



**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?” workshop**

Annapolis, MD (Nov. 22, 2011) – Lynn Carr, registered nurse, and Mary Fridley, founder of Gero-Resources LLC, will present a workshop, “Bridging the Gap from Hospital to Physician Office” as part of “The Future is Now! Are You Ready?” series offered free by the Anne Arundel County Department of Aging and Disabilities. Their workshop will be from 6:30 to 8:30 p.m. Dec. 7 at the Pascal Senior Activity Center, 125 Dorsey Road, Glen Burnie.

“Sharing information with your doctor on a routine visit plays an important role in your staying healthy,” says Mary Chaput, director of the National Family Caregiver Support Program at the Department. “Understanding and participating in your hospital discharge plan decreases the chance of hospital re-admission and helps you in your recovery. This session will help you plan ahead for both events.”

“The Future is Now!” 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, Ms.Chaput says.

The Dec. 7 workshop is sponsored by Anne Arundel Medical Center and Morningside House Premiere Senior Living. 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.

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