



# Carroll County Senior and Community Center's Newsletter

Located in Carroll County Maryland

BOAD Phone: (410) 386-3800

Click on link to visit the Senior Center Website

Click on link for the Bureau of Aging & Disabilities Mission



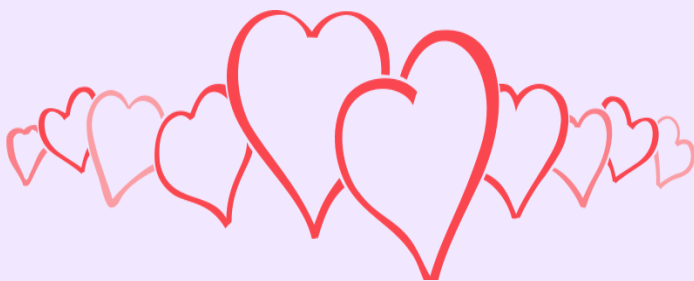
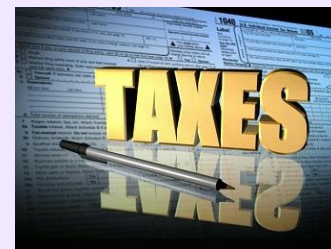
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Carroll County Senior Centers will be **Closed** Monday February 17th

**AARP TAX PREPARATION APPOINTMENTS**  
OFFERED AT  
**SOUTH CARROLL SENIOR CENTER**  
AND  
**WESTMINSTER SENIOR CENTER**

see page 5 for more information



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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.



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

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

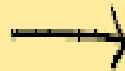
- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners'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

# Inclement Weather Policy for Carroll County Senior Centers

Senior and Community Centers are **OPEN** at 8:00 am in inclement weather **UNLESS**:

The Carroll County Government Offices are closed then the  
Carroll County Senior Centers are closed.

The Carroll County  
Government opens late or  
closes early then the Carroll  
County Senior Centers  
open late or close early.



- Modified meals may be served
- Call your Senior Center to see if programs/classes have been cancelled
- Carroll Transit System (CTS) may run on a modified schedule. Please call them to confirm or cancel your ride.

CTS: 410-386-5550

\*Please note- decisions regarding the operating schedules of the Carroll County Senior Centers are based only on the Carroll County Government. The Senior Centers do not follow the Carroll County Public School System operating schedules.

For info on closures and delays listen to local radio or TV stations, visit the Carroll County  
Government website or call your Senior Center.

Trailblazer Shuttle Riders- Please follow the postings specific to Carroll Transit System delays and closings.

**CCG** IS



# HIRING

## OUR VALUES

**Committed | Inspired | Connected**

**EXPLORE OPPORTUNITIES AND APPLY ONLINE!**

**SIGN UP TO  
RECEIVE EMAIL  
NOTIFICATIONS**



**VISIT OUR  
CAREER  
CENTER**

[HTTPS://JOBCENTER.CARROLLCOUNTYMD.GOV](https://jobcenter.carrollcountymd.gov)



**2025 Free Income Tax Assistance**  
**at**  
**Carroll County Senior and Community Centers**  
 (Provided through the AARP TaxAide Program)



- Appointments must be made in advance by calling the center where you wish to have your taxes done. Appointments will be taken on a first come, first serve basis, with special attention to those age 60 and over.
- Tax returns with partnerships or rentals will not be prepared through this program.
- **Please bring the following items with you to have your returns completed:**

(Note – Married couples should both be present for signatures.)

1. Picture ID and Social Security Card
2. Last year's tax return
3. All W-2 forms
4. All 1099 forms (including any SSA 1099's)
5. Any estimated tax payments
6. Social security cards for all dependents
7. Dependent care provider information (name, employer, ID, social security number)
8. Purchase dates and purchase cost for all stock sales occurring in the tax year

**Tax returns cannot be completed unless all paperwork requested has been brought to the appointment.**

**South Carroll Senior and Community Center**

5928 Mineral Hill Road – Sykesville, Md. 21784

Phone Number: 410-386-3700

Days of Week: Thursday

February 6th – April 3<sup>rd</sup>

Time: 9:00am to 1:30pm

**Westminster Senior and Community Center**

125 Stoner Ave. - Westminster, Md. 21157

Phone Number: 410-386-3850

Days of week: Monday and Wednesdays

February 2nd- April 5th

Time 9:00am to 2:30pm

(No Appointments on Presidents Day 2/17/25)

**\*CALL THE CENTER OF YOUR CHOICE TO SCHEUDLE AN APPOINTMENT\***

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Carroll County Veterans Services Program offers services to Veterans of any age, a widow or widower of a Veteran, a child of a deceased or disabled Veteran and parents who lost a son or daughter in military service.



## VETERANS SERVICES PROVIDED

- Collaborate with the United States Department of Veteran Affairs, Maryland Department of Veterans Affairs and Veterans Service Organizations in securing benefits for Veterans.
- Assist Veterans with obtaining their military discharge (DD214).
- Help with preparing and submitting compensation/pension claims to the Veterans Benefits Administration.
- Link veterans to the VA Healthcare system, advocate for Veterans and their families and connect Veterans to other community agencies, services and providers.
- Track claims and assist with additional development requests made by the Veterans Benefits Administration.
- Assist with denied claims by filing Notices of Disagreement or filing Appeals to reverse the negative decision.
- Veterans Assistance Program/Case Management Services

## FREE VETERANS SHUTTLE

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

Located within the  
Carroll County Bureau of Aging and Disabilities  
125 Stoner Avenue  
Westminster, MD 21157  
410-386-3800

<https://carrollcountymd.gov/carrollveterans>





### **Senior Assisted Living Subsidy (SALS)**

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

**THE MAXIMUM MONTHLY SUBSIDY IS \$1,000**

#### **ELIGIBILITY REQUIREMENTS:**

1. Asset Limitation:     \$ 20,064 per individual  
                                  \$ 26,400 per couple
2. Income Limitation:   \$4,350\* per month per individual  
                                  (\$52,200.00 per year)  
      \* *Income limitation does not include VA Aide & Attendance*
3. Functional Assessment regarding Activities of Daily Living
4. 62 years of age or older

**Please note there is a wait list for this program**

For more information and / or an application,  
contact

Carroll County Bureau of Aging & Disabilities

**410-386-3800**



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

Carroll County's State Health Insurance Assistance Program (SHIP) is here to help! We invite you to attend our free informational Transitioning to Medicare workshops to learn more. We offer these two-part workshops monthly in collaboration with the Carroll County Public Library.



Navigating Medicare



Preventing Medicare Fraud

Please register for live sessions at:

<https://ccpl.librarymarket.com/events/month>

**\*\*Pre-Recorded sessions can also be accessed at any time using the links listed below.**



### Transitioning to Medicare Part 1

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

January 15<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)  
 February 12<sup>th</sup>, 2025-Webinar  
 February 20<sup>th</sup>, 2025-In person @ Eldersburg Public Library (6400 W Hemlock Dr)  
 March 12<sup>th</sup>, 2025-Webinar  
 April 9<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)  
 May 7<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)  
 June 4<sup>th</sup>, 2025-Webinar

**\*\*Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=1u-z4DmVgS0>  
 Original Medicare (Parts A, B, & D), Advantage Plans (Part C), Supplemental Plans (Medigap),  
 Fraud & Abuse, & Medicare Savings Programs.

### Transitioning to Medicare Part 2

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

January 22<sup>nd</sup>, 2025-In person @ Westminster Public Library (50 E Main St)  
 February 19<sup>th</sup>, 2025-Webinar  
 February 27<sup>th</sup>, 2025-In person @ Eldersburg Public Library (6400 W Hemlock Dr)  
 March 19<sup>th</sup>, 2025-Webinar  
 April 16<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)  
 May 14<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)  
 June 11<sup>th</sup>, 2025-Webinar

**\*\*Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=nSudSNDegVY>  
 Take a closer look at Medicare Supplemental Plans and Advantage Plans.

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

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# Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a six-week series of 90-minute workshops that teach you how to take care of yourself while caring for someone else. By taking care of your own physical and emotional needs, you become a better caregiver.

Previous participants have found the program tools they have learned improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also increased confidence in their ability to meet caregiving demands and improved their ability to seek out and utilize community resources.

## This program gives you the tools to:

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate more effectively in challenging situations and with the person needing care, family members, doctors, and paid helpers
- Change negative self-talk

## By attending you will receive a book to help you:

- Take care of yourself
- Recognize changes in someone who may need extra help
- Recognize and understand depression
- Hire in-home help
- Help memory-impaired elders

## Upcoming Virtual Workshops:

Tuesdays 9:30am-11am; Jan. 7- Feb. 11, 2025.

All workshops held virtually. Register online at <https://carrollcountymd.gov/LivingHealthy>.

Call 410-386-3800 for more information or email [vparks@carrollcountymd.gov](mailto:vparks@carrollcountymd.gov).

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Caregiving can be a challenge, but it's easier when you're prepared.

Powerful Tools for Caregivers gives you the confidence and support to better care for your loved one—and yourself.



*I never really thought of myself as a caregiver. After all, I was just helping my mom take care of my dad.*

*Eventually, I realized that neither mom nor I were going to be much help to dad if we didn't take better care of ourselves.*

Sponsored and Offered for FREE by



**Bureau of Aging & Disabilities**

Carroll County Department of Citizen Services

If you or someone you know is a caregiver, we encourage you to register today! Our goal is to improve the lives of caregivers (and ultimately their care recipients) through outreach, conversation, and resources.

## 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. Continental breakfast provided.  
All classes held at Carroll Community College.  
No cost but registration is required. Use QR codes to register.



### 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.  
Saturday, Feb. 1 / 9 a.m. - 12 p.m.



### 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.  
Saturday, April 26 / 9 a.m. - 12 p.m.



### 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.  
Saturday, July 12 / 9 a.m. - 12 p.m.



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# NATIONAL FAMILY CAREGIVERS SUPPORT PROGRAM

## Carroll County

### S U P P O R T   G R O U P S

#### *Grandparents Raising Grandchildren*

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



**Second Wednesday from 5:30PM—7:00PM**

**Bureau of Aging & Disabilities, 125 Stoner Ave, Westminster**

#### *Caregivers of Older Adults*

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



**Second Tuesday from 4:30PM—6:00PM**

**Bureau of Aging & Disabilities, 125 Stoner Ave, Westminster**



To register please contact Denise Valentine at 410-386-3833 or [dvalentine@carrollcountymd.gov](mailto:dvalentine@carrollcountymd.gov). Visit our website [www.carrollcountymd.gov/aging-and-disabilities](http://www.carrollcountymd.gov/aging-and-disabilities) for more information about our programs.



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## CARROLL COUNTY CAREGIVER SUPPORT GROUP

**Presented by:**

**Alzheimer's Association  
Greater Maryland Chapter**

Third Thursday of the month  
6:00 p.m. - 7:30 p.m.  
Visiting Angels Office  
6505 Ridenour Way E, Suite 1B,  
Eldersburg 21784

### Contact Facilitators to Join

Elyse Weckesser  
443-340-3147  
[elysew@mdvisitingangels.com](mailto:elysew@mdvisitingangels.com)

Marjorie Cotterman  
420-404-6804 (text preferred)  
[mcotterman@inspired-joy.com](mailto:mcotterman@inspired-joy.com)

### Build a support system with people who understand.

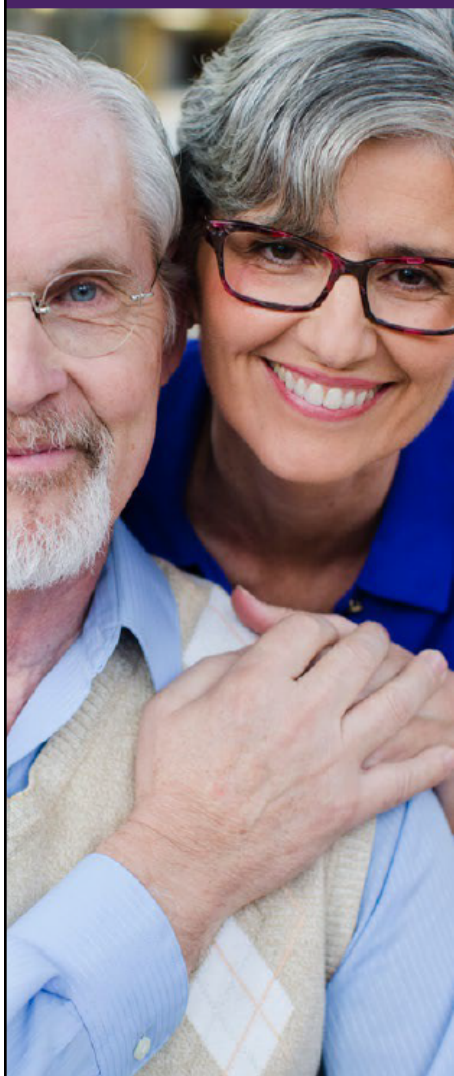
Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



Visit [ALZ.ORG/MARYLAND](http://ALZ.ORG/MARYLAND) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ Connected®, our online community, at [alzconnected.org](http://alzconnected.org).





## ALZHEIMER'S ASSOCIATION ONLINE TOOLS

### CAREGIVER CENTER

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

### ALZCONNECTED®

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

### ALZHEIMER'S NAVIGATOR®

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

### COMMUNITY RESOURCE FINDER®

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

### LIVE WELL: ONLINE RESOURCES FOR PEOPLE WITH DEMENTIA

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

### VIRTUAL LIBRARY

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

### TRAINING AND EDUCATION CENTER

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

### ALZHEIMER'S ASSOCIATION TRIALMATCH®

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

### MARYLAND STATISTICS\* (2020)

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

242,000  
Number of Caregivers

371,000,000  
Total Hours of Unpaid Care

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

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

\*Alzheimer's Association 2022 Alzheimer's Disease Facts and Figures, available at [alz.org/facts](http://alz.org/facts)



Scan QR code to view  
the calendar online.

**2025** JANUARY – MARCH

# HEALTH & WELLNESS CALENDAR

All programs are free and do not require pre-registration unless noted. Call 410-871-7000 or visit [lifebridgehealth.org/wellness](http://lifebridgehealth.org/wellness) to learn more.

## PLANNING FOR PARENTHOOD

### The Family Birthplace Open House & Tour

Register at:

[familybirthplaceopenhouse.eventbrite.com](http://familybirthplaceopenhouse.eventbrite.com)

### BabyLiveAdvice

- Childbirth Preparation
- Caring for Baby
- Infant CPR and First Aid
- Breastfeeding

To register or for more information,  
visit [lbh.pub/fbp](http://lbh.pub/fbp)

## EDUCATION & SUPPORT GROUPS

- Breast Cancer
- Breastfeeding
- Diabetes
- Gather & Connect  
(cancer support)
- Multiple Sclerosis
- Parkinson's Disease
- Perinatal Loss
- Postpartum
- Stroke Survivors

## SPECIAL SERVICES

- Cancer Navigation Services
- Care Connect Health Navigation Services
- Heart Failure Clinic\*
- Center for Breast Health\*
- Diabetes Program\*
- Genetic Counseling\*
- Integrative Health Services (acupuncture, massage, reflexology and more)\*
- Studio YOU (hair loss solutions, mastectomy bra and breast prosthetic fittings)\*

\*Cost associated with program

## GRIEF SUPPORT SERVICES

BridgingLife offers free grief support to families, friends and community members who have experienced the loss of a loved one. Skilled, caring and certified counselors lead the programs, assisted by volunteers trained in grief and loss. Call 410-871-8000 for more information or visit [bridginglifecare.org](http://bridginglifecare.org)

## SPECIAL PROGRAMS

### American Heart Association CPR

Hybrid learning and In-person classes are available for ACLS, BLS and PALS for healthcare professionals and professional rescuers. These classes support initial and renewal requirements and follow American Heart Association guidelines.

Prices vary; call for details.

### Cooking for Wellness

Meet us at Exploration Commons for a cooking class! Join a registered dietitian to prepare healthy recipes and learn nutrition and health tips along the way.

Mondays, January 6, February 3, March 3  
1:30 – 3 p.m.

\$5 per person

To register, visit [explorationcommons.carr.org](http://explorationcommons.carr.org)

### Diabetes Prevention Program

A free lifestyle change program designed to help decrease your risk of type 2 diabetes. Offered by the Carroll County Health Department  
290 S. Center St., Westminster  
Call 410-876-4819 for more information.

### Jumpstart to Wellness

This 8-week virtual program includes weekly online classes featuring discussions and practical tips about nutrition, heart health, diabetes and prediabetes, stress management and sleep. An 8-week The Hill Y in Westminster membership is included in the program; participants are expected to exercise at the Y at least three days a week.

Tuesdays, January 7 – February 25  
5:30 – 6:30 p.m.

\$70

### Heart Failure Education Sessions

In this ongoing series, taught by registered dietitians, pharmacists and other healthcare professionals, learn about medications, nutrition, managing heart failure and more.

Monthly meetings:

Second Thursday at 10 a.m. and  
Fourth Tuesday at 1 p.m.

Carroll Hospital East Pavilion  
Virtual and In-person (hybrid)

To join virtually via Microsoft Teams  
([teams.microsoft.com](http://teams.microsoft.com)) or by phone:

Meeting ID: 242 565 260 621

Passcode: JFxmfs

Or call in +1 443-873-0061

Passcode: 880587810#

### Living Healthy, Living Well (Mailed Toolkit)

These evidence-based programs introduce information and skills that help people with chronic pain, diabetes, and physical and mental health conditions lead a healthy life. Participants complete their specific program at their own pace in addition to a weekly conference call with a trained facilitator.

For more information or to register go to [carrollcountymd.gov/aging-and-disabilities](http://carrollcountymd.gov/aging-and-disabilities), call 410-386-3818 or email [livinghealthy@carrollcountymd.gov](mailto:livinghealthy@carrollcountymd.gov)

### Nutrition in Media

We get so much nutrition information through the media. What is fact and what is fiction? This program allows you to explore an individual topic each session with a registered dietitian.

Wednesday, February 19, 5 – 6 p.m.

Carroll Hospital East Pavilion

Virtual and In-person (hybrid)

To register, visit [nutritioninmedia.eventbrite.com](http://nutritioninmedia.eventbrite.com)

CARROLL HOSPITAL

# NUTRITION IN MEDIA

## Superfoods

**Wednesday, February 19 • 5 - 6 p.m.**

VIRTUAL AND IN PERSON

**IN PERSON LOCATION**

Carroll Hospital East Pavilion  
291 Stoner Ave., Westminster

It's a bird, it's a plane, it's superfoods! We hear this term refer to anything from exotic acai berries to simple broccoli. What is it that makes a food "super?" Is it worth supplementing our diet with these nutritional superstars? Join us for this quarter's Nutrition in Media to learn about superfoods, how they impact our health, and if they're worth the hype.

Each Nutrition in Media meet-up explores questions about what we see in the media and the red flags of questionable content, one topic at a time.

### SECURE YOUR SPOT TODAY!



1. Scan QR code
2. Complete registration form
3. Secure your virtual seat or in-person seat for the event
4. Call **410-871-7000** for additional information

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

# JUMPSTART TO WELLNESS

- **8-week Program**
- **Tuesdays, 5:30 – 6:30 p.m.**
- **\$70**
- **Next Session: Jan. 7 - Feb. 25**  
Registration by Jan. 3

**DO YOU WANT TO GET HEALTHY  
BUT DON'T KNOW HOW TO BEGIN?**

**JOIN US FOR JUMPSTART  
TO WELLNESS!**

This 8-week virtual program will include weekly online classes featuring discussions on a variety of nutrition topics, heart health, diabetes, cancer prevention, sleep hygiene and stress reduction.

An 8-week Y in Westminster membership also is included in the program; participants are expected to exercise at the Y at least three days a week.

Class size is limited to 20 participants per session.

For more information and registration  
**Call 410-871-7000**

**Questions? Email our community nutrition educator  
at [dmealing@lifebridgehealth.org](mailto:dmealing@lifebridgehealth.org) to learn more!**



# HEART FAILURE EDUCATION

## VIRTUAL AND IN-PERSON CLASSES



If you are one of the 6.2 million Americans with heart failure and are struggling to get a handle on your health, join us for our Heart Failure Support & Education classes. You can join us in person, virtually or by phone for an audio-only option. In this ongoing series, taught by registered dietitians, pharmacists and other healthcare professionals, you'll learn more about medications, nutrition, how you can effectively manage the progression of heart failure and more! We want to empower you to create your best lifestyle practices so that you can continue living an active and fulfilling life.

### Monthly Meetings:

Second Thursday at 10 a.m.  
and fourth Tuesday at 1 p.m.

### In-person Location:

East Pavilion of Carroll Hospital

### Questions?

Call Care Connect at 410-871-7000



**JOIN THE MEETING ON [TEAMS.MICROSOFT.COM](https://teams.microsoft.com)**

Meeting ID: 242 565 260 621 Passcode: JFxmfs

**Phone/audio only: +1 443-873-0061 Passcode: 880587810#**

No registration required, join at your convenience!

### January-June 2025 Schedule

#### JANUARY

- 9 Lifestyle Changes for Heart Failure – Julie McEntee, RMA
- 28 Is Cost Keeping You from Taking Your Medications? – Leann Kwak, Pharm.D., BCPS

#### FEBRUARY

- 13 Managing Stress with Heart Failure – Kirsten Ambrose, BSN, RN
- 25 Blood Pressure and Heart Failure – Jennifer Fisher, MSN, CRNP

#### MARCH

- 13 COPD and Heart Failure – Kenneth Kiessling, RRT
- 25 Heart Failure and Diabetes – Genie Ladic, BSN, RN

#### APRIL

- 10 Sleep Apnea and Heart Failure – Rachel Lebowitz, DNP, CRNP  
FNP/ACNP, AACC, HF-Cert
- 22 Basic Nutrition with Heart Failure – Dana Mealing, RDN, LDN, CIEC

#### MAY

- 8 What in the Side Effect? – Leann Kwak, Pharm.D., BCPS
- 27 Strengthening Adherence to Your Medications – Jennal Charles, Pharm.D., PGY-1 Pharmacy Resident

#### JUNE

- 12 Balancing Fluid and Electrolytes – Dana Mealing, RDN, LDN, CIEC
- 24 Reading Food Labels – Dana Mealing, RDN, LDN, CIEC

 **LIFEBRIDGE  
HEALTH.**  
**CARE BRAVELY**

24CHO259

## HEART FAILURE EDUCATION CLASSES: DIGITAL BOOKSHELF

**If you are one of the 6.2 million Americans with heart failure and are struggling to get a handle on your health, join us for our Heart Failure Support and Education classes.**

You can watch the videos at your convenience. Classes are taught by registered dietitians, pharmacists and other healthcare professionals. You'll learn more about medications, nutrition, how you can effectively manage the progression of heart failure and more. We want to empower you to create your best lifestyle practices so that you can continue living an active and fulfilling life.

 **LIFEBRIDGE HEALTH.**  
**CARE BRAVELY**

**SCAN TO VIEW  
DIGITAL BOOKSHELF**



**OR VISIT  
LBH.PUB/HEARTVIDEOS**



# DIABETES EDUCATION

**LIFEBRIDGE  
HEALTH.**  
**CARE BRAVELY**

## VIRTUAL AND IN-PERSON

These monthly, community-based meetings feature guest speakers covering a wide variety of topics related to diabetes and your overall health. Speakers include healthcare professionals with an expertise in their topic, including nutrition, medications, glucose monitoring and more. The group is open to individuals with any type of diabetes and those who care about them.

### January – June 2025 Schedule

#### JANUARY

20 Carrie Sorenson: Smart Actions for Diabetes, Navigating Health Insurance

#### FEBRUARY

17 Amy Blachere, PharmD BCPS: Ask the Pharmacist

#### MARCH

17 Kirsten Ambrose, BSN, RN: Diabetes and Stress Management

#### APRIL

21 Christina McGann, MS, RN and Genie Ladic, BSN, RN: Exercise/Glucose Safety

#### MAY

19 Melissa Caylor, MBA, BSN, RN, CEN, SCRN: Stroke Risk and Diabetes

#### JUNE

16 Dana Mealing, RDN, LDN: Artificial Sweeteners



### Monthly Meetings:

Third Monday of each month  
11 a.m. – noon

Location: Carroll Hospital, East Pavilion,  
291 Stoner Ave., Westminster, MD 21157

**Scan this code  
to join the  
teams meeting:**



Meeting ID:  
242 565 260 621  
Passcode: JFxmfs

Phone/audio only: +1 443-873-0061  
Passcode: 880587810#

### Questions?

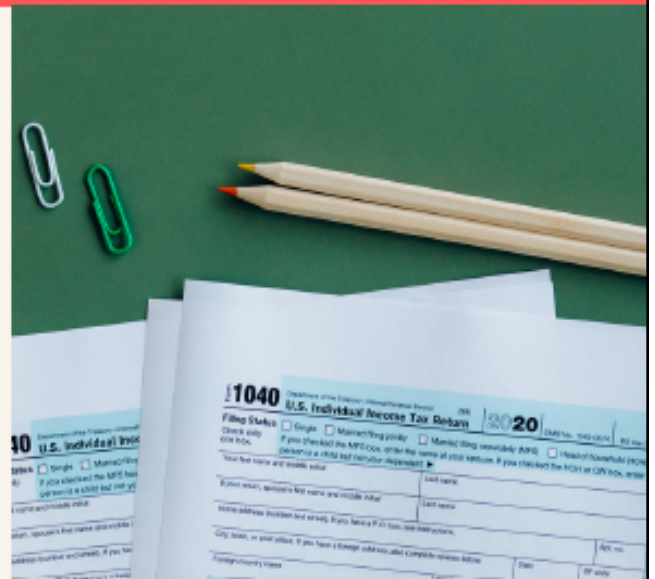
Call Care Connect at 410-871-7000

**No registration required, join at your convenience!**

# Volunteer Opportunity

## Tax Season Is Right Around The Corner

The AARP Foundation Tax-Aide is looking for volunteers to support the free tax preparation process in Carroll County for the 2024 tax season. We are looking for compassionate and friendly folk to join our team of volunteers for the upcoming tax season. Volunteers can serve in person or coach taxpayers online or by phone in a variety of roles. In addition to tax preparation support we need client facilitators, technical specialists, and site managers. We provide training and ongoing support in a welcoming environment and every level of experience (or no experience) is welcome.



**If you are interested in volunteering, please contact Mike Deutsch at 443-789-8346**

# VOLUNTEER

## with Meals on Wheels of Central Maryland, Inc.

**Our Mission:** *To enable people to live independently at home through the provision of nutritious meals, personal contact and related services*

Meals on Wheels of Central MD volunteers deliver more than a meal. They provide security and connections to the aging and disabled in Central Maryland.



### The Benefits of Volunteering:

- Meet new people
- Satisfaction of impacting someone's life
- Decreased stress & improved health
- Feeling of involvement

### Individual Opportunities:

Deliver meals to homebound seniors and disabled individuals:

- Monday-Friday, 11:00a.m.-1:30p.m.
- Once a week, once a month, or whenever your schedule permits

Grocery shop for a client in your area:

- Flexible Scheduling • Twice a month

Deliver pet food through Kibble Connection:

- Flexible Scheduling • Quarterly

Become a Call Star:

- Flexible Scheduling
- 1-2 hours per month

Pack meals at our Main Office or Kosher Kitchen

- Packing shifts available 6 days a week at our main office in Baltimore
- Kosher Kitchen packing shifts available weekday mornings



A dedicated volunteer delivering nutritious meal

### Group Opportunities:

Become a Lunch Bunch volunteer and 'adopt a route' for meal delivery with your colleagues from work.

Pack meals with your group during a weekday or weekend at our main office

Host a fundraiser to support Meals on Wheels of Central MD, such as a trivia night, a chili cook-off or a fun run.

Complete a team-building service project. Make cards, care packages or Mugs of Love for us to deliver to clients.



A Grocery Assistance Program volunteer shops for his client.



Call 443-573-0925 or E-mail [volunteer@mowcm.org](mailto:volunteer@mowcm.org)  
 Sign up today! [mealsonwheelsmd.org/volunteer/](http://mealsonwheelsmd.org/volunteer/)  
 515 South Haven Street, Baltimore, MD 21224



**Marylanders Online**

# MARYLANDERS ONLINE CALL CENTER



Marylanders Online is an initiative through the University of Maryland Extension (UME) and College of Information Studies (INFO) with state funding that aims to bridge the digital divide throughout the state of Maryland.

Marylanders Online Call center is here to provide FREE one-on-one tech support to all the Maryland residents and bring digital equity in Maryland.

**Let's connect!**

Number: 301-405-9810  
 Toll Free: 1-866-206-8467  
 Time: 9:00 am to 3:00 pm  
 Monday to Friday

Email:  
[marylandersonline@umd.edu](mailto:marylandersonline@umd.edu)



It will provide:

- Tech support in English and Spanish
- Any device support including hardware and software
- Assistance in getting connected with internet
- ACP application assistance
- Connect to local organizations offering various digital skills classes, device program, and much more.

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.





## AFFORDABLE CONNECTIVITY PROGRAM

### WHAT IS IT?

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

**The benefit provides:**

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

### WHO IS ELIGIBLE?

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

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

**TWO STEPS TO ENROLL**

**1**

Go to [AffordableConnectivity.gov](http://AffordableConnectivity.gov) to submit an application or print a mail-in application

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**2**


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

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

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

**LEARN MORE**

 Call 877-384-2575, or  
 Visit [fcc.gov/acp](http://fcc.gov/acp)



*Carroll County*


Tablet Loaner Program


*Bureau of Aging & Disabilities*

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

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

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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.





## Maryland Senior Call Check

### PEACE OF MIND FOR THOSE HOME ALONE



**DAILY AUTOMATED CHECK-IN CALLS**



**FREE SERVICE**

**65+**

**MARYLANDERS AGED 65+**



**YOUR CHOICE A MORNING OR AFTERNOON CALL**

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

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

Sign up online or over the phone:

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



**Larry Hogan**  
Governor

**Boyd K. Rutherford**  
Lt. Governor

**Rona E. Kramer**  
Secretary

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

**CALL 211**  
or dial 443-608-9182

**2-1-1**  
Get Connected. Get Help.

**United Way**  
Lifeline  
of Central Maryland



Connect with someone who can help.

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

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

#### Follow these easy steps:

1. Dial 211 (or 443-608-9182) from any cell phone or landline.
2. Ask to be connected to the WARMLine.
3. Speak with <https://probonocounseling.org/> your needs.
4. You will be referred to any additional resources you may need.

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

For more information, visit [ProBonoCounseling.org](https://ProBonoCounseling.org).

**PRO BONO  
COUNSELING  
PROJECT**

**988  
SUICIDE  
& CRISIS  
LIFELINE**

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

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

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

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



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



Developed in collaboration with the  
Centers for Disease Control and Prevention  
320316-D

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



#### Urgent realities.



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

#### Easier access.



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

#### There is hope.



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

Email 988 questions to:  
**988Team@  
samhsa.hhs.gov**

### Frequently Asked Questions

#### What is the Lifeline and will 988 replace it?

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

#### When will 988 go live nationally?

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

#### How is 988 different from 911?

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

#### How is 988 being funded?

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

#### Is 988 available for substance use crisis?

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



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



#### FAMILY INVESTMENT ADMINISTRATION

APPLY FOR BENEFITS ONLINE: [mydhrbenefits.dhr.state.md.us](https://mydhrbenefits.dhr.state.md.us)

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

WEBSITE TO SUBMIT DOCUMENTS: [fia.carrollco.com/maryland.gov](https://fia.carrollco.com/maryland.gov)

APPLY FOR LONG TERM CARE MEDICAL ASSISTANCE:

[mydthink.maryland.gov](https://mydthink.maryland.gov)

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

#### CHILD SUPPORT ADMINISTRATION

APPLY ONLINE: [www.dhr.state.md.us/csea](https://www.dhr.state.md.us/csea)

CUSTOMER SERVICE: 1-800-332-6347 / [Carroll.CSA\\_DHS@maryland.gov](mailto:Carroll.CSA_DHS@maryland.gov)

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

PAYMENT INFO: 1-800-723-9937

#### SERVICES UNITS

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

FOSTER PARENT RECRUITMENT LINE: 410-386-3333





Maryland Legal Aid provides a full range of free civil legal services to financially eligible individuals from 12 office locations.

Our legal work helps to protect peoples' basic needs and human rights.

Get help now by calling 1-888-465-2468 or apply with [online in-take](#).

Attend a FREE legal clinic for in-person help!

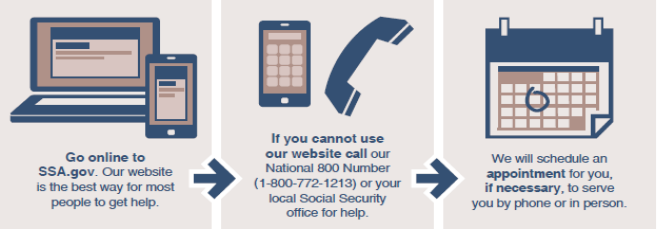
\*Check with one of the Senior Centers for dates and times for in person clinics.

Maryland Legal Aid's  
Midwestern Maryland Office  
22 South Market Street  
Suite 11  
Frederick, MD 21701  
Telephone Intake: 301-694-7414  
[www.mdlab.org](http://www.mdlab.org)



## How to Get Help from Social Security

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



### What to Know if You Must Visit an Office:

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

We appreciate your patience and understanding.



Securing today and tomorrow

SSA.gov | Social Security Administration | Publication No. 05-10697 | December 2021 (First edition) | How to Get Help from Social Security | Produced and published at U.S. taxpayer expense

## Social Security Connection

See what you can do online

November 2022  
Volume 48

### Inside this issue:

Social Security and Scam Awareness ..... 1  
Veterans and Active Duty Military Members: Social Security Has Your Back! 2

### Local Offices

Local Social Security offices are offering more in-person appointments and have resumed in-person service for people without an appointment. As we expand in-person service, we expect our offices to be very busy. We strongly encourage you to continue to go online, call us for help, and schedule appointments in advance. Learn more at [ssa.gov/coronavirus/gethelp](http://ssa.gov/coronavirus/gethelp).



**my Social Security**  
Check out your Social Security Statement, change your address and manage your benefits online today.  
[SSA.gov/myaccount](http://SSA.gov/myaccount)



**Online Services**  
You can access many of our services online.  
[SSA.gov/online-services](http://SSA.gov/online-services)



### Social Security and Scam Awareness

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

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

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

### We will NEVER:

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

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

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

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

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



Securing today and tomorrow

## Beware of Phone Scams



Securing today and tomorrow

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



### IF YOU RECEIVE A SUSPICIOUS CALL:

- 1 Hang up
- 2 Do not give money or personal information
- 3 Report the scam at [oig.ssa.gov](http://oig.ssa.gov)

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

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

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

