

Commission Members

Susan Welch, Chair, Director—Dining Services/Londonderry Retirement Community

Wynne Aroom, Co-Chair, RN/Shore Health System/UMMC

Julie Crocker, Co-Chair, Exec. Director/ Talbot Hospice

Patti Lister, Secretary, Director of Marketing/The Pines—Genesis Healthcare

Jennifer Lister, Treasurer, Assistant Vice Pres./Easton Bank and Trust

Jackie Davis, Exec. Director/Mental Health Assoc. for Talbot County

Gary Gunther, Exec. Director/ Upper Shore Aging

Nancy Harrison, Community Health Nurse for Senior Services/ Talbot County Health Dept.

Andrew Hollis, Executive Director/ Londonderry Retirement Community/ Vice Pres./Talbot County Council

Irene Hunter, Talbot County Senior Center

Jennifer Marchi, Franchise Owner/ Home Instead Senior Care

Alice Ofano, Social Worker/Shore Home Care

Otis Sampson, President NAACP— Talbot County

Judith Shuler, Manager/Talbot County Senior Center

Kate Stinton, Supervisor/Talbot County Health Dept.

Donna Taylor, Executive Director/ William Hill Manor

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2 Volume , Second Edition



Fall 2012/Winter 2013

Talbot County Commission on the Aging Newsletter

Talbot County Commission on the Aging Mission Statement

- Identify major aging issues in the community and the need for services to the elderly
- Identify problems and issues not being addressed
- Develop data regarding concerns
- Suggest possible solutions
- Make recommendations to the Talbot County Council, working in partnership with Upper Shore Aging to assist with improving services to the seniors of Talbot County

Talbot County Commission on the Aging board members meet the second Wednesday of each month. Meetings are held in the conference room of the Talbot County Senior Center between the hours of 8:30 am and 9:30 am. The public is welcome to attend these meetings. If you are a group interested in presenting information to the members of the board, please contact Susan Welch, Chair, at 410-820-8732, extension 16 or Wynne Aroom, RN/Co-Chair, at 410-822-1000, extension 5286 or Julie Crocker, Exec. Director/Co-Chair, at 410-288-6681.

Partners In Care

Partners in Care is a non-profit organization maintained through Upper Shore Aging to assist individuals with transportation to doctors appointments, grocery store, hair appointments, etc.

It is located in the Talbot County Senior Center under the direction of its Coordinator Pam O'Brien, who can be reached at

410-822-1803.

Meals On Wheels

Did you know you can contact Brooklett's Place, the Talbot County Senior Center, at 410-822-2869, to sign up for Meals On Wheels? You get 6 meals a week and deliveries occur on Monday, Wednesday and Friday. All meals follow the state nutritional guidelines. Food quality and sanitation is essential and regulated.

Elderly at Risk in Extreme Cold

The extreme temperatures and snow of winter can be particularly dangerous for older adults. According to the American Heart Association, the elderly and those with heart disease are at special risk.

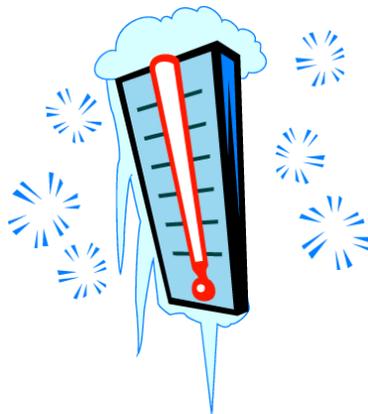
As people age, their ability to maintain a normal body temperature often decrease. Because elderly people seem to be relatively insensitive to moderate cold conditions, they can suffer hypothermia without knowing they're in danger. (See American Heart Association report: <http://americanheart.org/presenter.jhtml?identifier=4570>)

Hypothermia means the body temperature has fallen below normal. It occurs when you body can't produce enough energy to keep the internal body temperature warm enough and the condition can kill. Heart failure is the leading cause of death in most hypothermia cases.

The following tips will help safeguard a senior loved one or neighbor:

- Fill the cupboard. Help your senior stock the staples and groceries they'll need in the even there is a large snowstorm or cold spell.
- Maximize energy. Encourage your senior to make sure they have adequate insulation and to check and clean the fireplace and furnace. Replace furnace filters monthly
- Minimize drafts. Use weather strips around windows and doors. Keep doors closed to unused rooms and close curtains at night.
- Stay toasty. Advise the senior to add an extra blanket to the bed. **Never use electric blankets.** A senior may not be able operate the controls and adjust the temperature to prevent burns.
- Dress warmly and in layers. A senior's circulation decreases with age. Encourage the senior to wear an extra sweater, sweatshirt, or sweat pants.
- Monitor the thermostat. Make sure it is set above 65° in cold weather.
- Be aware of budget problems. If the senior is trying to save money by keeping the thermostat down. Many communities have energy assistance programs
- Avoid slips. Make sure your senior has made arrangements to have driveways and walkways cleared. Salt or sand should be readily available to speed melting.
- Stay in touch! Check on your neighbor or loved one frequently during periods of cold and snowy weather.
- Build a network. You can't always be around to help your elderly loved one. Call on neighbors, family, and church members to help.

For more information about the cold, visit the National Weather Service Web site at <http://www.noaa.gov> or the Federal Emergency Management Agency Web site at <http://www.fema.gov>



MARYLAND ACCESS POINTS OF TALBOT COUNTY

MAP is a statewide resource system that assists our Talbot County older adults and individuals in identifying their needs, assisting with referrals and applications for various services such as food, and housing resources, energy assistance, transportation, rental assistance, and so forth. We also assist with individuals who are in nursing home facilities and wish to return to live in the community; either in Assisted Living program or live with family members, or perhaps want to live independently with the proper supports in place to provide for their overall needs. Our MAP partners include the Talbot County Health Department and Talbot County Department Social Services, in addition to our local churches and agencies.

TIP OF THE MONTH!

Talbot County has a network of resources offering food assistance to our community. We are grateful that our local Churches and Agencies are assist individuals and families to meet this need. Upper Shore Aging provides our Meals on Wheels program; delivering nutritious meals to our County residents who are home bound. In addition, meals are served at Brooklett's Place, Talbot County Senior Center. To sign up for Meals on Wheels, please contact Brooklett's Place, Talbot County Senior Center (410) 822-2869.

Additionally, the following church organizations and agencies will help individuals and families with assistance with food.

St. Vincent de Paul	(410) 770-4505
Christ Episcopal Church	(410) 745-9076
St. Luke's United Methodist Church	(410) 745-2534
Neighborhood Service Center	(410) 822-5015
Salvation Army (emergencies)	(410) 228-2442

To apply for food stamps/SNAP, please contact the Talbot County Department of Social Services at (410) 770-4848 or call the office at (410) 822-2869. If you need assistance completing the application, the staff at Talbot County Social Services will be happy to assist you!

IN CASE OF INCLEMENT WEATHER, TO CHECK TO SEE IF TALBOT COUNTY SENIOR CENTER (BROOKLETTS PLACE) IS OPEN:

Notice will be listed on the following :

TV Channel 11– WBAL Baltimore

TV Channel 13– WJZ Baltimore

TV Channel 16– WBOC Salisbury

Radio WCEI 96.7 FM

Or Call the Center at (410) 822-2869 and listen to the posted message

Your DCT “One Stop”

Making Sense of Transportation Options for Talbot Seniors!

Delmarva Community Transit provides several different types of transportation services for residents of Talbot County and yet many people are still unaware of these services and how to use them.

Fortunately DCT has created the **DCT “One Stop”** a one stop shop and phone number to find personalized information and assistance about transportation options in Talbot.

Calling the toll free number **1- 866-645-7111** will connect you with a friendly person working in the one stop who can answer questions about bus routes, how to read schedules, fares and specialty services **just for seniors**. One Stop staff can meet folks in their homes, the senior center or library if learning in person is more enjoyable.

Did you know The **One Stop** provides **free** travel trainers who will ride with you all the way to your destination and back until you are comfortable doing it yourself? The **One Stop** also has a mobility manager who can plan your trip for you and locate other providers of transportation services when DCT can't get you where you need to go.

The **One Stop** occasionally offers free educational “field trips” for small groups to learn together where the bus travels.

The **One Stop** specializes in transportation options for veterans. Did you know veterans needing transportation to medical and mental health appointments often can ride at no cost? Did you know sometimes the bus or small van may be able to pick up qualifying seniors and individuals with disabilities at their door so there is no waiting at the bus stop?

Yes, there are lots of options and lots of details but don't let that stop you from learning about how riding DCT can get you where you need to go!

Call the **DCT One Stop** for all the information and assistance you need at **1-866-645-7111**.

Talbot County's Senior Celebration of Life

What a success! Talbot County senior celebration of Life that was held at Brooklett's Place on Friday September 7th from 11am-2pm. One hundred and fifty seniors from all corners of Talbot County were entertained by the Easton Middle School . Lynn Sanchez was the keynote speaker and all enjoyed a lovely luncheon buffet prepared by Garden and Garnish.

Dementia Grand Round featuring Dr. Allan Anderson
will be held on October 18, 2012 at 7:30am.

Topics include: Evaluation and treatment of pain in moderate to severe dementia.

For more information and/or to register,
please contact: Jessica Lewis (410) 820-5613 or lewisjl@emaseniorcare.org

William Hill Manor is pleased to announce that Teepa Snow will be presenting on
November 9th at William Hill Manor from 8am-12pm.

Teepa is a nationally recognized dementia specialist that features hands on learning during her presentations. She will be discussing "*Trying to Provide Best Quality Care Throughout the Journey of Dementia.*" The presentations will help care givers/professionals appreciate the value and uniqueness of each stage in progression of dementia, as well as providing useful tools on how to positively influence outcomes and interactions. Cost is \$35/person. For

more information or to register, please contact:

Sherry Brown (410)763-7151 or browns@emaseniorcare.org

Be a Santa to Seniors

Be a Santa to Senior®, the popular campaign that has delivered 1.5 million gifts to needy seniors throughout North America during the past 7 years, again is helping older adults cope in tough economic times.

Before the holiday season, participating local non-profit organizations will identify needy and isolated seniors and provide names to Home Instead Senior Care. Christmas tree will be at the following locations Easton Bank and Trust, Talbot Bank (Marlboro Ave. location, AME Bethel Church, Chamber of Commerce, William Hill Manor, Immanuel Lutheran Church, Lewis Auto Body, Mid-Atlantic Tire, Morgan Stanley Smith Barney, Hill Drug Store (Idlewild location), and Denton Pharmacy from November 1st through December 7th and will feature ornaments with the first name of the seniors and their gift requests.

Holiday shoppers can pick up an ornament, buy items on the list, and return them gift wrapped to the store along with the ornament attached. "We hope holiday shoppers will open up their hearts to those seniors who have given so much to make our community a better place," said Jennifer Marchi, owner of Home Instead Senior Care.

For more information about the program, visit www.beasantatoasenior.com or call (410) 822-1230.

