

The Department of Aging & Human Services

Brought to you by the
Commissioners of St. Mary's County



Our Mission

To provide an array of programs and services that promote healthy aging within the senior community and foster quality of life for children, youth, and families.



Department of Aging & Human Services

New Beginning

Home and
Community
Based Services

Human
Services

Children and
Family Services



Maryland
Access Point
(MAP)

Community
Programs

RSVP Program

Senior Center
Operations

Senior Center Operations



Garvey Senior Activity Center

23630 Hayden Farm Lane, Leonardtown, MD 20659

Phone Number:

301-475-4200, ext. 1080

Northern Senior Activity Center

29655 Charlotte Hall Road, Charlotte Hall, MD 20622

Phone Number:

301-475-4002, ext. 3010



Loffler Senior Activity Center

21905 Chancellors Run Road
Great Mills, MD 20634

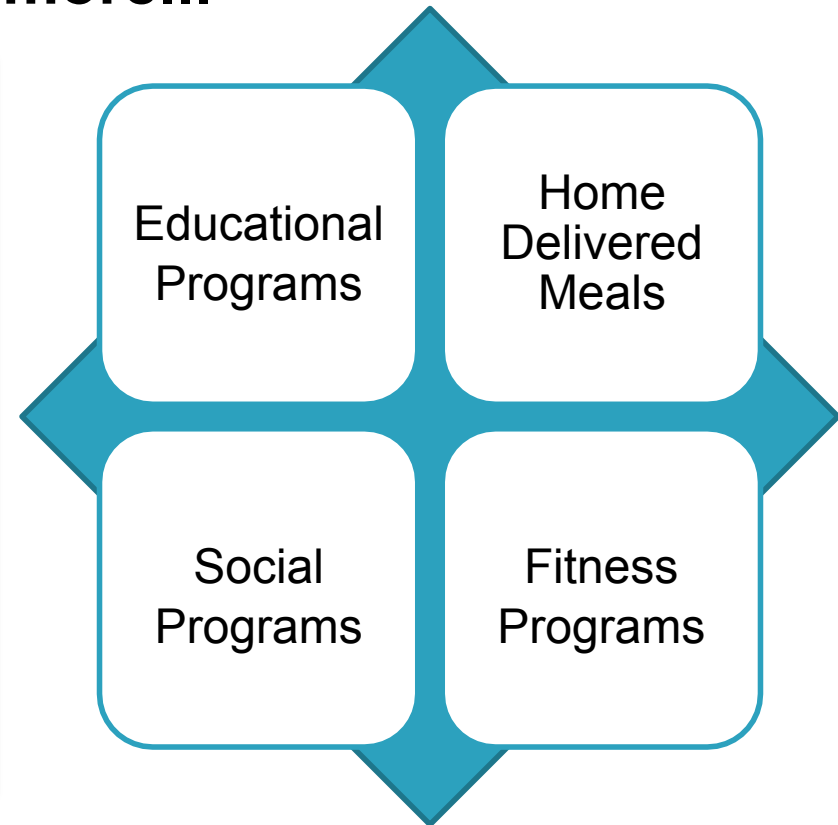
Phone Number:

301-475-4200, ext. 1658



Senior Center Operations

Offering adults ages 50 and over opportunities to participate in activities, social and educational programs, exercise, meals, crafts, sports, games, and more...



Senior Center Operations

Social Programs



A Mad Hatter Tea Party at the Northern Senior Activity Center!

Senior Center Operations

Fitness Programs

Activities include:

Zumba (pictured right)

Pickleball

Tai Chi for Arthritis

Fitness Equipment

Strength Training

Open Table Tennis

Parkinson's Exercise

Yoga

EnhanceFitness

Arthritis Foundation Exercise

Some classes are free, those with a charge are on a fitness card, available at all senior activity centers.



Senior Center Operations

Educational Programs



Participants enjoy a LIFE trip to the Woodlawn & Frank Lloyd Wright's Pope-Leighey House in Virginia!

Nutrition
and
Health
Education

Learning
is
Forever
(LIFE)

Computer
Tutoring

Book
Clubs

Nutrition & Health Education

- Our Registered Dietician, and Certified Diabetes Educator, Donna Taggart, visits our senior activity centers every month to talk about nutrition. She also offers free personal nutritional consultations by appointment.



Senior Center Operations

Eating Together

Dine with your friends!

Make reservations 24 hours in advance by calling 301-475-4200, ext. 1050.

Lunch is served Monday-Friday, at all three senior activity centers. Cost is \$7 for those under the age of 60.



Senior Center Operations

Home Delivered Meals

A service for seniors (60 and above) who are:

- Home-bound and have a moderate to severe disability that prevents them from shopping or cooking for themselves
 - Have no one to prepare meals.
 - Up to five meals/week available

Volunteer drivers are needed.

Retired and Senior Volunteer Program (RSVP)

RSVP is part of Senior Corps, a national program for senior volunteers open to individuals aged **55 and over**.

In 2023, RSVP senior volunteers gave a grand total of **21,331** volunteer hours, valued at **\$678,330**, to county agencies, non-profit organizations, and local community groups.



Volunteer Opportunities:

A Community That Shares (ACTS)
Home-Delivered Meals Assist
with Health Fair
Historic Sotterley

Museum Tour Guides
Teen Court
Senior Rides
Volunteers Habitat for
Humanity

Senior Information & Assistance Division

MAP/I&A

MAP/I&A connects consumers to long-term services and supports. MAP specialists work with consumers, their caregivers and professionals of various disciplines to assist consumers with their long-term care needs. Staff help to plan, identify, connect, and assist consumers with accessing private and public resources for long-term care programs and services.

Senior Rides

Housing
Information

Senior Medicare
Patrol

State Health
Insurance
Assistance
Program

Senior Information & Assistance Division

MAP/I&A



LOCAL HELP FOR PEOPLE WITH MEDICARE

State Health Insurance Assistance Program (SHIP)

What is SHIP?

- A free counseling program for individuals receiving Medicare benefits and their family members or caregivers.
- SHIP counselors can help you make an informed, impartial decision about your health insurance.

Senior Medicare Patrol



Senior Medicare Patrol was formed to alert the Medicare and Medicaid programs of abuse within these two health care systems.

Senior Information & Assistance Division

MAP/I&A

Senior Rides

- Application Required
- Screened and qualified drivers for door-to-door transportation to appointments, errands, etc.
- Service provided by our volunteers. (Always needed)



Home and Community-Based Services

MAP/I&A



MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

www.marylandaccesspoint.info

Who is eligible for MAP services?

Adults 50 and over, individuals birth and older experiencing a disability, caregivers or those of any age who have questions or concerns about someone in need.

MAP of St. Mary's can help you find out about:

- Housing
 - Energy Assistance
- Transportation
 - Homeowner's Tax Credit
- Behavioral Health Resources
 - Renter's Tax Credit
- Medicare and Health Insurance
 - Volunteer Opportunities
- Legal Services
 - Veterans Services
- Financial Help with Prescriptions
 - Employment Resources
- Aging-in-Place/Home Modifications
 - Long-Term Care

www.marylandaccesspoint.info



Home and Community-Based Services

MAP/I&A

Senior Care
Program

Community Options
Waiver and
Community First
Choice Program

Senior Rights and
Advocacy/
Ombudsman

Caregiver Support
and Respite
Opportunities

Home and Community-Based Services

MAP/I&A

Options Waiver Community First Choice:

Provides community services to enable older adults and people with physical disabilities to remain in their homes.

Provides community services and support to enable older adults and people with disabilities to live in their homes.

Who should apply?

Maryland residents who need assistance with activities of daily living—bathing, grooming, etc. and are already receiving Medicaid.

Program availability may be subject to a waitlist and eligibility criteria.

Home and Community-Based Services

MAP/I&A

Senior Care Program

- Helps eligible seniors at risk of nursing home placement remain in the comfort of their own home
- Provides services such as financial assistance with prescription medications, nutritional supplements, incontinence supplies, personal emergency response system, and durable medical equipment

Ombudsman

- Advocates for residents in long-term care facilities maintain their legal rights
- Handles complaints made by or for residents of long-term care facilities
- Educates consumers and providers about residents' rights
- Provides information to the public about nursing homes and assisted living facilities

Human Services

Services Offered Include:

- Long Care Team
- Teen Court
- Citizen Advisory Board
- Christmas Caring
- WARM/Homelessness Prevention
- Local Management Board for Youth & Family Services



Human Services

Youth and Teens

Children and Family Services

Local Management Board

The LMB is the local managing body that unites child-serving agencies, clients of services and other community representatives to improve and maintain the well-being of children, youth, and families. The Human Services Division manages State funds allocated to the County to support such services. It also provides community trainings and other various professional development opportunities.

Human Services

Youth and Teens

Teen Court

We want **YOU** for **TEEN COURT**



Teen Volunteer Opportunities

Be an "Attorney"
Sit on a jury with your peers
Provide a valuable community service

Adult Volunteer Opportunities

Community Judge
(Experience with law, mediation, or
counseling preferred)
Provide Oversight for Deliberations
Maintain order in the court



To Learn More Contact:
Gregory Jones, Sr.
Teen Court Coordinator
301-475-4200, ext. 71852
teencourt@stmarysmd.com
www.stmarysmd.com/teencourt



Empowering St. Mary's Youth

Teen Court supports teens
who deserve a second chance,
but we need volunteers!
Teen Court accepts volunteers
ages 11 and up.



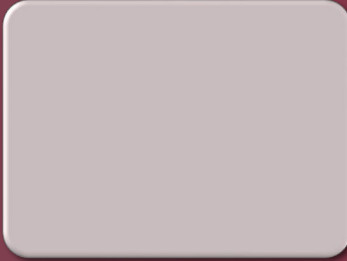
Community Programs and Outreach



Communicates timely and topical information to the community through Facebook, the department website, and local media sources.



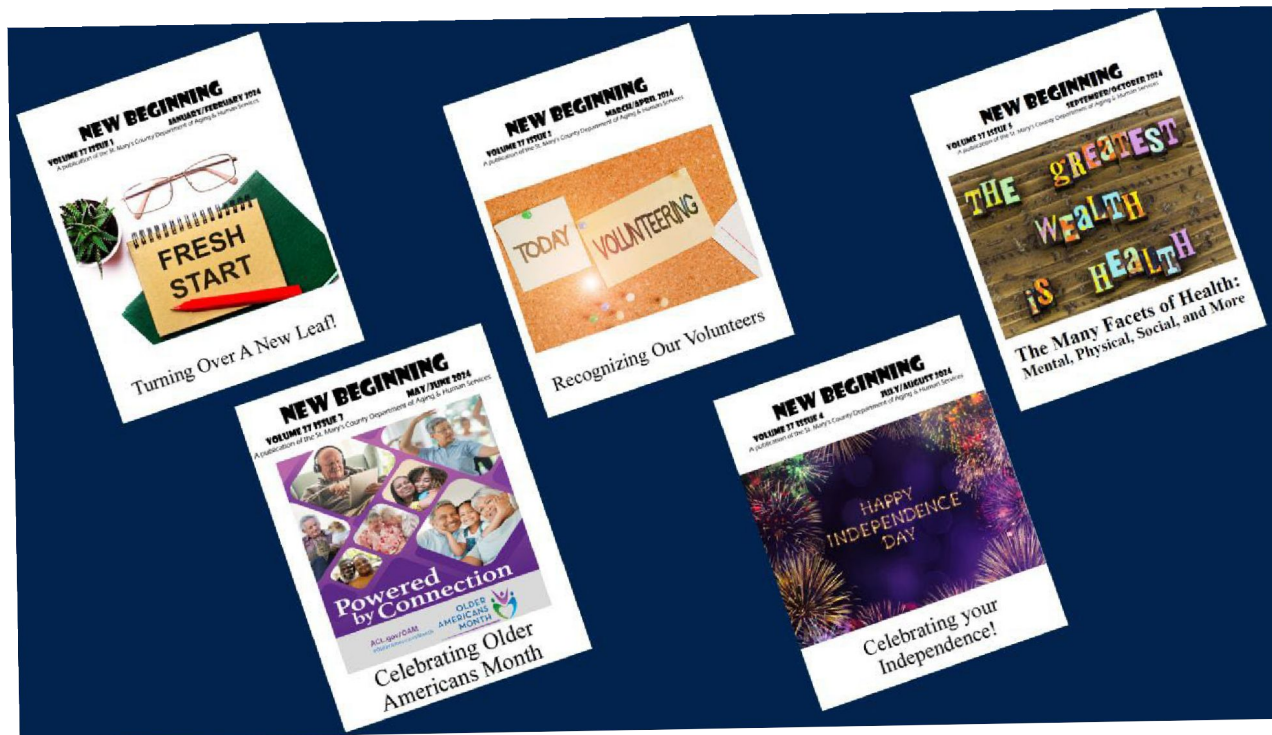
Coordinates annual signature events for the Department of Aging & Human Services



Attends community events and gets the word out about the Department of Aging & Human Services.

New Beginning Newsletter

The St. Mary's County Department of Aging & Human Services began publication of the bi-monthly newsletter, New Beginning, to provide timely and pertinent information of interest to the community. Contact Community Programs & Outreach Division Manager, Sarah Miller at (301) 475-4200 ext. 1073, or sarah.miller@stmaryscountymd.gov to receive the FREE newsletter by mail.



Community Programs and Outreach

Special Events

Keys to Senior Independence

March & April 2025

**College of Southern Maryland –
Leonardtwn Campus Leonardtown, MD**



Community Programs and Outreach

Special Events

Community Shred & Medication Take Back Day

Saturday, April 26, 2025
41780 Baldrige Street
Leonardtown, MD



Community Programs and Outreach



Law Enforcement Appreciation Day

Tuesday, May 6, 2025

**The White Rose
Callaway, MD**

- Held during National Police Week each May to remember officers who have lost their lives
- Officer of the Year nominee from local law enforcement agencies recognized
- Open to the public
- <https://www.stmaryscountymd.gov/aging/TriadSALT/>

Community Programs and Outreach

Special Events

Men's Health Day – A Blueprint for Wellness

Saturday, June 7, 2025 – Garvey Senior Activity Center

- Held during National Men's' Health Awareness Month
- Speakers, Screenings, Informational Displays, and lunch with Mission BBQ!
- Open to the public
- <https://www.stmaryscountymd.gov/aging/menshealth/>

Community Programs and Outreach

Special Events

Farmers Feeding St Mary's

TBD

Bay District Fire Department – Lexington Park

TBD

U-Haul Parking Lot – Lexington Park



Community Programs and Outreach **Special Events**

Community Health and Wellness Fair

Friday, October 11, 2024 – University of Maryland at Southern Maryland

- Health Screenings Offered include:
 - Skin Cancer
 - Height and Weight
 - Bone Density
 - Blood Pressure
 - Vision
 - Hearing
- Free Entry
- Flu Shots
- Vendors
- Presentations



<https://www.stmaryscountymd.gov/aging/healthfair/>

Community Programs and Outreach **Special Events**

Veterans Resource Day

Friday, Nov. 8, 2024 – University of Maryland at Southern Maryland



- Informational Displays
- One-on-One Counseling Services
- Workshops and Presentations
- Complimentary Lunch

<https://www.stmaryscountymd.gov/aging/veterans/>

Community Programs and Outreach

Where can you learn more about the Department of Aging and Human Services?

- New Beginning Newsletter (published bi-monthly)
 - January, March, May, July, September, November
 - Features articles of interest
- Senior Spotlight
 - Thursdays in The County Times Fridays in The EnterpriseDepartment Website: www.stmaryscountymd.gov/aging
- Facebook page: www.Facebook.com/SMCDAHS
- YouTube: <https://www.youtube.com/c/SMCAgingHumanServices>

Department of Aging & Human Services

Contact Information:

301-475-4200, ext. 1050

P.O. Box 653

Leonardtown, MD 20650

Website:

www.stmaryscountymd.gov/aging

Like us on Facebook: www.Facebook.com/SMCDAHS

Find us on YouTube: [SMC Aging & Human Services](http://www.YouTube.com/SMC-Aging-amp-Human-Services)

