



April | 2022

Important Dates

- 1 - April Fool's Day
- 6 - National Walking Day
- 7 - World Health Day
- 11 - National Pet Day
- 15 - Passover
- 16 - Full Moon (Pink Moon)
- 17 - Easter
- National Volunteer Month

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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Garrett County Seniors on the Move

Are you a 60+ senior living in Garrett County who would like to attend a Senior Center or the Senior Health and Fitness Club @ the CARC but do not have reliable transportation?



Thanks to a partnership with the Women's Democratic Club of Garrett County we will be providing **FREE** transportation for seniors to the Senior Centers/Congregate Meal Sites and the CARC.

Senior Center Sites

Oakland—Grantsville—Crellin

Congregate Meal Sites

Friendsville—Kitzmiller—Swanton

Senior Health and Fitness Club

CARC located in McHenry

To find out more information on Senior Center/Congregate Meal Site Activities and Hours visit:

www.garrettcac.org

or contact

Shanna Humphrey, Senior Center Operations

Manager 301-334-9431 ext 6190.

To schedule your **FREE** one-way or round trip please contact GTS at (301) 334-9431 ext 6300 or directly at (301)533-9010.



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Medicare Coverage of Durable Medical Equipment Part Three

How can I get my DME covered?

Your doctor must sign an order, prescription, or certificate. In this document, your doctor must state that you need the requested DME to help a medical condition or injury, and that the equipment is for home use. If a face-to-face visit is required, the order must also state that the visit occurred. This face-to-face visit must take place no more than six months before the prescription is written. Your provider should know if Medicare requires a face-to-face visit for the item you need. You then must take the prescription to the right kind of supplier.

Note that the process is different if you need coverage for a manual or power wheelchair or scooter.



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What kind of supplier should I go to?

If you have Original Medicare, you should get your DME from a Medicare-approved supplier that takes assignment.

- Avoid suppliers who do not contract with Medicare for DME, because Medicare will not pay for services you receive from these suppliers. This means you are responsible for the entire cost.
- Be aware that many suppliers are Medicare-approved but do not take assignment. These suppliers may charge you more than Medicare's approved amount for the cost of services. Medicare will still only pay 80% of its approved amount for services, so you will be responsible for any additional costs.



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Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Lunch is Served at Noon</p> </div>	<p>KEY: Mary Browning Senior Center: Green Grantsville Senior Center : Blue Crellin Senior Center—Purple Friendsville Nutrition Site</p>	
<p>4 9:30-11:45 – Bingo 10:00– Exercises 1:00—Movie 1:00 – 3:00 – Games 10:00—Card Games 1:00—BINGO</p>	<p>5 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole</p>	<p>6 9:30 – 10:00 - FREE Bingo 10:30-Chair Aerobics 11:15—Pastor Dave 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:00—Card Games 1:00—BINGO</p>
<p>11 9:30-11:45 – Bingo 10:00– Exercises 1:00-3:00—Games 1:00—Crafts 10:00—Card Games 1:00—BINGO</p>	<p>12 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole</p>	<p>13 9:30 – 10:00 - FREE Bingo 10:30-Chair Aerobics 11:15– BINGO 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:00—Card Games 1:00—BINGO</p>
<p>18 9:30-11:45 – Bingo 10:00– Exercises 1:00 – 3:00 – Games & Movie 1:00—FREE BINGO 10:00—Card Games 1:00—BINGO</p>	<p>19 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole</p>	<p>20 9:30-10:00 FREE Bingo 10:30– Chair Aerobics 11:15—Bob Boal 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:00—Card Games 1:00—BINGO</p>
<p>25 9:30-11:45 – Bingo 10:00– Exercises 1:00 – 3:00 – Games 1:00—Crafts 10:00—Card Games 1:00—BINGO</p>	<p>26 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole</p>	<p>27 9:30-10:00 FREE Bingo 10:30– Chair Aerobics 11:15—GCHD Judy Sines 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 12:30—Birthdays/Pizza Party 10:00—Card Games 1:00—BINGO</p>

Senior Center Activity Calendar

THURSDAY	FRIDAY	SATURDAY
	1 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00- Old time Jammers 1:00 – 3:00 – Games	2
7 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	8 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00- Old time Jammers 1:00 – 3:00 – Games	9
14 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 11:30—Easter Egg Hunt 12:30—FREE Bingo 10-11 Coffee/Fellowship 1-Crafts	15 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00– Rodney Durst Band 1:00 – 3:00 – Games	16
21 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	22 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00– Steve Reese 1:00 – 3:00 – Games	23
28 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	29 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00- Old time Jammers 1:00 – 3:00 – Games	30

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/>

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National Family Caregiver Support Program

Join us on our Facebook Senior Services Facebook Page:

www.facebook.com/GarrettCountySeniorServices

OR

in person in the conference room at

Garrett County Community Action

104 E. Center Street Oakland, MD 21550 on

Tuesday April 19th at 3:00 PM

Information such as free Webinars, Podcasts and other available resources will be presented to help support your caregiving journey.

Katie Harding or Joni Hensley

For any questions please feel free to contact:

301-334-9431 Ext:6133/6138

kharding@garrettcac.org

jhensley@garrettcac.org




Senior Center Menu

GARRETT COUNTY SENIOR NUTRITION PROGRAM

April 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. 6137. **Menus are subject to change.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Fish Mac & Cheese Cole slaw Fruit Juice 1% Milk
4 Sausage Links (3) Omelet w/ 1 oz. cheese Pancakes (2) Tomato Slices (3) Fresh Fruit Juice 1% Milk	5 Lasagne Chef Salad w/ (meat, beans, cheese , egg, greens, colorful veggies.) Breadstick Fruit w/ Cottage Cheese 1% Milk	6 Roast Beef w/ low fat gravy on whole grain bread Mashed Potatoes California Blend Veg. Fruit V-8 Juice 1% Milk	7 Hamburger on WW Bun Oven Fries Broccoli Tomato & Onion on Lettuce Fruit 1% Milk	8 Baked Fish Mac & Cheese Cole slaw Fruit Juice 1% Milk
11 Chef's Choice 3 oz. Protein 3 fruit/vegetables 1 starch/starchy vegetable 1 Bread (whole Grain) 1% milk	12 Hot Dog on Bun with chili, cheese, kreat, mustard, ketchup, onions 4 Bean Baked Beans Coleslaw Fruit Juice 1% Milk	13 Easter Dinner Ham Baked Sweet Potato Green Beans Cole slaw WW Roll Pie Juice 1% Milk	14 Spaghetti w 3oz meat Broccoli Garlic Toast Fruit w/ topping Juice 1% Milk	15 Chicken Cordon bleu Seasoned Rice Green Beans WW Bread Fruit Juice 1% Milk
18 BBQ Pork on Whole Grain Bun Macaroni Salad Green Beans Fruit Juice 1% Milk	19 Chicken- Stir fry Oriental Vegetables Brown Rice Bread Pineapple Chunks Juice Milk	20 Meatloaf Mashed potatoes Corn Whole Wheat Bread Fruit Juice 1% Milk	21 Pizza Party! Pizzas with Meat Saled Bar Fruit Juice 1% Milk	22 Country Fried Chicken Mashed Potatoes Green Beans WW Bread Applesauce Juice 1% Milk
25 Chicken, Broccoli & Pasta (3 oz. chicken, 1/4 c. broccoli, 1/4 c. pasta) Red Beet Salad on lettuce Garlic toast Fruit Salad w/ F yogurt (1/2 c. fruit) 1% Milk	26 Salisbury Steak Mashed Potatoes Lima Beans Tomato, Cucumber & Onion Salad Whole Wheat Bread Fruit Juice 1% Milk	27 Chicken Breast Rice Pilaf Green Beans Strawberry & Fresh Spinach Salad WW Bread Fruit 1% Milk	28 Pork Chops Scalloped potatoes Brussel sprouts Bread Fruit Juice 1% Milk	29 Turkey Wrap Salad (lettuce, tomato, beans, onion, cheese, H.C. eggs, etc.) Fruit Juice 1% Milk

*Calendars and Menu's may vary per center.

Name: _____

Date: _____

National Parks

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Word List:

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 CANYON

Garrett Neighbors Office Schedule

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

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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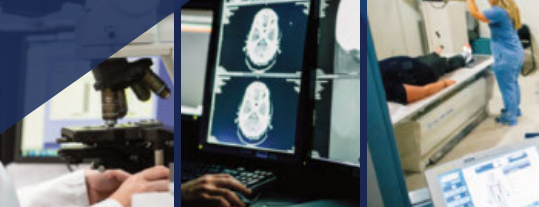


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1-301-334-9431

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/

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