# Silver Messenger

*Your Link to Health & Support Services* **July 2012**

Frederick County Department of Aging · 1440 Taney Avenue · Frederick, MD 21702 · FrederickCountyMd.gov/Aging · 301.600.1605

To join the Silver Messenger's email list send an email to: DeptOfAging@FrederickCountyMd.gov

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Funding for a County-wide **Seniors/Adults With Disabilities Needs Assessment** has been approved by the Board of County Commissioners! Watch our website for updates.

We have openings for our additional **Movement For Motion** (now called Intro to Fitness) **and Strength Training** exercise classes. Review the flyer on our website for more information.

Become a **Senior Literacy Volunteer!** Help Others Learn to Read…Make a Difference in your Community. Imagine what it would be like not to be able to read to your children or grandchildren. For almost 50 years, the Literacy Council of Frederick County has been helping adults learn to read, write, and speak English through its simple, "each one, teach one" method of tutoring. The Literacy Council, with the help of the Department of Aging, is seeking seniors to participate in this important volunteer effort. This is your chance to help others enjoy the pleasures and benefits of reading by becoming a tutor. The good news is that tutoring only requires 2-4 hours/week and the training and materials are free. You do not need to have any teaching experience, only a willingness to help others in your community. Introductory meetings will be held at the Frederick Senior Center on Thursday, September 27th, 10:00-11:00am – call 301.600.3525; the Emmitsburg Senior Center on Monday, August 13th, 1:00pm – call 301.6350; and the Urbana Senior Center on Tuesday, September 11 at 1:00pm – call 301.600.7020. For information about the Senior Literacy Council, contact Hermine Bernstein at FredHerm2@Comcast.net or call 301.600.2066.

**Would you like to Volunteer** at the Department of Aging? We need those with the following skills/ knowledge:

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| Answering phones | Clerical |
| Medicare/Medicaid | Drivers for meal delivery |

We have new **Day Trips!** A few of the trips include an Ice Cream Tour, Lexington Market, and Fort McHenry. Call 301.600.7020 – space is limited.

The Board of County Commissioners approved the **Senior Tax Credit** effective with the July 1, 2012 tax bill. This is a supplement to the current Frederick County Homeowner Tax Credit. The state will administer the credit as part of the Homeowner Tax Credit program.

Confused about **Medicare or Medigap?** Attend one of our workshops - visit our website for more information or call 301.600.1605.

The **National Park Service** offers a $10 lifetime pass for seniors and a free pass for individuals with disabilities. Review their website for more information.

**Friends of Meals on Wheels of Frederick County** is a non-profit formed to support the Meals on Wheels program through advocacy, community public relations, and fundraising. They will be fundraising to help expand services into the Middletown, Jefferson and Myersville areas. "Friends" encourages members to join in their efforts with an annual $10.00 donation. Volunteers are also needed to help support fund raising events. Contact Gail Wingate at 240.446.6402 or GailWingate@yahoo.com.

**Nutritious Meals** are served at our Senior Centers and the Feagaville Nutritional Site. Please call 48 hours in advance for meal reservations:

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|---|---|
| Frederick | 301.600.1048 |
| Urbana | 301.600.7020 |
| Emmitsburg | 301.600.6350 |
| Brunswick | 301.834.8115 |
| Feagaville | 301.662.9241 |

## *From the Staff Lounge……..*

*A few words with **Kathryn Schey / Maryland Access Point Coordinator** of the Frederick County Department of Aging:*

We are transitioning into an Aging and Disability Resource Center (ADRC), an initiative under the federal Affordable Health Care Act and supported by the United States Administration on Aging and the Centers for Medicare and Medicaid Services. ADRCs are known as Maryland Access Point or "MAP." MAP is designed to streamline access to long-term services and supports for persons over the age of 60, persons over the age of 18 with a disability, and the family members or caregivers who support them. One phone call can begin the process to determine what programs or benefits a person is eligible to receive, eliminating the need to contact multiple agencies. MAP staff can also assist with the application process for a variety of local, state and federal programs including the Homeowner's and Renter's Tax Credit. MAP also offers a variety of workshops that educate individuals concerning Medicare and Medigap Insurance options. Contact me at 301.600.1605 or by email MAP@FrederickCountyMD.gov. Also visit Maryland's MAP website at MarylandAccessPoint.info.

Our Frederick Senior Center is undergoing a **heating/air conditioning upgrade and a new roof!** Please pardon our dust as we progress through these changes. The Frederick Senior Center will continue to provide meals – via Taney Village. Call 301.600.1605 for more information.

The **Urbana Senior Center** has Tai Chi classes! Review their July Program Highlights for other activities!

Check out our **Blue Book** resource guide -- it is an invaluable tool for services to Frederick County seniors.

The **Frederick Senior Center** is hosting a seminar with Mt. Olivet Cemetery on July 26th at 12:30 regarding Cemetery Program/Preplanning Burial. The annual picnic will be held on September 18th; call 301.600.1605 now for reservations!

The **Emmitsburg Senior Center** has Wii Bowling! Call 301.600.6350 for information.

Attend the monthly Dinner & Dance via the **Brunswick Senior Center** held at the local Eagles Club from 6:00 pm until 9:00 pm! Upcoming dates are: July 19th, August 16th, and September 20th. Sign up now for their annual picnic on July 18th from 11am-2pm at the Brunswick Campground. Festivities will include musical entertainment and bingo! Call 301.834.8115 for information.

Social Security has an online application to determine your eligibility for **Prescription Assistance.** To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Application for Help with Medicare Prescription Drug Plan Costs (SSA-1020).

**Our Wish List** Like all of us, our funding only reaches so far, and our Centers often desire to expand existing programs. The current Wish List follows; details are available on our website and at each Center.

FREDERICK SENIOR CENTER: financial donations toward the purchase of chairs ($50/each) and round tables ($125/each) for the dining room.

CAREGIVER PROGRAM: donations of adult diapers (tab and pull up) in sizes small and medium.

MEALS ON WHEELS: donations of gift cards (gas, coffee shops, etc) in $5 and $10 amounts.

URBANA SENIOR CENTER: large edition Rummikub game, reams of color paper, volunteers to deliver meals in the Ijamsville, New Market, and Adamstown communities.