



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



March 2023

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*2nd Annual
Veterans Celebration
of Carroll County*

**Sunday May 7th
Noon- 4:00p.m.
See page 5 for more
information**

2023 Grandparents & Other Relatives Raising Grandchildren Conference

*Protecting Our Youth in a
Changing World*

**Saturday March 25th
9:00a.m.-2:00p.m.
Registration information
on page 13**



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



Effective March 1, 2023

- **Only Congregate Meals** will be served at the County's five Senior Centers. All meals provided at the Senior Centers will be served with the expectation that members and guests will eat their meals in the areas designated at each center.
- Food can only be eaten in the properly designated areas at each Senior Center. If a participant, guest, or staff member does not wish to eat their entire meal they may take the remaining food with them when they leave the Senior Center.
- The Carroll County Government/Bureau of Aging and Disabilities is not liable for any illness that occurs because of the consumption of food that has been initially supplied by the center, but then removed from the Senior and Community Center.
- If you have questions regarding this policy, please see the Center Manager or Assistant Manager.



**2023 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.
- 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.**

Westminster Senior and Community Center

125 Stoner Ave – Westminster, Maryland 21157

Phone Number: 410-386-3850

Mondays and Wednesdays

February 6th – April 5th

(No appointments on President's Day 2/20/23 – Make-up Day Tuesday 2/21/23)

South Carroll Senior Center

5928 Mineral Hill Road- Eldersburg, Maryland 21784

Phone Number: 410-386-3700

Tuesdays

February 7th – April 4th

Mt. Airy Senior Center

703 Ridge Ave-Mt. Airy, Maryland 21771

Phone Number: 410-386-3960

Thursdays

February 9th – April 6th

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Scan Me

All Veterans, Military, their families, and all citizens, are invited to the:

**FREE
PARKING!**

2nd Annual **Veterans Celebration of Carroll County**

**Sunday, May 7, 2023
Noon – 4 PM**

Carroll County Farm Museum
500 S. Center Street, Westminster, MD

Come share in the family fun:

- ✦ Entertainment ✦ Children's Activities ✦ Great Food
- ✦ Military Equipment Display ✦ Veterans Military Exhibit
- ✦ Artisans ✦ Craft Vendors and more!!!

Veteran Service Organizations on site too!

Welcome Ceremony at 1:00 will include a special recognition ceremony honoring those who served in Afghanistan.

Join us as we thank Veterans and their families for their service!

Enjoy the camaraderie of other Veterans and Active Military!

www.carrollcountymd.gov/veteranscelebration

Hosted by Carroll County Government and the Veterans Advisory Council

For venue-related inquiries,
call 410-386-3880.

For Veteran-related inquiries,
call 410-386-3800.

**FREE
ADMISSION!**



Carroll County
Health Department



Public Health
Prevent. Promote. Protect.



Customize a meal plan
that meets your needs

WEIGHT LOSS SUPPORT

Every Tuesday at 9:00am
Beginning January 10, 2023
Carroll Hospital, Shipley Room

Every Wednesday at 5:30
St. Paul's UCC, 17 Bond St., Westminster



Attend weekly
meetings that provide
information about
diet, exercise and
health



Accountability and
support help you
reach your goals

CONTACT US

410-876-4981

laurie.stover@maryland.gov

www.cchd.maryland.gov



Public Health
Prevent. Promote. Protect.

Carroll County
Health Department



Diabetes Prevention Program (DPP)

a FREE lifestyle change program
designed to help you decrease your
risk of developing Type 2.

In-Person sessions begin on **March 14th, 2023**
(Tuesdays) 12:30 pm - 1:30 pm
at the Carroll County Health Department
290 S. Center St. Westminster

If you prefer an online experience, please let us know, and
we can add you to our waitlist for sessions beginning in
May.

Think you may qualify?
take the test and find out



doihaveprediabetes.org

For More info Contact: Amanda Pyne NBC HWC
410-876-4421 amanda.pyne@maryland.gov

Carroll Transit and Trailblazer Updates:

<https://www.carrollcountymd.gov/government/directory/public-works/carroll-transit-system/>

ATTENTION ALL PASSENGERS

Beginning January 2023, CTS will conduct quarterly safety meetings on the first Wednesday of each quarter from 11 am to 1 pm. There will be **NO SERVICE** during this time. That includes door-to-door transports & TrailBlazer service. Our office will also be closed during this time.

CTS will be closed from 11 am until 1 pm on the following dates:

April 5, 2023



July 5, 2023

Operated by Ride With Us

October 4, 2023

If you have any questions, please call our office at 410-386-5550.

We appreciate your patience and understanding while we continue to work on providing you with safe transportation.

TrailBlazer Schedules:

West Black 1:

DROP OFFS ONLY- no pick ups

11:00 Pennsylvania Ave @ Main St
11:02 Sunny Brook Apt.
11:08 West. City Hall
11:12 Locust St @ Distillery Dr
11:15 BERC

Safety Meeting

Resume normal schedule @ 1 pm

West Purple:

DROP OFFS ONLY- no pick ups

11:02 Timber Ridge Apts
11:04 Westminster Sr Center

Safety Meeting

Resume normal schedule @ 1 pm

Orange:

DROP OFFS ONLY- no pick ups

10:30 Residence @ Hamp. School
10:33 Hamp. Village Center
10:38 Weis- Roberts Field
10:43 NESAP
10:50 North Carroll Sr Center

Safety Meeting

Resume normal schedule @ 1 pm

West Black 2:

DROP OFFS ONLY- no pick ups

10:30 Pennsylvania Ave @ Main St
10:32 Sunny Brook Apt.
10:38 West. City Hall
10:42 Locust St @ Distillery Dr
10:45 BERC

Safety Meeting

Resume normal schedule @ 1 pm

Green:

DROP OFFS ONLY- no pick ups

10:50 Berc

Safety Meeting

Resume normal schedule @ 12:45 pm

Orange Commuter:

DROP OFFS ONLY- no pick ups

10:45 BERC

Safety Meeting

Resume normal schedule @ 12:45 pm

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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AFFORDABLE CONNECTIVITY PROGRAM

WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

TWO STEPS TO ENROLL

1

Go to **AffordableConnectivity.gov** to submit an application or print a mail-in application

2

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

LEARN MORE



Call 877-384-2575, or



Visit fcc.gov/acp



Carroll Hospital Health and Wellness

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

Gift Certificates available for integrative health services.

Call 410-871-7000 for more information or visit lifebridgehealth.org/tevisgiftcertificates

Screenings

Blood Pressure Screening

Have your blood pressure checked by a registered nurse and learn about risk factors for hypertension Tuesday, March 21st, 11:00 a.m.—Noon Carroll hospital Main Lobby. No registration required.

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.

Integrative Health Services

By appointment only. Call **410-871-7000** for more information or to schedule. **Acupuncture, facial, Chinese Herbal medicine, Integrative Reflexology, Massage, NADA-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*

Special Programs

Walk Carroll

Meet every Friday to walk the TownMall of Westminster, 9:00a.m.—10:00a.m. No registration required.

Special Programs (Continued)

Cooking for Wellness

Meet us at Exploration Commons for a cooking class! You will be making a farro salad with honey-glazed salmon, while discussing with a registered dietitian and a registered nurse how diet can affect multiple sclerosis.

Monday March 6th 1:30p.m. \$5.00 per person To register: [Exploration Commons/Carroll County Public Library](http://ExplorationCommons/CarrollCountyPublicLibrary)

Mindfulness Workshop Series

This monthly mindfulness workshop is designed to help you address stress by exploring ways to create a more balanced life. In March, we will be discussing breathing to create calm. This workshop may be taken as a series or a single class.

Saturday, March 4th 9:00a.m.—10:30 a.m.

Its All About Diabetes Wednesdays

Providing health and wellness information related to diabetes every week by phone. To join, call the number below and enter the code when prompted Wednesdays, 2:00 p.m.—3:00p.m.

1-646-741-5292 Access Code: 111-1896-5210

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

Self-Care for Chronic Pain

A six-week workshop for people experiencing chronic pain. The workshop will cover nutrition, mindful movement, relaxation techniques, goal setting, psychosocial resources and more. Explore pain management options including acupuncture, massage, Reiki, and Integrative Reflexology; one treatment session included (\$80. Value). Begins Tuesday March 7th \$60.00

Carroll Hospital Health and Wellness

Education & Support Groups

*Groups may be offered in person, virtually or a combination.
Please Call 410-871-7000 to register and obtain information.*

Breast Cancer

Tuesday, March 14th 7:00 p.m. – 8:30 p.m.

Caregivers

Tuesday, March 14th 4:30p.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, March 27th 4:30p.m.– 6:00p.m.

Grandparents Raising Grandchildren

Wednesday, March 1st 5:30 p.m.-7:00p.m. For More information, call 410-386-3833

Multiple Sclerosis

For those living with multiple sclerosis and their families or caregivers

Wednesday, March 8th 10:00a.m.– 11:00a.m.

Parkinson's Disease

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

Wednesday, March 8th 1:00p.m.– 2:00 p.m.

Stroke Survivors

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

Thursday, March 9th 4:30pm– 5:30pm

Weight Management

No frame shame. This group is for those who have started their healthy journey and are looking for long term support. Wednesday, March 8th 5:00pm– 6:00pm

What's New with Type 2 (Diabetes)

Our meetings feature guest speaker covering a wide variety of topics related to diabetes and your health. Open to all individuals with diabetes and those who care about them.

Monday March 20th, 11:00 a.m.—Noon

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, March 7th 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, March 20th 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, March 22nd 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, March 28th 6:30 p.m. – 8:00 p.m.

Please call **410-960-7568** to register and obtain access to this virtual group.



Protecting Our Youth in a Changing World

2023 Grandparents and Other Relatives Raising Grandchildren Conference



Topics

Social Media & Apps to Beware

Signs of Drug Use

Kinship

Family Mediation

Mental Health & Teen Suicide Prevention

And More...

Join us

Saturday, March 25, 2023

9 am—2 pm

Westminster Senior & Community Center

125 Stoner Avenue, Westminster, MD

**Light breakfast and lunch provided
for program participants**



Register:

(410) 386- 3800 or

moverby@carrollcountymd.gov

Mary Jane Overby—Case Manager
for the Senior Care and Family Caregiver
Support Programs

FREE Conference Provided by:



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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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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**

carrollcountymd.gov/aging-and-disabilities
410-386-3818
livinghealthy@carrollcountymd.gov



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Show Me Better Health

DIABETES Self-Management



Tens of thousands of people nationwide have learned the self-management approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Living Healthy, Living Well doesn't replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life. This **FREE** workshop meets 2 1/2 hours, once a week for 6 weeks.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

FREE 6-Week Series

Register: <https://carrollcountymd.gov/LivingHealthy>—410-386-3818—LivingHealthy@carrollcountymd.gov

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

Tablets with data available on loan



March 13, 20, 27, April 3, 10, 17, 2023

Mondays 1:00 p.m.— 3:30 p.m.

Technology assistance for the workshop series will be provided. Tablets with data are available through our lending library program. Please note on the registration form or when you call to register.

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for Mind and Body* CD. Donations for materials are accepted but not required to participate.



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"Living with arthritis pain — constant, nagging pain — is so debilitating. Healthy Living with Chronic Pain taught me strategies to manage my pain. Having a little control feels great."

Proven Outcomes

Healthy Living with Chronic Pain has been researched and proven to work. People who have taken the program experience:

- ♦ Better health and increased confidence in managing their pain
- ♦ Improvements in vitality or energy
- ♦ Less pain and dependence on others
- ♦ Improved mental health
- ♦ Greater involvement in everyday activities

Find and register for a workshop

Virtual Workshop Series – Tablets with unlimited data are available through our lending library

Mondays – 9:00 to 11:30 a.m.

April 17 – 24 – May 1 – 8 – 15 – 22, 2023

Register at <https://carrollcountymd.gov/livinghealthy>

Or by calling 410-386-3818

Or email: livinghealthy@carrollcountymd.gov

Living with pain? What if you could feel better?

If living with ongoing pain is keeping you from doing the things you want to do, Healthy Living with Chronic Pain can help by giving you the tools and strategies to manage your pain. If you're 18 or older and have or live with someone who has chronic pain, this program is for you!

Developed at Stanford University, the workshop meets for 2½ hours once a week for six consecutive weeks and is facilitated by two trained leaders in a small, interactive group setting. Topics include:

- ♦ Short-term goal setting & planning
- ♦ Relaxation & breathing
- ♦ Medication usage & evaluating treatments
- ♦ Quality sleep & fatigue management
- ♦ Stress and depression management
- ♦ Healthy eating and nutrition
- ♦ Decision-making & problem-solving
- ♦ Fitness for exercise and fun
- ♦ Communicating effectively with friends, family, and your medical team

This program does not replace existing treatments, but serves to complement a participant's current medical treatment plan. This program is not meant for a person who has pain medication addiction issues.



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

May 1, 8, 15, 22, June 5, 12, 2023 (No class 5/29)

Mondays 1:00 p.m.—3:30 p.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

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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

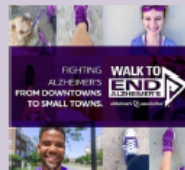
The Greater Maryland Chapter serves all counties in Maryland except Calvert, Charles, Montgomery, Prince George's, & St. Mary's which are served by the National Capital Chapter.

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

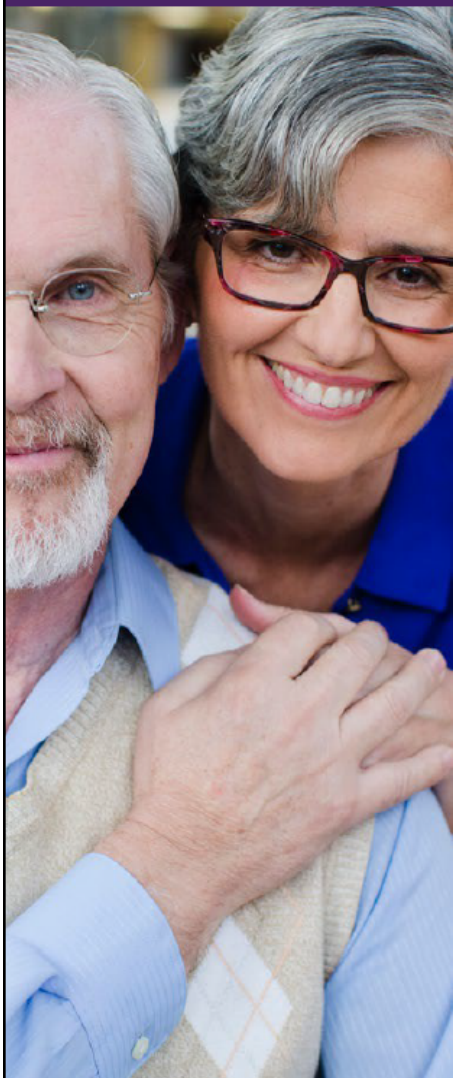
Marilyn Herbert Development Manager:

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

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



www.alz.org/maryland



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](https://www.alz.org/facts)

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](https://www.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](https://www.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](https://www.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](https://www.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](https://www.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](https://www.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](https://www.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](https://www.alz.org/trialmatch) or click [here](#).

Turning 65 or retiring soon and not sure what to do about Medicare??



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

Carroll County's State Health Insurance Assistance Program (SHIP) is here to help!

We invite you to attend our free informational Transitioning to Medicare workshops to learn more. We offer these two-part workshops monthly in collaboration with the Carroll County Public Library.



Please register at: <https://ccpl.librarymarket.com/events/month>

Transitioning to Medicare Part 1

All workshops start at 5:00pm!! Registration is required!!

March 15th, 2023-In person @ Westminster Public Library (50 E Main St)

April 19th, 2023-Webinar

May 17th, 2023-Webinar

June 14th, 2023-In person @ Westminster Public Library (50 E Main St)

Original Medicare (Parts A, B, & D), Advantage Plans (Part C), Supplemental Plans (Medigap), Fraud & Abuse, & Medicare Savings Programs.

Transitioning to Medicare Part 2

All workshops start at 5:00pm!! Registration is required!!

March 22nd, 2023-In person @ Westminster Public Library (50 E Main St)

April 26th, 2023-Webinar

May 24th, 2023-Webinar

June 21st, 2023-In person @ Westminster Public Library (50 E Main St)

Take a closer look at Medicare Supplemental Plans (aka: Medigap or Secondary Plans) and Advantage Plans.

Sponsored by: Carroll County Bureau of Aging & 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, 410.386.3600 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.



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

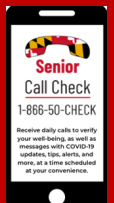
65+

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





**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)

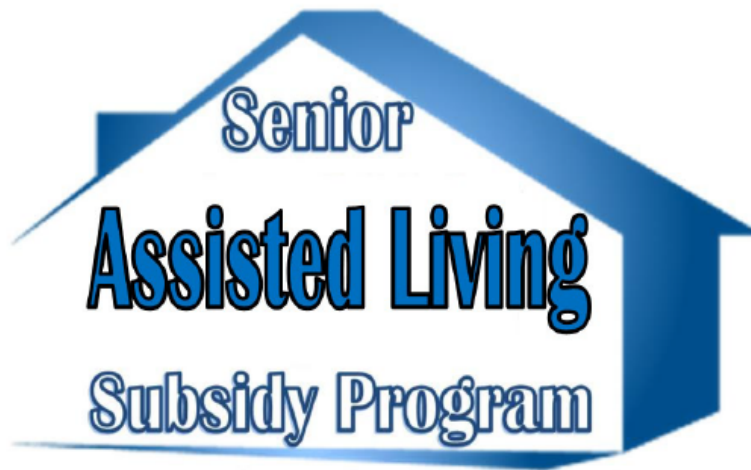
PAYMENT INFO: 1-800-723-9937

SERVICES UNITS

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

FOSTER PARENT RECRUITMENT LINE: 410-386-3333





Access to Assisted Living for Qualifying Older Adults

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: \$3,121* per month per individual
 \$4,081* per month per couple
 * *Income limitation does not include VA Aide & Attendance*
3. Functional Assessment regarding Activities of Daily Living
4. 62 years of age or older

Please note there is a waitlist for this program
For more information and / or an application, contact
Kristen Harvey
at
Carroll County Bureau of Aging & Disabilities
410-386-3800



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.

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.



Go online to **SSA.gov**. Our website is the best way for most people to get help.



If you cannot use our website call our National 800 Number (1-800-772-1213) or your local Social Security office for help.



We will schedule an **appointment** for you, **if necessary**, to serve you by phone or in person.

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

Social Security Connection

See what you can do online



November 2022
Volume 48

Inside this issue:

Social Security and Scam Awareness 1

Veterans and Active Duty Military Members: Social Security Has Your Back! 2

Local Offices

Local Social Security offices are offering more in-person appointments and have resumed in-person service for people without an appointment. As we expand in-person service, we expect our offices to be very busy. We strongly encourage you to continue to **go online, call us for help, and schedule appointments in advance.**

Learn more at ssa.gov/coronavirus/gethelp.



my Social Security

Check out your Social Security Statement, change your address and manage your benefits online today.

SSA.gov/myaccount



Online Services

You can access many of our services online.

SSA.gov/online-services



Social Security and Scam Awareness

Social Security imposter scams are widespread across the United States. Scammers use targeted, sophisticated tactics to deceive you into providing sensitive information or money.

Social Security's Office of the Inspector General (OIG) has received reports of scammers creating fake versions of the identification badges most federal employees use to gain access to federal buildings. The scammers may text or email photos of the fake badges to convince potential victims of their legitimacy. These badges use government symbols, words, and even names and photos of real people, which are available on government websites or through internet searches.

If you receive a suspicious letter, text, email, or call, hang up or do not respond. We want you to know how to identify a scammer and avoid becoming victims.

We will NEVER:

- Text or email images of an employee's official government identification.
- Suspend your Social Security number.
- Threaten you with arrest or other legal action unless you immediately pay a fine or fee.
- Require payment by retail gift card, wire transfer, internet currency, or cash by mail.
- Promise a benefit increase or other assistance in exchange for payment.
- Send "official" letters or reports containing your personal information via email.

We only send text messages if you have opted in to receive texts from us and only in limited situations, including the following:

- When you have subscribed to receive updates and notifications by text.
- As part of our enhanced security when accessing your personal my Social Security account.

If you owe money to us, we will mail you a letter with payment options and appeal rights.

We encourage you to report suspected Social Security imposter scams — and other Social Security fraud — to the OIG's website at oig.ssa.gov/report. You may read our previous Social Security fraud advisories at oig.ssa.gov/news-releases/. Please share this information with your friends and family to help spread awareness about Social Security imposter scams.



Securing today
and tomorrow