



The mission of Garrett County Community Action Committee, Inc., is to improve the quality of life for people in need by empowering them to become more self-sufficient and by providing essential services in collaboration and cooperation with partners.

Core Values Continue to Guide GCCAC



The core of many Community Action Agencies' mission statements are predicated on the concept expressed in just 4 words - **Helping People. Changing Lives.** It's a simple and basic idea that can motivate us to act, to be involved, to make a difference whether it's volunteering, donating items, making monetary donations, or becoming an advocate; all are actions that help to foster change, build capacity, and make a difference.

When I see the images and read the accounts of those so deeply and adversely impacted by recent natural disasters, I am reminded about the importance of the fundamental role that Community Action agencies can play in helping people and communities to overcome their circumstances. The events also make me realize the value and strength of partnerships that Garrett County Community Action Committee (GCCAC) is part of.

For over 50 years GCCAC has endeavored to build capacity to meet the needs of county residents, local institutions, and support various initiatives of the 8 municipalities and local government. Whether it's helping a single individual or family to overcome barriers to success or working to rebuild an entire community, region, state, or country because of a disaster, it takes a community of people and organizations working together in partnership. ***Our work cannot be accomplished in isolation.***

The idea behind four simple words continues to motivate me to make a difference. Times change and needs change and Garrett County Community Action will continue to confront changing needs in order to help empower those in need through our partnerships whether they are with organizations or individuals and that's what makes the work of Community Action so exciting. To learn more about the role of Garrett County Community Action, I invite you to [visit our website](#) and consider how you might help us to ***Help People and Change Lives.***

Warm regards,

Duane Yoder

President, Garrett County Community Action Committee

Considering Making a Donation Today - [Click Here](#)

**The Meadows at Mt. Lake Park Now
Taking Applications**

From Architect's Rendering to Mt. Lake Park's Premier Housing for Elderly and Disabled

After 5 years of development, The Meadows, in Mt. Lake Park is taking applications from persons interested in living at the new complex for seniors and disabled persons. The entire Meadows project consisted of building a new building with 32 new rental units and rehabilitating the existing Meadows East and Meadows West. All units now have the highest level of energy efficiency and Energy Star certified appliances. The entire complex is a consistent project and will be the home of the new Mary Browning Senior Center which will offer expanded services to all county seniors.



[Download rental application](#)

Besides new, energy efficient housing, The Meadows offers a paved walking trail and beautiful raised garden beds. Rainwater is collected from the roofs of the buildings and stored in an underground tank. That water can be used for the garden beds, thereby conserving water and putting no strain on the municipal water system.

Contact [Garrettland Property Management](#) for additional information about moving to The Meadows.



The Meadows Ribbon Cutting Ceremony

planned for

October 13th, at The Meadows at Mt. Lake Park, 607 P St., Mt. Lake Park, MD

The Meadows Gardens Partnership



Garden Beds Bring Beauty and Health

An unmistakable and beautiful feature of The Meadows is the gardening area. Residents have the opportunity to use a raised bed for creating their own garden area.

The garden area is the result of collaboration of these partners:

- Garrettland--construction of beds
- MD Extension Office-- planning and classes
- FFA at Southern High – starter plant sets
- GCCAC--planning and facilitating
- Residents--planting, developing gardening rules

Health is More than Absence of Disease

The positive health benefits of community gardening are well documented in both the clinical literature and popular publications. Meadows Gardens are built on those principles.

[Investigate the Health Benefits of gardening](#)

[What AARP says about seniors and gardening](#)



Thank you all!

Did You Know?

Families Rock Update

Have you spotted any families out hunting for rocks? The "Families Rock" hunt was started last month. The original announcement was posted in The Republican, August 31, 2017. Amy Jones, of Child and Family Services reports that the initiative has been a huge success. According to Ms. Jones, "Numerous children now have new books to share with their families and we have 2 more special rocks still hidden. If the rocks are not turned in by the end of this week, we are going to re-hide them and send out more clues to their whereabouts. The reaction we have had from this project has been wonderful, staff are supportive, and families love hunting for the rocks."



Child and Family Services expresses its thanks to high school service learning students and the awesome staff at GCCAC, "we would not have been able to collect, paint and hide 223 rocks for our Garrett County children without all the support." Judy Center provided the books and other prizes. Some staff members also provided monetary donations.

What a great way to engage families, support literacy and encourage physical activity.

[Find out more about Families Rock](#)



GCCAC At the 2017 Garrett County Fair



GCCAC enlarged its presence at the Garrett County Fair this year. The display at the Fair highlighted the many facets of work across the GCCAC departments. So many families seemed to be familiar with one or two of the important services, but not with the wide variety of community services available through GCCAC.

A Lollipop game drew families with children to the display as they tried to win prizes. Families were then able to check out the array of literature available from the extensive display.

Special thanks goes to all the staff members who contributed their time and talent to our presence at the Fair. The Fair gives us the opportunity to connect with so many people from the community.

Congratulations!

Bevian Tucker Receives Certification from State Office of Ombudsman

The training to become a certified Ombudsman requires six months to a year of study and practical experience. The

course work includes learning and successfully testing on five different areas covering history of the Ombudsman program to effective advocacy for residents and families in long term care facilities. Ms. Tucker was then required to shadow ombudsmen in several neighboring counties. Representatives from the Maryland Office of Ombudsman then observed her activities locally. A 3 hour exam to assure competency in all the areas of the program is the final step to becoming certified. Upon review and successful completion of all requirements, the state Ombudsman office certified (and appointed) Ms. Tucker an Ombudsman for Garrett County

Shown here is Ms. Stevanne Ellis, State of Maryland Ombudsman, presenting Bevia with a plaque establishing her as the Garrett County Ombudsman.



Daphne Gooding Receives Award from Aging & Nutrition Department

Pam Hageman, Director of Aging & Nutrition, and Bevia Tucker, Omsbudsman presented Daphne Gooding with a plaque in appreciation of her help in developing their volunteer recruitment and management program. Aging and Nutrition was one of 3 pilot programs across Maryland to develop policies and procedures to manage their volunteers in the State Health Insurance Program (SHIP) and Senior Medicare Patrol (SMP) program.

SHIP and SMP are programs designed to help seniors get the best out of their Medicare plans as well as prevent Medicare mistakes, fraud and abuse.



Ryan Miller Receives John Maxwell Team Certification

Congratulations to Ryan Miller, Family Self-Sufficiency Manager, who recently earned certification in Coaching, Speaking & Training with the John Maxwell Team. John Maxwell is an internationally respected leadership expert, speaker, trainer, coach and author. Often called America's #1 leadership authority, Maxwell was identified as the most popular leadership expert in the world by Inc. magazine in 2014. He was also voted the top leadership professional six years in a row on GlobalGurus.org.



To earn this certification, Ryan completed an 8-month online training series and a three-day face to face training in Orlando, FL in August. Now Ryan is beginning a one year mentorship with the John Maxwell Team. Ryan plans now "to use this expertise to better our coaching process here at GCCAC with staff and participants."

Get Healthy GCCAC

GCCAC now has two fantastic ways for

staff members to improve their overall wellness

1. [Wildwood Athletic Club](#) offers a corporate rate when 5 individuals sign up. The \$40 up front registration is waived and after the first month payment of \$30, the monthly fee can be deducted from

the staff member's pay on the biweekly schedule. That's only \$15 per pay period and it includes all the various classes Wildwood offers. Members have 24/7 access to the facilities so anytime is fitness time.

How it works

When you go to Wildwood, tell them that you are from GCCAC. The registration fee is waived and you pay for the first month at that time. Then let our finance department know that you want the fees deducted from your biweekly pay. Then go! Get healthy! Join Garrett County's Culture of Health!

2. Join the After Work De-Stressed Group. At 4:45-5:15 PM, Tuesday and Thursday, join the group here in the Mary Browning Meeting room. Barb Miller will lead us in an exercise routine to remove the stress that results from our work.

Distressed? No—Get De-Stressed and have fun with colleagues.

[Email Barb Miller](#)



[Click Here to Learn More about Making a Donation](#)

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