

# Keys to Senior Independence

Hosted by the  
**St. Mary's County Department of Aging & Human Services**  
at the  
**College of Southern Maryland - Leonardtown Campus**  
**Building C-Room 204**  
**Tuesdays, March 19 & 26 and April 2 & 9, 2024**  
**Four Classes - 6-9 p.m.**

**What are your plans for retirement?  
Do you know how to access Medicare, Medicaid, or other programs and services?  
Are you seeking volunteer opportunities within the St. Mary's County Community?  
Find all that and more with the Department of Aging & Human Services!**

## **Tuesday, March 19 - Here and There: From Transportation to Medicare**

Join us to learn about the St. Mary's Transportation System (STS) and programs offered through the Department of Aging & Human Services' Senior Information & Assistance Division, such as Senior Rides!

## **Tuesday, March 26 - Mental Health**

This evening will cover several facets of mental health, including a presentation on Alzheimer's Disease and Dementia, Substance Abuse Treatment and Prevention, and Suicide Prevention.

## **Tuesday, April 2 - Supporting Caregivers**

Learn about the programs and services that support caregivers in our community in several aspects, including the Home & Community-Based Services Division St. Mary's County Hospice, and A Community that Shares (ACTS).

## **Tuesday, April 9 - Financial Health/Identity Protection**

Speakers this week will teach community members about scams directed toward the aging population and how to detect, avoid, and report scams, along with legal information and financial options for older adults!

**Sign up for one presentation or all four!**

**For more information, or to register, contact:**

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*Brought to you by the Department of Aging & Human Services  
and the Commissioners of St. Mary's County*

