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From DCS Director, David Trolio...

The Cecil Human Services Agency, an instrumentality of County Government, is Cecil County’s designated local management board and it rests under the division of Community Partnerships within the Cecil County Department of Community Services. As such, the Department of Community Services, through the local management board, receives funding from the Governor’s Office for Children to assess needs, identify priorities and target resources for children and families in the community. The local management board serves as the coordinator of collaboration for child and family services. It brings together community leaders from a variety of organizations representing health, education, public safety, child welfare and business to empower local stakeholders in addressing the needs of and setting priorities for the community.

In fiscal year 2018, I am happy to announce that Cecil County’s Local Management Board received over half a million dollars in grant funding to support organizations implementing and managing early intervention and parenting initiatives and programs addressing disconnected youth and the impact of incarceration on children and families. These innovative, community-based organizations espouse a collaborative spirit and have demonstrated a successful track record of program development and oversight. We congratulate Youth Empowerment Source, Generation Station, Community Mediation Upper Shore, Inc., and the Boys & Girls Club of Cecil County in their efforts to assist children and families in Cecil County.

**Department of
Community Services**

200 Chesapeake Blvd.
 Suite 2550
 Elkton, MD 21921
 Open Monday-Friday
 8:00 am to 4:30 pm

410-996-5295

<http://www.ccgov.org/government/community-services>

Medicare Open Enrollment Starts October 15!

During Medicare Open Enrollment, you can review your current Medicare choices, investigate changes for 2018 and how the changes could affect you. If you are not affected by these changes or are comfortable with them, you do not have to do anything during Open Enrollment. You will automatically be enrolled

in the same plan for 2018. However, if the changes mean more out of pocket expenses, use the Open Enrollment period to shop for plans that may better meet your current health care and financial needs. Open Enrollment starts October 15, 2017 and ends December 7, 2017.

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Why would you change your Medicare Prescription Drug Plan? To decide, reflect on your health care needs during the past year. Have your prescription medications changed? Have you been diagnosed with a new medical condition? These changes mean your current Medicare plan may no longer meet your needs.

Medicare health plans can change their premium and deductible amounts. They can also add, drop or switch their covered drugs. Some plans are discontinued and new plans are added.

These changes can affect you!

Some people are overwhelmed and confused by the health care choices that should be made during the Medicare Open Enrollment. However, there is help! The Cecil County State Health Insurance Assistance Program (SHIP) is available to help individuals with their health care decisions. SHIP offers free, unbiased advice to Medicare beneficiaries. To make an appointment with the Cecil County SHIP office, please call **410-996-5295** Option #1.

Track Your Bus!

Cecil Transit is excited to share the launch of a new, enhanced service that allows you to track the arrival and departure of your bus on a mobile app called RouteShout 2.0.

With RouteShout 2.0, you can view the real-time location of your bus on a map as well as the exact distance of the bus from your bus stop. The mobile app keeps you up-to-date on any service changes that may affect your travel, allowing you to plan trips more effectively with reduced wait times. An interactive map is also available

on our agency website at www.ceciltransit.com.

You can download the mobile app on your iPhones or Android device through Google Play or the Apple Store, just scan the code below!



Additionally, you can subscribe to notifications which alerts you of any changes to routes or schedules due to weather conditions, construction or other incidents. You can also save your favorite routes for quick access. By en-

abling the "Locate Me" feature, you can view the nearest bus stops from your location through a live map street view.

We hope our new mobile app will make your travel with us more convenient. If you have any questions, please feel free to contact us at **410-996-5295** Option #2.



What's Ha"paw"ning at Cecil County Animal Services?

Bark Aid was a Hit!

Bark Aid is a national tour that benefits homeless animals all over the country by doing 50 haircuts in 50 days across 50 states. Celebrity hair stylist Patrick Lomantini came to Cecil County and teamed up with Serenity Salon and Spa, Chesapeake City, to offer

haircuts with proceeds benefiting both CCAS (Cecil County Animal Services) and our friends at Chesapeake Feline Association. The event raised over \$1,000 everybody had a "paw"some time!

Continued from page 2



Clear the Shelter Day Sets record Adoption Numbers!

On August 19th, along with 800 other shelters across the country, we participated in NBC's Clear the Shelter Day. This event was created to help aid in the adoption of homeless animals by waiving fees and seeking adoption incentives from local sponsors. With a line out the door by 10 am, our event was hugely successful with the placement of 30 animals in their fur-ever homes.

A special thanks to all our sponsors, adopters, and most importantly our dedicated volunteers.

CCAS Transport Van gets a Make-over

Animal Services' van got a recent makeover.

Now when we are on the road, we will be transporting animals in style. Please say hi when you see us out and about in the county!



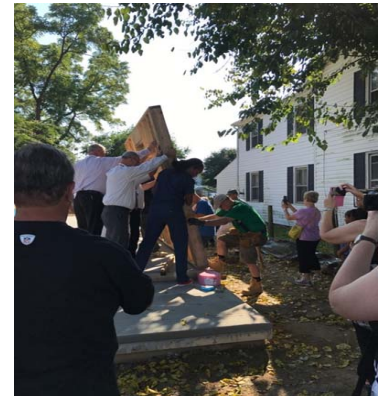
Housing News

Through the Housing and Community Development division's Family Self-Sufficiency Program (FSS), a recent graduate celebrated at a kickoff party for her new home. Her home is being built in Elkton, MD through Habitat for Humanity. The FSS graduate used escrow funds that she earned while participating in the self-sufficiency program to put a down payment on the home and was also able to purchase furniture for the home. Habitat for Humanity is hoping to have the home built and the family

moved in by December 2017. This is the second home buyer partnership between the Cecil County Housing Agency and Habitat Susquehanna. The Housing and Community Development division has a variety of housing programs and information for renters, home buyers, and home owners. You can find out more by visiting www.ccgov.org.

Habitat Susquehanna operates programs for residents of Cecil and Harford County. For more

information about Habitat Susquehanna, to volunteer, or make a donation, visit www.habitatsusq.org.



The Healthy Lifestyles Fitness Center



...is the only fitness facility in Cecil County designed for adults 55+. We offer Certified Personal Trainers, individualized workout programs for every member, Keiser exercise equipment and a non-threatening environment where the focus is on exercising safely at your own pace. In addition to a general fitness program, we also offer the **Life Beyond Cancer Fitness Program** for Cecil County residents who are currently in the cancer recovery process. Our Cancer Exercise Specialist will design an exercise program to meet your needs and help you through a difficult time.

The **Healthy Lifestyles Fitness Center** is your fitness solution. *Be more awesome than you were last year* – stop by or call for more information. We're located at 200 Chesapeake Blvd. in Elkton. For more information please call **410-620-3101**.

Tips From the Trainers...

Stay On Track With Your Weekend Weight Loss Plan



By Tom Capezio
Action-CPT

Almost anyone can stay focused on their diet and exercise throughout the week if healthier habits have been established. But what about the weekend? For people trying to stay on track this can be trouble. Nothing is wrong with treating yourself. At the same time healthier choices should be made without over doing it.

Here are some things that might help:

- Don't skip any meals, especially if you have plans to eat out. Sounds like over eating but the goal is not to eat large meals. You should eat things that are healthy and satisfying so you won't be ravenous when you go to the restaurant.
- At home don't be a "grazer." A little here and there can snowball quickly. Actually this can make you feel hungrier and can attribute to overeating. Most "grazers" consume more calories than people eating three meals and two snacks a day.
- When eating out order two appetizers and skip the entrée plus appetizer. Most of the time that will be enough to fill you up. Entrees can also be turned into appetizers by ordering them in half portions. In many articles we read not to eat the bread. Have one piece of it but don't feel guilty. Treat tortilla chips the same way. Learn to say,

"No, thank you", if your server asks if you'd like more bread or chips. Moderation is the key.

- At weddings or special events eat the healthier items first. By the time you get to the high calorie foods you'll eat less of them.
- Ask your friends for their help. Let them know you're trying hard to lead a healthier lifestyle. We all know it's easy to overindulge watching TV. Ask your friends if you can bring some healthy options to the party with you. By letting others know we are held accountable for our actions.
- Another great way to avoid binging is to start planning out your weekend on Friday afternoon. This will allow you to make good decisions before you're pressured into making a choice you might later regret. Make room for one treat you normally wouldn't eat during the week for each event you go to and stop at that.

These practices can help you survive the weekend without weight gain or guilt.



The Elkton Center

The Elkton Center is a community center for active adults age 60+ located at the rear of the County Administration Building. It's open Monday through Friday and offers a wide variety of programs, events, trips and health promotion activities for active, independent adults.



"The Elkton Center... a cup of friendship served daily."

The Elkton Center is a great place to make new friends. Stop by and take advantage of the fun that's just waiting to happen! For more information call **410.996.8181** or check us out on

<http://www.ccgov.org/government/community-services>

Elkton Center Events

October 26 – Trick or Treat Bingo
October 31 - Halloween Party



November 30 – White Marsh Mall
December 21 – Elkton Center **Holiday Party**

Healthy Options Programs for Seniors 55+ (H.O.P.S.)

The **Healthy Options Programs—Seniors (H.O.P.S.)** was created to promote healthy living and active, independent lifestyles by offering a host of exercise classes, nutrition education and health related presentations. Adults 55+ can take advantage of this free program by registering for a six week exercise class or a presentation covering a wide range of topics. Classes are offered in local churches, community centers, senior housing locations, etc. around the county – wherever we have a group of people ready to

have some fun. This fall/winter we offer Shine Dance Fitness, Line Dancing, Yoga, Tai chi, S.A.I.L. and Zumba Gold. In addition to these fitness classes we also offer following presentations: Respect - a behavioral health presentation, Living with Arthritis, Managing Your Own Health and Women's Heart. All classes and presentations are held in different locations in Cecil County. If you are

interested in becoming better informed and healthier at the same time, please contact:

Heike Button
410-996-8170
or hbutton@ccgov.org



Living Well—Take Charge of Your Health

If you have a chronic illness (arthritis, diabetes, high blood pressure, chronic pain, etc.) you know it can be difficult to do the things you want to do. Sometimes you find yourself at the mercy of your chronic condition, struggling to get back to “normal”. The **Living Well Programs** are *no cost*, six week programs to give you important information about your health conditions and help you learn new skills to better manage them.

The Department of Community Services has



partnered with the Cecil County Health Department to offer **Living Well with Chronic Conditions, Living Well with Diabetes, Living Well with Chronic Pain and Cancer: Thriving & Surviving.**

If you're over the age of 18 and have a chronic condition or if you're a caregiver and would like to attend a Living Well program, please call:

- Delois Brown **410-996-5168** or
- Heike Button **410-996-8170**

VOLUNTEER CORNER

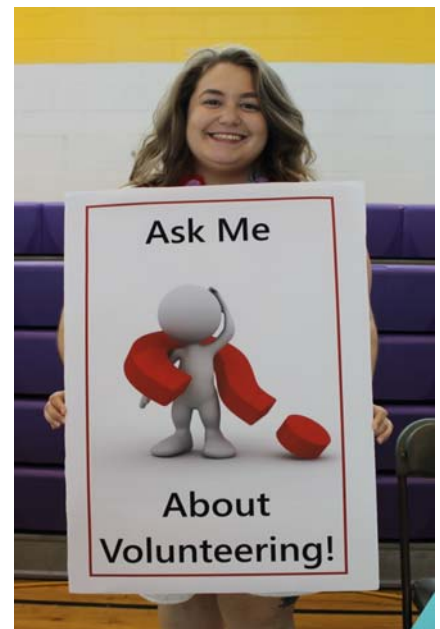
There's Always Something New in the Volunteer World

In late July, DCS welcomed Stephanie Kennedy-La Rosa as the Volunteer Program Grant Coordinator and we are delighted to have her on board! Stephanie is a graduate of Roanoke College and lives in Harford County. Through her work with AmeriCorps/Volunteer Maryland and with the Baltimore Museum of Art, Stephanie brings great insight and experience to our programs. But what we're most impressed with is Stephanie's enthusiasm and heart for volunteers – a mighty combination. Welcome Stephanie, we look forward to working with you and watching you work a little magic in our volunteer programs!

As we settle into the fall and pre

-holiday season, how about discovering a new passion or interest through volunteering? The Department of Community Services, through Volunteer Cecil and the Retired & Senior Volunteer Program (RSVP), is a great place to find a new volunteer opportunity. You name it, we've got it! From DCS programs (like Home Delivered Meals, School Buddies, Medical Transportation) to volunteer opportunities with community partner organizations, we'd love to chat with you and help you locate your place in the volunteer world. For more information about DCS Volunteer Programs, or to help connect you with a community volunteer opportunity, please call or email us:

Krista Gilmore:
410-996-8416 or
kgilmore@ccgov.org
Stephanie Kennedy-La Rosa:
410-996-8439 or
skennedy@ccgov.org





Cecil Cares 2017

A COUNTYWIDE DAY OF SERVICE

On Saturday, September 23rd, the Department of Community Services sponsored Cecil Cares 2017, the second annual countywide day of service. Over 100 volunteers rolled up their sleeves, pitched in and got the job done to make our county just a little bit better. We thank the following local organizations for coordinating Cecil Cares 2017 hands-on service projects: Cecil County Animal Shelter, Cecil County Arts Council/CASA of Cecil County, Deep Roots, Elkton Community Kitchen, Elkton Vet Center, Fair Hill Nature Center, Habitat for Humanity Susquehanna, and Maryland Department of Natural Resources.

Once again, we were fortunate to assemble an amazing Cecil Cares planning team, for whom we are very grateful: Bob Alcorn, Dorothy Barone, Jon Dansicker, Jordan Dunham, Wendi Evans, Michael Garrity, Bonnie Grady, Jean-Marie Kelly, Jerry Moran, Robanne Palmer, Wayne Scholz, Robin Spurdle, and Linda Tull. Special thanks to our volunteer photographers - Wendi Evans, Van Funk, Connie Muller-Thym, and Nick Paoletti - for capturing the volunteer spirit of the day. Please enjoy a few of their photos (more available on the Volunteer Cecil website and Facebook page). We look forward to Cecil Cares 2018!



Fair Hill Nature Center
Photographer: Connie Muller-Thym



Elkton Community Kitchen
And Elk Neck Project
Photographer: Wendi Evans



Habitat for Humanity
Photographer: Van Funk



Cecil County Celebrates Falls Prevention Education and Collaboration

*Coordinated nationwide events mark the 10th anniversary
of Falls Prevention Awareness Day*



Falls are not a normal part of aging, but they are the leading cause of fatal and non-fatal injuries for older Americans. That's why Cecil County Health Department and Cecil County Department of Community

Services are partnering with the National Council on Aging (NCOA) and the Falls Free® Coalition to celebrate Falls Prevention Awareness Day in September.

The coordinated *Ten Years Standing Together to Prevent Falls* anniversary celebrations bring together older adults and their loved ones, health and aging professionals, and community leaders in support of falls prevention. Falls prevention education can be life-changing, not just for the older adults that participate, but for their loved ones, and even the community. Cecil County Health Department and Cecil County Department of Community Services are proud to support NCOA's Falls Prevention Awareness Day efforts as part of their year-round commitment to supporting older adults in Cecil County.

"Falls prevention is a team effort that takes a balance of education, intervention, and community support,"

said Kathleen Cameron, Senior Director of NCOA's National Falls Prevention Resource Center. "This annual coordinated celebration is an opportunity to look at the world around us, be aware of fall hazards, and take action to stay safe from falls."

Cecil County Health Department and Cecil County Department of Community Services have partnered to offer programs to assist in preventing falls. Stepping On is a well-researched falls prevention workshop that is FREE and meets for two hours a week for seven weeks. Participants will learn to step outside of their home with confidence, become more aware of fall hazards, and learn how their fall risk can be reduced. Tai Chi - Moving for Better Balance is a FREE group exercise program where participants will gain improved balance and physical functioning, and improved confidence in conducting daily activities.

For more information please contact:

- Delois Brown, CCHD at **410-996-5168** or
- Heike Button, DCS at **410-996-8170**

To find out more about Falls Prevention Awareness Day, and NCOA's work to prevent falls, go to www.ncoa.org/FallsPrevention.

Stepping On—Fall Prevention

Are you an older adult with a fear of falling? Falls are not a normal part of aging, yet one out of every three adults age 65 and older falls every year and most have significant health and lifestyle consequences as a result. A free seven-week workshop for older adults called Stepping On, is starting soon. It is led by two peer

leaders and is appropriate for independent community-dwelling older adults with a history of falls, at risk of falls, or who have a fear of falls.



To register or to receive more information, call:

Lyndsey Scott (CCHD) at
443-245-3873 or

lyndsey.scott@maryland.gov

or

Heike Button (DCS) at
410-996-8170 or

hbutton@ccgov.org.



UNION HOSPITAL

Take Control of Your Diabetes Care

By Jennifer Noll, RD, LDN, CDE

Although we don't like to talk about it, people with diabetes are at increased risk for multiple complications, including heart disease, eye disease, foot complications and dental disease. The encouraging news is that YOU are in control of your diabetes care and there are ways that you can prevent these complications from arising!

Heart disease: Blood pressure and cholesterol should be monitored frequently by your doctors. Keep blood pressure below 130/80; LDL cholesterol levels < 100; HDL levels >40 men, >55 women; and Triglyceride levels < 150.

Both blood pressure and cholesterol can be improved by exercise, smoking cessation, weight loss and a

diet full of fruits, vegetables, lean protein and whole grains.

Eye disease: Make sure you have a dilated eye exam EVERY year! Dilated exams are crucial to early detection of retinopathy, glaucoma and other eye diseases. If you have not had a recent eye exam, please join us on November 1st for a free eye screening.

Foot complications: Make sure to check your feet daily to monitor for anything out of the ordinary, especially any areas that have changed or look different. Treat blisters, calluses, fungal infections and dry skin promptly, and your doctor should be checking your feet at each appointment.

Dental Care: People with diabetes are at greater risk of gum disease. Daily dental care, like, brushing twice a day, flossing daily and using a mouthwash, can help prevent gum and tooth decay. Be sure to visit the dentist at least every 6 months and don't ignore warning signs like mouth pain or loose teeth.

To learn more ways to take control of your diabetes, please join us at our Diabetes Education Fair on November 29th, 2 – 6:30 pm at Union Hospital.

For more information or to sign up for our Free Eye Screening on November 1st, please call **410-620-1210**.



Book Mate

Cecil County Public Library's Book Matching Service

Looking for something to read? Let us match you up with some great books! Stop by the information desk and fill out a quick survey at any of the 9 branch locations.

A trained librarian will review your information and pick a great book that will keep you turning pages!

Please visit us at www.cecil.ebranch.info/ or call 410-996-5600.





Get To Know Your Social Security

By Nicole DeCampli

Social Security District Manager in Elkton, MD

Social Security touches the lives of nearly every American. We've been with you from day one, when your parents applied for your Social Security number, and we are with you from your first job through your retirement party and beyond.

For more than 80 years, Social Security has stayed true to its mission of providing financial protection for the American people and has served as one of the most successful anti-poverty programs in our nation's history. We encourage everyone to take steps toward their financial security. Regardless of your age or place in life, now is the right time to start planning for a financially secure future for you and your family.

Everyone can benefit from our first step: Get to know your Social Security. You can start your journey through all things Social Security by visiting www.socialsecurity.gov and navigating through our menu.

Along the way, you'll see how your Social Security

number opens many important doors throughout life, from making it easier to apply for student aid and open your first bank account to starting your first job and buying your first house. You'll also discover how your contributions to the Social Security system through FICA payroll taxes can make you eligible for important future benefits when you reach retirement age or if you become severely injured or ill.

You'll find how Social Security helps your family in the form of survivor benefits and how our Supplemental Security Income program assists disabled children and our most vulnerable adults.

We also encourage you to visit our website and set up your own my Social Security account today so you can begin taking steps toward financial security. We encourage you to visit us at www.socialsecurity.gov.

Save the Date

Cecil County Annual Caregivers Conference

Presented by:

C.A.A.R.E.

(Caregiver Assistance and Resource Education)

When: Tuesday, April 10, 2018

Time: 8:00 a.m. – 3:00 p.m.

Where: Singerly Fire Hall, 300 Newark Ave., Elkton, MD 21922

Please join C.A.A.R.E. as they present their annual Caregivers Conference.

The day will be filled with guest speakers, local vendors, door prizes and a hot lunch.

Please look for more information in our next DCS Connections Newsletter in January 2018 or check out our website <http://www.ccgov.org/government/community-services>