



GARRETT COUNTY

Senior Newsletter



GARRETT GAZETTE
FEBRUARY 2022
VOLUME 4, ISSUE 12

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Calendar**

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Menu

February | 2022

Important Dates

- 1—National Freedom Day
- 2—Rheumatoid Awareness Day
- 4—National Homemade Soup Day
- 14—Valentine’s Day
- 21—President’s Day
- Black History Month

“Don’t try to be young. Just open your mind. Stay interested in stuff. There are so many things I won’t live long enough to find out about, but I’m still curious about them.”
- Betty White



<https://ew.com/movies/betty-white-100th-birthday-documentary-final-on-camera-appearance/>

MISSION STATEMENT

The mission of the Area Agency on Aging is to plan, coordinate and advocate for the development of a comprehensive service delivery system at the local level to meet the short and long-term needs of the Garrett County senior population.



FEBRUARY

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BLACK HISTORY MONTH

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

Origins of Black History Month

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing Negro History Week. By the late 1960s, thanks in part to the civil rights movement and a growing awareness of Black identity, Negro History Week had evolved into Black History Month on many college campuses.

President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.”

<https://www.history.com/topics/black-history/black-history-month>

Heavyweight Champ: Jack Johnson became the first African American man to hold the World Heavyweight Champion boxing title in 1908. He held onto the belt until 1915.

First Lawyer: John Mercer Langston was the first Black man to become a lawyer when he passed the bar in Ohio in 1854. When he was elected to the post of Town Clerk for Brownhelm, Ohio, in 1855 Langston became one of the first African Americans ever elected to public office in America.

Supreme Court Justice: Thurgood Marshall was the first African American ever appointed to the U.S. Supreme Court. He was appointed by President Lyndon B. Johnson and served on the court from 1967 to 1991.

Eminent Scientist: George Washington Carver developed 300 derivative products from peanuts among them cheese, milk, coffee, flour, ink, dyes, plastics, wood stains, soap, linoleum, medicinal oils and cosmetics.

Self-Made Millionaire: Madam C.J. Walker was born on a cotton plantation in Louisiana and became wealthy after inventing a line of African American hair care products. She established Madame C.J. Walker Laboratories and was also known for her philanthropy.



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For more information, please contact Rebecca Williams at 301.334.9431 ext. 6120 or rwilliams@garrettcac.org.

The GCCAC is located at 104 E Center St, Oakland, MD 21550. Our hours of operation are Monday-Friday from 8:30 am to 4:30 pm.

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Garrett County Seniors, DSS is coming to you!

- Do you have questions about what services Garrett County Department of Social Services (DSS) can provide to you? Do you already receive SNAP or Medical Assistance services and have questions about your case? Do you need to make changes? Do you need to pick up an application or other paperwork? **We are HERE FOR YOU!**

Beginning January 2022, a representative from the Garrett County DSS will come to the Grantsville and Kitzmiller Senior Center sites 1 day a month to answer your questions, assist you with applications and changes, or to receive any completed paperwork.

Grantsville is scheduled for Tuesday January 18, 2022 from 10 AM - 2 PM.

Kitzmiller is scheduled for Thursday January 20, 2022 from 10 AM - 2 PM.

The plan is to return to these locations the third week of each month.

In addition to having representatives on-site at two locations, DSS paperwork will be available at ALL senior centers county wide. You may pick up the paperwork and return it to the drop box at either the Grantsville DSS or Oakland DSS offices, or you may use the postage paid envelope provided to return it via mail.

Garrett County Department of Social Services is committed to providing the best possible customer service to our citizens. Additional information about our Department can be found online at <https://dhs.maryland.gov/local-offices/garrett-county/>

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The **MEMORI Corps research study** is testing to find out if providing regular companionship and personalized activities to people living at home with dementia by Companion Guides (i.e., trained volunteer 55 years or older) can improve health and well-being.

Who may join?

We are seeking Healthy volunteers 55 years and older to serve as Companion Guides. Other eligibility requirements apply.

What happens in this study?

- **FREE** virtual assessments of health and wellbeing
- **FREE** 12-month subscription to Uniper Care (a virtual, interactive community that hosts live and recorded activity sessions designed for older adults)
- **Volunteer as a Companion** to provide activities to person with dementia (e.g., meet virtually, about 5 hours per week)
- **Up to \$2,400** stipend, over a 12-month period to cover the costs for volunteering as a companion guide
- **Training, support and education** on activities, health and wellbeing, brain health, computer technology
- **Opportunities to meet new people** in your community
- **Gift cards up to \$60**, for completing 3 study assessment visits

TO LEARN MORE:



410-550-6744



memoricorps@jhmi.edu



www.memoricorps.org

Principal Investigator: Quincy Miles Samus, Ph.D., Johns Hopkins School of Medicine, Protocol Title: MEMORI Corps: A novel activity-based companion care program to benefit community-living persons with dementia, their families, and senior volunteers; Application No.: IRB00197899. The project described is supported by Grant Number R01AG058586 from the National Institute on Aging.

Medicare Coverage of Durable Medical Equipment Part One

Medicare Part B covers durable medical equipment (DME), which is equipment that serves a medical purpose, can withstand repeated use, and is appropriate for use in the home.

What kind of DME does Medicare cover?

Medicare usually covers DME if the equipment:

- Is durable, meaning it is able to withstand repeated use
- Serves a medical purpose
- Is appropriate for use in the home, although you can use outside the home
- And, is likely to last for three years or more

Examples: wheelchairs, walkers, hospital beds, power scooters, portable oxygen equipment

Note: Medicare also covers prosthetics, orthotics, and certain diabetes supplies (this category is sometimes grouped with DME to be called DMEPOS).

Have any questions Please reach out to Bev Tucker 301-334-9431 ext. 6140

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SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY
	<p>1 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 1:00-Bible Study w/ Rodney 10-11 Coffee/Fellowship 11-Cornhole</p>	<p>2 9:30 – 10:00 - FREE Bingo 10:30-Chair Aerobics 11:15—Herrington Manor 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 1:00—BINGO</p>
<p>7 9:30-11:45 – Bingo 10:00– Exercises 1:00—Movie 1:00 – 3:00 – Games 1:00—BINGO</p>	<p>8 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole</p>	<p>9 9:30 – 10:00 - FREE Bingo 10:30-Chair Aerobics 11:15—GC Health Dept.—Lois 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 1:00—BINGO</p>
<p>14 9:30-11:45 – Bingo 10:00– Exercises 1:00—Party 1:00—BINGO</p>	<p>15 9:00 – Exercise Room Open 9:00 – Morning Quilting 9am—12pm—Quilting Class w/ Jackie 10:30 – Tai Chi/Balance Ball 1:00-Bible Study w/ Rodney 10-11 Coffee/Fellowship 11-Cornhole</p>	<p>16 9:30 – 10:00 - FREE Bingo 10:30-Chair Aerobics 11:15– Garrett Neighbors—Neil 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 1:00—BINGO</p>
<p>21 9:30-11:45 – Bingo 10:00– Exercises 1:00 – 3:00 – Games & Movie 1:00—BINGO</p>	<p>22 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole</p>	<p>23 9:30-10:00 FREE Bingo 10:30– Chair Aerobics 11:15—Mary Kay—Betty 9:00 – Exercise Room Open 9:00 – Morning Quilting 1:00—BINGO</p>
<p>28 9:30-11:45 – Bingo 10:00– Exercises 1:00 – 3:00 – Games 1:00—Crafts 1:00—BINGO</p>		<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Lunch is Served at Noon</p> </div>

ACTIVITIES & EVENTS

THURSDAY	FRIDAY	SATURDAY
<p>3 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 12:45—FREE Bingo 10-11 Coffee/Fellowship 1-Crafts</p>	<p>4 9:30-11:45 – Bingo 10:00 Chair Aerobics 1:00- Old time Jammers 1:00 – 3:00 – Games</p>	<p>5</p>
<p>10 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 12:45—FREE Bingo 10-11 Coffee/Fellowship 1-Crafts</p>	<p>11 9:30-11:45 – Bingo 10:00 Chair Aerobics 1:00- Old time Jammers 1:00 – 3:00 – Games</p>	<p>12</p>
<p>17 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 12:45—FREE Bingo 10-11 Coffee/Fellowship 1-Crafts</p>	<p>18 9:30-11:45 – Bingo 10:00 Chair Aerobics 1:00- Old time Jammers 1:00 – 3:00 – Games</p>	<p>19</p>
<p>24 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 12:45—FREE Bingo 10-11 Coffee/Fellowship 1-Crafts</p>	<p>25 9:30-11:45 – Bingo 10:00 Chair Aerobics 1:00- Old time Jammers 1:00 – 3:00 – Games</p>	<p>26</p>
<p>KEY: Mary Browning Senior Center: Green Grantsville Senior Center : Blue Crellin Senior Center—Purple Friendsville Nutrition Site</p>		



If you are 60 years of age or older, a Garrett County resident and are below the income guidelines in the chart, you qualify to receive a 40 pound grocery boxes filled with pantry staples each month.

Household Size	Annual Income	Monthly Income
1	\$16,744	\$1,396
2	\$22,646	\$1,888
3	\$28,548	\$2,379

For an application, please contact Annette Nine via email anine@garrettcac.org or at 301-334-9431 ext. 6178

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Do you have someone in your life that helps you with your day to day needs or do you know an individual who has made a difference by caring for someone other than themselves?

If so, you know how important and needed these people are. We would like to thank these individuals who make a difference and show them that they do not go unnoticed.

February 18, 2022, is National Caregiver's Day

In future newsletters we would love to shed the spotlight on individuals who have made a difference by caring for others and share with them how appreciated they are. Please help us acknowledge the impact caregivers have on others' lives by sharing your special story with us. Send us a letter, an e-mail or give us a call so that we can give recognition to these individuals we couldn't do without.

Are you a proud caregiver and would like to share with us why you do what you do? We would love to hear and share your stories and experiences as well!

Send your stories to:

Garrett County Community
Action

C/O Katie Harding or
Joni Hensley
104 E Center Street
Oakland, MD 21550

kharding@garrettcac.org
jhensley@garrettcac.org

301-334-9431 Ext: 6168 or 6133



National Family Caregiver Support Program




MENU

FEBRUARY



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	1 Fish Mac & Cheese Stewed Tomatoes Fruit 3-bean salad Whole Grain Bread 1% Milk	2 Sausage gravy & Biscuits (If gravy, 3 oz. sausage low sodium, 2 oz. biscuit) Home fries Banana Fruit Salad (mandarin oranges, strawberries) Orange Juice 1% Milk	3 Oven Fried Chicken Scalloped Potatoes Brussel Sprouts Fruit Juice WW Bread 1% Milk	4 Beef Stew Side Salad Applesauce w/cinnamon Coleslaw Biscuit 1% Milk
7 Chef's Choice 2-3 oz. Protein 1 Legume 3 fruit/vegetables 2 starches/starchy veggies 1 % Milk	8 Chicken Church Casserole w/ Pasta, peppers, cheese Spinach (serve with vinegar on side) Fruit Juice WW Bread 1% Milk	Valentine's Day Meal Ham Red Roasted Potatoes Broccoli Red Jell-O with Berries & topping Juice Whole Wheat Bread 1% Milk	10 BBQ Rib on WW Bun Oven Fries Cooks choice Veg. (no starch) Coleslaw Juice 1% Milk	11 Broccoli & Cheese Soup Deli Sandwich on WW Bread Lettuce, Tomato, Onion Salad Fruit Juice 1% Milk
14 Spaghetti Winter Blend Veg. Peaches Tossed salad Whole Wheat Roll. 1 % Milk	15 Creamed Chicken over 2oz Biscuit Mashed Potatoes Mixed Veg. Fruit cocktail Juice 1 % Milk	16 Baked Steak with gravy & onions Buttered/Parsley Potatoes Green Beans Pineapple Juice WW Bread 1 % Milk	17 Peachy Pork Chops Seasoned Red Beans & Rice Brussel Sprouts Mandarin Oranges Juice Whole or 12 Grain Bread 1% Milk	18 Ham & Bean Soup Chef Salad (meat, leafy greens, egg, vegetables) Fruit Juice Corn Bread 1% Milk
21 Pepper Steak w/ Onion Mashed Potatoes w/gravy California Blend Veggies Fruit Crisp Juice Bread 1% Milk	22 White Chicken Chili Salad Bar (meat, leafy greens, beans, egg, vegetables etc.) Fruit Juice Crackers 1% Milk	23 Hot Turkey Sandwich Mashed Potatoes w/ gravy Maple glazed Carrots Banana Juice WW Bread 1% Milk	24 Salmon Cakes w/ dill sauce Macaroni & Cheese Stewed Tomatoes Fruit Caesar Salad Whole Grain Bread 1% Milk	25 BBQ Chicken Baked Beans Mixed Vegetables Fruit Juice Whole Wheat Bread 1% Milk
28 Salisbury Steak Mashed Potatoes Lima Beans Fruit Juice Whole Wheat Bread 1% Milk				

*Calendars and Menu's may vary per center.

Valentine Words

E E O C D B T R A E H T E E W S H G R
 O R J U N E R G B H G S M H R S T N A
 E I R S P M A I C E T F Q E I O N I E
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 A E I O N N H D P I N K E R I P E R Y
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 S S S R E W O L F K E J E W O R R A X
 V E U D M C A R D S X F E B R U A R Y
 R C B U R E H C Y E N O H E S R M K Z

Word List:

ADORE
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 CANDY
 CHOCOLATE
 DESIRE
 FEBRUARY
 HEART
 LOVE
 RED
 SWEETHEART

AFFECTION
 BEMINE
 CARDS
 CUPID
 DEVOTION
 FLOWERS
 HONEY
 LOVEBIRDS
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Garrett Neighbors Office Hours Schedule

Neil will have the following office hours as listed to assist the senior residents at each of these complexes.

Residents can also reach Neil at 301-334-9431 ext. 6191.

Monday	10-12	Meadows 100/200
Monday	1-3	Meadows 300
Tuesday	1-3	Liberty Square
Wednesday	930-1130	Oakwood East
Thursday	2-4	Underwood South
Friday	2-4	Yough West

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- Yoga—Tues & Thurs at 9:30a
- Water Aerobics—Thurs at 11:30a
- Strength Training—Mon & Wed at 11a
- Hanna Somatics—Wed at 10a
- Nature Hike—Tues at 10:45a (weather permitting)



Tai Chi For Better Balance—Free to all seniors

Grantsville Tai Chi/Balance Ball)—Tues & Thurs 10:30a

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Garrett County Virtual Senior Center



Find us online at the Virtual Senior Center and our Facebook Page to stay up to date on resources and events happening in our community.

www.gcseniors.org

and

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If you would like more information call us at 301-334-9431