

Worman's Mill Civic Association Program on Senior Services in Frederick Co.

Our guest speakers were **Kitty Devilbliss** and **Joy Rowe** from the Frederick County Senior services Division.

This presentation was available both in-person at the Clubhouse or virtually.

We learned about services provided by the Frederick County Department of Senior Services?

Benefits and Services - Develops and administers programs and activities that support both older adults and adults with disabilities in their efforts to remain healthy, active and independent members of the community, and to provide, coordinate and advocate for services which promote the dignity and enrichment of life for all seniors, persons with disabilities, families and caregivers.

Frederick County Senior Services offers a variety of programs to help you maintain wellness and independence. From speakers and workshops to special events and day trips; from enrichment and social opportunities to fitness classes and programs we offer something for everyone.

The 50+ Community Centers offer a variety of fitness classes such as strength training, yoga, Zumba, and line dance. In addition, social, recreational, and educational programs are scheduled. These include discussion groups, book clubs, film club, drawing class, and health and nutrition programs.

So many benefits such as - Disability Services - Guardianship - Long term Care Ombudsman - Maryland Access Point - Meals on Wheels - Medicare Health Insurance - Medicaid Health - Related Services - Personal Care - Senior Tax Credit.