



## Department of Aging and Disabilities

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### County Executive John R. Leopold

For Immediate Release

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### **“The Future is Now! Are You Ready?” Workshops to begin**

Annapolis, MD (Aug. 23, 2011) – “The Future is Now! Are You Ready?” workshops, a popular series offered free by the Anne Arundel County Department of Aging and Disabilities, will be held from 6:30 to 8:30 p.m. on various Wednesdays from Sept. 14 through May 9, 2012, at two county senior centers.

“These programs have been well received by the public in the past, because the population is aging and people are seeking information to prepare themselves or their loved ones for the future,” says Mary Chaput, director of the National Family Caregiver Support Program at the department. “Many attendees are caregivers of their parents or another loved one, and they want questions answered in advance of a family crisis.”

► Sessions offered at the Arnold Senior Activity Center, 44 Church Road, Arnold, include the following:

- Sept. 14, “How Can We Help You?” with staff in the Information and Assistance, Caregivers and Respite, Transportation, and Volunteer programs at the Department of Aging and Disabilities.

- Nov. 16, “Future conversations... Today,” with Mary Fridley, founder of Gero-Resources, LLC, and Sherrill Ross-Wieneke, vice president, clinical operations, Hospice of the Chesapeake.

- Jan. 11, 2012, “Maintaining a Healthy Lifestyle” with Dr. Richard Bernstein.

- March 14, 2012, “Adaptive Devices and Structural Changes to Help You Stay in Your Home” with Chauncey Hall, program director, Arundel Community Development Services Inc.

- May 9, 2012, “Identifying Your Supports,” an interactive workshop with Sandy Berkeley, director, Information and Assistance, and Mary Chaput, director, Family Caregiver Support Program.

► Sessions offered at the Pascal Senior Activity Center, 115 Dorsey Road, Glen Burnie, include the following:

- Oct. 19, “Medicare: The Basics and Beyond” with Amy Rubino, director, Anne Arundel County Senior Health Insurance Assistance Program.

- Dec. 7, “Bridging the Gap from Hospital to Physician’s Office,” with Lynn Carr, registered nurse, and Mary Fridley, founder Gero-Resources, LLC.

- Feb. 8, 2012, “What to Do with Your Stuff,” with Kater Leatherman, professional organizer, budget re-decorator, and real estate stager.

- April 11, “Veterans’ Benefits,” with Nicole Kaiser, clinical social worker, VA Maryland Health Care System.

Arnold and Pascal workshops are sponsored by Anne Arundel Medical Center. Pascal workshops are sponsored by Morningside House of Friendship. The November workshop is sponsored by DesignAbility. While grateful for support which helps to cover the costs of the workshops, the Department of Aging and Disabilities does not endorse any particular vendor or business.

To register, go online to [www.aacounty.org/aging](http://www.aacounty.org/aging) or call 410-222-4464, Ext. 3094. Anyone needing accommodations must contact Mary Chaput at 410-222-4464, Ext. 3045, or by e-mail at [agmach01@aacounty.org](mailto:agmach01@aacounty.org) at least seven days in advance of the event. TTY users should call via Maryland Relay at 7-1-1.

*- Making Life Better -*