

CARROLL COUNTY BUREAU OF AGING & DISABILITIES | 2025-2026

Resource Guide





Formerly Seniors On The Go Expo

Wednesday, September 10, 2025 - 9:00 a.m. to 2:00 p.m.

Shipley Arena, Carroll County Ag Center - 706 Agricultural Center Drive, Westminster MD

FREE Admission

FREE Health Screenings

Vendor Prize BINGO

Speakers & Seminars

Community Program &

Fitness Demonstration

FREE Shuttle Service

Grab & Go Lunches

Prescription Medication Disposal

Designated Veterans Area

FREE Complementary

Therapies



For more information call 410-386-3800
agingexpo@carrollcountymd.gov

Official Expo
Media Sponsors

Carroll County
Times



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.



Judy, artist

Live
EXPRESSIVELY

PASSION + PURPOSE + COMMUNITY

Live the life you love.

Find out how at AboutActs.com/CarrollCountyTimes
or call (410) 650-0745.



 **Acts**
Fairhaven
Where Loving-Kindness Lives



Carroll County Bureau of Aging & Disabilities

125 Stoner Avenue, Westminster, MD 21157
410-386-3800 | FAX: 410-840-0436
Md. Relay: 711 / 800-735-2258
www.carrollcountymd.gov/aging-and-disabilities

Aging is
not lost
youth but
a new
Stage of
Opportunity
and
Strength!
+Betty Friender

Mission: The Bureau of Aging & Disabilities is dedicated to providing the highest quality of services, programs, and assistance to promote choice, dignity and independence for older adults, individuals with disabilities, Veterans, and those who care for them.

Celene Steckel, Director, Department of Citizen Services

Gina Valentine, Bureau Chief, Bureau of Aging & Disabilities

Richard Ottone, Community Services Supervisor

Roberta Lawrence, Client Services Supervisor

Lindsay Davis, Fiscal Manager

The Bureau of Aging & Disabilities is responsible for a wide range of programs and services for older adults (60 +), individuals with disabilities, Veterans and those who care for them. Combined federal, state, and county funding support essential services for Carroll's older adults, people with disabilities, and Veterans. Programs and activities are offered regardless of race, creed, or national origin. Many programs are offered free of charge. Other programs require small fees and all programs accept donations to help defray costs.



Right People • Right Services • Right Approach • Right Mission

Personal and Companionship Care
Carroll County's Choice in Homecare
Hourly and Live-in Care Available
Available 24/7

No Night/Weekend Differential
No Contracts
No Minimums



Right at Home specializes in:

Post Surgical Care • Hospital Discharge • Family Respite Support • Alzheimer's/ Dementia/ Parkinson's Care • Hospice Support

- | | | | |
|-----------------------------|----------------------|-----------------------------|-----------------|
| • Transportation | • Bathing/Hygiene | • Meal Preparation | • Companionship |
| • Medication Reminders | • Grooming/Dressing | • Safety Supervision | • Respite Care |
| • Medication Administration | • Light Housekeeping | • Transfers and Positioning | • Laundry |

410-871-9804 | www.rightathome.net/carroll-county

Expert care provided by compassionate, reliable and trained CNAs/GNAs/CMTs.

Caregivers are thoroughly screened, licensed, bonded and insured.

RSA Lic. # R2343

FREE! Increasing Your Capacity for Excellent Care Series

Essential insights & skills to help you on your care-giving journey. Learn from experts how to treat your loved ones with dignity and respect as they age.

Offered by The Bureau of Aging & Disabilities in partnership with Carroll Community College.



Take one or take them all. All classes held at Carroll Community College. No cost but registration is required. Contact Carroll Community College or the Bureau of Aging & Disabilities for upcoming dates.

Hands on Skills for the Caregiver

Get hands-on expertise to ensure the well-being and safety of your care recipients. Topics include personal care assistance, medication management, mobility aid and recognizing emergencies.



Preparing for the Big Decisions

Our experts will guide you in developing a plan for the legal and financial responsibilities that come with caregiving. Topics include advanced directives, power of attorney, acquiring documentation, liquidating assets and debt identification.



Caring for Yourself While Caring for Others

It's easy to neglect your own needs when caring for loved ones. This course emphasizes the importance of self-care to avoid "compassion fatigue" and maintain your health. Learn about the aging brain, understand the needs of your care recipients, and discover strategies to balance caregiving with self-care.



For more information, please contact:
Denise Valentine - Caregiver Support Program Coordinator
Carroll County Bureau of Aging & Disabilities
Phone: 410-386-3800
Email: davalentine@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.

A MESSAGE FROM THE DEPARTMENT

The Department of Citizen Services is pleased to present the 2025-2026 Aging & Disabilities Resource Guide. The Carroll County Bureau of Aging & Disabilities is a Maryland Access Point (MAP) site serving older adults, people with disabilities, Veterans and those who care for them. Our goal is to help individuals and families make informed decisions about services that are most appropriate for their distinct needs.

This guide provides valuable information from government assistance agencies, local businesses and our non-profits. Whether you need help reviewing Medicare Part D plans, finding the right assisted living facility for your loved one, locating transportation, help with caregiving, veterans resources, or meeting your fitness needs through classes at the Senior & Community Centers, you will find it here. The Resource Guide is also available online at www.carrollcountymd.gov/aging-and-disabilities. This guide contains valuable information to help you identify resources in your community. Understanding the different services can still be confusing, our expert team is here to help. Give us a call today at 410-386-3800 to review options for you or your loved one.



Celene E. Steckel
Director
Department of
Citizen Services



Gina Valentine
Bureau Chief
Bureau of Aging
& Disabilities

CONTENTS

- 8** Bureau of Aging & Disabilities Services
- 14** Taking Medicine Safely
- 16** Suicide Warnings
- 17** Top Scams
- 18** Protect, Detect, and Report
- 22** Dementia Navigation
- 24** Veteran Protection and Your Benefits
- 26** Veteran Resources
- 28** General Resources

All entries are based on responses from businesses, agencies, organizations and individuals serving Carroll County. The Carroll County Bureau of Aging & Disabilities does not assume responsibility for data provided by them, and the listings may not represent all the businesses and organizations serving older adults. If you would like to be considered for a listing in future resource guides, please contact the Bureau of Aging & Disabilities at ccboa@carrollcountymd.gov to be added to the mailing list. Carroll County retains sole discretion to decide which entities or individuals will be included. Advertisements in this publication help underwrite the costs. Carroll County does not endorse or warrant the services or products that are advertised.



Navigating Medicare



Preventing Medicare Fraud



Please call for an appointment: 410-386-3800

This advertisement is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$11,666.00 with 100 percent funding by ACL/HHS, or the U.S. Government."

**FREE, LOCAL, UNBIASED
MEDICARE ASSISTANCE:**

MEDICARE PLAN REVIEW

Assistance understanding options and enrolling into Medicare Plans.

FINANCIAL ASSISTANCE APPLICATIONS

We can help you apply for Medicare Savings Programs to help you save money on your Medicare Costs

MEDICARE EDUCATION/GUIDANCE

Please attend our monthly presentations or contact us directly with your Medicare questions.

BILLING ERRORS/FRAUD CONCERNS

We can review and help you to correct errors and report fraudulent charges on your Medicare.

**Carroll County
Bureau of Aging
& Disabilities**



LIVE

DIFFERENTLY AND THRIVE

**Experience
the difference
and thrive at
CARROLL
LUTHERAN
VILLAGE!**



Living at Carroll Lutheran Village means you'll experience our modern approach to retirement living that has consistently led to national and local award recognition.

Our community offers stylish living plus services and amenities that make life easier and a team of people whose sole purpose is to add fun and discovery to life.

As a Life Plan Community, we provide the most comprehensive services to help you thrive.



See for yourself.
clvillage.org/seeus
410-848-8922



300 St. Luke Circle
Westminster, MD 21158



**A Re-imagined Neighborhood
Worth Experiencing!**

***“Since I moved in,
I’ve joined clubs,
taken up new
hobbies and made
many new friends—
I simply would
not want to be
anywhere else.”***

— BETTY THOMAS, RESIDENT

SERVICES PROVIDED BY THE BUREAU OF AGING & DISABILITIES



Maryland Access Point (MAP)/Information & Assistance is a resource for information and assistance about long-term services and supports, particularly for older adults and individuals with disabilities. If you or someone you know needs community services to avoid a nursing home stay or help with shopping, chores or personal assistance because of a disability, MAP is a gateway, guide and a single-entry point to long term services and programs within the Bureau of Aging & Disabilities and other service providers in Carroll County.

Referrals are made to supporting services and community agencies. Information is available concerning caregiving, housing options, medicine costs, transportation and legal problems, as well as other topics.

Although the main office is located at the Carroll County Bureau of Aging & Disabilities, satellite offices are located at each senior center. A MAP Information & Assistance program staff member visits the Senior & Community Centers on a monthly basis, excluding July and December. Scheduled appointments are appreciated, but walk-ins are accepted. Please call our office at 410-386-3800 for the schedule of Senior & Community Center visits. Home visits can be made for those considered homebound.

As a MAP agency, the Bureau of Aging & Disabilities can connect individuals with services about ...

- Long Term Services and Supports Options Counseling
- Housing Options
- Caregiver Resources
- Dementia Navigation / Screening Assessment
- Veterans Services
- Case Management Services for Veterans
- Medical Transportation for Veterans
- Maryland Energy Assistance
- Renters' Tax Credit
- Homeowners' Tax Credit
- Qualified Medicare Beneficiary (QMB)
- Specified Low-Income Medicare Beneficiary (SLMB)
- Food Resources
- Medicare Prescription Drug
- Transportation
- Long Term Care Options
- Home & Community Based Services
- Chronic Disease Self-Management Programs
- Volunteer Opportunities
- Referrals to Community Service Providers
- And More!

CENTER FOR INDEPENDENT LIVING

The Freedom Center
Serving Carroll and Frederick Counties
301-846-7811

The Freedom Center is a Center for Independent Living that provides assistance and advocacy to help individuals with disabilities lead independent and productive lives. The Freedom Center provides services to individuals residing in Carroll and Frederick Counties.

Services provided:

- Individual and systems advocacy
- Information and referral
- Peer counseling
- Independent living skills training
- Nursing Home transition
- Employment Services under the Ticket to Work program
- Assistive Technology
- Home & Vehicle Modification
- Support for youth transitioning from school to adult life
- Benefits planning

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

The focus of this program is on individuals serving as caregivers in our community. The program is designed to assist caregivers caring for family members over the age of 60 or a person at any age with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction. This can include an individual's parent, spouse, unmarried partner, friend or neighbor. The program also assists grandparents and other older relatives, over the age of 55 who live with a child (under 18) or person with a disability to whom they provide care. This can also include parents of an adult disabled child. Assistance provided by the program includes information/resources, referrals to community programs for caregivers of older adults and older relative caregivers, along with limited financial support for such uses as respite care and supplemental services. Monthly support groups, annual conferences and trainings are offered with both programs.

SENIOR CARE PROGRAM

The purpose of the program is to help older adults remain in their homes. Senior Care serves moderate to severe physically impaired persons 65 years or older, who are at risk of entering nursing homes. Senior Care provides screening, assessment, case management, and financial subsidies. The financial subsidies can help purchase personal care, chore services, home delivered meals, life emergency response systems, medication and medical supplies.

Carroll County Bureau of Aging & Disabilities

As a Maryland Access point (MAP) agency,
The Carroll County Bureau of Aging & Disabilities
can connect individuals with services about...

- Long Term Services and Supports
- Housing Options
- Caregiver Resources
- Energy Assistance
- Veterans Services Program
- Veterans Assistance Program
- Medical Transportation for Veterans
- Renters'/Homeowners' Tax Credits
- Medicare & Health Insurance
- Transportation
- Prescription Assistance
- Long Term Care Options
- Home & Community Based Services
- Mental Health Resources
- Disability Services & Programs
- Chronic Disease Self-Management
- Volunteer Opportunities
- Dementia Navigation/Screenings
- Referral to Community Service Providers and More!

**Serving older adults, individuals with disabilities,
Veterans and those who care for them.**

125 Stoner Avenue, Westminster MD 21157

410-386-3800

ccboa@carrollcountymd.gov

Maryland Relay Service

711/800-735-2258

<https://www.carrollcountymd.gov/government/directory/citizenservices/aging-disabilities/>

SERVICES

SENIOR ASSISTED LIVING SUBSIDY PROGRAM

Funds are available to subsidize low-income persons, 62 years and older, living in or transitioning to an approved assisted living facility in Carroll County. The Subsidy provides financial assistance for individuals to access needed assisted living services. Applications for subsidies are received and evaluated by the Carroll County Bureau of Aging & Disabilities.

STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)

Trained health insurance counselors are available on an appointment basis to help older adults, age 60 and older and younger Medicare beneficiaries, with questions and problems regarding:

- Medicare
- Medigap
- Health Maintenance Organizations (HMO's)
- Long Term Care
- Qualified Medicare Beneficiary
- Pharmacy Assistance

SENIOR MEDICARE PATROL (SMP)

Project SMP is an anti-health care fraud, waste and abuse project administered by the Maryland Department of Aging through the U.S. Department of Health and Human Services. The SMP mission is to increase awareness of health care fraud, waste and abuse and to mobilize national, state, and community resources to work together in resolving and publicizing health care fraud concerns for older adults.

TRANSPORTATION

Transportation services and tickets are available through Carroll Transit System, Operated by Ride with Us, by calling 410-363-0622. For those 60 years of age or older, and adults 18+ with a disability, limited tickets are available by donation or at a reduced cost, at the Bureau of Aging & Disabilities or at the Senior & Community Centers located throughout Carroll County. For more information, call 410-386-3800.

HOME AND COMMUNITY BASED SERVICES PROGRAMS COMMUNITY OPTIONS (CO) WAIVER

The Community Options Waiver (CO) serves individuals who are medically, technically and financially eligible for Medicaid Waiver services who have been transitioned or diverted from a nursing facility. Eligible individuals must be age 18 years or over, require a nursing facility level of care, choose to receive services in the community and have a cost neutral plan of services that supports the individual to safely live in the community.

CO Waiver offers:

- Assisted Living
- Medical Day Care
- Nutritionist/Dietician
- Family Training
- Behavioral Consultation
- Personal Assistance Services
- Supports Planning/Case Management

- Nurse Monitoring
- Consumer Training
- Home delivered Meals
- Assistive Technology
- Accessibility Adaptations
- Environmental Assessments
- Personal Emergency Response Systems (PERS)
- Voluntary training for participants
- Transition Services

COMMUNITY FIRST CHOICE (CFC)

The Affordable Care Act created a program called Community First Choice (CFC), which provides states the option to offer certain community-based services as a state plan benefit to individuals who meet an institutional level of care. There is no wait list for services through the CFC program.

CFC offers:

- Personal Assistance Services
- Supports Planning/Case Management
- Nurse Monitoring
- Consumer Training
- Home delivered Meals
- Assistive Technology
- Accessibility Adaptations
- Environmental Assessments
- Personal Emergency Response Systems (PERS)
- Voluntary training for participants;
- Transition Services

Services are provided in the individual's home or community residence by agency employed providers. The program does not have age, cost neutrality or enrollment limitations.

LONG TERM CARE OMBUDSMAN PROGRAM (LTCOP)

The Long-Term Care Ombudsman Program (LTCOP) is a federally mandated program charged with upholding the rights of residents in nursing homes and assisted living facilities.

An Ombudsman...

- Knows residents' rights and can provide information about residents' rights to residents, family members and staff members
- Takes complaints and seeks to resolve complaints made by or on behalf of residents in nursing homes and assisted living facilities
- Protects the confidentiality and privacy of residents, their families and others who contact the LTCOP
- Promotes the quality of life and care in nursing homes and assisted living facilities
- Encourages self advocacy by providing information, assistance and support
- Provides information to the public on nursing homes, assisted living facilities, resident's rights, legislative/policy issues and LTCOP services
- Provides in-services to long term care facilities

ARE **YOU** LIVING WITH...

ASTHMA

COPD

Depression

Arthritis

PAIN

High Blood Pressure

FATIGUE

Tense Muscles

Allergies

Stress / Anxiety

Heart Disease

Crohn's

Osteoporosis

Diabetes

...OR ANY OTHER CONDITION THAT LIMITS **YOUR ACTIVITIES?**

Are you sick and tired of being sick and tired?

You don't have to stop doing the things you love to do. The key to getting the most out of life is learning to manage your symptoms.

Join a FREE 2 ½ hour Living Healthy, Living Well workshop held each week for 6 weeks that teaches participants to:

- ▶ Manage symptoms
- ▶ Make daily tasks easier
- ▶ Communicate better with your doctor
- ▶ Lessen frustration and depression
- ▶ Fight fatigue
- ▶ **Get more out of LIFE!**

**Attend workshops or learn how to lead workshops—
All for FREE!**



410-386-3800

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.

SERVICES

and community agencies/groups about Residents' Rights, Elder Abuse and Restraints

- Supports Resident and Family Councils
- Promotes community involvement through volunteer opportunities

For more information about the LTCOP or to obtain information about nursing homes or assisted living facilities in Carroll County, please contact the Long-Term Care Ombudsman Program.

LEGAL AID SERVICES

The Legal Aid Bureau provides legal assistance, advice, information, and referrals to anyone age 60 and older. Paralegal or attorney services are offered on a rotating basis at Carroll County Senior and Community Centers each month. The service is free and offered on a first come, first serve basis. Call the Bureau of Aging & Disabilities or contact your local Senior & Community Center for a schedule.

Additional legal aid staff and attorneys serve Carroll County citizens 60 + from their main office in Frederick and on additional days in Carroll County as needed. You may reach the Legal Aid Bureau at 1-800-679-8813, Tuesday – Friday from 9:00 am to 12:00 pm.

GUARDIANSHIP PROGRAM

Carroll County's Bureau of Aging & Disabilities serves as the designated Guardian of last resort for individuals age 18 and over who are unable to manage their own affairs effectively because of a disability. Guardianship is appointed by the Circuit Court when an individual is no longer able to make their own medical or housing decisions and all other alternatives to guardianship have been exhausted. Once appointed, the Guardian assumes responsibility for the health, social, and basic needs of the individual. Consultations for families considering guardianship of a loved one are also available.

SENIOR INCLUSION PROGRAM (SIP)

The Senior Inclusion Program (SIP) is a unique program in the state of Maryland, providing older adults with developmental disabilities the opportunity to remain actively involved in their community. The program gives members the opportunity to participate with the non-disabled population and enjoy the same retirement activities. A wide range of social, recreational, health and educational programming is offered. Transportation, community excursions, and a daily meal is provided to those who request it. SIP gives older adults with developmental disabilities the chance to experience a self-directed retirement, improving their quality of life and promoting independence in a community setting. SIP is licensed by the Maryland Office of Healthcare Quality and is funded by the Developmental Disabilities Administration.

LIVING HEALTHY, LIVING WELL SELF-MANAGEMENT PROGRAM FOR CHRONIC CONDITIONS, DIABETES AND PAIN

LivingHealthy@carrollcountymd.gov

Managing your health starts with taking care of yourself. Living Healthy, Living Well workshops offer you a hands-on opportunity to discover solutions that work with your life, and your health concerns. If an ongoing health problem has kept you from doing things you want to do, you aren't alone. As many as 80% of older adults are living with at least one

chronic condition. With mutual support in a Living Healthy, Living Well workshop, you can build confidence to make new choices and feel better. You set your own goals and put new problem-solving skills to work. These FREE workshops are part of an evidence-based self-management program originally developed at Stanford University that has proven effective in helping attendees manage their health. You'll get information and advice for healthy eating and nutrition, relaxation techniques, short-term goal setting, feedback and problem-solving skills, stress and depression management, communication techniques, and more! Workshops are held for 2 ½ hours each week for 6 weeks throughout Carroll County and are currently being held virtually. Mailed tool kits are also available upon request. Visit the Bureau of Aging & Disabilities website for scheduled workshops. Caregivers and family members are welcome!

HOME DELIVERED MEAL PROGRAM

The Bureau of Aging & Disabilities' Home Delivered Meal Program is for people 60 years and older and their spouse of any age, who are in the greatest social and economic need. The driver who brings the meals also provides social stimulation if needed. People may request home delivered meals for themselves, or anyone may make a referral on an older adult's behalf. For more information on the home delivered meal program, please contact:

Meals on Wheels of Central Maryland
410-558-0827 or email info@mowcm.org

AGING YOUR WAY A HEALTH AND WELLNESS EXPO

Formerly Seniors on the Go Expo
SeniorExpo@carrollcountymd.gov
seniorsonthegoexpo.carrollcountymd.gov

The Bureau of Aging & Disabilities sponsors and annual Health and Wellness Expo. The Expo focuses on the needs and interests of older adults, people with disabilities, Veterans, their families, and caregivers in Carroll County. This FREE event features vendors, demonstrations, health screenings, complimentary therapies, speakers, Bingo, and lunch.

COMMISSION ON AGING & DISABILITIES

Mission Statement: The mission of the Carroll County Commission on Aging & Disabilities is to represent the Bureau of Aging & Disabilities and to advocate for the needs of Carroll County's older adults, people with disabilities, and Veterans to ensure they receive the highest level of service, assistance, and programs.

The Carroll County Commission on Aging & Disabilities is a panel of volunteer citizens appointed to rotating three-year terms by the Board of County Commissioners. The Commission serves as the advisory council to the Carroll County Bureau of Aging & Disabilities (BOAD) under the Older Americans Act of 1965, as amended. The Commission assists the elected officials and the BOAD in gathering public opinion, providing educational and advocacy opportunities, and representation at events with a focus on the needs of older adults, individuals with disabilities and Veterans in our community. As such, many Commission members are active in senior and disability related organizations at the local, state, and national levels. This enables the Commission to have a large resource of information on key issues and their impact on Carroll County citizens and policies.

The Commission is comprised of residents from various

SERVICES

communities throughout Carroll County. There are representatives from many of Carroll County's municipalities as well as agencies:

- Adults with Disabilities
- Eldersburg
- Hampstead
- Health Department
- Manchester
- Mt. Airy
- New Windsor
- Senior Inclusion Program at Westminster Senior & Community Center
- Sykesville
- Taneytown
- Union Bridge
- Veterans
- Westminster

The Commission is led by a Chair with assistance from a Vice-Chair and numerous committees and area and special interest representatives.

The Commission meets every other month (January, March, May, July, September, and November). COAD's meeting are open to the public. Date, time and location are posted on the Bureau's calendar online or you can be added to the email distribution list by calling 410-386-3800.

For more information on the Carroll County Commission on Aging & Disabilities, or if you are interested in serving on the Commission, please contact COAD's Recording Secretary by calling 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 as soon as possible but no later than 72 hours before the scheduled event. Email: ada@carrollcountymd.gov.

CARROLL COUNTY RECYCLING

RecycleCarroll.org
410-386-2510

WHAT GOES WHERE?

recycle coach

DOWNLOAD THE FREE RECYCLE COACH APP TODAY!

Glass Beverage Bottles Recycling

Only glass bottles and jars are accepted for recycling – no other glass items. Must be empty and rinsed clean. Remove and recycle metal caps/lids separately; dispose of plastic ones.

SCAN ME

Tips for Taking Medicines Safely as You Age



Medicines are intended to help us live longer and healthier lives, but taking medicines the wrong way or mixing certain drugs and supplements can be dangerous. Older adults often have multiple medical conditions and may take many medicines. The following tips can help you safely take and keep track of all your medicines.



Know What You're Taking



Mixing certain medicines can cause unpleasant and sometimes serious side effects. Make sure you know about all medicines and supplements you take, including:

- Prescription medications
- Over-the-counter (nonprescription) drugs
- Vitamins
- Dietary supplements
- Herbal remedies

Be sure your doctor and pharmacist are also aware of everything you take. Also tell your health care provider about alcohol, tobacco, and drug use. These substances can have harmful interactions with certain medications and may change the way your medicines work.

Ask Questions About Your Medicines



Ask your doctor or pharmacist any questions you have about your medications. Possible questions include:

- Why am I taking this medicine? How much medicine should I take and how often?
- When will the medicine start working? How will I know if it's working?
- What are common side effects of this medication? What should I do if I experience serious side effects?
- Is it safe to drive while taking this medicine?
- Should I take the medicine with food?
- What should I do if I forget to take my medicine?

Keep Track of Your Medicines



Make a list of all prescription medicines, over-the-counter drugs, vitamins, and dietary supplements you take. Keep one copy of the list in a safe place at home and one in your wallet or purse.

The list should include the:

- Name of each medicine or supplement
- Amount you take
- Time(s) you take it

For prescription medicines, also include the:

- Name of the doctor who prescribed it
- Reason it was prescribed

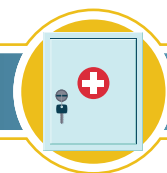
Follow Instructions



When you have a prescription filled, read everything on the prescription label and any paper handouts that come with the medicine. Follow the instructions carefully. Here are some dos and don'ts for taking your medicines the right way:

- ✓ **DO take the right dose.** Don't take a larger dose of a medicine, thinking it will help you more, and don't skip or take half doses of a prescription drug to save money. Talk with your doctor or pharmacist if you can't afford the medicine.
- ✓ **DO take medicine on time.** Some people use meals or bedtime as reminders to take their medicine. You can also use charts, calendars, timers, or smartphone apps to help you remember when and how to take your medications each day.
- ✓ **DO report problems.** Call your doctor right away if you have any trouble with your medicines. There may be something else you can take.
- ✗ **DON'T stop taking your medicine abruptly.** If you have uncomfortable side effects, write them down so you can report them to your doctor or pharmacist accurately.
- ✗ **DON'T share medicines.** Do not take medicines prescribed for another person or give yours to someone else.
- ✗ **DON'T take medicines in the dark.** Turn on a light so you don't make a mistake.

Store and Dispose of Medicines Safely



- Keep your medicines out of the reach of children and pets. If you take any prescription pain medicines (for example, morphine or codeine), keep them in a locked cabinet or drawer.
- Check the expiration dates on your medication bottles and discard any unused or expired medicines as soon as possible. Timely disposal of medicines can reduce the risk of others taking them accidentally or misusing the medications on purpose.
- Ask your doctor or pharmacist how to safely discard expired or unneeded medications.

Do I Need To Take So Many Medications?



People age 65 and older tend to take more medicines than those in any other age group, often because they have several diseases or other health problems at the same time. Taking multiple medications can be expensive and difficult to track. It also can increase the risk of side effects and other unintended problems.

If you are concerned that you might be taking too many medications, or you can't afford all your medications, have a conversation with your health care provider about whether there are any you could safely reduce or stop. But don't stop taking your medicine before talking with your doctor.

To learn more about taking medicines safely as you age, visit www.nia.nih.gov/medication-safety.

National Institute on Aging Information Center

800-222-2225 | 800-222-4225 (TTY)

niaic@nia.nih.gov | www.nia.nih.gov/health

NIH Publication No. 23-AG-7348 | December 2022



National Institutes of Health

SUICIDE WARNING SIGNS FOR ADULTS

You Are Not Alone



Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know is struggling or in crisis, help is available.

Text or call 988 or chat 988lifeline.org, or reach out to a mental health professional.

988

SUICIDE & CRISIS
LIFELINE

PEP24-988-014

*Experience the **comfort & security**
of an assisted living community
that **feels like home!***



Affordable, compassionate care for your loved one! Call (410) 795-4100

2810 Kaywood Place, Sykesville, MD 21784 | Visit TransitionsHealthcareLLC.com

TOP SCAMS TARGETING SENIORS

1 Lottery Scam

Can start with email, U.S. mail or a phone call claiming you have won a prize and asking you to send a fee before collecting your winnings.

- NEVER send a fee to collect a prize.
- ASK YOURSELF, did I play?

2 Grandparent Scam

Scammer calls or emails a senior and identifies him or herself as their grandchild or a person of authority (ex. Police officer).

Claims to have an emergency (arrested, injured, robbed) and needs money wired.

Caller asks grandparent not to tell parents.

3 Social Media Scams

If you communicate with someone on social media and they claim to have a hardship and request you send them money, this is most likely a scam. You should discuss the request with a friend or family member.

4 Other Scams

If you receive an unsolicited telephone call or message from an organization or individual be wary as this may be a scammer attempting to steal your money.

- Persons have been known to receive calls from someone claiming to be a representative of a bank, a government agency (ex. IRS, police department) or a public utility (ex. Electric company)..
- If you receive an unsolicited contact by an individual or organization do not provide personal information, account numbers or passwords?

**NEVER GIVE PERSONAL
INFORMATION, SEND MONEY
OR GIFT CARDS TO ANYONE
YOU HAVE NOT MET
IN PERSON.**



HAVEN N. SHOEMAKER, JR.
STATE'S ATTORNEY
410-386-2671
carrollcountystatesattorney.org



**Burrier-Queen Funeral
Home and Crematory, P.A.**

Experience peace of mind with Burrier-Queen's preplanning services. Our compassionate team makes the process stress-free and straightforward. Secure today's funeral costs with a personalized plan, alleviating future burdens and worries for your loved ones. We specialize in a range of services including Funerals, Life Celebrations, Cremations, Memorials, Veteran's Affairs, and more.

Now accepting appointments.

410-795-0300 • 888-267-0975

1212 West Old Liberty Road • Winfield, MD 21784-9327
Pre-Need Information Available Upon Request
On-site Crematory



www.burrier-queen.com • Independently Owned & Operated



Caring Carroll is a 501(c)3 non-profit organization that supports trained volunteers to assist with the non-medical needs of older adults who wish to remain living independently.

Volunteers are neighbors helping neighbors. They are generous, caring people of any age who share a desire to help others.

*Refer a
neighbor
in need*

*If you're passionate
about supporting your
neighbors, we have a
place for you.*

410.775.5596
caringcarroll.org



f @caringcarroll



PROTECT, DETECT, AND REPORT

Three steps you can take to guard against Medicare fraud

Every day, Medicare fraud affects people with Medicare and their families across the U.S. – regardless of background. It's not just the Medicare program that suffers when fraud occurs. Patients may also discover that they can't get the health care they need.

If someone gets your Medicare number, they can make charges that may exhaust your allotment of benefits. If they charge Medicare for medical visits that you never made or equipment you didn't purchase, your number could be flagged for overuse, and doctors may refuse to see you. These are just two examples of how fraud can end up hurting you directly.

Scammers know the ins and outs of the Medicare system and their attempts can be well thought-out. It's not always easy to know when and where fraud is occurring. By remembering some simple but effective tips, you can protect yourself against scams, including identity theft and prescription drug fraud. Remembering to protect, detect, and report fraud helps everyone, including you.

1. Protect

Protecting your personal information is your best line of defense against health care fraud. Treat Medicare, Medicaid, and Social Security numbers like credit card numbers. Never give them to a stranger and don't carry your cards unless you need them for appointments. Medicare doesn't call or visit to sell you anything. Outside of a trusted health care setting, never give this information to anyone who asks for it.

2. Detect

No matter how careful you are, you may be targeted for fraud. Always review your Medicare statements closely. Things to look for include charges for

something you didn't purchase or receive, duplicate charges, and charges for services not ordered by your doctor. Compare these documents to your personal records and receipts. Recording medical visits and procedures in a journal or on a calendar can help you keep track of what happened at each appointment and make it easier to spot inaccuracies.

3. Report

If you suspect you've been a target of fraud, report it. This can help you and others at risk for fraud. If you have questions about your Medicare statements, call your health care provider.

If you're uncomfortable calling or are not satisfied with the response, help is available through your local Senior Medicare Patrol (SMP). SMP volunteers work with Medicare beneficiaries and their families and caregivers to stop health care fraud, errors, and abuse. You can also report suspicious calls and ask general questions through this resource. You can find your local SMP program by calling 1-877-808-2468 or at SMPresource.org.

Suspected fraud also can be reported to 1-800-Medicare or by calling 1-800-HHS-TIPS.

Don't hesitate, if you need help.

Funded by the Administration for Community Living, part of the U.S. Department of Health and Human Services, the SMP programs provide outreach, counseling, and education by highly trained volunteers in a variety of locations. For free, confidential support, contact your local SMP program at the Carroll County Bureau of Aging & Disabilities: 410-386-3800.

Farmers & Merchants Bank *"Free"* Checking Account

Local Banking.
Zero Hassle.

No monthly fees. No balance requirements.
Just the benefits of staying close to home.

Visit one of our convenient branch locations
to secure your account, today!

- ✓ **No** minimum balance
- ✓ **No** monthly service fee
- ✓ **No** direct deposit requirement
- ✓ **Free** debit card



The Community Bank that puts People First



Call **410-857-1100**
or visit **fmb1919.bank**



TAKE CARE OF YOURSELF

HOW TO RECOGNIZE AND MANAGE CAREGIVER STRESS

10 COMMON SIGNS OF CAREGIVER STRESS

1. Denial about the disease and its effect on the person who has been diagnosed.

I know Mom is going to get better.

2. Anger at the person living with dementia or frustration that he or she can't do the things that once came naturally.

He knows how to get dressed — he's just being stubborn.

3. Social withdrawal from friends and activities.

I don't care about visiting neighbors anymore.

4. Anxiety about the future.

What happens when he needs more care than I can provide?

5. Depression that affects your ability to cope.

I just don't care anymore.

6. Exhaustion that interferes with daily tasks.

I'm too tired for this.

7. Sleeplessness caused by worrying.

What if she wanders out of the house?

8. Irritability that triggers negative responses.

Leave me alone!

9. Lack of concentration that disrupts familiar tasks.

I was so busy, I forgot my appointment.

10. Health problems that begin to take a mental and physical toll.

I can't remember the last time I felt good.

10 WAYS TO MANAGE STRESS AND BE A HEALTHIER CAREGIVER

Are you so overwhelmed by taking care of someone else that you've neglected your own physical, mental and emotional well-being? To avoid putting your own health at risk, consider the following tips.

1. Take a break.

Consider using respite care services to allow you a temporary rest from caregiving while the person living with Alzheimer's or another dementia continues to receive care in a safe environment. Visit alz.org/care to learn more.

2. Seek out community resources.

Visit the **Alzheimer's Association & AARP Community Resource Finder** (alz.org/CRF) to access a database of dementia and aging-related resources in your area. Adult day programs, in-home assistance, companions and meal delivery are just some of the services that can help you manage daily tasks.

3. Become an educated caregiver.

As the disease progresses, it may become necessary to adopt new caregiving skills. The Association offers programs

to help you better understand and cope with common behavioral and personality changes that may occur. Visit alz.org/care to learn more and access resources and programming near you.

4. Get help and find support.

Our **24/7 Helpline (800.272.3900)**, **ALZConnected®** online social networking community (alzconnected.org) and local support groups (alz.org/CRF) are good resources. If stress becomes overwhelming, seek help from a doctor or counselor.

5. Take care of your own health.

Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.

6. Manage your stress.

Stress can cause physical problems (blurred vision, stomach irritation, high blood pressure) and changes in behavior (irritability, lack of concentration, change in appetite). Note your symptoms and discuss with a doctor, as needed.

7. Accept changes as they occur.

People living with dementia change over time and so do their needs. They may require care beyond what you can provide on your own. Becoming aware of community resources — from home care services to residential care — can make the transition easier. So will the support and assistance of those around you.

8. Make legal and financial plans.

Putting legal and financial plans in place after a diagnosis of Alzheimer's or another dementia allows the person living with the disease to participate in decision-making. Having these plans in place can provide comfort to the entire family. Many documents, including advance directives, can be prepared without the help of a legal professional. However, if you're unsure about how to complete documents or make financial plans, you may want to seek assistance from an attorney specializing in elder law, a financial advisor who is familiar with elder or long-term care planning, or both.

9. Know you're doing your best.

Remember that the care you provide makes a difference and that you're doing the best you can. You may feel guilty because you can't do more, but care needs increase as the disease progresses. Regardless of how care is delivered, you can make sure that the person living with dementia is well cared for and safe.

10. Visit your doctor regularly.

Take time to get regular checkups and pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your physical and mental health to decline.



© 2023 Alzheimer's Association®. All rights reserved. This is an official publication of the Alzheimer's Association but may be distributed freely and without charge by unaffiliated organizations and individuals. Such distribution does not constitute an endorsement of these parties or their activities by the Alzheimer's Association.

TIME TO TALK

**Difficult Conversations About Health Shouldn't Wait;
Learn How Others Approached Their Loved Ones**

Email: media@alz.org



Difficult conversations about health shouldn't wait

Julie Burger hid her symptoms of dementia from her husband for more than a year. But the once voracious reader with a photographic memory knew it was finally time to speak up when she could no longer read a novel — she would forget what happened on the previous pages.

Her husband of 59 years, Les Burger, a retired physician, didn't suspect anything was wrong until Julie told him.

"I think Julie was in denial," says Les. "I certainly would've preferred for her to come forward when she first started experiencing symptoms. But I think denial can be a natural tendency."

Together, they visited the doctor and Julie was diagnosed first with mild cognitive impairment, and then, in 2016, Alzheimer's disease.

A challenging conversation

Talking about health concerns, especially memory loss, can be difficult. In most cases, family members are the first to notice memory issues or cognitive problems in a loved one, but are hesitant to say something. According to a recent Alzheimer's Association survey, nearly 75% of Americans say it would be challenging to approach someone who was showing signs of memory loss or other symptoms of dementia. However, nearly 90% say they would want others to tell them if they were showing the signs themselves.

"It can be daunting to approach the subject with someone," says Ruth Drew,

Alzheimer's Association director of Information and Support Services. "But it's important for people to understand that having the conversation and encouraging someone to see a doctor is an act of love."

Speaking up and taking action

Tom Doyle, who lives in Chicago, was a professor of education when he began to notice changes in himself.

"I was a professor for 25 years and knew the classes inside and out," Tom says. "All of a sudden, I started to have trouble remembering simple things that I had taught for years and it was terrifying."

Tom opened up to his husband, Levi Doyle, about what he was experiencing at work. He describes the conversation as "liberating" because it was "too difficult to keep it all inside." For Levi, who noticed that Tom was increasingly confused at home, the conversation confirmed the seriousness of the issue. The couple sought a medical evaluation and Tom was diagnosed with dementia with Lewy bodies.

Despite his own fears of what was to come, Levi knew they needed to start making plans.

"I asked Tom where he would feel most supported," Levi says. "So we packed up our life in California and moved to Illinois to be closer to his family, which has been great for both of us."

In addition to providing time to plan, an early diagnosis can provide access to medical treatments to address symptoms as well as education and support programs.

Finding courage and support

In June, the Alzheimer's Association launched the advertising campaign "Our Stories" with the nonprofit Ad Council to encourage and empower people to speak up when they notice something is different. The ads feature Julie and Les Burger, Tom and Levi Doyle, and other families describing the conversations they had to address changes.

"People can connect with our stories and say, 'Wow, that's me' or 'That's Mom or my spouse,' and that's incredibly helpful in encouraging them to take the appropriate next steps, including seeing a doctor," Les says.

Helpful conversation starters

If you notice changes in yourself or another person, here's what to say:

- "I've noticed you're having trouble concentrating and doing everyday things. Can we talk to a doctor about it?"
- "It seems like you haven't been yourself lately. We should go see the doctor about it."
- "I'm not sure what it is, but I just don't care about important things the way I used to. I want to talk to a doctor about it."
- "I've been getting lost lately and it's pretty unsettling. I think we should talk to a doctor."

Visit [alz.org/ourstories](https://www.alz.org/ourstories) for more conversation starters and resources.



DEMENTIA NAVIGATION

Name	Phone	Contact
Carroll County Bureau of Aging & Disabilities (BOAD) - Maryland Access Point	410-386-3800	125 Stoner Avenue, Westminster, MD 21157 carrollcountymd.gov/aging-and-disabilities
Carroll County BOAD National Family Caregiver Support Program/Caregiver Support Group	410-386-3833	125 Stoner Avenue, Westminster, MD 21157 carrollcountymd.gov/aging-and-disabilities
Carroll Hospital - Care Connect Health Navigation	410-871-6125	200 Memoiral Ave., Westminster, MD 21157 EMAIL: carrollnavigators@lifebridgehealth.org
Alzheimer's Association, Greater Maryland	800-272-3900	Towson, Maryland www.alz.org/maryland
Dr. Cate, Dementia Coach	813-384-7571	Email: catemccarty@gmail.com catemccarty.com
Maryland Department of Aging - ADRD	211	Available at MAP sites Statewide aging.maryland.gov/Pages/ADRD.aspx
Tembo Health	929-998-3626 ext 1	Available in multiple states, including Maryland www.tembo.health.com

Have confidence in every conversation.

Do you find it difficult to use a standard phone? Do people ask you to repeat yourself during telephone conversations? Do you miss important calls because you can't hear the phone ring? The **Maryland Accessible Telecommunications (MAT)** program gives Maryland residents the opportunity to apply for telecommunications equipment to independently make and receive calls. If you qualify, a skilled evaluator meets with you to determine how to make your day-to-day communications easier and more accessible. The **MAT** program has a variety of equipment solutions to support clearer communication, including:

- Amplified phones
- Tablets
- Visual ring signalers
- Smartphones for the Blind
- Phones with large and/or high contrast buttons
- Captioned Telephones
- Phones for memory loss



For more information:

800-552-7724 (Voice) | 410-767-7253 (TTY Direct)
410-801-9618 (Video Phone) | MDMAT.org





*Wes Moore, Governor
Rafael Lopez, Secretary
Vicky Kretzer, Director*

Family Investment Programs

Food Supplement Program
Temporary Disability Assistance
Medical Assistance
Temporary Cash Assistance

Emergency Assistance to Families with Children

**Apply for benefits online <https://mydmthink.maryland.gov/home/#/>
Or call 1-800-332-6347 or 410-386-3300**

Mission

As a member of the community, we will provide services which promote financial independence, strengthen family stability, and promote a safe and healthy environment for children and vulnerable adults.

Vision

We envision a community where people independently support themselves and their families, and where individuals are nurtured and protected.

Adult Services Programs:

Programs for individuals 18 and over

Adult Protective Services
Crisis Intervention
Social Services to Adults
In Home Aide Services Program
Respite Care Program
Guardianship Program
Information and Assistance

Please call 410-386-3434 to make a referral for services

Carroll County Department of Social Services

*"We Accomplish Great
Things Together"*



Office Hours Monday-Friday 8:00 a.m. - 4:30 p.m.

1232 Tech Court Westminster, MD 21157

<http://dhs.maryland.gov/local-offices/carroll-county/>

VETERAN, PROTECT YOUR BENEFITS FROM CLAIMS PREDATORS

The process of applying for VA benefits can be complex, and we understand that Veterans often rely on assistance to navigate the process. Unfortunately, among some of the resources, there are claims predators who take advantage of Veterans and their vulnerabilities by offering help with their benefits claims while exploiting their trust and financial resources. These claims predators are a serious concern, but with proper knowledge and vigilance, Veterans can defend themselves against such aggressive exploitative tactics.

To avoid falling victim to claims predators' scams, VA advises Veterans to take the following precautions when applying for VA benefits:

- **Don't pay unlawful fees:** You should never pay a fee to file an initial claim for benefits. It is unlawful for anyone to charge a claimant a fee for preparing an initial claim.
- **Empower yourself:** Knowledge is your best defense against claims predators. Take the time to understand the benefits you are entitled to, the VA claims process and the resources available. Be aware of any policy changes affecting your benefits and stay informed of scams targeting them. By keeping yourself informed, you can make educated decisions and avoid scams.
- **Seek reputable assistance:** Working with VA accredited attorneys, claims agents and VSO representatives is crucial when seeking help with the VA benefits process. Only VA accredited representatives can help you with your benefits claim. By working with VA accredited individuals, you can ensure that you receive the best possible assistance with your claim.
- **Be cautious of unsolicited offers:** Claims predators may contact you via mail, email or phone, claiming to provide you with an expedited claims process or guarantee a 100% disability rating. Remember, only VA can determine disability ratings. If you receive an offer that seems too good to be true, research and verify the individual's accreditation.
- **Review documents thoroughly:** Before signing any documents related to your benefits, carefully review forms, ensure you understand the terms and conditions, and always keep copies for yourself. Watch out for vague language, hidden fees or clauses that could jeopardize your benefits. Do not sign a fee agreement with someone who will not sign a VA representation form (VA Form 21-22 or 21-22a) and never sign a blank form for someone else to complete later.
- **Protect your personal identifiable information (PII):** Be cautious of sharing sensitive information with unknown or unaccredited individuals and be wary of requests for payment or personal data. Remember, you never have to make fee payments yourself for any supplemental claim, higher-level review or appeal to the Board. You can use a direct-payment fee agreement where VA



will send a portion of past-due benefits awarded to the claimant to pay the representative for you. If someone is unwilling to be paid that way, you should question why.

- **Report suspicious activity:** If you suspect a representative acted unlawfully or unethically while assisting you in filing a VA benefits claim, file a report and learn more at www.vsafegov or by calling 833-38V-SAFE.

Safeguarding your benefits from claims predators requires vigilance, knowledge and proactive measures. By staying informed, seeking reputable assistance and recognizing the warning signs, you can defend yourself against claims predators and ensure you receive the benefits you have rightfully earned. Check out VA's fraud prevention page to learn more.

For assistance with filing a VA Compensation claim or if you have questions regarding the legitimacy of a previously filed claim, please contact the Carroll County Bureau of Aging & Disabilities, Veteran Services Program to be connected to an accredited Veteran Service Officer.

*Source: Veterans Benefits Administration,
Office of Communication*

Veteran Services Program of Carroll County



MISSION: The Veteran Services Program of Carroll County is dedicated to promoting the interests and welfare of Veterans who have served in the Armed Forces, their family members and survivors. The program focuses on enhancing the Veteran's quality of life and improving outcomes through advocacy, claims assistance, education, counseling and facilitating access to other appropriate human services programs. Since the inception of the program in 2013, staff have assisted Veterans and/or family members obtain over \$80 million in compensation and/or pension benefits for which they are owed.

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's.
- 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 denials and filing appeals.
- Assist Veterans in securing burial and cemetery arrangements.
- Veterans Assistance Program/Case Management services connecting to community resources, securing housing and providing emergency funds to divert homelessness.

FREE VETERANS SHUTTLE

- Free shuttle to transport Veterans to four VA medical facilities: Baltimore, Lock Raven, Ft. Detrick and Martinsburg, WV.
- Pick up at convenient, centralized locations. Caregivers can also ride for free.

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

410-386-3800

<https://carrollcountymd.gov/carrollveterans>

VETERAN RESOURCES

VETERANS SERVICES PROGRAM OF CARROLL COUNTY

(housed within the Carroll County Bureau of Aging & Disabilities)

carrollveterans@carrollcountymd.gov

410-386-3800

carrollcountymd.gov/carrollveterans

The Carroll County Veterans Services Program employs accredited Veteran Service Officers who provide guidance and assistance to Carroll County Veterans, their dependents and survivors with applying for Federal and State benefits. This assistance includes help with application for Veteran's benefits via the system administered by the State of Maryland and the United States Department of Veterans Affairs. In order to make the application process more seamless and because every Veteran's situation is unique, the program provides assistance with preparation and processing of various required forms that assist Veterans with navigating a system that can be overwhelming. The program also provides case management services to Veterans seeking assistance with connecting to other community programs and services.

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 on behalf of Veterans and their dependents.
- Connect Veterans to other community agencies, services or 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.

- Veteran Assistance Program to assist Veterans with additional needs that cannot be met through traditional resources.

VETERANS SHUTTLE TRANSPORTATION PROGRAM

The Veterans Transportation Shuttle Program transports Veterans residing in Carroll County to medical appointments at the following Veterans Administration (VA) medical sites: Baltimore VA Medical Center on Greene Street; Loch Raven Center on Loch Raven Boulevard; Fort Detrick Outpatient Clinic and Martinsburg VA Medical Center. All Veterans must register to use the Veterans Transportation Shuttle. There is no cost to the Veteran to utilize the transportation Shuttle. A personal care assistant may also accompany the Veteran at no charge.

The Veterans Transportation Shuttle Program is made possible by a partnership between the Board of Carroll County Commissioners, the Department of Citizen Services and Carroll Transit System, operated by Ride With Us.

REGISTER OVER THE PHONE OR IN PERSON



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



410-386-3800
TTY Users (Maryland Relay)
711/800-735-2258

SCHEDULE



**Contact Carroll Transit System,
Operated by Ride With Us at**
410-363-0622

**Transportation requests must be
made two business days prior to
your scheduled appointment.**

Name	Phone	Address	Website
American Legion			
Carroll Post #31	410-857-7953	2 Sycamore Street, Westminster, MD 21157	www.carrollpost31.org
Gold Star Post #191	301-829-9161	801 Prospect Road, Mt. Airy, MD 21771	www.post191.com
Hampstead Post #200	443-508-2119	4600 Legion Lane, Hampstead, MD 21074	www.alpost200.org
Hesson-Snider Post #120	410-756-2219	9 Broad Street, Taneytown, MD 21787	
Sykesville Memorial Post #223	410-795-7242	7327 Slacks Road, Sykesville, MD 21784	www.americanlegion223.com
Catholic War Veterans			
Sargent Shriver Post #2016	410-871-8290	Westminster	www.facebook.com/cwv2016

VETERAN RESOURCES

Name	Phone	Address	Website
Disabled American Veterans			
Old Glory Chapter #22	410-779-8276	P.O. Box 764, Westminster, MD 21158	www.dav-oldglory.org
Marine Corps League			
Carroll County Detachment #896	703-200-2224	Westminster	
LCpl. Deane Detachment #770	301-253-6096	Mt. Airy	www.mcldeane.org
Veterans of Foreign Wars (VFW)			
Molleville Farm Post #467	410-848-9888	519 Poole Road, Westminster, MD 21157	www.vfwpost467.org
Monocacy Valley Memorial Post #6918	410-756-6866	5801 Conover Road, Taneytown, MD 21787	www.harneyvfwpost6918.org
The Counties Four Post #10076	301-829-1682	107 S. Main Street, Mt. Airy, MD 21771	
Union Memorial Post #8806	410-775-2160	115 Penrose Street, Union Bridge, MD 21791	
Veteran Non-Profits			
Carroll County Veterans Independence Project	667-314-3700	95 Carroll Street, Suite 104, Westminster, MD 21157	www.carrollcountylvip.org
Friends of Disabled Veterans in Carroll County	443-798-5370		
McVet	410-576-9626	301 N. High Street, Baltimore, MD 21202	www.mcvet.org
MD Department of Labor			
Carroll County Workforce Development (formerly BERC) - Veterans Outreach Program	410-386-2820	224 N. Center Street, Westminster, MD 21157	www.carrollworks.com/job-seeker-services/veterans-services
MD Department of Veterans & Military Families			
Baltimore Veterans' Center	410-764-9400		
Benefits Information	800-827-1000		
Charlotte Hall Veterans Home	301-884-8171	29449 Charlotte Hall Road, Charlotte Hall, MD 20622	www.charhall.org
Elkton Veterans' Center	410-392-4485		
MD Department of Veterans & Military Families	800-446-4926	31 Hopkins Plaza, Room 3020 Baltimore, MD 21201	veterans.maryland.gov
VA Homeless Programs	877-424-3838		www.va.gov/homeless/national-callcenter.asp
Women Veterans' Services	800-463-6295, ext. 57275		

Name	Contact
VA Health Care	
Appointment Center	410-605-7333
eBenefits	800-827-1000
Enrollment & Eligibility	410-605-7324 or 855-976-9822
Long-Term Care - Geriatrics and Extended Care	410-642-1121
Mental Health	410-605-7360
Primary Care - for Veterans who are already enrolled and need to reach their health care team	410-605-7777
Suicide Prevention - Veterans Crisis Line	988
Telephone Care Line - staffed by RNs and available 24/7/365 for Veterans seeking medical advice	800-865-2441
Women Veterans' Services	410-605-7275

GENERAL RESOURCES

Name	Phone	Address	Website
Health Care			
Access Carroll	410-871-1478	10 Distillery Drive, Ste. 200, Westminster, MD 21157	www.accesscarroll.org
Carroll Hospital	410-848-3000	200 Memorial Avenue, Westminster, MD 21157	www.lifebridgehealth.org
Organizations Providing Assistance			
Caring Carroll	410-775-5596	255 Clifton Blvd., Ste. 213, Westminster, MD 21157	www.caringcarroll.org
Catastrophic Health Planners	410-871-0751	5 Park Center Ct., Ste. 300, Owings Mills, MD 21117	
The Freedom Center	410-386-3800	125 Stoner Ave., Westminster, MD 21157	www.thefreedomcenter-md.org
Human Services Programs of Carroll County	410-857-2999	10 Distillery Drive, Westminster, MD 21157	www.hspinc.org
Mission of Mercy	410-833-5870	Trinity Lutheran Church, 38 W. Baltimore St., Taneytown, MD 21787	www.amissionofmercy.org
Mt. Airy NET	301-829-0472	Mt. Airy Baptist Church, 1402 N. Main Street, Mt. Airy, MD 21771	www.mtairy.net
NESAP - Northeast Social Action Program	Office 410-239-6216 Thrift Store 410-374-9099	1046 S. Carroll Street, Hampstead, MD 21074	www.nesapinc.org
Salvation Army	410-876-9358	300 Hahn Road, Westminster, MD 21157	www.sa-md.org/carroll-county-social-services
Shepherd's Staff - Westminster	410-857-5944	75 John St. Westminster, MD 21157	www.shepstaff.org
Shepherd's Staff - Eldersburg (Blessings Closet - non-food)	410-857-5944	Wesley Freedom United Methodist Church, 961 Johnsville Road, Eldersburg, MD 21784	www.shepstaff.org
Shepherd's Staff - New Windsor (Blessings Closet - non-food)	410-857-5944	St. Paul United Methodist Church, 200 Main Street, New Windsor, MD	www.shepstaff.org
St. Vincent's De Paul Society - St. John's Catholic Church Conference	410-848-8693	43 Monroe Street, Westminster, MD 21157	www.sjwest.org
Westminster Rescue Mission	410-848-2222	658 Lucabaugh Mill Road, Westminster, MD 21157	www.westminsterrescue-mission.org
Government Agencies			
Carroll County Bureau of Aging & Disabilities	410-386-3800	125 Stoner Ave., Westminster, MD 21157	carrollcountymd.gov/aging-and-disabilities
Carroll County Health Department	410-876-4949	290 South Center Street, Westminster, MD 21157	www.cchd.maryland.gov
Carroll County Bureau of Housing & Community Development	410-386-3600	10 Distillery Drive, Ste. 100, Westminster, MD 21157	www.carrollcountymd.gov/housing
Carroll County Department of Social Services	410-386-3300	1232 Tech Court, Westminster, MD 21157	www.dhs.maryland.gov/local-offices/carroll-county
Social Security Administration	877-669-3112; 800-772-1213	125 Airport Drive, Unit 10, Westminster, MD 21157	www.ssa.gov
Westminster City Housing	410-848-2261	45 W. Main Street, Westminster, MD 21157	www.westminstermd.gov/137/Housing-Services
Bereavement Services and Support Groups			
Bridging Life (formerly Carroll Hospice)	410-871-8000	292 Stoner Avenue, Westminster, MD 21157	www.bridginglifecare.org

GENERAL RESOURCES

Name	Phone	Address	Website
Caregiver Support Group	410-386-3800	Bureau of Aging & Disabilities, 125 Stoner Avenue, Westminster, MD 21157	www.carrollcountymd.gov/aging-and-disabilities
Grandparents Raising Grandchildren Support Group	410-386-3800	Bureau of Aging & Disabilities, 125 Stoner Avenue, Westminster, MD 21157	www.carrollcountymd.gov/aging-and-disabilities
Parkinson's Disease Support Group	410-871-7000	Carroll Hospital - Shauck Auditorium, 291 Stoner Avenue, Westminster, MD 21157	www.lifebridgehealth.org/carroll
SpiriTrust Lutheran Homecare & Hospice	410-751-2429	187 East Main Street, Westminster, MD 21157	www.spiritrustlutheranhomecare.org/services/grief-support
Care Management			
Home Care by Edenton	301-694-3100	5800 Genesis Lane, Frederick, MD 21703	
Rosner Healthcare Navigation	410-591-6378	P.O. Box 1896, Westminster, MD 21158	
Home Repair			
Carroll County Christian Work Camp	443-386-8309	1608 Heather Heights, Eldersburg, MD 21784	
Carroll County Habitat for Humanity	410-751-7722	255 Clifton Blvd., Westminster, MD 21157	www.cchabitat.org
Legal Services			
Carroll County Community Mediation Center	410-848-1764	255 Clifton Blvd., Westminster, MD 21157	www.carrollcc.edu/resources/health-wellness-safety/community-mediation-center
Carroll County Register of Wills	410-848-2586	55 N. Court Street, Room 124, Westminster, MD 21157	www.registers.maryland.gov/main/carroll.html
Disabilities Rights Maryland	410-727-6352	1500 Union Ave., Baltimore, MD 21211	www.disabilityrightsmd.org
Legal Aid Bureau	800-679-8813	22 S. Market Street, Ste. 11, Frederick, MD 21701	www.mdlab.org
Maryland Senior Legal Hotline	866-635-2984		
Maryland Volunteer Lawyer Service	800-510-0050	201 N. Charles St., Ste. 1400, Baltimore, MD 21201	www.mvlslaw.org
The Sixty Plus Legal Program	410-951-7750		
Employment Services			
Carroll County Workforce Development (formerly BERC)	410-386-2820	224 N. Center Street, Westminster, MD 21157	www.carrollworks.com
Division of Rehabilitation Services (DORS)	410-848-4456	1004 Littlestown Pike, Ste. B1, Westminster, MD 21157	www.dors.maryland.gov
STEP/Goodwill Industries	410-848-7793	257 E. Main Street, Westminster, MD 21157	www.goodwillches.org/work/employee/training-programs/
Nutritional Services			
Congregate Dining and Grab and Go Lunches at Carroll County Senior & Community Centers	410-386-3800	Hampstead, Mt. Airy, Sykesville, Taneytown, Westminster	www.carrollcountymd.gov/seniorcenters
Food Sunday - Eldersburg	410-795-7838	St. Joseph's Catholic Church, 915 Liberty Road, Eldersburg, MD 21784	www.ccfoodsunday.org
Food Sunday - Taneytown	410-751-1520	St. Joseph's Catholic Church, 44 Frederick Street, Taneytown, MD 21787	www.ccfoodsunday.org
Food Sunday - Westminster	410-857-7926	10 Distillery Drive, Westminster, MD 21157	www.ccfoodsunday.org

GENERAL RESOURCES

Name	Phone	Address	Website
Meals on Wheels of Central Maryland	410-857-4447	255 Clifton Blvd., Ste. 132, Westminster, MD 21157	www.mealsonwheelsmd.org
Salvation Army	410-876-9358	300 Hahn Road, Westminster, MD 21157	www.sa-md.org/carroll-county-social-services
Supplemental Nutrition Assistance Program (SNAP)	800-332-6347	Department of Social Services, 1232 Tech Court, Westminster, MD 21157	www.dhs.maryland.gov/supplemental-nutrition-assistance-program
Questions about food resources in Carroll County		Maryland Department of Human Resources	
Soup Kitchens			
Monday Lunch (12-1pm): Westminster UMC	410-848-8325	Westminster United Methodist Church, 165 E. Main Street, Westminster, MD 21157	
Monday Dinner (4:30-6pm): Brass Hat Café	410-876-9358	Salvation Army 300 Hahn Road, Westminster, MD 21157	www.sa-md.org/brass-hat-café
Tuesday Lunch (12-1pm): Table of Grace	410-848-7020	Grace Lutheran Church, 21 Carroll Street, Westminster, MD 21157	
Tuesday Dinner (4:30-6pm): Brass Hat Café	410-876-9358	Salvation Army 300 Hahn Road, Westminster, MD 21157	www.sa-md.org/brass-hat-café
Wednesday Lunch (12-1:30pm): Loaves and Fishes	410-848-3251	Ascension Church, 23 N. Court Street, Westminster, MD 21157	
Wednesday Dinner (4:30-6pm): Brass Hat Café	410-876-9358	Salvation Army 300 Hahn Road, Westminster, MD 21157	www.sa-md.org/brass-hat-café
Thursday Lunch (12-1pm): A Meal and More	410-848-5975	St. Paul's United Church of Christ, 17 Bond Street, Westminster, MD 21157	
Thursday Dinner (5:30-6:30pm): Ardent Folk	410-848-7020	Grace Lutheran Church, 21 Carroll Street, Westminster, MD 21157	
Friday Lunch (12:15-1:15pm): Shepherd's Table	410-857-5955	Westminster United Methodist Church, 165 E. Main Street, Westminster, MD 21157	
Saturday Lunch (12-1pm): Church of the Brethren	410-848-8090	Church of the Brethren, 19 Bond Street, Westminster, MD 21157	
Audiology and Vision Services			
Chesapeake Ear, Nose & Throat Hearing Center	410-876-9300	410 Malcolm Drive, Ste. E, Westminster, MD 21157	www.baltimoreent.com
Hoover Services for Low Vision	443-849-2658		www.gbmc.org/lowvision
Leader Dog for the Blind	888-777-5332		www.leaderdog.org
Library Services for the Blind	410-230-2424	415 Park Avenue, Baltimore, MD 21201	www.marylandlibraries.org
Local Lions Clubs	410-386-3800		
Maryland Relay	800-552-7724; 410-767-6960 (voice TTY); 443-453-5970 (video phone)		www.mdrelay.org
Miracle Ear Hearing Aid Center	410-973-7624	444 WMC Drive, Westminster, MD 21158	
Radio Reading Network of Maryland	410-779-4969		www.radioreadingnetwork.org



Bureau of AGING & DISABILITIES

**Do you know someone
who is in a nursing home
or assisted living facility?**

Are there concerns related to quality of care and/or quality of life?

The Long-Term Care Ombudsman Program is available to assist!

What is a Long-Term Care Ombudsman?

Long-Term Care Ombudsmen serve as advocates for residents of assisted living facilities and nursing homes. They routinely visit long-term care facilities and help educate residents and the public about resident rights and work to resolve residents' complaints.

How can the Long-Term Care Ombudsman Program (LTCOP) help me?

Ombudsmen help residents resolve complaints and concerns in areas such as personal/nursing care, privacy, meal preferences and lost possessions. Anyone may contact the LTCOP to confidentially discuss concerns and/or request information on long-term care placement options.

Residents Have Rights!

Ombudsmen protect and uphold resident rights including:

- The right to be treated with dignity and respect
- The right to voice grievances without fear of retaliation
- The right to reasonable accommodation of needs and preferences
- The right to access to one's own medical records

Rewarding volunteer opportunities available!

**For assistance, please contact the Carroll County Long-Term Care
Ombudsman Program office by calling (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.

GENERAL RESOURCES

Name	Phone	Address	Website
Transportation			
American Cancer Society (Carroll County)	800-227-2345		www.cancer.org
Butler Medical Transport	410-602-4007		www.butlermedicaltransport.com
Carroll Cab	410-751-2222		
Carroll Transit System - Demand Response and Trailblazer Routes	410-386-5550		www.carrolltransitsystem.com
Carroll Veterans Transportation	410-386-3800		www.carrollcountymd.gov/carrollveterans
Friends of Disabled Veterans in Carroll County	443-798-5370		friendsofdisabledveteranscarrollcountymd.org
Non-Emergency Medical Assistance Transportation	410-876-4813	Carroll County Health Department, 290 S. Center Street, Westminster, MD 21157	
Disability Resources			
ARC of Carroll County	410-848-4124	180 Kriders Church Road, Westminster, MD 21158	www.arccarroll.org
Family Get Connected Resource Center	410-871-0008	255 Clifton Blvd., Ste. 202, Westminster, MD 21157	
Flying Colors of Success	410-857-6331	88 E. Main Street, Westminster, MD 21157	www.flyingcolorsofsuccess.org
Maryland Developmental Disabilities Administration	301-791-4670	Western Maryland Regional Office, 1360 Marshall Street, Hagerstown, MD 21740	www.dda.health.maryland.gov
National Multiple Sclerosis Society	800-FIGHT-MS	1800 M Street Northwest, Ste. B50, Washington, DC 20036	www.nationalmssociety.org
Penn-Mar Human Services - Westminster Location (formerly Change, Inc.)	410-876-2179	115 Stoner Avenue, Westminster, MD 21157	www.penn-mar.org
Target Community & Educational Services	410-848-9090	111 Stoner Avenue, Westminster, MD 21157	www.targetcommunity.org
The Brain Injury Association of Maryland	800-221-6443	2200 Kernan Drive, Baltimore, MD 21207	www.biamd.org
Unified Community Connections	410-484-4540	952 Ridgebrook Road, Unit #1000, Sparks, MD 21152	www.unified.org
Mental Health Services			
Carroll County Health Department - Bureau of Prevention, Wellness & Recovery	410-876-4449	290 S. Center Street, Westminster, MD 21157	www.cchd.maryland.gov/behavioral-health
Carroll County Mobile Crisis	410-952-9552		www.thesantegroup.org/where-we-work/carroll-county-md/
Carroll County Youth Service Bureau	410-848-2500	59 Kate Wagner Road, Westminster, MD 21157	www.ccysb.org
Carroll Hospital - Behavioral Health	410-871-7110	200 Memorial Avenue, Westminster, MD 21157	www.lifebridgehealth.org/carroll/behavioralhealth.aspx
Maryland Suicide Hotline	800-422-0009		
Mental Health Association of MD	443-901-1550		www.mhamd.org
National Alliance of Mental Illness - NAMI Carroll County	410-857-3650		www.namiccmd.org
On Our Own Support Center	410-751-6600	265 E. Main Street, Ste. C, Westminster, MD 21157	www.onourownofcarrollcounty.org
Potomac Case Management Services of Carroll County	301-791-3087	324 East Antietam Street, Ste. 301, Hagerstown, MD 21740	www.pcmsinc.org/carroll-county
Sheppard Pratt Health System	410-751-5970	288 E. Green Street, Westminster, MD 21157	www.sheppardpratt.org

GENERAL RESOURCES

Name	Phone	Address	Website
Lions Clubs			
Deer Park Lions Club	443-257-5882		
Freedom District Lions Club	410-549-5466	www.fdlions.org	
Hampstead Lions Club	443-536-9219	www.hampsteadlionsclub.org	
Lineboro-Manchester Lions Club	410-374-2570		
Mt. Airy Lions Club	301-829-5466	www.mtairyions.com	
New Windsor Lions Club	410-596-7912	www.e-clubhouse.org/sites/newwindsormd	
Roaring Run (Westminster) Lions Club	301-653-5839	www.e-clubhouse.org/sites/roaringrun	
Silver Run-Union Mills Lions Club	410-346-7078	www.silverrununionmillsions.com	
Taneytown Lions Club	410-756-4039	www.e-clubhouse.org/sites/taneytown	
Taylorsville-Winfield Lions Club	410-875-4189	www.e-clubhouse.org/sites/taylorsvillewinfieldmd	
Terra Rubra (Keymar) Lions Club	410-775-1619	www.terrarubralions.org	
Union Bridge Lions Club	301-672-4495	www.e-clubhouse.org/sites/union_bridge	
Valley (Westminster) Lions Club	410-848-3975		
Westminster Lions Club	443-398-4934	www.lionsclubofwestminster.org	



**CARROLL COUNTY
PUBLIC LIBRARY**

library.carr.org • 410.386.4488

We Build Community











GENERAL RESOURCES

Name	Contact
Helpful Websites	
Advance Directives - Maryland Attorney General	www.oag.state.md.us/healthpol/advancedirectives
Alzheimer's Association	800-272-3900 www.alz.org
American Cancer Society	800-227-2345 www.cancer.org
American Diabetes Association	800-342-2383 www.diabetes.org
American Heart Association	800-242-8721 www.heart.org
American Lung Association	800-586-4872 www.lung.org
Arthritis Foundation	410-544-5433 www.arthritis.org
Caregiving	www.caregiving.com www.caregiverstress.com www.sharethecare.org www.caring.com www.caringtoday.com
Carroll County Government	www.carrollcountymd.gov
Carroll County Bureau of Aging & Disabilities	www.carrollcountymd.gov/aging-and-disabilities
Carroll County Bureau of Housing & Community Connections	www.carrollcountymd.gov/housing
Carroll County Department of Citizen Services	www.carrollcountymd.gov/government/directory/citizen-services
Carroll County Senior & Community Centers	www.carrollcountymd.gov/seniorcenters
Carroll County Veterans	www.carrollcountymd.gov/carrollveterans
Centers for Medicare & Medicaid Services	www.cms.gov
Maryland Access Point (MAP) - Information & Assistance	www.marylandaccesspoint.211md.org
Maryland Department of Aging	www.aging.maryland.gov
Maryland Motor Vehicle Administration (MVA)	www.mva.maryland.gov
Medical Orders for Life Sustaining Treatment (MOLST)	www.marylandmolst.org
Multiple Sclerosis Society	800-FIGHT-MS www.nationalmssociety.org
National Council on Aging (NCOA)	www.ncoa.org
The Hill Y in Westminster (YMCA)	410-848-3660 • 1719 Sykesville Rd, Westminster MD 21157 www.ymaryland.org

LIFE PLAN COMMUNITIES

A Life Plan Community is a senior living community type that offers tiered lifestyle and healthcare options all on one campus, including independent living, assisted living, and skilled nursing. They provide active lifestyle options to older adults through comprehensive services and amenities.

Name	Phone	City	Ind.	Asst.	Nur.	Monthly Cost Starting From	Entry Fee Starting From	Swimming Pool	Pets Allowed
Fairhaven, an Acts Retirement-Life Community	866-934-0648	Sykesville	302	35	69	Call for details	Call for details	x	x
Carroll Lutheran Village, Inc.	877-848-0095	Westminster	396	50	80	Call for details	Call for details	x	x

Ind. = Independent | Asst. = Assisted | Nur. = Nursing

GENERAL RESOURCES

ASSISTED LIVING

Name	Phone	City	Units	Senior Assisted Living Subsidy	Medicaid Waiver Provider	Memory Care	Respite Care
Almost Home	410-756-1727	Taneytown	5	x	x		x
Bethania at Bell Road	443-952-7206	Westminster	16				x
Bethania Home Care	410-848-5616	Westminster	14	x	x		x
Brightview Westminster Ridge Assisted Living	410-871-2225	Westminster	68			x	x
Copper Ridge Assisted Living	410-795-8808	Sykesville	60				
Country Acres Assisted Living	410-751-7714	Westminster	16	x	x	x	x
Diven House at Carroll Lutheran Village	410-876-8113	Westminster	64			x	x
Fairhaven	410-795-8800	Sykesville	35				
Golden Crest - Albert Rill	410-239-4200	Hampstead	16	x			x
Golden Crest - Evergreen	410-239-1224	Hampstead	16	x			x
Golden Crest - Nelson I	410-239-1224	Westminster	16	x			x
Golden Crest - Nelson II	410-239-1224	Westminster	16	x			x
Golden Crest - St. Paul	410-239-1224	Hampstead	16	x			x
Inspirations Memory Care	443-289-9229	Westminster	16			x	x
Lookabout Manor, Inc.	410-840-0718	Westminster	14	x			x
Lorien at Mount Airy	301-829-6050	Mt. Airy	93				x
Lorien at Taneytown	410-294-3753	Taneytown	52				x
Master's Haven	410-861-8993	Finksburg	15	x			x
North Pines Assisted Living Facility	410-239-8731	Manchester	16	x	x	x	x
Nova Springs Assisted Living	443-289-9369	Finksburg	16				
Sun Valley Assisted Living	410-635-8040	Westminster	23				x
Sun Valley at Ridge Overlook	410-635-2468	Westminster	16			x	x
Sun Valley at The Homestead	410-795-6001	Sykesville	16	x			x
Sun Valley at The Meadows	410-635-2103	Westminster	20				x
Sunflower Hill Assisted Living	410-751-7720	Westminster	8	x			
The Terraces at Westminster	410-751-2300	Westminster	65			x	x
The Woods of Best Care	410-596-5863	Westminster	15	x			x
Transitions Healthcare, Oakland Manor	410-795-4100	Sykesville	56	x	x	x	x

DOWN SIZING

Name	Phone	City	Website	Pick-Up	Clothing	Housewares	Furniture	DME
Goodwill	410-857-9993	Westminster	www.gimv.org					
Human Services Programs of Carroll County	410-857-2999	Westminster	www.hspinc.org					
Lions Clubs	410-386-3800							x
NESAP	410-374-9099	Hampstead	www.nesapinc.org		x	x		
ReStore (Carroll County Habitat for Humanity)	410-751-5200	Westminster	www.cchabitat.org/restore	x	x	x	x	
Westminster Rescue Mission	410-848-2222	Westminster	www.westminsterrescuemission.org	x	x	x	x	

GENERAL RESOURCES

ACTIVE ADULT COMMUNITY

Active Adult Communities are designed for older adults who are looking for amenities and an engaging lifestyle. Often, residents choose to move to these communities as soon as they reach the requisite age.

Name	Phone	City
Bella Vita	Contact any Realtor	Westminster
Carroll Vista	410-756-1992	Taneytown
Castlefield Homes	443-291-6017	Manchester
Coventry Gardens	Contact any Realtor	Westminster
Greenvale Mews	Contact any Realtor	Westminster
Homeland Senior Condominiums	Contact any Realtor	Sykesville
Manchester Manor	410-239-1154	Manchester
Marvin Gardens	Contact any Realtor	Eldersburg
Nell's Acres	Contact any Realtor	Eldersburg
Reserve at New Windsor	443-671-6412	New Windsor
Springdale Village	Contact any Realtor	New Windsor
Wildwood Park	Contact any Realtor	Mt. Airy
Winifred Manor	Contact any Realtor	Eldersburg

INDEPENDENT LIVING

Name	Phone	City	Website	Apartments	HUD Vouchers	Pets Allowed	Meals / Dining Services
Brighview Westminster Ridge	410-871-2225	Westminster	www.brightviewwestminsterridge.com	100		x	x
Carroll Lutheran Village, Inc.	877-848-0095	Westminster	www.clvillage.org	396		x	x
Fairhaven	866-934-0648	Sykesville		297		x	x
Residences at The Hampstead School	410-374-8144	Hampstead	www.residencesathampstead.com	85	x		
Ridge Residences, Inc.	410-876-2250	Westminster	www.ridgeresidence.com	79		x	
Ridgely House	410-239-2236	Hampstead		48	x		
Shriner Court Apartments	410-775-2940	Union Bridge		20			
Spencer Village Apartments	410-795-1840	Eldersburg	www.spencervillage.net	40	x	x	
Spring Ridge Senior Apartments	301-620-2620	Frederick	www.springridgesenior.com	144	x	x	
Sunnybrook Senior Apartments	410-871-9880	Westminster	www.coniferliving.com	150	x	x	
Timber Ridge Apartments, Inc.	410-871-9880	Westminster	www.ridgeresidence.com	100		x	
Tremont Place	410-876-5622	Westminster		82	x	x	
Village House Apartments	410-795-0606	Sykesville	www.villagehouseapartments.com	54	x	x	
Westminster Overlook	410-876-7600	Westminster		98		x	
West End Apartments	410-848-2433	Westminster	www.springboardmd.org	8	x		

NURSING AND REHABILITATION

Name	Phone	Address	City	Nursing Beds	Medicare	Medicaid	Daily Rates Starting at
Atlee Hill Skilled Nursing & Rehab Center	443-289-3790	297 Stoner Avenue	Westminster	60	x	x	\$400
Autumn Lake Healthcare at Birch Manor	410-795-1100	7309 Second Avenue	Sykesville	118	x	x	
Carroll Lutheran Village Health Care Center	410-848-0225	300 St. Luke Circle	Westminster	103	x	x	
Copper Ridge	410-795-8808	710 Obrecht Road	Sykesville	72	x	x	
Fairhaven	410-795-8800	7200 Third Avenue	Sykesville	69	x	x	

GENERAL RESOURCES

NURSING AND REHABILITATION

Name	Phone	Address	City	Nursing Beds	Medicare	Medicaid	Daily Rates Starting at
Autumn Lake Healthcare at Longview	410-239-7139	3332 Main Street	Manchester	109	x	x	
Lorien at Mount Airy	301-829-6050	713 Midway Avenue	Mt. Airy	62	x	x	\$409
Lorien at Taneytown	410-756-6400	100 Antrim Boulevard	Taneytown	63	x	x	
Pleasant View Healthcare Center	410-442-1620	4101 Old National Pike	Mt. Airy	104	x	x	
Westminster Healthcare Center	410-848-0700	1234 Washington Road	Westminster	158	x	x	

HOME HEALTH CARE

Name	Phone	Website	Live in Care	Companion/ Homemaker Care	Skilled Care	Personal Care	Medicare	Medicaid
2nd Family Home Health Services	443-609-3640	www.2ndfamily.com		x		x		
Amedisys Home Health Care	410-751-9904	www.amedisys.com			x	x	x	
Elizabeth Cooney Care Network	410-323-1700	www.elizabethcooneyagency.com	x	x	x	x		x
Help at Home Services	443-275-1524							
Home Call	410-848-5379				x	x		
Home Instead Senior Care	443-918-3100	www.homeinstead.com/627		x		x		
HomeCare Maryland	410-566-5015	www.lifebridgehealth.org/HomecareMD/HomecareMaryland.aspx			x		x	x
Home With You	410-756-0959	www.homewithyou.com		x		x		
Right at Home In-Home Care & Assistance	410-871-9804	www.rightathome.net/carroll-county	x	x		x		
Lutheran Home Care & Hospice Inc	410-751-2429							
Visiting Angels	410-549-8002							

ASSISTIVE DEVICES AND DURABLE MEDICAL EQUIPMENT

Name	Phone	City	Website	New	Used
Anchor Medical and Respiratory Supplies	410-848-8901	Westminster	www.anchorrx.com	x	
Family Pharmacy of Hampstead	410-239-3100	Hampstead	www.familypharmacyofhampstead.com	x	
Goodwill	410-857-9993	Westminster	www.gimv.org		x
Lions Club - Loan Closet	410-386-3800				x
Manchester Pharmacy	410-239-2300	Manchester	www.manchesterrx.com	x	
Maryland Durable Medical Equipment Re-Use (a MD Dept. of Aging Program)	240-230-8000		www.aging.maryland.gov/pages/DME.aspx		x
Maryland Technology Assistance Program	800-832-4827 (Toll Free); 410-554-9230	Baltimore	www.mdta.org	x	x
McDougal's Pharmacy	410-795-2662	Eldersburg	www.mygnp.com	x	
Medi Home Care	410-356-2206	Owings Mills		x	
Mid-Atlantic Medical Supply & Equipment	410-363-2279	Reisterstown	www.suppliesforliving.com	x	
Therafit Rehab	410-871-2494	Westminster	www.therafitrehab.com	x	
Union Bridge Pharmacy	410-775-7272	Union Bridge		x	



Carroll County Housing and Community Development

10 Distillery Drive, Suite 101
Westminster, Maryland 21157
410-386-3600

OFFERING SAFE AND AFFORDABLE RENTAL HOUSING OPTIONS IN CARROLL COUNTY

Providing assistance and support to the rental community in Carroll County.

Housing Choice Voucher Program

The Housing Choice Voucher Program, also known as Section 8, provides federal rental assistance to low-income families, seniors, and people with disabilities, enabling them to find and rent privately owned housing. The household must meet federal income guidelines and other eligibility requirements.

Housing Stability

Carroll County's Housing Stability Coordinators help renters facing challenges to stay housed by providing the following services:

- Looking for a place to live
- Access to emergency shelters
- Referrals to community resources for health needs and jobs
- Providing information about Housing Choice Vouchers and other programs
- Completing paperwork for rental assistance and other benefits
- Budgeting support to help households take control of their money
- Education about housing rights and referrals to legal services for renters who have faced housing discrimination
- Access to special resources and programs for youth 18 to 24 years old

Thrive, A Family Self-Sufficiency Program (FSS)

This voluntary program is designed to help HUD-assisted families who are able to work increase their earned income and move towards self-sufficiency. Participants develop goals with the support of a case worker and are offered a financial incentive through a savings account funded with HUD money when their rent portion increases due to an increase in earned income. The program connects families with community resources to support their goals.

For additional information regarding Carroll County Housing and its programs:
<https://www.carrollcountymd.gov/government/directory/citizen-services/housing-community-development/>



CARROLL COUNTY



Need Home Delivered Meals?

FOR OLDER ADULTS

The Bureau of Aging & Disabilities Title III C program assists people 60 years and older, and their spouse of any age, who are in the greatest social and economic need. The driver who brings the meals also provides a smile and the daily social contact that everyone needs.

Participants can choose up to 3 meal options per day for up to 7 days a week.

People may request home delivered meals for themselves. Anyone may make a referral on an older adult's behalf:

- Friend or family member
- Doctor or healthcare staff

**For home delivered meals call:
Meals on Wheels of Central MD
410-558-0923**

**Web: mealsonwheelsmd.org
Email: info@mowcm.org**

MEAL EXAMPLES:

Lunch/Dinner

Salisbury Steak

Brown Gravy

Whipped Potatoes

Mixed Vegetables

Whole Wheat Bread

Pears

Apple Juice

Skim Milk



For more information on Services:



Carroll County Bureau
of Aging & Disabilities
125 Stoner Ave
Westminster MD 21157
410-386-3800

Visit our website: carrollcountymd.gov/aging



Carroll County
MARYLAND ACCESS POINT
YOUR LINK TO HEALTH & SUPPORT SERVICES

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.

SENIOR & COMMUNITY CENTERS

carrollcountymd.gov/seniorcenters

The Bureau of Aging & Disabilities operates five senior and community centers in Carroll County. Each is a community focal point where older adults can receive services, and participate in quality educational, recreational, fitness, health, nutritional, and informational activities. The community centers are located in Mt. Airy, Hampstead, Eldersburg, Taneytown, and Westminster.



Mount Airy Senior & Community Center

703 Ridge Ave, Mt Airy, MD 21771

Hours: M-F 8:00 AM – 4:00 PM

410-386-3960

mtairysc@carrollcountymd.gov



North Carroll Senior & Community Center

2328 Hanover Pike, Hampstead, MD 21074

Hours: M-F 8:00 AM – 4:00 PM

410-386-3900

northcarrollsc@carrollcountymd.gov



South Carroll Senior & Community Center

5928 Mineral Hill Rd, Eldersburg, MD 21784

Hours: M-F 8:00 AM – 4:00 PM

410-386-3700

southcarrollsc@carrollcountymd.gov



Taneytown Senior & Community Center

220 Roberts Mill Rd, Taneytown, MD 21787

Hours: M-F 8:00 AM – 4:00 PM

410-386-2700

taneytownsc@carrollcountymd.gov



Westminster Senior & Community Center

125 Stoner Ave, Westminster, MD 21157

Hours: M-F 8:00 AM – 4:00 PM

410-386-3850

westminstersc@carrollcountymd.gov

Nutrition Program Congregate Meals

Lunch is served at each of the senior centers, Monday through Friday. This federally funded program is for anyone age 60 and over and their spouse of any age. Older adults come together to socialize and enjoy a nutritionally balanced meal that meets one-third of the recommended daily nutritional requirement. For meal reservations, call your local senior and community center. Reservations for meals must be made three days before you plan to eat at the center. A donation for this congregate meal is encouraged.