

NEWS FLASH

WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave
Westminster, MD 21157

410-386-3850

westminstersc@carrollcountymd.gov

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

October 2024

Center Hours:

Monday-Friday

8:00 am to 4:00 pm

Center Closed:

Monday, October 14



INFORMATION STATION

CENTER STAFF



CENTER MANAGER:
KATIE WOODEN

CENTER ASSISTANT:
ESTHER BALDWIN

CENTER CUSTODIAN:
PHIL DAUGHERTY

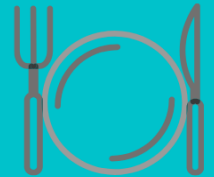


Updating Your Membership Form

Every Senior Center Member **MUST** update their membership form **YEARLY** (around your birthday). This helps us keep our records up to date. If you are unsure if you have updated yet this year please check with Katie!

🌟 MEAL PROGRAM 🌟

Lunch is served at 11:30 am Monday - Friday



Reservations are required: Reservation Deadlines (RSVPs) are noted for each day. Otherwise, meals cannot be guaranteed. Call 410-386-3854 or see Center Assistant to learn how to sign up. Advanced notice of changes will be given when possible

Cost of lunch for seniors 60 and older is a donation up to \$6.31 for a Hot Lunch or \$7.24 for a Cold Lunch. Those 59 and younger must pay the full price of \$6.31 for a Hot Lunch or \$7.24 for a Cold Lunch. 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.

Interested in Volunteering?

Stop by the front desk to pick up a Volunteer Application.




DON'T FORGET TO SIGN ON THE TOUCH SCREEN EACH TIME YOU COME TO THE CENTER!

HOT Lunches *Westminster Senior Center* OCTOBER 2024

Reservations REQUIRED: Reservation Deadlines (RSVPs) are noted for each day.
 Otherwise, meals cannot be guaranteed. Call 410-386-3854 or sign up with Assistant Manager.
 Advanced notice of changes will be given when possible. Lunch is served at 11:30 am.
Circle days eating; on either HOT or COLD side. Write name on menu & turn in the white copy.
 Meal Price: 60 Years Old & Up = **HOT LUNCH Donation Up To \$6.31 includes accompanying younger spouses;**
 Under 60 Years Old = **Full Price \$6.31 Paid Directly To Assistant Director NAME:**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

	1	2	3	4
	RSVP 9/25/24 MEATLOAF W/ GRAVY HERB ROASTED POTATOES CREAMY CUCUMBER SALAD WHEAT BREAD MANDARIN ORANGES	RSVP 9/25/24 PORK LOIN SWEET ONION GRAVY PEAS & MUSHROOMS GARLIC M. POTATOES WHEAT BREAD FRUIT COCKTAIL CHOC. MILK	RSVP 9/25/24 HONEY BBQ BEEF RIB PATTY ON ROLL FIESTA BLACK BEANS COLE SLAW YOGURT	RSVP 9/25/24 CHICKEN BREAST COQ AU VIN BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE SNACK PACK
7	8	9	10	11
RSVP 10/1/24 SALISBURY STEAK GRAVY ROASTED POTATOES HARVARD BEETS WHEAT BRAED AMISH BEAN SALAD	RSVP 10/1/24 VEGGIE SOUP TUNA SALAD / ROLL LETTUCE / TOMATO POTATO SALAD THREE BEAN SALAD MANDARIN ORANGES	SPECIAL SUB DAY RSVP 10/1/24 SLICED HAM & CLUB ROLL CHEDDAR CHEESE CONDITMENTS COLE SLAW POTATO SALAD FRUIT COCKTAIL	RSVP 10/1/24 MAPLE PEACH GLAZED HAM AUGRATIN POTATOES BRAISED CABBAGE WHEAT BREAD PINEAPPLE TIDBITS CHOCOLATE MILK	RSVP 10/1/24 ROAST CHICKEN W/ CREAMY ARTICHOKE SAUCE YELLOW RICE PILAF SEASONED GREENS WHEAT BREAD CINNAMON APPLE SLICES
14	15	16	17	18
CLOSED 	RSVP 10/8/24 ROAST BEEF & BURGUNDY GRAVY ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES	RSVP 10/8/24 CHICKEN CACCITORE BROWN RICE BUTTERED CARROTS WHEAT BREAD GREEN PEA & RED PEPPER SALAD	SPECIAL OKTOBERFEST RSVP 10/8/24 BRATWURST W/ ONIONS & PEPPERS CLUB ROLL BRAISED RED CABBAGE RED SKIN POTATOES WALDORF SALAD DESSERT / CIDER	RSVP 10/8/24 TOMATO BEAN SOUP TUNA SALAD SANDWICH COPPER PENNIES HOT CINNAMON APPLES YOGURT
21	22	23	24	25
RSVP 10/15/24 CREAMY RANCH CHICKEN YELLOW RICE PILAF PEAS & CARROTS WHEAT BREAD MOROCCAN BEET SALAD	RSVP 10/15/24 MEATBALL SUB CHEESE GARNISH WHEAT ITALIAN ROLL GREEN BEANS MANDARIN ORANGES	RSVP 10/15/24 CHICKEN BREAST PAPRIKA LEMON RICE PILAF GREEN AND WAX BEAN MEDLEY WHEAT BREAD CINNAMON APPLESAUCE YOGURT	RSVP 10/15/24 SPLIT PEA SOUP CHICKEN SALAD SANDWICH LETTUCE / TOMATO COLE SLAW TROPICAL FRUIT (FIRST DAY EARLY VOTING)	RSVP 10/15/24 CHICKEN SANDWICH ROLL BROCCOLI FRUIT CUP JUICE AND MILK
28	29	30	31	
RSVP 10/21/24 CHICKEN FAJITAS TORTILLA SOUR CREAM MEXICAN RICE PEACHES	RSVP 10/21/24 BOX LUNCH ONLY TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	RSVP 10/21/24 WG PASTA BAKE WHEAT BREAD GREEK CUCUMBER TOMATO SALAD	RSVP 10/21/24 HOT DOG MEAL CNDITMENTS BAKED BEANS COLE SLAW DICED PEARS (LAST DAY EARLY VOTING)	1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch

COLD Lunches *Westminster Senior Center* OCTOBER 2024

Reservations REQUIRED: Reservation Deadlines (RSVPs) are noted for each day.

Otherwise, meals cannot be guaranteed. Call 410-386-3854 or sign up with Assistant Manager.

Advanced notice of changes will be given when possible. Lunch is served at 11:30 am.

Meal Price: 60 Years Old & Up = **COLD LUNCH Donation Up To \$7.24** includes accompanying younger spouses;
Under 60 Years Old = **Full Price \$7.24** Paid Directly To Assistant Director

Prefer a COLD lunch instead? Circle day of the Cold lunch. Write "COLD" on the HOT side of the menu, on the day of the substitution.

Write name on the menu & turn in white copy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>RSVP 9/25/24 ¹</p> <p>TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE</p>	<p>RSVP 9/25/24 ²</p> <p>COLD FRIED CHICKEN PATTY ON ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE</p>	<p>RSVP 9/25/24 ³</p> <p>EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p>RSVP 9/25/24 ⁴</p> <p>TURKEY & CHEESE ON BREAD CARROT PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE</p>
<p>RSVP 10/1/24 ⁷</p> <p>CURRIED CHICKEN SALAD ON ROLL COLBY CHEESE STICK CARROT SNACK PACK- SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE</p>	<p>RSVP 10/1/24 ⁸</p> <p>COLD GRILLED CHICKEN BREAST ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p>RSVP 10/1/24 ⁹</p> <p>CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE</p>	<p>RSVP 10/1/24 ¹⁰</p> <p>HAM AND CHEESE ON HOAGIE ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p>RSVP 10/1/24 ¹¹</p> <p>TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ. CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE</p>
<p>RSVP 10/8/24 ¹⁴</p> <p>CLOSED</p>	<p>RSVP 10/8/24 ¹⁵</p> <p>TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE</p>	<p>RSVP 10/8/24 ¹⁶</p> <p>COLD FRIED CHICKEN PATTY ON ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE</p>	<p>RSVP 10/8/24 ¹⁷</p> <p>EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p>RSVP 10/8/24 ¹⁸</p> <p>TURKEY & CHEESE ON BREAD CARROT PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE</p>
<p>RSVP 10/15/24 ²¹</p> <p>CURRIED CHICKEN SALAD ON ROLL COLBY CHEESE STICK CARROT SNACK PACK- SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE</p>	<p>RSVP 10/15/24 ²²</p> <p>COLD GRILLED CHICKEN BREAST ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p>RSVP 10/15/24 ²³</p> <p>CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE</p>	<p>RSVP 10/15/24 ²⁴</p> <p>HAM AND CHEESE ON HOAGIE ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p>RSVP 10/15/24 ²⁵</p> <p>TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ. CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE</p>
<p>RSVP 10/21/24 ²⁸</p> <p>BOLOGNA, SALAMI & CHEESE, ON ROLL CARROT SNACK PACK COLBY CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE</p>	<p>RSVP 10/21/24 ²⁹</p> <p>TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE</p>	<p>RSVP 10/21/24 ³⁰</p> <p>COLD FRIED CHICKEN PATTY ON ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE</p>	<p>RSVP 10/21/24 ³¹</p> <p>EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	

Daily Activities

Activity	Time	Cost	Location
Billiards	8:00 am - 3:45 pm	None	Billiards Room
Computer Lab	8:00 am - 3:45 pm	None	Computer Lab
Exercise Equipment Room	8:00 am - 3:45 pm	None	Exercise Room
Bingo Penny Bingo	9:00 - 11:00 am	Penny per card 3rd Thursday: Nickle per card	Game Room
Morning Table Talk Catch-up, Relax, Enjoy Coffee with your senior center friends.	9:00 - 11:00 am	None	Dining Room
Lunch	11:30 am	See menu for reservation deadlines & directions.	Dining Room
Walk the WSC Walking Path	8:00 am - 3:45 pm	Free	Backyard

*All Activities are subject to change without notice.

Arts & Crafts Activities

Activity	Day	Time	Cost	Session Info/Location
Painting & Drawing All skill levels & medium forms. Instructor led class.	Mondays	12:30 - 3:00 pm	\$25	8 Weeks Session began: September 9, 2024
Stained Glass – Space is limited-more info to come once space is available	Tuesdays, Wednesdays & Thursdays	T: 8:15 - 12:00 pm W: 8:15 - 12:00 pm Th: 12:00 - 3:45pm	\$15 one-time fee plus \$2 each class for materials	Craft Room
Clay Crafters – Space is limited-more info to come once space is available	Tuesdays	12:00 - 3:30 pm	\$15 one-time fee plus \$2 each class for materials	Ceramic Room
Needle Circle	Mondays	M: 9:00 - 11:00 am	None	Craft Room
Quilting Circle & Smiling with Stitches – Quilting & Project Linus blanket community service group.	Thursdays	9:00 - 11:00 am	None	Craft Room; Must supply own material

Exercise Classes

*Start dates for sessions are subject to change. Please contact the Center with any questions.

Activity	Day	Time	Cost	Session Info
Dance Fitness <i>(Low Intensity)</i> Fun music & dance moves for staying fit!	Monday, Wednesday, & Fridays	8:45 - 9:45 am	\$35/month; includes Mon, Wed, & Fri	Session runs Monthly; 3x Weekly
Arthritis Exercise Class <i>(Low Intensity)</i>	Mondays	1:00 - 2:00 pm	Donation	12 weeks Next Session Begins: December 2, 2024
Arthritis Exercise Class <i>(Low Intensity)</i>	Thursdays	1:00 - 2:00 pm	Donation	12 weeks Next Session Begins: December 2, 2024
Dance Fitness & Strength Exercise Class <i>(Moderate Intensity & Coordination)</i> High-energy dancing & strengthening exercises	Tuesdays	1:00 - 2:00 pm	\$35	12 weeks Next Session Begins: October 1, 2024
Zumba Gold <i>(Moderate Intensity & Coordination)</i> With modifications for chair use!	Tuesdays	10:30 - 11:30 am	\$35	10-12 Weeks Next Session Begins: November 19, 2024
Circuit Training Class <i>Moderate Intensity</i>	Tuesdays	9:30 - 10:30 am	Donation	12 Weeks Next Session Begins: October 1, 2024
Yoga With modifications for chair use	Wednesdays	10:00 - 11:00 am	\$40	8 weeks Next Session Begins: October 2, 2024
Line Dance Class <i>(Moderate Intensity & Coordination)</i>	Thursdays	10:00 - 11:30 am	\$35 Includes Monday practice class	10-12 Weeks Next Session Begins: November 7, 2024
Line Dance Practice	Mondays	10:30 - 11:30 am	Included with Thursday's Class Fee	
Stretch & Strength Exercise Uses exercise videos	Tuesdays & Thursdays	T: 9:00 - 10:00 am Th: 8:45 - 9:45 am	Free	Drop-in
Walking Indoor Exercise Walk & stretch to Leslie Sansone exercise videos	Monday, Wednesday, & Fridays	M: 2:00 - 3:00 pm W: 1:30 - 2:30 pm F: 1:30 - 2:30 pm	Free	Drop-in
Pickleball Must have own equipment	Mondays, Wednesdays & Fridays	8:30 am - 11:30 am	\$10 one-time fee; Pay at WSC	Meets at Robert Moton Center Gym

Cards, Games & Entertainment

Activity	Day	Time	Session Info/Location
Carroll County Duplicate Bridge ACBL Sanctioned, Experienced Play	Mondays	11:30 am - 3:30 pm	Game Room; Sanctioned Play Dues
Pinochle	Fridays	11:30 am - 2:45 pm	Game Room
Progressive 500 Card	Wednesdays	11:30 - 3:30 pm	Game Room
Hand & Foot Card Game	Tuesdays	11:15 am - 3:30 pm	Game Room
Mahjong	Thursdays	12:30 - 3:30 pm	Game Room
Thinking Power Test your memory	Tuesdays	10:00 - 11:00 am	Dining Room
Wii Games: Bowling	Wednesdays	10:00 - 11:00 am	Dining Room TV
Afternoons at the Movies	Thursdays	12:30 pm	Classroom
Prize Bingo: Come play for fun prizes!	Fridays	12:30 - 2:00 pm	Dining Room

*All Activities are subject to change without notice.

Please note that we have had to raise prices on some of our exercise classes. If you have any questions or concerns please see Katie! -Thank you

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


Upcoming Special Events

Program	Date	Time	Session Info
Legal Aid	Wednesday, October 2	1:00 pm - 4:00 pm	Free; no appointment needed, just stop in!
Fresh Conversations w/ Terry Serio	Thursday, October 3	10:00 am	Free; meet in dining room. "Beating the Silent Killer"
Drive-Thru Flu Shots	Friday, October 4	9:00 am - 11:00 am	Please see flyer
Apple Festival	Tuesday, October 8	12:30 pm	Please see flyer
Walk MD	Friday, October 11	9:00 am - 11:00 am	Please see flyer
Center Closed	Monday, October 14	ALL DAY	
Oktoberfest Lunch	Thursday, October 17	11:30 am	Reservations Required for lunch
Halloween Dance	Friday, October 18	12:00 - 2:00 pm	Please see flyer
Early Voting	October 24 - 31	7:00 am - 8:00 pm	
Blood Pressure Screening	Monday, November 4	10:00 - 11:00 am	Free, in the dining room
Legal Aid	Wednesday, November 6	1:00 pm - 4:00 pm	Free; no appointment needed, just stop in!
Center Closed	Monday, November 11	ALL DAY	
Site Council Meeting	Monday, November 18	12:30 pm	In the classroom: All welcome to attend!
Thanksgiving Lunch	Tuesday, November 26	11:30 am	Reservation Required for lunch
Center Closed	Thursday, November 28 & Friday, November 29	ALL DAY	

*Special Events are subject to change without notice.

WSC Activities during Early Voting

 **All classes held in the Multi-Purpose Room are cancelled from Wednesday, October 23 to Thursday, October 31.**

 **Lunches will be take away only from October 24 to October 31. Lunches can be picked up from 11:30 am - 12:00 pm at The COVE, 115 Stoner Ave, Westminster, MD 21157.**



All other activities and classes will take place on Thursday, October 24 and Friday, October 25. In the event of high voter traffic inside the center the Bureau of Aging & Disabilities will reevaluate to determine if activities can be safely offered between Monday, October 28 to Thursday, October 31. Please call the center after 4:00 pm on Friday, October 25 to see if a decision has been made.



Walk Maryland Day 2024

Friday, October 11

9:00 - 11:00 am



Join Westminster Senior Center for
a walk around our Walking Path.

Come walk for five minutes or the full 2 hours. Every lap
counts! Help us meet our goal of Older Marylanders
Walking 1 Million Miles!

We hope to see you there!

Halloween Dance

Friday, October 18
12:00 pm - 2:00 pm

Costume Contest
&
DJ Sonny
Come and enjoy a spooky time!





Apple Tasting

Tuesday, October 8

12:30 pm in the Dining Room

Come sample different types of apples with Lisa. Then the fun begins with different dips and toppings for a sweet treat!

While supplies last!



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 in May and running through October.

Room: Dining Room
Time: 10:00 am

- **Are Healthy Bones Important?** October 3, 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

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN & CONVERSATION**

Mt. Airy Senior Center

703 Ridge Ave.
Mt. Airy, MD 21771

Monday 09/30/24
9:00am - 11:00am

North Carroll Senior Center

2328 Hanover Pike
Hampstead, MD 21074

Tuesday 10/01/24
9:00am - 11:00am

South Carroll Senior Center

5928 Mineral Hill Road
Eldersburg, MD 21784

Wednesday 10/02/24
9:00am - 11:00am

Taneytown Senior Center

220 Roberts Mill Road
Taneytown, MD 21787

Thursday 10/03/24
9:00am - 11:00am

Westminster Senior Center

125 Stoner Ave.
Westminster, MD 21157

Friday 10/04/24
9:00am - 11:00am



FLU SHOT CLINICS CARROLL COUNTY SENIOR CENTERS

DRIVE THRU



Get your flu shot **in late Sept/Oct** for best protection through the entire flu season.

**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**
Regular Influenza Vaccine = \$30
High-Dose Influenza Vaccine = \$85

What to Wear

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

Questions? Contact Finksburg Pharmacy at 410-526-1055



Bureau of Aging & Disabilities
Carroll County Department of Citizen Services

This Day in History... August 24, 1935

Potato Stamps

On August 24, 1935, President Franklin D. Roosevelt signed the Potato Control Law, which led to the creation of short-lived Potato stamps.

The Potato Control Act was an amendment of the Agricultural Adjustment Act (AAA). The AAA had been passed in 1933 by President Roosevelt to help boost agricultural prices by decreasing surpluses. The AAA also created the Agricultural Adjustment Administration to oversee the grants given to farmers.

The Potato Control Act was first brought before the House on June 15, 1935, by John M. Jones and was signed into law two months later. The goal of the law was to help the nation's 30,000 potato farmers. They were concerned that new farmers who had to abandon their land due to other AAA stipulations might overburden the potato market.



Stamp issued to show the tax of 1/4¢ had been paid for a pound of potatoes.

The law went into effect on December 1, 1935. Part of the law restricted potatoes from being exported, instead providing that they be supplied for relief to those in need. The act also included a crop-adjustment program of plowing under every fifth row of potatoes to prevent a surplus. Each farmer was given a quota of production and for any excess had to pay a 3/4 cent per pound tax. All the potatoes that were sold under the allotments were tax-free and for this, a tax-exempt stamp was used.



This stamp paid the \$1.50 tax on 200 pounds of potatoes.

Under this law, people and companies were not allowed to buy or offer to buy any potatoes that were not packed in containers approved by the Secretary of Agriculture and sealed with the official stamps. If anyone was found in violation of the law, they could be fined \$1,000 for their first offense and \$1,000 and a year in jail for their second offense.

Many saw the act as radical and unconstitutional because the federal government was directly involved in the economic affairs of potato growers. Many were outraged. A group in New Jersey issued a statement, "That we protest against and declare that we will not be bound by the 'Potato Control Law,' an unconstitutional measure recently enacted by the United States Congress. We shall produce on our own land such potatoes as we may wish to produce and will dispose of them in such manner as we may deem proper."



Tax exempt 2 pound potato stamp

The outrage over the law brought it before the Supreme Court. On January 6, 1936, the US Supreme Court declared that the AAA was unconstitutional. And a month later, the Potato Act was repealed on February 10. Few farmers used the stamps because they were only on sale for less than two months. Potato stamps were the only US stamps valued in an edible commodity.

Mystic Stamp Company • Camden, NY 13316

Postage Stamp Collector Club

Next club meeting:

October 31, 2024

11 am - 12 pm

in the Craft Room

All welcome to attend!

PA Christmas & Gift Show

Harrisburg, PA

Wednesday, December 4, 2024

Bus Leaves WSC at 8:30 am &
Returns to WSC by 5:00 pm

Cost: \$45.00 per person

Includes Show Ticket, lunch is on your own!

Sign up by October 30



If interested, please sign up at the Front Desk. Payment due at time of sign up! payment will be held until day of the trip.

All trip times, cost & package offers are subject to change depending on participation and weather.

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 Americans with Disabilities Act Coordinator, 410.386.3600, 1.888.302.8978, 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.



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

Tuesday, November 13th, 2024

North Carroll Senior Center

2328 Hanover Pike
Hampstead, MD 21074

Tuesday, November 19th, 2024

Westminster Senior Center

125 Stoner Ave
Westminster, MD 21157

Tuesday, December 3rd, 2024



SHIP
State Health Insurance
Assistance Program

Navigating Medicare



SMP
Senior Medicare Patrol

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

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 as soon as possible but no later than 72 hours before the scheduled event. Email: ada@ccg.carr.org

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

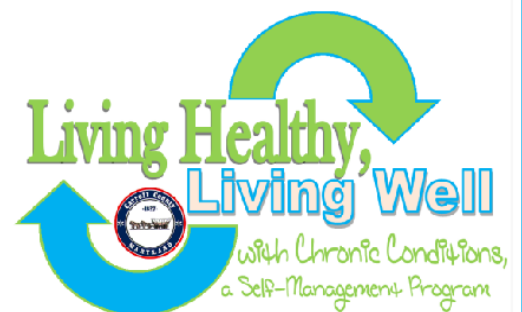
What's in it for me? *People who have taken the workshop show:*

- 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

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.



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.



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 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.

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.

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 as soon as possible but no later than 72 hours before the scheduled event.