

# Silver Messenger

Your Link to Health & Support Services

February 2019

Frederick County Senior Services Division  
Formerly the Frederick County Dept. of Aging  
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## Greetings from Kathy Schey!

In 2015, County Executive Gardner made the needs of seniors one of her administration’s key priorities. The demographic data is compelling. In Frederick County the number of older adults age 60+ is growing three times that of the overall population, and by 2020, the older adult cohort will surpass the number of school-age children.

Older Americans are working longer, trying new things, starting new careers, earning a new degree, engaging in their communities and following their dreams. This shift in how people are spending their better years brings new opportunities and challenges. Whether an individual is active or homebound, a caregiver or care receiver, working or retired, our goal is to meet each individual at their point of need, interest and/or ability, and offer programs, services and resources that will empower, engage and equip.

One of our newest initiatives has been the creation of a Virtual Learning Center. Videos are made available to assist Frederick County residents with information on topics of importance and interest, which they can easily access as their schedule permits. We currently feature three learning modules: Medicare, Nutrition, and Caregiver support. Additional videos and modules will be added in the future. Also, please check out the newly refreshed Senior Services Division website. Within weeks of its launch, the website traffic increased significantly and the user feedback has been positive!

This is an exciting time for the Senior Services Division and those we serve. The future is filled with new ideas, programs, and partnerships. Indeed, Frederick has a rich history and a bright future, for everyone!

**Scam Alert!** The Federal Trade Commission (FTC) is receiving reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number (SSN) – and your money. In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social is blocked – but he might ask you for a fee to reactivate it, or to get a new number. And he will ask you to confirm your SSN. Do not give out your SSN number – this is a SCAM! If you think you’ve experienced this scam, hang up and call the **real** SSA at 1.800.772.1213 (TTY 1.800.325.0778) or visit the FTC’s website at [ftc.gov/complaint](http://ftc.gov/complaint).

**Check out our updated website** We have new links there to the [VLC / Virtual Learning Center](#), our [Silver Platter Series](#), and so much more!

**Music and Memory** uses personalized playlists for people with dementia, or other cognitive and mental health issues, as a behavioral intervention and to improve quality of life for the individual and the caregiver. Program participants will be involved in an assessment and support including an iPod, headsets, and charging equipment. [Email](#) us for more info!

**Check out our trips** A few include the African Art Museum and a visit to the Kate Pearl Tea Room!

**The Brunswick Senior Center** Our BSC has a free weekly Craft Club that meets each Thursday at 1pm. Contact Cathy at 301.834.8115 for more info!



**Ask Nurse Steve** Each month Steve Stoyke, LPN, provides a brief overview and answers your questions about a current health topic. He also conducts free blood pressure

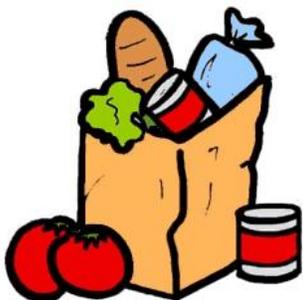
screenings. Please refer to the senior centers' monthly calendar for dates and times.

**PEARLS / Program to Encourage Active and Rewarding Lives** This new evidence-based program is a series of eight one-on-one meetings focusing on empowerment and skill building in an effort to increase problem solving skills, physical and social activity, and pleasurable activities. The goal is to help participants identify things they would like to work on in their lives, gain skills to attain their goals leading to an increase in their quality of life. The program is free to eligible Frederick County residents. Contact Mary at 301.600.6001 for more info.

**Gift Certificates** are available to the public through our [OnLine Store](#)! Families and caregivers now have the option to purchase gift certificates for older adults being served meals at senior centers and Meals on Wheels / Home Delivered Meals.

**Circle of Friends - Memory Café & More** This program offers a place where caregivers, the person for whom they care, families, friends, and health and social professionals come together to share a meal, friendship, and an activity. We meet the 3<sup>rd</sup> Friday of every month. RSVP to [CareGiverSupport@FrederickCountyMd.gov](mailto:CareGiverSupport@FrederickCountyMd.gov).

**Groceries for Seniors - First Friday of Each Month** at the [Frederick Senior Center](#). Free



food packages to those meeting financial criteria! Food is available on a first come, first served basis beginning at 1pm or earlier depending on the wait. Phone 301.600.3523 for more information.

**Free Combined Medicare and Medigap Workshops** are always held at the [Frederick Senior Center](#) on Taney Avenue. [Email us](#) to register.



**For Valentine's Day ~ Heart Healthy Recipes from the American Heart Association**

[Avocado-Dark Chocolate Glazed Doughnuts](#) – oh yes! Or try the [Rockfish Fajita Stuffed Tomatoes](#) – scrumptious! The [Chicken-Vegetable Soup with Orzo and Spinach](#) is guaranteed to warm you up.

**Dementia Live Update** November marked the first offering of this program at the Emmitsburg Senior Center. Participants were temporarily immersed in a simulation of what it may be like to have dementia followed by an empowerment session to discuss take-a-ways from the experience. This powerful program seeks to help caregivers, community members and professional care providers develop a deeper understanding of the disease and accompanying behaviors, as well as develop sensitivity and empathy. *Dementia Live* will be offered in Urbana and Frederick in the next month and several classes are in the works for other parts of the county. Call today for more information, a listing of upcoming dates or to schedule a training for your organization. [Email us](#) for more info!

**The Emmitsburg Senior Center** Anyone up for some bowling? Join in any time for this ongoing game held each Monday - meet other seniors for friendly competition and personal skills development. Meet at the ESC at 12:30pm to carpool to Thunderhead Lanes. Individuals cover all expenses to bowl.

**The new Powerful Tools program** is a six week program for caregivers that focuses on the caregiver and problem solving strategies to help empower caregivers to manage stress and problems more confidently and competently. Our next session will begin in March. Many thanks to the twelve caregivers who recently completed the first session! Thanks to their feedback and participation we are confident the second offering will be just as successful. [Email us](#) for more info!

**Save the Date ~ April 8, 2019 at 1pm** is the Senior Services Advisory Board meeting during which a presentation about alternative health therapies will be discussed. The meeting will be held at the New Market Town Hall. The May 13<sup>th</sup> meeting will host Frederick County's own Chip Jewell. Chip will share info about a living history of Frederick County's firefighting history in honor of Older Americans Month.

**Our Frederick Senior Center** Our FSC is packed with great events and activities. Their Spring Drawing and Pastels class will take place on March 18<sup>th</sup>. Check it out! The FSC also has their own Facebook page.



### **The Inside Scoop at the Urbana Senior Center:**

**Education & Ice Cream** The USC offers an evening program the third Tuesday of each month at 6pm.

Great information and ice cream! The USC also has their own Facebook page!

**Commission on Aging is now the Senior Services Advisory Board** The public is always welcome. Meetings are the second Monday of each month at 1pm.

**Fitness Scholarships** We recently implemented a scholarship opportunity for Frederick County residents 60+ who wish to participate in health and fitness classes. The scholarship, funded by private donations, will help individuals who may not be able to afford the full cost of fitness classes with the opportunity to participate, thereby promoting better physical health. Members of the Senior Services Advisory Board review applications (identifying information has been removed) to determine whether a candidate is eligible for the scholarship. Donations are happily accepted – see the link at the top of this Newsletter.

**Special Thanks to the Rotary Club of Carroll Creek** for approving our grant application for to purchase shelf stable proteins like tuna, chicken, eggs, and peanut butter for our Groceries for Seniors food distribution. These additional items will increase access to a healthy, nutritious diet.



## **Inclement Weather Policy**

We utilize the Frederick County, Maryland Public Schools Inclement Weather Policy.

1. If schools are closed due to inclement weather, all meals, activities, classes, and transportation are cancelled, but the Center is open for independent pursuits.
2. If schools delay opening or close early; meals will be served but activities and classes may be delayed or cancelled at the discretion of the instructor and/or Center Supervisor. Transportation may be available.
3. If Frederick County Government offices delay opening or close early, Senior Centers and our main office will open or close accordingly.
4. If Frederick County Government offices are closed, Senior Centers and our main office will be closed.
5. If schools are not in session due to a regularly scheduled closing (winter break, in-service days, etc.), participants should check the Senior Services Division website, Facebook page, and/or call the Center to confirm the Center activity schedule for the day.

Our spring quarter **Activity Guide** will be released soon! Check our website for up-to-date info on classes, activities, and events for all four of our Senior Centers!

**May is Older Americans Month!** Our Advisory Board will host a special luncheon on Monday, May 13<sup>th</sup> in recognition of Older Americans Month. Lunch will be served at noon, followed by a presentation on the history of Fire and Rescue Service in Frederick County by Chip Jewell. Mr. Jewell is co-author of Arcadia's Images of America: Firefighting in Frederick County, and director of Volunteer Fire and Rescue Services for Frederick County. He is instrumental in preserving the stories and equipment used in Frederick County to keep residents and property safe from fires since 1818. His living history presentation is a favorite throughout Frederick County. Seating is limited, so reserve early; online or at any Senior Center, with a \$5 suggested lunch donation.

