Thank you, Thank you, Thank you!

Thank you to all who participated in the Gladys Marshall Scholarship Luncheon!

★$310.20 was raised from luncheon ticket sales and can donations.
★$753 was raised from donations from the following individuals: Karen and James Bowling, Gary and Merrily Davis, Ryan Fried, Friendly Farms, Michael Mistretta from People’s Bank, Barbara Meyers, Joan Patterson, E. May Polley, Janet and Douglas Stratton, Michael and Martha Wingeart.
★Door Prizes were donated by the following places: Flower Cottage, Hereford Pharmacy, Hunt Valley Texas Road House, Joyce Quintavalle, Michael Mistretta from People’s Bank, and Mt. Carmel Pharmacy.
★Table Center Pieces and Senior Center Totes were donated by Chris Bowling and Sue Betsill.
★Assistance with setting up, serving, and cleaning up was provided by Sandy Collison, Dottie Copenhaver, Joan Foster, Fran Geier, Mary Kioussis, Jay Laufer, Nancy Mattheu, Bill Parks, Jim Perry, Joyce Quintavalle, Dixie Raffensparger, and Pam Roser.
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.

**November Menu**

**November 5th**
Chicken breast cacciatore with brown rice pilaf, tri-color pepper/onions, a piece of WG white wheat piece of bread, and cranberry juice to drink. The dessert is diced peaches with chocolate milk.

**November 7th**
Tomato basil soup with an Old Bay grilled chicken breast sandwich and a side of pepper slaw. There is a sliced apple snack pack for dessert and chocolate milk.

**November 12th**
Roast pork loin with sweet onion gravy, and sides of braised red cabbage and scalloped potatoes. Fruit cocktail and chocolate milk for dessert.

**November 14th**
Homestyle meatloaf with gravy, garlic mashed potatoes, peas and pearl onions, diced peaches, whole grain white wheat bread, 1% milk, grape juice.

**November 19th**
Beef pot roast with chasseur sauce, stew-cut vegetables, garlic mashed potatoes, mandarin oranges, 1% milk, and apple juice

**November 21st**
Hot dog, coleslaw, baked beans, diced peas, milk

**November 26th**
Roast sliced turkey breast with gravy, bread stuffing, green beans, cranberry sauce, fruit cocktail, pie with whipped topping, and 1% milk

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**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**
November 26th, 2019
10:00 am

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**Event of the Month**

**Folk Sounds with Ron Kutscher**

**When?** Thursday, November 7th

**Why is it important?** Come out to the Senior Center to enjoy an afternoon of folk music with Ron Kutscher. This is a great opportunity to relax and unwind and spend time with fellow members!

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**Membership Registration!**

Are you a member of the Hereford Senior Center? If so, please come in to re-register and keep your registration up to date! If you’re NOT a member, come in and join today! We now accept members age 50 and older!
November Happenings

Every Tuesday and Thursday…

�� Begin your day with hot coffee and delicious doughnuts from Graul’s Market
�� Participate in a game of rummy, bingo, or pinochle
�� Borrow a book from our Lending Library
�� Create a beautiful greeting card (Tuesdays only) ($2 donation for materials)

November 5th
�� 9:30 a.m. – Blood Pressure
�� 9:30 a.m. – CCBC Screenings

November 7th
�� 10:00 a.m. – Chair Yoga
�� 12:30 p.m. – Folk Sounds with Ron Kutscher

November 12th
�� 10:00 a.m. – Medicare/ Dental Program
�� 12:30 p.m. – Active Shooter Presentation

November 14th
�� 10:00 a.m. – Chair Yoga

November 21st
�� 11:00 a.m. – Home Safety Fall Prevention Program

November 26th
�� 9:00 a.m. – Flower Arrangements
�� 10:00 a.m. – Board Meeting
�� 12:30 p.m. – Brain Games

November 28th
�� THANKSGIVING - CLOSED
�� Red Hatters Monthly Luncheon

Thursday, November 7th, 2019, 11:30 am Call Center for location and to make a reservation

Lunch 11:30 a.m.
BINGO 12:45 p.m.

November 11th, 2019
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

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Medicare/Dental Program

Join us for a Medicare/Dental Seminar to learn more about how you can be in charge of your healthcare. This program will be **November 12th at 10 a.m.**

Insurance can be complicated and overwhelming. Come to this seminar to get your questions answered!

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.

Home Safety Fall Prevention Program

*Why is fall prevention important?*

*What happens when people fall?*

*What are fall risks?*

This is a 60-minute workshop that will teach you how to self-assess for falls to hopefully reduce your risk of falling in your house and when you’re out and about. It is **November 21st at 11 a.m.**

Active Shooter Presentation

Unfortunately, in this day and age, the threat of an active shooter must always be in the back our minds. Join us on **November 12th at 12:30 p.m.** to learn how to be prepared in case of this hostile situation.

Flower Arrangements

Create the perfect flower arrangement for your Thanksgiving table! Arrangements are $12 each. This activity will be on **November 26th at 9 a.m.**

Brain Games

Brains, just like our bones, can weaken over time and without proper care, an early loss of important cognitive abilities can ensue. Keep your brain strong and active and come on over to brain games on **November 26th at 12:30.**
Research Your Part D Plan with SHIP

Fall Part D Open Enrollment began on October 15, 2019. Once again, a team of SHIP volunteers is visiting many of the senior centers to provide one on one Part D research assistance. If you would like to have an appointment before the end date of December 7th, please call the SHIP office at 410-887-2059. Research is key to having the best Part D plan for your medication needs.

Tax Counselor Volunteers Wanted – AARP Tax-Aide Program

Looking for a rewarding volunteer opportunity?? — The AARP Tax-Aide Program is seeking volunteers to become tax counselors to provide free income tax preparation. AARP Foundation Tax-Aide is the nation’s largest volunteer-run FREE tax preparation and assistance service. Tax-Aide offers free tax preparation help to anyone who needs it – with special attention to those who are 50 or older or have low to moderate income. Volunteers must be comfortable with computers and have some knowledge of income taxes. Volunteers will be trained and certified in Federal and State tax law, and the tax preparation software used in the program. For information, contact Bruce at perryhlltaxaide@gmail or go to AARP’s Tax-Aide website at https://secure.aarp.org/applications/Volunteer_with_AARP_Tax_Aide/aboutYou.action?jobId=a1000000001AGvXAAW.

Senior Craft Gallery

The best place to find Handmade Crafts for those special people in your life! Handcrafted items include: knitted and crocheted items (blankets sweaters and hats), aprons, doll clothes, pocketbooks and totes, jewelry, Orioles and Ravens items. All crafts are made by Baltimore County Seniors! See Senior Craft Gallery on Facebook. Open Mon., Wed., Thurs., from 10 a.m. to 2 p.m. and every 1st and 3rd Sat. from 9 a.m. to Noon, 1801 Glen Keith Blvd., Rm. 106, Towson, MD. For details, call 410-887-5399.

Stretch Your Entertainment Dollars With Senior Box Office!

Senior Box Office (SBO) offers complimentary and discounted tickets to members for cultural, educational, and entertainment events. SBO also offers exciting travel opportunities to both members and non-members. A brochure outlining events and trips is published quarterly. Seniors age 60 and older are invited to join. Annual membership dues are:

• $30 per household with brochures delivered electronically by email OR
• $38 per household with printed brochures delivered by regular mail.

More information, as well as a membership application, is available on the SBO website www.seniorboxoffice.org. You may also call SBO at 410-887-5399 or email sbo@seniorboxoffice.org to request an application.

BCDA Social Media Communications

You are invited to stay engaged with your senior center and BCDA on social media through Facebook (@BaltimoreCountyAging), Instagram (@BaltCoAging), Flickr (BaltimoreCountyAging), the Time of Your Life Digest or the county website (www.baltimorecountymd.gov/aging). These sites bring the many delightful programs, relevant health and wellness tips, and important resources offered by the Department of Aging right to your smartphone, tablet or home computer.
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. Individuals requiring financial assistance can be referred by the BCDA to possible funding sources that can help with purchasing AT. A demonstration of AT items is available by appointment with the MAP office at 410-887-2594 or by emailing aginginfo@baltimorecountymd.gov.

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.