



THE CONNECTION

Calvert County Office on Aging Newsletter

January 2021



From the Division Chief

Happy New Year! We are excited that a new year is upon us, and we look forward to all the possibilities that it may bring. As always, if we can assist you, please don't hesitate to call upon us.

Wishing you a healthy and joyous new year!

V/R,
Susan Justice
Division Chief

Coming Soon!

2020 Tax Services



We are continuing to work on tax preparation plans for 2020 tax returns. Please look for an update in the February newsletter. Thank you for your patience and understanding during these challenging times.



Are You a Caregiver?

If you are a caregiver, we are here to support you. If you would like to receive a publication from the Office on Aging designed specifically for caregivers, please contact Long-Term Care Manager Lisa Caudle at 410-535-4606.



Office on Aging Staff Honored

The Office on Aging received a “Team Excellence” Award from the Calvert County Employee Recognition Committee. Our agency was recognized for delivering over 30,000 meals to senior doorsteps throughout the pandemic, through the summer heat, winter cold, muddy driveways and other challenging situations. Our agency was honored by the Board of Calvert County Commissioners at their meeting on Dec. 15. Some of our staff members who were honored are pictured above.

Christmas Caroling

Members of the Office on Aging and Commission on Aging sang Christmas carols to seniors at Calvert Pines, Southern Pines and North Beach Town Center Apartments last month. Thanks to all the seniors who joined us! We enjoyed visiting and singing for you!



Last month, our staff added numerous videos to the [Virtual Senior Center](#).

See numerous craft demonstrations, recipe

demonstrations, exercise classes, and more!



HELP IS AVAILABLE

Maryland Legal Aid

SENIOR SERVICES



The Maryland Legal Aid, Southern Maryland Office, is still providing some legal services to seniors. They can be reached at 301-932-6661. The toll-free number is 877-310-1810. If you need legal assistance, please reach out to them. They are happy to assist you.



Calvert Alliance Against Substance Abuse

The Calvert Alliance Against Substance Abuse (CAASA) continues to provide services to citizens of Calvert County.

The Office on Aging would like to thank CAASA Staff and members of the Board of Directors for sending out Christmas cards to numerous senior apartment homes in Calvert County.

SENIOR CALL CHECK

1-866-50-CHECK
aging.maryland.gov

[Click here to learn more!](#)



Click on the image above to learn more about the Senior Call Check program.

Maryland Senior Call Check Program

The state of Maryland has a free, opt-in telephone service to check on Maryland's older residents.

To qualify, you must be a Maryland resident who is 65 years of age or older and have an active cell phone or landline phone.

Sign up online at www.aging.maryland.gov or call 1-866-502-0560.

Keep an Eye on Upcoming Events!

Diabetes Self-Management Classes

Join an interactive 6-week workshop for adults with Type 2 Diabetes or Pre-Diabetes. A day class will be held Jan. 25 through March 15 and an evening class will be held Jan. 12 to Feb. 23. To register, please call 410-535-5400, ext. 459.



CONTACT INFORMATION

Office on Aging
450 West Dares Beach Road
Prince Frederick, MD 20678
410-535-4606

www.calvertcountymd.gov

