



**May | 2022**  
Important Dates

- 1 - May Day
- 5 - Cinco de Mayo
- 6 - National Nurses Day
- 8 - Mother's Day
- 15 - Full Moon (Flower Moon)
- 21 - Armed Forces Day
- 30 - Memorial Day

**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](http://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.

**Shout Out to some  
VERY Special  
Groceries 2 Go Delivery  
Volunteers!!**

**This is Chau-chi and Mollie. They have delivered Groceries to Go boxes faithfully every month since April 2021. They cover Cranesville and 219 North to Accident. Normally they bring a pick-up truck, but last month they decided to down-size to the Mini Cooper with the price of gas being so high. Believe it or not, there are 12 Groceries to Go boxes (well 11 and 1 strapped to the back) and a cooler full of cheese in this tiny car!**



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The Ruth Enlow Library of GARRETT COUNTY



Community + Opportunity



DSS is excited to continue and expand our outreach efforts in the community. Starting March 2022 we are partnering with the Ruth Enlow Libraries in the Accident, Grantsville, Kitzmiller and Friendsville communities. These locations, along with the Garrett County Community Action Senior Centers in Kitzmiller and Grantsville, will allow DSS to provide regular monthly in-person assistance to anyone in need. A representative from DSS will be on-site to answer questions and provide assistance with applications and accessing services. We plan to continue to expand the locations and hours of this in person assistance in the future. Please see the schedule below for specific times and locations.

In addition to on site, in person support, these locations will also house DSS paperwork. A file box will be left at each location and will contain blank applications, change forms and other forms that customers may need to use to access services. Customers can stop by at any time and pick up the paperwork they need. Postage-paid envelopes are also available.

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Date	Location	Time
2nd Friday of Month	Accident Library	11 AM - 3PM
2nd Wednesday of Month	Friendsville Senior Center Friendsville Library	11AM - 1 PM 2-3:30 PM
3rd Tuesday of Month	Grantsville Senior Center Grantsville Library	11 AM - 1PM 1:30 PM -3PM
3rd Thursday of Month	Kitzmilller Library Kitzmilller Senior Center	10AM - 11AM, 1PM - 3PM 11AM - 1PM

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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# SUPPORT for Maryland residents

During this time of social distancing, the Alzheimer's Association chapters serving Maryland are here to help you find answers, local resources and continued support.

### 24/7 HELPLINE 800.272.3900

This free nationwide service, staffed by master's-level clinicians and specialists, provides confidential support and information to people living with the disease, caregivers, families and the public. Our translation service accommodates more than 200 languages. Dial 711 to connect with a TRS operator.

### PROGRAMS AND SERVICES

The following chapter programs and services are available by phone and/or virtually:

**Support groups:** Facilitated by trained individuals, support groups provide an opportunity for caregivers, family members and others to dealing with the disease to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey.

**Care consultations:** Provided by professionally trained staff, this free service offers personalized assistance to help families and caregivers better understand the disease, manage care, resolve conflicts, and plan for the future.

**Education programs:** Our free education programs are open to the public and cover topics such as warning signs and basics of the disease, caregiving, legal and financial planning, and healthy lifestyle choices for the brain and body. Presentations are available for companies and organizations.

We also offer conferences and trainings for caregivers and professionals throughout the year.

**Early stage programs:** These programs for individuals in the early stages of Alzheimer's and dementia and their care partners offer specialized information and support and social engagement opportunities to meet others in a relaxed and comfortable setting.

### ABOUT OUR CHAPTER

The Greater Maryland Chapter serves all counties in Maryland except Calvert, Charles, Montgomery, Prince George's, and St. Mary's.

[alz.org/maryland](http://alz.org/maryland)



**Location:** Northern Middle School Cafeteria

**Date:** May 17, 2022

**Time:** 6:00-7:30 pm

**Paul Edwards**, Garrett County Public Schools & County Commissioner, Moderator

**Mary VanSickle**, Garrett County Public Schools, Trauma-Informed Care

**Heather Hanline**, Dove Center, Adverse Childhood Experiences

**Kristen Walker**, Garrett County Health Department, Mind Body Connection

**Andrew Bell**, JBS International, Stigma

"Protest any labels that turn people into things. Words are important. If you want to care for something, you call it a 'flower';  
If you want to kill something, you call it a 'weed.'" Don Coyhis

The question we should ask is not, "What is wrong with you?" but rather, "What happened to you?"



For more information visit  
**Healing Garrett** on Facebook.



Funded through GCHD with funds from HRSA.

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Grantsville Senior, Grantsville, MD

06-5321

# Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY
<p><b>2</b>            9:30-11:45 – Bingo            10:00– Exercises            1:00—Crafts            1:00 – 3:00 – Games            10:00—Card Games            1:00—BINGO</p>	<p><b>3</b>            9:00 – Exercise Room Open            9:00 – Morning Quilting            10:30 – Tai Chi/Balance Ball            10-11 Coffee/Fellowship            11-Cornhole</p>	<p><b>4</b>            9:30 – 10:00 - FREE Bingo            10:30-Chair Aerobics            11:15—David Arnold (Alzheimer's)            1:00 – 3:00 – Games &amp; Cards            9:00 – Exercise Room Open            9:00 – Morning Quilting            10:00—Card Games            1:00—BINGO</p>
<p><b>9</b>            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><b>10</b>            9:00 – Exercise Room Open            9:00 – Morning Quilting            10:30 – Tai Chi/Balance Ball            10-11 Coffee/Fellowship            11-Cornhole</p>	<p><b>11</b>            9:30 – 10:00 - FREE Bingo            10:30-Chair Aerobics            11:15—Free Bingo            1:00 – 3:00 – Games &amp; Cards            9:00 – Exercise Room Open            9:00 – Morning Quilting            10:00—Card Games            1:00—BINGO</p>
<p><b>16</b>            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><b>17</b>            9:00 – Exercise Room Open            9:00 – Morning Quilting            10:30 – Tai Chi/Balance Ball            10-11 Coffee/Fellowship            11-Cornhole</p>	<p><b>18</b>            9:30 – 10:00 - FREE Bingo            10:30-Chair Aerobics            11:15—Sarah Myer's            Garrett Co 150th Birthday            1:00 – 3:00 – Games &amp; Cards            9:00 – Exercise Room Open            9:00 – Morning Quilting            10:00—Card Games            1:00—BINGO</p>
<p><b>23</b>            9:30-11:45 – Bingo            10:00– Exercises            1:00 – 3:00 – Games &amp; Movie            1:00—Crafts            10:00—Card Games            1:00—BINGO</p>	<p><b>24</b>            9:00 – Exercise Room Open            9:00 – Morning Quilting            10:30 – Tai Chi/Balance Ball            10-11 Coffee/Fellowship            11-Cornhole</p>	<p><b>25</b>            9:30-10:00 FREE Bingo            10:30– Chair Aerobics            11:15—Patty Mash            1:00 – 3:00 – Games &amp; Cards            9:00 – Exercise Room Open            9:00 – Morning Quilting            10:00—Card Games            1:00—BINGO</p>
<p><b>30</b>  <b>Closed For            Memorial Day</b></p>	<p><b>31</b>            9:00 – Exercise Room Open            9:00 – Morning Quilting            10:30 – Tai Chi/Balance Ball            10-11 Coffee/Fellowship            11-Cornhole</p>	



# Senior Center Activity Calendar

THURSDAY	FRIDAY	SATURDAY
<p><b>5</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</p>	<p><b>6</b>            9:30-11:45 – Bingo            10:00 Exercise—Weights            1:00- Old time Jammers            1:00 – 3:00 – Games</p>	<p><b>!!!Special Event!!!</b></p> <p><b><u>Grantsville</u></b>  <b><u>Senior Center</u></b></p> <p><b>May 26, 2022</b></p> <p><b>25<sup>th</sup> Anniversary</b>  <b>Celebration of the</b>  <b>Senior Center</b></p> <p><b>Sign up for Lunch –</b>  <b>Regular menu</b></p> <p><b>Speakers at 11:50 a.m.</b></p> <p><b>Door prize drawings</b></p> <p><b>Music at 12:30 p.m.</b>  <b>Rodney Durst</b></p> <hr/> <p><b>KEY:</b>  <b>Mary Browning Senior Center:</b>  <b>Green</b></p> <p><b>Grantsville Senior Center : Blue</b></p> <p><b>Crellin Senior Center—Purple</b></p> <p><b>Friendsville Nutrition Site</b></p> <hr/> <p><b>Lunch is Served at</b>  <b>Noon</b></p>
<p><b>12</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</p>	<p><b>13</b>            9:30-11:45 – Bingo            10:00 Exercise—Weights            1:00– Steve Reese            1:00 – 3:00 – Games</p>	
<p><b>19</b>            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</p>	<p><b>20</b>            9:30-11:45 – Bingo            10:00 Exercise—Weights            1:00– Rodney Durst Band            1:00 – 3:00 – Games</p>	
<p><b>26</b>            9:00 – Exercise Room Open            9:00 – Morning Quilting            See box to the right for more info!!            10-11 Coffee/Fellowship            1-Crafts</p>	<p><b>27</b>            9:30-11:45 – Bingo            10:00 Exercise—Weights            1:00– Steve Reese            1:00 – 3:00 – Games</p>	

# 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)



# National Family Caregiver Support Program

Hosted monthly by Katie Harding and Joni Hensley

Join us on our Facebook Senior Services Facebook Page:

[www.facebook.com/GarrettCountySeniorServices](http://www.facebook.com/GarrettCountySeniorServices)

**OR**

in person in the conference room at

**Garrett County Community Action**  
104 E. Center Street Oakland, MD 21550

**Tuesday May 24th at 3:00 PM**

*Taking care of your mental health is always important. When you add the responsibility of caring for others it is even more so. Join us for some information and resources to*



*support you in your journey not only for yourself but also for your loved one. Take advantage of the information, meet and socialize with others going through experiences similar to yours, enjoy snacks and take advantage of some down time to help you recharge.*

Please contact Katie Harding or Joni Hensley at 301.334.9431, ext. 6138/6133 for further details or questions.



[kharding@garrettcac.org](mailto:kharding@garrettcac.org)  
[jhensley@garrettcac.org](mailto:jhensley@garrettcac.org)

# Senior Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Sloppy Joe/WW bun Tatar Tots Cucumbers, tomato, Onion w/ low fat Italian dressing Fruit Juice 1% Milk	<b>3</b> Sausage Links (3) Omelet w/ 1 oz. cheese Pancakes (2) Tomato Slices (3) Fresh Fruit Juice 1% Milk	<b>4</b> <b>Mother's Day</b> Baked Steak Mashed Potatoes Brussel sprouts WW Bread Applesauce Cake Juice 1% Milk	<b>5</b> Turkey WW Wrap w/lettuce, cheese w/ salsa, low fat sour cream on side Macaroni Salad Fruit (1/2 c.)w/Cottage cheese (2Tbs) Juice 1% Milk	<b>6</b> Cream of Chicken over Biscuits Mashed Potatoes Mixed Vegetables Mandarin Oranges Juice 1% Milk
<b>9</b> Spaghetti w/ 3 oz. meat, ½ c. marinara sauce Broccoli Garlic Toast Fruit Juice Milk	<b>10</b> Vegetable Soup Egg Salad on Bagel (lettuce/tomato) Cottage Cheese Fruit Crisp Juice 1% Milk	<b>11</b> Baked Chicken Mashed Potatoes Green Beans Whole grain Bread Sunshine Salad Fruit 1% Milk	<b>12</b> Steak Hoagie Lettuce, Tomato & Onion Salad Oven Fries Fruit Juice 1% Milk	<b>13</b> Soft tacos w/ toppings (lettuce, tomato, onion, salsa, black beans, cheese) Corn pudding Fruit Juice 1% Milk
<b>16</b> Turkey w Gravy Mashed potatoes Green beans Bread Banana Juice 1% Milk	<b>17</b> Ham Potatoes Cabbage Carrots Whole Wheat Roll Fruited Jell-O Juice 1% Milk	<b>18</b> Pizza w/ Meat Salad Bar (lettuce, tomato, beans, onion, cheese, H.C. eggs, etc.) WW Crackers Fruit Juice 1% Milk	<b>19</b> BBQ pork on bun Broccoli Oven Fries Fruit Juice 1% Milk	<b>20</b> Cheeseburger / bun Lettuce Salad w/ sliced tomatoes, sliced onion French Fries Fruit Juice 1% Milk
<b>23</b> <b>Chef's Choice</b> 3 oz. Protein 3 fruit/vegetables 1 starch/starchy vegetable 1 Bread (whole Grain) 1% milk	<b>24</b> Hot Dog on Bun with chili, Baked Beans Coleslaw Fruit Juice 1% Milk	<b>25</b> Baked Chicken Rice peas Pickled egg & Beet Salad WW Dinner Roll Fruit 1% Milk	<b>26</b> Hot Roast Beef Sandwich Green Beans Baked Potatoes Chef's Choice Bean salad Fruit Juice 1% Milk	<b>27</b> Meatball Sub w/mozzarella Cheese coleslaw Seasonal Fruit Juice 1% Milk
 <b>Memorial Day                      Center Closed</b>	<b>31</b> Chicken Tenders Macaroni & Cheese Green Beans Whole Grain Bread Fruit Juice 1 % Milk			

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

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## What's In Your Garden

G S H T E W E D Y E N O H B L  
A Q C N R O C N R N K B P E T  
R U A E A A O E I A E R T A U  
L A N A R I B K L E T T N N R  
I S I S N M P E T O U S L S N  
C H P O U M B R O C C O L I I  
K Z S C U G I R E O K T A S P  
O U U P A R A B R A B U H R C  
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BROCCOLI  
SPINACH  
BEET  
KOHLRABI  
CHARD  
ASPARAGUS

# 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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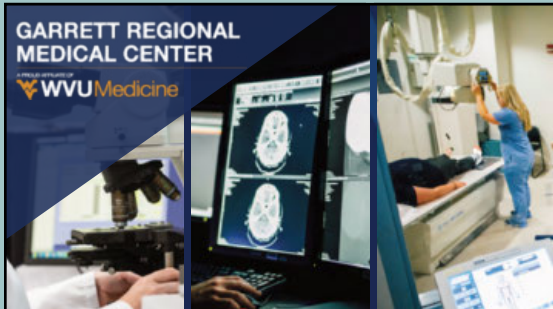
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# Senior Health & Fitness Club

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Yoga—Tues & Thurs at 9:30a  
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 Strength Training—Mon at 11a  
 Hanna Somatics—Wed at 10a

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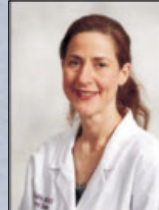


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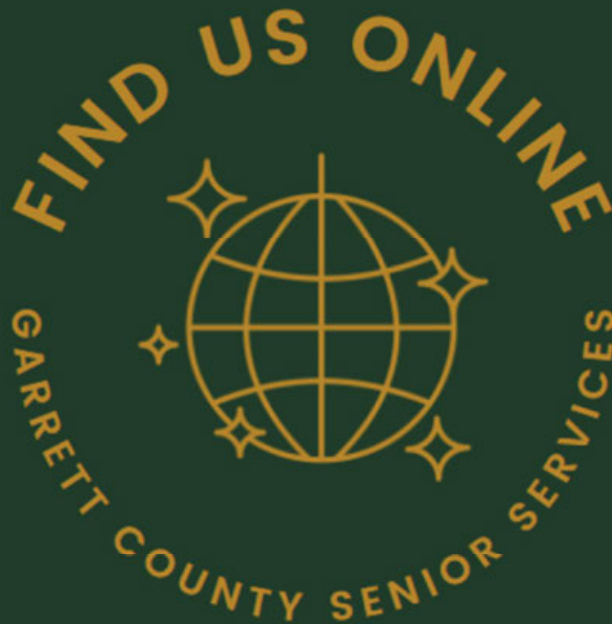
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104 East Center Street,  
Oakland, MD 21550  
Www.garrettcac.org  
1-301-334-9431



**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**