

Living Healthy

Healthy Minds Series

Hope and Resilience: Healthy Minds Series

*Presenter: Estelle Dupree,
LCPC, Frederick County
Health Department*

**Free, pre-registration preferred,
drop-in welcome**



Understanding Depression & the Aging Brain

Monday, Jan. 12, 11:00 a.m.

Learn about depression and its effects on the brain. Explore how mental health challenges evolve with age and discuss strategies for building resilience and managing emotional distress. Learn that depression is a treatable condition at any stage of life. The session will clarify the distinction between end-of-life contemplation and suicidal ideation, identify signs of depression in older adults, and outline both immediate and long-term interventions for seniors experiencing suicidal thoughts.

**Presenter in-person @ Frederick;
Virtually/hybrid @ Virtual, Brunswick,
Emmitsburg, Middletown, Urbana**

Self-Care & Suicide Prevention in Older Adults

Monday, Feb. 9, 11:00 a.m.

Focus on the unique challenges seniors face that may increase their risk for depression and suicide. Examine the barriers to recognizing, assessing, and treating mental health concerns in older adults. Learn how increased awareness can lead to better-informed decisions for oneself and loved ones. The session will highlight protective factors, foster resilience and hope, and encourage open conversations about grief, depression, and suicide.

**Presenter in-person @ Emmitsburg;
Virtually/hybrid @ Virtual, Brunswick,
Frederick, Middletown, Urbana**

Community Resources & Communication Strategies

Monday, March 9, 11:00 a.m.

Learn about community education resources and effective strategies for discussing depression and suicidal thoughts. Emphasis will be placed on the importance of early intervention, reducing access to lethal means, and understanding the complex emotions that may arise when someone is struggling with suicidal thoughts or after a suicide has occurred. Learn how to respond appropriately and where to find support for themselves or others in crisis.

**Presenter in-person @ Middletown;
Virtually/hybrid @ Virtual, Brunswick,
Emmitsburg, Frederick, Urbana**

Self-Care

Beating Back the Winter Blues: Resilience & Self-Care



Beating Back
the Winter Blues
Resilience & Self Care

What is resilience and why is self-care important, especially in the winter?

Let's explore tactics that increase resilience and identify strategies of self-care that may differ in the winter months and post holidays. Join us for a lively discussion as we focus on the importance of remaining connected to ourselves and others.

*Presenter: Estelle Dupree, LCPC, LC-ADAS,
Frederick County Health Department*

Frederick Free, pre-register
Monday, Jan. 26, 11:00 a.m.

Indoor Plants & Wellness

Having indoor plants just makes us feel better. Learn about the therapeutic benefits of houseplants. Identify plants that can make for a healthier indoor environment.

*Presenter: John Schlee, Therapeutic Horticulture
Committee, Frederick County Master Gardener*

Urbana Free, pre-register
Tuesday, Feb. 24, 1:30-2:30 p.m.



TOPS: Take off Pounds Sensibly

Support and education group for healthy weight loss and nutrition strategies.

Frederick free tryout, no food to buy
Mondays, 2:00 p.m., ongoing



SELF CARE
is not
SELFISH

Living Healthy

Cooking

Simple Cooking with Heart*

Join us for the first series of cooking classes designed by the American Heart Association (AHA). Each month prepare a meal to share as a group while honing the skills and knowledge associated with healthy cooking. Each class focuses on a different topic and recipes provided by AHA. This is a hands-on cooking experience.

Instructor: Ginny Skelley, Licensed Dietitian

Frederick \$10/series, pre-register, limited to 10
4th Fridays, 1/23, 2/27, 3/27, 10:30 a.m.-12:30 p.m.

*FSC is not an allergen free environment.

Participants should exercise caution in using cooking equipment.



Whip It Up Wednesdays

Follow along with a cooking demonstration and learn new recipes. You will be making your own food to sample!

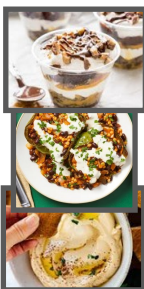
Emmitsburg \$6 per session,
pre-register

Dessert Trifle: Wed, Jan. 21, 11:00 a.m.

Stuffed Peppers:

Wed, Feb. 18, 11:00 a.m.

Hummus: Wed, Mar. 18, 11:00 a.m.



Cranberry Pecan Cream Cheese Pinwheels

This make-and-take appetizer is sure to be a hit! It's simple to make, contains just a few ingredients and packs a ton of flavor that will leave you going back for seconds! Make them together then take a batch of them home!

Urbana \$6, pre-register

Tuesday, Feb. 3, 1:30-3:00 p.m.



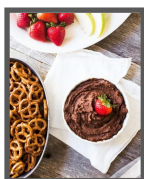
Healthy Snacks:

A Hands-on Cooking Experience

Snacks can be healthy. Make easy, healthy snacks that can be substituted for purchased foods that are high in calories, sugar and sodium. You will make your own food to sample and take home.

Middletown \$6, pre-register

Tuesday, Mar. 3, 1:00 p.m.



Nutrition

**Programs with Joi Vogin,
MS LDN, Frederick County
Cooperative Extension
Service educator**

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MARYLAND
EXTENSION

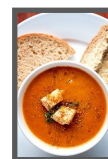


Broth, Soups & Stews for Winter Wellness

There is something very comforting about a cup of broth or a bowl of soup or stew when the weather is cold. Joi will demonstrate some recipes for tasting and share how this winter staple can nourish our bodies and spirits.

Middletown Free, pre-register

Tuesday, Feb. 10, 11:30 a.m.



Vitamin D & Sun Exposure: Healthy or Hazardous?

Learn how "smart" sun exposure increases overall wellness, including musculoskeletal, immune, and mental health.

Frederick Free, pre-register

Thursday, Feb. 19, 11:00 a.m.

Cooking and Eating on a Budget

Explore tips and tricks to stretch your food dollars to make healthy and affordable food choices.

Emmitsburg Free, pre-register

Tuesday, Mar. 17, 11:00 a.m.

Frederick Free, pre-register

Thursday, Mar. 19, 11:00 a.m.

Weis Market Nutrition Talks

Learn about nutrition and healthy eating patterns. Presentations followed by a recipe demonstration that in-person participants will be able to sample. If attending in-person please let us know if you have a food allergy.

*Presenter: Christina Pelletier, MS, RDN, LDN
Regional Dietitian, Weis Markets*

Brunswick, Virtual Free, pre-register

Build a Better Breakfast: Tues, Jan. 27, 1:00 p.m.

Improve Cholesterol: Tues, Feb. 24, 1:00 p.m.

Brain Health: Tues, Mar. 31, 1:00 p.m.



Living Healthy

Blood Pressure Checks & Safety Presentations

Frederick County Fire and Rescue will provide free, monthly blood pressure checks. There will also be a presentation on a relevant safety topic.



Presentation topics:

January

Home Heating & Electrical Safety

February

Heart Health Month

March

Smoke Alarms & Escape Plans

Free, Drop-in!

Brunswick	1st Tuesday, 11:00 a.m.
Emmitsburg	2nd Monday, 12:30 p.m.
Frederick	3rd Thursday, 11:15 a.m.
Middletown	3rd Wednesday, 10:30 a.m.
Urbana	2nd Thursday, 11:00 a.m.

Simple Wills

Come learn about simple wills. (The presentations will NOT include information on trusts and other options.)

Brunswick	Wed, Mar. 18, 1:00 p.m.
Emmitsburg	Wed, Feb. 18, 1:00 p.m.
Frederick	Mon, Mar. 23, 1:00 p.m.
Middletown	Wed, Jan. 21, 1:00 p.m.
Urbana	Mon, Feb. 23, 12:30 p.m.



Intake Clinic with Legal Aid

Do you have questions about civil legal issues? Drop-in during the scheduled clinic hours to complete an intake. Follow-up will be provided at a later date as needed. Maryland Legal Aid and the Frederick County Division of Aging and Independence are partnering to offer this service. Free, drop-in

Brunswick	Wed, Mar. 18, 9:00 a.m.-Noon
Emmitsburg	Wed, Feb. 18, 9:00 a.m.-Noon
Frederick	Mon, Jan. 12, 1:00-4:00 p.m.
Frederick	Mon, Mar. 23, 2:00-4:00 p.m.
Middletown	Wed, Jan. 21, 9:00 a.m.-Noon
Urbana	Mon, Feb. 23, 1:30-4:00 p.m.



Lunch Bunch @ Noon

Enjoy a tasty, predetermined menu in a friendly, casual setting.

Mondays @ Emmitsburg	Wednesdays @ Frederick
Tuesdays @ Brunswick	Thursdays @ Urbana

Winter/Cabin Fever Luncheon: Thurs, Jan. 15 @ Brunswick, Frederick, Urbana

Menu: Stuffed Chicken (broccoli/cheese), Mashed Potatoes, Green Bean Casserole, Pie

Valentine's Day Luncheon: Fri, Feb. 13 @ Brunswick, Emmitsburg, Frederick, Urbana

Menu: Roast Beef, Mashed Potatoes, Harvard Beets, Roll, Pie

St. Patrick's Day Luncheon: Tues, Mar. 17 @ Brunswick, Emmitsburg, Frederick, Urbana

Menu: Corned Beef, Red Skin Potatoes, Steamed Cabbage, Copper Pennies, Corn Muffin, Cake

To Reserve a Meal: Contact the senior center of your choice at least 3 business days in advance to guarantee your reservation. **For the special meals please reserve a week in advance.**

Same day reservations are available on a first come first serve basis.

Voluntary contributions toward meal cost are appreciated. The meal cost \$6.00.

Eligibility: Individuals age 60+, as well as the spouse or dependent disabled adult child of a qualified individual, are eligible to participate. Individuals under the age of 60 may reserve a meal and pay the full cost of \$6.00.

Living Healthy

Registration opens Friday, Dec. 12, 9:00 a.m.

By registering you are agreeing to abide by the DAI 50+ Community Senior Center Code of Conduct

Use this form to pay by check: drop-off at one of the centers or mail to: Frederick County Division of Aging & Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

To pay by credit card visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

Name _____ Phone _____

Email Address _____

Mailing Address _____

Program	Date	Circle Location	Price	Total
Hope and Resilience: Healthy Minds Series Understanding Depression & the Aging Brain Presenter @ Frederick	Mon, Jan. 12, 11:00 a.m.	@ Frederick Virtual/Hybrid @ BSC, ESC, MSC, USC, VSC	Free	
Hope and Resilience: Healthy Minds Series Self-Care & Suicide Prevention in Older Adults Presenter @ Emmitsburg	Mon, Feb. 9, 11:00 a.m.	@ Emmitsburg Virtual/Hybrid: BSC, FSC, MSC, USC, VSC	Free	
Hope and Resilience: Healthy Minds Series Community Resources & Communication Strategies Presenter @ Middletown	Mon, Mar. 9, 11:00 a.m.	@ Middletown Virtual/Hybrid: BSC, ESC, FSC, USC, VSC	Free	
Blood Pressure Checks & Safety Presentations with Frederick County Fire & Rescue	Brunswick: 1st Tues, 11:00 a.m. Emmitsburg: 2nd Mon, 12:30 p.m. Frederick: 3rd Thurs, 11:15 a.m. Middletown: 3rd Wed, 10:30 a.m. Urbana: 2nd Thurs, 11:00 a.m.	Drop-in	Free	
Simple Wills with Maryland Legal Aid	Brunswick: Mar. 18, 1:00 p.m. Emmitsburg: Feb. 18, 1:00 p.m. Frederick: Mar. 23, 1:00 p.m. Middletown: Jan. 21, 1:00 p.m. Urbana: Feb. 23, 12:30 p.m.	Drop-in Pre-registration preferred	Free	
Intake Clinic with Maryland Legal Aid	Brunswick: Mar. 18, 2:00 p.m. Emmitsburg: Feb. 18, 2:00 p.m. Frederick: Jan. 12, 1:00 p.m. Frederick: Mar. 23, 2:00 p.m. Middletown: Jan. 21, 2:00 p.m. Urbana: Feb. 23, 1:30 p.m.	Drop-in no appointment or registration required	Free	
Make checks payable to "Frederick County Treasurer"			Grand Total	

Office Use Only: Check # _____ Cash _____ Credit Card _____ AIM _____ Staff Name _____ Date _____

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By registering you are agreeing to abide by the DAI 50+ Community Senior Center Code of Conduct

Use this form to pay by check: drop-off at one of the centers or mail to: Frederick County Division of Aging & Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

To pay by credit card visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

Name _____ Phone _____

Email Address _____

Mailing Address _____

Program	Date	Location	Price	Total
Weis Nutrition Talks Jan: Building a Better Breakfast Feb: Improve Cholesterol Mar: Brain Health	Tues, Jan. 27, 1:00 p.m. Tues, Feb. 24, 1:00 p.m. Tues, Mar. 31, 1:00 p.m.	Brunswick, Virtual	Free	
Whip It Up Wednesdays Jan: Dessert Trifle Feb: Stuffed Peppers Mar: Hummus	Wed, Jan. 21, 11:00 a.m. Wed, Feb. 18, 11:00 a.m. Wed, Mar. 18, 11:00 a.m.	Emmitsburg	\$6 per session	
Cooking & Eating on a Budget	Tues, Mar. 17, 11:00 a.m.	Emmitsburg	Free	
Beating Back the Winter Blues: Resilience & Self-Care	Mon, Jan. 26, 11:00 a.m.	Frederick	Free	
Simple Cooking with Heart	Fri, Jan. 23, Feb. 27, Mar. 27 (3-wks) 10:30 a.m.-12:30 p.m.	Frederick	\$10	
Vitamin D & Sun	Thurs, Feb. 19, 11:00 a.m.	Frederick	Free	
Cooking & Eating on a Budget	Thurs, Mar. 19, 11:00 a.m.	Frederick	Free	
Healthy Snacks: Hands-on Cooking Experience	Tues, Mar. 3, 1:00 p.m.	Middletown	\$6	
Broth, Soups & Stews for Winter Wellness	Tues, Feb. 10, 11:30 a.m.	Middletown	Free	
Cranberry Cream Cheese Pinwheels	Tues, Feb. 3, 1:30-3:00 p.m.	Urbana	\$6	
Indoor Plants & Wellness	Tues, Feb. 24, 1:30-2:30 p.m.	Urbana	Free	
Make checks payable to "Frederick County Treasurer"			Grand Total	

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