



Carroll County Senior and Community Center's Newsletter

Located in Carroll County Maryland

BOAD Phone: (410) 386-3800

Click on link to visit the Senior Center Website

Click on link for the Bureau of Aging & Disabilities Mission



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Drive-Thru Flu Clinics

(See page 3 for dates and times)



Carroll County Senior Centers will be Closed Monday October 14th

Reminder

Activity cancellations due to Early Voting and Election Day
Check with Center Managers regarding cancelled activities.

South Carroll Senior Center

Oct 23rd-Nov 6th

and

Westminster Senior Center

Oct-23-Oct.31st

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Aging and Disabilities Services
<https://www.carrollcountymd.gov/aging-and-disabilities>

Click on the services listed below to find out more information.

- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners' Tax Credit
- Information and Assistance
- Legal Aid
- Long Term Care Ombudsman Program
- Maryland Access Point– Information and Assistance
- Medical Equipment Lending Closets
- National Family Caregiver Support Program in Carroll County
- QMB/SLMB
- Renters' Tax Credit
- Senior Assisted Living Subsidy Program
- Senior Centers
- Senior Medicare Patrol
- State Health Insurance Assistance Program (SHIP)
- Veterans Services
- Virtual Transitioning to Medicare

Get the FLU SHOT not the flu!



Bureau of Aging and Disabilities



Healthy Aging Leadership Team



Get your flu shot in the early fall for best protection through the entire flu season.

****Please wear a short-sleeved shirt for the Pharmacist to administer the vaccine in your upper arm****

Mt. Airy Senior Center

703 Ridge Ave
Mt. Airy, MD 21771

Monday September 30th, 2024

9:00 am – 11:00 am

North Carroll Senior Center

2328 Hanover Pike
Hampstead, MD 21074

Tuesday October 1st, 2024

9:00 am – 11:00 am

South Carroll Senior Center

5928 Mineral Hill Rd.
Eldersburg, MD 21784

Wednesday October 2nd, 2024

9:00 am – 11:00 am

Taneytown Senior Center

220 Roberts Mill Road
Taneytown, MD 21787

Thursday October 3rd, 2024

9:00 am – 11:00 am

Westminster Senior Center

125 Stoner Ave
Westminster, MD 21157

Friday October 4th, 2024

9:00 am – 11:00 am

DRIVE-THRU CLINIC – FOLLOW SIGNS & STAFF INSTRUCTIONS WHEN YOU ARRIVE

Flu Vaccine Billing

- ✓ Medicare Part B accepted. Please bring your new Medicare Card with you.
- ✓ If you have a Medicare Advantage Plan, please provide your Part D insurance card for possible coverage.
- ✓ BlueCross Carefirst Medical billing accepted.
- ✓ Private insurance accepted for prescription plans that cover the flu vaccine.
- ✓ Uninsured/Not-Covered patient pays **CASH OR CHECK ONLY**
 - \$30.00 Regular Influenza Vaccine
 - \$85.00 High-Dose Influenza Vaccine

CDC and WHO recommend the 2024-2025 High-Dose and Regular Influenza Vaccines to contain the following strains (trivalent):

- an A/Victoria/4897/2022 (H1N1)pdm09-like virus;
- an A/Thailand/8/2022 (H3N2)-like virus; and
- a B/Austria/1359417/2021 (B/Victoria lineage)-like virus.



Carroll County Veterans Services Program offers services to Veterans of any age, a widow or widower of a Veteran, a child of a deceased or disabled Veteran and parents who lost a son or daughter in military service.



VETERANS SERVICES PROVIDED

- Collaborate with the United States Department of Veteran Affairs, Maryland Department of Veterans Affairs and Veterans Service Organizations in securing benefits for Veterans.
- Assist Veterans with obtaining their military discharge (DD214).
- Help with preparing and submitting compensation/pension claims to the Veterans Benefits Administration.
- Link veterans to the VA Healthcare system, advocate for Veterans and their families and connect Veterans to other community agencies, services and providers.
- Track claims and assist with additional development requests made by the Veterans Benefits Administration.
- Assist with denied claims by filing Notices of Disagreement or filing Appeals to reverse the negative decision.
- Veterans Assistance Program/Case Management Services

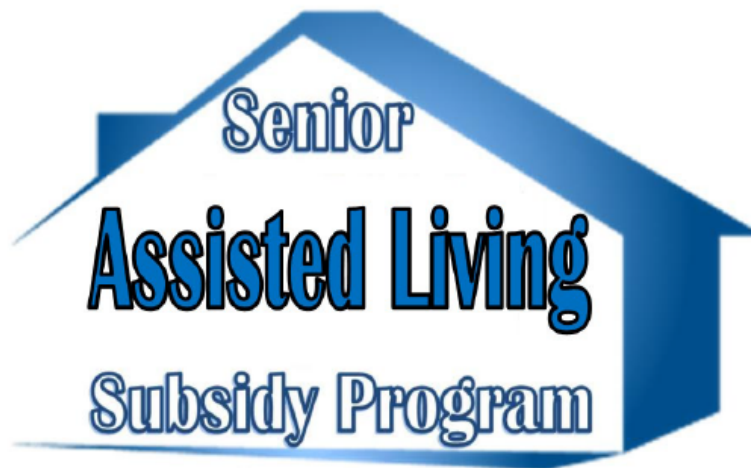
FREE VETERANS SHUTTLE

- Free Shuttle to transport Veterans to four VA medical facilities:
Baltimore, Loch Raven, Ft. Detrick and Martinsburg, WV
- Pick up at Coinvent, centralized locations
- Caregivers also ride for free

Located within the
Carroll County Bureau of Aging and Disabilities
125 Stoner Avenue
Westminster, MD 21157
410-386-3800

<https://carrollcountymd.gov/carrollveterans>





Access to Assisted Living for Qualifying Older Adults

Senior Assisted Living Subsidy (SALS)

The SALS Program provides subsidies on behalf of eligible senior residents of assisted living facilities which are enrolled in the program and licensed by the Maryland Department of Health.

THE MAXIMUM MONTHLY SUBSIDY IS \$1,000

ELIGIBILITY REQUIREMENTS:

1. Asset Limitation: \$19,000 per individual
\$25,000 per couple
2. Income Limitation: \$3,121* per month per individual
\$4,081* per month per couple
** Income limitation does not include VA Aide & Attendance*
3. Functional Assessment regarding Activities of Daily Living
4. 62 years of age or older

Please note there is a waitlist for this program
For more information and / or an application, contact
Kristen Harvey
at
Carroll County Bureau of Aging & Disabilities
410-386-3800



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2025 Medicare Open Enrollment

Review your 2025 Part D Options: October 15th-December 7th



Bureau of Aging & Disabilities

Carroll County Department of Citizen Services

Appointments can be scheduled beginning September 30th
If you would like to review your 2025 Part D Plan options,
please call [410-386-3800](tel:410-386-3800) to schedule an appointment.

*****Appointments are required and limited*****

STATE RETIREES: we kindly ask that you take advantage of the assistance being arranged by DBM this year. For questions or info on setting up these appointments please call 410-767-4775 (toll free: 1-800-307-8283) or visit <https://dbm.maryland.gov/benefits/Pages/Retirees.aspx>

You can also review plan options by calling 1-800-MEDICARE or logging on to Medicare.gov

South Carroll Senior Center

5928 Mineral Hill Rd
Sykesville, MD 21784

Thursday, October 17th, 2024

Mt Airy Senior Center

703 Ridge Ave
Mt Airy, MD 21771

Tuesday, October 22nd, 2024

Taneytown Senior Center

220 Roberts Mill Rd
Taneytown, MD 21787

Wednesday, November 13th, 2024

North Carroll Senior Center

2328 Hanover Pike
Hampstead, MD 21074

Tuesday, November 19th, 2024



Navigating Medicare

Westminster Senior Center

125 Stoner Ave
Westminster, MD 21157
Tuesday, December 3rd, 2024



Preventing Medicare Fraud

Appointments are also available in our SHIP office Oct 15th-Dec 7th, 2024.

Please call the Bureau of Aging & Disabilities for an appointment 410-386-3800.

We will begin scheduling appointments on September 30th, 2024.

125 Stoner Ave, Westminster, MD 21157

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Email: ada@ccc.carr.org

Turning 65 or retiring soon and not sure what to do about Medicare??

Carroll County's State Health Insurance Assistance Program (SHIP) is here to help!

We invite you to attend our free informational Transitioning to Medicare workshops to learn more. We offer these two-part workshops monthly in collaboration with the Carroll County Public Library.



SHIP
State Health Insurance
Assistance Program

Navigating Medicare



SMP
Senior Medicare Patrol

Preventing Medicare Fraud

Please register for live sessions at:

<https://ccpl.librarymarket.com/events/month>

****Pre-Recorded sessions can also be accessed at any time using the links listed below.**



Transitioning to Medicare Part 1

All workshops start at 5:00pm!! Registration is required!!

October 3rd, 2024-In person @ Mt Airy Public Library (705 Ridge Ave)

October 16th, 2024-Webinar

November 13th, 2024 - In person @ Westminster Public Library (50 E Main St)

December 11th, 2024-Webinar

****Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=1u-z4DmVqS0>

Original Medicare (Parts A, B, & D), Advantage Plans (Part C), Supplemental Plans (Medigap), Fraud & Abuse, & Medicare Savings Programs.

Transitioning to Medicare Part 2

All workshops start at 5:00pm!! Registration is required!!

October 10th, 2024-In person @ Mt Airy Public Library (705 Ridge Ave)

October 23rd, 2024-Webinar

November 20th, 2024 - In person @ Westminster Public Library (50 E Main St)

December 18th, 2024-Webinar

****Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=nSudSNDegVY>

Take a closer look at Medicare Supplemental Plans and Advantage Plans.

Sponsored by: Carroll County Bureau of Aging & Disabilities: 125 Stoner Ave, Westminster, MD 21157

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Learn how to manage your ongoing Chronic Conditions



What is *Chronic Conditions Self-Management*?

This researched and proven program is designed to help you manage your health. With mutual support in weekly workshops, you can build confidence to set your own goals and put new problem-solving skills to work in your own life. Adults who have health problems and family members caring for loved ones with a chronic condition, are encouraged to attend!

These small group workshops are led by two trained facilitators and meet for 2½ hours once a week for six weeks. The workshop does not replace existing treatments but serves to complement a participant's current medical plan.

Topics Include:

- What is Self-Management?
- Problem-Solving
- Setting Short-Term Goals
- Healthy Eating
- Pain Management
- Stress and Depression Management
- Using your Mind to Manage Symptoms
- Planning for the Future
- Relaxation Techniques
- Managing Difficult Emotions
- Partnering with your Health Provider
- Communication Skills
- Making Decisions
- Medication Usage

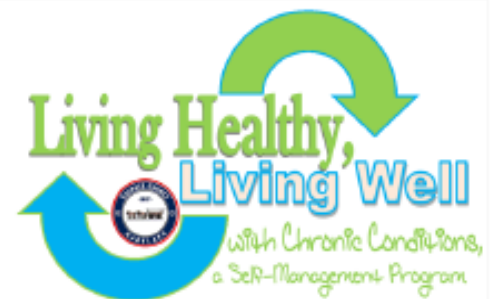
What's in it for me? *People who have taken the workshop show:*

- Better health and increased confidence in managing their symptoms
- Improvements in general health and wellbeing
- Increase in exercise and physical activity
- Better communication with physicians and family
- Fewer doctor and emergency room visits and fewer hospitalizations



Did you know?

- Nearly 92% of older adults have at least one chronic condition.
- Chronic conditions account for 75% of the money our nation spends on health care.
- 4 chronic conditions – heart disease, cancer, stroke, diabetes – cause almost 66% of all deaths each year.



FREE Virtual 6-Week Series

October 28-November 4-18-25-December 2-9, 2024

No Class 11/11

Mondays 9:00 a.m. - 11:30 a.m.

Technology assistance for the workshop series will be provided.

Tablets capable of accessing Wi-Fi are available through our lending library program.

Participants will receive a "Living a Healthy Life with Chronic Conditions" book and a "Relaxation for Mind and Body" CD. Donations for materials are accepted but not required to participate, for those 60 years & over.

**REGISTER online at <https://carrollcountymd.gov/LivingHealthy>
or by calling 410-386-3818 or Email LivingHealthy@carrollcountymd.gov**

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Show Me Better Health

DIABETES
Self-Management



Tens of thousands of people nationwide have learned the self-management approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Living Healthy, Living Well doesn't replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life. This **FREE** workshop meets 2 1/2 hours, once a week for 6 weeks.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

FREE Virtual 6-Week Series

Register: <https://carrollcountymd.gov/LivingHealthy>—410-386-3800—LivingHealthy@carrollcountymd.gov

Meet **VIRTUALLY** in the comfort of
your own
home!



November 6-13-20-27-December 4-11, 2024

Wednesdays 9:00 a.m. — 11:30 a.m.

Technology assistance for the workshop series will be provided.

Tablets capable of accessing Wi-Fi are available through our lending library program. Please note on the registration form.

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for Mind and Body CD*. Donations for materials are accepted but not required to participate, for those 60 years & over.



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Volunteers Needed!



*Materials required for training are FREE of charge to the participant.
Trained leader to facilitate two workshops within first year.

To **register**, please contact

Victoria Parks

*Living Healthy,
Living Well*

Coordinator

livinghealthy@carrollcountymd.gov

410-386-3818



Become a Certified Chronic Conditions Self-Management Lay Leader

The Chronic Conditions self-management lay leaders are trained to facilitate a six-week *Living Healthy, Living Well with Chronic Conditions* workshop for adults who have chronic conditions like cancer, diabetes, and heart disease and for those who are caregivers for someone who is managing these conditions. Lay leaders are expected to lead a minimum of two (2) workshops annually. Workshops can be delivered in-person or virtually.

Lay leaders help individuals achieve the following objectives:

- ❖ Identify strategies for living with Diabetes
- ❖ Improve management of symptoms
- ❖ Gain a sense of greater self-control
- ❖ Build confidence in establishing supportive relationships
- ❖ Integrate new techniques and activities into a plan for living well

Training days are Tuesdays & Thursdays
1 pm – 3:30 pm; plus Monday 11/4

November 2024

4th (Mon), 5th, 7th, 12th, 14th, 19th, 21st, 26th

December 2024

3rd, 5th, 10th, 12th, 17th

No class 11/28

***Attendance at all classes is required for certification.**

Virtual Link will be sent upon receipt of required registration paperwork

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2024 Caregiver Support Conference

Caring for the Caregiver

Saturday, November 2, 2024

9:00 am – 2:00 pm

Westminster Senior & Community Center
125 Stoner Ave, Westminster, MD 21157

Join us as we discuss...

- Difficult Decisions Caregivers Face
- Mental Health and Aging
- Knowing the Best Care for Your Loved One
- Maintaining Safety in the Home



FREE Registration | Light Breakfast & Lunch Provided

Register by October 25, 2024

For more information or to register contact Denise Valentine at
davalentine@carrollcountymd.gov or call the Bureau of Aging & Disabilities at

410-386-3800



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Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a six-week series of 90-minute workshops that teach you how to take care of yourself while caring for someone else. By taking care of your own physical and emotional needs, you become a better caregiver.

Previous participants have found the program tools they have learned improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also increased confidence in their ability to meet caregiving demands and improved their ability to seek out and utilize community resources.

The workshop gives you the tools to:

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate more effectively in challenging situations and with the person needing care, family members, doctors, and paid helpers
- Change negative self-talk

By attending you will receive a book to help you:

- Take care of yourself
- Recognize changes in someone who may need extra help
- Hire in-home help
- Recognize and understand depression
- Help memory-impaired elders
- Learn from your emotions

Upcoming Workshops:

Tuesdays 9:30am-11am; Oct. 15—Nov. 19, 2024

All workshops held at Bureau of Aging & Disabilities, 125 Stoner Ave, Westminster. Call 410-386-3800 for more information or email vparks@carrollcountymd.gov.

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Caregiving can be a challenge, but it's easier when you're prepared.

Powerful Tools for Caregivers gives you the confidence and support to better care for your loved one—and yourself.



I never really thought of myself as a caregiver. After all, I was just helping my mom take care of my dad.

Eventually, I realized that neither mom nor I were going to be much help to dad if we didn't take better care of ourselves.

Sponsored and Offered for FREE by



Bureau of Aging & Disabilities

Carroll County Department of Citizen Services

If you or someone you know is a caregiver, we encourage you to register today! Our goal is to improve the lives of caregivers (and ultimately their care recipients) through outreach, conversation, and resources.

NATIONAL FAMILY CAREGIVERS SUPPORT PROGRAM

Carroll County

S U P P O R T G R O U P S

Grandparents Raising Grandchildren

meets in a casual and welcoming environment, offering support to grandparents who are raising grandchildren. Grandparents have the opportunity to meet other caregivers, develop a network of support and receive information about services available. The support group is open to older adults raising grandchildren under 18 years of age.



Second Wednesday from 5:30PM—7:00PM

Bureau of Aging & Disabilities, 125 Stoner Ave, Westminster

Caregivers of Older Adults

is an ongoing support group that is designed to help caregivers cope with the challenges of caring for their relatives. Caregivers have the opportunity to share their experiences, participate in educational discussions and receive comfort and positive reinforcement to help guide them through what can be a difficult journey.



Second Tuesday from 4:30PM—6:00PM

Bureau of Aging & Disabilities, 125 Stoner Ave, Westminster



To register please contact Denise Valentine at 410-386-3833 or dvalentine@carrollcountymd.gov. Visit our website www.carrollcountymd.gov/aging-and-disabilities for more information about our programs.



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CARROLL COUNTY CAREGIVER SUPPORT GROUP

Presented by:

**Alzheimer's Association
Greater Maryland Chapter**

Third Thursday of the month
6:00 p.m. - 7:30 p.m.
Visiting Angels Office
6505 Ridenour Way E, Suite 1B,
Eldersburg 21784

Contact Facilitators to Join

Elyse Weckesser
443-340-3147
elysew@mdvisitingangels.com

Marjorie Cotterman
420-404-6804 (text preferred)
mcotterman@inspired-joy.com

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



Visit ALZ.ORG/MARYLAND to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ Connected®, our online community, at alzconnected.org.



ALZHEIMER'S ASSOCIATION®



Alzheimer's and Dementia Education **YOU CAN TRUST**

The Alzheimer's Association provides care and support to those affected by Alzheimer's and all other dementia, offering free, high-quality education programs. Explore our convenient learning opportunities that focus on Alzheimer's disease, caregiving, communication and more

The 10 Warning Signs of Alzheimer's

60-minute and 30-minute options available

An education program to help recognize common signs of the disease in oneself and in others. Learn what steps to take and how to talk to your doctor.

Understanding Alzheimer's and Dementia

60-minute and 30-minute options available

Learn basic information on the difference between Alzheimer's and dementia, stages of the disease, risk factors, research and FDA-approved treatments.

Understanding and Responding to Dementia-Related Behaviors

60-minute and 30-minute options available

Learn caregiver tips and strategies to respond to some common behaviors by individuals living with dementia that include agitation and confusion.

Additional information on the back

**For more information or to schedule a program, contact:
Megeen White, Program Manager, mewwhite@alz.org | 240-549-5086**

Effective Communication

45-minute and 30-minute options available

Explore ways that Alzheimer's and other dementia affect an individual's ability to communicate as the disease progresses. Get tips to better communicate with people living with the disease.

Dementia Conversations

45-minute and 30-minute options available

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for having the difficult—but needed—conversation about noticed changes that may be related to dementia.

Healthy Living for Your Brain and Body

*Tips from the latest research
45-minute and 1-hour options available*

Learn about research in diet, nutrition, exercise, cognitive activity and social engagement. Use hands-on tools to help incorporate these recommendations into a plan for healthy aging.

Legal and Financial Planning

Two-part program, 1-hour sessions

A program to help you understand the legal and financial issues that may impact your dementia journey. Learn the importance of advanced planning, how to make legal and financial decisions, ways to put plans in place and review important documents.

Living with Alzheimer's for Caregivers

A three-part series. Each is a 1-hour session

Workshops cover all stages of the disease, providing information, tools and strategies for coping with a diagnosis. Learn how to make informed decisions that provide the best care and maximum quality of life for all involved.

Early Stage

In the early stage of Alzheimer's disease, families face new questions as they adjust. Get answers to your questions.

Middle Stage

Care partners now become hands-on caregivers. Hear from caregivers and professionals who share helpful strategies to provide safe, effective and comfortable care.

Late Stage

At this stage, caregiving typically involves new ways to connect and interact with the person living with the disease. Hear caregivers and professionals discuss available resources, how to monitor care and ways to make meaningful connections. If you are someone living with dementia or are a caregiver, this program is for you.

Living with Alzheimer's: For People Living with Alzheimer's

A diagnosis of Alzheimer's is life changing. Learn from others who have been diagnosed and learn how to navigate this chapter of your life.

Living with Alzheimer's: For People with Younger-Onset (or Early-Onset) Alzheimer's

Hear from people living with a diagnosis and how to ease the impact throughout each stage.

COVID-19 and Caregiving Program

Understand the relationship between COVID-19 and dementia and learn tips for caregiving. Review available Alzheimer's Association resources.

New Advances in Alzheimer's Treatments

Learn about the new treatment approved by the FDA, steps for access and who may benefit.

Managing Money: A Caregiver's Guide to Finances

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. This program provides tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

**Alzheimer's Association
Greater Maryland Chapter**

**To schedule a program,
contact Megeen White**

**mewhite@alz.org
240.549.5086**

**24/7 Helpline
800.272.3900**

ALZHEIMER'S ASSOCIATION®

Greater Maryland Chapter

Programs, Services & Events For People Living in Maryland

PROGRAMS AND SERVICES

The following chapter programs and services are available in-person, by phone and/or virtually:

24/7 HELPLINE 800.272.3900: A free nationwide service. Master's-level clinicians and specialists provide confidential support and information to people living with the disease, caregivers, families and the public. Our translation service accommodates more than 200 languages.

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 also 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 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, & St. Mary's which are served by the National Capital Chapter.

WESTERN MD OFFICE: 108 Byte Drive, Suite 102, Frederick, MD 21702 | 301-696-0315

EVENTS

The Longest Day: The day with the most light, the summer solstice, is the day we fight. On June 21, people from across the world fight the darkness of Alzheimer's through a fundraising activity of their choice. Whether you're participating at home, online or in-person, we have plenty of fun ideas to engage family and friends in [The Longest Day](#)

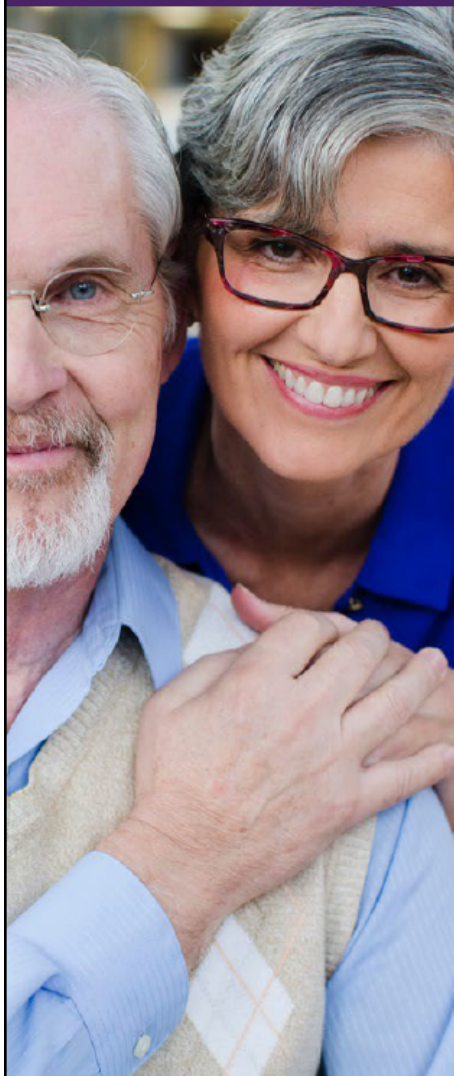
WALK to END ALZHEIMER'S

Western Maryland WALK: October 15, 2023 in Frederick. Cumberland and Oakland TDB
For details contact: Marilyn Herbert, Development Manager, at: mjherbert@alz.org or 240-549-5085

For additional ALZ Events in western Maryland
Marilyn Herbert Development Manager:
mjherbert@alz.org or 240-549-5085 OR
Megeen White: mewhite@alz.org or 240-549-5086



www.alz.org/maryland



ALZHEIMER'S ASSOCIATION ONLINE TOOLS

CAREGIVER CENTER

Caregivers may access information about early-stage caregiving, middle-stage caregiving, or late-stage caregiving. alz.org/care or click [here.](#)

ALZCONNECTED®

Our online community to connect with other individuals living with early-stage Alzheimer's. You can share questions, experiences and practical tips via message boards or create private groups organized around specific topics. alzconnected.org or click [here.](#)

ALZHEIMER'S NAVIGATOR®

An interactive online tool for people living with dementia and those who participate in providing care and making care-related decisions. This assessment tool evaluates needs, outlines action steps, and links the user to Alzheimer's Association chapter programs and local services. alzheimersnavigator.org or click [here.](#)

COMMUNITY RESOURCE FINDER®

A comprehensive database of local programs and services, housing and care options, and legal experts all in one location, allowing you to quickly search, find and access support. communityresourcefinder.org or click [here.](#)

LIVE WELL: ONLINE RESOURCES FOR PEOPLE WITH DEMENTIA

A collection of free interactive tools that helps you navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provides personalized steps for living well with the disease. alz.org/livewell or click [here.](#)

VIRTUAL LIBRARY

Search the online catalog, view resources chosen by dementia experts and download topic sheets and reports. alz.org/library or click [here.](#)

TRAINING AND EDUCATION CENTER

The Association offers a number of Alzheimer's and dementia courses available online, 24 hours a day. alz.org/training or click [here.](#)

ALZHEIMER'S ASSOCIATION TRIALMATCH®

A free easy-to-use clinical study matching service that connects individuals with Alzheimer's disease, caregivers, healthy volunteers and physicians with current studies. The continuously updated database of 130+ Alzheimer's clinical trials includes pharmacological and non-pharmacological research. Studies are being conducted at 500 sites across the country and online. alz.org/trialmatch or click [here.](#)

MARYLAND STATISTICS* (2020)

110,000
people age 65 and older
with Alzheimer's

242,000
Number of Caregivers

371,000,000
Total Hours of Unpaid Care

\$6,810,000,000
Total Value of Unpaid Care

\$1,231,000,000
Medicaid costs of caring for
people with Alzheimer's

*Alzheimer's Association 2022 Alzheimer's Disease Facts and Figures, available at alz.org/facts



Scan QR code to view
the calendar online.

2024 OCTOBER-DECEMBER HEALTH & WELLNESS CALENDAR

All programs are free and do not require pre-registration unless noted. Call 410-871-7000 or visit lifebridgehealth.org/wellness to learn more.

PLANNING FOR PARENTHOOD

The Family Birthplace Open House & Tour

Register at:

familybirthplaceopenhouse.eventbrite.com

BabyLiveAdvice

- Childbirth Preparation
- Caring for Baby
- Infant CPR and First Aid
- Breastfeeding

To register or for more information,
visit lbh.pub/fbp

EDUCATION & SUPPORT GROUPS

- Breast Cancer
- Breastfeeding
- Diabetes
- Gather & Connect (cancer support)
- Multiple Sclerosis
- Parkinson's Disease
- Perinatal Loss
- Postpartum
- Stroke Survivors

SPECIAL SERVICES

- Cancer Navigation Services
- Care Connect Health Navigation Services
- Heart Failure Clinic*
- Center for Breast Health*
- Diabetes Program*
- Genetic Counseling*
- Integrative Health Services (acupuncture, massage, reflexology and more)*
- Studio YOU (hair loss solutions, mastectomy bra and breast prosthetic fittings)*

*Cost associated with program

GRIEF SUPPORT SERVICES

BridgingLife offers free grief support to families, friends and community members who have experienced the loss of a loved one. Skilled, caring and certified counselors lead the programs, assisted by volunteers trained in grief and loss. Call 410-871-8000 for more information or visit bridginglifecare.org

SPECIAL PROGRAMS

American Heart Association CPR

Hybrid learning and in-person classes are available for ACLS, BLS and PALS for healthcare professionals and professional rescuers. These classes support initial and renewal requirements and follow American Heart Association guidelines. Prices vary; call for details.

Cooking for Wellness

Meet us at Exploration Commons for a cooking class! Join a registered dietitian to prepare healthy recipes and learn nutrition and health tips along the way.

Mondays, October 7, November 4, December 2
1:30 – 3 p.m.

\$5 per person

To register, visit explorationcommons.carr.org

Diabetes Awareness Month Table

November is Diabetes Awareness Month. Drop in to learn about diabetes risk factors and prevention, take a prediabetes risk test and answer questions about diabetes through a fun game for the chance to win a prize!

Monday, November 4, 11 a.m. – 1:30 p.m.
Carroll Hospital Main Lobby

Diabetes Prevention Program

A free lifestyle change program designed to help decrease your risk of type 2 diabetes. Offered by the Carroll County Health Department

290 S. Center St., Westminster
Call 410-876-4819 for more information.

SCREENINGS

Blood Pressure Screening & Stroke Education

Drop in to have your blood pressure checked by a registered nurse. Learn about risk factors and prevention for hypertension and stroke.

Tuesday, October 15
11 a.m. – noon
Carroll Hospital Main Lobby

Healthy Holiday Challenge

Don't wait until the new year to start building healthy habits! This 8-week challenge involves a weekly email providing healthy tools and nutrition tips for the holidays. A registered dietitian will be available throughout the program to help you along the way.

Monday, November 11 – Monday, December 30

To register, visit

healthyholidaychallenge.eventbrite.com

Heart Failure Education Sessions

In this ongoing series, taught by registered dietitians, pharmacists and other healthcare professionals, learn about medications, nutrition, managing heart failure and more.

Monthly meetings:

Second Thursday at 10 a.m. and

Fourth Tuesday at 1 p.m.

Carroll Hospital East Pavilion

Virtual and in-person (hybrid)

To join virtually via Microsoft Teams

(teams.microsoft.com) or by phone:

Meeting ID: 242 565 260 621 Passcode: JFxmfs

Or call in +1 443-873-0061

Passcode: 880587810#

Nutrition in Media

We get so much nutrition information through the media. What is fact and what is fiction? This program allows you to explore an individual topic each session with a registered dietitian.

Wednesday, November 20, 5 – 6 p.m.

Carroll Hospital East Pavilion

Virtual and in-person (hybrid)

To register, visit nutritioninmedia.eventbrite.com

Breast Health Screenings

Free breast screening physical exams will be provided by Laura Osborne, PA-C, from the Center for Breast Health.

Appointment required. Call 410-871-7000 for more information.

Thursday, October 24 and 31, 11 a.m. – 1 p.m.

DIABETES EDUCATION

**LIFEBRIDGE
HEALTH.**
CARE BRAVELY

VIRTUAL AND IN-PERSON

These monthly, community-based meetings feature guest speakers covering a wide variety of topics related to diabetes and your overall health. Speakers include healthcare professionals with an expertise in their topic, including nutrition, medications, glucose monitoring and more. The group is open to individuals with any type of diabetes and those who care about them.

May-December 2024 Schedule

MAY

20 Dana Mealing, RDN, LDN: Mindful Eating Exercises

JUNE

17 Dr. Thucanh Multerer and Dr. Evan Selzer: Diabetic Retinopathy and Eye Care

JULY

15 Dana Mealing, RDN, LDN: Gas Station Convenience Food

AUGUST

19 Genie Ladic, RN: Sleep Disorders and Diabetes

SEPTEMBER

16 Amy Michael, MS, RDN, LDN, CDCES: Real Life: Overcoming Obstacles from People with Diabetes

OCTOBER

21 Dr. Sara Loeffler: Medication Update

NOVEMBER

18 Linda Goode: Courage, Coping and Acceptance with Diabetes

DECEMBER

16 To be announced



Monthly Meetings:

Third Monday of each month
11 a.m. - noon

Location: Carroll Hospital, East Pavilion,
291 Stoner Ave., Westminster, MD 21157

Scan this code to join the teams meeting:

Meeting ID:
242 565 260 621
Passcode: JFxmfs

Phone/audio only: +1 443-873-0061
Passcode: 890597810#

Questions?

Call Care Connect at 410-871-7000



No registration required, join at your convenience!

24TCW0063

HEART FAILURE EDUCATION

VIRTUAL AND IN-PERSON CLASSES



If you are one of the 6.2 million Americans with heart failure and are struggling to get a handle on your health, join us for our Heart Failure Support & Education classes. You can join us in person, virtually or by phone for an audio-only option. In this ongoing series, taught by registered dietitians, pharmacists and other healthcare professionals, you'll learn more about medications, nutrition, how you can effectively manage the progression of heart failure and more! We want to empower you to create your best lifestyle practices so that you can continue living an active and fulfilling life.

Monthly Meetings:

Second Thursday at 10 a.m.
and fourth Tuesday at 1 p.m.

In-person Location:

East Pavilion of Carroll Hospital

Questions?

Call Care Connect at 410-871-7000

July-December 2024 Schedule

JULY

- 11 Energy Conservation for Heart Failure – Aimee Riley, CPT, Pivot Physical Therapy
- 23 Reading Food Labels for Heart Failure – Dana Mealing, RDN, LDN, CIEC

AUGUST

- 8 Heart Failure and Diabetes – Katie Goodell, Pharm. D., BCPS
- 27 Basic Nutrition for Heart Failure – Dana Mealing, RDN, LDN, CIEC

SEPTEMBER

- 12 Overcoming Barriers to Medication Adherence – Katie Goodell, Pharm. D., BCPS
- 24 Electrolytes and Fluid Balance – Dana Mealing, RDN, LDN, CIEC

OCTOBER

- 10 How Pharma Can Help – Katie Goodell, Pharm. D., BCPS
- 22 Managing Stress with Heart Failure – Kirsten Ambrose, RN, BSN

NOVEMBER

- 14 Reading Food Labels for Heart Failure – Dana Mealing, RDN, LDN, CIEC
- 26 Malnutrition with Heart Failure – Dana Mealing, RDN, LDN, CIEC

DECEMBER

- 12 BP and Heart Failure – Katie Goodell, Pharm. D., BCPS
- 24 HOLIDAY – No Class



SCAN QR CODE TO JOIN THE MEETING ON TEAMS:

Meeting ID: 242 565 260 621 Passcode: JFxmfs

Phone/audio only: +1 443-873-0061 Passcode: 880587810#

No registration required, join at your convenience!

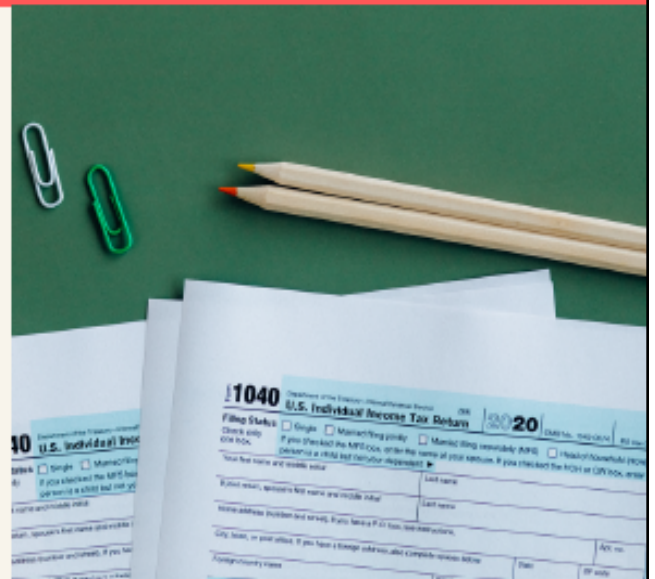
**LIFEBRIDGE
HEALTH.**
CARE BRAVELY

24CH0259

Volunteer Opportunity

Tax Season Is Right Around The Corner

The AARP Foundation Tax-Aide is looking for volunteers to support the free tax preparation process in Carroll County for the 2024 tax season. We are looking for compassionate and friendly folk to join our team of volunteers for the upcoming tax season. Volunteers can serve in person or coach taxpayers online or by phone in a variety of roles. In addition to tax preparation support we need client facilitators, technical specialists, and site managers. We provide training and ongoing support in a welcoming environment and every level of experience (or no experience) is welcome.



If you are interested in volunteering, please contact Mike Deutsch at 443-789-8346

VOLUNTEER

with Meals on Wheels of Central Maryland, Inc.

Our Mission: *To enable people to live independently at home through the provision of nutritious meals, personal contact and related services*

Meals on Wheels of Central MD volunteers deliver more than a meal. They provide security and connections to the aging and disabled in Central Maryland.



The Benefits of Volunteering:

- Meet new people
- Satisfaction of impacting someone's life
- Decreased stress & improved health
- Feeling of involvement

Individual Opportunities:

Deliver meals to homebound seniors and disabled individuals:

- Monday-Friday, 11:00a.m.-1:30p.m.
- Once a week, once a month, or whenever your schedule permits

Grocery shop for a client in your area:

- Flexible Scheduling • Twice a month

Deliver pet food through Kibble Connection:

- Flexible Scheduling • Quarterly

Become a Call Star:

- Flexible Scheduling
- 1-2 hours per month

Pack meals at our Main Office or Kosher Kitchen

- Packing shifts available 6 days a week at our main office in Baltimore
- Kosher Kitchen packing shifts available weekday mornings



A dedicated volunteer delivering nutritious meal

Group Opportunities:

Become a Lunch Bunch volunteer and 'adopt a route' for meal delivery with your colleagues from work.

Pack meals with your group during a weekday or weekend at our main office

Host a fundraiser to support Meals on Wheels of Central MD, such as a trivia night, a chili cook-off or a fun run.

Complete a team-building service project. Make cards, care packages or Mugs of Love for us to deliver to clients.



A Grocery Assistance Program volunteer shops for his client.



Call 443-573-0925 or E-mail volunteer@mowcm.org
 Sign up today! mealsonwheelsmd.org/volunteer/
 515 South Haven Street, Baltimore, MD 21224



Marylanders Online

MARYLANDERS ONLINE CALL CENTER



Marylanders Online is an initiative through the University of Maryland Extension (UME) and College of Information Studies (INFO) with state funding that aims to bridge the digital divide throughout the state of Maryland.

Marylanders Online Call center is here to provide FREE one-on-one tech support to all the Maryland residents and bring digital equity in Maryland.

Let's connect!

Number: 301-405-9810
 Toll Free: 1-866-206-8467
 Time: 9:00 am to 3:00 pm
 Monday to Friday

Email: marylandersonline@umd.edu



It will provide:

- Tech support in English and Spanish
- Any device support including hardware and software
- Assistance in getting connected with internet
- ACP application assistance
- Connect to local organizations offering various digital skills classes, device program, and much more.

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.





AFFORDABLE CONNECTIVITY PROGRAM

TWO STEPS TO ENROLL

1

Go to AffordableConnectivity.gov to submit an application or print a mail-in application

2


Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must **both** apply for the program **and** contact a participating provider to select a service plan.

LEARN MORE

📞 Call 877-384-2575, or
 🌐 Visit fcc.gov/acp




Carroll County

Tablet Loaner Program

Bureau of Aging & Disabilities

The Carroll County Bureau of Aging & Disabilities is helping Carroll County's older adults get—and stay—connected through its Free Tablet Lending Library Program. Stay connected by participating in virtual Aging & Disabilities and Senior Center events, activities and meetings. No internet service is required as tablets are equipped with unlimited data.

- Call 410-386-3800 for more information or to register
- Available for pick-up at any of the five senior and community centers
- Technical instruction available



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

Maryland Senior Call Check

PEACE OF MIND FOR THOSE HOME ALONE



DAILY AUTOMATED CHECK-IN CALLS



FREE SERVICE

65+

MARYLANDERS AGED 65+



YOUR CHOICE A MORNING OR AFTERNOON CALL

Learn about the Maryland Senior Call Check and how to sign up.
<https://www.youtube.com/watch?v=TKNDGbgFKZY>

Sign up online or over the phone:
aging.maryland.gov 1 (866) 502-0560



Larry Hogan Governor **Boyd K. Rutherford** Lt. Governor **Rona E. Kramer** Secretary

If you're feeling anxious, depressed,
or just need someone to talk to,

CALL 211
or dial 443-608-9182



Connect with someone who can help.

Call the **211 Maryland United Way Helpline** and ask to be connected to the WARMLine. You'll talk with someone who will listen to your concerns and refer you to additional resources.

Mental health professionals are available weekdays from 10:00 a.m. to 6:00 p.m.

Follow these easy steps:

1. Dial 211 (or 443-608-9182) from any cell phone or landline.
2. Ask to be connected to the WARMLine.
3. Speak with <https://probonocounseling.org/> your needs.
4. You will be referred to any additional resources you may need.

United Way of Central Maryland has provided a grant to Pro Bono Counseling to support Marylanders who are experiencing mental health issues related to the COVID-19 pandemic and other reasons.

For more information, visit ProBonoCounseling.org.

PRO BONO
COUNSELING
PROJECT

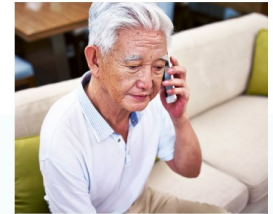
988
SUICIDE
& CRISIS
LIFELINE

In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline.

The **Substance Abuse and Mental Health Services Administration (SAMHSA)** is the lead federal agency, in partnership with the Federal Communications Commission and the Department of Veterans Affairs, working to make the promise of 988 a reality for America. Moving to a 3-digit dialing code is a **once-in-a-lifetime opportunity** to strengthen and expand the existing National Suicide Prevention Lifeline (the Lifeline).

Of course, 988 is more than just an easy-to-remember number—it is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. Preparing for full 988 implementation requires a bold vision for a **crisis care system that provides direct, life-saving services to all in need.**

SAMHSA sees 988 as a first step towards a transformed crisis care system in much the same way as emergency medical services have expanded in the US.



In pursuit of this bold yet achievable vision, SAMHSA is first focused on strengthening and expanding the existing Lifeline network, providing life-saving service to all who call, text or chat via 988. Longer term, SAMHSA recognizes that linking those in crisis to community-based providers—who can deliver a full range of crisis care services—is **essential to meeting crisis needs across the nation.**



Developed in collaboration with the
Centers for Disease Control and Prevention
320316-D

SAMHSA
Substance Abuse and Mental Health
Services Administration



Urgent realities.



Too many Americans are experiencing suicide and mental health crises without the support and care they need. In 2020 alone, the US had one death by suicide about every 11 minutes – and for people aged 10-34 years, suicide is a leading cause of death.

Easier access.



Moving to an easy-to-remember, 3-digit dialing code will provide greater access to life-saving services.

There is hope.



Providing 24/7, free and confidential support to people in suicidal crisis or emotional distress works! The Lifeline helps thousands of people overcome crisis situations every day.

Email 988 questions to:
**988Team@
samhsa.hhs.gov**

Frequently Asked Questions

What is the Lifeline and will 988 replace it?

The **Lifeline** is a national network of over 200 local, independent, and state-funded crisis centers equipped to help people in emotional distress or experiencing a suicidal crisis. **Moving to 988 will not replace the Lifeline**, rather it will be an easier way to access a strengthened and expanded network of crisis call centers. Beginning July 16, 2022, people can access the Lifeline via 988 or by the 10-digit number (which will not go away).

When will 988 go live nationally?

The **988 dialing code** will be available nationally for call, text, or chat on July 16, 2022. Until then, those experiencing a mental health or suicide-related crisis, or those helping a loved one through crisis, should continue to reach the Lifeline at its current number, 1-800-273-8255.

How is 988 different from 911?

988 was established to improve access to crisis services in a way that meets our country's growing suicide and mental health related crisis care needs. 988 will provide easier access to the Lifeline network and related crisis resources, which are distinct from 911 (where the focus is on dispatching Emergency Medical Services, fire and police as needed).

How is 988 being funded?

Congress has provided the Department of Health and Human Services workforce funding through the American Rescue Plan, some of which will support the 988 workforce. At the state level, in addition to existing public/private sector funding streams, the National Suicide Hotline Designation Act of 2020 allows states to enact new state telecommunication fees to help support 988 operations.

Is 988 available for substance use crisis?

The Lifeline accepts calls from anyone who needs support for a suicidal, mental health and/or substance use crisis.



**CARROLL COUNTY
DEPARTMENT
OF SOCIAL SERVICES**
1232 Tech Court
Westminster, MD 21157



FAMILY INVESTMENT ADMINISTRATION

APPLY FOR BENEFITS ONLINE: mydhrbenefits.dhr.state.md.us

DHS CUSTOMER SERVICES: 1-800-332-6347 / FAX: 410-386-3428

WEBSITE TO SUBMIT DOCUMENTS: fia.carrollco.comaryland.gov

APPLY FOR LONG TERM CARE MEDICAL ASSISTANCE:

mydthink.maryland.gov

TO MAKE AN APPOINTMENT: 443-821-5833 (M-F, 8-4:30)

CHILD SUPPORT ADMINISTRATION

APPLY ONLINE: www.dhr.state.md.us/csea

CUSTOMER SERVICE: 1-800-332-6347 / Carroll.CSA_DHS@maryland.gov

MAKE AN APPOINTMENT: 443-929-2908 (M-F, 8-4:30)

PAYMENT INFO: 1-800-723-9937

SERVICES UNITS

To report suspected abuse or neglect: 410-386-3434

FOSTER PARENT RECRUITMENT LINE: 410-386-3333





Maryland Legal Aid provides a full range of free civil legal services to financially eligible individuals from 12 office locations.

Our legal work helps to protect peoples' basic needs and human rights.

Get help now by calling 1-888-465-2468 or apply with [online in-take](#).

Attend a FREE legal clinic for in-person help!

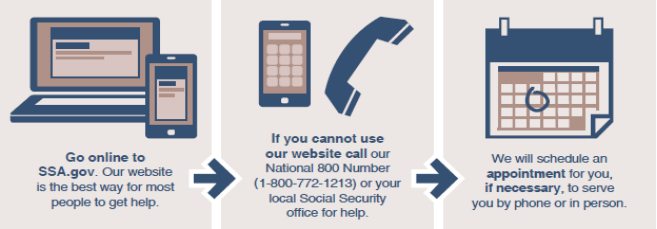
*Check with one of the Senior Centers for dates and times for in person clinics.

Maryland Legal Aid's
Midwestern Maryland Office
22 South Market Street
Suite 11
Frederick, MD 21701
Telephone Intake: 301-694-7414
www.mdlab.org



How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.



What to Know if You Must Visit an Office:

- **You must have an appointment** to visit an office.
- **Masks are required** for all office visitors and employees, regardless of vaccination status.
- **Visitor capacity is limited** to follow physical distancing requirements. This means **you may need to wait outside**, so plan for cold or bad weather.
- We ask that you **come alone unless you require help with your visit**. If you require help, we can only permit one person to accompany you.

We appreciate your patience and understanding.



Securing today and tomorrow

SSA.gov | Social Security Administration | Publication No. 05-10697 | December 2021 (First edition) | How to Get Help from Social Security | Produced and published at U.S. taxpayer expense

Social Security Connection

See what you can do online

November 2022
Volume 48

Inside this issue:

Social Security and Scam Awareness 1
Veterans and Active Duty Military Members: Social Security Has Your Back! 2

Local Offices

Local Social Security offices are offering more in-person appointments and have resumed in-person service for people without an appointment. As we expand in-person service, we expect our offices to be very busy. We strongly encourage you to continue to go online, call us for help, and schedule appointments in advance. Learn more at ssa.gov/coronavirus/gethelp.



my Social Security
Check out your Social Security Statement, change your address and manage your benefits online today.
SSA.gov/myaccount



Online Services
You can access many of our services online.
SSA.gov/online-services



Social Security and Scam Awareness

Social Security imposter scams are widespread across the United States. Scammers use targeted, sophisticated tactics to deceive you into providing sensitive information or money.

Social Security's Office of the Inspector General (OIG) has received reports of scammers creating fake versions of the identification badges most federal employees use to gain access to federal buildings. The scammers may text or email photos of the fake badges to convince potential victims of their legitimacy. These badges use government symbols, words, and even names and photos of real people, which are available on government websites or through internet searches.

If you receive a suspicious letter, text, email, or call, hang up or do not respond. We want you to know how to identify a scammer and avoid becoming victims.

We will NEVER:

- Text or email images of an employee's official government identification.
- Suspend your Social Security number.
- Threaten you with arrest or other legal action unless you immediately pay a fine or fee.
- Require payment by retail gift card, wire transfer, internet currency, or cash by mail.
- Promise a benefit increase or other assistance in exchange for payment.
- Send "official" letters or reports containing your personal information via email.

We only send text messages if you have opted in to receive texts from us and only in limited situations, including the following:

- When you have subscribed to receive updates and notifications by text.
- As part of our enhanced security when accessing your personal my Social Security account.

If you owe money to us, we will mail you a letter with payment options and appeal rights.

We encourage you to report suspected Social Security imposter scams — and other Social Security fraud — to the OIG's website at oig.ssa.gov/report. You may read our previous Social Security fraud advisories at oig.ssa.gov/news-releases/. Please share this information with your friends and family to help spread awareness about Social Security imposter scams.



Securing today and tomorrow

Beware of Phone Scams



Securing today and tomorrow

Social Security wants you to know about widespread phone scams where scammers pretend to be government employees. They may tell you about a Social Security-related problem to gain your trust and steal your money. We want you to hang up on scammers — help us "slam the scam"!



IF YOU RECEIVE A SUSPICIOUS CALL:

- 1 Hang up
- 2 Do not give money or personal information
- 3 Report the scam at oig.ssa.gov

Social Security may call you in some situations but we will never:

- » Threaten to arrest you unless you pay a fine or fee
- » Suspend your Social Security number
- » Require immediate payment from you by cash, gift card, pre-paid debit card, or wire transfer
- » Demand secrecy in dealing with a Social Security problem

Protect yourself, friends, and family: don't forget to "slam the scam"!

Social Security Administration | Publication No. 05-10697 | February 2021 | Produced at U.S. taxpayer expense

