

Resources: Be Informed

The Resource and Service Navigation team, part of the Frederick County Division of Aging and Independence, develops and administers programs and activities that support older adults and adults with disabilities.

State Health Insurance Assistance Program (SHIP)

Trained SHIP staff help Medicare beneficiaries, family members and caregivers understand Medicare benefits, bills, and Medicare rights.

www.FrederickCountyMD.gov/SHIP

Medicare Workshops

Free, pre-register, Lunch is included
To register call 301-600-1234



• Morning Session:

Navigating the Medicare Maze

enrollment, parts of Medicare,
timing, costs, coverage

• Afternoon Session:

Medigap/Supplemental Insurance vs. Medicare Advantages

The differences, timing, coverage, pros and cons

Brunswick Library

Friday, January 9, 10:30 a.m.-2:00 p.m.

Emmitsburg Senior Center

Thursday, February 12, 10:30 a.m.-2:00 p.m.

Urbana Senior Center

Friday, March 20, 10:30 a.m.-2:00 p.m.



Maryland Access Point (MAP)

Maryland Access Point of Frederick County (MAP) is a trusted source of information and assistance for Frederick County residents who need or want to plan for their immediate and future needs. MAP serves adults 50 years and older, adults 18 years and older with a disability, family members and other caregivers, and health or business professionals.

www.FrederickCountyMD.gov/MAP

Veterans Advisory Council (VAC)

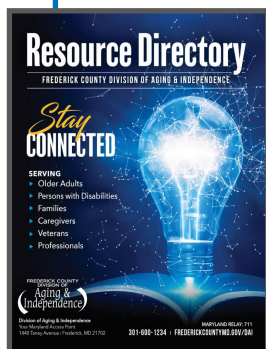
The Veterans Advisory Council (VAC) is a vital advocate Veterans and their families, advocating for legislation, services, and community support for Veterans.

www.FrederickCountyMD.gov/VAC



Resource Directory (Blue Book)

Frederick County Division of Aging and Independence publishes a resource guide for older adults, persons with disabilities, families, caregivers, baby boomers, and professionals.



An electronic copy is available
on our website

www.FrederickCountyMd.gov/DAI

Groceries for Seniors

A free monthly distribution of seasonal produce, canned goods, and shelf stable products in a farmers market style setting.

Additional resources and information.

Don't forget your reusable shopping bag.

3rd Friday of Every Month
Noon - until all food is distributed

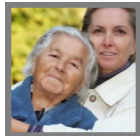
Frederick Senior Center
1440 Taney Avenue, Frederick, MD

DAI@FrederickCountyMD.gov
or 301-600-1234 for more information

All Frederick County residents age 60+ with an income below \$1600 per month are eligible to participate. Please bring a photo ID to register the first time.



Resources: Be Informed



Caregiver Support Program The National Family Caregiver Support Program provides support programs to meet the needs of caregivers.

www.FrederickCountyMD.gov/Caregiver

Caregiver Support Groups

These support groups are for caregivers of people 60 years of age or older or with an early onset of dementia. Can't make our support groups? We are happy to provide a listing of other area groups.

Facilitator: Daisy Lopez-Duke, LCPC

Free, pre-register

In-person @ Frederick Senior Center

Last Friday, 11:00 a.m.-12:30 p.m.

You are invited to stay for lunch at 12:30 p.m.

Virtual on TEAMS

2nd Thursday, 6:00 p.m.

For more information call 301-600-6022 or email:

CaregiverSupport@FrederickCountyMD.gov

Dementia Live Training

Dementia Live® is a simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Caregivers, professionals, and individuals will better understand the hardships and confusion that occurs for a person with dementia. These in-person trainings are open to the public. The trainings are facilitated by Frederick County Division of Aging and Independence and Daybreak Adult Day Services. Choose one of these trainings held at Daybreak Adult Day Services.



Daybreak Adult Day Services

Free, pre-register
Thursday, Jan. 22, 10:00 a.m.

Wednesday, Feb. 25, 10:00 a.m.

Monday, Mar. 16, 1:00 p.m.

To register call 301-600-6022 or email:

DementiaFriendlyFrederick@FrederickCountyMD.gov

Circle of Friends Memory Café

Frederick County Division of Aging & Independence and the Alzheimer's Association Memory Café is a safe and relaxed place where people with early-stage memory loss, their families, and friends can come together for a unique blend of education and social interaction. Anyone affected by early-stage memory loss is welcome to attend.

Free, pre-register

Brunswick Library

Friday, Jan. 30, 11:30 a.m.-1:00 p.m.

Friday, Mar. 13, 11:30 a.m.-1:00 p.m.

Frederick Senior Center

Friday, Jan. 2, 11:30 a.m.-1:00 p.m.

Friday, Mar. 6, 11:30 a.m.-1:00 p.m.

Middletown Senior Center

Friday, Feb. 6, 11:30 a.m.-1:00 p.m.

Urbana Senior Center

Friday, Feb. 20, 11:30 a.m.-1:00 p.m.

To register call 301-600-6022 or email:

CaregiverSupport@FrederickCountyMD.gov

"Meeting other people with the diagnosis helps you feel like you're not alone."



Inclement Weather Information

Please call any of the centers for early closure and delayed opening updates. Any updates will be recorded on our voice mail. Sign-up using the link below to receive alerts when Frederick County Government is closed.

<http://www.frederickcountymd.gov/ALERT>



Senior Services Advisory Board

The Board advises the County Executive and the Division of Aging & Independence on all matters relating to development and administration of the area plan and operations conducted hereunder, and to be advocates for issues relating to aging.

Meeting Schedule: 2nd Monday, 1:00 p.m.
Bourne Building, 355 Montevue Lane, Frederick

All are welcome to attend the meetings

www.FrederickCountyMD.gov/SSAB