

## March | 2022

### Important Dates

- 2—Ash Wednesday
- 8—International Women's Day
- 13—Daylight's Saving Time Begins
- 17—St. Patrick's Day
- 18—Full Moon (Worm Moon)
- 20—Spring Begins

#### 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.

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**Senior Center  
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# How to Safely Conduct Visits to Nursing Homes

While we strongly encourage everyone to get vaccinated, visitation can occur regardless of the visitor's vaccination status.



**Allow in-room visits when the resident's roommate is not present, if possible**  
(visits may still occur if a roommate is present as long as physical distancing can be maintained)

*\*The resident and visitor should wear a well-fitting mask, perform frequent hand-hygiene, and practice physical distancing*

## Other Recommendations:



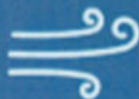
Offer visitors surgical masks or KN95 masks.



Restrict visitor movement to only the location of the visit.



Do not conduct visits in common areas (except those areas dedicated for visitation).



Increase air-flow and ventilation.



Clean and sanitize the visitation area after each visit.



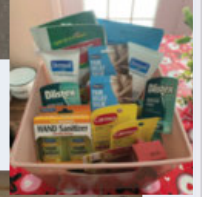
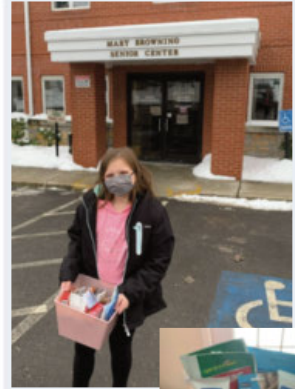
Provide reminders in common areas (e.g., signage) to maintain physical distancing, perform hand-hygiene, and wear well-fitting masks.



# Be the Change

Sophie, a 10 year old local 4th grader is doing just that for seniors in her community. Sophie saved her own allowance this year to purchase items to keep seniors comfortable this winter. Sophie delivered her donated items to a local senior center.

Be the Change project is a year-long service project to help students realize their own potential to help their family, the community, our state, or our world. Students are challenged to think of things that they are passionate about and to work toward making a difference.



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# How to get free at-home Covid-19 tests from the government

Americans can now sign up to get [free home Covid-19 tests](#) from the federal government. Though the website formally debuted on Wednesday, the Biden administration quietly launched it the day before. Orders began pouring in immediately. The program is part of the administration's effort to increase testing amid the nationwide surge of the [Omicron variant](#). The White House is ordering 1 billion tests for distribution.

## How do I order the tests?

Go to [covidtests.gov](#) and sign up. You'll need to enter your name, email and residential address. Orders will not be shipped to businesses. You should receive an email confirming your order and providing tracking information.

## How many tests can I get?

Four tests will be shipped to each residential address, regardless of household size.

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## When will I receive them?

The US Postal Service will [begin shipping](#) the tests in late January, according to the [covidtests.gov](https://www.covidtests.gov) website.

The tests should ship within seven to 12 days, the White House has said.

## I could also use some masks. Can I get those from the federal government too?

Beginning next week, Americans can start [picking up N95 masks](#) from a number of local pharmacies and community health centers through another Biden administration initiative. The program should be fully up and running by early February, according to a White House official.

The Biden administration is distributing 400 million N95 masks from the Strategic National Stockpile in an effort to curb the coronavirus pandemic. Americans can get up to three masks per person.

Any senior citizen that needs assistance ordering your covid test, call MAP at 301-533-9000.

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## SENIOR NUTRITION PROGRAM

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# Senior Nutrition Program 50th Anniversary

Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act (OAA), local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing.

## Senior Nutrition Programs in Garrett County

**Congregate Meals**— The Area Agency on Aging operates 5 congregate nutrition sites/senior centers throughout the county. Nutritious meals, meeting 1/3 of the Recommended Dietary Requirements are available to persons 60 years of age or older and their spouse, regardless of age. Older adults are able to share a meal and socialize. There is no fee for meals, however, a contribution of \$3.25 for seniors and \$5.25 for visitors is strongly encouraged.

**Home Delivered Meals**—The Area Agency on Aging operates a home delivered meal program (a Meals On Wheels America member) in conjunction with its Eating Together Sites. A nutritionally balanced meal is delivered to frail home-bound elderly five days a week.

**Groceries to Go**— Offers monthly pantry essentials to seniors who meet income eligibility guidelines.

To find out if you qualify for Meals on Wheels or Groceries to Go—Contact MAP at 301-533-9000

## Medicare Coverage of Durable Medical Equipment Part Two

### What kind of equipment does Medicare *not* cover?

There are certain kinds of equipment and supplies that Medicare does not cover, such as:

- Equipment mainly intended to help you outside of the home
- Most items intended only to make things more convenient or comfortable
- Items that get thrown away after use or that are not used with equipment
- Modifications to your home
- Equipment that is not suitable for use in the home

Examples: air conditioners, incontinence pads, surgical facemasks, wheelchair ramps, medical equipment from a hospital or skilled nursing facility like an oscillating bed, a wheelchair or scooter that is only intended for use outside the home

**Note:** Some Medicare Advantage Plans may cover minor home modifications or other items as a supplemental benefit.

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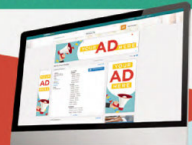
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# Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY
	<b>1</b> 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole	<b>2</b> 9:30 – 10:00 - FREE Bingo 10:30-Chair Aerobics 11:15—FREE BINGO—PRIZES 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 1:00—BINGO
<b>7</b> 9:30-11:45 – Bingo 10:00– Exercises 1:00—Movie 1:00 – 3:00 – Games 1:00—BINGO	<b>8</b> 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole	<b>9</b> 9:30 – 10:00 - FREE Bingo 10:30-Chair Aerobics 11:15—Parent Boot Camp 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 1:00—BINGO
<b>14</b> 9:30-11:45 – Bingo 10:00– Exercises 1:00-3:00—Games 1:00—Crafts 1:00—BINGO	<b>15</b> 9:00 – Exercise Room Open 9:00 – Morning Quilting <u>9am—12pm—Quilting Class</u> <u>w/ Jackie</u> 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole	<b>16</b> 9:30 – 10:00 - FREE Bingo 10:30-Chair Aerobics 11:15– Amy Richey 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 1:00—BINGO
<b>21</b> 9:30-11:45 – Bingo 10:00– Exercises 1:00 – 3:00 – Games & Movie 1:00—FREE BINGO 1:00—BINGO	<b>22</b> 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole	<b>23</b> 9:30-10:00 FREE Bingo 10:30– Chair Aerobics 11:15—Dairy Princess 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 1:00—BINGO
<b>28</b> 9:30-11:45 – Bingo 10:00– Exercises 1:00 – 3:00 – Games 1:00—Crafts 1:00—BINGO	<b>29</b> 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole	<b>30</b> 9:30-10:00 FREE Bingo 10:30– Chair Aerobics 11:15—GCHD 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 12:30—Birthdays/Pizza Party 1:00—BINGO



# Senior Center Activity Calendar

THURSDAY	FRIDAY	SATURDAY
<b>3</b> 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 12:30—FREE Bingo 10-11 Coffee/Fellowship 1-Crafts	<b>4</b> 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00- Old time Jammers 1:00 – 3:00 – Games	<b>5</b>
<b>10</b> 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 12:30—FREE Bingo 10-11 Coffee/Fellowship 1-Crafts	<b>11</b> 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00- Old time Jammers 1:00 – 3:00 – Games	<b>12</b>
<b>17</b> 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 12:30—FREE Bingo 10-11 Coffee/Fellowship 1-Crafts	<b>18</b> 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00- Old time Jammers 1:00 – 3:00 – Games	<b>19</b>
<b>24</b> 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 12:30—FREE Bingo 10-11 Coffee/Fellowship 1-Crafts	<b>25</b> 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00- Old time Jammers 1:00 – 3:00 – Games	<b>26</b>
<b>31</b> 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 12:30—FREE Bingo 10-11 Coffee/Fellowship 1-Crafts	<div style="border: 2px solid brown; padding: 10px; width: fit-content; margin: 0 auto;"> <p><b>Lunch is Served at Noon</b></p> </div>	<b>KEY:</b> <b>Mary Browning Senior Center:</b> <b>Green</b> <b>Grantsville Senior Center :</b> <b>Blue</b> <b>Crellin Senior Center—Purple</b> <b>Friendsville Nutrition Site</b>

# 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 the 3rd Tuesday of the month from 10 AM - 2 PM.**

**Kitzmiller is scheduled for the 3rd Thursday of the month 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/>

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)





# Spring into Action

## Get up and Get Moving

### Physical and Mental Benefits

- Helps maintain a healthy weight
- Can improve Health, Balance and Mobility
- Improves sleep
- Boosts your mood

### Resources

- Mary Browning  
301-334-9431 Ext 6134
- Grantsville Senior Center  
301-895-5818
- Friendsville Senior Center  
301-746-5300
- Health and Fitness Club at CARC  
240-321-5457
- Maryland State Parks  
Golden Age Pass  
410-260-8186

### Tips

- Start out slow
- Build up your ability
- Listen to your body
- Stay hydrated

### Ways to Keep Active

- Take a walk
- Join a senior fitness class
- Water aerobics
- Yoga



National Family  
Caregivers  
Support  
Program

# Senior Center Menu

## GARRETT COUNTY SENIOR NUTRITION PROGRAM March 2022

The cost of each meal prepared is \$5.25. Voluntary contributions enable the agency to serve more meals. Individuals who are able to give the full cost of the meal are encouraged to do so; however, all contributions are welcome. Each meal provides 1/3 of the Recommended Dietary Allowances (Nutrients needed daily) for older adults and meets the dietary guidelines for Americans. Meal reservations and cancellations are to be made at the nutrition site or senior center prior to the next service day. Reservations and cancellations may be made no later than 9am on the service day if absolutely necessary. For more information about the Senior Nutrition Program, please call 301-334-9431, ext. 6603. **Menus are subject to change. Check with your site manager if necessary.**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork chop Mashed Potatoes Green Beans Fruit Juice WW Bread 1% Milk	2 Breaded Fish Rice Pilaf Stewed Tomatoes Fruit w topping Cucumber/Onion w/ Low Fat Italian Dressing Whole Wheat Bread 1% Milk	3 Stuffed Shells w/cheese & sauce Spinach Fruit Crisp Tossed Salad w/egg Garlic Toast 1% Milk	4 Brunswick Stew Coleslaw Corn Bread Fruit Juice 1% Milk
7 Taco Salad (tortilla shells, meat, cheese, lettuce, tomato, onion, salsa, etc.) Refried Beans Fruit Juice 1% Milk	8 Pasta Primavera with Fajita Chicken, broccoli, carrots, Spaghetti Noodles Salad Fruit Garlic Bread 1% Milk	9 Kielbasa & Sauerkraut Mashed Potatoes Tomato & Zucchini Angel Food Cake with 1/2 c Berries Whole Grain Bread 1% Milk	10 Spaghetti w/ meat & sauce Green Beans Ambrosia Salad Juice WW Roll 1% Milk	11 Tomato Soup with Basil Grilled Chicken Sandwich w/ lettuce & Tomato on Spiced Pears Juice Whole Grain Bread 1% Milk
14 Pork Piccata Scalloped Potatoes Tossed Salad Fruit Cup Juice Whole Grain Bread 1% Milk	15 Chicken & Stuffing Casserole Peas and Carrots Mandarin Oranges Tomato Juice Whole Grain Bread 1% Milk	16 St Patrick Day Celebration *New England Boiled Dinner 1 1/2 c (Ham-3 oz.; Carrots, Cabbage 1/2 c; Potatoes 1/2 c) Fruit Juice Biscuit 1% Milk	17 <b>Chef's Choice</b> 3 oz. Protein 3 fruit/vegetables 1 starch/starchy vegetable 1 Whole Grain 1% Milk	18 Chili with Beans Small Chef's Salad (lettuce-, carrots, onion, other veggies, cheese, HC egg) Fruited Jell-O w/ topping Juice Dinner Roll 1% Milk
21 Lasagna Green Bean Peaches Juice Garlic Bread 1% Milk	22 <b>*HD "Top Your Dog"</b> Hot Dog on Bun with chili, cheese, kraut, mustard, ketchup, onions 4 Bean Baked Beans Fruit Coleslaw Juice 1% Milk	23 Easter Dinner Ham Baked Sweet Potato Green Beans Cole slaw Applesauce WW Roll 1% Milk	24 Salmon Pattie Parsley Potatoes Stewed tomatoes Fruit Juice Whole Grain Bread 1% Milk	25 Hearty Italian Chicken Chowder Salad Bar (greens, veggies, meat, cheese, H.C. egg, beans, etc.) Fruit Whole Grain Roll or Whole Grain Crackers 1% Milk
28 Meatloaf Mashed Potatoes with Gravy Winter Blend Mix Fruit Juice WW Bread 1% Milk	29 Chicken Pattie on bun Oven Fries Mixed vegetables Fruit Juice Milk	30 Pizza Party! Pizza Salad Bar Fruit Juice 1% Milk	31 Chicken Pot Pie (1/2 c. veg., 3 oz. meat, crust) Mashed Potatoes Sunshine Salad (pineapple, carrots, Jell-O) Juice 1% Milk	

\*Calendars and Menu's may vary per center.

# Celebrate St. Paddy's Day!

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

## Word List:

BAGPIPE

CASTLE

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DANCE

GREEN

IRELAND

LEPRECHAUN

MUSIC

SAINTPATRICK

TOPHAT

BLARNEY

CELEBRATE

CLOVER

DRINKING

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TRADITION

CABBAGE

CHARM

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FOLKLORE

HOLIDAY

KISS

MARCH

RAINBOW

SNAKES

WISH

# Garrett Neighbors Office Schedule

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

Neil will observe 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.

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 Strength Training—Mon at 11a  
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A circular graphic with a dark green background. The text "FIND US ONLINE" is arched across the top, and "GARRETT COUNTY SENIOR SERVICES" is arched across the bottom. In the center is a stylized globe with latitude and longitude lines, surrounded by four four-pointed stars.

**Find us online on our Facebook Page to stay up to date on resources and events happening in our community.**

**[facebook.com/GarrettCountySeniorServices/](https://facebook.com/GarrettCountySeniorServices/)**

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