

# Taneytown SC This Month...



## TANEYTOWN SENIOR CENTER

220 Roberts Mill Rd.  
Taneytown, MD 21787

410.386.2700

[taneytownsc@carrollcountymd.gov](mailto:taneytownsc@carrollcountymd.gov)

<https://www.carrollcountymd.gov/seniorcenters>

# October 2024

### Center Hours

**Monday - Friday**  
**8:00 am - 4:00 pm**

### **Center Closed**

**Monday, October 14**



# ATTENTION!



## Updating Your Membership Form

Every senior center member must update their membership form before participating in any activity.

**These forms should be updated yearly (the month of your birthday) to keep our records up to date!**

**If you have any questions please let us know.**

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## Lunches



We offer dine in lunch Monday - Friday

To reserve your meal please sign up in the lunch book, call 410-386-2700, or email [taneytownsc@carrollcountymd.gov](mailto:taneytownsc@carrollcountymd.gov)

**Cost of lunch for seniors 60 and older is a donation up to \$6.31.**

**Those 59 and younger pay full price of \$6.31.**

**Spouses of adults over 60, regardless of age, may give a donation if they accompany their spouse. If they are not, they must pay full price if under 60.**

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**Don't forget to sign in on the touchscreen each time you come to the center!**

# October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) <b>RSVP by 9/26</b> Meat Loaf & Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Apple Juice	2) <b>RSVP by 9/27</b> Roasted Pork Loin Sweet Onion Gravy Mashed Potatoes Peas & Mushrooms Fruit Cocktail Fruit Punch Chocolate Milk	3) <b>RSVP by 9/26</b> All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	4) <b>RSVP by 10/1</b> Chicken Breast Coq Au Vin Rice Pilaf Mixed Vegetables Sliced Apples Wheat Bread Grape Juice
7) <b>RSVP by 10/2</b> Salisbury Steak Gravy Roasted Potatoes Harvard Beets Navy Bean Salad Wheat Bread Grape Juice	8) <b>RSVP by 10/3</b> Roasted Turkey & Gravy Mashed Potatoes Dilled Carrots Fruit Cup Wheat Bread Apple Juice Chocolate Milk	9) <b>RSVP by 10/2</b> Ham & Cheese Sub M,O,T,L Potato Salad Cole Slaw Fruit Cocktail  <b>SUB DAY</b>	10) <b>RSVP by 10/7</b> Maple Peach Ham Au Gratin Potatoes Braised Cabbage Pineapple Tidbits Wheat Bread Fruit Punch Chocolate Milk	11) <b>RSVP by 10/4</b> Cheese or Pepperoni Pizza Caesar Salad Apricots Juice
14) 	15) <b>RSVP by 10/9</b> Pot Roast Burgundy Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat Bread Grape Juice	16) <b>RSVP by 10/10</b> Chicken Cacciatore Brown Rice Buttered Carrots Green Pea Salad Wheat Bread Orange Juice Chocolate Milk	17) <b>RSVP by 10/10</b> Bratwurst Peppers & Onions Potatoes Red Cabbage Waldorf Salad Dessert  <b>Oktoberfest</b>	18) <b>RSVP by 10/15</b> Tuna Salad On Wheat Bread L,T Multi Tomato Bean Soup Copper Pennies Cinnamon Apples Yogurt
21) <b>RSVP by 10/16</b> Creamy Ranch Chicken Rice Pilaf Peas & Carrots Moroccan Beet Salad	22) <b>RSVP by 10/17</b> Meatball & Cheese Sub Green Beans Mandarin Oranges Fruit Juice	23) <b>RSVP by 10/16</b> Cheese Manicotti Dilled Carrots Garlic Bread Rolls Cinnamon Apples Crisp Grape Juice	24) <b>RSVP by 10/21</b> Chicken Salad Sandwich Split Pea Soup Cole Slaw Tropical Fruit Chocolate Milk	25) <b>RSVP By 10/22</b> Pork Loin & Gravy Cucumber Salad Kale Mashed Potatoes Sliced Apples Wheat Bread Chocolate Milk
28) <b>RSVP by 10/23</b> Chicken Fajitas Mexican Rice Diced Peaches Pineapple Juice	29) <b>RSVP by 10/24</b> Sliced Corn Beef Mashed Potatoes Red Cabbage Corn & Pea Salad Tropical Fruit Wheat Bread	30) <b>RSVP by 10/24</b> Pasta & Meat Sauce Greek Salad Wheat Bread Grape Juice	31) <b>RSVP by 10/24</b> Beef Steak Red Wine Demi Glaze Mashed Potatoes Corn & Sweet Pepper Medley Dinner Roll Apple Juice Cake  <b>HALLOWEEN HOP</b>	

- ◆ **Cost of lunch for Center members 60+ years is a donation up to \$6.31 (full cost of meal).**
- ◆ **Per grant requirements, individuals age 50-59 years must pay the full price.**
- ◆ **Spouses of members 60+ years, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$6.31.**

# Check Out Our Classes

## Senior Fun & Fitness Exercise Class

Mondays @ 12:30 pm

Ten to Twelve (10-12) class session      Cost: Donation up to \$30.00

## Staying Fit

Thursdays @ 9:30 am

Ten to Twelve (10-12) class session      Cost: Donation up to \$30.00

**Take advantage of these excellent low-impact, low intensity, fun workout and an easy way to get moving while also improving balance and coordination, reducing stress, boosting your overall fitness level, and can help older adults preserve the ability to perform normal daily activities on their own, like standing up from a chair.**

## Zumba Gold Exercise Class

Tuesdays @ 9:00 am

Ten to Twelve (10-12) class session      Cost: \$30.00

**Take advantage of an excellent low-impact, low intensity workout to lively music. It protects your joints and muscles while raising your heart rate and improving your balance, posture, and coordination. Meets recommended exercise-intensity guidelines for improving and maintaining cardio fitness and strength in middle-aged and older adults. And it's fun!**

## Line Dancing Class

Tuesdays @ 10:00 am

Twelve (12) class session      Cost: \$30.00

**Join in and learn classic and modern line dances.**

## Arthritis Exercise Class

Wednesdays @ 12:30 pm

Ten to Twelve (10-12) class session      Cost: Grant Funded

**Benefits of Exercise for Arthritis: Good news for patients with osteoarthritis, or OA – there's new evidence that physical activity can help prevent or slow OA damage and keep joints healthy. May Delay or Prevent Hip Surgery - People with mild to moderate hip osteoarthritis may be able to delay or avoid hip surgery if they exercise, according to a new study. If you have osteoarthritis, exercise may be the single most effective non-drug treatment you can do for your body.**

**Stained Glass Class  
is Currently FULL**

**We are taking  
names for a Waitlist**

## Stained Glass Craft Class

Fridays @ 12:00 pm

Six (6) class session      Cost: \$30.00

**Learn to make beautiful stained glass pieces. Beginners welcome.**



# Daily Activities



\* All activities are subject to change without notice

MONDAY			
Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
10:00 am - 12:00 pm	Wii Bowling	None	Weekly
10:00 - 3:45 am	Pinochle	None	Weekly
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 - 1:30 pm	Senior Fun and Fitness with Chris Konior	Donation Class; Donations up to \$30.00 for 10-12 weeks	Weekly; Next Session Begins: September 30
12:30 - 3:45 pm	Bridge - <b>players needed!</b>	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
October 14	<b>CLOSED for HOLIDAY</b>		ALL DAY
December 9	Blood Pressure Screening By Carroll Hospital	None	10:00 - 11:00 am



Looking for Bridge and Pinochle players!  
Drop in and join the fun!  
Other Card Games & Players are Welcome





# Daily Activities



\* All activities are subject to change without notice

<b>TUESDAY</b>			
<b>Time</b>	<b>Activity</b>	<b>Cost</b>	<b>Session Info</b>
8:00 am - 3:45 pm	<b>Exercise Equipment Room</b>	None	Daily
8:30 am - 3:45 pm	<b>Billiards</b>	None	Daily
8:30 am - 3:45 pm	<b>Computer Lab</b>	None	Daily
8:30 am - 3:45 pm	<b>Library</b>	None	Daily
8:30 am - 3:45 pm	<b>Cards, Games &amp; Puzzles</b>	None	Daily
9:00 - 9:45 am	<b>Zumba Gold</b> 	\$30.00 for 10-12 weeks	Weekly; <b>Next Session Begins:</b> October 1
10:00 - 11:00 am	<b>Study of Man</b>	None	Weekly
10:00 - 11:30 am	<b>Country Line Dancing</b>	\$30.00 for 10-12 weeks	Weekly; <b>Next Session Begins:</b> October 1
12:00 pm	<b>Lunch</b>	<b>By reservation; See page 3 for menu &amp; meal cost</b>	Daily
12:30 pm	<b>Nickel Bingo</b> 1st & 5th Tuesday	5¢ per card	Ongoing
12:30 pm	<b>Left, Right, Center Dice Game</b> - 3rd Tuesday	Bring Your Nickels!	Adding a second day of LRC monthly
October 22	<b>Crab &amp; Shrimp Feed:</b> By Pre-Order & Pre-payment Dependent on Crab Availability	See Flyer for More Information	12:30 pm
October 29 10:30 am	<b>America Says</b>	None	Join us as we play the game of guessing the top answers to fill-in-the-blank survey questions



**Looking for Volunteers to Call Bingo  
See Erica or Shawn for more information**



# Daily Activities



\* All activities are subject to change without notice

## WEDNESDAY

Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	<b>Exercise Equipment Room</b>	None	Daily
8:30 am - 3:45 pm	<b>Billiards</b>	None	Daily
8:30 am - 3:45 pm	<b>Computer Lab</b>	None	Daily
8:30 am - 3:45 pm	<b>Library</b>	None	Daily
8:30 am - 3:45 pm	<b>Cards, Games &amp; Puzzles</b>	None	Daily
8:30 am - 3:45 pm	<b>Push Rummy</b> 2nd and 4th Wednesday	None	Bi-Monthly
12:00 pm	<b>Lunch</b>	<b>By reservation; See page 3 for menu &amp; meal cost</b>	Daily
12:30 - 1:30 pm	<b>Arthritis Foundation with Chris Konior</b> <b>** October 2 is our MD Walk Day walk at Robert's Mill Park 12:30 - 2:30 pm; see flyer</b>	<b>Grant Funded Class;</b> 10-12 weeks	Weekly; <b>Next Session Begins:</b> October 2
1:00 - 3:30 pm	<b>Mahjongg</b>	None	Weekly
1:30 - 3:30 pm	<b>Cornhole</b> No Experience Needed	None	Weekly; Join the Fun
October 16	<b>Jeopardy</b>	None	10:30 am
December 18	<b>Legal Aid Staff will be at the senior center</b>	None	1:00 - 4:00 pm; Walk-In





# Daily Activities



\* All activities are subject to change without notice

<b>THURSDAY</b>			
<b>Time</b>	<b>Activity</b>	<b>Cost</b>	<b>Session Info</b>
8:00 am - 3:45 pm	<b>Exercise Equipment Room</b>	None	Daily
8:30 am - 3:45 pm	<b>Billiards</b>	None	Daily
8:30 am - 3:45 pm	<b>Computer Lab</b>	None	Daily
8:30 am - 3:45 pm	<b>Library</b>	None	Daily
8:30 am - 3:45 pm	<b>Cards, Games &amp; Puzzles</b>	None	Daily
9:30 – 10:30 am	<b>Staying Fit with Chris Konior</b>	<b>Donation Class;</b> Donations up to \$30.00 for 10-12 weeks	Weekly; <b>Next Session Begins:</b> October 3
12:00 pm	<b>Lunch</b>	<b>By reservation;</b> <b>See page 3 for menu &amp; meal cost</b>	Daily
12:30 pm	<b>Nickel Bingo</b> 2nd & 4th Thursday	5¢ per card	Ongoing
October 3	<b>Flu Vaccination Drive-thru Clinic</b>	9:00 - 11:00 am	Bring ID & Insurance cards; see flyer
October 3	<b>Fresh Conversations: Nutrition Talk with Terry Serio</b>	None	12:00 pm; No registration required
October 3	<b>October Birthday Celebration</b>	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
October 3	<b>Left, Right, Center Dice Game</b>	Bring Your Nickels!	Monthly; 12:30 pm
October 10	<b>Site Council Meeting</b> 2nd Thursday	None	10:30 am; All members are
October 17	<b>Bureau of Aging/Disabilities: Information &amp; Assistance</b> Appointments at TSC	None	10:00 am; To make an appointment, call 410-386-3800
October 17	<b>Oktoberfest Special Lunch &amp; Puzzle Palooza</b>	<b>By reservation;</b> <b>See page 3 for menu &amp; meal cost</b>	12:30 pm; Teams of 2; Must register by 10/11
October 24	<b>Monthly Craft: Wood Owls</b>	\$10.00	10:00 am; See Flyer
October 31	<b>Halloween Costume Hop &amp; Special Lunch</b>	<b>By reservation;</b> <b>See page 3 for menu &amp; meal cost</b>	DJ 11:30 am -1:30 pm Lunch 12:00 pm Music & Games after lunch





# Daily Activities

Walking is real exercise  
Not all workouts are measured in sweat.



\* All activities are subject to change without notice

## FRIDAY

Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	<b>Exercise Equipment Room</b>	None	Daily
8:30 am - 3:45 pm	<b>Billiards</b>	None	Daily
8:30 am - 3:45 pm	<b>Computer Lab</b>	None	Daily
8:30 am - 3:45 pm	<b>Library</b>	None	Daily
8:30 am - 3:45 pm	<b>Cards, Games &amp; Puzzles</b>	None	Daily
9:00 am	<b>Walking at Robert's Mill Park</b> Three (3) Laps equal One (1) Mile	None	Weekly; On Your Own
9:00 am - Noon	<b>Walking Indoor Exercise</b> Walk & stretch to Leslie Sansone exercise videos	Free	Weekly; Drop-In <i>Join Us when its too cold to walk outside</i>
12:00 pm	<b>Lunch</b>	<b>By reservation; See page 3 for menu &amp; meal cost</b>	Daily
12:00 - 2:30 pm	<b>Stained Glass</b> <b>The Class is Currently FULL; We are taking names for a Waitlist</b>	\$30.00 for 6 weeks, includes materials	Weekly; <b>Next Session Begins:</b> October 4

**NOTE: In most cases, if classes are not full, you may join a class in progress without waiting until the next session begins. See center manager for details.**

The Carroll County Bureau of Aging & Disabilities suggests that those interested in taking a physical activity program should consult with a medical professional before engaging in these activities. Physical exertion may be inappropriate for people with certain medical conditions. You must initial the Participation Agreement on the Membership Form prior to participating in these programs.

# Extras At-A-Glance

Date	Program	Time	Info
Tuesday, October 1	Nickel Bingo	12:30 pm	5¢ per card
Thursday, October 3	Flu Vaccination Drive-thru Clinic	9:00 - 11:00 am	See Flyer
Thursday, October 3	Fresh Conversations: Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, October 3	October Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, October 3	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Thursday, October 10	Site Council Meeting	10:30 am	All members encouraged to attend
Thursday, October 10	Nickel Bingo	12:30 pm	5¢ per card
Monday, October 14	CLOSED for HOLIDAY		All Day
Tuesday, October 15	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Wednesday, October 16	<i>Jeopardy</i>	10:30 am	What Is Fun?
Thursday, October 17	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	<b>Free: To make appointment call 410-386-3830</b>
Thursday, October 17	Oktoberfest Special Lunch	12:00 pm	Join us for lunch
Thursday, October 17	Puzzle Palooza	12:30 pm	Teams of 2; register by 10/11
Monday, December 9	Blood Pressure Screening	10:00 - 11:00 am	Carroll Hospital Sponsored
Tuesday, October 22	Crab & Shrimp Feed *Subject to Crab Availability	12:30 - 4:00 pm	See Flyer
Thursday, October 24	Monthly Craft: Wood Owls	10:00 am	\$10.00
Tuesday, October 24	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, October 29	<i>America Says</i>	10:30 am	Join us as we play the game of guessing the top answers to fill-in-the-blank
Tuesday, October 29	Nickel Bingo	12:30 pm	5¢ per card
Thursday, October 31	Halloween Costume Hop & Games after lunch	11:30 am - 1:30 pm	Join us for lunch
Ongoing Monthly	Paint Projects: Craft Room Available	All Day - Except During Scheduled Craft Day	

Walking is real exercise

Not all workouts are measured in sweat.

# Walk Maryland Day October 2, 2024

**Wear  
Purple!!**

Join Taneytown Senior Center for a walk  
around beautiful Roberts Mill Park

Wednesday, October 2  
12:30 - 2:30 pm

Address: 4501 Stumptown Road  
Taneytown, MD 21787

**Rain Date  
10/9**

Come walk five minutes or the full 2 hours.  
Every lap counts!

# 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.

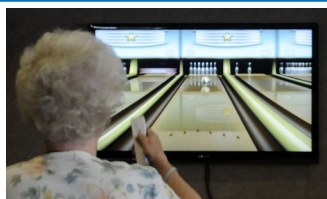


Do You Enjoy Walking  
Or Have You Been Thinking About  
Adding Walking to Your Routine ??

Taneytown Sr Center's *Taneytown Trekkers* walk  
at Roberts Mill Park on Fridays at 9:00 am for  
social, group walking.

This is a weekly drop-in walking group, join us when you can & walk as much  
as you want.

Weather's bad? Come Inside at TSC & walk to a Leslie Sansone walking exercise video



## Bowling Anyone?

Join us Monday mornings for  
Wii (video game) bowling!

All the FUN of regular bowling without the heavy ball



## Oktoberfest Party

Thursday, Oktober 17

Break out your Lederhosen & Dirndls  
Dust Off Your Chicken Dance  
We're Celebrating Our German Roots



Lunch begins at 12:00 pm - RSVP for lunch by Oktober 10



A Day to Play & Fun for All

## Halloween Costume Contest & Hop!!



Thursday, October 31

DJ @ 11:30 am - 1:30 pm

Special Lunch @ 12:00 pm

RSVP for lunch by October 24

Games & Music following lunch





## FRESH CONVERSATIONS



Fresh Conversations provides a new, or fresh, newsletter each month. Each issue focuses on a current health topic and offers practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well!

The newsletter provides up-to-date information to you from nutrition and health research. You will also find low-cost, healthy recipes, easy ways to be active at home, puzzles and games.

# FREE EVENTS

## Fresh Conversations is a Nutrition Program

This will be a [6]-part series with one session monthly beginning on May and running through November. Sign-up at Taneytown Senior Center.

**Room:** Lunch Room

**Time:** 12 noon

- Dairy Case Dilemma: Is It Really Milk? **October 3, 2024**
- Are Healthy Bones Important? **November 7, 2024**

You will be asked to fill out a voluntary survey that will take ~5 minutes.

If you need a reasonable accommodation to participate in any event or activity, please contact us 14 days before your preferred individual session.

Terry Serio 410-491-7477

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Living Your Dreams • Be Active, Be Strong

**JOIN US FOR  
FUN & CONVERSATION**

# Puzzle Palooza

Join Us

On October 17th @ 12:30 pm

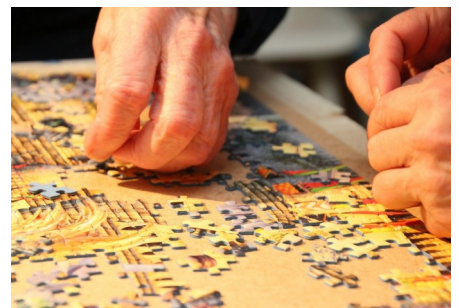
For a day of puzzling!

All puzzles have 500 pieces

Puzzle completion will be timed - Who can put the puzzle together the fastest

Teams of 2

Sign-Up by 10/11



## Volunteering 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

# October Craft Fun



**Wood Owls**

**Thursday**

**October 24**

**10:00 am - until  
finished**

**Cost: \$10**





# Crab & Shrimp Feed



SENIOR  
CENTER  
MEMBERS  
ONLY!

**Tuesday,  
October 22  
12:30 PM**

**at Taneytown Senior Center**

*\*Subject to Crab Availability*

**Preorder & prepay for steamed crabs & shrimp  
by Noon, Tuesday, October 15.**

**Cost per crab - \$2.50 (mediums)**

**Shrimp - \$13.00 / pound**

**Crabs/Shrimp must be paid for at the time of order.**

**No Exceptions Or Walk-ins! NO Carry Out!**

**Water & Iced Tea Provided. No alcohol allowed.**

**Regular lunch served at 12:00pm. Reserve your regular  
lunch by end of day October 17**

# Paintings for October

6" x 6" canvas panels

More Choices Available - Prefer something else? Chat with Erica



Ongoing - Start anytime & Go at your own pace

Cost: 2 for \$5.00 (materials fee)



**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](mailto: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

4<sup>th</sup> (Mon), 5<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>, 26<sup>th</sup>

December 2024

3<sup>rd</sup>, 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>

No class 11/28

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

**Virtual Link will be sent upon receipt of required registration paperwork**

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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.

# 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](mailto:vparks@carrollcountymd.gov).

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.

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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.

# 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](mailto: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](mailto:LivingHealthy@carrollcountymd.gov)

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



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Wednesdays 9:00 a.m.— 11:30 a.m.

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# Come Play.....



**Wednesday, October 16**  
**10:30 am**

What is join us for Jeopardy?  
Test your memory in a WIDE  
variety of categories.

**Tuesday, October 29**  
**10:30 am**

Join us as we play the game of  
guessing the top answers to fill-in-  
the-blank survey questions

