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**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](http://www.ccgov.org/government/community-services)

**From DCS Director, David Trolio...**

In early August, the Department of Community Services submitted a grant application for a pilot mobility on-demand project through the Federal Transit Administration’s Integrated Mobility Innovation Demonstration Program. The proposed project will enable Cecil Transit to create a new service model which will enable riders to utilize a smart phone application to request a same day trip. In order to successfully measure the transformational impact of the project, the scope will be limited to residents of partnering recovery houses and will provide trips to jobs, medical appointments, social engagements, etc. within a predefined service zone. The one-year pilot will provide an opportunity to measure the success of an on-demand service model in a rural community and, if successful, can be expanded and replicated for a variety of uses including non-emergent medical transportation, rides to employment, and extension of public transportation to underserved areas of Cecil County. These highly competitive grant awards should be announced mid-winter. Congratulations to Cecil Transit for a wonderfully-written submission. We are keeping our fingers crossed!

**2019 Medicare Open Enrollment  
October 15<sup>th</sup> - December 7<sup>th</sup>**

Fall is officially here. The leaves are beginning to change color, there is a nip in the air and the television is full of Medicare health plan commercials! Yes, it’s the annual Medicare Open Enrollment period, October 15 through December 7. These commercials are reminding you that this is the time of year when you can consider your Medicare options for 2020.

During the Medicare Open

Enrollment, you can look at your current Medicare choices; investigate the changes they will be making for 2020 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 2020.

However, if the changes mean more out of pocket expenses for

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you, use the Open Enrollment period to shop for plans that may better meet your current health care and financial needs.

Why would you need to change your Medicare Prescription Drug Plan? To decide, begin by reflecting on your health care needs during the past year. Have your prescription medication needs changed? Have you been diagnosed with a new medical condition? Any of these changes could mean your current Medicare plan no longer meets your needs.

Not only do your health care needs change from year to year, but Medicare health plans also change. The plans can change their premium and deductible amounts. They can also add, drop or switch prescription



drugs from their formularies (the prescriptions that they will help you to pay for). Some plans are discontinued and new plans can be added. This could mean more money out of your pocket!

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.**



On Saturday, October 5, local organizations offered county residents a chance to give back to their community through Cecil Cares. Coordinated by the Department of Community Services/Volunteer Cecil and funded by Upper Shore Regional Council, volunteers rolled up their sleeves and served with the following organizations and projects:

- Cecil County Arts Council: Parking Lot Murals
- Cecil County Master Gardeners: Unity Garden Cleanup
- Cecil County Stormwater Management Division: Storm Drain Marking
- Cecil Transit: Stuff the Bus (donation drive)
- Deep Roots, Inc.: General Maintenance
- Elkton Community Kitchen: Lunch provider for Hollingsworth Manor projects
- Elkton Vet Center: Veteran Visitation at Perry Point
- Fair Hill Nature Center: Barn Cleanup and Trail Maintenance
- Habitat for Humanity Susquehanna: A Brush with Kindness (Hollingsworth Manor)
- Historical Society of Cecil County: Duke Log Cabin Garden cleanup
- The Paris Foundation/Hollingsworth Landing Association: Neighborhood Cleanup
- Town of Perryville: Roadside Litter Cleanup

Look for Cecil Cares highlights on Volunteer Cecil ([www.volunteercecil.org](http://www.volunteercecil.org)) or the Volunteer Cecil

Cecil County Animal Services



**tickets**  
**\$25**

tickets can be purchased at [eventbrite.com](http://eventbrite.com)

**Dove Valley Winery**  
845 harrington rd, rising sun, md 21911  
6 pm to 10 pm  
**October 25th**

~ hors d'oeuvres ~ music  
~ wine tasting

proceeds benefit cecil county animal services

**Meow Masquerade**

## Senior Center Services

Senior centers serve as a gateway to the nation's aging network—connecting older adults to vital community services that can help them stay healthy and independent.

More than 60% of senior centers are designated focal points for delivery of Older Americans Act services—allowing older adults to access multiple services in one place.

Senior centers offer a wide variety of programs and services, including:

- Meal and nutrition programs
- Information and assistance
- Health, fitness, and wellness programs
- Transportation services
- Public benefits counseling
- Employment assistance
- Volunteer and civic engagement opportunities
- Social and recreational activities
- Educational and arts programs
- Intergenerational programs

Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being. Today's senior centers are reinventing themselves to meet the needs and desires of the aging baby boom generation. Boomers now constitute more than two-thirds of the 50+ population. Senior centers are

developing new programs and opportunities for this dynamic generation of older adults.

### PREVENT SENIOR HUNGER

At the Elkton Center, we offer a nutritious hot lunch (Congregate Meal) on days we are open and holding programs. We also offer Home Delivered Meals to our citizens who are homebound, medically and nutritionally fragile and/or have limited resources to get food into their home. Our Nutrition programs utilize grant funds and donations to feed hundreds of Cecil County citizens of who are 60 years of age or older and who score in the "high need" category following completion of the Federal Nutrition Assessment with Elkton Center Manager, Teresa Gordon.

DONATIONS, are gratefully accepted and directly supports Cecil County nutritional needs/care! Donations received also assist in purchasing ADDITIONAL MEALS for homebound Cecil County Seniors, in need of nutritional support, through the provision of healthy meals.

Last year, donations allowed us to provide thousands of Congregate meals and, more than 1000 Home Delivered Meals to those who are medically fragile, nutritionally homebound.

**\*\*IMAGINE WHAT WE CAN ACCOMPLISH THIS YEAR\*\***

THANK YOU FOR HELPING US SERVE YOU BETTER!  
YOU can make a difference for yourself and help others too.

### Elkton Senior Center - Inclement Weather Policy

For information: WXCY Radio Station – 103.7 FM or [www.ccgov.org](http://www.ccgov.org)

Cecil County Government website [www.ccgov.org](http://www.ccgov.org)

Cecil County Government Facebook page

- If **Cecil County Public Schools** are **Two Hours Late**:

ELKTON CENTER IS CLOSED

Home Delivered Meals available

No Cecil Transit transportation to Elkton Center

(may also be cancelled or limited for medical transportation)

H.O.P.S. classes cancelled

- If **Cecil County Public Schools** are **Closed**:

ELKTON CENTER IS CLOSED

No Home Delivered Meals

No Cecil Transit transportation for seniors (if possible, medical emergency transportation only)

H.O.P.S. classes cancelled



## The Healthy Lifestyles Fitness Center

The Healthy Lifestyle Fitness Center is the first of its kind in Cecil County and has successfully grown since it first opened its doors in 2004. It was created for adults age 55 and above and offers Keiser equipment, personal trainers, and a non-threatening atmosphere where the focus is on exercising safely at your own pace. We offer a general fitness program, and Fitness Center members who exercise on a regular basis report improved strength, fewer medications, increased endurance and a better outlook on life.

The Life Beyond Cancer Fitness Program is for cancer survivors who are currently in the recovery process age 18 and above. Cecil County residents receive twelve free of charge classes and work with our Cancer Exercise Specialist. The program is designed to help recent survivors regain their range of motion, increase flexibility and energy, rebuild muscle mass and strength in a safe, non-threatening environment.



### Healthy Lifestyles Fitness Center

200 Chesapeake Blvd.  
Elkton, MD 21921

Monday through Friday  
7:30 a.m. - 6:30 p.m.

**Phone: 410-620-3101**



## Healthy Lifestyles Fitness Center Inclement Weather Policy

If the weather is bad, tune in to **WXCY-FM 103.7** or visit **www.ccgov.org** for the latest update. If it is announced that Cecil County employees can use Liberal Leave, the Fitness Center will be closed. You can also call the Healthy Lifestyle Fitness Center phone at **410-620-3101** and listen to the updated recording.

**Please be safe!**

## The Meaning of Life

By Ed Wentzell – Certified Personal Trainer, HLFC

What is the meaning of life? Well, that is certainly a question that has been pondered by religions, wise men, and philosophers down through the ages. Even Monty Python tried to tackle this one.

According to Philosopher Alan Watts, “We don’t come into this world; we come out of it; as leaves from a tree.” Fair enough, so now that we have arrived, how can we be sure that this all isn’t just a “dream within a dream” to steal a line from Edgar Allan Poe.

For this answer let us travel back to the enlightenment and the famous words of French Philosopher Rene Descartes. “I think, therefore I am.” I don’t know about you but I love Rene’s

simple and direct line of thinking on the question of existence. So to recapitulate where we are, we have arrived like waves upon the shore and we are reasonably certain that we exist. Yes, yes, yes you’re probably saying by now. We followed you this far but what about the meaning of life?

Let us investigate some wise words from American Author Sam Harris. “The past is a memory it’s a thought arising in the present, the future is merely anticipated it is another thought arising now, what we truly have is this moment.” This moment indeed, so many put things off for some magical moment in an un-promised future or become saddled down by the baggage of our past. Maybe we can let these

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things go and appreciate our life now in this moment.

Make the time now for your family, friends, loved ones, and even yourself. It's never too late to learn and grow. Expand your mind, live this moment and embrace your life. Stay Motivated!

It's never too late to start all over again  
To love the people who caused the pain  
And help them learn your name  
Oh, no not too late  
It's never too late to start all over again...  
It's Never Too Late - Steppenwolf

## Cecil Transit—CecilGo!

Cecil Transit is excited to announce the launch of the CecilGO! mobile payment application for fixed route service on October 1, 2019. Using CecilGO! is easy and convenient. By storing your tickets and passes in your "mobile wallet" on your smart phone, you will always have quick access to your purchases and will never need to worry about having exact fare again!

Traveling with family or friends? CecilGO! allows you to purchase several passes at a time and combine them into a group pass. Traveling somewhere new? Use

the built in trip planner to plot your route and make connections, then hit reverse to find your way home.

In addition to the new Cecil GO! application, Cecil Transit will be introducing a brand new "day pass," which will allow riders unlimited boardings on the day that the pass is activated. Weekly and monthly passes will be added later this fall.

Cecil Transit will be holding informational sessions this fall to assist passengers with downloading the application and setting up accounts. Look for announcements on

[www.ceciltransit.com](http://www.ceciltransit.com) or follow Cecil Transit on Facebook for a session near you. Although cash fares will continue to be accepted on Cecil Transit buses, drivers will no longer sell paper bus passes. Paper passes will only be available for purchase at the Cecil County Administration Building located at 200 Chesapeake Boulevard, Elkton, Maryland. Check out CecilGO! Drop the cash and download the app!



## Living Well...Take Charge of Your Health

Who doesn't want to live well? Unfortunately, we often find ourselves at the mercy of our chronic illnesses. High blood pressure, diabetes, COPD, arthritis, chronic pain...the list goes on and on.

The Living Well programs offer the opportunity to regain control of your life by teaching you how to 'self-manage' your chronic condition. These free of charge programs give you important information about your health conditions and help you learn the skills to better manage them.

The Cecil County Department of Community Services and the Cecil County Health Department offer three Living Well programs: **Living Well with Chronic Conditions**, **Living Well with Diabetes** and **Living**

**Well with Chronic Pain.** All are free of charge, six week programs to help you learn:

- Techniques for dealing with frustration, fatigue, pain and isolation
- Appropriate exercises
- Appropriate use of medications
- How to manage your diet
- More about the pain and symptom cycle and successful ways of dealing with difficult emotions
- How to work with your health care team.

You have the opportunity to put *living* back in your life again with one phone call. Call Delois Brown (CCHD) at **410.996.5168** or Heike Button (DCS) **410-996-8170** to find a program near you.

## 2019 Cecil County 55+ Healthy Lifestyle Expo

The 17<sup>th</sup> Cecil County 55+ Healthy Lifestyle Expo was a true success! This annual Cecil Expo was held on August 8, 2019, at Elkton High School from 8:15 a.m. - 2:00 p.m. This event is organized and presented through the invaluable partnership of Cecil College and the Cecil County Department of Community Services.

When the doors opened for

registration, there were many lined up and ready to start their day! All 58 Vendors/Resource Representatives spent the day interacting with attendees about services/programs and resources. The 21 invited Guest Workshop Presenters shared information that is relevant to the 55+ age group. The topics included Legal Issues, Health, Nutrition, History, Science, Brain Changes and Aging, Fitness,

Recreational Activities and so much more. A Medical Panel presentation was available through both lunch times for participants to attend.

Cecil College and the Department of Community Services would like to thank all speakers, fitness instructors, vendors, Café Gelato and of course all of our participants for making this day so special.



Resource Vendor Hall



Seated Tai Chi Class



Master Gardener Workshop

## The Bridge



The Bridge provides services to women, men and children who have experienced domestic violence or sexual assault. Services include advocacy, counseling, safe shelter accommodations, legal services and a 24-hour hotline. October is Domestic Violence Awareness Month. In order to commemorate this month, a public service announcement is being created and will be aired on 103.7 WXCX during the month. Displays will be created and staffed at a couple of outreach events including the upcoming County Wellness Fair. One of the goals of The Bridge is to raise awareness in Cecil County about domestic violence and the services that are available to assist those affected by this crime. In November, the annual adopt-a-family program will

begin by identifying groups or individuals who may wish to help a family in need with holiday gifts. Last year, The Bridge provided services to almost 400 survivors of domestic violence and of that number over 150 people were sheltered. Please join in the effort to end domestic violence in Cecil County! Take a few minutes to learn about this issue and the services that are available. Information can be found at our website, [Cecilhelp4u.com](http://Cecilhelp4u.com). Consider volunteering at The Bridge or becoming a sponsor for the adopt-a-family program. Learn the red flags of domestic violence and let your friends and family know that you will support them should they experience violence within the context of their relationship with a partner. For more information or to speak with staff call the hotline at **410-996-0333**.

## The Local Care Team

The Local Care Team continues to work on a grant that the Department of Justice awarded to Cecil County in September 2018. The grant makes it possible for the Department of Community Services to fund trauma awareness and direct services to families with children impacted by substance use. In spite of delays in receiving the grant funds, we are pleased to report that in five months, DCS has sponsored a community-wide training and multiple small workshops, and paid for mental health services for about 50 people! The community training was held with 80 attendees at Cecil College in June with Dr. Chasnoff, who discussed the impact of maternal substance use on fetal brain development and the lasting behavioral, emotional and intellectual impacts of this exposure throughout the child's lifespan. The Department has contracted with Bodhi in North East to provide trauma therapy, mental health counseling, trauma-informed yoga, meditation, and workshops/training to individuals

impacted by substance use. The small workshops are open to any family wishing to learn about attachment/trauma and parenting. The workshops are also available to any group or agency who works with families impacted by substance use, "helping the helpers" learn strategies to be more effective in their work. Bodhi also offers training to provider organizations to help staff members deal with vicarious trauma and prevent burnout. Finally, grant funds are also used to provide transportation to appointments with Bodhi, removing a barrier which sometimes keeps families from receiving needed services. For more information, or to refer a family or request training for your group, contact Amanda Woods at **410-996-8048**.



## Caregiver Corner

A family caregiver can be defined as an unpaid relative or friend who assists someone who is aging and/or who has disabilities with their activities of daily living. Many people providing this care to a loved one may not label themselves as a "caregiver." Ask yourself, do you take care of household chores, prepare meals or help pay bills for a family member or friend who cannot do these things alone? Do you assist a loved one in need with managing medications, making medical appointments, bathing, dressing, or transportation?

If you answered yes to any of these, then you could very well be a family caregiver, and you are not alone!

The Aging and Disability Services Division is proud to offer the National Family Caregiver Support Program (NFCSP). The NFCSP is able to offer a person-centered approach to supporting our community's caregivers. NFCSP services include caregiver resource coordination and connection to supportive services such as support groups, education, training and individualized caregiver counseling. Limited funds are also available to provide short-term respite care and medical supplies to temporarily relieve caregivers



of their responsibilities, and to help compliment the care they provide.

Who is eligible? If you are a family caregiver who is 18 years or older and are caring for someone who is 60+ or who has Alzheimer's Disease and/or a related condition, you could be eligible for services!

For more information on the National Family Caregiver Support Program, please call the Aging and Disability Resource Center at **410-996-5295**, Option 1.

Please Visit the Following National Organization Websites for More Caregiver Resources:

The Family Caregiver Alliance –

[www.caregiver.org](http://www.caregiver.org)

The Alzheimer's Association–

[www.alz.org](http://www.alz.org)

## 2019 Diabetes Education Fair

Are you struggling with your diabetes? Union Nutrition and Diabetes Center understands the importance of and struggle of managing your diabetes. There are always new advancements to keep up with and day to day management can get confusing.

**3<sup>rd</sup> Annual Diabetes Education Fair**  
**Wednesday, Nov 20, 2019**

**1:00 – 5:00 pm**

**Union Hospital Meeting Rooms 1, 2 & 3**  
**106 Bow Street, Elkton, MD 21921**

We will have multiple vendors and speakers to provide information on what diabetes is, monitoring your glucose, proper medication use, stress management, exercise, reducing risk of complications from diabetes, healthy eating and more. We will also have free health screenings, light refreshments and door prizes. This is a free event! We hope to see you there.

For more information please call **410-620-1210**.



### Finding Motivation

Jennifer Noll, RD, LDN, CDE

Union Nutrition and Diabetes Center

With Fall comes routine; end of vacation, back to school, back to work, etc. Whether you are managing diabetes, hypertension, or just trying to lose weight, Fall can be a great time to get back on track with your health goals as well. Here are some tips to help rev up your motivation

1. Set goals and visualize how it will feel to reach those goals
2. Eliminate procrastination – get



started today, don't wait for Monday, next week, after the next holiday

3. Take small steps – break down what you need to do into smaller

increments, walk for just 15 minutes, drink just 1 bottle of plain water a day, cut out 1 or 2 desserts a week

*Small Steps*  
**EVERYDAY**

4. Write it down – when you can see your goals and your steps to get there in black and white, it makes it more realistic

5. Incorporate a friend – its always easier to make changes with a partner

6. Celebrate the small successes – don't let only your big goal determine your success. Be grateful for every change you are able to make and



celebrate each step along the way. For additional help Union



Nutrition and Diabetes Center is here. We have free monthly support groups the 2<sup>nd</sup> Tuesday of every month from 5-6 pm.



We also have our annual Diabetes Education Fair on Wednesday November 20<sup>th</sup> 1-5 pm at Union Hospital. These events will provide lots of information about diabetes to make it easier for you to manage. No registration required. Call **410-620-1210** for more information.



## Cecil County Public Library Events

### Elkton Central Library

Reeds in the Wind: Making and Playing Bagpipes

**Wednesday, November 6 at 6:30 PM**

Musician and craftsmen Brian McCandless will present on the making and playing of Scottish bagpipes.

Handbell Concert

**Tuesday, December 10 at 7 PM**

Enjoy a seasonal musical selection from the First State Ringers, back by popular demand!

### Rising Sun Branch Library

Native American Artifacts from the Susquehanna River Valley

**Saturday, November 2 at 2 PM**

Learn about local Native American culture and enjoy a display of Native American artifacts. Bring your own artifacts for free identification.

### Chesapeake City Library

Finding the Maryland 400: Maryland's First War Heroes

**Saturday, October 19 at 11 AM**

Owen Lourie from the Maryland State Archives will chronicle the Maryland 400, soldiers from Maryland, including some from Cecil County, who saved George Washington's army at the Battle of Brooklyn in August 1776.

Upper Chesapeake Community Band

**Monday, November 11 at 6:30 PM**

Celebrate Veteran's Day! Enjoy listening to a trio from the Upper Chesapeake Community Band Honor all who have served.

UMC Handbell Choir

**Tuesday, December 10 at 6:30 PM**

Ring in the holidays with music from the Trinity Methodist Church Handbell Choir.

Vietnam Mailbag, Voices from the War: 1968-1972

**Thursday, November 7 at 6 PM**

Learn about the lives of American troops in the Vietnam War through letters and photos.

### Cecilton Branch Library

Genealogy Research: Finding Your Revolutionary Patriots

**Saturday, October 26 at 11 AM**

Join experienced researcher Sue Brenchley to learn how to find and document your Revolutionary-era patriots. Ms. Brenchley will also provide information on applying to a variety of lineage societies such as the Daughters and Sons of the American Revolution.



## Cecil Transit Needs You!

Like to drive? Enjoy helping others? Want to be someone's hero? Well, have we got an opportunity for you! Cecil Transit is seeking volunteers to drive individuals to out-of-county medical appointments. Volunteer drivers use County vehicles, receive free training and support from the incredible Cecil Transit staff, AND get a Cecil Transit hat and shirt! Sound interesting? Please contact Jonathan Creamer, Transit Coordinator, at **410.996.8420** or [jcream@ccgov.org](mailto:jcream@ccgov.org) for more information and find out how you can achieve superhero status as a volunteer driver!

