

Join the Carroll County Bureau of Aging & Disabilities for a week-long Virtual Open House as we explore Carroll County's Aging and Disabilities services through program presentations and featured speakers. Register online at <https://carrollcountymd.gov/aging-and-disabilities>. Call 410-386-3800 for more information. Registration for the event allow access to all presentations and speakers for the week. Feel free to log-in and out based on your schedule and interests.

VIRTUAL OpenHouse AGENDA

Monday, April 19

BUREAU'S PROGRAMS & SERVICES

9:00am—Welcome by Commissioner Stephen Wantz

Introduction to the Department of Citizen Services by Celene Steckel, Director of Citizen Services

Introduction of the Bureau of Aging & Disabilities week-long Virtual Open House by Gina Valentine, Bureau Chief of Aging & Disabilities

9:15am—Maryland Access Point-Information & Assistance presented by Gina Valentine, Bureau Chief and Bobbie Lawrence, Bureau of Aging and Disabilities Client Services Supervisor

The Maryland Access Point provides a single point of entry for older adults, adults with disabilities and those who care for them. Attend and learn about the many services MAP can offer.

9:45am—Home and Community Based Services Programs presented by Bobbie Lawrence, Client Services Supervisor and Christie Mattingly, Program Manager

Home and Community Based Programs are Medicaid funded programs that assist participants receive services such as personal care, home delivered meals, assisted living, environmental assessments, nurse monitoring, case management and emergency response systems in order to live safely in the community and avoid long term care placement.

10:15am—Living Healthy, Living Well Program - Self-Management for those with Chronic Conditions, Diabetes and Chronic Pain presented by Leslie Wagner, Program Manager

Join us for an in-depth look at the self-management programs offered in Carroll County, how to register to attend and how to volunteer to become a trained lay leader.

10:45am—Carroll County Veteran Services and Veterans Shuttle Transportation Programs presented by Francine Hahn, Veteran Service Officer; Gina Valentine, Bureau Chief; and, Bobbie Lawrence, Bureau of Aging and Disabilities Client Services Supervisor

VA-certified Veteran Service Officers and a Case Manager comprise our Carroll County Veteran Services team. This session provides an overview of the services and supports we provide to Carroll County veterans and their families, including accessing VA compensation, pension, healthcare and case management assistance for veterans experiencing homelessness or other crises.

11:15am—State Health Insurance Assistance Program and Senior Medicare Patrol Program presented by Nicole Ranoull, Program Specialist

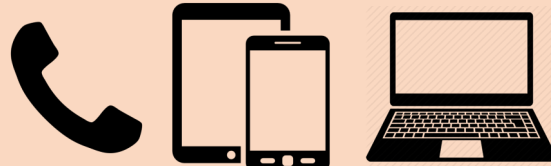
State Health Insurance Assistance Programs provide local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers. Senior Medicare Patrol program help Medicare and Medicaid beneficiaries prevent, detect and report health care fraud.

11:45am—The Long-Term Care Ombudsman Program: An Advocacy and Education Resource for Carroll County Residents presented by Gail Gannon and Tina Linder, Long-Term Care Ombudsmen, Carroll County Bureau of Aging & Disabilities

Long-Term Care Ombudsmen will discuss their role as advocates for residents in assisted living facilities and nursing homes. They will describe how ombudsmen help residents resolve complaints and concerns, provide assistance to individuals seeking long-term care placement information, and educate the public on topics including resident rights and elder abuse.

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Participate using: Phone—Smartphone—Tablet—Computer



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CAREGIVER CONFERENCE

Tuesday, April 20

9:00am—Introduction to the National Family Caregiver Support Program in Carroll County presented by Gina Valentine, Bureau Chief of Aging & Disabilities

9:05am—COVID Fatigue presented by Marisa Zaccagnini, MSW, LCSW, Carroll County Health Department Adult Evaluation and Review Services (AERS) and Community First Choice (CFC) Program

Individuals and caregivers will learn about the ways in which the ongoing COVID-19 pandemic can impact our mental health and lead to feelings of "burnout." Participants will also learn about the importance of self-care and how healthy habits can improve their wellbeing during this time.

10:00am—Medical Cannabis presented by Travis Poonai, PharmD, RPh, Clinical Director of Curaleaf

This presentation is an introductory guide to medical cannabis and the Maryland medical cannabis program for new patients and caregivers.

11:00am—Battling Isolation presented by Jill Rosner, RN, BSN, CCM Aging Life Care Manager of Rosner Health Care Navigation

Since COVID-19 Isolation has never been so apparent, we will discuss isolation and strategies to lessen the effects.

12:00pm—Tips and Tools assisting loved ones with Dementia presented by Julie Peatt Cassaday, Development Manager and Megeen White, MS, RN of the Alzheimer's Association

Learn how to understand and respond to dementia related behaviors and recognize cues and effectively communicate when their ability to use words is lost.

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VIRTUAL OpenHouse AGENDA

Wednesday, April 21

SENIOR & COMMUNITY CENTERS

9:00am—A Look at our Local Senior & Community Centers presented by the Carroll County Senior and Community Center Managers

Learn how the senior and community centers in Carroll County support older adults, and how they provide opportunities in maintaining good health with nutrition and fitness programs in a virtual world. Join us as we look at new ways of staying connected.

10:00am—Virtual Demonstration of the Arthritis Exercise Class presented by Chris Konior, OT, Certified Arthritis Foundation Exercise Program Leader

The Arthritis Foundation exercise class consists of a health education segment; exercises that address strength, endurance, flexibility, balance and posture; as well as relaxation techniques for stress and pain control.

10:30am—Food and Fitness presented by Laura Lienhard, Registered Dietician and Certified Diabetes Care and Education Specialist

The nutrition presentation will focus on foods to reduce inflammation in conditions such as arthritis. Participants will also learn what foods and eating patterns work best with strength and mobility exercises. Information about free nutrition counseling services will be provided.

11:00am—Virtual Demonstration of Strength and Mobility Exercise Class presented by Jenni Combs, Certified Ground Instructor and Personal Trainer, Senior Specialty Certification

The Strength and Mobility Exercise Class works on strengthening all the muscles in your body in a functional way while also challenging your mobility with the goal to make everyday tasks easier and safer. All exercises are designed to help you gain strength, stability and mobility in a safe and effective manner and can all be performed seated or standing. All those attending will be entered into a raffle by Jenni Combs for a chance to win one of 3 great prizes. So, come and check it out!

11:30am—A Behind the Scenes Look at the Grab and Go and Congregate Meal Programs presented by Joseph Fox, Owner and General Manager and Patrick McDonald, Production Manager of Business Food Solutions

An introduction to Business Food Solutions, Carroll County's Nutrition Program provider.

12:00pm—Meet Rich Ottone, Carroll County Bureau of Aging and Disabilities Community Services Supervisor, who oversees our Senior & Community Centers

12:30pm—Grab and Go for Healthy Snacks, provided at no cost. Contact your local senior and community center to register:

Mt. Airy Senior & Community Center—703 Ridge Avenue, Mt. Airy—410-386-3960

North Carroll Senior & Community Center—2328 Hanover Pike, Hampstead—410-386-3900

South Carroll Senior & Community Center—5928 Mineral Hill Road, Sykesville—410-386-3700

Taneytown Senior & Community Center—220 Roberts Mill Road, Taneytown—410-386-2700

Westminster Senior & Community Center—125 Stoner Avenue, Westminster—410-386-3850

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GRANDPARENTS RAISING GRANDCHILDREN CONFERENCE

Thursday, April 22

9:00am—Introduction to the Grandparents Raising Grandchildren program, a part of National Family Caregiver Supports in Carroll County presented by Gina Valentine, Bureau Chief of Aging & Disabilities

9:05am—Understanding Early Childhood Trauma presented by Emily Ruff, LGPC and Sarah Roden, LGPC of Carroll County Youth Service Bureau

During this presentation you will learn how to define trauma and how it impacts development and function, recognize trauma symptoms and strategies on how to support children who've experienced it and how to locate additional resources in Carroll County.

10:00am—What's the New Norm? Virtual Learning and Social Media presented by Paula Sandridge, CCPS Instructional Technology Resource Teacher and Taylor Dudley, CCPS Counselor

Paula will share how the pandemic impacted teaching and learning in CCPS, and will predict how that will influence the classroom in the coming years. Taylor will share how social media is continuing to not only grow, but how to navigate the ins and outs of the most popular apps, websites, and trends right now.

11:00am—Adoption vs Custody vs Guardianship presented by Mary O'Byrne, Esq. of O'Byrne Law and Alex McGee of the Law Officers of Julie Ellen Landau

Join us for a discussion about adoption, custody and guardianship, how these arrangements can allow you to provide for the care of a grandchild, and the legal processes and financial relationships involved.

12:00pm—Handling Confrontations presented by Patricia Ryan, Executive Director, Carroll Mediation Center

This workshop will explore participants personal perspectives on conflict, where they come from and how one's perspective on conflict can impact the outcomes we experience. We will learn about the 5 conflict management styles, the advantages and disadvantages of each and when one style could be more productive than others. Finally, this workshop will identify how conflicts escalate and learn how to deescalate conflict situations.

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VIRTUAL OpenHouse AGENDA

Friday, April 23

TOPICS OF INTEREST FOR OLDER ADULTS

9:00am—Information on AARP Safe Driving Program presented by Larry Burbank, volunteer instructor

Learn more about the AARP Driver Safety Program that is designed to help you: tune up your driving skills and update your knowledge of the rules of the road; understand normal age-related physical changes and how to adjust your driving to allow for these changes; and, reduce your traffic violations, crashes and chances for injuries.

10:00am—Housing 101 presented by Paul Moffett, Carroll County Bureau of Housing Program Coordinator

Join us to learn everything you need to know about Carroll County's Housing Choice Voucher Program.

11:00am—Health Care Decisions presented by Legal Aid

A discussion on Advanced Medical Directives and Wills.

12:00pm—Tips & Tools to Prevent Falls

Falls are a leading cause of serious injuries in older adults and our chance of falling increases as we get older. Join us to learn falls prevention tips to reduce your risk as well as simple exercises to do at home that will promote strength and balance.

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