



# THE CONNECTION

Calvert County Office on Aging Newsletter

September 2020



## From the Division Chief

September has arrived, summer is ending, and the fall season is arriving soon. As the leaves fall, and the temperatures drop slowly, I trust you will enjoy the blessings of family and friends. And pumpkin spice flavored....everything!

With the weather changing, we are preparing for our annual flu shot clinic. This year, it will be a drive-thru clinic, as we adjust to the current situation. Speaking of maintaining our health, one of our community partners, the Calvert County Health Department, has blood pressure monitors available for individuals who meet certain criteria. And if you are interested in discussing relevant and helpful nutrition topics, let me encourage you to join the "Fresh Conversations" online program, in collaboration with the University of Maryland Extension. We have offered this program in the past and it received rave reviews from our senior participants. Finally, if you have a loved one with Alzheimer's, there is an online support group and interested participants can call 410-394-3000 for more information.

While we cannot state for certain when our doors will re-open, we certainly look forward to meeting with you again soon. We continue to deliver meals on a weekly basis and continue to provide essential services to seniors in our community during our closure to the public. In the meantime, I encourage you to check out our "Virtual Senior Center" and see the many programs we offer online. It can be accessed [here](#).

V/R,  
Susan Justice  
Division Chief

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**Welcome new staff**



Office on Aging staff is happy to announce the hiring of Kristy Matchett. Kristy is one of three social services MAP coordinators for the Office on Aging (OOA) and will assist at all three senior sites.

We are so pleased to have Kristy onboard. Welcome Kristy!

We are also pleased to welcome Tammie Messer as the new program assistant at Calvert Pines Senior Center. Welcome Tammie!



### Ombudsman news

The OOA is pleased to announce Amy Boucher as our new Long Term Care Ombudsman. Together with Larry Harvey, Amy will advocate for the nursing home and assisted living home residents of Calvert County. If you would like to speak to Larry or Amy about a question or a concern relating to one of our county nursing homes or assisted living homes, please contact the Calvert County OOA at 410-535-4606.



### Blood pressure monitors available

In collaboration with the Calvert County Health Department and the state of Maryland, the state has issued a mini-grant to assist those with new or pre-existing conditions of high blood pressure as a result of the most recent nationwide pandemic. If you or a loved one has a history of high blood pressure and are in need of a blood pressure monitor to manage your blood pressure at home, contact Chronic Disease Coordinator Jen Schindler at the Calvert County Health Department at 410-535-5400, ext. 459. Monitors will be distributed on a first come first serve basis to individuals in Calvert County with a blood pressure of 140/80 or higher.

### Drive-thru flu shots

In collaboration with CalvertHealth, the OOA will hold flu shots at each senior center. No pre-registration required, and there is no fee. Walkers are welcome. Seniors who drive will not need to get out of their vehicle. For more information, call 410-535-8233.

Calvert Pines, Thursday, Sept. 24, 10 a.m. to noon  
Southern Pines, Monday, Sept. 28, 10 a.m. to noon  
North Beach, Monday, Oct. 5, 10 a.m. to noon

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## Christmas in April

*Christmas in April\** Calvert County, Inc. is now accepting applications for its 2021 program. **Application deadline is Sept. 30, 2020.**

The application is available on the [Christmas in April website](#) and may be submitted online. An application may also be requested by mail by calling Christmas in April at 410-535-9044.

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## Veterans, Let's Talk webinar

We are proud to partner with Calvert Hospice for this series. Normally, we hold these meetings at our senior centers. But for now, the meetings are held virtually. Contact Bill Miller at Calvert Hospice for more information at [wmiller@calverthospice.org](mailto:wmiller@calverthospice.org).

The next meeting is scheduled for Tuesday, Sept. 29, 1 p.m.

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## Fresh Conversations

The Office on Aging is proud to partner with the University of Maryland Extension. The Fresh Conversations nutrition program ran at Southern Pines Senior Center in 2019 and we are excited the program is offered virtually. Contact Erin Jewell for more information at [erinj@umd.edu](mailto:erinj@umd.edu).

Details about the program are here:  
<https://extension.umd.edu/calvert-county/food-and-nutrition/fresh-conversations-older-adults>.



## Special needs registry

Calvert County Emergency Management maintains a special needs registry to assist individuals who may require evacuation in the event of an emergency. Anyone who has unique needs to hinder or prevent them from taking protective actions on their own should sign up for the special needs registry. Placement on the registry gives first responders the critical information they need to help those who require special assistance during an emergency.

Download the [special needs information form](#) to join the registry. To learn more, email Emergency Management or call 410-535-1600, ext. 2638.

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## National Senior Citizen Day was a success

National Senior Citizen Day was celebrated in Calvert County on Friday, Aug. 21. The Office on Aging held a drive through "hello" and goody bags were distributed to all seniors who attended. Across all the senior centers, 170 goody bags were distributed. What a fabulous turnout!

### CONTACT INFORMATION

#### Office on Aging

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[www.calvertcountymd.gov](http://www.calvertcountymd.gov)

