

# MARCH

## Carroll County Senior and Community Centers' Newsletter FEATURING NORTH CARROLL 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.

**FIRST DAY OF  
Spring**  
MARCH 20

2:00 am Sunday  
Mar 8, 2020 - Daylight Saving Time Starts

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



**SENIORS ON THE GO**  
**AN AGING & DISABILITIES EXPO**  
APRIL 15th, 2020 - 9:00 AM to 2:00 PM  
See page 30 for details

### SPECIAL "ST. PATTY'S DAY"

LUNCH EVENT:

MARCH 17TH

RSVP BY:

MARCH 9TH

(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](mailto: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!

# March MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> <u>Reserve by 2/26</u> Tuna Sandwich on Rye (Lettuce, Tomato) Split Pea Soup 3-Bean Salad Tropical Fruit Apple Juice Fat Free Chocolate Milk</p>	<p><b>3</b> <u>Reserve by 2/27</u> Roasted Pork Loin with Dijon Mustard Sauce Italian Tomato Basil Salad Seasoned Kale Mashed Potatoes Dinner Roll Apple Slices 1% Milk</p>	<p><b>4</b> <u>Reserve by 2/28</u> Grilled Chicken with Creamy Mushroom Sauce Harvest Rice Blend Wax/Green Bean Medley Whole Grain Bread Cinnamon Applesauce Orange Juice 1% Milk</p>	<p><b>5</b> <u>Reserve by 3/2</u> Roast Turkey with Gravy Mashed potatoes Harvard Beets Copper Pennies Fruit Cup Whole Grain Bread 1% Milk</p>	<p><b>6</b> <u>Reserve by 3/3</u> Beef Stroganoff Yellow Rice Pilaf Mixed Vegetables Tropical Fruit Whole Grain Bread Apple Juice 1% Milk</p>
<p><b>9</b> <u>Reserve by 3/4</u> Curried Chicken Salad on a bed of Baby Spinach and Grape Tomatoes Multi Bean Soup Pepper Slaw Dinner Roll Mandarin Oranges Fat Free Chocolate Milk</p>	<p><b>10</b> <u>Reserve by 3/5</u> Meatloaf with Mushroom Gravy Mashed Potatoes Peas &amp; Pearl Onions Cinnamon Apples Whole Grain Bread Fruit Punch 1% Milk</p>	<p><b>11</b> <u>Reserve by 3/6</u> Pulled Pork BBQ Sandwich on Bun Cole Slaw Pineapple Tidbits Orange Juice 1% Milk</p>	<p><b>12</b> <u>Reserve by 3/9</u> Chicken Breast Calvados with Apple Brandy Sauce White &amp; Wild Rice Blend Seasoned Wax Beans Diced Peaches Whole Grain Bread Cranberry Juice 1% Milk</p>	<p><b>13</b> <u>Reserve by 3/5</u> <b>SUB SPECIAL</b> Italian Cold Cut on Roll (Provolone, Italian Dressing, Mayo, Lettuce, Tomato) Potato Salad Cole Slaw Fruit Cocktail 1% Milk</p>
<p><b>16</b> <u>Reserve by 3/11</u> Roast Turkey with Gravy Mashed Potatoes Glazed Carrots Fruit Cup Whole Grain Bread Apple Juice Fat Free Chocolate Milk</p>	<p><b>17</b> <u>Reserve by 3/9</u> <b>ST PATTY'S SPECIAL</b> Corned Beef Red Skin Potatoes Steamed Cabbage Copper Pennies Corn Muffin Sheet Cake Cranberry Juice 1% Milk</p>	<p><b>18</b> <u>Reserve by 3/13</u> Old Bay Grilled Chicken Sandwich on Roll (Lettuce, Tomato) Cream of Tomato Soup Pepper Slaw Apple Slices 1% Milk</p>	<p><b>19</b> <u>Reserve by 3/16</u> Roast Pork Loin with Mushroom Gravy Braised Red Cabbage Buttered Lima Beans Whole Grain Bread Fruit Cocktail Fruit Punch Fat Free Chocolate Milk</p>	<p><b>20</b> <u>Reserve by 3/17</u> Chicken Parmesan Sandwich on Roll (Marinara Sauce, Provolone) Green Pea Salad Fruit Cup Orange Juice Fruited Yogurt with Crisp</p>
<p><b>23</b> <u>Reserve by 3/18</u> Salisbury Steak with Gravy Mashed Potatoes Seasoned Greens Moroccan Chickpea Barley Salad Whole Grain Bread Grape Juice 1% Milk</p>	<p><b>24</b> <u>Reserve by 3/19</u> Grilled Chicken and Pasta Salad served on bed of Baby Spinach Tomato Soup Corn Muffin Mandarin Oranges 1% Milk</p>	<p><b>25</b> <u>Reserve by 3/17</u> <b>SPECIAL</b> Baked Potato Spinach Salad with Grape Tomatoes Ranch Dressing Chili Con Carne Applesauce Fruit Punch 1% Milk</p>	<p><b>26</b> <u>Reserve by 3/23</u> Pot Roast with Burgundy Gravy Stew-Cut Vegetables Whole Grain Bread Mandarin Oranges Apple Juice 1% Milk</p>	<p><b>27</b> <u>Reserve by 3/24</u> Chicken Cordon Bleu Casserole Yellow Rice Pilaf Wax/Green Bean Medley Cucumber Salad Dinner Roll Tomato Juice 1% Milk</p>
<p><b>30</b> <u>Reserve by 3/25</u> American Cheeseburger (Lettuce, Tomato) Mixed Bean Creole Cole Slaw Cinnamon Apples Orange Juice Fat Free Chocolate Milk</p>	<p><b>31</b> <u>Reserve by 3/26</u> Roasted Pork Loin with Apple-Cranberry Glaze Dilled Carrots Mac &amp; Cheese Broccoli Slaw Whole Grain Bread Pineapple Juice Fruited Yogurt with Crisp</p>			<p>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.</p>

**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)
<b>Cold Cut Sandwich</b>	<b>Vegetarian Roasted Red Pepper &amp; Cheese Sandwich</b>	<b>Cold Fried Chicken Patty Sandwich</b>	<b>Roast Beef and Cheddar Sandwich</b>	<b>Corned Beef and Swiss Sandwich</b>
<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>
<b>Whole Grain Roll Fruit Juice Fruit Salad du Jour Milk</b>	<b>Whole Grain Roll Fruit Juice Fruit Salad du Jour Milk</b>	<b>Whole Grain Roll Fruit Juice Fruit Salad du Jour Milk</b>	<b>Whole Grain Roll Fruit Juice Fruit Salad du Jour Milk</b>	<b>Whole Grain Roll Fruit Juice Fruit Salad du Jour Milk</b>

**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.



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

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

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

# **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.

## **SENIOR NUTRITION PROGRAM**

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

410-386-3800

# North Carroll Senior and Community Center



**Address:**  
2328 Hanover Pike  
Hampstead, MD 21074

**Email:**  
northcarrollsc@  
carrollcountymd.gov

**Hours:**  
Monday—Friday  
**8:00 AM — 4:00 PM**

**Phone:** 410.386.3900

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

## SENIOR CENTER STAFF

**Center Manager:**  
Lori Ash



**Center Assistant:**  
Pam Kadel



**Center Custodian:**  
Sean Uhler



**Community Services Supervisor**  
Rich Ottone



# SPRING

*Is in the air*

## SITE COUNCIL

**President:**  
David "Doc" Doxzen



**Vice President:**  
Sharon Rehrer



**Treasurer:**  
Linda Ridgley



**Assist. Treasurer:**  
Mary Andrews



**Secretary:**  
Shirley Isaac



# Daily <sup>8</sup> Activities


## MONDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am – 3:45 pm	Ongoing	None
Woodshop	8:00 am – 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Woodcarving	9:00 am - 12:00 pm	Ongoing	None
Quilting Bee	9:00 am - 12:00 pm	Ongoing	None
Hearts Card Game	10:30 am - 3:00 pm	Ongoing	None
Fun & Fitness	10:00 am - 11:00 am	<b>10 - 12 weeks</b> Next session starts: <b>April 6</b>	\$25.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Tai Chi II	11:00 am - 12:00 pm	<b>10 weeks</b> Next session starts: <b>March 30</b>	\$30.00
Lunch	12:00 pm	Ongoing	<b>By Reservation;</b> <b>See page 5 for</b> <b>fees</b>
Tai Chi I	12:00 pm - 1:00 pm	<b>10 weeks</b> Next session starts: <b>March 30</b>	<b>\$30.00</b>
Polymer Clay Class	1:00 pm - 3:00 pm	Ongoing	\$5.00 per class
<b>Pickle ball: North Carroll High School Gym</b> Beginners/ Intermediate Advanced	1:00 pm - 4:00 pm	Ongoing	Contact CC Rec & Parks for fee 410-386-2103



# Daily Activities

**TUESDAY**

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 3:45 pm	Ongoing	None
Puzzles	8:00 am – 3:45 pm	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am - 3:45 pm	Ongoing	None
Woodshop	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Instrumental Music Lessons	Scheduled by Kim Myers: Call center for phone number	Ongoing	\$10.00 for a 30 minute class
Silver Sneakers Exercise	9:30 am - 10:30 am	<b>10 - 12 weeks</b> Next session starts: <b>March 31</b>	\$25.00
North Carroll Senior Actors Comedy Theatre	10:30 am - 12:00 pm	Ongoing	None
Crochet & Knit	10:00 am - 12:00 pm	Ongoing	None
Arthritis Exercise with Alex	11:00 am - 12:00 pm	<b>10 - 12 weeks</b> Next session starts: <b>March 31</b>	 Current Session Donation Class sponsored by Koons
Lunch	12:00 pm	Ongoing	By Reservation; See page 5 for fees
Drawing and Painting Class - All Mediums	12:30 pm - 3:00 pm	<b>10 weeks</b> Next session starts: <b>March 24</b>	Carroll Community College Class - Cost based on number of students
Pinochle	12:30 pm	Ongoing	None
Mah Jong	1:00 pm - 3:00 pm	Ongoing	None
Line Dancing	1:00 pm - 2:30 pm	Ongoing	None
Seated Yoga	2:45 pm - 3:45 pm	<b>8 weeks</b> Next session starts: <b>February 25</b>	\$28.00

# Daily Activities

## WEDNESDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am - 3:45 pm	Ongoing	None
Woodshop	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
<b>Watercolor Class AM</b> April Session is moving back to Mondays	9:30 am - 12:00 pm	<b>10 weeks</b> Next session starts: April 6	Carroll Community College Class - Cost based on number of students
<b>Arthritis Exercise with Chris Konior</b>	10:00 am - 11:00 am	<b>10 - 12 weeks</b> Next session starts: April 1	\$25.00
<b>Bingo</b>	10:30 am - 2:00 pm	Ongoing	Nickel
<b>Lunch</b>	12:00 pm	Ongoing	<b>By Reservation; See page 5 for fees</b>
<b>Watercolor Class PM</b> April Session is moving back to Mondays	12:30 pm - 3:00 pm	<b>10 weeks</b> Next session starts: April 6	Carroll Community College Class - Cost based on number of students
<b>Zumba</b>	1:00 pm - 2:00 pm	<b>10 - 12 weeks</b> Next session starts: April 1	\$25.00
<b>Pickle ball:</b> North Carroll High School Gym	1:00 pm - 4:00 pm	Ongoing	Contact CC Rec & Parks for fee 410-386-2103
<b>Belly Dancing</b>	2:00 pm - 3:15 pm	Ongoing	None

# 11 Daily Activities

**THURSDAY**

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 3:45 pm	Ongoing	None
Puzzles	8:00 am – 3:45 pm	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am – 3:45 pm	Ongoing	None
Woodshop	8:00 am – 3:45 pm	Ongoing	None
Computer Lab	8:00 am – 3:45 pm	Ongoing	None
Pitch Card Game	9:00 am - 1:00 pm	Ongoing	None
Pool Tournament	10:00 am - 12:00 pm	Ongoing	None
Sing-A-Long Singers	10:00 am - 11:00 am	Ongoing	None
Stitchers & Needlecrafts	10:00 am - 12:00 pm	Ongoing	None
Dance, Stretch & Strengthen	10:30 am - 11:30 am	10 - 12 weeks Next session starts: April 2	 Current Session Donation Class sponsored by Koons
Lunch	12:00 pm	Ongoing	By Reservation; See page 5 for fees
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
500 Card Game	12:45 pm - 3:45 pm	Ongoing	None
Bridge	12:30 pm	Ongoing	None
Line Dancing - Practice	1:00 pm - 3:00 pm	Ongoing	None
Beading Bee	1:00 pm - 3:30 pm	Ongoing	None
Beading Bee (Project)	1:00 pm - 3:30 pm	Once a month	\$5.00 per class

# Daily Activities<sup>12</sup>

## FRIDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 3:45 pm	Ongoing	None
Puzzles	8:00 am – 3:45 pm	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am – 3:45 pm	Ongoing	None
Woodshop	8:00 am – 3:45 pm	Ongoing	None
Computer Lab	8:00 am – 3:45 pm	Ongoing	None
Tai Chi Beginners	8:30 am - 9:00 am	<b>10 weeks</b> Next session starts: <b>March 20</b>	\$30.00
Color Me Happy Adult Coloring Group	10:00 am - 11:00 am	Ongoing	None
Fun & Fitness Exercise	10:00 am - 11:00 am	<b>10 - 12 weeks</b> Next session starts: <b>April 3</b>	\$25.00
Pool Tournament	10:00 am - 12:00 pm	Ongoing	None
Tai Chi Fan	11:15 am - 12:15 pm	<b>10 weeks</b> Next session starts: <b>March 20</b>	\$30.00
Lunch	12:00 pm	Ongoing	<b>By Reservation;</b> <b>See page 5 for fees</b>
Scrabble	12:00 pm - 3:45 pm	Ongoing	<b>None</b>
Ballroom Dance - Instructional	12:30 pm - 1:30 pm	Ongoing	<b>\$2.50 per person per class</b>
Ballroom Dance - Social	1:30 pm - 3:30 pm	Ongoing	<b>\$2.50 per person per class</b>
Pickle ball: <b>North Carroll High School Gym</b>	1:00 pm - 4:00 pm	Ongoing	Contact CC Rec & Parks for fee 410-386-2103

**NOTE: In most cases, if classes are not full, you may join a class in progress without waiting until the next session begins. See center manager for details.**

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.

# Upcoming Special Events

Program	Date	Time	Cost
<b>Massages by Sandra</b>	Every Tuesday & every <u>OTHER</u> Friday	10:00 am - 1:40 pm	\$35.00 for 40 minutes
<b>Reiki by Renee</b>	Every Wednesday	9:00 am - 11:30 am	\$20.00 for 30 minutes
<b>Monthly Coffee with the Staff</b> (Join staff for coffee and conversation to share your thoughts and ideas for the center)	<b>March 3</b> (1st Tuesday of the month)	9:00 am - 10:00 am	Free
<b>Moving Mountains</b>	<b>March 3</b> (1st Tuesday of the month)	10:30 am	Free
<b>North Carroll House Band</b>	<b>March 3</b> (1st Tuesday of the month)	1:00 pm	Free
<b>Birthday Celebration</b>	<b>March 10</b> (2nd Tuesday of the month)	12:30 pm	Free
<b>Just For Fun Craft Class</b>	<b>None in March</b> (1st & 3rd Thursdays of the month)	10:00 am	Free
<b>Pillowcase Project</b>	<b>March 13 &amp; 25</b> (2nd Friday & 4th Wednesday of the month)	9:00 am - 12:00 pm	Free
<b>Wednesday Book Club</b>	<b>March 11</b> (2nd Wednesday of the month)	11:00 am	Free
<b>Blood Pressure</b>	<b>March 11</b> (2nd Wednesday of the month)	9:30 am - 11:30 am	Free
<b>Thursday Book Club</b>	<b>March 12</b> (2nd Thursday of the month)	1:00 pm	Free
<b>Project Linus</b>	<b>March 12</b> (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
<b>The Lunch Bunch</b>	<b>March 12</b> (2nd Thursday of the month)	10:30 am - 12:30 pm	Free

More information can be found on the Center's Activity Bulletin Board in the front lobby.

# Upcoming<sup>14</sup> Special Events

Program	Date	Time	Cost
Nutrition Talk 19 Health Tips for 2019	March 5 & 17 (1st Thursday and 3rd Tuesday of the month)	12:15 pm	Free
Project Linus	March 12 (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	March 18 (3rd Wednesday of the month)	9:00 am - 2:00 pm	Free
Site Council Meeting	March 24 (4th Tuesday of the month)	10:00 am	Free
Information & Assistance	March 25 (4th Wednesday of the month)	10:00 am	Free
Silent Auction	March 16 - 20	9:00 am	
Seniors on the Go Expo	April 15th	Center Closed	

## ST. PATRICK'S DAY PARTY



Don't forget to  
wear your GREEN!

**TUESDAY, MARCH 17<sup>TH</sup>**

**AT 10:30 AM**

Lunch Served at 12:00 pm

Luncheon: Corned Beef, Red Skinned Potatoes, Steamed Cabbage,  
Copper Pennies, Muffin, Milk, & Cake

Entertainment by **NCSC Sing-A-Long Singers**

**Please reserve your meal by 10:00 am on Tuesday, March 10th**

## 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>
<b>Mt Airy 410-386-3960</b>	March 24	Rocky Gap Casino	\$25.00	Sign ups have begun Check for openings
<b>North Carroll 410-386-3900</b>	March 31	Delaware Park Casino Trip	\$28.00	Sign up starts on March 2
<b>South Carroll 410-386-3700</b>	April 3	Hollywood Casino Grantville, PA	\$35.00	Sign ups have begun Check for openings
<b>South Carroll 410-386-3700</b>	April 9	Museum of the Bible in Washington D.C	\$50.00	Sign ups have begun Check for openings
<b>North Carroll 410-386-3900</b>	April 9	Sight & Sound Theatre "Queen Esther"	\$107.00	Sign ups have begun Check for openings
<b>North Carroll 410-386-3900</b>	April 16	Mystery Trip	\$78.00	Sign ups have begun Check for openings
<b>Taneytown 410-386-2700</b>	April 18	Antietam Recreation Theater "Century of Song"	\$72.00* *Includes Dinner	Sign ups have begun Check for openings
<b>Mt Airy 410-386-3960</b>	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 for openings
<b>Westminster 410-386-3850</b>	April 30	MD Live! Casino & Arundel Mill Mall	\$25.00	Sign ups have begun Check for openings
<b>Westminster 410-386-3850</b>	May 4	Revere Tavern Mystery Dinner Theater "Last Rites"	\$78.00	Sign ups have begun Check for openings
<b>Mt Airy 410-386-3960</b>	May 5	Grounds For Sculpture	\$60.00	Sign ups have begun Check for openings
<b>Taneytown 410-386-2700</b>	May 13	Sight and Sound "Queen Esther" Buffet Lunch at Miller's Smorgasbord	\$122.00	Sign ups have begun Check for openings

<b><u>Senior Center</u></b>	<b><u>Date of Trip</u></b>	<b><u>Trip Description</u></b>	<b><u>Cost</u></b>	<b><u>Sign up Information</u></b>
<b>Mt Airy 410-386-3960</b>	May 19	Rocky Gap Casino	\$25.00	Sign ups have begun Check for openings
<b>North Carroll 410-386-3900</b>	May 21	American Music Theatre "Britain's Best"	\$74.00	Sign up starts on March 17
<b>Mt Airy 410-386-3960</b>	May 23	A Tea Affair Lititz, Pennsylvania	\$72.00	Sign ups have begun Check for openings
<b>North Carroll 410-386-3900</b>	June 4	Totem Pole "Always Patsy Cline"	\$76.00	Sign up starts on April 7
<b>South Carroll 410-386-3700</b>	June 8	Wind Creek Casino Bethlehem PA	\$42.00	Sign up starts on April 6
<b>North Carroll 410-386-3900</b>	June 14 –June 19	Wildwood, NJ	TBD	Sign ups have begun Check for openings
<b>South Carroll 410-386-3700</b>	June 25	Bingo River Cruise aboard the "Spirit of Philadelphia"	\$92.00	Sign up starts on March 2
<b>Mt Airy 410-386-3960</b>	July 1	Hamilton the Musical at the Kennedy Center	Deposit \$68.00 \$136.00	Sign ups have begun Check for openings
<b>North Carroll 410-386-3900</b>	July 2	Star Theatre "God Bless America"	\$93.00	Sign up starts on May 5
<b>North Carroll 410-386-3900</b>	July 23	Fisherman's Crab Deck & Annapolis Boat Ride	\$93.00	Sign up starts on May 19
<b>Mt. Airy 410-386-3960</b>	July 28	Rocky Gap Casino	\$25.00	Sign ups have begun Check for openings
<b>Mt Airy 410-386-3960</b>	August 6	Senior Bingo Lunch Cruise Washington, D.C.	\$96.00	Sign ups have begun Check for openings
<b>South Carroll 410-386-3700</b>	August 10	Delaware Park	35.00	Sign up starts on June 9



<b><u>Senior Center</u></b>	<b><u>Date of Trip</u></b>	<b><u>Trip Description</u></b>	<b><u>Cost</u></b>	<b><u>Sign up Information</u></b>
<b>North Carroll 410-386-3900</b>	August 20	Green Grove Gardens "You're Looking at Country"	\$47.00	Sign up date to be determined
<b>North Carroll 410-386-3900</b>	September 3	Totem Pole "Love, Sex and the IRS"	\$76.00	Sign up date to be determined
<b>Taneytown 410-386-2700</b>	September 5	Dutch Apple Dinner Theatre "Remember Patsy Cline"	\$99.00	Sign ups have begun Check for openings
<b>Mt. Airy 410-386-3960</b>	September 10	Wildlife & Rail Adventure Halifax, PA	\$115.00	Sign ups have begun Check for openings
<b>South Carroll 410-386-3700</b>	September 17	Kentmoor Crab Feast	\$59.00	Sign up date to be determined
<b>Mt Airy 410-386-3960</b>	September 22	Rocky Gap Casino	\$25.00	Sign ups have begun Check for openings
<b>Westminster 410-386-3850</b>	September 30	Toby's Dinner Theater "Godspell"	\$80.00	Sign ups have begun Check for openings
<b>South Carroll 410-386-3700</b>	October 15	Dutch Apple Dinner Theatre "Saturday Night Fever"	\$89.00	Sign up date to be determined
<b>South Carroll 410-386-3700</b>	October 29	Rocky Gap Casino	\$25.00	Sign up starts on August 11
<b>North Carroll 410-386-3900</b>	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
<b>Mt Airy 410-386-3960</b>	November 17	Rocky Gap Casino	\$25.00	Sign ups have begun Check for openings
<b>North Carroll 410-386-3900</b>	November 19	American Music Theatre "Deck the Halls"	\$84.00	Sign up date to be determined
<b>Westminster 410-386-3850</b>	December 4	PA Christmas Craft & Gift Show	\$34.00	Sign ups have begun Check for openings
<b>South Carroll 410-386-3700</b>	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!

### March Topic

### Healthy Food, Healthy Brain

**Mt Airy Senior Center**  
**March 25, 2020**  
**9:30 am**

**South Carroll Senior Center**  
**March 17, 2020**  
**12:30 pm**

**Taneytown Senior Center**  
**March 18, 2020**  
**11:30 am**

**Westminster Senior Center**  
**March 18, 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
March 10	May 12	August 11	November 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
March 11	May 13	August 12	November 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
March 10	May 12	August 11	November 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
March 26	May 28	August 27	*November 19
	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
March 25	May 27	August 26	November 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.



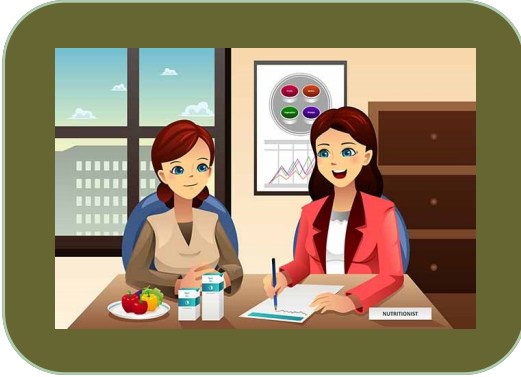
Carroll County  
Health Department



Public Health  
HEALTH CARE PROVIDER



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



# FREE

## Nutrition Counseling

### How much does it cost?

It's free!

### How long does it take?

Approximately 1 hour.

### Where does it take place?

At your Senior Center in a private room.

### What are the benefits?

-Can improve conditions such as high blood pressure, heart disease, and diabetes.

-Can improve energy level and well-being.

1)Has your doctor told you to change your diet, but you don't know where to start?

2)Are you confused by diet advice you see in the media?

3)Do you have concerns about your diet, but don't know where to get help?

**If you answered YES to any of these questions, nutrition counseling is for you!**

An individual session with a Registered Dietitian/Nutritionist who provides dietary advice tailored to your personal health concerns and food preferences.

### Contact:

**Laura Lienhard,**

**Registered Dietitian/Nutritionist**

**Phone: 443-401-2194 or**

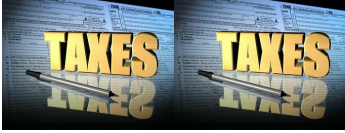
**Email: [lauralienhard@comcast.net](mailto:lauralienhard@comcast.net)**

# 2020 Free Income Tax Assistance

at

Carroll County Senior and Community Centers

(Provided through the AARP TaxAide Program)



- Appointments must be made in advance by calling the center where you wish to have your taxes done. Appointments will be taken on a first come, first serve basis, with special attention to those age 60 and over.
- To expedite the preparation process, Taxpayers may pick up an intake form from the Senior Center before the date of the appointment and bring it, with the first three pages completed, to the tax preparation appointment.
- Tax returns with partnerships or rentals will not be prepared through this program.

**Please bring the following items with you to have your returns completed:**

(Note – Married couples should both be present for signatures.)

1. Picture ID and Social Security Card
2. Last year's tax return
3. All W-2 forms
4. All 1099 forms (including any SSA 1099's)
5. Any estimated tax payments
6. Social security cards for all dependents
7. Dependent care provider information (name, employer, ID, social security number)
8. Proof of Health Insurance including forms from the Health Insurance Exchange
9. Purchase dates and purchase cost for all stock sales occurring in the tax year

Tax returns cannot be completed unless all paperwork requested has been brought to the appointment.

**Mt. Airy Senior and Community Center:**

703 Ridge Ave. – Mt. Airy, Md. 21771

Phone Number: 410-386-3960

**Days of Week: Mondays and Fridays**

**February 3rd – April 11th      TIME: 9:00 am to 2:00 pm**

(No appointments on President's Day 2/17/20 – Make-up day Tuesday 2/18/20)

**North Carroll Senior and Community Center:**

No tax preparation scheduled this year.

**South Carroll Senior and Community Center:**

5928 Mineral Hill Rd. – Eldersburg, Md. 21784

Phone Number: 410-386-3700

**Day of Week: Thursdays**

**February 6th – April 9th      TIME: 9:00 am to 1:30 pm**

**Taneytown Senior and Community Center:**

220 Roberts Mill Rd. – Taneytown, Md. 21787

Phone Number: 410-386-2700

**Day of Week: Wednesdays**

**February 5th – April 8th      TIME: 9:00 am to 2:00 pm**

**Westminster Senior and Community Center**

125 Stoner Ave. – Westminster, Md. 21157

Phone Number: 410-386-3850

**Days of Week: Mondays and Wednesdays**

**February 3rd – April 13      TIME: 9:00 am to 2:30 pm**

(No appointments on President's Day 2/17/20 – Make-up day Tuesday 2/18/20)

# 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:

WTRR, 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](http://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:**

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](http://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)

# SENIORS ON THE GO EXPO

Connect—Create—Contribute—Be Counted

## April 15, 2020

9am to 2pm—Carroll County Ag Center, Westminster



If you want a CTS ride to the Expo YOU must call 410-363-0622 to schedule. Call beginning March 30th. There will be NO Sign-Ups at the Senior Centers. Questions? Speak with your Center Manager today!

## Join Us

**9:30am to 12:30pm:** See what's new with Senior & Community Center Class Demos

**10am:** The Latest Trends in Frauds & Scams

**11am to 1pm:** Lunch available for purchase

**11am:** MVA's Real ID is here. Are you ready?

**12 to 2pm:** Bring your own phone or tablet for "how to" lessons

# FREE

Health Screenings

Complementary Therapies

Prescription Medication Disposal

Parking Lot Shuttle Service with handicap accessible buses

Designated Veterans Area

2020 Census Electronic Survey Assistance \*

Falls Prevention/Home Safety Demonstration Area with Assistive Technology and Devices

[Seniorsonthegoexpo.carrollcountymd.gov](http://Seniorsonthegoexpo.carrollcountymd.gov)



410-386-3800

[seniorexpo@carrollcountymd.gov](mailto:seniorexpo@carrollcountymd.gov)



Follow us on Facebook

#SOTGExpo2020 #CarrollCounts2020



**2020**

CensusMaryland

\* This project has been financed in part with State funds from MD's 2020 Census Grant Program. Project content or opinions do not necessarily reflect the views or policies of the State of MD or any of its instrumentalities.



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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.



### 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](mailto: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](http://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

**Veterans: Take advantage of the  
benefits you have earned!**

# VETERANS CLAIMS CLINIC & RESOURCE FAIR

Thursday, March 19, 2020

10 a.m. to 2 p.m.

Carroll Community College

**Multiple opportunities for Veterans under one roof!**

- File or follow-up on a VA compensation and pension claim\*
- Apply for VA health care\*
- Learn about VA health care programs and services
- Tour the Mobile Vet Center
- Learn about Veteran burial benefits
- Find community resources and obtain a Veteran ID

*\*To file a claim or apply for VA health care, please bring copies of your pertinent medical records, military discharge paperwork (DD-214) and a photo ID.*

**To RSVP or for additional information, call the Maryland  
Department of Veterans Affairs at 410-230-4444, ext. 6450.**



Sponsored by the Chesapeake Veterans Alliance  
and the U. S. Department of Veterans Affairs,  
in partnership with the Carroll County  
Government and Carroll Community College.

**Carroll Community College**  
Building A  
1601 Washington Road  
Westminster, MD 21157  
*Directions on back*





# TRAILBLAZER INFORMATION SESSION

## WHAT WILL BE COVERED?

Changes to existing routes, understanding fixed-route schedules, deviations, transfers, rider policies and responsibilities.

**BRING ALL YOUR QUESTIONS!**

**\*\*Light Refreshments Will Be Served\*\***

### WHEN?

March 3, 2020

12:00 pm - 1:00 pm

### WHERE?

Carroll County Government  
(225 N. Center Street, Westminster)

Room 003

### **FREE DEVIATIONS**

To the Session for all TrailBlazer Riders who attend!  
Please call ahead to arrange your deviation

# TRAILBLAZER

Connecting  
Carroll County



# 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](http://www.carrollveterans.com)



# 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.**

# 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





# 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.

<b>LIBRARY</b>	<b>TRANSITIONING MEDICARE Part I</b>	<b>TRANSITIONING MEDICARE Part II</b>
Westminster Library 50 East Main St. Westminster	March 18 (Wed) April 1 (Wed) May 6 (Wed) September 2 (Wed) October 7 (Wed) November 4 (Wed) December 2 (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>
<b>March 2020</b>				
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
<b>April 2020</b>				
Sunnybrook		April 9th	9:00 am to 12:00 pm	Barbara Wheeler
The School at Hampstead		April 21st	9:00 am to 12:00 pm	Sharon Meekins
Mt Airy	Quilting Room	April 23rd	9:00 am to 12:00 pm	Barbara Wheeler
North Carroll	Conference	April 23rd	9:00 am to 12:00 pm	Robin List



**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**



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