Our Garrett Gazette was a resounding success. Barring a few typos and errors here and there, common with a first issue, I think it went really well. It is fantastic that we now have such an effective tool to communicate our events a local senior news.

The weather is warming up and its time to start thinking about those gardens, barbeque grills and lemonade recipes. Perhaps a few of you are considering a spring clean to eliminate some of the clutter in your life. Whatever is on your mind for the upcoming spring season, I think we all can agree that the snow boots are getting thrown to the back of the closet where we don't have to see them for the next four months.

I am a strong advocate for social engagement and participation in local events/activities. I encourage you all to join us this April for some of the awesome things we have planned. Whatever your taste, you can bet we've got something that's just your flavor. Until next time, happy travels and God Bless my Friends.

- Connor Norman
Senior Center Operations Manager
**What A Wild Visit**

On Friday, March 15th a few feathered friends swooped down to entertain and educate the seniors at the Mary Browning Senior Center. The Deep Creek Lake State Park Discovery Center brought a Great Horned Owl and Red Tailed Hawk and talked a little about the differences in each species and what makes them unique to our home. If that wasn’t enough; before the birds took center stage they introduced everyone to the scaly opening act, a Corn Snake. The presentation, aptly named “Scales and Tales,” was greeted with a warm reception, big smiles and great questions. There is always something unique and interesting happening at our local Senior Centers. Give us a call at your local Senior Center to find out more.
Get To Know your Aging and Nutrition Staff:

DeAnna Schroyer
Maryland Access Point Coordinator

DeAnna has been with Community Action going on 3 years. Her personal touch and hands on approach helps to provide our seniors with top of the line service. She is an advocate like no other, when she is helping, rest easy knowing you are in good hands.

Lori Lewis
Maryland Access Point Manager

Lori has been with Maryland Access Point for the last two years. She has been a pioneer helping the program thrive in our community. Helping Seniors with their problems no matter how small. She's smart and not afraid of taking the creative approach to getting the job done.

Clayton Norman
Maryland Access Point Coordinator

New to the MAP team, Clayton has more than proven worth as one of the best initial points of contact for seniors seeking assistance and services in the community. Information and Assistance is his forte. Enquiring about services? Clayton is your man.
For the past month the Scouts of **Cub Scout Pack #22** have been collecting a mountain of food for GCCAC’s Emergency Food Pantry! This program offers emergency food to individuals or families in need of nutritional assistance. Those that have no food or are financially without the means to acquire more are welcome to contact Community Action for assistance and referral.

If you see these guys out & about in Oakland give them a high five and let them know how much we appreciate them.

This group of scouts is making a big difference in Garrett County!

---

**BIG HEART HEROES**

Pictured left to right: Liam Coffman, Patrick Rinard, Aiden Rhodes, and Daniel Helbig

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*Procedures vary per provider

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Grantsville Senior, Grantsville, MD 06-5321
This Months Recipe:  
**GRILLED FRESH PORK & VEGGIES WITH LEMON**  
Yield: 4 servings  
Prep time: 8 minutes  
Cook time: 22 minutes  
Ingredients:  
1 Smithfield Fresh Pork Tenderloin, cut into four thick slices  
2 teaspoons garlic pepper  
1 zucchini squash, cut in half lengthwise  
1 yellow summer squash, cut in half lengthwise  
1 Portobello mushroom  
1/2 large red bell pepper, cut in half lengthwise and flattened  
1/2 large red onion, cut into slices  
1 lemon, cut in half  
1 tablespoon olive oil  

+Heat charcoal or gas grill to medium-high. Season fresh pork slices with garlic pepper; grill about 5 minutes per side until internal temperature reaches 145-160 degrees F.  
+Brush both sides of zucchini squash, yellow squash, mushroom, pepper, and onion, plus cut sides of lemon, with oil.  
+Grill vegetables for 10 minutes, turning occasionally. Add lemon to grill, cut-side down, and cook an additional 2 minutes.  
+Place vegetables and lemon on cutting board; coarsely chop vegetables. Serve with fresh pork slices on top; squeeze lemon over meat.
The Flowery Vale Senior Fitness Center in Accident Maryland (The Vale) is now open four days a week with the following schedule.

- **Mondays**: Gym will be open from 8:30 until 1:30.
- **Tuesdays**: Gym will be open from 8:30 until 12:00.
- **Wednesdays**: Gym is open from 8:30 until 1:30.
- **Thursdays**: Gym will be open from 8:30 until 12:00.
- **Fridays**: Flowery Vale will be closed.

For More information call 1-301-746-8050

---

**Wine Tasting & Music Fundraiser!**

Live acoustic soft rock by George Skiles!

- **When**: Wednesday, April 10th
- **Where**: Flowery Vale Fitness Center
  204 S. South Street
  Accident, MD 21520
- **Checks Payable To**: FVFC Activity Fund
- **Time**: 5-7pm  **Cost/Details**: $25 per couple/ grab a friend!

Pre-Registration required. Call Ann Marie 301-746-8050

- Each couple brings two bottles of RED wine (same brand). One bottle will go in the prize basket.
- The second bottle will be concealed, sampled and scored.
- The bottle with the highest score and the couple who brought it home the prize basket consisting of 10 bottles of wine and goodies!!!
- Event is limited – so register early!

Benefits Flowery Vale Senior Fitness Center Activities
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 C.t., Grantsville, MD 21536)

Monday February 12th: 10:00 am – 2:00 pm
Monday, February 25th: 0:00am—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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<tr>
<th>MONDAY</th>
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<tr>
<td>Chef’s Choice</td>
<td>Chicken</td>
<td>Rigatoni w/ Italian Sausage</td>
<td>Roast Beef w/ low fat gravy on whole grain bread</td>
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<td>3 oz. protein</td>
<td>Capri Vegetables</td>
<td>Peach half w/Cottage Cheese</td>
<td>Mashed Potatoes</td>
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<td>3 veg/fruit</td>
<td>Brown Rice</td>
<td>Side Salad</td>
<td>California Blend Veg.</td>
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<td>1 legume</td>
<td>Pineapple Chunks</td>
<td>Lemon Snow</td>
<td>Fruit</td>
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<td>2 starches(one as Whole Grain)</td>
<td>Juice</td>
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<td>Bread</td>
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<td>Omelet w/ 1 oz. cheese</td>
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<td>Pancakes (2)</td>
<td>Sausage Links (2)</td>
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<td>Tomato Slices (3)</td>
<td>Fresh Fruit</td>
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<td>Fresh Fruit</td>
<td>Juice</td>
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<tr>
<td>Beef Vegetable Soup</td>
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<td>Chef Salad w/ (meat, beans, cheese, egg, greens, colorful veggies)</td>
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<td>Fruit w/ Cottage Cheese</td>
<td>Bread stick</td>
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<td>Ham</td>
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<tr>
<td>Baked Sweet Potato</td>
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<td>Green Beans</td>
<td>Green Beans</td>
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<td>Cole slaw</td>
<td>Applesauce</td>
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<td>WW Roll</td>
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<tr>
<td>Cream of Potato Soup</td>
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<tr>
<td>Salad Bar (meat, cheese, beans, greens, colorful veggies and more)</td>
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<tr>
<td>Fruit</td>
<td>Wheat Crackers</td>
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<td>Juice</td>
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<td>Meatloaf</td>
<td>BBQ Pork on Whole Grain Bun</td>
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<td>Mashed potatoes</td>
<td>Corn</td>
<td>Red roasted rosemary potatoes</td>
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<tr>
<td>Peaches</td>
<td>Fruit</td>
<td>Green Beans</td>
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<td>Juice</td>
<td>Whole Wheat Bread</td>
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<tr>
<td>Strawberry &amp; Fresh Spinach Salad</td>
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<td>Chicken Breast</td>
<td>Rice Pilaf</td>
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<td>Green Beans</td>
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<td>Pork Chops</td>
<td>Pork Chops</td>
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<tr>
<td>Scalloped potatoes</td>
<td>Brussel sprouts</td>
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*Calendars and Menu’s may vary per center.*

8 | Area Agency on Aging
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<tr>
<th>MONDAY</th>
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<tbody>
<tr>
<td>1</td>
<td>1:15pm: Movie “Bucket List”</td>
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<td>4</td>
<td>5</td>
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<tr>
<td></td>
<td></td>
<td>11:15 Billy Lohr—the Red Cross</td>
<td>9:30am: Morning Quilters</td>
<td>9:30am-2:15pm: Meyersdale Maple</td>
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<td></td>
<td></td>
<td>12:30pm: Bible Study With Rodney Durst</td>
<td>11:00am: Wii Bowling League</td>
<td>Festival Trip</td>
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<tr>
<td>8</td>
<td>1:15: Movie: “Grumpy Old Men”</td>
<td>9:30am: Morning Quilters</td>
<td>5:00pm: Weight Watchers</td>
<td>1:00pm-4:00pm: Live Music: Old Time</td>
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<td></td>
<td></td>
<td>11:00am: Wii Bowling League</td>
<td>11:30pm-3:30pm: Morgan-town Shopping/Noah</td>
<td>Jammers</td>
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<td></td>
<td>5:30pm: Line Dancing</td>
<td>Movie Trip</td>
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<tr>
<td>15</td>
<td>1:15pm: Crafts</td>
<td>9:30am: Morning Quilters</td>
<td>9:30am: Morning Quilters</td>
<td>1:00pm-4:00pm: Live Music: Old Time</td>
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<td></td>
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<td>11:00am: Wii Bowling League</td>
<td>11:00am: Wii Bowling League</td>
<td>Jammers</td>
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<td></td>
<td></td>
<td>10:30: Pot Swap: House Plant Swap Activity</td>
<td>9:00am-2:00pm: Historic Walking Trips:</td>
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<td></td>
<td>5:30pm: Line Dancing</td>
<td>Nemacolin Art Walk</td>
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<tr>
<td>22</td>
<td>1:15pm: Movie: “A Dogs Tale”</td>
<td>9:30am: Morning Quilters</td>
<td>9:15pm: Linda Castillo - Eating Healthy</td>
<td>1:00pm-4:00pm: Live Music: Old Time</td>
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<td></td>
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<td>11:00am: Wii Bowling League</td>
<td>1:30-4:30: MAP Office Open</td>
<td>Jammers</td>
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<td>5:30pm: Line Dancing</td>
<td>11:15pm Jamie Rodeheaver—Fire Marshall</td>
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<td>6:00pm: Bridge Club</td>
<td>1:30-4:30: MAP Office Open</td>
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<tr>
<td>28</td>
<td>1:15pm: Movie: “Going Out of</td>
<td>9:30am: Morning Quilters</td>
<td>11:15pm: Pat Dorn—Insurance Talk</td>
<td>1:00pm-4:00pm: Live Music: Old Time</td>
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<td></td>
<td>Style”</td>
<td>11:00am: Wii Bowling League</td>
<td>11:00am: Senior Insurance Talk w/Patricia</td>
<td>Jammers</td>
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<td>5:30pm: Line Dancing</td>
<td>12:30pm: Bible Study with Rodney Durst</td>
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<td></td>
<td>6:00pm: Bridge Club</td>
<td>1:30-4:30: MAP Office Open</td>
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<tr>
<td>30</td>
<td>1:15-4:30: MAP Office Open</td>
<td>9:30am: Morning Quilters</td>
<td>1:30-4:30: MAP Office Open</td>
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**KEY:**
- Mary Browning Senior Center: Green
- Grantsville Senior Center: Blue
- Flowery Vale Fitness Center: Red
- Meadows: Yellow
- Everyone: Black

Garrett County Community Action
“It’s like you’re falling down this big sinkhole and you can’t pull yourself out.”
-Patrick McCathern, First Sergeant, U.S. Air Force, Retired

**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.”
Depression is a real disease that can be successfully treated.

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.
April at MBSC

There are a ton of events and activities planned for the month of April. 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.

Shopping/Movie Trip

On Thursday, April 11th at 11:30 the Mary Browning Seniors will be taking a trip to Morgantown, WV to enjoy a day of shopping followed by a movie showing of the stage classic Noah. If you are interested in coming along reserve your spot by 4/5/19.

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

We have a variety of speakers scheduled for the month of April. On Wednesday, April 3rd there will be a presentation by Billy Lohr at 11:00am about the Red Cross. On Wednesday, April 10th at 11:15am Linda Castello will be coming down to give a demonstration on eating healthy. On Wednesday, April 17th starting at 11:00 Jamie Rodeheaver will be by to give a presentation sponsored on what its like to be Fire Marshall. On Wednesday, April 24th at 11:15am Pat Dorn will stop by to give a presentation on Insurance.

We have so much more happening in the Senior Centers, stop in or call for more information on the Mary Browning Center at 301-334-9431 ext.6134.
The Garrett County Steps to Better Health Committee has announced Saturday, April 13, as the date for the next Garrett County Health Fair and Family Fun Festival. The 2019 event takes place at the CARC (Community Aquatic & Recreation Complex) at Garrett College in McHenry from 8:30 a.m. until 12:30 p.m.

The Garrett County Health Fair & Family Fun Festival is a free community event designed to increase health awareness and to promote the health-oriented resources for all ages which are available throughout the local community.

“Make sure you get the health fair marked on your calendar because you won’t want to miss it,” said Charles Wilt, Steps Committee Chairman. “There will absolutely be something for everyone.”

The event will include informational booths, some free health screenings, door prizes, and many other giveaways. Like Garrett County Health Fair on Facebook for up-to-date information, or visit garretthealth.org/health-fair.

The Garrett County STEPS Committee is composed of local businesses, public agencies, and private citizens, all with the desire to improve the overall wellness in the community. The fair is free to all participants and supported by generous sponsors, including our Title Sponsor: Aetna Better Health of Maryland, as well as Gold Sponsors: Garrett Regional Medical Center, Garrett County Health Department, Maryland Physicians Care, Mountain Laurel Medical Center, and Medical Rehabilitation Systems Physical Therapy; and Silver Sponsors: Community Aquatic & Recreation Complex, Early Care Healthy Families Garrett County Program, and Deep Creek Colon and Rectal Surgery.
GVSC
Events for April 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

We have a variety of speakers scheduled for the month of April. On Friday, April 5th at 10:00am there will be a trip departing for the Meyersdale Maple Festival, interested parties should call Patti Johnson to reserve your spot today. On Tuesday, April 9th at 9:15am Jacki Snelson will be giving a quilting lesson. On Wednesday, March 10th starting at 12:30 Rodney Durst will in to lead a Bible Study for anyone that is interested in joining. Tuesday, April 23rd at 11:15am Debbie Snyder will stop by with some furry friends to give a presentation on HART.

We have so much more happening in the Senior Centers, stop in or call for more information on the Grantsville Senior Center, 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 Sherriff’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.
Maryland Access Point (MAP) is an information and referral service for seniors and people with disabilities. Garrett County MAP provides assistance in understanding and accessing services available within the county. In April, the topic is Advance Directives.

An advance directive is simply a written statement of someone's wishes regarding medical treatment if they should become unable to communicate them to a doctor. A severe illness or catastrophic injury can strike anyone at any age, and if an advance directive is not in place, the individual's healthcare decisions will be left to the discretion of others. Drafting an advance directive is relatively easy to do. We will have worksheets and forms available at the outreach sessions for anyone wishing to complete one.

Our outreach schedule for April is outlined below:

- **Friendsville:** April 2 from 12:00 – 3:00 pm (first Tuesday of the month)
- **Kitzmiller:** April 3 from 10:00 am – 1:00 pm (first Wednesday of the month)
- **Swanton:** April 16 from 10:00 am – 1:00 pm (third Tuesday of the month)
- **Grantsville:** April 17 from 12:00 pm – 3:30 pm (third Wednesday of the month)
- **Oakland (Mary Browning):** April 24 from 10:00 am – 1:00 pm (fourth Wednesday of the month)

For more information, call the MAP office at 301-533-9000.
Address Service Requested

The National Healthcare Decisions Day, April 16, will help Americans understand that making future healthcare decisions includes much more than deciding what care they would or would not want; it starts with expressing preferences, clarifying values, identifying care preferences and selecting an agent to express healthcare decisions if patients are unable to speak for themselves.

The National Healthcare Decisions Day (NiHDD) initiative is a collaborative effort of national, state and community organizations committed to ensuring that all adults with decision-making capacity in the United States have the information and opportunity to communicate and document their healthcare decisions.

Garrett County Community Action Committee, Inc.
Aging and Nutrition Services
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