of each program/activity you are planning to attend **with your finger tip.** (The screen is heat sensitive and will not work if you use your finger nail or give a quick tap.) **A check mark will appear on the right side of the word(s) you've selected. It takes a moment for the check mark to appear.**
- ♦ Not finding the program/activities you want? Touch **MORE** or **BACK** to move from page to page of programs/activities.
- ♦ If you wish to cancel/remove one of your selections, touch the check mark again and it will disappear and your selection has been removed.
- ♦ When you are finished making your selections, touch **DONE**, centered near the bottom of the page. When the "OK" box comes up, please touch OK. A screen will appear thanking you for signing in.
- ♦ If you decide to participate in another program/activity that you did not select when you originally signed in that day, **swipe your card again**, touch the program/activity you want to add and touch **DONE** and **OK**. The "extra" program/activity will be added to the ones you selected when you arrived.
- ♦ Please remember to enter your volunteer hours.

The statistics we gather are used to evaluate and improve the programming we offer, show usage of our facility and determine future needs and interests!

Thank you for your assistance!

Volunteers

Being a volunteer at one of the Senior Centers can be a rewarding experience that can make a difference in the lives of many people.

Possible volunteer opportunities in the Senior Centers include:

- Decorate bulletin boards for the center
- Kitchen volunteers – setting up, serving, and clean up of lunch meal
- Plan or assist with special events/parties, activities, games and entertainment
- Receptionist/Front Desk - answer phones, assist members, give center tours
- Center photographer
- Volunteers to help decorate the Center for Special Events
- Bingo caller
- Teach classes or activities
- Community Service projects
- And numerous other opportunities to match your special skills.

Call **your local Senior Center** for volunteer opportunities.

Mt Airy Senior Center

410-386-3960

North Carroll Senior Center

410-386-3900

South Carroll Senior Center

410-386-3700

Taneytown Senior Center

410-386-2700

Westminster Senior Center

410-386-3850

Volunteers!

Don't forget to sign in every day you come in.

Please select both Volunteer Buttons - the **"Volunteer"** button in the list of the day's activities **AND** the **"Volunteer Hours"** button where you enter the number of hours worked!

FEBRUARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Reserve by 1/29</u> Meatloaf with Mushroom Gravy Mashed Potatoes Peas & Pearl Onions Cinnamon Apples Whole Grain Bread Fruit Punch 1% Milk	4 <u>Reserve by 1/30</u> Pulled Pork BBQ Sandwich on Bun Cole Slaw Pineapple Tidbits Orange Juice 1% Milk	5 <u>Reserve by 1/31</u> Chicken Breast Calvados with Apple Brandy Sauce White & Wild Rice Blend Seasoned Wax Beans Diced Peaches Whole Grain Bread Cranberry Juice 1% Milk	6 <u>Reserve by 2/3</u> Sweet & Sour Chicken Meatballs Steamed Brown Rice Broccoli Salad Pineapple Tidbits Whole Grain Bread Orange Juice 1% Milk	7 <u>Reserve by 2/4</u> Roast Turkey with Gravy Mashed Potatoes Glazed Carrots Fruit Cup Whole Grain Bread Apple Juice Fat Free Chocolate Milk
10 <u>Reserve by 2/5</u> Beef & Vegetable Stew Whole Grain Bread Chilled Pears Pineapple Juice 1% Milk	11 <u>Reserve by 2/6</u> Old Bay Chicken Breast Sandwich on Roll (Lettuce, Tomato) Cream of Tomato Soup Pepper Slaw Apple Slices 1% Milk	12 <u>Reserve by 2/7</u> Roast Pork Loin with Mushroom Gravy Braised Red Cabbage Buttered Lima Beans Whole Grain Bread Fruit Cocktail Fruit Punch Fat Free Chocolate Milk	13 <u>Reserve by 2/10</u> Chicken Parmesan Sandwich on Roll (Marinara Sauce, Provolone Cheese) Green Pea Salad Fruit Cup Orange Juice Fruited Yogurt with Crisp	14 <u>Reserve by 2/6</u> VALENTINE SPECIAL Roast Eye Round of Beef Red Skinned Potatoes Green Bean Casserole Tossed Salad with Ranch Dressing Dinner Roll Pie with Whipped Topping 1% Milk
17 CLOSED Presidents Day 	18 <u>Reserve by 2/12</u> Pineapple Glazed Ham Au Gratin Potatoes Glazed Carrots Greek Style Salad with Feta Cheese Whole Grain Bread Fruit Punch Fat Free Chocolate Milk	19 <u>Reserve by 2/11</u> SUB SPECIAL Danish Ham on Club Roll (Swiss Cheese, Let- tuce, Tomato, Onion, Mayo) Potato Salad Cole Slaw Fruit Cocktail 1% Milk	20 <u>Reserve by 2/14</u> Chicken Cordon Bleu Casserole Yellow Rice Pilaf Wax/Green Bean Medley Cucumber Salad Dinner Roll Tomato Juice 1% Milk	21 <u>Reserve by 2/18</u> American Cheeseburger on Roll (Lettuce, Tomato) Mixed Bean Creole Cole Slaw Cinnamon Apples Orange Juice Fat Free Chocolate Milk
24 <u>Reserve by 2/19</u> Roasted Pork Loin with Apple-Cranberry Glaze Dilled Carrots Mac & Cheese Broccoli Slaw Whole Grain Bread Pineapple Juice Fruited Yogurt with Crisp	25 <u>Reserve by 2/20</u> Turkey Pepperjack Ranch Sandwich on Roll (Lettuce, Tomato, Pepperjack Cheese, Ranch Dressing) Cream of Broccoli Soup Red Cabbage Slaw Apricot Halves 1% Milk	26 <u>Reserve by 2/21</u> Teriyaki Chicken Brown Rice Pilaf Peas & Carrots Diced Pineapple Whole Grain Bread Tomato Juice 1% Milk	27 <u>Reserve by 2/19</u> POTATO DAY SPECIAL Baked Potato Spinach Salad with Grape Tomatoes Ranch Dressing Chili Con Carne (Sour Cream & Cheddar Cheese) Applesauce Fruit Punch 1% Milk	28 <u>Reserve by 2/25</u> Chicken & Beef Jambalaya Steamed Baby Carrots Peach Crisp Whole Grain Bread Pineapple Juice 1% Milk
				All lunches meet the State's Senior Nutrition Program Menu Policies. Some daily menus may change by Center. Check your local Senior Center for more information.

Lunch is served Monday through Friday. See your Senior Center for times.

Cost of lunch for seniors 60 and older is a donation up to \$4.44.

Those 59 and younger pay the full price of \$4.44.

Spouses of adults over 60, regardless of age, may give a donation if they accompany their spouse. If they do not, they must pay full price if under 60.

To Eat Lunch On:	Reservation Deadline
Monday	The Wednesday before
Tuesday	The Thursday before
Wednesday	The Friday before
Thursday	The Monday before
Friday	The Tuesday before
Special Meal	6 days before

Box Lunch Menu

All Senior Centers offer a hot meal daily. However, if you would prefer, you can order one of the cold box lunches below. Same reservation dates apply as above.

See Center Staff for details.

(Box A)	(Box B)	(Box C)	(Box D)	(Box E)
Cold Cut Sandwich	Vegetarian Roasted Red Pepper & Cheese Sandwich	Cold Fried Chicken Patty Sandwich	Roast Beef and Cheddar Sandwich	Corned Beef and Swiss Sandwich
<i>(Lettuce/Tomato Garnish with Mayo and Mustard)</i>	<i>Lettuce/Tomato Garnish with Mayo and Mustard)</i>	<i>Lettuce/Tomato Garnish with Mayo and Mustard)</i>	<i>Lettuce/Tomato Garnish with Mayo and Mustard)</i>	<i>Lettuce/Tomato Garnish with Mayo and Mustard)</i>
Whole Grain Roll Fruit Juice Fruit Salad du Jour Milk	Whole Grain Roll Fruit Juice Fruit Salad du Jour Milk	Whole Grain Roll Fruit Juice Fruit Salad du Jour Milk	Whole Grain Roll Fruit Juice Fruit Salad du Jour Milk	Whole Grain Roll Fruit Juice Fruit Salad du Jour Milk

Meal Program

The meal program is designed so that no senior will be denied a meal because they cannot afford to pay a set cost.

Your donations are important to keep our meal program funded. As always, thank you for your donations!

How do I reserve a meal?

Meal reservations need to be made **three days** before you want to eat a meal at the center.

Special meals require reservations 6 days prior to the meal date. These meals include Potato Bar, Cold Cut Subs, Holiday Meals, and Parties. For your convenience, reservation dates for special meals are noted on the monthly menu.

How do I cancel a meal? Why is this necessary?

If you need to cancel a meal, please contact the center or tell a staff person as soon as possible or at least three days prior to your reservation (6 days for special meals). We understand there are emergencies & illness that may result in you not being able to cancel your meal. Failure to claim meals three times in one month will result in a meeting with center staff to discuss a possible solution.

Why do I need to pay for a meal if I don't cancel at least 3 days ahead of time?

Unsold meals due to late cancellations or no shows must be paid for out of the nutrition budget. Let's all do our part to help to cut waste from our nutrition budget. You can help us keep our meal program going so we can provide meals all year.



YOU CAN HELP PREVENT SENIOR HUNGER



By giving a donation for each meal you receive; additional meals are purchased for Carroll County seniors.

Contributions this year will help provide **over 18,000 meals to seniors** next year.

Imagine what we can accomplish together.

**The cost of
your meal is
\$4.44.**

**Help your
friends and
neighbors by
providing a
contribution.**

**Give a little,
give a lot—the
choice is
yours.**

SENIOR NUTRITION PROGRAM

Carroll County Bureau
of
Aging & Disabilities
125 Stoner Avenue
Westminster, MD 21157

410-386-3800

NEWS FLASH

WESTMINSTER SENIOR AND COMMUNITY CENTER

The Staff of Westminster Senior Center:



Erica Starr
Center Manager
410.386.3852

estarr@carrollcountymd.gov

Esther Baldwin
Assistant Manager
410.386.3854



ebaldwin@carrollcountymd.gov



Jeff Slaubaugh
Custodian



Rich Ottone
Community Services
Supervisor



WESTMINSTER SENIOR CENTER

125 Stoner Ave., Westminster, MD 21157

Monday-Friday 8:00 am-4:00 pm

410.386.3850

westminstersc@carrollcountymd.gov

<https://www.carrollcountymd.gov/government/directory/citizen-services/aging-disabilities/senior-and-community-centers/>

Westminster Senior Center Site Council Board:



President
Judy Shorb



Vice
President
Heather Bader



Secretary
Norma
Armentrout



Treasurer
Celie
Wallace



Asst. Treasurer
Joe Boone

The **Senior Inclusion Program** (SIP), is dedicated to providing opportunities for older adults with physical and intellectual disabilities to enjoy their retirement years in active lives and settings of their choosing. While many of the activities we offer take place in the Westminster Senior Center, we also participate in activities that take place at the other Senior Centers in Carroll County. We also strive to provide a full life within the local community. This includes but is not limited to volunteering with the Westminster Rescue Mission and the Humane Society, as well as community service projects for nursing homes, hospitals, and churches. We also help program participants with accessing local community events and resources.



Meet the staff



**Instruction &
Event Coordinator
Tiffany Warner**



**Christina
Green**



Diane Cook



**Donna
DeGroft**



**Ashley
Bowers**



**Alma
Balsamo**



Karen Still



**Lisa
Friedlander**



**Program Manager
Leslie Thomas**

Daily Activities⁹


MONDAY

Program	Time	Sessions	Cost
Billiards	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment Room	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am - 9:00 am 11:00 am - 11:30 am	Ongoing	Located in the Game Room
Bingo Penny Bingo 3rd Thursday Nickel Bingo	9:00 am - 11:00 am	Ongoing	Daily: Penny per card, 3rd Thursday: Nickel per card
Reminiscing & Conversation	8:00 am - 11:00 am	Ongoing	None
Stretch & Strength Video Exercise Group - Peer support without the pressure of having to be there every week	9:00 am - 10:00 am	Ongoing	Free
Needle Circle Knitting, Crocheting - helping & learning	9:00 am - 11:00 am	Ongoing	None
Tai Chi for Beginners Video Exercise Group	10:30 am - 11:30 am	Ongoing	Free
Lunch	11:30 am	Ongoing	By Reservation; See page 5 for fees
Carroll County Duplicate Bridge Call center for details ACBL Sanctioned, experienced play	12:00 pm - 3:30 pm	Ongoing	None
Drawing & Painting Class All skill levels welcome & all media types	12:30 pm - 3:00 pm	10 weeks Next session starts: In April	\$25.00 Must provide your own supplies
Keeping Fit Exercise Class Low impact exercise	12:30 pm - 1:30 pm	12 weeks Next session starts: March 16	\$25.00
Walking Indoor Exercise Walk & stretch to Leslie Sansone exercise videos	2:00 pm - 3:00 pm	Ongoing	Free

Daily Activities

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TUESDAY

Program	Time	Sessions	Cost
Billiards	8:00 am – 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment Room	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am – 9:00 am 11:00 am - 3:45 pm	Ongoing	Located in the Game Room
Bingo Penny Bingo 3rd Thursday Nickel Bingo	9:00 am – 11:00 am	Ongoing	Daily: Penny per card, 3rd Thursday: Nickel per card
Reminiscing & Conversation	8:00 am – 11:00 am	Ongoing	None
Stained Glass Space is Limited - Leave name for waitlist	8:15 am - 12:00 pm	Ongoing	\$15 one-time fee plus \$2 each class for materials
Arthritis Exercise Class	9:00 am - 10:00 am	12 weeks Next session starts: February 11	Donation; Sponsored by Koons Toyota 
Thinking Power Test your memory	10:00 am - 11:00 am	Ongoing	None
Line & Country Dance Practice	10:00 am - 11:00 am	Ongoing	Included with Thursday's class
Hand Built Pottery Space is Limited - Leave name for waitlist	11:00 am	Ongoing	\$15 one-time fee plus \$2 each class for materials
Beginner Line Dance	11:30 am - 12:30 pm	Ongoing	None
Lunch	11:30 am	Ongoing	By Reservation; See page 5 for fees
Brain Games Keep your memory fresh	12:30 pm - 1:30 pm	Ongoing	None
Tuesday Coloring Club Let out your creative side	12:30 pm - 2:30 pm	Ongoing	None
Dance Fitness (Zumba-style) Exercise Class Dance to better health	1:00 pm - 2:00 pm	10 weeks Next session starts: In March	\$25.00
Pickleball Meets at Robert Moton Center Gym	1:00 pm - 4:00 pm	Ongoing	\$10 one-time fee; Pay at WSC

Daily Activities¹¹

WEDNESDAY

Program	Time	Sessions	Cost
Billiards	8:00 am – 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment Room	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am – 9:00 am 11:00 am - 11:30 am	Ongoing	Located in the Game Room
Bingo Penny Bingo 3rd Thursday Nickel Bingo	9:00 am – 11:00 am	Ongoing	Daily: Penny per card, 3rd Thursday: Nickel per card
Reminiscing & Conversation	8:00 am – 11:00 am	Ongoing	None
Stained Glass Space is Limited - Leave name for waitlist	8:15 am - 12:00 pm	Ongoing	\$15 one-time fee plus \$2 each class for materials
Wii Bowling with Ron and Jeff	9:30 am - 11:30 am	Ongoing	None
Lunch	11:30 am	Ongoing	By Reservation; See page 5 for fees
Yoga With modifications for chair use if needed	12:00 pm - 1:00 pm	10 weeks Next session starts: February 5	\$50.00
Needle Circle Sewing, Needle point, Knitting, Crocheting, etc.	12:00 pm - 2:30 pm	Ongoing	None
Duplicate Style Bridge Lessons available	12:00 pm - 3:45 pm	Ongoing	None
Canasta	12:30 pm - 3:45 pm	Ongoing	None
Pickleball Meets at Robert Moton Center Gym	1:30 pm - 4:00 pm	Ongoing	\$10 one-time fee; Pay at WSC
Walking Indoor Exercise Walk & stretch to Leslie Sansone exercise videos	2:00 pm - 3:00 pm	Ongoing	None

Daily Activities¹²

THURSDAY

Program	Time	Sessions	Cost
Billiards	8:00 am – 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment Room	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am – 9:00 am 11:00 am - 11:30 am	Ongoing	Located in the Game Room
Bingo Penny Bingo 3rd Thursday Nickel Bingo	9:00 am – 11:00 am	Ongoing	Daily: Penny per card, 3rd Thursday: Nickel per card
Reminiscing & Conversation	8:00 am – 11:00 am	Ongoing	None
Quilting Circle - Quilting & Smiling with Stitches - Project Linus blankets community service group	9:00 am - 11:00 am	Ongoing	None
Line & Country Dance Class - Includes Tuesday practice class	10:00 am - 11:30 am	12 weeks Next session starts: In May	\$30.00
Lunch	11:30 am	Ongoing	By Reservation; See page 5 for fees
Carroll County Duplicate Bridge Call center for details ACBL Sanctioned, experienced play	12:00 pm - 3:30 pm	Ongoing	None
Afternoon at the Movies	12:30 pm - 2:30 pm	Ongoing	None
Stained Glass Space is Limited - Leave name for waitlist	12:30 pm - 3:45 pm	Ongoing	\$15 one-time fee plus \$2 each class for materials
Arthritis Exercise Class	12:45 pm - 1:45 pm	12 weeks Next session starts: In March	Donation; Sponsored by Koons Toyota 
Mahjongg Beginners welcome with one-on-one instruction available at 12:30 pm Interested? Contact Erica	12:45 pm - 3:45 pm	Ongoing	None

The Carroll County Bureau of Aging & Disabilities suggests that those interested in taking a physical activity program should consult with a medical professional before engaging in these activities. Physical exertion may be inappropriate for people with certain medical conditions. You must initial the Participation Agreement on the Membership Form prior to participating in these programs.

Daily Activities **FRIDAY**

Program	Time	Sessions	Cost
Billiards	8:00 am – 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment Room	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am – 9:00 am 11:00 am - 11:30 am	Ongoing	Located in the Game Room
Bingo Penny Bingo 3rd Thursday Nickel Bingo	9:00 am – 11:00 am	Ongoing	Daily: Penny per card, 3rd Thursday: Nickel per card
Reminiscing & Conversation	8:00 am – 11:00 am	Ongoing	None
From The Heart Needlework Group Making items for Project Linus community service	9:00 am - 12:00 pm	Ongoing	None
Lunch	11:30 am	Ongoing	By Reservation; See page 5 for fees
Experienced Pinochle	12:00 pm - 3:00 pm	Ongoing	None
Pickleball Meets at Robert Moton Center Gym	1:00 pm - 4:00 pm	Ongoing	\$10 one-time fee; Pay at WSC
Walking Indoor Exercise Walk & stretch to Leslie Sansone exercise videos	2:00 pm - 3:00 pm	Ongoing	Free

Check Out Our Exercise Classes

Dance Fitness (Zumba Gold style) Exercise Class

Tuesdays @ 1:00 pm

Ten (10) class session Cost: \$25.00

Take advantage of this excellent low-impact workout, our version of Zumba Gold. It protects your joints and muscles while raising your heart rate and improving your balance, posture, and coordination. A recent study by the American Council on Exercise (ACE) analyzed the benefits of Zumba Gold, a lower-intensity class, and found that a single session meets the exercise-intensity guidelines for improving and maintaining cardio fitness in middle-aged and older adults. And it's fun!

Arthritis Exercise Class

Tuesdays @ 9:00 am or Thursdays @ 12:45 pm

Twelve (12) class session Regular Cost: \$25.00 - * **Currently Donation Sessions** *

Benefits of Exercise for Arthritis: Good news for patients with osteoarthritis, or OA – there's new evidence that physical activity can help prevent or slow OA damage and keep joints healthy. May Delay or Prevent Hip Surgery - People with mild to moderate hip osteoarthritis may be able to delay or avoid hip surgery if they exercise, according to a new study. If you have osteoarthritis, exercise may be the single most effective non-drug treatment you can do for your body.

Keeping Fit (Seated) Exercise Class

Mondays @ 12:30 pm

Twelve (12) class session Regular Cost: \$25.00

Line Dancing Class

Thursdays @ 10:00 am & Tuesday Practice

Twelve (12) class session + practice day Regular Cost: \$30.00

Monthly Activities

Program	Date	Time	Cost
Sign Language with Karen Beginner Level	Monday February 3	9:30 am	None
Stamp It: Rubber Stamping Class Space is Limited - Leave name for waitlist	Monday February 3	12:45 pm - 3:30 pm	\$7.00
Chinese New Year Lunch 	Tuesday February 4	11:30 am	RSVP See page 5 for fees
Progressive 500 Cards Call center for more information	Tuesday February 4	12:45 pm	None
Legal Aid Monthly visit by a MD Legal Aid representative	Tuesday February 4	1:00 pm - 4:00 pm	None
Turkey Hill Experience Trip Tour of the Turkey Hill Facility	Wednesday February 5	9:00 am - 2:45 pm	Tour = \$10 Lunch On Your Own at Pizza Hut 5 seats left - Must sign up with Tiffany Warner
Memory Cafe A social engagement program for people with memory loss	Thursday February 6	10:00 am - 11:00 am	None
CCPL Puppet Theater Presents: Cinderella's Winter Ball	Friday February 7	1:00 pm - 2:00 pm	None All Ages Welcome
Knowledge Club Local, Reminiscing & Current Topics	Monday February 10	9:30 am	None
WSC Site Council Monthly Meeting - All WSC members are Site Council Members	Monday February 10	11:00 am	None
Gettysburg Museum & Visitor Center on Lincoln's Birthday	Wednesday February 12	8:45 am - 4:00 pm	Film, Cyclorama & Museum = \$14.00 for seniors Lunch On Own 5 seats left - Must sign up with Tiffany Warner by 2/7

Monthly Activities

Program	Date	Time	Cost
Baking with Christina - Valentine's Day Baking	Wednesday February 12	9:30 am	None; Must sign up by Feb 6 See Erica
Interactive Harp Music Program	Thursday February 13	10:00 am - 11:00 am	None
Valentine's Day Lunch with music by DJ Sonny	Friday February 14	11:30 am	RSVP Deadline February 6 See page 5 for fees
Closed for Holiday	Monday February 17		
Prize Bingo	Tuesday February 18	12:30 pm	Free
Fresh Conversations with Terry Serio MD Cooperative Extension Program	Wednesday February 19	10:00 am - 11:00 am	None
Sub Day Lunch	Wednesday February 19	11:30 am	RSVP Deadline February 10 See page 5 for fees
Cooking with Donna	Wednesday February 19	9:30 am	None; Must sign up by Feb 13 See Erica
Progressive 500 Cards Call center for more information	Wednesday February 19	12:45 pm	None
February Birthdays Lunch	Thursday February 20	11:30 am	RSVP Deadline February 12 See page 5 for fees
Adaptive Exercise Fun, engaging, seated exercises for movement and mobility	Friday February 21	1:00 pm	Free

Monthly Activities

Program	Date	Time	Cost
Sports Talk with Lisa	Monday February 24	9:30 am	Free
Dutch Apple Theater - “Grumpy Old Men”	Tuesday February 25	8:45 am - 5:30 pm	\$63 includes Show, Lunch & Gratuity One (1) seat left - Must sign up with Tiffany Warner
Mardi Gras Special Lunch 	Tuesday February 25	11:30 am	RSVP Deadline February 14 See page 5 for fees
Blood Pressure Screening by Carroll Hospital 	Wednesday February 26	11:00 am - 12:00 pm	None
Baked Potato Day Special Lunch 	Thursday February 27	11:30 am	RSVP Deadline February 19 See page 5 for fees
Adaptive Exercise Fun, engaging, seated exercises for movement and mobility	Friday February 28	1:00 pm	Free
Massage Seated OR Foot & Leg	Tuesday Call 410-386-3850 for March Dates	By Appointment Only	\$15.00 for 20 minutes
Stamp It: Rubber Stamping Class Space is Limited - Leave name for waitlist	Monday March 2	12:45 pm - 3:30 pm	\$7.00
Progressive 500 Cards Call center for more information	Tuesday March 3	12:45 pm	None
Legal Aid Monthly visit by a MD Legal Aid representative	Tuesday March 3	1:00 pm - 4:00 pm	None
Memory Cafe A social engagement program for people with memory loss	Thursday March 5	10:00 am - 11:00 am	None

Monthly Activities

Program	Date	Time	Cost
WSC Site Council Monthly Meeting - All WSC members are Site Council Members	Monday March 9	11:00 am	None
Interactive Harp Music Program	Thursday March 12	10:00 am - 11:00 am	None
Sub Day Lunch	Friday March 13	11:30 am	RSVP Deadline March 5 See page 5 for fees
St Patrick's Day Special 	Tuesday March 17	11:30 am	RSVP Deadline March 9 See page 5 for fees
March Birthdays Lunch 	Wednesday March 18	11:30 am	RSVP Deadline March 10 See page 5 for fees
Progressive 500 Cards Call center for more information	Wednesday March 18	12:45 pm	None
Blood Pressure Screening by Carroll Hospital 	Wednesday March 25	11:00 am - 12:00 pm	None
Baked Potato Day Special Lunch 	Wednesday March 25	11:30 am	RSVP Deadline March 17 See page 5 for fees
Orioles Opening Day Orange & Black Party Lunch	Thursday March 26	11:00 am	RSVP Deadline March 18 See page 5 for fees
** Mark Your Calendars ** Seniors On The Go EXPO	Wednesday April 15	9:00 am - 2:00 pm	None
Dutch Apple Theater - "Something Rotten"	Wednesday May 27	8:45 am - 5:30 pm	\$63 includes Show, Lunch & Gratuity Two (2) seats left - Must sign up with Tiffany Warner by March 2

Celebrate Chinese New Year

Tuesday, February 4
RSVP for Lunch by Jan 27

Lunch begins at 11:30 am

Welcome in the luck of the
4718th Chinese new year
The year of the Rat



Valentine's Luncheon

February 14

RSVP for lunch by Feb 6
Lunch begins at 11:30 am
Followed at 12:30 pm with
music by DJ Sonny



Mardi Gras

(or Fasnacht Day)

Pancake Lunch

February 25

RSVP for Lunch by Feb 14

Lunch begins at 11:30 am



ST. PATRICK'S DAY LUNCH



Tuesday, March 17 @ 11:00 am

Join us for a Yummy Corned Beef & Cabbage meal.

RSVP for lunch by 3/9

Prize for Greenest Luncheoner!



Everyone's Irish
On March 17th.



Orange & Black Party Orioles opening day

Let's Kick Off the Season Right!!

Thursday, March 26 @ 11:00 am



Senior Center Trips

If you are a Senior Center member, you may participate in any of the
5 Senior Center trips.

Please contact the Senior Center for more details.

<u>Senior Center</u>	<u>Date of Trip</u>	<u>Trip Description</u>	<u>Cost</u>	<u>Sign up Information</u>
Mt Airy 410-386-3960	March 24	Rocky Gap Casino	\$25.00	Sign ups have begun Check with center for openings
North Carroll 410-386-3900	March 26	Dutch Apple Dinner Theatre "Grumpy Old Men"	\$82.00	Sign ups have begun Check with center for openings
South Carroll 410-386-3700	April 3	Hollywood Casino Grantville, PA	\$35.00	Sign ups have begun Check with center for openings
South Carroll 410-386-3700	April 9	Museum of the Bible in Washington D.C	\$50.00	Sign ups have begun Check with center for openings
North Carroll 410-386-3900	April 9	Sight & Sound Theatre "Queen Esther"	\$107.00	Sign up starts on February 4
North Carroll 410-386-3900	April 16	Mystery Trip	\$78.00	Sign up starts on February 25
Taneytown 410-386-2700	April 18	Antietam Recreation Theater "Century of Song"	\$72.00* *Includes Dinner	Sign ups have begun Check with center for openings
Mt Airy 410-386-3960	April 22 - April 23	Dover Downs Casino & Delaware Park Casino	Deposit \$50.00 \$215.00 Single \$169.00 Double \$164.00 Triple	Sign ups have begun Check with center for openings
Mt Airy 410-386-3960	May 5	Grounds For Sculpture	\$60.00	Sign ups have begun Check with center for openings
Taneytown 410-386-2700	May 13	Sight and Sound "Queen Esther" Buffet Lunch at Miller's Smorgasbord	\$122.00	Sign ups have begun Check with center for openings

<u>Senior Center</u>	<u>Date of Trip</u>	<u>Trip Description</u>	<u>Cost</u>	<u>Sign up Information</u>
Mt Airy 410-386-3960	May 19	Rocky Gap Casino	\$25.00	Sign ups have begun Check with center for openings
North Carroll 410-386-3900	May 21	American Music Theatre “Britain’s Best”	\$74.00	Sign up date to be determined
Mt Airy 410-386-3960	May 23	A Tea Affair Lititz, Pennsylvania	\$72.00	Sign ups have begun Check with center for openings
North Carroll 410-386-3900	June 4	Totem Pole “Always Patsy Cline”	\$76.00	Sign up date to be determined
South Carroll 410-386-3700	June 8	Wind Creek Casino Bethlehem PA	\$42.00	Sign up starts on April 6
North Carroll 410-386-3900	June 14 –June 19	Wildwood, NJ	TBD	Sign ups have begun Check with center for openings
South Carroll 410-386-3700	June 25	Bingo River Cruise aboard the “Spirit of Philadelphia”	\$92.00	Sign up starts on March 2
North Carroll 410-386-3900	July 23	Fisherman’s Crab Deck & Annapolis Boat Ride	\$93.00	Sign up date to be determined
Mt. Airy 410-386-3960	July 28	Rocky Gap Casino	\$25.00	Sign ups have begun Check with center for openings
Mt Airy 410-386-3960	August 6	Senior Bingo Lunch Cruise Washington, D.C.	\$96.00	Sign ups have begun Check with center for openings

<u>Senior Center</u>	<u>Date of Trip</u>	<u>Trip Description</u>	<u>Cost</u>	<u>Sign up Information</u>
South Carroll 410-386-3700	August 10	Delaware Park	35.00	Sign up starts on June 9
North Carroll 410-386-3900	August 20	Green Grove Gardens "You're Looking at Country"	\$47.00	Sign up date to be determined
North Carroll 410-386-3900	September 3	Totem Pole "Love, Sex and the IRS"	\$76.00	Sign up date to be determined
Taneytown 410-386-2700	September 5	Dutch Apple Dinner Theatre "Remember Patsy Cline"	\$99.00	Sign ups have begun Check with center for openings
Mt. Airy 410-386-3960	September 10	Wildlife & Rail Adventure Halifax, PA	\$115.00	Sign ups have begun Check with center for openings
South Carroll 410-386-3700	September 17	Kentmoor Crab Feast	\$59.00	Sign up date to be determined
Mt Airy 410-386-3960	September 22	Rocky Gap Casino	\$25.00	Sign ups have begun Check with center for openings
South Carroll 410-386-3700	October 15	Dutch Apple Dinner Theatre "Saturday Night Fever"	\$89.00	Sign up date to be determined
South Carroll 410-386-3700	October 29	Rocky Gap Casino	\$25.00	Sign up starts on August 11
North Carroll 410-386-3900	November 8 - November 12	Christmas at the Biltmore & Pigeon Forge	Single - \$1155.00 Double - \$915.00 Triple - \$829.00	Trip is Full Stand By Only
Mt Airy 410-386-3960	November 17	Rocky Gap Casino	\$25.00	Sign ups have begun Check with center for openings
North Carroll 410-386-3900	November 19	American Music Theatre "Deck the Halls"	\$84.00	Sign up date to be determined
South Carroll 410-386-3700	December 9	American Music Theatre "Deck the Halls"	TBD	Sign up date to be determined

The Fresh Conversations program offers food, fun and friendly conversation to help you maintain your health and independence. Once a month, older adults gather together at a congregate meal site to learn from each other, sample new recipes, discuss current nutrition and health topics, and discover new ways to be active. Passionate people lead the monthly Fresh Conversations meetings and make it easy for you to stay on the path to healthy aging. People support each other by sharing creative and simple ideas for eating well and being active. Older adults have a lifetime of experiences and knowledge that have great value. So come to a meeting, enjoy good food, and let your voice be heard!



Food, Fun, & Fellowship

Join Terry Serio from UMD Extension as she continues this exciting program at the Carroll County Senior Centers. This is a monthly program that began in August 2018 and continues in 2020. Please join us at one of the Senior Centers listed below!

February Topic Inflammation

Mt Airy Senior Center
February 26, 2020
9:30 am

South Carroll Senior Center
February 18, 2020
12:30 pm

Taneytown Senior Center
February 19, 2020
11:30 am

Westminster Senior Center
February 19, 2020
10:00 am



PAYMENT OPTIONS AVAILABLE AT YOUR SENIOR CENTER

Senior Center member can use cash, check or credit cards at any of our 5 Senior Centers. This includes general donations, class payments and now, also, meal donations.

There is a \$10.00 minimum charge for all credit card payments.

**See the Center Manager for
more information.**

IMPORTANT!!

For faster service, please bring your membership card when you register for classes whether using a credit card or not. It will make for a quicker and easier transaction.



2020 Senior Center Blood Pressure Screenings

Free Blood Pressure Screenings by Carroll Hospital Staff
at your local Senior Center. See Below for more
information on dates and times.

***EXCEPTIONS**

No appointment necessary.



Mt Airy Senior Center

Second Tuesday of the month from 9:30 am to 10:30 am.

	April 14	July 14	October 13
February 11	May 12	August 11	November 10
March 10	June 9	September 8	December 8


North Carroll Senior Center

Second Wednesday of the month from 9:30 am to 11:00 am.

	April 8	July 8	October 14
February 12	May 13	August 12	November 11
March 11	June 10	September 9	December 9


South Carroll Senior Center

Second Tuesday of the month from 11:15 am to 12:30 pm.

	April 14	July 14	October 13
February 11	May 12	August 11	November 10
March 10	June 9	September 8	December 8


Taneytown Senior Center

Fourth Thursday of the month from 9:00 am to 10:30 am.

	April 23	July 23	October 22
February 27	May 28	August 27	*November 19
March 26	June 25	September 24	*December 17

Westminster Senior Center

Fourth Wednesday of the month from 11:00 am to 12:00 pm

	April 22	July 22	October 28
February 26	May 27	August 26	November 25
March 25	June 24	September 23	*December 16





The flu is a contagious illness caused by flu viruses that infect the nose, throat and lungs.
EVERYONE is at risk for getting the flu!

Protect yourself, your loved ones and your community by getting the flu vaccine each year.

- **EVERYONE** 6 months and older needs to be vaccinated—to protect themselves as well as their loved ones, coworkers and those around them! You cannot get the flu from the flu vaccine.
- The flu can cause serious health problems especially in children younger than age 2, adults 65 and older, and adults and children who already have health conditions.
- The flu vaccine is changed each year to cover current strains, so it's important to get the vaccine **EVERY** year.
- Getting the flu vaccine can reduce flu illness and missed work and school due to flu. The vaccine has also been shown to reduce the risk of flu hospitalization and flu-related deaths in children.
- Ask for the quadrivalent vaccine, which protects against an additional strain of the flu compared to the trivalent.
- To prevent flu germs from spreading, wash your hands often with soap and water. If you can't wash your hands, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- Make your plan to protect yourself and others! Talk to your health care provider for more information and guidance.



Carroll County
Health Department



Public Health
Protect. Promote. Prevent.



For resources and more information, visit the Carroll County Health Department website at cchd.maryland.gov/flu and Carroll Hospital's website at CarrollHospitalCenter.org/seasonal-flu

Thank you Koons!

Exercise Classes Benefiting from Koons Toyota Donation!

In 2020, *Koons Toyota* will again be supporting the Senior Centers of Carroll County with another generous donation for our fitness programs. As we move through the year, each Senior Center's portion of the *Koons* donation is being put toward offsetting the costs of some of their fitness classes. This is the sixth year that *Koons* has honored the Senior Centers with a donation and we look forward to their continued support of our wonderful programs.

Thank you Koons, for supporting our fitness classes and sharing your belief in good health with our seniors.

Many of our classes have already benefited from Koons' generous donation. Come exercise with us.

Attention!

Because class fees are necessary to pay our instructors, we ask that:

- 👉 Payment for the class session is made on the first day of class.
- 👉 Seniors who join a class after the beginning of the session, must still pay the full cost of the class.
- 👉 Should a class need to be cancelled due to inclement weather or instructor illness, a makeup date for that class will be scheduled.
- 👉 Periodically throughout the year, we offer a variety of physical activity classes sponsored by Koons Toyota. All centers receive funds towards these classes. Donations that are collected for these classes are used to provide additional Koons Donation classes throughout the year.
- 👉 Please inquire about scholarships if you are unable to afford a class.

Our goal is to keep our seniors healthy and active!

Start dates may change due to instructor availability

BEFORE STARTING A PHYSICAL ACTIVITY PROGRAM

The Carroll County Bureau of Aging & Disabilities suggests that those interested in participating in a physical activity program should consult with a medical professional before engaging in these activities. Physical exertion may be inappropriate for people with certain medical conditions. You must initial the Participation Agreement on the Membership Form prior to participating in these programs.



**THE EXERCISE EQUIPMENT ROOM IS OPEN
MONDAY THROUGH FRIDAY
8:00 am to 3:45 pm**



INSTRUCTIONS FOR USING THE EXERCISE ROOM EQUIPMENT

- Bring a clean pair of shoes to use on the exercise equipment. No street shoes, sandals or flip flops. Shoes that are worn outside have imbedded dirt and stones that can get into the machines.
- If you are unsure how to use a piece of equipment, please ask for assistance.
- A personal trainer is available, for a small fee, to provide instruction on all the pieces of equipment and help you set up an exercise routine. Please let the center manager know if you are interested in a personal trainer. (Not available at all centers)
- Clean the equipment before and after use. Spray the paper towel with the cleaner provided. Wipe down the equipment. Wipe down the handle bars and the seats. Please DO NOT spray directly onto the equipment.

Donations are always gladly accepted towards the maintenance of the equipment and purchase of replacement equipment.

Inclement Weather Policy for Carroll County Senior Centers

Senior and Community Centers are **OPEN** at 8:00 am in inclement weather **UNLESS**:
The **Carroll County Government Offices are closed** then the **Carroll County Senior Centers are closed.**
The **Carroll County Government opens late or close early** then the **Carroll County Senior Centers open late or close early.**

Please listen to local radio or TV stations for up to date information.



**If Carroll County Public
Schools are CLOSED:**

- Modified meals will be served
- No Senior programs/classes will be held
- All scheduled rides to the Centers are automatically **CANCELLED.**
- **Riders who still wish to attend the Center must contact Carroll Transit System (CTS) and re-request a pick up by leaving a voicemail with CTS.**

CTS

410-363-0622

For info on
cancellations

listen to:

WTTR, WBAL (11) or
WJZ (13)

carrolltransitsystem.com

**If Carroll County Public Schools
are 2 (two) HOURS LATE:**

- Modified meals will be served
- Call your Senior Center to see if programs/classes have been cancelled.
- **Carroll Transit System (CTS) may run on a modified schedule. Please call them to confirm or cancel your ride.**

Trailblazer Shuttle Riders

Please follow the postings specific to Carroll Transit System delays and closings.

COMMUNITY SERVICE PROJECTS

DON'T FORGET ABOUT OUR ONGOING COMMUNITY SERVICE PROJECTS!

Please check with your Senior Center for more details.

These projects continue to provide help to various groups. We need your help. Stop by the table in the lobby to drop off items in the boxes on display.



PULL TABS: Pull tabs are found on soda cans, canned vegetables and soups and pet food. The tabs are being collected for the Ronald McDonald House in Baltimore. The Ronald McDonald Houses act as a home away from home so families can stay close to their children who are in the hospital.



EYE GLASSES AND HEARING AIDS: The local Lions Club collects and recycles glasses and hearing aids in the community.



BOX TOPS LABELS FOR EDUCATION: We are collecting these for local Carroll County Schools. They must have current (or future) dates to be valid.

CANCELLED POSTAGE STAMPS: Stamps are collected and given to patients at Asbury Methodist Home or the Wounded Warrior Project for various projects.



CELL PHONES: Old cell phones are collected at the front desk to be recycled.



USED GREETING CARDS: Collected for ARC projects. Please submit the **entire cards** for ARC's use. They are using the cards in a variety of ways now so they have changed their requirement. This includes **ALL cards** no matter what the occasion.



PRINTER INK CARTRIDGES: Used printer ink cartridges—desk-jet, ink-jet and laser jet cartridges for recycling. North Carroll and Westminster Senior Centers collect these cartridges for recycling.



Other Projects

Food Pantry - Drop off non-perishable food items in designated locations

Coupon Exchange - Coupons are used for exchange and military personnel. If possible please clip coupons. For military use in PX, they can be expired by 3 months.

Project Linus: Accepting donations of new blankets, afghans, and quilts to comfort those in the hospital. We also welcome donations of yarn for people to make blankets.



Pillowcase Dress/Shorts Project - Help make girls' dresses or boys' shorts. We will also accept donations of fabric, thread, needles, notions, etc.

Humane Society - Accepting food, toys, & cleaning supplies

Shepherd's Staff - When shopping at Amazon.com, a percentage of your sales will go to Shepherd's Staff. Log on to Shepherd's Staff website: www.shepstaff.org to access the Amazon site and have a percentage of your sales donated to Shepherd's Staff.



2020 Legal Aid Clinic Dates in Carroll County Senior Centers

Carroll County residents who are 60 years or older can get free legal assistance, courtesy of the Bureau of Aging & Disabilities. Services are provided through the Mid-Western Maryland Office of the Legal Aid Bureau. Older adults can call the Legal Aid Bureau from 9:30 am to 4:00 pm on

Mondays – Thursdays with questions. Legal Aid Bureau phone numbers are: 1-800-679-8813 or 301-694-7414.

Older adults can also attend walk-in clinics that will be held between 1:00 – 4:00 pm on the following **Tuesdays**:

February 4, 2020	Westminster Senior Center
February 18, 2020	Taneytown Senior Center
March 3, 2020	Westminster Senior Center
March 17, 2020	South Carroll Senior Center
April 7, 2020	Westminster Senior Center
April 21, 2020	Mt Airy Senior Center
May 5, 2020	Westminster Senior Center
May 19, 2020	North Carroll Senior Center
June 2, 2020	Westminster Senior Center
June 16, 2020	Taneytown Senior Center
July 7, 2020	Westminster Senior Center
July 21, 2020	South Carroll Senior Center
August 4, 2020	Westminster Senior Center
August 18, 2020	Mt Airy Senior Center
September 1, 2020	Westminster Senior Center
September 15, 2020	North Carroll Senior Center
October 6, 2020	Westminster Senior Center
October 20, 2020	Taneytown Senior Center
November 10, 2020	Westminster Senior Center
November 24, 2020	South Carroll Senior Center
December 1, 2020	Westminster Senior Center
December 15, 2020	Mt Airy Senior Center

**Carroll County Bureau
of Aging & Disabilities**



TRANSPORTATION

CARROLL TRANSIT SERVICE

(Operated by Ride With Us)

Call 410-363-0622



Carroll Transit provides transportation to the Senior Center Monday through Friday by appointment only. (Appointments are not needed for Trailblazer routes.)

- **Seniors can ride at a reduced rate—\$2.00 one way—to the Senior Centers between the hours of 8 AM—4 PM**
- **Seniors riding the Carroll Transit buses to/from the Senior Centers should contact Carroll Transit Service to arrange their ride. Please call 410-363-0622.**
- **Reservations and cancellations are accepted 7:00 AM to 5:00 PM, Monday through Friday. If you do not cancel your ride, you will be charged a \$2.00 no-show fee!**
- **If the senior needs to cancel their ride during the week to the Senior Center, it is the SENIOR'S responsibility to call Carroll Transit and make the cancellation.**
- **If you have difficulty reaching Carroll Transit, please contact the Senior Center so we may assist you.**

Carroll Transit Service TICKET SALES

- **Seniors age 60+ who reside in Carroll County and attend activities at the center, may purchase up to five(5) ticket books per month at \$5.00 each.**
- **Also, we have a limited supply of Carroll Transit Service tickets available for a donation. Donation books are limited to one book per person per month while our supply lasts.**
- **Since the number of Carroll Transit tickets each month is limited, they are available to seniors beginning the first work day of each month. Please see the Center Manager for Carroll Transit Service tickets.**

CTS tickets cannot be sold to businesses or agencies.



Carroll County Government Veterans Transportation Shuttle Program

The Veterans Transportation Shuttle Service is provided by Carroll Transit System (CTS) operated by Ride With Us. The Veterans Shuttle provides service to specified Veterans Administration (VA) medical sites. There is no cost to the veteran or his/her personal care assistant to ride the shuttle.

HOW TO RIDE

- **STEP 1:** All Veterans must be pre-qualified to use the Veterans Shuttle. To register, or for general questions, please contact the Carroll County Bureau of Aging & Disabilities (BOAD) at (410) 386-3800.
- **STEP 2:** Once your registration is complete, call Carroll Transit System (CTS) operated by Ride With Us at (410) 363-0622 to schedule transportation to a VA Medical facility. You must call CTS at least **two (2) business days** in advance of your appointment.

VETERANS SHUTTLE OPERATIONS

The Veterans Shuttle operates Monday - Friday (except holidays) on a first come, first served basis. In the event of inclement weather, the Veterans Shuttle follows the CTS operating schedule. Veterans are encouraged to schedule their medical appointments between 10am and 2pm. For inquiries about the Veterans Shuttle operations, call CTS at (410) 363-0622 or visit www.carrolltransitsystem.com

SERVICE LOCATIONS / SCHEDULED RUNS

To Baltimore VA Medical Center on Greene Street, the Loch Raven Center on Loch Raven Boulevard, Fort Detrick, MD Outpatient Clinic and the Martinsburg VA Medical Center in West Virginia.

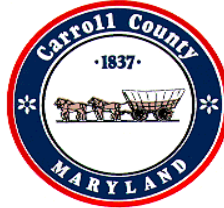
Riders can board the shuttle at either:

8:00AM—Carroll County Bureau of Aging & Disabilities, 125 Stoner Ave., Westminster

8:30AM—Shoppers, 6300 Georgetown Blvd., Sykesville (Front of Store)



Dedicated Volunteers Needed!



**The Carroll County Long Term Care Ombudsman (LTCO)
Program
is seeking dedicated individuals to serve as volunteers.**

SOME OF THE KEY FUNCTIONS OF LTCO VOLUNTEERS ARE:

- * **Quality Advocacy Visits (QAV) to improve resident's quality of life and care.**
- * **Identify, investigate and resolve complaints made by or on behalf of residents living in Nursing Homes and Assisted Living Facilities.**
- * **Provide information to residents about their rights.**
- * **Make a difference in the lives of those living in Nursing Homes & Assisted Living Facilities**

**For more information about the program or training requirements,
please call:**

**Gail Gannon at (410) 386-3810 or
Tina Linder at (410) 386-3817**

**To be considered for the program, participation in training program is required
in addition to supervised site visits. Training is free to attendees.**



VETERAN

* * * * *

Services Program of Carroll County

Carroll County Veterans Services Program offers services to Veterans of any age, a widow or widower of a veteran, a child of a deceased or disabled Veteran and parents who lost a son or daughter in military service.

Veterans Services Provided

- ◆ Collaborate with the United States Department of Veteran Affairs, Maryland Department of Veterans Affairs and Veterans Service Organizations in securing benefits for Veterans.
- ◆ Assist Veterans with obtaining their military discharge (DD214).
- ◆ Help with preparing and submitting compensation/pension claims to the Veterans Benefits Administration.
- ◆ Link veterans to the VA Healthcare system, advocate for veterans and their families and connect veterans to other community agencies, services and providers
- ◆ Track claims and assist with additional development requests made by the Veterans Benefits Administration.
- ◆ Assist with denied claims by filing Notices of Disagreement or filing Appeals to reverse the negative decision.
- ◆ Veterans Assistance Program/Case Management Services

FREE VETERANS SHUTTLE

- ◆ Free shuttle to transport Veterans to four VA medical facilities: Baltimore, Loch Raven, Ft. Detrick and Martinsburg, WV
- ◆ Pick up at convenient, centralized locations
- ◆ Caregivers also ride for free

**Located within the
Carroll County Bureau of Aging &
Disabilities
125 Stoner Avenue
Westminster, MD 21157
410-386-3800
www.carrollveterans.com**



Information - Aging & Disability Services

Maryland Access Point (MAP)

Maryland Access Point is a resource for information and assistance about long-term services and supports, particularly for older adults and individuals with disabilities. If you or someone you know needs community services to avoid a nursing home stay or help with shopping, chores or personal assistance because of a disability, MAP is a gateway, guide, and a single entry point to long-term services and programs within the Bureau of Aging & Disabilities and other service providers in Carroll County.

Staff visits each center monthly, except for July and December. Staff can provide free assistance in completing applications for the following programs:

- Energy Assistance
- Renters' Tax Credit
- Homeowners' Tax Credit
- Qualified Medicare Beneficiary (QMB)
- Specified Low-Income Medicare Beneficiary (SLMB)
- Food Stamps
- Medicare Prescription Plan Comparisons and Enrollments.

Referrals are made to supporting services and community agencies. Walk-ins are welcome for information only. Information is available concerning:

- Caregiving
- Housing options
- Medicine costs
- Transportation
- Legal problems as well as other topics

If you would like to meet with staff, call 410-386-3800 to schedule an appointment.

Senior Center Satellite Office Schedule

Mt Airy

2nd Wednesday of each month - 10:00 am

North Carroll

4th Wednesday of each month - 10:00 am

South Carroll

1st Thursday of each month - 10:00 am

Taneytown

3rd Thursday of each month - 10:00 am



State Health Insurance Assistance Program (SHIP)

If you would like to meet with staff, call 410-386-3800 and to schedule an appointment.

Trained health insurance counselors are available on an appointment basis to help individuals with questions and problems regarding:

- Medicare
- Medigap
- Health Maintenance Organizations (HMO's)
- Long-Term Care
- Qualified Medicare Beneficiary
- Pharmacy Assistance

Senior Medicare Patrol (SMP)

If you would like to meet with staff, call 410-386-3800 and to schedule an appointment.

Project SMP is a health care fraud, waste and abuse project administered by the Maryland Department of Aging through the U.S. Department of Health and Human Services and the Administration on Aging. The SMP mission is to increase senior awareness of health care fraud, waste and abuse and to mobilize national, state, and community resources to work together in resolving and publicizing health care fraud concerns.

Long Term Care Ombudsman Program (LTCOP)

Do you have questions about Nursing Home or Assisted Living Facilities?

The Carroll County Bureau of Aging & Disabilities' Long Term Care Ombudsman Program provides a valuable resource to assist you in learning about nursing homes and assisted living facilities. The LTCOP helps residents in long-term care facilities maintain their legal rights, control over their lives, and personal dignity.

The Carroll County LTCOP visits all nursing homes and assisted living facilities monthly and provides a number of services including:

- Providing information about the nursing homes and assisted living facilities located in the County.
- Educating the public about residents' rights and good care practices.
- Investigating and working to resolve residents' problems and complaints.
- Advocating for the health, safety, welfare, and rights of residents of nursing homes and assisted living facilities.
- Providing confidential consultations to protect the identity of those raising a concern or making a complaint.
- Volunteer opportunities for community involvement.

THERE IS NEVER A CHARGE FOR THE LONG TERM CARE OMBUDSMAN SERVICES. TO LEARN MORE OR TO TAKE ADVANTAGE OF THIS RESOURCE, CALL 410-386-3800

Senior Care Program

The Senior Care System provides case management and funds for services for people 65 or older who may be at risk of nursing home placement. Senior Care allows older adults to live with dignity and in the comfort of their own homes and at a lower cost than nursing facility care. Senior Care provides a comprehensive assessment of an individual's needs, a case manager to secure and coordinate services, and a pool of gapfilling funds to purchase services for individuals who meet program eligibility requirements. Services may include personal care, chore service, medications, medical supplies, adult day care, respite care, home delivered meals, transportation, and emergency response systems.

Financial Requirements

Individual: No more than \$2,904 per month / \$11,000 assets

Couple: No more than \$3,797 per month / \$14,000 assets

For further information and to access to Senior Care Services, please contact the Carroll County Bureau of Aging & Disabilities
MAP Information and Assistance Office at 410-386-3800.

Home Delivered Meal Program

The Bureau of Aging & Disabilities' Home Delivered Meal Program is for people 60 years and older and their spouse of any age, who are homebound and cannot shop for food or prepare meals because of illness and/or chronic physical disabilities. The driver who brings the meals also provide social stimulation. People may request home delivered meals for themselves, or anyone may make a referral on a senior's behalf.

For more information on the home delivered meals program, please contact:
 The Carroll County Branch of Meals on Wheels of Central Maryland
 255 Clifton Boulevard - Suite 312
 Westminster, MD 21157
 410-857-4447





MORE THAN A MEAL...

VOLUNTEER!



**LOOKING FOR A FUN, EASY AND REWARDING
WAY TO SERVE YOUR COMMUNITY?**

**Meals on Wheels of Central Maryland is in need of
volunteers in Carroll County.**

**Volunteers are needed to deliver meals, grocery shop,
be a phone pal or a friendly volunteer companion for
homebound individuals in Carroll County.**

**To learn more about volunteer opportunities,
please contact Volunteer Services at:**

(443) 573-0925

volunteer@mowcm.org



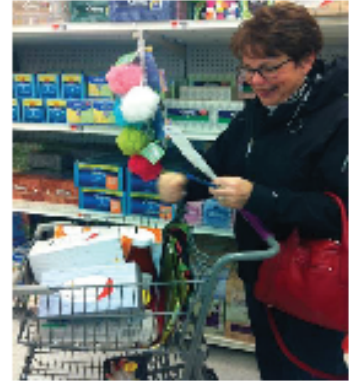


Meals on Wheels of Central Maryland (MOWCM) provides a number of core programs and support services for our home-delivered meal clients which can prevent premature institutionalization and increase quality of life.

Programs:

Grocery Assistance Program—

- Volunteer shops with your list while you're in the comfort of your own home
- Volunteers can go to two stores per trip
- No delivery fee; pay only for your items purchased
- Assistance shelving groceries in your home
- Schedule determined by volunteer and client together
- Can pay using your EBT (SNAP) card or personal check



Support Services:

Phone Pals—

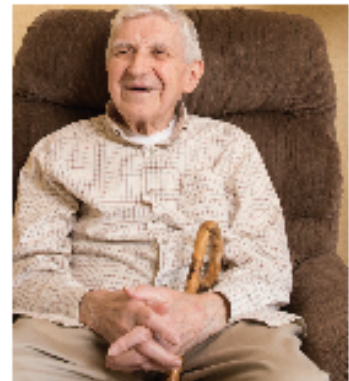
- Must receive home-delivered meals or grocery assistance
- Receive a friendly phone call once a week
- Can be paired with a volunteer or a fellow client
- Matches based on shared interests

Kibble Connection—

- Completely free pet food for our clients with cats or dogs
- Can support up to 3 pets
- Food delivered four times a year (3-month supply)
- Partnership with the MDSPCA
- Must receive home-delivered meals or grocery assistance

Friendly Volunteer Companions—

- Twice monthly visit from a friendly volunteer
- Each visit lasts approximately one hour
- Receive two phone calls a month in addition to the visits
- Play games, watch TV, discuss books, whatever fun activities you like!



For more info visit: mealsonwheelsmd.org or call: 410-558-0932

United Way Campaign #: 8094 | Maryland Charity Campaign #: 52-6074723
Combined Federal Campaign #: 85588 | Combined Charity Campaign (Baltimore City employees) #: 8094



MEDICARE 2020

Sponsored By: Carroll County Bureau of Aging & Disabilities

Join us for a free one hour workshop from **5 pm – 6 pm (Unless noted otherwise)** at the libraries listed below to learn about Medicare.

LIBRARY	TRANSITIONING MEDICARE Part I	TRANSITIONING MEDICARE Part II
Westminster Library 50 East Main St. Westminster	February 5 (Wed) March 18 (Wed) April 1 (Wed) May 6 (Wed) September 2 (Wed) October 7 (Wed) November 4 (Wed) December 2 (Wed)	February 12 (Wed) March 25 (Wed) April 8 (Wed) May 13 (Wed) September 9 (Wed) October 14 (Wed) November 12 (Thurs) December 10 (Thurs)
North Carroll Library 2255 Hanover Pike, Hampstead	May 12 (Tue) @ 5:30 pm	May 19 (Tue) @ 5:30 pm
Finksburg Library 2265 Old Westminster Pk, Finksburg	June 22 (Mon) @ 5:30 pm	June 29 (Mon) @ 5:30 pm
Taneytown Library 10 Grand Drive, Taneytown	July 21 (Tue)@ 5:30 pm	July 28 (Tue) @ 5:30 pm
Eldersburg Library 6400 Hemlock Drive, Eldersburg	August 3 (Mon) @ 6:00 pm	August 10 (Mon) @ 6:00 pm
Mt. Airy Library 705 Ridge Ave., Mt. Airy	TBA	TBA

The Bureau of Housing and Community Development will be extending hours to better assist clients!

10 Distillery Drive, Suite 101

Westminster, MD 21157

Phone (410) 386-3600 Fax (410) 876-5255

Hours of Operation: Monday through Friday 8 am to 5 pm

Extended Hours at the Distillery Building

Last year, the Carroll County Housing & Community Development started offering limited evening hours. To better assist clients, one week per month the Housing agency will extend its hours of operation from 8:00 am to 7:00 pm.

Please contact the Housing office for further information:

As an additional benefit Housing staff will be coming to all of the Senior Centers to discuss:

- 1.The process of applying for a voucher
- 2.The eligibility process for being qualified and verified to receive a Housing Voucher
- 3.How are payments calculated
- 4.Finding a unit and inspections, housing quality standards, tenant responsibilities
- 5.Procedure for signing a lease
- 6.Security deposits
- 7.Terminations , evictions, Family Obligations
- 8.Tenant rights, discrimination, Fair Housing, reasonable accommodations

<u>Center</u>	<u>Area</u>	<u>Date</u>	<u>Time</u>	<u>Housing Staff</u>
February 2020				
Sunnybrook		February 4th	9:00 am to 12:00 pm	Sharon Meekins
School at Hampstead		February 11th	9:00 am to 12:00 pm	Barbara Wheeler
Taneytown	Center Library	February 13th	9:00 am to 12:00 pm	Sharon Meekins
South Carroll	Conference	February 18th	9:00 am to 12:00 pm	Robin List
March 2020				
Westminster	Conference	March 9th	9:00 am to 12:00 pm	Sharon Meekins
North Carroll	Conference	March 19th	9:00 am to 12:00 pm	Robin List
Mt Airy	Quilting Room	March 26th	9:00 am to 12:00 pm	Barbara Wheeler


MARYLAND
 Department of Aging

SENIOR CALL CHECK

PEACE OF MIND FOR THOSE HOME ALONE



1 (866) 502-0560
aging.maryland.gov

How The Program Works

This **free service** will place an automated daily call to you at a regularly scheduled time. If the call is not picked up after **three attempts**, the service will call an **alternate person** on your behalf to check on you.

Do I Qualify?

All you need to qualify for this free service is:

- ☐ Be a Maryland resident aged **sixty-five plus**.
- ☐ Have an **active** land line phone or cell phone.

How to Sign Up

To sign up **online**, go to: **aging.maryland.gov**
 To sign up **over the phone**, call: 1 (866) 502-0560

Questions?

Call 1 (866) 502-0560
 Monday to Friday 8:30 AM to 5 PM (*excluding holidays*)

Or:
aging.maryland.gov/Pages/senior-call-check.aspx


MARYLAND
 Department of Aging

Larry Hogan
 Governor

Boyd K. Rutherford
 Lt. Governor

Rona E. Kramer
 Secretary



Access to Assisted Living for Older Adults
PROGRAM OPENINGS AVAILABLE!
Please call to inquire

Senior Assisted Living Group Housing Subsidy (SALGHS)

SALGHS provides financial assistance for a limited number of eligible
 Individuals age 62 and older.

THE MAXIMUM MONTHLY SUBSIDY IS \$650

ELIGIBILITY REQUIREMENTS:

1. Asset Limitation: \$11,000 per individual
 \$14,000 per couple
2. Income Limitation: \$2,904 gross per month per individual
 \$3,797 gross per month per couple
3. Functional Assessment regarding Activities of Daily Living
4. 62 years of age or older

For more information and / or an application, contact
Kristen Harvey
 at

Carroll County Bureau of Aging & Disabilities
410-386-3800