Garrett County Area Agency on Aging and Nutrition Services

A DEPARTMENT OF
GARRETT COUNTY COMMUNITY ACTION COMMITTEE, INC.

Garrett County Community Action
Building better lives, stronger communities – together

- Older Adults Waiver
- Nutrition Services
- Support Services
- Housing
- In-Home Services
- Senior Information and Assistance
- Long-Term Care Services
- Health and Fitness Services
- Maryland Access Point

104 East Center Street
Oakland, MD 21550

301-334-9431
Toll-Free: 1-888-877-8403
Fax: 301-334-1494
Garrett County Community Action Committee
Mission Statement

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.

Area Agency on Aging and Nutrition Services
Mission Statement

The mission of the Area Agency on Aging is to plan, coordinate and advocate for the development of a comprehensive service delivery system at the local level to meet the short and long term needs of the Garrett County senior population.

Support Services for Older Adults
The Area Agency on Aging provides an array of supportive services, which benefit older adults of Garrett County. Services are offered at the agency’s senior centers and nutrition sites (identified on page 2 and 3), as well as at the agency’s administrative office.

Many of the activities offered are in the form of social/recreational opportunities, i.e. crafts, bingo, painting, and cards. Other services include educational presentations, continuing education opportunities, trips, and legal referral. Additionally, the agency operates a telephone reassurance service for frail homebound seniors.

For updated information visit our website
www.garrettcac.org
Senior Centers

Senior centers offer wonderful opportunities to older adults for socialization, recreation, and education. A wide array of classes, exercise programs, health screenings and wellness seminars are offered, as well as travel opportunities. Programs are designed to enable participants to enhance their physical and emotional well being, pursue personal growth through education opportunities, and access information and other services.

Centers

Mary Browning Senior Center  Grantsville Senior Center
104 E. Center St. 125 Durst Court
Oakland, MD 21550 Grantsville, MD 21536
301-334-9431 301-895-5818

Days of operation and scheduled activities vary by senior center. Contact the center nearest you for the operating schedule and monthly calendar of programs, classes, events, etc.
Nutrition

Congregate Meal Program
The Area Agency on Aging operates 5 “Eating Together” congregate nutrition sites throughout the county. Nutritious meals, meeting 1/3 of the Recommended Dietary Requirements are available to persons 60 years of age or older and their spouse, regardless of age. Older adults are able to share a meal and socialize. There is no fee for meals, however, a contribution is strongly encouraged.

Eating Together Sites
Friendsville Community Building
Friendsville - 301-746-5300

Mary Browning Senior Center
Oakland - 301-334-9431 ext. 134

Grantsville Senior Center
Grantsville - 301-895-5818

Community Building
Kitzmiller - 301-453-3445

Community Building
Swanton - 301-387-9191

Days of operation vary by site. In addition to meals, the agency provides opportunities for older adults to participate in nutrition education, healthy food demonstrations, diabetes education and more.

Surplus Commodities
Annually, the USDA provides funds to each state for the purchase of commodities. USDA commodities may include meats, vegetables, fruits, juices, beans, cereals, grains and nuts. This is a joint collaboration between State and Local jurisdictions to better tailor food resources. The commodities are high quality, nutritious foods and are an important supplement to existing emergency food assistance resources.

Garrett County Community Action Committee, Inc. operates the commodity food program and hosts distribution. We serve approximately 1100 families, providing this surplus food three times throughout the year. Under this program, families who meet the regulated income guidelines are eligible to receive free food provided by the Maryland Department of Human Resources. Items vary each distribution and are based on what is available from the central warehouse.
Home Delivered Meal Program

The AAA operates a home delivered meal program in conjunction with its Eating Together Sites. A nutritionally balanced meal is delivered to frail home-bound elderly five days per week. In order to qualify for the program, the senior must be at least 60 years of age and have a physical or mental disability that prohibits them from preparing meals. Prior to enrollment in the program, the senior is evaluated by Adult Evaluation and Review Services, a division of the Garrett County Health Department, to determine their functional abilities.

Home delivered meal participants receive an in-home well-check bi-annually by a registered nurse. The well-check visit includes blood pressure screening, height and weight, nutrition assessment, medication review, referral to services as appropriate, education and information.

Participants also receive nutrition information through a quarterly newsletter and other written materials.

There is no fee for meals, however a contribution is strongly encouraged to help maintain adequate services.

Brown Bag Program

The Brown Bag program is sponsored by the Maryland Food Bank, and operated by Garrett County Community Action, Inc. The program is designed to distribute food directly to hungry people across the State of Maryland. Participants in this program who meet the regulated income guidelines can receive nutritious food, household items and cleaning supplies for a monthly donation. These donations allow for new items to be ordered and available to clients.

The Brown Bag program in Garrett County currently serves approximately 600 families each month, allowing families to make the most of their food dollar. The program proves to be beneficial to families in this time of economic hardship.
Maryland Access Point, an Aging and Disability Resource Center is a “one-stop” information service. It assists Marylanders by creating a single point-of-entry to access resources for lifelong independence.

MAP serves seniors and adults with disabilities, of all income levels, who need information about long-term and short-term care services, assistive living services, or want to plan for their future needs.

Family members and caregivers who are trying to support a parent, spouse, or adult child can also receive information and assistance through this program.

MAP is committed to encouraging safety, health, independence, and personal choice for the adults they serve and those caring for them, by offering a “No Wrong Door” connection to appropriate agencies providing services and benefits.

301-533-9000
www.marylandaccesspoint.info
Information and Assistance Services

Senior Information and Assistance
Senior Information and Assistance offers persons 60 years of age and older access to the complex world of services and benefit programs by providing a single point of entry for obtaining services offered by AAA, as well as providing information and/or referral to other agencies.

Assistance is available with the completion of applications, scheduling of appointments, and follow-up. Appointments may be made to meet with the I&A coordinator at the office or your home if you are homebound.

Outreach services are available once per quarter at the senior centers and nutrition sites. Call 301-334-9431 ext. 140 (toll-free 1-888-877-8403) to receive information on the current date and time.

State Health Insurance Program (SHIP)
Medicare beneficiaries requiring assistance regarding insurance issues may call the Area Agency on Aging. Insurance information available includes: Supplemental policies, prescription coverage, long-term care insurance and how to access assistance programs available through the State of Maryland.

Options Counseling
A major goal of the Area Agency on Aging is to promote informed decision-making about long term care needs and supports. Options Counseling is a process that may include multiple contacts. Relationship building is important to establish trust and to understand an individual’s preferences and needs. An Options Counselor can help you think about the choices available and guide you to information on various topics. We often think about income, insurance, or housing when we plan for our future, but physical and emotional health and satisfaction with your role in your family and your community is just as important.
Flowery Vale Health and Fitness Center
A Facility for the Mature Adult
204 South Street, Accident, MD 21520

The Flowery Vale Health and Fitness Center has been designed to provide a holistic approach to health and fitness for the mature older adult age 50+.

Membership entitles holder to full use of the facility and equipment, personalized fitness program, equipment orientation, special events and more.

The center is staffed by trained and qualified fitness personnel. Please call the fitness center at 301-746-8050 for a listing of the current days and hours of operation or for more information on membership.
Fitness Services

Health Promotion and Disease Prevention
The Area Agency on Aging is dedicated to providing programs and services to address the physical health and mental well-being of the county’s older adult population. To accomplish this the agency provides: regular opportunities for seniors to receive various health screenings at senior centers and nutrition sites; sponsors an annual health and fitness workshop or fair; offers numerous exercise opportunities; offers regular presentations on health related topics; and sponsors other health-related events. The agency works with local agencies and health care providers to coordinate health services, such as annual flu vaccination clinics, medication review by pharmacists, health screenings, etc.

Most sites offer regularly scheduled exercise and fitness programs. The agency seeks grants to enhance these services with special physical fitness opportunities whenever possible.
Long-Term

Guardianship
The AAA serves, by court appointment, as Guardian of person for disabled elderly who are deemed incapable and who are 65 years of age or older: who do not have a representative to make decisions. As guardian, the AAA will arrange appropriate housing and make decisions regarding health care matters of clients. Guardianship clients are monitored on a regular basis to ensure that appropriate care is being received and needs are met.

Respite Care
The AAA assists families who are caring for Alzheimer’s patients or persons with other related disorders, by providing temporary respite care. Respite care enables family members to leave the patient with a trained caregiver while they shop, attend support group meetings or just have a few hours to themselves. The Agency works cooperatively with the Health Department in providing this valuable service.

Senior Care
Senior Care is a State-funded program offering in-home services to seniors 65+, enabling them to remain independently in their homes. Available services include: Chore, Personal Care, Medications, Medical supplies, Medical Transportation, Assistive Devices and more. To be eligible for services a person must be 65+, a resident of Maryland, require assistance with bathing, dressing, chores, etc., have a medical condition or disability that places them at risk of nursing home placement, and meet financial eligibility criteria. To receive services, potential clients are referred to the Health Department’s Adult Evaluation and Review Services (AERS) for an assessment in order to determine their functional ability. If their disabilities place them at risk and they are determined financially eligible, a care plan is developed and a case manager is assigned to arrange needed services.

National Family Caregiver Support Program (NFCSP)
The NFCSP provides assistance to caregivers in five categories of service:

- Information
- Assistance
- Education - Training - Support
- Respite Care
- Supplemental Services

Two types of caregivers qualify for services:

- Family caregivers of individuals age 60 and older
- Grandparents and other relatives age 55 and older who have assumed the care of a child 18 years of age or younger and have legal custody.
Care Services

Ombudsman
The Ombudsman Program is a federally mandated program designed to ensure that the rights of residents of long-term care facilities are upheld and they receive the quality of care they are entitled to under the law. Trained staff investigate and seek to resolve complaints made by, or on behalf of, residents of long-term care facilities in Garrett County. The program provides information on, and advocates for improvements in laws, regulations and policies that affect residents.

Older Adults Waiver
The Medicaid Waiver for Older Adults, administered at the local level by the Area Agency on Aging, is designed to enable individuals aged 50 and over, who require long-term care services, to remain in a community setting even though their advanced age or disability would warrant placement in a long term care facility. The Waiver allows services that are typically covered by Medicaid only in a nursing facility to be provided to eligible persons in their own homes or in assisted living facilities. The Waiver may provide services to low-income adults living at home or in licensed assisted living facilities, and are at least 50 years old, have monthly income of no more than 300% of SSI, have assets that are no more than $2,000 to $2,500, depending on eligibility category, and qualify for nursing facility level of care. Services may include: personal care, respite, home delivered meals, assisted living services, family or consumer counseling, medical adult day care, adaptive equipment, environmental assessment, and case management. Contact the agency at 301-334-9431, ext. 138 for information.

Money Follows the Person
Money Follows the Person (MFP) in Maryland will help people transition from an institution, for example a nursing facility, to community living in an apartment, private home, or small group setting. MFP initiatives increase outreach to individuals in institutions and decrease barriers to transition. New efforts under MFP include peer mentoring, enhanced transition assistance, improved information technology, housing assistance, flexible transition funds, and the addition of waiver services to existing waivers.
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