

June | 2022

Important Dates

- 5 - National Cancer Survivors Day
- 14 - Flag Day
- 19 - Father's Day
- 21 - Summer Begins
- Alzheimer's and Brain Awareness Month
- LGBTQ+ Pride 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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Word Search



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.

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	Kitzmiller Library Kitzmiller 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/>

Thank You!

Big Shout out to Tyler!! Thank you for giving up your lunch break to put our new rocking chairs and lift chairs together. Tyler is always asking if he can help us and is so good with all our participants. We really appreciate all you do here at the GSC.



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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.

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HEALTH & WELLNESS

Don't Delay the Talk: An early Alzheimer's diagnosis can make a big difference

After 30 years of painting commercial buildings, Mario Martinez of San Jose, California, had experienced days like this before — grueling hours under a sun-soaked sky, doing back-breaking work. He loved his job, but after spending hours outside he was ready to go home. Mario bent down to pick up his paintbrush, roller and can. Turning back to look at his day's work, he paused. His heart sank. He knew something was wrong.

"Mario came home and told me he had painted the wrong side of the doors on the building," his wife Veronica said. "It was alarming because he's been painting buildings for years and never made this kind of mistake. It worried us both." The couple had both noticed that Mario seemed to be more forgetful recently, but neither had shared their concerns with the other. Now that Mario's memory lapses were interfering with his work, it was time to talk.

Take action through conversation

"Veronica told me I was asking for more and more help," Mario said. "I told her that I was forgetting a lot of the things she asked me to do. The more we talked, the more I realized I had a problem. I was forgetting many moments in my life and not enjoying activities that I had enjoyed before."

The couple's difficult conversation led Mario to his doctor's office, and he was eventually diagnosed with Alzheimer's disease.

Mario is not alone. He is one of more than 5 million Americans living with Alzheimer's — a fatal brain disease that causes problems with memory, thinking, and behavior. Every 65 seconds someone in the United States develops Alzheimer's disease and it's the country's sixth-leading cause of death.

Despite Alzheimer's growing impact, many families struggle with discussing the issue. A recent Alzheimer's Association survey reveals that 72 percent of Americans say that talking to close family members about cognitive decline would be challenging for them. However, having these difficult, but important conversations sooner can prevent a crisis and improve health options and outcomes.

Reach out for help

To encourage and help more families discuss cognitive problems sooner, the Alzheimer's Association, in partnership with the Ad Council, has launched the "Our Stories" campaign. "Our Stories" features real stories of people who noticed cognitive changes in a family member and took the first, difficult step to initiate a conversation.

"It's understandable that many families are reluctant to express their concerns and start a conversation, but there are good reasons to do so," said Ruth Drew, director of information and support services, Alzheimer's Association. "Initiating conversations sooner can enable early

diagnosis, which offers many important benefits, including allowing more time for critical care planning, better disease management and providing diagnosed individuals a voice in their future care."

The "Our Stories" website, <https://ourstories.alz.org>, offers families tools and resources, including customizable conversation starters, a list of early signs and symptoms of Alzheimer's, benefits of early diagnosis, a downloadable discussion guide and other resources.

Whether you're noticing changes in yourself or a loved one, starting a conversation about Alzheimer's can be difficult, but it can make a big difference and there are resources to help. When something feels different, it could be Alzheimer's — now is the time to talk.

(Courtesy of BPT)



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How dementia affects safety

Alzheimer's disease causes a number of changes in the brain and body that may affect safety. Depending on the stage of the disease, these can include:

Judgment: forgetting how to use household appliances

Sense of time and place: getting lost on one's own street

Behavior: becoming easily confused, suspicious or fearful

Physical ability: having trouble with balance

Senses: experiencing changes in vision, hearing, sensitivity to temperatures or depth perception

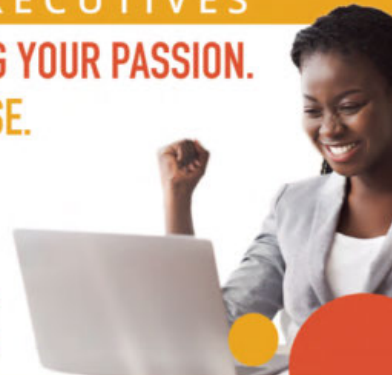
With creativity and flexibility, you can create a home that is both safe and supportive of the person's needs for social interaction and meaningful activity.

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Grantsville Senior, Grantsville, MD

06-5321

Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY
<p>KEY:</p> <p>Mary Browning Senior Center: Green</p> <p>Grantsville Senior Center : Blue</p> <p>Crellin Senior Center—Purple</p> <p>Friendsville Nutrition Site</p>	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Lunch is Served at Noon</p> </div>	<p>1</p> <p>9:30 – 10:00 - FREE Bingo 10:30-Chair Aerobics 11:15—Justin Gregory 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:00—Card Games 1:00—BINGO</p>
<p>6</p> <p>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>7</p> <p>9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 11:00—MD Leal Aid- Wills Clinic 10-11 Coffee/Fellowship 11-Cornhole</p>	<p>8</p> <p>9:30 – 10:00 - FREE Bingo 10:30-Chair Aerobics 11:15—Free 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>13</p> <p>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>14</p> <p>9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 11: - Kids Bus 10-11 Coffee/Fellowship 11-Cornhole</p>	<p>15</p> <p>9:30 – 10:00 - FREE Bingo 10:30-Chair Aerobics 11:15—Lisa Welch Crime Prevention 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:00—Card Games 1:00—BINGO</p>
<p>20</p> <p>9:30-11:45 – Bingo 10:00– Exercises 1:00 – 3:00 – Games & Movie 1:00—Crafts 10:00—Card Games 1:00—BINGO</p>	<p>21</p> <p>9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole</p>	<p>22</p> <p>9:30-10:00 FREE Bingo 10:30– Chair Aerobics 11:15—Patty Mash 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:00—Card Games 1:00—BINGO</p>
<p>27</p> <p>9:30-11:45 – Bingo 10:00– Exercises 1:00 – 3:00 – Games & Movie 1:00—Crafts 10:00—Card Games 1:00—BINGO</p>	<p>28</p> <p>9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10-11 Coffee/Fellowship 11-Cornhole</p>	<p>29</p> <p>9:30-10:00 FREE Bingo 10:30– Chair Aerobics 11:15—Wendell Beitzel 1:00 – 3:00 – Games & Cards 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:00—Card Games 1:00—BINGO</p>

Senior Center Activity Calendar

THURSDAY	FRIDAY	SATURDAY
<p>2 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 10:30—Blood Pressures 12:30—FREE Bingo 10-11 Coffee/Fellowship 1-Crafts</p>	<p>3 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00- Old time Jammers 1:00 – 3:00 – Games</p>	
<p>9 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>10 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00– Steve Reese 1:00 – 3:00 – Games</p>	
<p>16 9:00 – Exercise Room Open 9:00 – Morning Quilting 10:30 – Tai Chi/Balance Ball 12:00—Pizza Party 12:30—FREE Bingo 10-11 Coffee/Fellowship 1-Crafts</p>	<p>17 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00– Rodney Durst Band 1:00 – 3:00 – Games</p>	
<p>23 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>24 9:30-11:45 – Bingo 10:00 Exercise—Weights 1:00– Steve Reese 1:00 – 3:00 – Games</p>	
<p>30 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>		

HOW DO YOU CELEBRATE
Father's Day?



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Monthly Education & Support Program

3RD WEDNESDAY OF THE MONTH AT 11 AM

LOCATION: GRANTSVILLE SENIOR CENTER

125 Durst Ct. Grantsville Md. 21536

To REGISTER: Call 301-696-0315 or send an Email to Megeen at mewhite@alz.org



Each Session will include an educational presentation followed by a supportive and open sharing and discussion

UPCOMING TOPICS

May 18th: Effective Communication Strategies

Communication changes throughout the dementia journey.

Join us to learn how to decode behavioral and verbal messages and identify strategies to help you connect and communicate at each stage of the disease.

June 15th : Understanding & Responding to Dementia Related Behaviors

Learn how to decipher behaviors that may occur throughout the dementia journey, how to respond to them and the four steps to use when responding to the most common behaviors encountered by caregivers.

Senior Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey & Cheese Wrap Lettuce, Onion, tomato Salad Macaroni Salad Pickled Beets Fruit Juice 1% Milk	2 Chicken Salad Potato Salad Lettuce, tomato, Onion salad Whole grain bread Grapes Juice 1% Milk	3 Salad bar w/ (meat, cheese, egg, beans, fruit, leafy greens, carrots, cucumbers, onions, tomatoes, etc.) WW crackers Fruit Juice 1% Milk
6 Pizza w/ meat & vegetables Chef's choice bean salad Fruit Juice 1% Milk	7 Egg Salad on WW Bread Lettuce, Tomato, Onion Salad Beets Banana Juice 1% Milk	8 Baked Chicken w/ Gravy Baked Potato (w/ sour cream on side) Italian Normandy Veggies Whole Wheat Bread Mandarin Oranges Juice 1% Milk	9 Crunchy Onion Chicken Parmesan/Parsley Noodles Brussel Sprouts Peaches w/ cottage cheese (2 tbs.) Juice Brownie 1% Milk	10 Taco salad (shredded lettuce, corn chips, meat, cheese tomatoes, onions) Fruit salad Juice Mexican ice cream 1% Milk
13 Creamy Chicken Lasagna Caesar Salad Broccoli Garlic Bread Fresh Melon cup 1% Milk	14 Chef's Choice 3 oz. Protein 3 fruit/vegetables 1 starch/starchy vegetable 1 Bread (whole Grain) 1% milk	15 Father's Day Roast beef w/ Gravy Mashed potatoes Green beans Whole Wheat Bread Fruit Juice Cake 1% Milk	16 Sloppy Joes/WW Bun French Fries Pes & carrots Fruit Cup Juice 1% Milk	17 Cold Plate Chicken salad on a bed of lettuce, Potato Salad, Tbsp. Cottage Cheese, Tomato Slices, pickled egg, Beets) Variety Bread Grapes Juice 1% Milk
20 Spaghetti w 3oz meat Toss salad Green beans Garlic Toast Fresh Fruit Juice 1% Milk	21 Deli Turkey Sandwich w/cheese on WW Bread Lettuce, Tomato, Onion Salad Pineapple tidbits w/ 1 Tbsp. Cottage Cheese Cucumber, Tomato, Onion salad 1% Milk	22 Hot Dog/Bun Macaroni Salad Cole Slaw Fruited Jell-O Juice 1% Milk	23 Crispy Fried Chicken Potato Salad 4-Bean Baked Beans WW Roll Melon Cup Juice 1% Milk	24 Stuffed Green Pepper casserole w/ brown Rice Roll Fruit Juice 1% Milk
27 Coleslaw BBQ Pork on Whole Grain Bun Maple Carrot Coins Oven Fries Pears 1% Milk	28 Steak Salad (3 oz. steak, 1 c. lettuce, tomato, onion, cheese) Steak Fries Tomato Juice Fruit Crisp Whole Grain Roll 1% Milk	29 Meatloaf Mashed Potato w/ gravy Corn WW Roll Fresh Fruit Juice 1% Milk	30 All beef hotdog on bun with chili, cheese, mustard, ketchup, onions Baked beans Cole Slaw Melon 1% Milk	

*Calendars and Menu's may vary per center.

Name: _____

Date: _____

National Parks

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Word List:

ACADIA
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GLACIER
REDWOOD
VOYAGEURS
ROCKY
CASCADES
MAMMOTH
DUNES

ARCHES
CONGAREE
KATMAI
SAGUARO
YELLOWSTONE
MOUNTAIN
RAINIER
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Garrett Neighbors Office Schedule

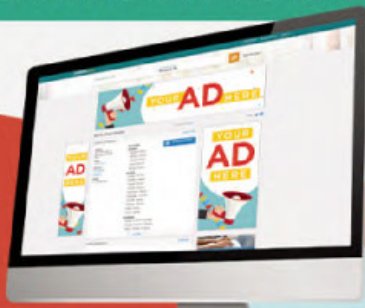
Monday	10-12	Meadows 100/200
Monday	1-3	Meadows 300
Tuesday	1-3	Liberty Square
Wednesday	930-1130	Oakwood East
Thursday	2-4	Underwood South
Friday	2-4	Yough West

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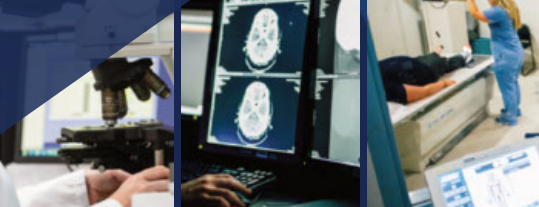
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Garrett County Community Action Senior Center Schedule

Senior Center Operations Manager: Shanna Humphrey

Phone: 1-301-334-9431 Ext. 6190

Mary Browning Senior Center

104 East Center Street
Oakland MD, 21550
Phone: 1-301-334-9431 Ext.6134
Site Manager: Eileen McCrobie
Monday-Wednesday-Friday
9:00 am - 3:00pm
Congregate Meal Served at Noon

Kitzmiller Senior Nutrition Site

288 West Main Street
Kitzmiller, MD 21538
Phone: 1-301-453-3445
Site Manger: Carol Matthews
Wednesday - Thursday
9:00 am - 2:00pm
Congregate Meal Served at Noon

Crellin Senior Center

1859 Hutton Road
Oakland, MD 21550
Phone: 301-616-6754
Site Manager: Joanne Harsh
Tues & Thurs
10:00 am - 2:00pm
Congregate Meal Served at Noon

Grantsville Senior Center

125 Durst Court
Grantsville, MD 21536
Phone: 1-301-895-5818
Site Manager: Patricia Johnson
Tuesday-Wednesday-Thursday
9:00 am - 4:00pm
Congregate Meal Served at Noon

Swanton Senior Nutrition Site

3335 Swanton Road
Swanton, MD 21561
Phone: 1-301-387-9191
Site Manager: Fran Ford
Monday - Tuesday
11:00 a.m. - 1:30 p.m.
Congregate Meal Served at Noon

Friendsville Community Building

947 Community Drive
Friendsville, MD 21531
Phone: 1-301-746-5300
Activity Manager: Linda Tomblin
Monday & Wednesday
9:00 am - 3:00pm
Congregate Meal Served at Noon