It is my absolute pleasure to introduce our new Newsletter. I am sure that many of you share my excitement for the possibilities and scope of things we can achieve with it. Here you will be able to find events, stories, entertainment and so much more. Stay connected and stay informed with what is happening around Community Action Senior Center with our new Garrett Gazette.

March welcomes many things but first and foremost in our minds is the idea of Spring. Winter has been long and hard so far and I know that we all cannot wait for temperatures to warm up. It’s time to break out of the winter grind and start enjoying activities with others.

If you are looking for opportunities to branch out and get involved with friends in your community feel free to get in contact with your local Senior Center for more information. I am looking forward to what this beautiful spring will bring. Until next time, Happy Travels and God Bless my friends.

- Connor Norman
Senior Center Operations Manager
Grantsville Quilters

Grantsville, Maryland is known for many things. Beautiful scenery, artisan villages and great places to grab a bite to eat. What is probably least surprising of all about the Grantsville area is the amazing capacity for charity and hospitality expressed by the local residents. One of the greater examples can be found in the Grantsville Senior Center on any given day. If you round the corner at the senior center you can find the Grantsville Quilters sewing away on a beautiful tapestry that reflects the talents and creativity of everyone sitting around the table. Not only are these quilts amazing in their size, detail and scope but every year the Grantsville Quilters take the largest part of their proceeds and donate it. This year they presented a $1,000 donation to the Senior Center Operations Manager, Connor Norman to benefit Meals on Wheels and Senior Services. Their generosity will be reflected in the care of elderly in the community and their neighbors around them. Though it is a little Appalachian town, Grantsville is rife with good news, great quilts and most importantly big hearts.
Get To Know your Aging and Nutrition Staff:

Connor Norman
Senior Center Operations Manager
Connor has worked with Aging and Nutrition for the last two years as the Nutrition Administrator. Recently he has been promoted to S.C.O.M. and will be overseeing senior activities, senior centers and senior health promotions for all Garrett County Community Action Facilities.

Regina Gearhart
Director, Aging and Nutrition
Regina recently started as Director in late June and has been an amazing addition to the team. She has extensive background in leadership and effective program implementation. Under her leadership the department is reaching new heights in senior services.

Jeannie Tichnell
Senior Nutrition Operations Manager
Jeannie has been a powerhouse for aging and nutrition services for the last 14 years. She currently oversees the all senior nutrition programs for Garrett County Community Action. A hard and dedicated worker she makes sure the seniors of our community are fed, healthy and happy.
On behalf of Garrett County Community Action and the Seniors of Garrett County we want to THANK Rodney Durst for 5 dedicated years of service as the Senior Center Operations Manager; so lovingly abbreviated as S.C.O.M. Words do not express how much we will miss him. He sang, he danced and most importantly left a fantastic legacy in his wake. Good Luck Rodney! Congratulations!

THE END OF AN AGE
FAREWELL RODNEY: HAPPY RETIRMENT
American Irish Stew
Yield: 6 servings

In large pot over medium-high heat, heat oil. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper. Add onion, carrots and parsnips. Cook 3-4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer about 75 minutes, or until meat is tender. Stir in potatoes and simmer another 30 minutes. Add rosemary and leek. Continue to simmer, uncovered, until potatoes are tender. To avoid potatoes falling apart, do not overcook. Serve hot and garnish with parsley, if desired.

Ingredients:
- 1 tablespoon extra-virgin olive oil
- 1-1/4 pounds beef, top round, cut into 3/4-inch pieces
- 3 cloves garlic, minced
- Salt, to taste
- Pepper, to taste
- 1 medium onion, coarsely chopped
- 3 medium carrots, peeled and cut into 3/4-inch pieces
- 2 medium parsnips, cut into large chunks (optional)
- 3 cups low-fat, reduced-sodium beef broth
- 4 medium russet potatoes, peeled and cut into large chunks
- 1 tablespoon chopped fresh rosemary
- 1 leek, coarsely chopped
- 2 tablespoons chopped fresh parsley
The Flowery Vale Senior Fitness Center in Accident Maryland (The Vale) is now open four days a week with the following schedule. On Mondays the gym will be open from 8:30 until 11:30 and from 4:00 until 6:00. Tuesdays the gym will be open from 8:30 until 12:00. Wednesdays the gym is open from 8:30 until 12:00 with classes in the evening from 4:00 until 6:00. Thursdays the gym will be open from 8:30 until 12:00. Fridays Flowery Vale will be closed.

The fitness center will offer several group activities such as Yoga, Tai Ji Quan, Balance Ball, Light Weights, Gym Equipment, Diabetes Self-Management, Chronic Disease Self-Management and many more. All activities are geared towards the general health of our aging population. There are also monthly social activities, events and excursions to be enjoyed by our members. To become a member you must be 50 years or older; however individual younger members with health goals related to chronic health conditions will be considered. The cost of a membership for an individual is $20.00/month that includes all equipment, classes, events and excursions. We also offer family discounts, such as $30.00/month for 2 people from an immediate family. Also, be sure to check out our annual memberships for $200.00.

Be sure to drop in and see our site manager Ann Marie Foster!

If you would like more information, stop by or give us a call at 301-746-8050 during business hours.
VITA Schedule

Hours of Operation:

**FEBRUARY 2ND THROUGH APRIL 13TH**

**MARY BROWNING SENIOR CENTER**
(104 East Center St., Oakland, MD 21550)

**Tuesday**: 12:00PM to 4:00PM
**Wednesday**: 4:00PM to 7:00PM
**Thursday**: 12:00PM to 4:00PM
**Saturday**: 10:00AM to 2:00PM

**GRANTSVILLE SENIOR CENTER**
(125 Durst Ct., Grantsville, MD 21536)

**Monday, February 12th**: 10:00am - 2:00pm
**Monday, February 25th**: 10:00am - 2:00pm
**Monday, March 4th**: 10:00am - 2:00pm
**Monday, March 25th**: 10:00am - 2:00pm
**Monday, April 8th**: 10:00am - 2:00pm

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VITA

**Garrett County Community Action** is offering free Federal and State Tax Preparation services to all eligible residents of Maryland and West Virginia!

**Walk-ins welcome. Scheduled appointments available upon request.**

For more information or to schedule an appointment please contact us at:

1-301-334-9431 x. 6142
1-888-877-8403

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**COMPASSIONATE CARE in Your Community**

**Mountain Laurel Medical Center**

**Oakland Office**
1027 Memorial Drive
Oakland, MD 21550
301-533-3300
Mon–Thur 7:30 AM – 7:00 PM
Fri 7:30 AM – 5:00 PM

**Grantsville Office**
104 Parkview Drive
Grantsville, MD 21536
1-844-652-8735
Mon–Wed 7:30 AM – 7:00 PM
Thur & Fri 7:30 AM – 5:00 PM

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Garrettland, Inc.
Welcome to Garrettland Property Rentals
Property Management
Apartment Rentals • Development
1000 Thayer Center, Oakland
301.334.9915
info@garrettland.com
Offering over 600 Family and Elderly Apartment and Town-Home Units

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**SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY**
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<td>4  Taco Salad (tortilla shells, meat, cheese, lettuce, tomato, onion, salsa, etc.) Refried Beans Fruit Juice 1% Milk</td>
<td>5  Pasta Primavera with Fajita Chicken, broccoli, carrots, Spaghetti Noodles Salad Fruit Garlic Bread 1% Milk</td>
<td>6  Kielbasa &amp; Sauerkraut Mashed Potatoes Tomato &amp; Zucchini Angel Food Cake with ½ c Berries Whole Grain Bread 1% Milk</td>
<td>7  Spaghetti w/ meat. &amp; sauce Green Beans Ambrosia Salad Juice WW Roll 1% Milk</td>
<td>8  Tomato Soup with Basil Turkey Bacon Club w/ lettuce &amp; Tomato on Whole Wheat bun Spiced Pears Juice 1% Milk</td>
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<td>11 Stuffed Shells w/cheese &amp; sauce Spinach Apple Crisp Tossed Salad w/egg Garlic Toast 1% Milk</td>
<td>12 Chef’s Choice 3 oz. Protein 3 fruit/vegetables 1 starch/starchy vegetable 1 Whole Grain 1% Milk</td>
<td>13 St Patrick Day Celebration *New England Boiled Dinner 1½ c (Ham-3 oz.; Carrots ½ c, Cabbage ½ c; Potatoes ½ c) Pears/green Jell-O Biscuit 1% Milk</td>
<td>14 Chicken &amp; Stuffing Casserole Peas and Carrots Juice Apple Pie Whole Grain Bread 1% Milk</td>
<td>15 Chili with Beans Small Chef’s Salad (lettuce-, carrots, onion, other veggies, cheese, HC egg) Fruited Jell-O w/ topping Juice Dinner Roll 1% Milk</td>
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<td>18 Lasagna Green Beans Peaches Juice Garlic Bread 1% Milk</td>
<td>19 &quot;Top Your Dog&quot; Hot Dog on Bun with chili, cheese, kraut, mustard, ketchup, onions Bean Baked Beans Fruit Coleslaw Juice 1% Milk</td>
<td>20 Hot Turkey Sandwich Mashed Potatoes/Gravy Glazed Carrots banana Juice WW Roll 1% Milk</td>
<td>21 Salmon Pattie Parsley Noodles Stewed tomatoes Fruit Juice Whole Grain Bread 1% Milk</td>
<td>22 Hearty Italian Chicken Chowder Salad Bar (greens, veggies, meat, cheese, H.C. egg, beans, etc.) Fruit Whole Grain Roll or Whole Grain Crackers 1% Milk</td>
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<td>25 Meatloaf Mashed Potatoes with Gravy Winter Blend Mix Fruit Juice WW Bread</td>
<td>26 Chicken Pattie on WW bun Au gratin Potatoes Mixed vegetables Fruit Juice Milk</td>
<td>27 Pizza Party! Pizza Salad Bar (meat, leafy greens, beans, egg, vegetables etc.) Fruit Juice</td>
<td>28 Chicken Pot Pie (1/2 c. veg., 3 oz. meat, crust) Mashed Potatoes Sunshine Salad (pineapple, carrots, Jell-O) Juice 1% Milk</td>
<td>29 Sausage Patty/ WW bun Tatar Bites Tomato wedges Scalloped Apples Juice 1% Milk</td>
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*Calendars and Menu’s may vary per center.*
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Abuse

- You have the right to be free from verbal, sexual, physical or mental abuse, corporal punishment and involuntary seclusion.

Activities

- The facility should provide a program of activities designed to meet your needs and interests.

Social Services

- The facility should provide social services to attain or maintain your highest level of well being.

Environment

- The facility must provide a safe, clean, comfortable, home-like environment, allowing you the opportunity to use your personal belongings to the extent possible.
- The facility should provide you with adequate and comfortable lighting and sound levels.
- The facility should provide you with comfortable and safe temperature levels.

Maryland

Long-Term Care Ombudsman

Abuse

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“Real Men. Real Depression. It starts slowly and the only person you’re talking to is yourself. You’re lost. It’s dark, the pain is 24/7... but you have to deal with it. It doesn’t just go away.”

- Patrick McCathern, First Sergeant, U.S. Air Force, Retired

If you are feeling depressed, tell someone about your symptoms. Speak with a doctor, nurse, or mental health counselor. Consider having a friend or family member help you make the call. For further information regarding depression and referral to mental health services, contact the Garrett County Behavioral Health Authority at 301-334-7440. The Older Adult Outreach Program for individuals age 60 and over can be contacted at 301-616-1893.

There is a toll free Crisis Hotline in Maryland: 1-800-273-TALK (8255)

It takes courage to ask for help. Patrick did.

The National Institute of Mental Health (NIMH) is part of the National Institutes of Health (NIH), a component of the U.S. Department of Health and Human Services.
March at MBSC

There are a ton of events and activities planned for the month of March. The exercise room is open from 9:00-3:00. We have an exercise program at 10:30 every M, W, F. Tai Chi classes are offered Mondays and Fridays at 11:00 am. There is bingo on Monday and Friday from 9:00-11:45 for a nickel a card, winner takes all. Wednesday bingo is played from 9:00-10:00 and there is no charge but you could win a gift. Every Friday afternoon from 1:00-4:00 the Old Time Jammer’s play bluegrass, gospel and a wonderful mix of older music.

Discovery Center Visit

On March, 15th at 11:00 the Discovery Center located at Deep Creek Lake, MD will be bringing live birds of prey to the senior center. We are expecting a visit from three of the exotic birds for a truly thrilling hands on experience. Give us a call today and let us know if you will be joining us for this unmissable event.

Call Eileen McCrobie at:
1-301-334-9431 Ext:6134

Highlights

We have a variety of speakers scheduled for the month of March. On Wednesday, March 6th there will be a presentation by Jack Turney at 11:00am about his book “The Wagon Road.” On Wednesday, March 13th at 11:15am Renee Graham will be coming down to give a presentation on the diabetes epidemic. On Wednesday, March 20th starting at 11:00 Dr. Demonick will be by to give a presentation sponsored by Greggs Pharmacy. On Wednesday, March 27th at 11:15am Melissa Rank will stop by to give a presentation on military life.

We have so much more happening in the Senior Centers, stop in or call for more information on the Mary Browning Center you can call 301-334-9431 ext.6134.

Military Life

Melissa Rank has an illustrious careen with the American Air Force. On Wednesday March 27th at 11:00, join us for a thrilling retelling of her experiences as a General in the armed forces.
Think Spring

H C S F L O W E R S S S E H S O L A G
S B S P R I N G T I M E K I T E S H
I A C R O C U S B L O S S O M S A L
R S U M B R E L L A D U B T L T A K
I K R E A R I T C L O V E R C W S S
E R O A B E Y B G G R P T H E R S P
N T B K I L Z U N N F L I N E A S I
T B I C R H E T I T I N E W T L N L
H A N O D C E T M M G R O L L U U
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E S U S T R L T R E I T N N G C E I
E O S N E W L P S O C T T H A W L H
B C H I C K S P U D D L E S C H S C

Word List:
ARIES
BIGGLES
BLOOMERS
CHERRIES
FLOWERS
HATCHING
MARCH
RAIN
SHOWERS
DAD

Basketball
Bouquet
Butterfly
Clover
Galoshes
Irish
Melt
Renewal
Springtime
Tulip

Birds
Breezy
Caterpillar
Crocus
Grass
Kites
New
Robins
Sprouting
Umbrella

Bud
Chicks
Daffodil
Green
Leprechauns
Puddle
Skeletock
Shamrock
Sunshine
Warming
GVSC
Events for March 2019 at Grantsville Senior Center, 125 Durst Court, Grantsville, MD, open Tuesday, Wednesday, and Thursday from 8:30 am-4:30 pm. Lunch is at noon with a reservation.

The exercise room opens to seniors from 9:00 am – 3:00 pm. We have a group of quilters who always have a quilt in the frame and would love to welcome new quilters from 9:00 am – 2:00 pm with a break for lunch. The first Wednesday of the month we have blood pressure screenings. Every Tuesday and Thursday at 10:30 we have Tai Ji Quan class which focuses on balance. Come on out and join us for this low impact exercise that helps improve your balance and movement.

Grantsville Happenings

Essentials
For anyone interested in essential oils and herbs and their affects on the immune system you will be delighted at the presentation we have in store for you. Happening on March 27th at 11:00 Rosie Cupplet will be coming down from the Herb Barn located in Grantsville, MD to give a presentation on holistic health. Reserve your spot today at 1-301-895-5818.
What is it? Telephone calls are made by trained volunteers at a pre-arranged time Monday through Friday, to check on the well-being of seniors and people with disabilities or medical challenges. An immediate emergency plan goes into effect if the call goes unanswered. The volunteer will attempt to reach the client’s emergency contact, and/or a Sheriff’s office well-check will be requested. This program helps to fulfill the mission of the Aging and Nutrition office by assisting vulnerable clients to maintain their independence.

INTERESTED IN MAKING CALLS? Contact Maryland Access Point (MAP) at 301-533-9000 and speak to Lori Lewis for more information or to complete a volunteer application. Shifts as short as 2 hours per week!

WANT TO RECEIVE CALLS? You must be 60 years or older, or socially isolated with disabilities or medical challenges to be eligible. If you meet these requirements and want to receive calls contact MAP at 301-334-9000 to learn more about the program and application process.
Aging and Nutrition Services
Abuse is when your health care provider or supplier recommends services or equipment not medically necessary. SMP has educated more than 3.5 million consumers, teaching them how to spot and report abuse in the Medicare and Medicaid programs.

An error is an unintentional mistake that may be corrected after a call to medical provider or supplier. SMP has reached more than 27 million beneficiaries empowering them to detect and report billing errors.

What is SMP?
A program that empowers and assists Medicare Beneficiaries, their families, and caregivers to prevent, detect and report health care fraud, errors and abuse through outreach counseling and education.

How does SMP Help?
Specially trained volunteers and staff in each county answer your questions about suspected health care fraud, errors or abuse.
Senior Health Insurance Program (SHIP)

- Free Health Insurance Presentation in Your Community
- Volunteer Opportunities
- Unbiased and Confidential Counseling & Assistance
- Convenient locations with Monday through Friday Business Hours
- Contact your SHIP Counselor today!

Garrett County Community Action Committee, Inc.
Aging and Nutrition Services
Bevian Tucker
1-301-334-9431 Ext. 6140