

Generations

Newsletter for the Washington County Commission on Aging, Inc./Area Agency on Aging

"Leaders in Quality Aging"

301-790-0275

www.wccoaging.org

140 W. Franklin St., 4th Floor, Hagerstown, MD 21740

January 2012

TTD 1-800-735-2258

From the desk of the Executive Director

January has been a busy month at the Commission on Aging. If you come to our main offices located at 140 W. Franklin St., you will notice that our Maryland Access Point (MAP) unit has moved to the 2nd floor, located on ground level off Weller's Alley. There is access either from the alley (and plenty of parking) or you may take the usual elevator to "2" and enter the offices from that hallway.

The move is funded by the Maryland Department of Aging, and helps us to bring together all information, referral and assistance programs in one, accessible location. Come and visit some of your favorite staff members in their new location!



Susan J. MacDonald

CITIZEN WEATHER EMERGENCY GUIDE

Practical measures citizens can take are as follows:



- Listen to radio or television for weather reports and emergency information.
- Maintain adequate food and medical supplies.
- Avoid over-exertion and provide adequate rest periods during clean-up and recovery efforts.
- Watch for signs of impending dangerous structural weakness and do not enter any unsafe areas or structures.
- Avoid working in dangerous areas unless properly trained and with adequate safety precautions and protective equipment.
- Avoid travel in low lying areas that are prone to localized flooding and do not drive through standing water.
- Pay close attention to marked roadways as State and local resources continue to identify, clear and maintain open roadways.

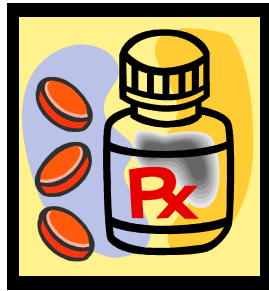
Citizens with specific questions can contact the Division of Emergency Services, Emergency Management personnel at (240) 313- 4360. Citizens may reference weather related information.



HEALTH TIPS

It's the New Year, and that means it's time for New Year's resolutions. If keeping healthy is on your-to-do list for 2012, take a look at these tips.

Talk with your doctor about the drugs that you take. Discussing your medications will help ensure you're taking your drugs at the right frequency and dosage. It's important for your doctor to know about all the medications you take. This includes supplements, over-the-counter medicines and prescriptions.



Throw away old medicines. Drugs lose their effectiveness after their expiration date. Go through your medicine cabinet and toss your old drugs. Follow any specific disposal instructions on the drug label or patient information that accompanies the medication. **Do not flush prescription drugs** down the toilet unless this information specifically instructs you to do so.

Take advantage of community drug take-back programs that allow the public to bring unused drugs to a central location for proper disposal. If no instructions are given on the drug label and no take-back program is available in your area, throw the drugs in the household trash, but first:

- Take them out of their original containers and mix them with an undesirable substance, such as used coffee grounds or kitty litter. The medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.
- Put them in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.

Make sure you're up-to-date on vaccinations. Talk with your doctor to make sure you've had all the vaccines you need. This can help you prevent illness in the future.



Carry medical identification with you at all times. Use a note card or piece of paper to list your doctors, emergency contacts, and all medical conditions you have. Keep this information in your wallet or purse.



This simple step is helpful for medical personnel in case you are ever in an accident or have a health emergency.



DO YOU
LOVE
TO
SING?



Are you the next Idol Winner?

The Washington County Commission on Aging is calling on seniors 60+ to "polish up your tunes" and share your vocal talents in

The Third Local,

Maryland Senior Idol Contest scheduled for February 18, 2012 (2 p.m.)

Held at the Broadfording Church of the Brethren Fellowship Hall

14010 Greencastle Pike

Hagerstown, Maryland 21740

The Winner and runner up will represent Washington County in the statewide contest held at The Bowie Center for the Performing Arts in Bowie, Maryland on April 4, 2012.

Application deadline is January 20th. Please call 301-790-0275

Ext 205.

VOLUNTEERS

MEALS ON WHEELS PROGRAM

With the arrival of cold weather, several Meals on Wheels Snowbirds can't resist the temptation of traveling to warmer climates and are heading south for the winter months. This temporary migration of volunteers leaves us with numerous vacancies on our delivery roster. If you would be available to fill in on a temporary basis delivering hot, noon meals to homebound seniors, please call Sharon Corbett, Meals on Wheels Coordinator at 301-790-0275 to find out more about the duties. Vacancies are listed below:

Smithsburg Route: Tuesdays, Wednesdays and Thursdays,
11 a.m. – 1 p.m.; 9 stops

Route 40 W/ Pectonville Rd. Route: Mondays, Tuesdays or Fridays,
11 a.m. – 12 noon; 5 stops

North End of Hagerstown Route: Fridays, Jan. 20, February 10 and February 17,
11 a.m. – 12:30 p.m.; 13 stops

VOLUNTEER PROGRAM

Volunteers needed to serve with children and youth at varied sites such as: Private/Public schools, Historical Society, Washington County Museum, Boys and Girls Club, Hagerstown Community College, Washington County Family Center and others.

TAX ASSISTANCE VOLUNTEERS NEEDED

No experience required, just the desire to prepare tax returns for low-income elderly. Extensive training is provided.

Days and hours are flexible.

Counseling begins Monday, Feb. 6 through Tuesday, April 17 weekdays from 9 am-4 p.m.

Volunteers are required to serve at least 3 hours per week.

Tax preparations will be at the COA office. Free electronic preparation and filing are the norm for all clients.

Interested please call 301-790-0275.

VOLUNTEER RECEPTIONIST NEEDED

COA is searching for a volunteer to assist at Administration Office Reception desk. Hours can vary.

Please call Belinda Corbett @ 301-790-0275

INTERESTED IN VOLUNTEERING

PLEASE CALL

301-790-0275

EVENTS

AARP Driver Safety Program

Next Class is Thursday, February 16th @
Somerset Assisted Living

10114 Sharpsburg Pike, Hagerstown
Class is from (1-5 pm)

Cost for AARP Members is \$12.00 & for
Non-members \$14.00

Contact Judy Brewer 301-790-0275 ext 220

Senior Center Programs

626 Washington Avenue (Girls Inc.)
Hagerstown

TAI CHI

A good class if you are interested in improving balance, flexibility and strength.

STEPPING ON

The class will focus on how strength and balancing exercises, medication management, home safety, footwear, vision, and mobility are important in preventing falls.

REGISTRATION IS REQUIRED FOR THIS CLASS ONLY. PLEASE CALL THE HEALTH DEPARTMENT @ (240) 313-3360.

On FEBRUARY 14th, from 1:00 to 1:45 Elvis Impersonator, KEVIN BOOTH, will entertain our clients and seniors in the community. A \$5.00 donation will be collected at the door.

Call the Senior Center for more information at 301-671-2368

www.wccoAGING.org