Silver Messenger

Your Link to Health & Support Services **October 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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Early Voting @ the Frederick Center at 1440 Taney Avenue dates/times are:
Oct. 27th - Nov. 1st: 10am-8pm, except Sunday,
Oct. 28th - Noon-6pm. Visit the Board of Elections website for more info!

Volunteer Help Wanted – Receptionist: Seeking friendly, outgoing volunteers to greet visitors at Frederick Senior Center, provide information about programs and activities, assist patrons with trip and class registration, and other related duties. Choice of day(s) / times(s): 9am-Noon or Noon-3:00pm. Email Linda McGinnes or call 301.600.3525.

RSVP for our **Holiday Party** to be held on Friday, December 21st by emailing us or call 301.600.2806. Food, Fun, Music, and Prizes!

Sign up to Receive Emergency Messages directly from public safety officials. Administered by the Frederick County Division of Emergency Management, ALERT Frederick County allows officials to send emergency messages to residents by telephone, email, text message and other methods of communication.

We have **Day Trips!** Call 301.600.7020 -- space is limited.

You can sign up to **Receive Electronic County News** via the County's E-News Signup! Click here to register and start receiving County updates.

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

Save The Date – Friday, May 3rd, 2013! We are planning an event to be held at Frederick Community College. Topics include Medicare, Advanced Directives, and more! Watch our website and Facebook page for more details.

Medicare Open Enrollment has been announced: October 15th - December 7th Call 301.600.1605 to schedule an appointment today!

Food Safety For MoW Volunteers. Attend this one hour program to review safe food handling practices when delivering meals to vulnerable clients. Volunteers should preregister for their session by emailing us or call 301.600.1605. The next session will be at the Frederick Center on Nov. 20th at 1pm.

We will soon be able to accept your credit / debit cards! Watch our website and Facebook page for more information.

Energy Smart-Weather Wise. Sat. Nov. 10th, 9am – 1pm at the Frederick Center. Demonstrations, displays, and door prizes! Open to the Public. Learn about programs and products that help save money and improve energy efficiency throughout the home.

Living With Diabetes. What you thought you knew…or maybe you didn't! Thursday, Dec. 6th, 9:30am – 2:00pm at the Frederick Center. Experts will discuss eating out with Diabetes, Medication Management, and more. Diabetic friendly lunch and prizes, too! Lunch reservations are due by Dec. 3rd - 301.600.1048.

November is National Family Caregiver Month--a time to recognize, honor and celebrate all 65 million family caregivers who selflessly give of their energy and compassion to better the lives of the friends and family members. FCDOA will offer **Caregivers Need Care, Too** on Thursday, Nov. 15th 10-11:30am at 1440 Taney Avenue - call 301.600.6001 by Nov. 9th to RSVP. On-site care giving is available during the event with pre-registration. A few services we offer to Frederick County caregivers are:

- Individualized information, referral / support services;
- Monthly non-disease specific support group;
- Respite care and supplemental subsidies (may be used for purchase of assistive devices, medications, incontinence supplies, etc.) as funding allows;
- Monthly caregiver update available via mail / email;
- In-home care provider registry.

Contact Mindy Lohman for more information.

The **Frederick Senior Center** is hosting **Get the Scoop on the Department of Aging** - Nov. 14th from 5-7pm. Attend this event to find out what we do! We are serving a light dinner. Three FCDOA staff will speak. Email us to RSVP. Dinner is $5.00.

The **Emmitsburg Senior Center** will host **Eat Healthy Be Active**, a six week course from Dec. 13th through Jan 17th @ 9 am. Participants will understand the tools/skills to attain and maintain a healthy weight, reduce risk of chronic disease and live a healthier lifestyle. Each hour long session includes information, handouts, activities and food tastings along with a short fitness activity. Cost is $10.00.

The **Brunswick Senior Center** has several upcoming events, call 301.834.8115 for more info:
Nov. 13th Pizza & Card Party @ 5:30 pm.
Nov. 15th Dinner Dance Hosted by Brunswick Seniors at the Brunswick Eagles Club - Dinner @ 6pm with Dancing from 7-9pm. Reservations are helpful; email us to RSVP or call 301.834.8115.
Dec. 11th Pizza & Card Party @ 5:30pm.
Dec. 13th Special Meal-Card Party - Holiday Luncheon @Noon and Christmas Music @ 1pm.

The **Urbana Senior Center** will host **Be Scam Smart & Fraud Free** with Corporal Jason West on Tuesday, Dec. 4th, 6:30-7:30 pm. An optional pizza supper is served at 5.30pm-call 301.600.7020 to RSVP.

From the Staff Lounge……..

*A few words with **Kitty Devilbiss / Community Services Manager** of the Frederick County Department of Aging:*

Our Frederick Senior Center has a new look! As a result of the recent upgrades to the HVAC system, the staff at the Frederick Senior Center has taken the opportunity to do some fall housecleaning and 'freshen up' the Center. The biggest change you might have noticed is the fresh, new paint throughout the dining wing. The dining room has a new look with a comfy seating area to visit with friends and have a cup of coffee, new round dining tables and chairs, and the move from eating off of Styrofoam and plastic to using real dishes! The computer lab has been updated and the addition of shelving for the large print book library provides the Center with a media center that easily accessible. Classrooms have a new look too, as we repurposed existing furniture to create meeting space for small groups. Other rooms provide participants with clean, bright, and attractive spaces for exercise, cards and games, and arts and crafts. The lobby has taken on a new look with the addition of workspace for a Senior Center information desk and a sitting area. Volunteers are being recruited to greet visitors and assist with participant sign in, class registrations, center tours, and general information about the many programs and activities at the Frederick Senior Center. Stop by soon to say hello and look around.

Our Wish List 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.
CAREGIVER PROGRAM: Donations of adult diapers (tab and pull up) in sizes small and medium.
MEALS ON WHEELS: Cash donations of any amount to provide meals for older adults. Donations of gift cards (gas, coffee shops, etc.) in $5 and $10 amounts to be used for volunteer appreciation gifts.
URBANA SENIOR CENTER: Large edition Rummikub game, reams of color paper, volunteers to deliver meals in the Ijamsville, New Market, and Adamstown communities.