Hereford Senior Center
510 Monkton Rd.
Hereford Fire Hall – Summit Manor 2nd Floor
Monkton, MD 21111  (410) 887-1923
Tuesday and Thursday 9:00 a.m.– 3:00 p.m.
www.baltimorecountymd.gov/hereford

Feeling Lucky at the Senior Center

Mark your calendars! We are lucky to have many new programs beginning in April and May!

There's lots of luck to go around! Especially at our Spring Fling. Join us for a home cooked lunch and music by Bruce Thomas!

Are you looking for part-time work? Apply at the Senior Center today!

We're hiring, and we'd be lucky to have you! We are looking for an Activity Specialist to work 8:30-12:30 on Tuesdays. See back page for more details!

Would you like to attend one of our programs or classes? Please remember to sign up on that program’s sign-up sheet located at the front of our center.

Art classes, pain management classes, Mahjong & more!

When? Thursday, April 16th
What time? 11:30 a.m.

Hereford Senior Center Staff
Center Supervisor
Nina Rewers
Activity Specialists
Molly Webber • Vacant
Community Outreach Specialist
Susan Wendell
Home Team Specialist
Barbara Wilt

© 2020 Hereford Senior Center Council
Hereford Senior Center
2019 – 2021 Board Members

President
Kathy Klasnic
Vice President
Sue Betsill
Recording Secretary
Nancy Mattheu
Treasurer
Cheryl Bozman
Ass’t Treasurer
Ilene Goodson
Corresponding Sec.
Mary Jackson

Board Members
Sandy Collison
Margaret Hartman
Paul Konka
Immediate Past President
Jay Laufer

Center Supervisor
Nina Rewers
Activity Specialists
Molly Webber
Vacant

Executive Board Meeting
March 3rd, 2020
10:00 a.m.

A BIG thank you to Fill’Er Up for donating 1¢ from every gallon sold in January. 943 dollars were donated to the Hereford Senior Center!

Join us for lunch on Tuesdays and Thursdays!
Reservations are required one week in advance. The recommended donation for members 60 and over is $2.50. If you are under 60, you must pay the full price of that day’s lunch. Pick up your reservation ticket by 11:45 a.m.

March Menu

March 3rd
Roasted pork loin w/ Dijon mustard sauce

March 5th
Roast turkey w/gravy

March 10th
Roasted stuffed chicken w/ bread dressing

March 12th
Chicken breast calvados w/apple brandy sauce

March 17th
Corned beef w/ red skin potatoes

March 19th
Roast pork loin w/mushroom gravy

March 24th
Grilled chicken and whole grain pasta salad

March 26th
Pot roast of beef w/burgundy gravy

March 31st
Roasted pork loin w/ apple-cranberry glaze

Inclement Weather Policy
It is the policy of the Baltimore County Department of Aging to open and fully operate its programs as scheduled. The effects of severe weather and concern for the safety of our constituents may, however, lead us to close centers, CountyRide and other services/programs. When this or closing for any other reason occurs, media announcements regarding closures or late openings will ONLY be made on WBAL Radio, 1090 AM; WBAL-TV 11 and WJZ-TV13. Information on closings and/or late openings will also be published on the Baltimore County website. Senior Centers will open at 10:30 when a 2-hour delay is reported. If Baltimore County Government is closed then the center is closed.
March Happenings

Every Tuesday and Thursday…

👩‍🍳 Begin your day with hot coffee and delicious doughnuts from Graul’s Market
🗑️ Participate in a game of rummiKub, bingo, or pinochle
📚 Borrow a book from our Lending Library
💌 Create a beautiful greeting card (Tuesdays only)

($) donation for materials)

Remember to Sign Up!

Please sign up ahead of time for the following programs:

- Art Class
- Pain Management

Sign-Up sheets are located near the Senior Center’s entrance!

March 3rd
10 a.m. – Board Meeting

March 5th
No Chair Yoga Today!

March 10th
9:30 a.m. – Hearing Screening

March 12th
10 a.m. – Chair Yoga

March 17th
10 a.m. – Council Meeting

March 19th
10 a.m. – Chair Yoga
12:30 p.m. – Pet Rock Music

March 24th
10 a.m. – Census
12:30 p.m. – Brain Games

March 26th
10 a.m. – Chair Yoga

We’re Hiring!

We are looking for an Activity Specialist to work 8:30-12:30 on Tuesdays. A familiarity with Microsoft Word and social media platforms is required.

March 9th
Lunch 11:30 a.m.
BINGO 12:45 p.m.
New Freedom Restaurant
17308 Susquehanna Trail S,
New Freedom, PA 17349

1 packet of bingo cards: $5
3 cards: $10
50/50 Raffle at all games

Red Hatters
Monthly Luncheon
Thursday, March 5th, 2020, 11:30 am
Call Center for location and to make a reservation

March 11th
Bingo

March 12th
Mother’s Day Lunch

March 16th
Spring Fling Party

March 21st, 23rd, 28th,
30th – Art Class

March 29th – Texas Roadhouse Fundraiser

April

7th – Board Meeting
9th – High Blood Pressure
13th – Bingo
16th – Spring Fling Party
21st, 23rd, 28th, 30th – Art Class
23rd, 30th – Pain Management
29th – Texas Roadhouse Fundraiser

May

5th – Board Meeting
7th, 14th, 21st – Pain Management
11th – Bingo
12th – Mother’s Day Lunch
19th – Step Up Your Nutrition
26th – Brain Games

Thanks To Our Sponsor ~ Please Support Them When You Can.

MT. CARMEL PHARMACY
111 Mt. Carmel Road • Parkton, MD 21120

Immunizations, Medication Therapy Management
Medicare Plan Finder Assistance,
Prescription Counseling, Notary Services

Phone 410-343-0110 Mon.-Fri. 9-8
Fax 410-343-1578 Sat. 9-5

For ad information, call Tim Maher or Phil Maher at 410-578-3600 or write P.O. Box 13103, Baltimore, MD 21203 - © 2020

Products and services advertised in this publication are not endorsed or guaranteed by the senior center or BCDA.
**Hearing Screening**

*Can you hear me now?*  
Don’t miss the opportunity to get your hearing checked for **FREE** at the Senior Center. Sign up for a hearing screening on **March 10th at 9:30.**

**Stay Fit and Healthy with Chair Yoga!**

Improve balance, stability, and overall relaxation with chair yoga. All skill levels welcome! Classes occur **Thursdays at 10 a.m.** It is $25 for 6 sessions or a $6 drop-in fee per session.

**St. Patrick’s Day Party**

*Do YOU have the luck of the Irish?*  
Join your friends at the Hereford Senior Center for music by Pet Rock and a pizza party! Wear your green and celebrate with us on **March 19th at 12:30.**

**Brain Games**

Brains, just like our bones, can weaken over time. Without proper care, an early loss of cognitive abilities can ensue. Keep your brain strong and come on over to brain games on **March 24th at 12:30.**

**ARE YOU 50 OR OLDER? YOU CAN JOIN THE HEREFORD SENIOR CENTER!**

The Hereford Senior Center encourages anyone 50 or older to become a member of our center. Don’t miss this chance to participate in our excellent programs and classes.

**WE’RE HIRING!**

The Hereford Senior Center is looking for an Activity Specialist. The position is for Tuesdays, 8:30 to 12:30. You will be in charge of the Eating Together Program. This includes calling in the lunch count, assisting with lunch prep, and doing the deposit.
How will you be Counted? Maryland Census 2020

Every household will have the option of responding to the 2020 Census online, by mail or by phone. Nearly every household will receive an invitation to participate in the 2020 Census from either a postal worker or a census worker by mid-March. The Census is a ten question survey and takes about 10-15 minutes to complete. Most households will be encouraged to respond online. If you need assistance completing the Census online, your local library or senior center can help. Please remember to bring your letter from the Census that includes your ID #. If you are unable to complete the Census online, you can call the Census office and complete the survey over the phone or request that they send you a paper copy. If you do not complete the Census by the end of April, a paper copy will be mailed to you.

Spend a Full Day at the Family Caregivers Conference

The annual spring Caregivers Conference will be a day full of education, resources and information designed for family caregivers of older adults. Featured Keynote speaker is Dr. Nicole Rochester, whose core belief is that patients and family caregivers belong at the center of every healthcare team. Guest speaker Alan Eason will inform about making effective healthcare decisions like Advance Directives. Complimentary lunch will be provided. Afternoon break-out session topics include caregiving resources, MOLST forms, stress management and more! The Conference is free, with plenty of open seating. Plan to attend on Saturday, March 28 from 9 a.m. to 3 p.m. at Ateaze Senior Center, 7401 Holabird Avenue, 21222. To be included in the headcount, please email caregivers@baltimorecountymd.gov or call 410-887-4724.

Aging Mastery Program® for Caregivers

Learn how to make the best of your longevity by taking part in this 12-week program. Learn from experts on how to maximize your financial fitness, nutrition and hydration, sleep, exercise, advance planning, healthy relationships and community involvement. In addition, the AMP® for Caregivers program teaches you how to be a better caregiver and take greater care of yourself in the process. Classes are on Tuesdays, from 6 - 7:30 p.m. beginning April 14 and running through July 7 at the Catonsville Senior Center, 501 N. Rolling Road, Catonsville, MD 21228. Visit www.baltimorecountymd.gov/healtheducation to register for this FREE program, or call 410-887-2040.

Maryland Senior Call Check

The Maryland Department of Aging is implementing a new program called Maryland Senior Call Check. This program is the first-in-the-nation, statewide, free program designed to help keep older adults safe while aging in their homes. All Maryland residents, 65 and older, are invited to sign up for a daily call at a time convenient to their lifestyle. For more information on this program and to register, call 1-866-50-CHECK (1-866-502-4325) or visit aging.maryland.gov.

Free Tax Preparation Services Available

The AARP Foundation Tax-Aide Program is the nation’s largest, volunteer-run tax preparation program to assist eligible taxpayers in electronically filing their taxes by providing free tax return preparation and filing. The service is aimed at low to moderate income taxpayers with special attention to those 50+. Senior Centers and Tax Aide locations across Baltimore City and Baltimore County will be hosting Tax-Aide. Appointments are first come-first serve basis. For more information, contact your local senior center.
Center Connection links persons age 60 and over who need support to activities and services provided by the senior center. Center Connection Specialists, operating in eight Baltimore County Senior Centers, maximize individual’s senior center experience by encouraging participation in activities, registering for classes/Eating Together, and connecting them with other members.

Community Outreach Specialists evaluate the needs of older adults, 60+, and assist them in applying for benefits and services.

CountyRide provides paratransit transportation Monday through Friday within the County for qualifying clients. Reservations are pre-scheduled on a first-come, first-serve basis, destinations include medical appointments, shopping and other general purpose trips. Cost of rides are $3.00 or 1 ticket each way. A book of 6 tickets costs $15 and saves $0.50 per way.

The Eating Together program provides a nutritious meal, socialization, and nutrition education in 35 County sites in senior centers, community buildings and senior residences. Residents aged 60 and over and their spouses of any age are eligible to participate in this program and are asked to make a voluntary, confidential donation.

This community-based volunteer program provides social support to County seniors 60+ who are isolated and confined to their home. Through friendly in-home and telephone visits, volunteers offer the needed interaction, socialization and reassurance to help seniors maintain a higher quality of life with the ability to remain independent in their home longer.

Maryland Access Point offers information and assistance to older adults, persons with disabilities and their families. It also offers a loan closet for durable medical equipment.

Additionally, the (MAP) division is a great resource for Baltimore County residents to learn about the variety of Assistive Technology (AT) available. Assistive technology consists of a wide range of items used for areas such as dressing, personal care, eating, cooking, safety, mobility, and medication management. Many devices are available through MAP for demonstration and hands-on practice for County residents over the age of 60. Several items can also be loaned for an extended period of time.

State health insurance assistance program (SHIP) 410-887-2059

Trained volunteers answer questions regarding Medicare A and B, Medicare Advantage Plans, Medicare Supplement Insurance (medigaps), Medicare Prescription Drug Plans (Part D), Medicaid and potential Medicare frauds. Also, callers are assessed for eligibility to obtain financial assistance to help with Medicare and prescription cost.

It is the policy of the Baltimore County Department of Aging to open and fully operate its programs as scheduled. The effects of severe weather and concern for the safety of our constituents may, however, lead us to close centers, CountyRide, and other services/programs. When this or closing for any other reason occurs, media announcements regarding closures or late openings will ONLY be made on WBAL Radio, 1090 AM; WBAL-TV 11 and WJZ-TV 13. Information on closings and/or late openings will also be published on the Baltimore County web site, www.baltimorecountymd.gov. Senior Centers will open at 10:30 a.m. when a 2-hour delay is reported.