In late 2017, the Cecil County Department of Community Services in partnership with the Cecil County Health Department executed a contract with an independent consultant, The Pandit Group, to conduct a comprehensive assessment of Cecil County’s homeless services continuum and the impact of homelessness on providers, businesses and the overall community in an effort to provide Cecil County with a strategic plan to guide the Community’s work on this issue over the next several years. The assessment and proposed interventions included feedback and input from a broad representation of stakeholders and consideration was given to the contrasting needs of both the homeless population and the towns impacted by homelessness. Several recommendations arose from the study and flowed from existing research and homeless provider and stakeholder interviews. Recommendations include the creation of a central model for a coordinated entry system to promote consolidation and coordination of services, expansion of rapid rehousing and more emergency shelter options. Please visit our Housing and Community Development webpage on the Cecil County Government website and click the “homeless study” hyperlink to see the PowerPoint presentation of the study.

Cecil Transit

Route improvements are coming soon to the Glasgow, Perryville, and Mid County Connections to improve on-time performance and increase bi-directional service. The frequency of buses will increase, reducing the amount of time passengers will have to wait between buses. Timed connections will allow passengers to reduce their ride times by connecting with another bus going the opposite direction. The new CecilGo! app and the launch of daily, weekly, and monthly passes will make transfers convenient and affordable. The tentative start date for the revised routes is January 6, 2020.

Continued on page 2
Cecil Transit proposes the following changes and routes will be finalized following the end of the public comment period on December 4, 2019.

**Glasgow Connection** will adjust its travel pattern through the Town of Elkton, to provide more direct access to and from the hospital for local residents. In addition, Glasgow will add service to the Acme after Alpha Health. This will allow riders to change directions and make connections easier than ever!

**Perryville and Mid County Connections** will combine to create a more dependable, efficient route and will utilize the North East Walmart as a connection point between eastbound and westbound service. During peak service, two buses will operate on the route which will result in increased service frequency and better on-time performance.

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**Cecil County Animal Services on Parade**

CCAS participated in the 2019 Cecil County Christmas Parade held in North East, MD for the fourth year in a row. This year’s theme was “The Grinch.” Volunteers, staff, and even animals participated in what was an incredible time had by all!
2020 55+ Volunteer Leadership Program (55VLP)

The DCS Community Partnerships Division will offer the third annual 55+ Volunteer Leadership Program (55VLP) in May/June 2020. Funded by Senior Corps RSVP, 55VLP is a free volunteer leadership and engagement experience for adults ages 55 or older. 55VLP is designed to help educate participants on pressing community issues with the goal of deploying individuals to seek – and create – ways to respond to those challenges. Class sessions include presentations from local experts and service providers, skill-building workshops, and lively discussions! The 2020 program is tentatively scheduled to begin Friday, May 1. Class size is limited to 30. For more information or to request a 55VLP application, please contact Krista Gilmore at 410-996-8416 or kgilmore@ccgov.org.

Home Delivered Meals Volunteer Breakfast/Training

Cecil County Department of Community Services hosted the annual Home Delivered Meal (HDM) Volunteer Training Breakfast on Thursday, November 7. It was a wonderful morning with good food and conversation! Volunteers and DCS staff were treated to an informative presentation by Judy Simon, MS, RD, LDN, Nutrition & Health Promotion Programs Manager, Maryland Department of Aging. Interested in learning how you can be part of the Home Delivered Meal volunteer team? Contact Stephanie Kennedy-La Rosa at 410-996-8439 or skennedy@ccgov.org.
SAVE THE DATE
Tuesday, April 14, 2020

26th Annual Cecil County Caregiver Conference

Time: 8:00 a.m. – 3:00 p.m.
Location: Singerly Fire Hall
300 Newark Ave.
Elkton, MD 21921

Please join the Cecil C.A.A.R.E. Committee for the 2020 Annual Caregivers Conference. The day will be filled with guest speakers, local vendors, door prizes and a hot lunch.

Keynote Speaker: Gary Joseph LeBlanc

Gary Joseph LeBlanc is the Director of Dementia Education for the Dementia Spotlight Foundation and is a Certified Dementia Communication Specialist. He is the author of many books on caregiving such as “Staying Afloat in a Sea of Forgetfulness,” and “Managing Alzheimer’s and Dementia Behaviors.” His writings, trainings and speaking events utilize his 5,000 plus days and nights of personal caregiving experience to help other Alzheimer’s and dementia caregivers cope with the everyday challenges and emotional struggles of caring for the memory-impaired.

Caregiver Conference registration will begin March 1, 2020

Please visit our Website and Facebook Page for more information

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

https://www.facebook.com/CecilCAARE

Brought to you by the Cecil County C.A.A.R.E Committee
(Caregiver Assistance Association for Resources and Education)

If you have any questions, please call Sarah Murray at 410 996-8168.
Since 2017, a group of professionals in the community have gathered to form the Cecil County Human Trafficking Task Force. The purpose of this group has been to establish processes for responding to alleged victims of trafficking through investigation and linking them to available resources. An additional function is to raise awareness in our community about this problem. Recently, a grant was awarded to Cecil County to conduct a pilot program in the State of Maryland focusing on child sex trafficking. This new funding will allow the County to hire a navigator that will serve as the point of contact for all suspected or confirmed cases of trafficking involving victims who are age 24 or younger. The navigator will work with agencies that may intersect with these victims to provide a universal screening tool, formalize agreements that support best practices, and ensure accurate education is provided regarding this crime. Additionally, the navigator may work one on one with victims, providing intensive case management, linking them to crucial services and assisting them on the journey to becoming a survivor. Data will be collected for the purpose of identifying trends or gaps in services. Through consistent data collection a more clear and accurate picture will be obtained that will assist in future planning for addressing the crime of human trafficking in Cecil County.

January is Human Trafficking Awareness Month. Consider attending the 3rd Annual Wing Eating Contest on January 24th, 2020 at the Greene Turtle in Perryville! All of the proceeds go to benefit recovered victims of human trafficking. Tickets are on sale for $15 each. Please contact Anne Bean at abean@ccgov.org if you are interested in purchasing tickets.

Neighborhood Youth Panel

The summer and fall of 2019 has been an exciting time for the Neighborhood Youth Panel (NYP)! In an effort to help youthful offenders avoid the juvenile justice system as well as a juvenile record, NYP is now working with law enforcement, Cecil County Public Schools, Maryland Department of Juvenile Services and the Cecil County State’s Attorney’s office to reach youth that can benefit from NYP services.

During the summer, NYP was able to offer the ‘Catch My Breath’ E-cigarette intervention course to 34 youth and their parents. This program was made possible through a grant from the Cecil County Health Department and will be available again in 2020. Panelists were recognized and treated to an Olive Garden dinner on October 30.

NYP has recently partnered with the RSVP program to recognize our senior volunteers. The NYP program also received a $12,000 grant from the Administrative Office of Courts (AOC) for community conferencing and began offering these services in July. Community conferencing gives all parties involved in an incident or conflict an opportunity to come together and discuss how to resolve the problem and prevent recurrences. It is a healing process in which all affected have a say in the outcome.

In addition to the AOC grant, NYP received funding from the Towns of Elkton and North East, DJS, GOCCP, and a Video Lottery Terminal grant. Cecil County United Way and PNC Bank
The Elkton Center

Feeling Blue? Tired? Lonely?

Come and join us at the Elkton Center, and fight those winter blues. We offer a wide variety of programs from, ceramics, caning chairs, painting, Wii, to bingo. The best part of attending, are not being isolated, and making new friends. You can also join one of our many free exercise programs to build strength and stamina. And talk about socialization...the people in the exercise class are friendly and fun loving. It is proven that participation in exercise and senior centers can make your life more fulfilling and ward off those winter blues. Maybe you have a talent that you can share with us to enrich our programming for others. Are you still doubtful? Come in, join us and have a warm nutritious meal and a cup of coffee. Make a friend to talk to here and someone you can call when you are feeling lonely. Make it a point to help yourself by coming in and checking out all of the great opportunities and meet our friendly, caring staff.

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.

For instance, if you would like to learn the lost art of caning, join our Caning Club as they restore beautiful pieces of furniture to their former glory. Remember your pool shooting days? Relive them with the other pool sharks at the Elkton Center. How about your inner artist? Every Friday our Canvas Corner group meets to create new masterpieces in a relaxed setting. 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 www.cecilssct.org.

Elkton Senior Center - Inclement Weather Policy

For information: WXCY Radio Station – 103.7 FM or www.ccgov.org
Cecil County Government website 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
One of the most important types of training we do at the Healthy Lifestyles Fitness Center (HLFC) is balance training. Not only does poor balance create falls, it can also cause a lot of joint pain.

The balance muscles are responsible for keeping the joints aligned. These muscles are typically the smallest and deepest muscles in the body. Their function is to hold or stabilize the joints in alignment (as opposed to longer muscles which move us). When the balance muscles don’t do their job, our joints go out of alignment and begin to wear. It may only be a degree or two and you can’t see it, but a person feels it when their back or knee hurts. When people lose their balance they seem to lose it at a very “fundamental level.”

There are many different levels to balance. Standing on one leg is the highest level. We used to train people by having them stand on one leg and we were frequently unsuccessful. What we didn’t realize was that we had to train people at a fundamental level first before gradually progressing them to higher levels. We followed the normal neurodevelopmental sequence when training balance: bridging, rolling, crawling, kneeling, half kneeling, and single leg stance. If we skipped a step their balance seemed to plateau. Another important factor in training balance is making sure that a person has adequate mobility. In order to have good balance a person must first have good mobility.

This is why the order in which you perform the exercises in is so important. You can’t improve your balance if you can’t get into the proper position to train your balance. This means that the first part of regaining your balance is figuring out which muscles are tight and or which joints are restricted. A tight muscle will block any balance exercises that you perform. This is because the tight muscle is doing a job that your balance muscles should be doing. It does this because your brain tells it to. This is neurology. Your brain is in control of the gas pedal. It can send juice to any muscle that it wants to on demand. This is the solution that your brain comes up with in order to keep you functioning. As a result you aren’t functioning at a high level but your brain could care less it just wants you to survive (move). You always want to do your mobility exercises (stretching etc.) before your stability (balance) exercises.

Some people already know that their balance is off when they walk or stand. For other people their balance problem is hidden. A good way to tell if your balance is not where it should be is if you can’t stand on one leg for at least 10 seconds without losing good posture. Sometimes we only lose our balance in one particular pattern (such as the walking pattern) but not in others (squatting, lunging, etc.). Balance problems must be fixed with specific timing exercises that force you to align yourself against gravity. They cannot be fixed with strength exercises. Strength is conscious, balance is subconscious. They are two different parts of the brain. If you’re interested in learning more about how to improve your balance just see one of our trainers at the HLFC for assistance.

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!
Colorectal Cancer

“Colorectal cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death among cancers that affect both men and women, in the US.” This cancer develops in the colon or the rectum. Screening can detect precancerous growths called polyps. It is estimated that if all people over the age of 50 completed colorectal cancer screening, 60% of deaths from this cancer could be prevented. If you are 50 years or older, or have an increased risk level, talk to your health care provider about routine screening options and lifestyle choices that may help prevent colorectal cancer. The Cigarette Restitution Fund Program (CRFP), Cancer Prevention, Education, Screening and Treatment Program (CPEST) helps those 50 years of age or older obtain colorectal cancer screening. It also aids those younger than 50, who are at increased risk due to family or personal history and those with symptoms that are referred by a health care provider, to obtain colorectal cancer screening. The program pays for the cost of the screening for those without insurance and assists those with insurance by paying unmet deductibles, copays and other costs for colorectal cancer screening that are not covered by their insurance. For more information call the Cecil County Health Department, Division of Health Promotion at 410-996-5168.


Diabetes Prevention Program

According to the Centers for Disease Control and Prevention (CDC), 84 million American adults- more than 1 out of 3- have prediabetes. Even more surprising is that 90% of people with prediabetes don't know they have it. Prediabetes has no clear symptoms, so take the Risk Test (https://doihaveprediabetes.org/) and ask your doctor to screen you for prediabetes. By making lifestyle changes, you can prevent or delay type 2 diabetes. Cecil County is now offering PreventT2, a diabetes prevention program to help people who have prediabetes, or are at risk for developing diabetes, make changes to prevent or delay the onset of type 2 diabetes. The next PreventT2 program will start on January 24, 2020 at 9:30am - 10:30am at the Cecil County Health Department (401 Bow Street, Elkton MD). If you would like more information, or to register for a PreventT2 program, contact the Cecil County Health Department Division of Health Promotion at 410-996-5168.
Cecil County Public Library Events

Budgeting and Planning for Emergencies
Rising Sun Branch, Thursday, January 23 at 6:30 PM
This hands-on workshop with Ken Arnold, a Ramsey Preferred Financial Coach, will teach you how to create a spending plan, achieve financial goals, and save for emergencies. Each attendee will receive a workbook with personalized budget forms.

Starting Seeds
Cecilton Branch Library, Tuesday, February 4 at 6:30 PM
Give your veggies and other annuals a big advantage next season by using the right lights to start seeds early.

Walter Dorsett Photography
Chesapeake City Branch, Tuesday, February 11 at 6:30 PM
Elkton Central Library, Tuesday, February 18 at 6:30 PM
North East Branch, Tuesday, February 25 at 6:30 PM
Local photographer, Walter Dorsett, captures stunning and vivid images through the lens of his camera. Join him for a pictorial history of North East and the surrounding area.

Kick the Sugar Habit
Perryville Branch, Tuesday, January 28 at 6:30 PM
Life Coach, Cindy Chatham, will share tips and techniques to kick the sugar habit as well as develop healthy eating habits to start off the new year.

One Woman's Journey in "This Man's Army"
Chesapeake City Branch, Tuesday, March 10 at 6:30 p.m.
Meet Colonel Eugenia Thornton, one of a dozen of the Army's highest ranking women at her retirement. From early deployment in North Korea to earning a Bronze Star in Desert Storm, Colonel Thornton had an eventful career, including medals and promotions many soldiers don't achieve, in a workplace historically dominated by men.

Soils and Composting
Rising Sun Branch, Monday, March 16 at 6:30 PM
Soil, compost, or dirt: what's in your garden? Build soil health all year by feeding and caring for it. Understand the life in the soil and how to keep it healthy.

The German WWII Enigma Machine
Cecilton Branch, Tuesday March 17 at 6:00 PM
Gregory Nedved, from the Center of Cryptologic History, will discuss the Enigma machine, its operation, and impact in WWII. He will also conduct a hands-on demonstration of the machine.

World War I: Propaganda Posters
Perryville Branch, Thursday, March 19 at 6:30 PM
Enoch Pratt Free Library's John Jewitt will explore the history, events, and social dynamics of World War I through authentic propaganda posters.

Honoring Our History: the Doughboy Monument, the Armory, and Cecil County in WWI
Elkton Central Library, Wednesday, March 25 at 6:30 PM
Local Historian, Mike Dixon, will share Cecil County WWI stories as well as the opening of the Armory in 1915, and the Doughboy Monument that adorns the lawn.

Women in World War I
North East Branch, Tuesday, March 31 at 6:30 PM
Aberdeen Proving Ground's Deputy Command Historian Richard L. Wiltison explores women’s contributions to the WWI effort and beyond.

For more information or to register for any of these programs, visit www.cecil.ebranch.info or call (410) 996-5600 x481

World War I Exhibit at Elkton Central Library
March 24 – April 21, 2020
Elkton Social Security Office Has New Location

The Elkton Social Security office has relocated to its new location at 300 Big Elk Mall, Elkton, MD. Social Security office hours are 9:00 a.m. – 4:00 p.m. Mondays, Tuesdays, Thursdays, and Fridays, and 9:00 a.m. – 12:00 p.m. on Wednesdays.

Most Social Security services do not require a visit to an office. People may create their my Social Security account, a personalized online service, at www.socialsecurity.gov/myaccount.

Through their my Social Security account, people can check personal information and conduct business with Social Security. If they already receive Social Security benefits, they can start or change direct deposit online, and if they need proof of their benefits, they can download their current Benefit Verification Letter from their account.

People not yet receiving benefits can use their online account to get a personalized Social Security Statement, which provides earnings information as well as estimates of future benefits. Maryland residents may request a replacement Social Security card online if they meet certain requirements. The portal also includes links to information about other online services, such as applications for retirement, disability and Medicare benefits.

Many Social Security services are also conveniently available by dialing toll-free, 1-800-772-1213. People who are deaf or hard of hearing may call Social Security’s TTY number, 1-800-325-0778.

Do You Think Your Medicare Income-Related Premium Is Wrong?

By Nicole DeCampli

Social Security District Manager in Elkton, MD

Social Security cares about accuracy and we want you to get the exact benefit amount you deserve. Changes in the law affect how we calculate monthly Medicare Part B (medical insurance) and Medicare prescription drug coverage premiums.

Medicare Part B provides coverage for physician services, outpatient hospital services, certain home health services, durable medical equipment, and other items. Most beneficiaries will pay a standard premium for Part B coverage. Some beneficiaries may also pay a late enrollment surcharge. A small number of beneficiaries with higher incomes will pay a higher Part B premium based on their income.

Medicare prescription drug coverage helps pay for prescription drugs. Plan costs vary depending on the plan, and on whether you get Extra Help with your portion of the Medicare prescription drug costs.

A small number of beneficiaries with higher incomes will pay a higher prescription drug premium based on their income.

If your income has gone down due to certain specific circumstances, or if you filed an amended tax return, you can ask for a new decision without having to file an appeal. See our fact sheet, Medicare Premiums: Rules for Higher-Income Beneficiaries (SSA Publication No. 05-10536) at www.socialsecurity.gov/pubs/EN-05-10536.pdf. You don’t have to file an appeal to get a new decision.

You can also read more at www.socialsecurity.gov/pubs/EN-05-10125.pdf.

If you are a Medicare beneficiary who must pay more for your Medicare Part B or Medicare prescription drug coverage premium because of your income, and you disagree with the decision, you may request an appeal. The fastest and easiest way to file an appeal is by visiting www.socialsecurity.gov/disability/appeal.