



Carroll County Senior and Community Center's Newsletter

Located in Carroll County Maryland

BOAD Phone: (410) 386-3800

Click on link to visit the Senior Center Website

Click on link for the Bureau of Aging & Disabilities Mission



July 2022

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Carroll County Senior Centers will be **CLOSED** Monday July 4th



2022 Senior Day at the Fair

Thursday August 4th

More information on Page 5

[Carroll County Government | 2022 Senior Day at the 4-H Fair Carroll County, Maryland](#)
(carrollcountymd.gov)

Reminder

July 6th- July 15th

There will be modified activities due to early voting at **North Carroll Senior Center, South Carroll Senior Center and Westminster Senior Center.** Check with each center for a list of cancelled activities.

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.



Aging and Disabilities Services
<https://www.carrollcountymd.gov/aging-and-disabilities>

Click on the services listed below to find out more information.

- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners' Tax Credit
- Information and Assistance
- Legal Aid
- Long Term Care Ombudsman Program
- Maryland Access Point– Information and Assistance
- Medical Equipment Lending Closets
- National Family Caregiver Support Program in Carroll County
- QMB/SLMB
- Renters' Tax Credit
- Senior Assisted Living Subsidy Program
- Senior Centers
- Senior Medicare Patrol
- State Health Insurance Assistance Program (SHIP)
- Veterans Services
- Virtual Transitioning to Medicare in 2022

SENIOR FARMERS MARKET VOUCHER TICKETS

PLEASE Read Completely

Once again, the Carroll County Bureau of Aging and Disabilities
is participating in the Senior Farmers Market Program

JULY 2022

Will be distributed at following locations:

Mt Airy Senior Center:	Monday, July 25	9:00am to 11:00am
North Carroll Senior Center:	Tuesday, July 26	9:00am to 11:00am
South Carroll Senior Center:	Wednesday, July 27	9:00am to 11:00am
Taneytown Senior Center:	Thursday, July 28	9:00am to 11:00am
Westminster Senior Center:	Friday, July 29	9:00am to 11:00am

Please contact the respective centers if you have any questions

**Mt. Airy (410-386-3960); North Carroll (410-386-3900); South Carroll (410-386-3700);
Taneytown (410-386-2700); Westminster (410-386-3850).**

Eligibility Requirements: In order to receive Farmers Market Vouchers, you must reside in Carroll County and meet the following financial qualification. You must show proof of residence.

Seniors, age 60 and over who qualify are eligible to receive 1 Farmers Market Voucher book (\$35.00 value).

Household Size	Federal Poverty Guidelines – 185%				
	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$25,142	\$2,096	\$1,048	\$967	\$484
2	\$33,874	\$2,823	\$1,412	\$1,303	\$652

Tickets are limited, this is a first come, first served event.

By signing the application, you are legally certifying that you meet the requirements and have only received 1 book of coupons.

It is very important that if you take a Farmers Market Voucher Book that you use the coupons by November 30, 2022.

Remember: Do not sign your coupons ahead of time. They must be signed in front of the farmer that is accepting them.



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MERCADO AGRICOLA PARA PERSONAS MAYORES
BOLETOS DE PARTICIPACION

POR FAVOR LEER

Una vez mas, la Oficina para Personas Mayores de Edad y con Discapacidades estara participando del Programa del Mercado Agricola
JULIO 2022

La distribucion sera en los siguientes lugares:

Mt Airy Senior Center:	Lunes, Julio25	9:00am to 11:00am
North Carroll Senior Center:	Martes, Julio 26	9:00am to 11:00am
South Carroll Senior Center:	Miercoles, Julio 27	9:00am to 11:00am
Taneytown Senior Center:	Jueves, Julio 28	9:00am to 11:00am
Westminster Senior Center:	Viernes, Julio 29	9:00am to 11:00am

Por favor contactar los centros si tiene alguna pregunta:
Mt. Airy (410-386-3960); North Carroll (410-386-3900); South Carroll (410-386-3700);
Taneytown (410-386-2700); Westminster (410-386-3850).

Requisitos de elegibilidad: Para recibir boletos usted debe residir en el Condado de Carroll y cumplir con los requerimientos financieros. Usted tiene que presentar prueba de su residencia en el condado.

Mayores de edad, 60 años o mas que cualifiquen recibirán (1) un libro de boletos (valor total de \$35.00)

Tamaño familiar	Niveles de Pobreza Federales – 185%				
	Annual	Mensual	Dos veces al mes	Bi-Semanal	Semanal
1	\$25,142	\$2,096	\$1,048	\$967	\$484
2	\$33,874	\$2,823	\$1,412	\$1,303	\$652

Los boletos son limitados y distribuidos por orden de llegada.

Al firmar la aplicacion, usted certifica legalmente que cumple con los requerimientos y que unicamente recibio (1) un libro de boletos.

Es importante que utilice los boletos en su libro en ó antes del 30 de Noviembre del 2022

Recuerde: no firmar sus boletos antes de utilizarlos. Estos deben ser firmados frente a proveedor (Farmer) que los esta aceptando. .



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The Carroll County Bureau of Aging and Disabilities would like to invite you to join us for:
Senior Day at the 4-H Fair



August 4, 2022



Featuring
 the musical talents of
Rearview Mirror



Iris Hirsch and Glenn Bullion are Rearview Mirror. They are both members of the Retro-Rockets, a variety/Oldies/dance band in the Baltimore area. They are also seasoned veteran performers. A variety duo playing a blend of oldies Rock and Roll, R&B, Pop, Motown, Country, Standards, and Disco from the 1920s to 1980s and beyond.

Schedule of Events

<u>Thursday, August 4th</u>	<u>Friday, August 5th</u>
7:30 - 8:30 am - Senior exhibits may be entered in Blizzard Hall. For pre-registrations information, you may contact your local senior center. Pre-registrations will be accepted from Monday, July 25, 2022 through Wednesday, July 27, 2022 at 1:00 pm.	9:00 am - 11:00 am - Senior Exhibits open for display Noon - Senior Exhibits Released Note: All exhibits must be picked up at the fair on Friday Aug 5 between Noon and 1:00 pm. Items not picked up by 1:00 pm will be taken to the Bureau of Aging & Disabilities - 125 Stoner Ave, Westminster, MD 21157 to be picked up beginning Aug 8th.
9:00 to 11:30 am - Judging of senior entries	Contact your local senior center for entry rules, exhibit categories, registration paperwork or questions.
11:30 am - Senior exhibits open for display until 10:00 pm and Friday, August 5 9:00- 11:00 am	
12:30 - 1:30 pm - Entertainment by Rearview Mirror under the big white tent!! Refreshments will be served.	
<p><small>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, 1.888.302.8978, MD Relay 7-1-1/1.800.735.2258 as soon as possible but no later than 72 hours before the scheduled event. Email: ada@carrollcountymd.gov</small></p>	

FOR MORE INFORMATION AND EXHIBIT REGISTRATION FORMS CLICK ON THE LINK BELOW

[Carroll County Government | 2022 Senior Day at the 4-H Fair Carroll County, Maryland \(carrollcountymd.gov\)](http://carrollcountymd.gov)

Virtual Fitness Class Schedule

These classes are for persons 60+ only



Please review our Fitness and Exercise Disclaimer before joining any class.

Instructors will be taking attendance in the beginning of each class so we ask that you enter the "virtual waiting room" 10-15 minutes prior to your class start time. Some classes may require registration when you first click on their link.

Please make sure you are viewing the most recent edition of the Virtual Class Schedule as the links and passwords are continuously changing. If a class link has expired you will not be able to log in to participate.

FITNESS AND EXERCISE DISCLAIMER

THIS DISCLAIMER IS POSTED AND READ PRIOR TO EVERY FITNESS CLASS.

IT IS IMPORTANT TO UNDERSTAND THAT THIS EXERCISE VIDEO MAY PRESENT CERTAIN INHERENT RISKS. YOU ARE ENCOURAGED TO CONSULT YOUR PHYSICIAN CONCERNING YOUR FITNESS BEFORE

PARTICIPATING. BY PARTICIPATING IN THE PHYSICAL EXERCISES OR TRAINING ACTIVITY DEMONSTRATED IN THIS VIDEO, YOU UNDERSTAND THAT YOU DO SO ENTIRELY AT YOUR OWN RISK AND ASSUME ALL RISKS OF INJURY, ILLNESS, OR DEATH. THROUGH PARTICIPATION, YOU WAIVE ALL CLAIMS AND RELEASE THE COUNTY, THE OFFICE, AND THEIR RESPECTIVE OFFICIALS, EMPLOYEES, AGENTS, AND VOLUNTEERS FROM ALL LIABILITY FOR DAMAGE OR

INJURY OF ANY KIND THAT MAY ARISE, DIRECTLY OR INDIRECTLY.

Safety Reminder:

Please make sure you have on the correct shoes and are in a safe environment before you begin class .

(i.e. furniture out of the way, no cords or trip hazards nearby, water bottle and/or equipment safely off to the side).

If you'd like to familiarize yourself with how Zoom works, please click the links below for detailed instructions and videos on how to utilize this platform.

[How to Join a Zoom Meeting](#)



[Joining a Zoom Call for the First Time; Fun and Easy Online Connection \(YouTube Video\)](#)



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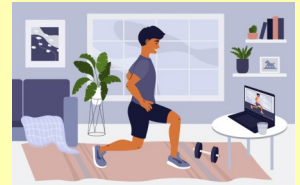
Community Fitness Opportunities

Please read the fitness and exercise disclaimer on previous page

SATURDAY

Virtual Zumba Gold with Yvette Castillo

9:00 am –10:30 am



<https://us02web.zoom.us/j/6663331488?pwd=ZDJxcmpGUUFZcnRkbW9DQlFpQlRwZz09>

WALKIE TALKIE WALKING GROUP

If you are looking for a fun way to exercise or meet new people join the Walkie Talkies on their walks around our community.

[This is not a Senior Center sponsored group.](#)

This group is organized by members of the South Carroll Senior Center.

There is no cost to participate on the walks.

If you would like more information or would like to receive updates from the group leader please contact South Carroll Senior Center

at 410-386-3700 to receive the group contact information.

SCHEDULED WALKS

July

- July 6– Springfield Hospital
- July 9– Farm Walk at 7:00 p.m.
- July 13– Howard County Conservancy
- July 21– Glenwood Senior Center
- July 28– Hugg-Thomas Environment Area

August

- August 3– Trolley Track
- August 10– River Road
- August 18– McKeldin Area of Patapsco Park
- August 25– Linear Trail



FITNESS FRIDAY

— FIRST FRIDAY OF EVERY MONTH
TOWNMALL OF WESTMINSTER - BY THE FOOD COURT
9:00 TO 11:00 A.M.



Mini Health Fair



Fun Activities



Give-A-Ways

JOIN US!
VIRTUALLY

3RD FRIDAY OF THE MONTH
10:00 A.M.

HEALTHYCARROLL.ORG/EVENTS/
ONLINE FITNESS
CLASS



WALK
WITH US
EVERY
FRIDAY

Join our walking group
every Friday at 9:00 a.m.
by the Food Court.



HealthyCarroll.org

FITNESS FRIDAY

— FIRST FRIDAY OF EVERY MONTH

July 1st– A Partnership Picnic

August 5th– Story Stroll

September 2nd– Autumn Apples

October 7th– Falling into Health

November 4th– Thankful Thoughts

December 2nd– Merry & Bright



TOWNMALL
OF WESTMINSTER

9:00 TO 11:00 A.M.
BY THE FOOD COURT



The Partnership
for a Healthier Carroll County





JOIN US

A Walk in the Park

March 29th - 6:00 p.m. | Cape Horn Park
2500 Cape Horn Rd., Hampstead, MD 21074

April 25th - 10:00 a.m. | Sandymount Park
2250 Old Westminster Pike, Westminster, MD 21157

May 18th - 6:00 p.m. | Westminster Community Pond
30 College View Boulevard, Westminster, MD 21157

June 21st - 2:00 p.m. | Krimgold Park
5355 Woodbine Road, Woodbine, MD 21797

July 21st - 6:00 p.m. | Freedom Park
1111 Raincliffe Road, Sykesville, MD 21784

August 16th - 10:00 a.m. | Deer Park
637 Deer Park Road, Westminster, MD 21157

September 21st - 6:00 p.m. | Westminster Vet. Memorial Park
Crest Lane, Westminster, MD 21157

October 18th - 2:00 p.m. | Leister Park
4134 Black Rock Road, Hampstead, MD 21074

November 17th - 10:00 a.m. | Bennett Cerf Park
544 Manchester Road, Westminster, MD 21157

December 7th - 10:00 a.m. | Bear Branch Trails
300 John Owings Road, Westminster, MD 21158



Carroll County

Tablet Loaner Program

*Bureau of Aging
& Disabilities*

The Carroll County Bureau of Aging & Disabilities is helping Carroll County's older adults get—and stay—connected through its Free Tablet Lending Library Program. Stay connected by participating in virtual Aging & Disabilities and Senior Center events, activities and meetings. No internet service is required as tablets are equipped with unlimited data.

- *Call 410-386-3800 for more information or to register*
- *Available for pick-up at any of the five senior and community centers*
- *Technical instruction available*



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PIVOT

PHYSICAL THERAPY

IN HOME EXERCISES

Click on the link below and type in the access code for videos to show you how to complete the exercises:

<https://pivotpt.medbridgego.com/resources>

LOW BACK STRETCHES

Access Code: EJMZPZF8

and



<https://www.youtube.com/watch?v=7OLFGsBsjFA>

HOW TO GET UP FROM A NON INJURY FALL

Access Code: QFAXHB8C

and

Access Code: DXPPVCTQ



FOOT AND ANKLE STRENGTHENING

One of the keys to having good balance is having strong and flexible ankles.

Access Code: EKMKZJB9



CCPL PROGRAMS



BOOK CLUB

In person meetings held in the Large Meeting Room of the Mount Airy Library

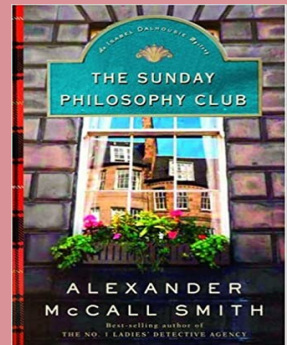
REGISTRATION REQUIRED

More information can be found at library.carr.org

July 28th at 12:00 p.m.

The Sunday Philosophy Club

by Alexander McCall Smith



August 25th at 12:00 p.m.

The Rose Code

by Kate Quinn

Trailblazer Updates:



Operated by Ride With Us

Click the link for CTS press release and details
<https://www.carrollcountymd.gov/government/directory/public-works/carroll-transit-system/>



Technology Assistance

If you're in need of some tech assistance, please consider clicking on some of the links below! The websites listed include helpful tips on how to navigate through various topics such as Apple ID, downloading apps, bookmarks, emails, Twitter, Facebook, Lyft, Spotify, WIFI, Zoom, etc.

- [Senior Planet](#) is hosting free online classes for older adults on topics including introduction to social media, how to use Zoom, and virtual social gatherings.
- [Tech Tips Video Tutorial](#)
- [How to Become Tech Savvy Seniors in 10 Days](#)
- [AARP TEK workshops](#) are free of charge to the public
- [Instructions for Accessing Your Virtual Workshop through Zoom](#)
- [Download the FREE App "Easy Tablet Help for Seniors"](#) . It is available at no cost in the Apple, Google Play and Amazon App Stores. Note: There are no ads or in-app purchases. The interactive tutorial teaches:
 - Basic Functionalities: Tapping a touchscreen, enlarging and shrinking a page, scrolling, location of buttons, how to navigate the keyboard
 - Internet Safety, Searching and Communicating: Texting, video-calling (Zoom, FaceTime, Skype), getting a Gmail account or using an existing email account)
 - More: How to use YouTube, the camera, attaching a photo to an email, apps, etc.
 - Demonstration: www.generationsonline.org/gol4ipad

Carroll Hospital Education



It's All About Diabetes Wednesdays



Wednesdays, 2:00 to 3:00 p.m.

Providing health and wellness information related to diabetes every week by phone.

To join, call the number below and enter the code when prompted.

1-646-741-5292

Access Code: 111-1059-1175

No registration.

For information or to register, please call **410-871-7000**
or visit CarrollHospitalCenter.org

200 Memorial Avenue • Westminster, MD

 **CARROLL
HOSPITAL**
A LifeBridge Health Center
Tevis Center for Wellness

Carroll Hospital Education

All programs are free of charge and require pre-registration unless otherwise noted.

All fees are nonrefundable.

To register or for more information, call Care Connect at 410-871-7000 or visit lifebridgehealth.org/wellness

Support Groups

Support groups may be offered in person, virtually or a combination.

Please Call 410-871-7000 to register and obtain information.

Breast Cancer Support Group

Tuesday, July 12th, 7:00 p.m. – 8:30 p.m.

Caregivers Support Group

Tuesday, July 12th, 4:30 p.m.—6:00 p.m.

For more information call 410-386-3833

Gather & Connect *For those living with cancer (and their families) to share their experiences*

Monday, July 25th, 4:30p.m.– 6:00p.m.

Grandparents Raising Grandchildren Support Group

Wednesday, July 13th, 5:30 p.m. -7:00 p.m.

For More information, call 410-386-3833

Multiple Sclerosis Support Group

Monday, July 18th, 10:00 a.m.- 12:30 p.m.

Shauck Auditorium

Parkinson's Support Group

For those living with Parkinson's Disease and their families or caregivers

Wednesday, July 13th, 5:30– 7:00 p.m.

Stoke Survivors Support Group

Find support and encouragement from fellow stroke survivors as they share their experiences and offer encouragement.

Thursday, July 14th, 10:00a.m.-11:00 a.m.

Special Programs

Carroll's Farmers Market

Each Week, local vendors will offer a variety of fresh produce, herbs, desserts and more.

Thursdays, 11:00 a.m.—3:00 p.m.

Carroll Hospital Parking Garage, Third Floor

Fitness Friday

Town Mall of Westminster (near food court)

Learn about various health and wellness topics during The Partnership for a Healthier Carroll

County's Fitness Fridays

Friday, July 1st, 9:00– 11:00 a.m.

Kidney Smart Online and In Person

For more information or to register, call 888-695-4363

Living Healthy, Living Well (Mailed Toolkit)

These evidence –based programs introduce information and skills that help people with chronic pain, diabetes, and physical and mental health conditions lead a healthy life. Participants complete their specific program at their own pace in addition to a weekly conference call with a trained facilitator. For more information or to register go to carrollcountymd.gov/aging-and-disabilities. Call 410-386-3818 or email living-healthy@carrollcountymd.gov

Mindfulness Workshop

This workshop is designed to help you address stress by exploring ways to create a more balanced life through prompted journaling guided meditation, a mindful eating activity and gentle yoga.

Wednesday July 13th 6:00– 9:00 p.m.

Tevis Center for Wellness

\$20.00 per person

Walk Carroll

Meet every Friday to walk at the Town Mall of Westminster.

Fridays, 9:00 a.m.– 10:00 a.m.

Carroll Hospital Education

Grief Support Services

Call **410-871-8000**
for more information.

Healing after a Substance Loss Support Group

Open to those who have experienced the death of a loved one related to substance abuse or addictions. The group addresses the unique emotional issues surrounding the loss and offers coping strategies.

Tuesday, July 5th, 5:00 p.m.– 6:30 p.m.
Please call **443-974-8717** to register and obtain access to this virtual group.

Mending Hearts Support Group

Open to parents who have lost a child
Monday, July 18th, 6:30 pm – 8 :00 p.m.
Please call **410-871-7656** to register and obtain access to this virtual group.

Pathways Grief Support Group

Open to anyone who is grieving the loss of a loved one. The group addresses emotional issues surrounding the loss and offers coping strategies.

Wednesday, July 20th, 7:00 pm - 8:00p.m.
Please call **410-871-7656** to register and obtain access to this virtual group.

Widows & Widowers Support Group

Open to adults who have lost a spouse
Tuesday, July 5th, 6:30 p.m. – 8:00 p.m.
Please call **410-960-7568** to register and obtain access to this virtual group.

Special Services

Cancer Navigation Services

A free, comprehensive resource for those pending a diagnosis or in any stage of all types of cancer.
Call **410-871-7000** for more information.

Care Connect Navigation Services

Support and guidance for people living with health conditions.
Call **410-871-7000** for more information.

Center for Breast Health

A free, comprehensive resource for those pending a diagnosis, at any stage of breast cancer or for general breast health needs.
Call **410-871-7080** for more information.

Complementary Health Services

By appointment only. Call **410-871-7000** for availability of services.

Acupuncture, Integrative Reflexology, Massage, NDA (Auricular Acupuncture for Weight loss and Addiction), Reiki

Genetic Counseling

*For cancer patients and those at risk for the disease. Telemedicine and in-person appointments at Carroll Hospital are available. A physician referral is required. Call **410-601-5085** for more information.*

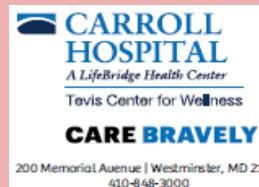
Studio YOU

Features one on one consultation for a wide selection of support items, including wigs and head coverings for those with cancer and medical hair loss; mastectomy bras and breast prostheses; and more. Limited quantities of wigs and head coverings are available free of charge.
East Pavilion
Appointments required for Studio YOU
Call **410-871-7000** for more information.

Gift Certificates available
for complementary health services.

Call 410-871-7000

for more information or visit lifebridgehealth.org/tevisgiftcertificates



**The Partnership
for a Healthier Carroll County**

WELLNESS WEDNESDAYS

Join us Live on Facebook every Wednesday at noon for our Wellness Wednesdays! Brought to you by The Partnership for a Healthier Carroll County and our local partners! If you would like to be a partner, email thepartnership@healthycarroll.org



Community partners will present information and resources on a variety of health and wellness topics.

<https://www.facebook.com/HealthierCarrollCounty>

The Partnership for a Healthier Carroll County



Mental Health Speaker Series

**Mental Health
Ranked # 1
in Carroll County**

**Help Us
Make A
Difference!**



Our community ranked mental health as the number one health concern in Carroll County during our Community Health Needs Assessment.

Join our **FREE** Mental Health Speaker Series and help us make a difference.

FREE CEU'S for Therapists and Social Workers

2022 Speaking Topics

10:00 to 11:00 a.m. *Except March 15th

July 8th– Co-occurring Disorders

August 12th– Early Identification of Mental Illness

September 9th– Integrating Peer Specialist into the Workforce

October 14th– Domestic Violence

November 4th– What is advocacy and what does it look like?

December 9th– Living Mentally Well

Speaker series will start virtually and moved to in person when safe to do so.

Register at: HealthyCarroll.org/Mental-Health-Speaker-Series/.



CEU's provided by



For more info:

HealthyCarroll.org
ThePartnership@HealthyCarroll.org
410-871-6032

NATIONAL FAMILY CAREGIVERS SUPPORT PROGRAM

Carroll County

S U P P O R T G R O U P S

Grandparents Raising Grandchildren

meets in a casual and welcoming environment, offering support to grandparents who are raising grandchildren. Grandparents have the opportunity to meet other caregivers, develop a network of support and receive information about services available. The support group is open to older adults raising grandchildren under 18 years of age.



Second Wednesday from 5:30PM—7:00PM

Caregivers of Older Adults

is an ongoing support group that is designed to help caregivers cope with the challenges of caring for their relatives. Caregivers have the opportunity to share their experiences, participate in educational discussions and receive comfort and positive reinforcement to help guide them through what can be a difficult journey.



Second Tuesday from 4:30PM—6:00PM

Bureau of Aging & Disabilities, 125 Stoner Ave, Westminster



To register please contact Mary Jane Overby at 410-386-3833 or moverby@carrollcountymd.gov.

Visit our website
www.carrollcountymd.gov/aging-and-disabilities
for more information about our programs.



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Carroll County Bureau of Aging & Disabilities



Caregiver Courier

Spring 2022
Volume 3, Issue 2

Click on the link below to read this issue

www.carrollcountymd.gov/government/directory/citizen-services/aging-disabilities/caregiver-courier/

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For information and registration call
Mary Jane Overby at 410-386-3800



The National Caregiver Support program and the Grandparents Raising Grandchildren program are provided by:



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.

Live your best life and
connect with others.

**Join a FREE
At-Home
SELF-MANAGEMENT
Program
Workshop
Today!**



All you need is a phone.
You will meet other participants
and the workshop leader in a
weekly call.



You'll get a reference book, a
self-test to help you decide
what you want to focus on, and
tips sheets to help you manage
your conditions.



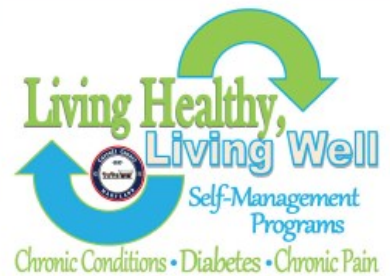
The work is done at your
convenience and the 1-hour
calls are scheduled over
a 6-week period.

**Choose between the
following mailed
programs to do from
home at your own
pace:**

- **Chronic Disease**
- **Diabetes**
- **Chronic Pain**

For more
information contact:

Leslie Wagner
lwagner@carrollcountymd.gov
410-386-3818



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.

Learn how to manage your ongoing Chronic Conditions



What is *Chronic Conditions Self-Management*?

This researched and proven program is designed to help you manage your health. With mutual support in weekly workshops, you can build confidence to set your own goals and put new problem-solving skills to work in your own life. Adults who have health problems and family members caring for loved ones with a chronic condition, are encouraged to attend!

These small group workshops are led by two trained facilitators and meet for **2½ hours once a week for six weeks**. The workshop does not replace existing treatments but serves to complement a participant's current medical plan.

Topics Include:

- What is Self-Management?
- Problem-Solving
- Setting Short-Term Goals
- Healthy Eating
- Pain Management
- Stress and Depression Management
- Using your Mind to Manage Symptoms
- Planning for the Future
- Relaxation Techniques
- Managing Difficult Emotions
- Partnering with your Health Provider
- Communication Skills
- Making Decisions
- Medication Usage

What's in it for me? *People who have taken the workshop show:*

- Better health and increased confidence in managing their symptoms
- Improvements in general health and wellbeing
- Increase in exercise and physical activity
- Better communication with physicians and family
- Fewer doctor and emergency room visits and fewer hospitalizations

Did you know?

- Nearly 92% of older adults have at least one chronic condition.
- Chronic conditions account for 75% of the money our nation spends on health care.
- 4 chronic conditions – heart disease, cancer, stroke, diabetes – cause almost 66% of all deaths each year.



Meet **VIRTUALLY** in the comfort of your own home!



FREE 6-Week Series

Aug 30, Sept 6, 13, 20, 27, Oct 4, 2022

Tuesdays 9:00 a.m.—11:30 a.m.

Technology assistance for the workshop series will be provided.

Tablets with data are available through our lending library program.

Participants will receive a "Living a Healthy Life with Chronic Conditions" book and a "Relaxation for Mind and Body" CD.

REGISTER online at <https://carrollcountymd.gov/LivingHealthy> or by calling 410-386-3818 or Email LivingHealthy@carrollcountymd.gov

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.



ALZHEIMER'S ASSOCIATION®



Alzheimer's and Dementia Education **YOU CAN TRUST**

The Alzheimer's Association provides care and support to those affected by Alzheimer's and all other dementia, offering free, high-quality education programs. Explore our convenient learning opportunities that focus on Alzheimer's disease, caregiving, communication and more

The 10 Warning Signs of Alzheimer's

60-minute and 30-minute options available

An education program to help recognize common signs of the disease in oneself and in others. Learn what steps to take and how to talk to your doctor.

Understanding Alzheimer's and Dementia

60-minute and 30-minute options available

Learn basic information on the difference between Alzheimer's and dementia, stages of the disease, risk factors, research and FDA-approved treatments.

Understanding and Responding to Dementia-Related Behaviors

60-minute and 30-minute options available

Learn caregiver tips and strategies to respond to some common behaviors by individuals living with dementia that include agitation and confusion.

Additional information on the back

**For more information or to schedule a program, contact:
Megeen White, Program Manager, mewhite@alz.org | 240-549-5086**

Effective Communication

45-minute and 30-minute options available

Explore ways that Alzheimer's and other dementia affect an individual's ability to communicate as the disease progresses. Get tips to better communicate with people living with the disease.

Dementia Conversations

45-minute and 30-minute options available

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for having the difficult—but needed—conversation about noticed changes that may be related to dementia.

Healthy Living for Your Brain and Body

*Tips from the latest research
45-minute and 1-hour options available*

Learn about research in diet, nutrition, exercise, cognitive activity and social engagement. Use hands-on tools to help incorporate these recommendations into a plan for healthy aging.

Legal and Financial Planning

Two-part program, 1-hour sessions

A program to help you understand the legal and financial issues that may impact your dementia journey. Learn the importance of advanced planning, how to make legal and financial decisions, ways to put plans in place and review important documents.

Living with Alzheimer's for Caregivers

A three-part series. Each is a 1-hour session

Workshops cover all stages of the disease, providing information, tools and strategies for coping with a diagnosis. Learn how to make informed decisions that provide the best care and maximum quality of life for all involved.

Early Stage

In the early stage of Alzheimer's disease, families face new questions as they adjust. Get answers to your questions.

Middle Stage

Care partners now become hands-on caregivers. Hear from caregivers and professionals who share helpful strategies to provide safe, effective and comfortable care.

Late Stage

At this stage, caregiving typically involves new ways to connect and interact with the person living with the disease. Hear caregivers and professionals discuss available resources, how to monitor care and ways to make meaningful connections. If you are someone living with dementia or are a caregiver, this program is for you.

Living with Alzheimer's: For People Living with Alzheimer's

A diagnosis of Alzheimer's is life changing. Learn from others who have been diagnosed and learn how to navigate this chapter of your life.

Living with Alzheimer's: For People with Younger-Onset (or Early-Onset) Alzheimer's

Hear from people living with a diagnosis and how to ease the impact throughout each stage.

COVID-19 and Caregiving Program

Understand the relationship between COVID-19 and dementia and learn tips for caregiving. Review available Alzheimer's Association resources.

New Advances in Alzheimer's Treatments

Learn about the new treatment approved by the FDA, steps for access and who may benefit.

Managing Money: A Caregiver's Guide to Finances

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. This program provides tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

**Alzheimer's Association
Greater Maryland Chapter**

**To schedule a program,
contact Megeen White**

**mewwhite@alz.org
240.549.5086**

**24/7 Helpline
800.272.3900**

ALZHEIMER'S ASSOCIATION®

Greater Maryland Chapter

Programs, Services & Events For People Living in Maryland

PROGRAMS AND SERVICES

The following chapter programs and services are available in-person, by phone and/or virtually:

24/7 HELPLINE 800.272.3900: A free nationwide service. Master's-level clinicians and specialists provide confidential support and information to people living with the disease, caregivers, families and the public. Our translation service accommodates more than 200 languages.

Support Groups: Facilitated by trained individuals, support groups provide an opportunity for caregivers, family members and others to dealing with the disease to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey.

Care Consultations: Provided by professionally trained staff, this free service offers personalized assistance to help families and caregivers better understand the disease, manage care, resolve conflicts, and plan for the future.

Education Programs: Our free education programs are open to the public and cover topics such as warning signs and basics of the disease, caregiving, legal and financial planning, and healthy lifestyle choices for the brain and body. Presentations are also available for companies and organizations. We also offer conferences and trainings for caregivers and professionals throughout the year.

Early Stage Programs: These programs for individuals in the early stages of and dementia and their care partners offer specialized information and support and social engagement opportunities to meet others in a relaxed and comfortable setting.

ABOUT OUR CHAPTER

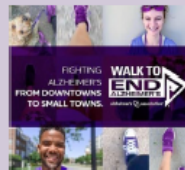
The Greater Maryland Chapter serves all counties in Maryland except Calvert, Charles, Montgomery, Prince George's, & St. Mary's which are served by the National Capital Chapter.

WESTERN MD OFFICE: 108 Byte Drive, Suite 102, Frederick, MD 21702 | 301-696-0315

EVENTS

The Longest Day: The day with the most light, the summer solstice, is the day we fight. On June 21, people from across the world fight the darkness of Alzheimer's through a fundraising activity of their choice. Whether you're participating at home, online or in-person, we have plenty of fun ideas to engage family and friends in [The Longest Day](#)

WALK to END ALZHEIMER'S



Western Maryland WALK:

October 9th in Frederick.

For details contact: Marilyn Herbert, Development Manager, at mjherbert@alz.org or 240-549-5085

or <https://bitly/WMDWALK10922>

For additional ALZ Events in western Maryland

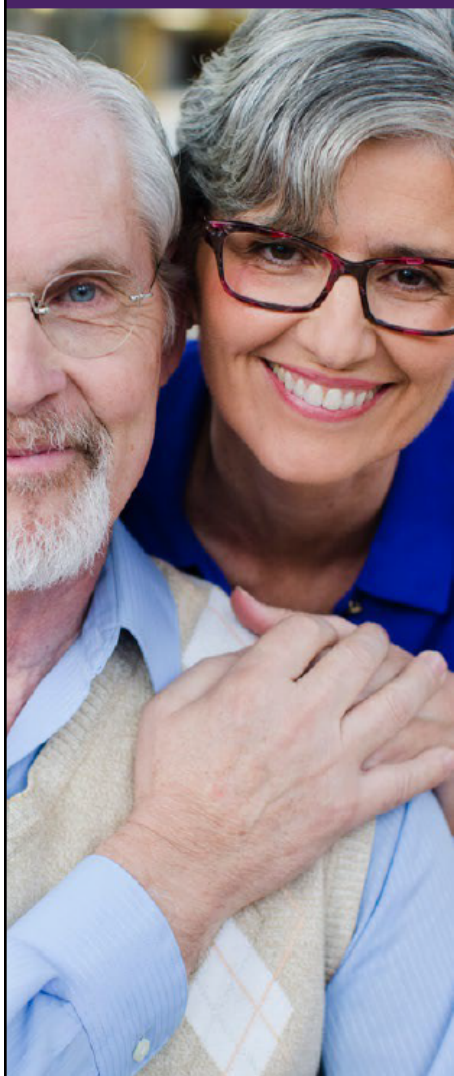
Marilyn Herbert Development Manager:

mjherbert@alz.org or 240-549-5085 OR

Megeen White: mewhite@alz.org or 240-549-5086



www.alz.org/maryland



ALZHEIMER'S ASSOCIATION ONLINE TOOLS

CAREGIVER CENTER

Caregivers may access information about early-stage caregiving, middle-stage caregiving, or late-stage caregiving. alz.org/care or click [here](#).

ALZCONNECTED®

Our online community to connect with other individuals living with early-stage Alzheimer's. You can share questions, experiences and practical tips via message boards or create private groups organized around specific topics. alzconnected.org or click [here](#).

ALZHEIMER'S NAVIGATOR®

An interactive online tool for people living with dementia and those who participate in providing care and making care-related decisions. This assessment tool evaluates needs, outlines action steps, and links the user to Alzheimer's Association chapter programs and local services. alzheimersnavigator.org or click [here](#).

COMMUNITY RESOURCE FINDER®

A comprehensive database of local programs and services, housing and care options, and legal experts all in one location, allowing you to quickly search, find and access support. communityresourcefinder.org or click [here](#).

LIVE WELL: ONLINE RESOURCES FOR PEOPLE WITH DEMENTIA

A collection of free interactive tools that helps you navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provides personalized steps for living well with the disease. alz.org/livewell or click [here](#).

VIRTUAL LIBRARY

Search the online catalog, view resources chosen by dementia experts and download topic sheets and reports. alz.org/library or click [here](#).

TRAINING AND EDUCATION CENTER

The Association offers a number of Alzheimer's and dementia courses available online, 24 hours a day. alz.org/training or click [here](#).

ALZHEIMER'S ASSOCIATION TRIALMATCH®

A free easy-to-use clinical study matching service that connects individuals with Alzheimer's disease, caregivers, healthy volunteers and physicians with current studies. The continuously updated database of 130+ Alzheimer's clinical trials includes pharmacological and non-pharmacological research. Studies are being conducted at 500 sites across the country and online. alz.org/trialmatch or click [here](#).

MARYLAND STATISTICS* (2020)

110,000
people age 65 and older
with Alzheimer's

242,000
Number of Caregivers

371,000,000
Total Hours of Unpaid Care

\$6,810,000,000
Total Value of Unpaid Care

\$1,231,000,000
Medicaid costs of caring for
people with Alzheimer's

*Alzheimer's Association 2022 Alzheimer's Disease Facts and Figures, available at alz.org/facts



Carroll County's State Health Insurance Assistance Program (SHIP) provides free local help to individuals with Medicare. If you are turning 65 this year, then you are eligible for Medicare. If you are still working or are not receiving a Social Security check, then it is up to you to proactively enroll in Medicare.

We invite you to attend our free informational workshops for individuals who wish to learn more about Medicare. We are offering Transitioning to Medicare – Parts 1 and 2 monthly.



TRANSITIONING TO MEDICARE - Part 1

Dates in **RED** are offered Online Only.

Dates in **PURPLE** are offered In-person at the Westminster Public Library 50 E Main St
***In-Person Dates may be changed to Online if there is a State of Emergency. If so, you will be notified via your contact information in the registration.*

June 22nd, 2022 @5:00 PM

Sept 21st, 2022 @5:00 PM

July 13th, 2022 @5:00 PM

Oct 19th, 2022 @5:00 PM

Aug 17th, 2022 @5:00 PM

Nov 9th, 2022 @ 5:00 PM

December 7th, 2022 @ 5:00 PM

Please go to Carroll County Public Library link below to register.

Original Medicare (Parts A, B, and D), the Advantage Plans (Part C), Supplemental Plans (aka: Medigap policies), fraud and abuse, and Medicare Savings Programs.

TRANSITIONING TO MEDICARE - Part 2

Dates in **RED** are offered Online Only.

Dates in **PURPLE** are offered In-person at the Westminster Public Library 50 E Main St
***In-Person Dates may be changed to Online if there is a State of Emergency. If so, you will be notified via your contact information in the registration.*

June 29th, 2022 @5:00 PM

Sept 28th, 2022 @5:00 PM

July 20th, 2022 @5:00 PM

Oct 26th, 2022 @5:00 PM

Aug 24th, 2022 @5:00 PM

Nov 16th, 2022 @ 5:00 PM

December 14th, 2022 @ 5:00 PM

Please go to Carroll County Public Library link below to register.

Take a closer look at Medicare Supplemental plans (also known as Medigap or secondary plans) and Advantage plans.

You will need to register at: <https://ccpl.librarymarket.com/events/month>



Presented in Collaboration with:
Carroll County Public Library

Sponsored by: Carroll County
Bureau of Aging and Disabilities
125 Stoner Ave.
Westminster, MD 21157

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, 410.396.3600 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.



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 Coinvent, centralized locations
- Caregivers also ride for free

Located within the
Carroll County Bureau of Aging and Disabilities,, 125 Stoner Avenue
Westminster,, MD 21157

410-386-3800

<https://carrollcountymd.gov/carrollveterans>



Maryland Senior Call Check

PEACE OF MIND FOR THOSE HOME ALONE



DAILY AUTOMATED CHECK-IN CALLS



FREE SERVICE

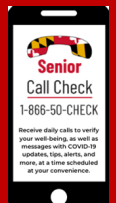
65+

MARYLANDERS AGED 65+



YOUR CHOICE A MORNING OR AFTERNOON CALL

Learn about the
Maryland
Senior Call Check
and how to sign up.



<https://www.youtube.be/TkNDGbgHKZY>

Sign up online or over the phone:

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



Larry Hogan
Governor

Boyd K. Rutherford
Lt. Governor

Rona E. Kramer
Secretary

If you're feeling anxious, depressed,
or just need someone to talk to,

CALL 211

or dial 443-608-9182



Connect with someone who can help.

Call the **211 Maryland United Way Helpline** and ask to be connected to the WARMLine. You'll talk with someone who will listen to your concerns and refer you to additional resources.

Mental health professionals are available weekdays from 10:00 a.m. to 6:00 p.m.

Follow these easy steps:

1. Dial 211 (or 443-608-9182) from any cell phone or landline.
2. Ask to be connected to the WARMLine.
3. Speak with a caring call specialist who will listen to your needs.
4. You will be referred to any additional resources you may need.

United Way of Central Maryland has provided a grant to Pro Bono Counseling to support Marylanders who are experiencing mental health issues related to the COVID-19 pandemic and other reasons.

For more information, visit <https://probonocounseling.org/>

PRO BONO
COUNSELING
PROJECT



In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the lead federal agency, in partnership with the Federal Communications Commission and the Department of Veterans Affairs, working to make the promise of 988 a reality for America. Moving to a 3-digit dialing code is a **once-in-a-lifetime opportunity** to strengthen and expand the existing National Suicide Prevention Lifeline (the Lifeline).

Of course, 988 is more than just an easy-to-remember number—it is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. Preparing for full 988 implementation requires a bold vision for **a crisis care system that provides direct, life-saving services to all in need.**

SAMHSA sees 988 as a first step towards a transformed crisis care system in much the same way as emergency medical services have expanded in the US.



In pursuit of this bold yet achievable vision, SAMHSA is first focused on strengthening and expanding the existing Lifeline network, providing life-saving service to all who call, text or chat via 988. Longer term, SAMHSA recognizes that linking those in crisis to community-based providers—who can deliver a full range of crisis care services—is **essential to meeting crisis needs across the nation.**





Frequently Asked Questions

What is the Lifeline and will 988 replace it?

The Lifeline is a national network of over 200 local, independent, and state-funded crisis centers equipped to help people in emotional distress or experiencing a suicidal crisis. **Moving to 988 will not replace the Lifeline**, rather it will be an easier way to access a strengthened and expanded network of crisis call centers. Beginning July 16, 2022, people can access the Lifeline via 988 or by the 10-digit number (which will not go away).

When will 988 go live nationally?

The 988 dialing code will be available nationally for call, text, or chat on July 16, 2022. Until then, those experiencing a mental health or suicide-related crisis, or those helping a loved one through crisis, should continue to reach the Lifeline at its current number, 1-800-273-8255.

How is 988 different from 911?

988 was established to improve access to crisis services in a way that meets our country's growing suicide and mental health related crisis care needs. 988 will provide easier access to the Lifeline network and related crisis resources, which are distinct from 911 (where the focus is on dispatching Emergency Medical Services, fire and police as needed).

How is 988 being funded?

Congress has provided the Department of Health and Human Services workforce funding through the American Rescue Plan, some of which will support the 988 workforce. At the state level, in addition to existing public/private sector funding streams, the National Suicide Hotline Designation Act of 2020 allows states to enact new state telecommunication fees to help support 988 operations.

Is 988 available for substance use crisis?

The Lifeline accepts calls from anyone who needs support for a suicidal, mental health and/or substance use crisis.

Urgent realities.



Too many Americans are experiencing suicide and mental health crises without the support and care they need. In 2020 alone, the US had one death by suicide about every 11 minutes — and for people aged 10-34 years, suicide is a leading cause of death.

Easier access.



Moving to an easy-to-remember, 3-digit dialing code will provide greater access to life-saving services.

There is hope.



Providing 24/7, free and confidential support to people in suicidal crisis or emotional distress works! The Lifeline helps thousands of people overcome crisis situations every day.

Email 988 questions to:

**988Team@
samhsa.hhs.gov**

Maryland Legal Aid

For the health and safety of staff, clients, and visitors, MLA's 12 statewide offices have re-opened for walk-in intake on a limited basis. The walk-in intake procedures follow a strict set of protocols intended to protect the health and safety of all staff, clients, and visitors. As such, clients should not bring guests with them when coming to MLA offices.



Those seeking in-person assistance will undergo a brief health assessment and temperature check, and will be required to social distance and wear a mask/face covering that covers the nose and mouth during their visit.

Applicants can continue to apply for help by telephone and online, 24 hours a day, 7 days a week. Current MLA clients should call their advocate before coming to an MLA office.

Each of MLA's 12 statewide office locations is taking CDC-recommended health and safety precautions against COVID-19, and is prepared to assist individuals with a variety of civil legal issues, including, but not limited to:

- Illegal evictions
- Family law matters
- Bankruptcy filings
- Debt collection disputes
- Denials or terminations of unemployment and public benefits

Additionally, MLA's Community Lawyering Initiative is still actively providing legal assistance in person and by email and telephone in coordination with local libraries, schools, and community partners.

**Maryland Legal Aid's
Midwestern Maryland Office
22 South Market Street
Suite 11
Frederick, MD 21701**

**Telephone Intake: 301-694-7414
Online Intake: www.mdlab.org**

<https://www.mdlab.org/covid-19-information/>

Connect with us





***Are you being evicted?
Are you behind in paying rent?
Call or email us today! 410-386-6620***

If you or someone in your household have experienced a financial hardship due to COVID-19 and are behind on your rent, the Emergency Rental Assistance Program, recently established by the U.S. Treasury, may be able to help.

Who is eligible?

You must be renting in Carroll County.

You must have been impacted by COVID-19.

Your household income must be under:

Household Size	1	2	3	4	5	6	7	8
Household Income	\$55,950	\$63,950	\$71,950	\$79,900	\$86,300	\$92,700	\$99,100	\$105,500

What will you need to apply?

Copy of your current lease or rental agreement

Proof of household income

Proof of the amount of rent you owe

Tell us how COVID hurt your household, for example:

- Unemployment
- Reduced hours at work
- Lack of childcare
- COVID illness
- Medical costs
- Caring for someone with COVID

COVID-19 Emergency Rental Assistance Program (ERAP)

The ERAP program is administered by Human Services Programs of Carroll County. For additional information: 410-386-6620—renthelp@hspinc.org—www.hspinc.org.



**CARROLL COUNTY
DEPARTMENT
OF SOCIAL SERVICES**
1232 Tech Court
Westminster, MD 21157



FAMILY INVESTMENT ADMINISTRATION

APPLY FOR BENEFITS ONLINE: mydhrbenefits.dhr.state.md.us

DHS CUSTOMER SERVICES: 1-800-332-6347 / FAX: 410-386-3428

WEBSITE TO SUBMIT DOCUMENTS: fia.carrollco@maryland.gov

APPLY FOR LONG TERM CARE MEDICAL ASSISTANCE:
mymdthink.maryland.gov

TO MAKE AN APPOINTMENT: 443-821-5833 (M-F, 8-4:30)

CHILD SUPPORT ADMINISTRATION

APPLY ONLINE: www.dhr.state.md.us/csea

CUSTOMER SERVICE: 1-800-332-6347 / Carroll.CSA_DHS@maryland.gov

MAKE AN APPOINTMENT: 443-929-2908 (M-F, 8-4:30)

PAYMENT INFO: 1-800-723-9937

SERVICES UNITS

To report suspected abuse or neglect: 410-386-3434

FOSTER PARENT RECRUITMENT LINE: 410-386-3333





Senior Assisted Living Subsidy (SALS)

The SALS Program provides subsidies on behalf of eligible senior residents of assisted living facilities which are enrolled in the program and licensed by the Maryland Department of Health.

THE MAXIMUM MONTHLY SUBSIDY IS \$1,000

ELIGIBILITY REQUIREMENTS:

1. Asset Limitation: \$19,000 per individual
 \$25,000 per couple
2. Income Limitation: \$3,002* gross per month per individual
 \$3,925* gross per month per couple
 **Gross Income does not include VA Aide & Attendance*
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



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Beware of Phone Scams



Securing today
and tomorrow

Social Security wants you to know about widespread phone scams where scammers pretend to be government employees. They may tell you about a Social Security-related problem to gain your trust and steal your money. We want you to hang up on scammers – help us “slam the scam”!



IF YOU RECEIVE A SUSPICIOUS CALL:

- 1** Hang up
- 2** Do not give money or personal information
- 3** Report the scam at oig.ssa.gov

Social Security may call you in some situations but we will never:

- » Threaten to arrest you unless you pay a fine or fee
- » Suspend your Social Security number
- » Require immediate payment from you by cash, gift card, pre-paid debit card, or wire transfer
- » Demand secrecy in dealing with a Social Security problem

Protect yourself, friends, and family: don't forget to “slam the scam”!

How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.



What to Know if You Must Visit an Office:

- You must have an **appointment** to visit an office.
- **Masks are required** for all office visitors and employees, regardless of vaccination status.
- **Visitor capacity is limited** to follow physical distancing requirements. This means **you may need to wait outside**, so plan for cold or bad weather.
- We ask that you **come alone unless you require help with your visit**. If you require help, we can only permit one person to accompany you.

We appreciate your patience and understanding.



Securing today
and tomorrow

SSA.gov |     

Social Security Administration
Publication No. 05-10558
December 2021 (First edition)
How to Get Help from Social Security
Produced and published at U.S. taxpayer expense