



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



April 2024

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Drive Thru Shredding and Medication Disposal



See Page 3 for more information



Veterans Celebration of Carroll County

Sunday May 5th
Noon- 4:00p.m.
See page 4 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 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

FREE DRIVE-THRU SHREDDING & MEDICATION DISPOSAL!!!

The Carroll County Bureau of Aging & Disabilities is sponsoring Shredding and Medication Disposal events at each of the five Senior & Community Centers. The events are free and are open to adults 60+ years of age and adults with disabilities 18+ years of age. No businesses please.

The medication disposal is provided in partnership with the Carroll County Health Department and the Carroll County Sheriff's Office. If you have questions on what medications can be accepted, please call 410-876-4449.

The shredding services will be completed by The Shred Mill, a document destruction and recycling company based in Sykesville. The shredding services will be completed on-site at each event.

For more information contact:

Kristen Harvey
Carroll County Bureau of Aging & Disabilities
kh Harvey@carrollcountymd.gov
410-386-3800



The Shred Mill will shred the following items on site: Paper documents, bound books, spiral and plastic bindings, X-rays and CD's. No need to remove staples or paper clips.

When it is your turn, please stay in your vehicle and we will do the rest!

The Sheriff's Office is collecting medications only.

For safety reasons, **NO MEDICAL WASTE**

NO SHARPS
NO NEEDLES

Mt Airy

Senior & Community Center

703 Ridge Ave, Mt Airy, MD
21771

410-386-3960

Wednesday, May 8th

9 AM to 11 AM

Taneytown

Senior & Community Center

220 Roberts Mill Rd, Taneytown, MD
21787

410-386-2700

Thursday, May 16th

9AM to 11AM

South Carroll

Senior & Community Center

5928 Mineral Hill Rd, Eldersburg, MD
21784

410-386-3700

Monday, May 20th

9AM to 11AM

North Carroll

Senior & Community Center

2328 Hanover Pike, Hampstead, MD
21074

410-386-3900

Friday, May 24th

9AM to 11AM

Westminster

Senior & Community Center

125 Stoner Ave, Westminster, MD
21157

410-386-3850

Friday, May 31st

9AM to 11AM



Carroll County Health Department



Public Health
Prevent. Promote. Protect.

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Everyone is welcome!

Veterans 3rd Annual Celebration

of Carroll County

Sunday * May 5, 2024

Noon - 4:00 pm

Come enjoy, something for everyone!

- ★ Children's Activities
- ★ Veterans Memorabilia Exhibit
- ★ Great Food
- ★ Artisans & Craft Vendors
- ★ Live Entertainment
- ★ Military Equipment Display
- ★ **Veterans Organizations on Site!** ★



Enjoy the camaraderie of other Veterans and Active Military!

Welcome Ceremony at 1:00 with a special recognition gathering to follow for those who served during the Iraqi Conflict era circa 1991-2011.

www.carrollcountymd.gov/veteranscelebration

Free Admission & Free Parking

**Carroll County Farm Museum
500 South Center St., Westminster MD**

Hosted by Carroll County Government and the Veterans Advisory Council

For venue-related inquiries, call 410-386-3880. For Veteran-related inquiries, call 410-386-3800.





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

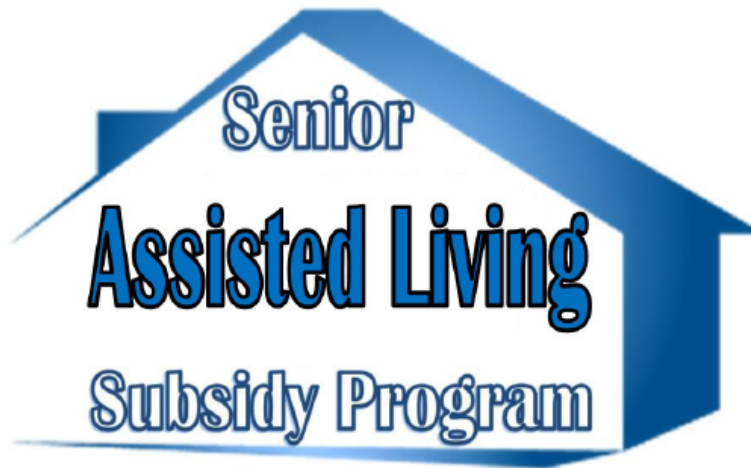
FREE VETERANS SHUTTLE

- 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>





Access to Assisted Living for Qualifying Older Adults

Senior Assisted Living Subsidy (SALS)

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

THE MAXIMUM MONTHLY SUBSIDY IS \$1,000

ELIGIBILITY REQUIREMENTS:

1. Asset Limitation: \$19,000 per individual
\$25,000 per couple
2. Income Limitation: \$3,121* per month per individual
\$4,081* per month per couple
** Income limitation does not include VA Aide & Attendance*
3. Functional Assessment regarding Activities of Daily Living
4. 62 years of age or older

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



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



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

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

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



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

Transitioning to Medicare Part 1

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

April 10th, 2024-Webinar

May 8th, 2024 - In person @ Westminster Public Library (50 E Main St)

June 5th, 2024-Webinar

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!!

April 17th, 2024-Webinar

May 15th, 2024 - In person @ Westminster Public Library (50 E Main St)

June 12th, 2024-Webinar

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

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



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Live your best life and
connect with others.

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



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



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



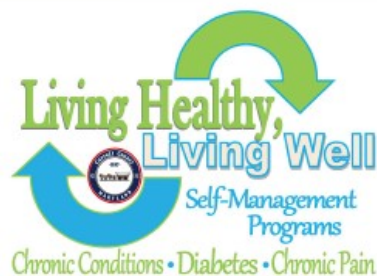
The work is done at your
convenience and the 1-hour
calls are scheduled over
a 6-week period.

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

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

**FOR MORE
INFORMATION**

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



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Show Me Better Health

DIABETES Self-Management



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

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

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

FREE 6-Week Series

Register: <https://carrollcountymd.gov/LivingHealthy>—410-386-3800—LivingHealthy@carrollcountymd.gov

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



April 30- May 7, 14, 21, 28 -June 4, 2024

Tuesdays 1:00 p.m.— 3:30 p.m.

Technology assistance for the workshop series will be provided.

Tablets capable of accessing Wi-Fi are available through our lending library program. Please note on the registration form.

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for Mind and Body* CD. Donations for materials are accepted but not required to participate, for those 60 years & over.



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

Proven Outcomes

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

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

Find and register for a workshop

Virtual Workshop Series – Tablets capable of accessing Wi-Fi are available through our lending library

Mondays – 9:00 a.m. to 11:30 a.m.

April 29- May 6, 13, 20- June 3, 10, 2024

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

Or by calling 410-386-3800

Or email: livinghealthy@carrollcountymd.gov

Living with pain? What if you could feel better?

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

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

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

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



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 Mary Jane Overby at 410-386-3833 or moverby@carrollcountymd.gov. Visit our website www.carrollcountymd.gov/aging-and-disabilities for more information about our programs.



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CARROLL COUNTY 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

Marjorie Cotterman
420-404-6804 (text preferred)
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 to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ Connected®, our online community, at alzconnected.org.



ALZHEIMER'S ASSOCIATION®



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

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

The 10 Warning Signs of Alzheimer's

60-minute and 30-minute options available

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

Understanding Alzheimer's and Dementia

60-minute and 30-minute options available

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

Understanding and Responding to Dementia-Related Behaviors

60-minute and 30-minute options available

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

Additional information on the back

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

Effective Communication

45-minute and 30-minute options available

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

Dementia Conversations

45-minute and 30-minute options available

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

Healthy Living for Your Brain and Body

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

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

Legal and Financial Planning

Two-part program, 1-hour sessions

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

Living with Alzheimer's for Caregivers

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

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

Early Stage

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

Middle Stage

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

Late Stage

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

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

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

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

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

COVID-19 and Caregiving Program

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

New Advances in Alzheimer's Treatments

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

Managing Money: A Caregiver's Guide to Finances

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

**Alzheimer's Association
Greater Maryland Chapter**

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

**mewhite@alz.org
240.549.5086**

**24/7 Helpline
800.272.3900**

ALZHEIMER'S ASSOCIATION®

Greater Maryland Chapter

Programs, Services & Events For People Living in Maryland

PROGRAMS AND SERVICES

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

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

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

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

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

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

ABOUT OUR CHAPTER

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

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

EVENTS

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

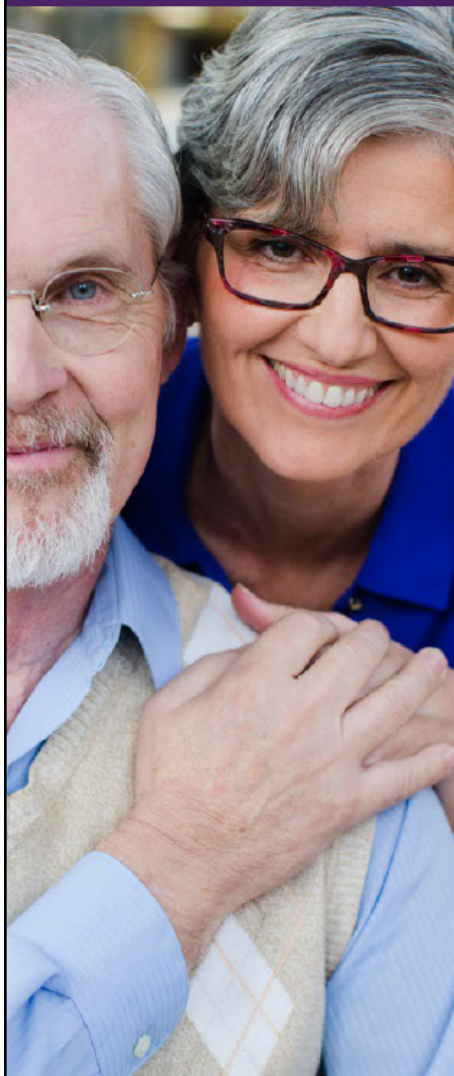
WALK to END ALZHEIMER'S

Western Maryland WALK: October 15, 2023 in Frederick. Cumberland and Oakland TDB
For details contact: Marilyn Herbert, Development Manager, at: mjherbert@alz.org or 240-549-5085

For additional ALZ Events in western Maryland
Marilyn Herbert Development Manager:
mjherbert@alz.org or 240-549-5085 OR
Megeen White: mewhite@alz.org or 240-549-5086



www.alz.org/maryland



ALZHEIMER'S ASSOCIATION ONLINE TOOLS

CAREGIVER CENTER

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

ALZCONNECTED®

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

ALZHEIMER'S NAVIGATOR®

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

COMMUNITY RESOURCE FINDER®

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

LIVE WELL: ONLINE RESOURCES FOR PEOPLE WITH DEMENTIA

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

VIRTUAL LIBRARY

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

TRAINING AND EDUCATION CENTER

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

ALZHEIMER'S ASSOCIATION TRIALMATCH®

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

MARYLAND STATISTICS* (2020)

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

242,000
Number of Caregivers

371,000,000
Total Hours of Unpaid Care

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

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

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

SAVE THE
DATES

Registration opens Feb. 20
For more information please

Email:

ggear@umaryland.edu

2024

NAVIGATING DEMENTIA

*Educational
Series*

FOR AGING
SERVICES
PROFESSIONALS
& CAREGIVERS

ATTENDANCE IS FREE
REGISTRATION IS REQUIRED

Funded by a generous grant
from the Maryland Department of Aging



Maryland
DEPARTMENT OF AGING



UNIVERSITY of MARYLAND
GRADUATE SCHOOL
Geriatrics & Gerontology
Education & Research Program

CEUS ARE AVAILABLE FOR MANY SPECIALTIES.

APPLY NOW FOR THE UMB AGE-FRIENDLY SPECIALIST CERTIFICATION!

SERIES HOURS COUNT TOWARDS COMPLETION. [VISIT: TINYURL.COM/4EXD8WX7](https://tinyurl.com/4EXD8WX7)

WEBINAR &
IN-PERSON*
SESSIONS

MARCH 1 1-3 PM

CHANGES IN MEMORY

MARCH 8 1-3 PM

THE DEMENTIAS

* MARCH 22 9-4 PM

COMMUNICATION

APRIL 19 1-3 PM

INTERVENTIONS

APRIL 24 9-2 PM

SERVICES & SUPPORTS

* MAY 10 9-4 PM

ASSESSMENT & REFERRALS

MAY 24 1-3 PM

MARYLAND RESOURCES

*The Meeting House, Columbia, MD

Updated 9/13/24

2023-2024 Respiratory Vaccine Availability at Carroll County Area Pharmacies and Clinics

Call ahead and ask: Is the flu vaccine in stock? What types do you offer? What ages can you vaccinate? Do you accept my insurance? Can you bill my insurance? What are your pharmacy/clinic hours? Talk to your provider about your vaccines.

Pharmacy	Phone #	Address	City	COVID vax?*	RSV vax?*
CVS #5707**	410-781-4720	6040 Sykesville Road	Eldersburg	Yes	Yes
CVS Minute Clinic #5707**	410-781-4720	6040 Sykesville Road	Eldersburg	Yes	Yes
Express Care Eldersburg	410-549-7222	1311 Londontown Blvd	Eldersburg	No	No
Martin's Pharmacy #6307	410-552-5749	1320 Londontown Blvd	Eldersburg	Yes	Yes
Rite Aid Pharmacy #02223	410-549-6250	6300 Georgetown Blvd	Eldersburg	Yes	Yes
Safeway #1678	410-552-1015	1313 Londontown Blvd	Eldersburg	Yes	Yes
Walgreens #7678**	410-795-2968	1260 Liberty Road	Eldersburg	Yes	Yes
Walmart #2436	410-549-5491	6400a Ridge Road	Eldersburg	Yes	Yes
Finksburg Pharmacy	410-526-1055	2027 Suffolk Rd, #4	Finksburg	Yes	Yes
Walgreens Pharmacy #17508**	410-861-8100	2926 Baltimore Blvd	Finksburg	Yes	Yes
CVS #4220**	410-239-3750	2311 Hanover Pike	Hampstead	Yes	Yes
Family Pharmacy	410-239-3100	907 S. Main St.	Hampstead	Yes	Yes
Walmart #2850	410-374-0332	2320 Hanover Pike	Hampstead	Yes	Yes
Weis Pharmacy #139	410-374-1422	721 Hanover Pike	Hampstead	Yes	Yes
CVS #1653**	717-637-5228	635 Carlisle St	Hanover, PA	Yes	Yes
Target (CVS) #17577**	717-634-3141	31 Wilson Avenue	Hanover, PA	Yes	Yes
Rite Aid Pharmacy #11027	717-632-8833	1430 Baltimore St.	Hanover, PA	Yes	Yes
Rite Aid Pharmacy #02510	717-632-5490	43-47 Baltimore St.	Hanover, PA	Yes	Yes
CVS #1446**	301-829-0966	1001 Twin Arch Rd, #118	Mount Airy	Yes	Yes
Express Care	301-703-5452	504 E Ridgeville Blvd	Mount Airy	No	No
Walgreens Pharmacy #17201**	301-829-2920	415 E Ridgeville Blvd	Mount Airy	Yes	Yes
Safeway #1815	301-829-3139	337 E Ridgeville Blvd	Mount Airy	Yes	Yes
Walmart #2551	301-829-4403	209 E Ridgeville Blvd	Mount Airy	Yes	Yes
Weis Pharmacy #119	301-829-1499	1001 Twin Arch Rd., #18	Mount Airy	Yes	Yes
Walgreens #6265**	410-496-8146	9110 Liberty Road	Randallstown	Yes	Yes
CVS #4030**	410-526-3509	11623 Reisterstown Rd	Reisterstown	Yes	Yes
Giant #0332	410-526-1661	11604 Reisterstown Rd	Reisterstown	Yes	Yes
Walgreens Pharmacy #19129**	410-833-0183	11917 Reisterstown Rd	Reisterstown	Yes	Yes
CVS #4170**	410-756-2548	509 E Baltimore St.	Taneytown	Yes	Yes
Kennie's Marketplace	410-756-6166	11 Grand Drive	Taneytown	No	No
CVS #1330**	410-857-9000	275 Baltimore Blvd	Westminster	Yes	Yes
Express Care	410-848-3990	1011 Baltimore Blvd	Westminster	No	No
Giant #0109	410-857-6320	405 N. Center St.	Westminster	Yes	Yes
Walgreens Pharmacy #19141**	410-848-0212	537 Jermor Lane	Westminster	Yes	Yes
Rite Aid Pharmacy #00347	410-876-1513	250 Englar Road, Ste 22	Westminster	Yes	Yes
Safeway	410-871-1203	444 WMC Drive, #116	Westminster	Yes	Yes
Target (CVS) #16389**	410-848-2152	200 Malcolm Dr.	Westminster	Yes	Yes
UNL Urgent Care	443-952-7798	533 Jermor Lane	Westminster	No	No
UNL Urgent Care	410-751-7480	826 Washington Road, #110A	Westminster	No	No
Walgreens #13457**	410-848-0513	500 Meadow Creek Dr.	Westminster	Yes	Yes
Walmart #1867	410-857-9703	280 Woodward Rd.	Westminster	Yes	Yes
Weis Pharmacy #111	410-848-5085	630 Baltimore Blvd	Westminster	Yes	Yes

This list is intended as a resource only and is not medical advice. Information is subject to change. **Provides no-cost COVID-19 vaccines for adults without insurance or with insurance that doesn't cover all costs as part of Bridge Access Program.

TAKE 3 TO FIGHT FLU!



PROTECT YOURSELF, YOUR LOVED ONES AND THE COMMUNITY. GET YOUR SEASONAL FLU AND COVID-19 VACCINES.

1. TAKE TIME TO GET A FLU SHOT.

- Everyone 6 months and older needs a flu shot every year, with few exceptions.
- People ages 65 and older, children under 2 and people who are pregnant or have certain health conditions are at the highest risk of getting very sick from the flu.
- Flu shots:
 - Protect against flu illness, hospitalization and death.
 - Prevent missed work, school and other activities.
 - Protect yourself, your loved ones and your community.
- Higher dose or adjuvanted flu vaccines are recommended for people 65 and older.
- FluMist nasal spray is available for people ages 2-49 who are not immunocompromised or pregnant.

2. TAKE STEPS TO STOP THE SPREAD.

- Wash your hands often or use hand sanitizer with at least 60% alcohol.
- Clean and disinfect surfaces that are touched often.
- Avoid touching your eyes, nose and mouth.
- Avoid crowded indoor spaces.
- Avoid close contact with people who are sick.
- Stay home when you are sick and test for COVID.
- Eat healthy foods, drink enough water, exercise and get enough sleep.

3. TAKE ANTIVIRALS IF YOUR HEALTHCARE PROVIDER PRESCRIBES THEM FOR YOU.

- Antivirals work best when started 1-2 days after symptoms start.
- They can shorten the time you are sick.
- They may also prevent some flu complications, like pneumonia.



**NEW COVID-19 AND RSV VACCINES
WILL ALSO BE AVAILABLE THIS FALL.**
Talk to your healthcare provider about what is best for you.

Visit cchd.maryland.gov/flu to learn more about local resources, or visit vaccines.gov to search for flu and COVID vaccines.

< Scan code for more information

CARROLL HOSPITAL
A LifeBridge Health Center
Trust Center for Wellness
CARE BRAVELY

The Partnership
for a Healthier Carroll County

Carroll County
Health Department



Carroll County
Health Department



Public Health
Prevent. Promote. Protect.



Customize a meal plan
that meets your needs

WEIGHT LOSS SUPPORT

Every Tuesday at 9:00am
Carroll Hospital, Shipley Room

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



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



Accountability and
support help you
reach your goals

CONTACT US

410-876-4981

laurie.stover@maryland.gov

www.cchd.maryland.gov



Scan QR code to view
the calendar online.

2024 APRIL-JUNE

HEALTH & WELLNESS CALENDAR

All programs are free and require pre-registration unless otherwise noted. Call 410-871-7000 or visit lifebridgehealth.org/wellness to learn more.

PLANNING FOR PARENTHOOD

The Family Birthplace Open House & Tour

To register, visit familybirthplaceopenhouse.eventbrite.com

BabyLiveAdvice

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

To register or for more information, visit lbh.pub/fbp

EDUCATION & SUPPORT GROUPS

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

No registration required

SPECIAL SERVICES

- Cancer Navigation Services
- Care Connect Health Navigation Services
- Heart Failure Clinic* **NEW** (opening April 2024)
- 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

SPECIAL PROGRAMS

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, April 1, May 6, June 3, 1:30 – 3 p.m.
\$5 per person

To register, visit explorationcommons.carr.org

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, June 18 – Aug 6, 5:30 – 6:30 p.m.
\$70

NEW 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, May 22, 5 – 6 p.m.
Virtual and in-person (hybrid)

To register, visit nutritioninmedia.eventbrite.com

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.

SCREENINGS

Blood Pressure Screening & Stroke Education

Drop in to have your blood pressure checked by a registered nurse. Learn about risk factors and prevention for hypertension and stroke.

Tuesday, April 16, May 21, June 18, 11 a.m. – noon
Carroll Hospital Main Lobby

No registration required

Living Healthy, Living Well (Mailed Toolkit)

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

For more information or to register go to carrollcountymd.gov/aging-and-disabilities, call 410-386-3818 or email livinghealthy@carrollcountymd.gov

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 AHA guidelines. Prices vary; call for details.

Virtual 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 Thursday at 1 p.m.

Join virtually via Microsoft Teams (teams.microsoft.com) or by phone: Meeting ID: 242 565 260 621 Passcode: JFxmfs Or call in +1 443-873-0061 Passcode: 890587810#

No registration required.

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
 Sign up today! mealsonwheelsmd.org/volunteer/
 515 South Haven Street, Baltimore, MD 21224



DO YOU HAVE INSURANCE QUESTIONS? **THE MIA CAN HELP!**



THE MARYLAND INSURANCE ADMINISTRATION (MIA) IS THE STATE AGENCY THAT CAN HELP YOU:

- Better understand your policies
- Address your insurance questions and concerns
- Help you compare rates for home and auto insurance



The MIA staff will be available, in-person, to answer your insurance related questions.

MIA is heading to Carroll County in June!

Tuesday, June 4, 2024, 10 AM - 1 PM

Mt. Airy Senior Center: 703 Ridge Ave., Mt Airy, MD 21771

Tuesday, June 11, 2024, 10 AM - 1 PM

South Carroll Senior Center: 5928 Mineral Hill Rd., Eldersburg, MD 21784

Thursday, June 13, 2024, 10 AM - 1 PM

Taneytown Senior Center: 220 Roberts Mill Rd., Taneytown, MD 21787

Tuesday, June 18, 2024, 10 AM - 1 PM

Westminster Senior Center: 125 Stoner Ave., Westminster, MD 21157

Thursday, June 20, 2024, 10 AM - 1 PM

North Carroll Senior Center: 2328 Hanover Pike, Hampstead, MD 21074

800-492-6116 Toll-free

insurance.maryland.gov





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



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.



COLLEGE OF INFORMATION STUDIES



COLLEGE OF AGRICULTURE & NATURAL RESOURCES

AFFORDABLE CONNECTIVITY PROGRAM

TWO STEPS TO ENROLL

1

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

2


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

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

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

LEARN MORE

📞 Call 877-384-2575, or
 🌐 Visit fcc.gov/acp



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.




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



Bureau of AGING & DISABILITIES

MARYLAND ACCESS POINT
YOUR LINK TO CARE AND 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.

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



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.

PRO BONO
COUNSELING
PROJECT

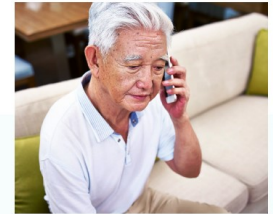
988
SUICIDE
& CRISIS
LIFELINE

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

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

WEBSITE TO SUBMIT DOCUMENTS: fia.carrollco.com/maryland.gov

APPLY FOR LONG TERM CARE MEDICAL ASSISTANCE:

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

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

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

PAYMENT INFO: 1-800-723-9937

SERVICES UNITS

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

FOSTER PARENT RECRUITMENT LINE: 410-386-3333



Maryland Legal Aid

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



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

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

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

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

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

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

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

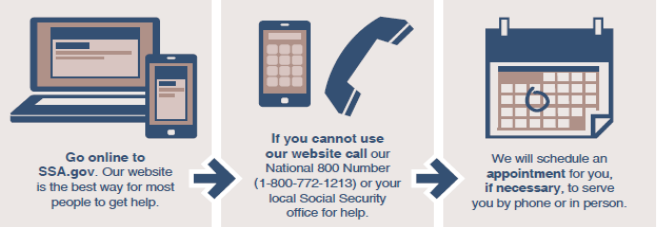
↓ <https://www.mdlab.org/covid-19-information/>

Connect with us



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. 05-10597
December 2021 (First edition)
How to Get Help from Social Security
Produced and published at U.S. taxpayer expense

Social Security Connection

See what you can do online

November 2022
Volume 48

Inside this issue:

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

Local Offices

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



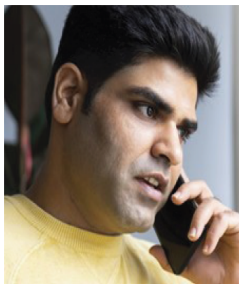
my Social Security

Check out your Social Security Statement, change your address and manage your benefits online today. SSA.gov/myaccount



Online Services

You can access many of our services online. SSA.gov/online-services



Social Security and Scam Awareness

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

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

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

We will NEVER:

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

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

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

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

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



Securing today and tomorrow

Beware of Phone Scams



Securing today and tomorrow

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



IF YOU RECEIVE A SUSPICIOUS CALL:

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

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

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

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

