

Board of County Commissioners

Dennis E. Frazier, President
Stephen A. Wantz, Vice President
C. Richard Weaver, Secretary
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Carroll County Government

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Westminster, Maryland 21157
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FOR IMMEDIATE RELEASE

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Join the Carroll County Commissioners at the 13th Annual Seniors on the Go – An Aging & Disabilities Expo



Westminster, MD, Monday, April 2, 2018 – The Carroll County Commissioners invite citizens to attend the 13th Annual Seniors on the Go – An Aging and Disabilities Expo, taking place on Wednesday, April 4th from 9am to 2pm in the Shipley Arena of the Carroll County Ag Center. The Expo will highlight assistive technologies, which include any item enabling people with disabilities and seniors to live, work, and learn more independently. In addition, AARP Maryland will present Vietnam Era Veterans with an official Welcome Home Lapel Pin and Presidential Proclamation honoring their service and sacrifice on behalf of a grateful nation.

This Expo is a wonderful, fun way for older adults, people with disabilities, Veterans, and those who care for them to see what is available in their communities. With over 130 vendors, 19 screenings and assessments for healthy living, 7 program demonstrations, 3 informational seminars, and vendor prize bingo (with over 35 vendor donated prizes), there is something for everyone. Lunch is also available for purchase from 11:00-1:00.

The Expo will offer 8 different complementary therapies available at no cost for all attendees to experience. Complementary therapies are used in conjunction with traditional medicine and help care for your mind, body, and spirit by helping to relieve disease symptoms, boost energy, reduce stress, manage pain, and foster recovery. Available therapies include Acupuncture, Reiki, Reflexology, Massage, Acupressure, Essential Oils, Sound Immersion, and access to a Therapy Dog.

CARROLL COUNTY

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 as soon as possible but no later than 72 hours before the scheduled event.

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The free Screenings for Healthy Living area will feature assessments and evaluations for balance, fall risk, flexibility, endurance, and functionality. There will be screenings for blood pressure, biometrics, grip strength, lower extremity risks, memory and language, oral cancer, vision and eye health, and bone density. Skin analysis with skin safety education will be available to detect current skin damage. Information and education about advanced directives, stroke awareness, as well as health and chronic diseases such as breast, diabetes and Parkinson's will also be available. The Sheriff's Department will also be on-site to collect unused and expired medications.

Seminars will include: Carroll County State's Attorney's Office sharing, "Scams & Thieves: What Every Senior Should Know to Prevent Becoming a Victim of Scam"; a Maryland Technology Assistance Program presentation and demonstration on how "To Build a Better Life, You Need the Right Tools"; and "Rightsizing & Moving Made Easy," a presentation designed to reduce anxiety about moving and overcoming the obstacles to making the decision to move, presented by a Certified Senior Move Manager with Abilities Network Senior Services Program. Everyone attending a seminar will have the chance to win a \$25 Wal-Mart gift card.

This free event offers handicap accessible shuttle buses throughout the day with car side pick-up and shuttle to the entrance of the Expo. For more information on this event please contact Carroll County Bureau of Aging & Disabilities at 410-386-3800.

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