



THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

July/August 2021

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Happy Independence Day from the Office on Aging!



May we all take a few moments and give thanks for those who contributed greatly to the freedoms we have today. In observance, the Office on Aging will be closed on Monday, July 5.

Susan Justice Retires

Division Chief Susan Justice retires from public service after serving the citizens of Calvert County for 23 years. Susan was instrumental in leading numerous accomplishments during her tenure. She will be greatly missed. Jennifer Moreland, Director of Community Resources, said the following, “Susan accomplished so much in her role, expanding services to accommodate the diverse needs of older adults. She had the unique gift of seeing the big picture but could also make special connections with staff and participants so that the Senior Centers felt like a warm, inviting place.” We wish Susan a happy and healthy retirement!



Senior Center Hours: Monday-Friday, 8:30 a.m. to 4:30 p.m.

www.calvertcountymd.gov ooamailbox@calvertcountymd.gov

Senior services are accessible to individuals with disabilities

Volunteer Opportunities

Friends of Calvert County Seniors, Inc. (FCCS) is a non-profit organization dedicated to improving the quality of life for qualified Calvert County seniors. FCCS provides funds for services to assist them in remaining independent when governmental or grant funds are insufficient. FCCS is seeking members. The group meets the third Tuesday of each month at Calvert Pines. For more info, visit the website at fccseniors.org.

Please contact Liz Youngblood at the Office on Aging at 410-535-4606.

Maryland Energy Assistance Program

The Maryland Energy Assistance Program (MEAP) assists eligible individuals and families with a one-time-per-year grant to help pay heating and electric bills. Grants are usually applied to accounts beginning in December. You must be income-eligible to apply. Appointments are being scheduled at the senior centers. If eligible, please be prepared to provide the following for every person in the home: proof of all monthly income, a social security card, and a photo identification card. You will also need a current heating bill, electric bill, and lease (if renting).

For more information, call a Senior Center.

Scribblers Creative Writing

The North Beach Senior Center hosts a creative writing group on the first and third Thursday of each month. This group has contributed a wonderful video to the Office on Aging's Virtual Senior Center on the Creative Arts section on our website. We encourage you to check it out! Please contact Kathy Shannon, Program Assistant at the North Beach Senior Center for more information. Pictured are participants in the Scribblers Writing program and Program Assistant Kathy Shannon (far right).



North Beach Fitness Room

The North Beach Senior Center has made some changes to its exercise room in an effort to promote a safer experience for all who use the facility. Stop by the Center to see the progress we have made! Pictured moving equipment is Buildings and Grounds Worker Kelly Jones.



Rental and Utility Assistance

A rental and utility assistance program is available to eligible residents and landlords who have been impacted by the pandemic. Households can receive assistance for up to 12 months in past due and rent utilities. Eligible households and apply for future rent and utility cost assistance as well.

Check out the public service announcement from the Calvert County Department of Community Resources for information and updates on its website. Visit www.calvertcountymd.gov/renthelp or call 410-535-1600, ext. 2460. Citizens are also encouraged to contact the Calvert County Department of Social Services at 443-550-6900.

Lost Your COVID Vaccine Card?



If you have lost your COVID vaccine card, please do one of the following:

- Request a copy of your vaccine records from your primary

care physician. Your physician has access to Immunet, and should be able to access your records for you.

- Visit <https://md.myir.net/rorl?next=/> to download your digital records.

Providing new cards is not possible because each card has a specific lot number that cannot be duplicated.

SERVICES

Call 410-535-4606 for more information.

Behavioral Health Counselor - A counselor is available through the Calvert County Health Department, Thursday and Friday at Calvert Pines Senior Center, Wednesday at North Beach Senior Center, and Wednesday at Southern Pines Senior Center. Contact your nearest senior center for more information, or call Lisa Caudle at 410-535-4606.

Caregivers Services - Information, a quarterly newsletter, and limited respite funds are available. Contact Lisa Caudle for more information.

Calvert County Alzheimer's Caregiver Support Group - Meets virtually via Zoom on the 2nd Thursday of every month. For more information, contact Jeannette Findley, 410-394-2647, and JC Hooker, 280-882-2590.

Community First Choice - Assists adults aged 18-plus to remain in the community or return to the community from long term care placement. Contact Lisa Caudle for more information.

Guardianship - Information is provided on private and/or public guardianship. Contact Amanda Seymour, or Lisa Caudle.

Legal Aid Bureau - Attorney services are available by appointment for those aged 60-plus regarding SSI, benefit denials, disability payments, Social Security and SSI overpayments, debtor and consumer problems, advance directives, and tenant issues. To contact an attorney, call 301-932-6661. Appointments at the senior centers will start again in the fall.

Long Term Care Ombudsman - An advocate is available for residents of long-term care facilities. For more information, contact Amy Boucher.

Maryland Access Point - Provides options counseling and information/assistance for senior services, benefits, and resources.

Calvert Pines: Kristy Matchett, Ann Newton
Southern Pines: Kristy Matchett - Thursdays
North Beach: Kristy Matchett - Fridays

Meals On Wheels (MOW) - Midday meals are provided for persons who are homebound and unable to prepare a meal for themselves. For more information, contact Harry Markward or Patti Ryon.

Project Lifesaver - This electronic tracking system helps to quickly locate and return lost/wandering persons suffering from Alzheimer's disease or other related disorders. Contact Tunya Taylor for more information.

Senior Care - Limited funding is available for low-income and frail elderly for case management and assistance with some services. To find out whether you may be eligible, contact Lisa Caudle.

SHIP - State Health Insurance Program - Staff are available to provide information and assistance with health insurance issues. For more information, contact Ann Newton or Kristy Matchett.

Senior Medicare Patrol (SMP) - Education and prevention against suspected Medicare abuse and fraud. For more information, contact Kristy Matchett.



Calvert County Commission on Aging **MEMBERS WANTED** *Make a difference in your community*



Advocate

Provide information, guidance, and advice to the Board of County Commissioners on matters concerning seniors and individuals with disabilities.



Plan

Plan and implement projects & activities that benefit seniors and individuals with disabilities.



Serve

Serve as an advisory council to the Calvert County Office on Aging.

WHO ARE WE?

The Commission on Aging (COA) is a group of citizens who live or work in Calvert County, appointed by the Calvert County Board of County Commissioners, representing all three county districts, to work with the Office on Aging.

Please contact Liz Youngblood at 410-535-4606 ext. 130 for more information.



2021 Calvert County Government "Safety Champion," Phil Long, Sr.



Calvert County Risk Management and Human Resources awarded Phil Long, Sr., Office on Aging's Building and Grounds Worker, the 2021 Calvert County "Safety Champion" Award at a recent Board of County Commissioner's meeting. The award recognizes a county staff member who demonstrates an exemplary level of safety consciousness while performing job duties. We congratulate Phil on this well deserved award!

Voices In Praise Performance at Calvert Pines

On June 10, the faith based choral group Voices In Praise performed at the Calvert Pines Senior Center. This wonderful group of musicians and singers delighted all who attended. Calvert Pines staff provided refreshments for seniors. The Office on Aging would like to thank Voices in Praise Director Holly Reynolds Lee and the entire group for sharing their time and their talent with the community. Pictured is Director Holly Reynolds Lee and members of Voices in Praise. On the stage, Adam Lee, husband of Holly, has his face obscured by his music stand!



Communities of Strength at Southern Pines

Every May, our agency recognizes the contributions of Older Americans to our communities. This year, the theme was "Communities of Strength." During the last year, older Americans have continued to serve and contribute to their communities in numerous ways. Pictured are Ken Mowbray, Grace Graham, and Southern Pines Program Specialist Melinda Gaines.



County Commissioners Recognize and Bring Awareness to Elder Abuse

The Board of Calvert County Commissioners recognized June as Elder Abuse Awareness Month in Calvert County. The Office on Aging is focused on the problem of elder abuse and consistently works diligently to eliminate this problem. Pictured with the County Commissioners are Office on Aging Long Term Care Ombudsman Amy Boucher and Belinda Ragin from Adult Protective Services.



JULY 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Divan Steamed Rice Seasoned Broccoli Cuts Chilled Diced Pears Wheat Dinner Roll Pineapple Juice	2 BBQ Chicken Macaroni & Cheese Green Beans Applesauce Apple Pie Orange Juice
5 CENTERS CLOSED FOR INDEPENDENCE DAY	6 Salmon Patty Whole Grain Bun Chickpea Salad Seasoned Beets Peaches Tomato Juice	7 Buttered Spaghetti Meat Sauce Italian Green Beans Tossed Salad w/ Dressing Chilled Mandarin Oranges Italian Bread	8 Stir Fry Pork Brown Rice Seasoned Spinach Chilled Pineapple WW Dinner Roll	9 Herb Roasted Turkey Glazed Sweet Potatoes Seasoned Broccoli Florets Cinnamon Pears WW Dinner Roll Apple Juice
12 Roast Beef LS Brown Gravy Mashed Potatoes Peas & Onions Chilled Mandarin Oranges WW Dinner Roll Cranberry Juice	13 Pork Loin Roast LS Brown Gravy Baby Lima Beans Seasoned Broccoli Florets Hot Spiced Apples WW Dinner Roll LS V-8 Juice	14 Beef Lasagna Tossed Salad w/ Dressing Seasoned Kale Chilled Peaches Buttered French Bread	15 Lemon Glazed Chicken Brown Rice Seasoned Green Beans Parslied Carrots Orange Sections WW Dinner Roll	16 Tilapia Vera Cruz Rice Pilaf Seasoned Spinach Chilled Pears WW Dinner Roll
19 Herb Roasted Turkey LS Poultry Gravy Sage Bread Dressing Mashed Potatoes Parslied Carrots Seasonal Fresh Fruit Orange Juice	29 California Chicken Oven Roasted Red Potatoes Seasoned Green Beans Chilled Peaches WW Dinner Roll Fruit Punch	21 Lemon Pepper Fish Rice Pilaf Seasoned Spinach Chilled Fruit Cocktail WW Dinner Roll Apple Juice	22 Baked Chicken Breast Vegetable Primavera Seasoned Broccoli Florets Garlic Bread Grape Juice	23 Hamburger on WW Bun w/Cheese Baked Beans L/T/O Three Bean Salad Hot Spiced Apples Pineapple Juice
26 Pork Loin Roast LS Brown Gravy Glazed Sweet Potatoes Sautéed Cabbage Baby Lima Beans Chilled Applesauce Pineapple Juice	27 Tuna Patty Whole Grain Bun Seasoned Green Beans Seasonal Fresh Fruit Fruit Punch Juice	28 BBQ Chicken Potato Wedges Sliced Dilled Carrots Chilled Pears WW Dinner Roll Orange Juice	29 Roast Beef LS Brown Gravy Mashed Potatoes Seasoned Spinach Chilled Mandarin Oranges WW Dinner Roll Apple Juice	30 LS Swedish Meatballs Seasoned Egg Noodles Peas & Onions Chilled Peaches WW Dinner Roll LS V-8 Juice

AUGUST 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Tuna a la King Brown Rice Seasoned Broccoli Florets Chilled Peaches WW Dinner Roll Pineapple Juice</p>	<p>3</p> <p>Chicken Burger on Bun Three Bean Salad Chickpea Salad Chilled Mandarin Oranges Fruit Punch Juice</p>	<p>4</p> <p>Pork Loin Roast LS Brown Gravy Mashed Potatoes Seasoned Spinach Seasonal Fresh Fruit WW Dinner Roll Apple Juice</p>	<p>5</p> <p>Salmon Patty Whole Grain Bun Pickled Beets Apple Crisp Orange Juice</p>	<p>6</p> <p>Savory Baked Chicken Scalloped Potatoes Dilled Baby Carrots Chilled Pears WW Dinner Roll LS V-8 Juice</p>
<p>9</p> <p>Herbed Pork Loin LS Brown Gravy Mashed Sweet Potatoes Seasoned Broccoli Florets Chilled Applesauce WW Dinner Roll Orange Juice</p>	<p>10</p> <p>Chicken Parmesan Tomato Sauce Buttered Spaghetti Seasoned Green Beans Chilled Peaches WW Dinner Roll</p>	<p>11</p> <p>BBQ Pork on Bun Macaroni & Cheese Three Bean Salad Chilled Pineapple LS V-8 Juice</p>	<p>12</p> <p>Beef-a-Roni Collard Greens Baby Lima Beans Seasonal Fresh Fruit Italian Bread Apple Juice</p>	<p>13</p> <p>Breaded Fish Fillet Roasted Red Potatoes Seasoned Broccoli Florets Chilled Diced Pears WW Dinner Roll Pineapple Juice</p>
<p>16</p> <p>Five Spice Chicken Rice Pilaf Seasoned Zucchini Chilled Pineapple WW Dinner Roll Orange Juice</p>	<p>17</p> <p>Salmon Patty Whole Grain Bun Seasoned Beets Chickpea Salad Chilled Peaches L/T/O</p>	<p>18</p> <p>Buttered Spaghetti Meat Sauce Italian Green Beans Tossed Salad w/ Dressing Chilled Mandarin Oranges Italian Bread</p>	<p>19</p> <p>Stir Fry Pork Brown Rice Seasoned Spinach Chilled Pineapple WW Dinner Roll</p>	<p>20</p> <p>Herb Roasted Turkey Glazed Sweet Potatoes Seasoned Broccoli Florets Cinnamon Pears WW Dinner Roll Apple Juice</p>
<p>23</p> <p>Roast Beef LS Brown Gravy Mashed Potatoes Peas & Onions Chilled Mandarin Oranges WW Dinner Roll Cranberry Juice</p>	<p>24</p> <p>Pork Loin Roast LS Brown Gravy Baby Lima Beans Seasoned Broccoli Florets Hot Spiced Apples WW Dinner Roll LS V-8 Juice</p>	<p>25</p> <p>Beef Lasagna Tossed Salad w/ Dressing Seasoned Kale Chilled Peaches Buttered French Bread</p>	<p>26</p> <p>Lemon Glazed Chicken Brown Rice Seasoned Green Beans Parslied Carrots Orange Sections WW Dinner Roll</p>	<p>27</p> <p>Tilapia Vera Cruz Rice Pilaf Seasoned Spinach Chilled Pears WW Dinner Roll</p>
<p>30</p> <p>Herb Roasted Turkey LS Poultry Gravy Sage Bread Dressing Mashed Potatoes Parslied Carrots Seasonal Fresh Fruit Orange Juice</p>	<p>31</p> <p>Chicken California Oven Roasted Red Potatoes Seasoned Green Beans chilled Peaches WW Dinner Roll Fruit Punch Juice</p>			



CALVERT COUNTY OFFICE ON AGING (OOA) STAFF DIRECTORY

450 West Dares Beach Road, Prince Frederick MD 20678

OOA Administration 410-535-4606

Division Chief	Susan Justice
Program Manager	Ed Sullivan
Fiscal Manager	Patti Ryon
Client Services Manager	Tunya Taylor
Long Term Care Manager	Lisa Caudle
Long Term Care Coord.	Amy Boucher
Long Term Care Advocate	Larry Harvey
Account Tech II	Suzy Meador
Office Specialist II	Liz Youngblood
Food Service Worker	Harry Markward
Aging Services Case Manager	Terri Gunkel
Aging Services Case Manager	Amanda Seymour
CFC Supports Planner	Vacant
CFC Supports Planner	Grace Oller

North Beach Senior Center 410-257-2549

Program Specialist II	Linda Roberts
Program Assistant	Kathy Shannon
Food Service Coord.	Karla Shauver
Office Assistant II	Kelsey Holland
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Kristy Matchett
Building & Grounds Worker	Kelly Jones

Calvert Pines Senior Center 410-535-4606

Program Specialist	Kristy Alleva
Program Assistant	Tammie Messer
Food Service Coord.	Tracey Endrusick
Office Assistant II	Andrew Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Vacant
Social Services MAP Coord.	Kristy Matchett
Social Services MAP Coord.	Ann Newton
Developmental Disabilities Specialist	Ruthie Birch
Developmental Disabilities Aide	Angela Nenno
Building & Grounds Worker	Phillip Long, Sr.
Custodian	Brenda Jacks
Senior Employment Program	Vacant

Southern Pines Senior Center 410-586-2748

Program Specialist	Melinda Gaines
Program Assistant	Anne Sledge
Food Service Coordinator	Cathy Richards
Office Assistant II	Brian Ward
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Kristy Matchett
Senior Employment Program	Vacant

Senior Center Hours: Monday-Friday, 8:30 a.m. to 4:30 p.m.

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