Villages Resource Exchange

March 2, 2009

Security for Seniors in an Uncertain Time – Friday, March 6, 2009
The Anastasia Room, Bethesda-Chevy Chase Rescue Squad
5020 Battery Lane, Bethesda, MD 20817
(Corner of Old Georgetown Road and Battery Lane)
(240) 777-7828

Councilmember Roger Berliner invites you to a free forum on *Security for Seniors in an Uncertain Time* on Friday, March 6 from 2:00 – 4:00 pm. The forum will address financial, personal, and home security with special guest speaker U.S. Senator Ben Cardin as well as Mr. Stan Hinden, former *Washington Post* financial writer and author of *How to Retire Happy* and Commander Russ Hamill, Montgomery County Police.

Please call (240) 777-7828 for more information.

File of Life

Montgomery County Department of Health and Human Services
Senior Resource Line
240-777-3000 (TTY 240-777-4575)

The Montgomery County Department of Health and Human Services, in partnership with Montgomery County Fire and Rescue Services, is offering County residents a free **'File of Life'**, a communication tool that emergency medical personnel can use to get quick information about an individual's medical history The **'File of Life'** is a red plastic magnetic pocket that attaches to a refrigerator. Inside the pocket is information about health history, medications, allergies, and emergency contact information. Rescue workers are trained to look for the **'File of Life'** and report finding it can save valuable time, enabling quick assessments of medical situations. For more information, visit:

. To request a free **'File of Life'**, call the Department of Health and Human Services, Senior Resource Line at 240-777-3000 (TTY 240-777-4575).

Montgomery County Senior Site

Looking for services for seniors in Montgomery County? This website is designed to provide information on County services in one easy-to-find place. The Montgomery County Senior Site will provide information on a variety of topics. http://www.montgomerycountymd.gov/sentmpl.asp?url=/content/pio/senior/index.asp

Home Delivered Groceries

Top Banana Home Delivered Groceries
Phyllis Courlander, Executive Director
301-372-FOOD (3663)
FAX: 301-372-3662
http://topbananagrocer.org

Get shopping help with an extra touch. Easy ordering by phone. Drivers shelve groceries, open stubborn jars and more. Wide selection of brand-name products, meats, dairy, produce, "heat & eat" favorites and home/pet /personal items. Competitive prices.   Fee based on affordability.   Accepts EBT/food stamps. Delivering since 1982. **301-372-FOOD(3663).** A not-for-profit organization funded, in part, by Montgomery County, Aging & Disability Services.

Montgomery Coalition for Adult English Literacy - updated

Address: 10605 Concord Street, Suite 440, Kensington, MD 20895
Rachel Glass, Executive Director Phone: 240-514-0172
Email: rglass@mcael.org Website: www.mcael.org

MCAEL is dedicated to strengthening the county-wide adult English literacy network with resources, training, collaborations and advocacy to support a thriving community and an optimal workforce. Their vision is that all adult residents are employable, engaged, and empowered by literacy to achieve their full potential.

For information on adult ESOL and literacy programs available in your community or to get involved as a volunteer, please visit www.mcael.org, where you can view a listing of services provided around the county by more than 50 partner organizations.

50+ Employment Expo – Friday, May 15, 2009

Marriot Bethesda North Hotel & Conference Center
5701 Marinelli Road (Across from White Flint Metro)
Call (301) 299-2017 to register

> Over 50 and looking for the next step? The Jewish Council for the Aging is sponsoring a free 50+ Employment Expo on Friday, May 19 from 10:00 am – 3:00 pm. Meet recruiters from dozens of companies, including non-profits, government, healthcare, retail, technology and others ready to hire. Fore more information call (301) 299-2017 or visit: www.AccessJCA.org (JCA News & Events). Free parking!

RSVP - Responding to the Call to Serve

Montgomery County Volunteer Center
401 Hungerford Drive, 1st Floor Rockville, Maryland 20850
(240) 777-2610, Fax: (240) 777-2601
http://www.montgomerycountymd.gov/mcgtmpl.asp?url=/Content/Volunteer/RSVP.asp

RSVP, the Retired and Senior Volunteer Program, is a nationwide volunteer program for individuals over the age of 55 which is sponsored locally by the Montgomery County Volunteer Center. RSVP assists seniors in finding interesting and rewarding volunteer opportunities based on their skills, interests, life experience, geographic preference and time availability. Currently, over 600 RSVP members volunteer in over a wide variety of local public and private nonprofit organizations throughout the county. RSVP volunteers can:

- Improve the environment
- Write grant proposals
- Help the homeless
- Be mentors
- Tutor children
- Promote literacy
- Help low-income seniors prepare their taxes
- Help children and adults learn English
- And much, much more!

For an appointment to see what volunteer opportunities are available or for more information about RSVP, please call 240-777-2610.

February 3, 2009

In an effort to support the many volunteers who are striving to make their neighborhoods a better place for all residents to live and thrive, we are piloting the **Villages Resource Exchange.** Organizations interested in reaching out to the Villages communities and those interested in the Villages model can submit a short description of available programs and services to Leslie Hamm at Leslie.Hamm@montgomerycountymd.gov or call 240-777-8207. The Villages Resource Exchange will be posted online under "Partners" at: http://www.montgomerycountymd.gov/bcctmpl.asp?url=/content/rsc/bcc/Seniors/index.asp.

The Bethesda-Chevy Chase Regional Services Center reserves the right to reject any entry at its discretion and the inclusion of resources on this list should not be construed as an endorsement by Montgomery County Government, the Bethesda-Chevy Chase Regional Services Center or its staff.

Community Partners

The Jewish Federation of Greater Washington
Beth Shapiro, Project Manager
(240) 283-6100

> In 2003, Community Partners was created as a demonstration project with the financial support of the U.S. Department of Health and Human Services Administration on Aging. Over time, we have also been generously supported by grants from the state, the county and foundations.
>
> Our mission is to "help seniors live well and live longer at home and in their community." In order for us achieve this mission, we offer seniors a variety of social, recreation, and educational programs all designed to make aging in place easier. By merely participating, many have met and developed friendships not only with their immediate neighbors, but with others from nearby towns. Inevitably, participation in our programs has supported aging in place by connecting, if you will, neighbors with neighbors. If you are interested in discussing a partnership, please call (240) 283-6100. It may be just what the doctor ordered to enhance our mutual goal of supporting aging in place.

The Conflict Resolution Center of Montgomery County (CRCMC)

Address: 2424 Reedie Dr. Suite 301, Wheaton, MD 20902
Phone: 301-942-7700
Email: info@crcmc.org Website: www.crcmc.org

The Conflict Resolution Center of Montgomery County (CRCMC) offers free, quality dispute resolution services. If you find yourself in a conflict with a neighbor, friend, business, client, or friend, consider using mediation as an alternative to resolving your dispute through court. Mediation is free, neutral, confidential, and is aimed at reaching a solution that works! Services offered in English and Spanish.

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Columbia Association - Community Exchange Time Banking program

The Community Exchange is a local Time Banking program offered through a partnership of the Columbia Association and the Horizon Foundation that **provides an opportunity for neighbors to help neighbors through the mutual exchange of everyday services.** Using Time Dollars as an exchange instead of money allows a member to earn a Time Dollar for every hour of service provided, and then use the Time Dollars to purchase services from any member in the network through the sharing of our needs and gifts, we sustain a member-driven community exchange where everyone can be a contributor, turning "you need me" into we need each other."

Visit http://www.columbiaassociation.com/pdfs/getinvolved/CCEBrochure.pdf or http://www.camonthly.org/html/5.08/CCE.html for more information.

Home Security Survey

The Montgomery County Police Department offers a free service to the residents of Montgomery County, in which an Officer will walk around the exterior and interior of your home to assess your security risks. The Officer makes recommendations on how to properly secure your home. To schedule a Home Security Survey, please contact:

Rockville District Station (serving Rockville & Potomac), Officer Michael Prather, (240) 773-6070

Bethesda District Station (serving Bethesda-Chevy Chase and North Bethesda), Officer Dana Matthis, (301) 657-0119 or (240) 876-1277.

Neighborhood Watch Training

The Rockville and Bethesda Districts also offer free Neighborhood Watch Training to communities.

Neighborhood Watch is one of the most effective and least costly ways to prevent crime and reduce fear. Neighborhood Watch fights the isolation that crime both creates and feeds upon. It forges bonds among area residents, helps reduce burglaries and robberies, and improves relations between police and the community we serve.

The training consists of a three-hour session one evening a week, for three weeks. The training will provide a history of Neighborhood Watch as well as create awareness, help to organize citizens, teach you how to coordinate with law enforcement, identify concerns, issues and problems, and develop strategies.

If your community is interested in having this training, please contact:

Rockville District Station (serving Rockville & Potomac), Officer Michael Prather, (240) 773-6070

Bethesda District Station (serving Bethesda-Chevy Chase and North Bethesda), Officer Dana Matthis, (301) 657-0119 or (240) 876-1277.

Cell Phones for Seniors

The 2nd District (Bethesda, North Bethesda) is offering cell phones to senior citizens. **The cell phone will allow the caller to call 911 only.** For more information, please contact Officer Dana Matthis at (301) 657-0119 or go to: http://www.montgomerycountymd.gov/poltmpl.asp?url=/content/Pol/districts/FSB/2d/cellphones.asp

Senior Forum- Free Movie

Join Officers Dana Matthis for a morning of safety information, door prizes and a *FREE* movie. This program is sponsored by the Montgomery County Police, P&G Theaters and Westfield Montgomery Mall.

Location: P&G Theaters Westfield at Montgomery, 7101 Democracy Blvd, Bethesda, Maryland

Time: 9:30 a.m.

February 4, 2009 *Momma Mia (Musical)*
March 4, 2009 *Made Of Honor (Comedy)*
April 1, 2009 *Sex in the City (**Tentative**)*
May 6, 2009 *Leatherheads (Period Drama)*
June 3, 2009 *Miss Pettigrew (Drama/Comedy)*

For more information go to:
http://www.montgomerycountymd.gov/poltmpl.asp?url=/content/POL/districts/chief/communityservices/seniorforum.asp

Community Toolkit

Healthy community associations are vital to our civic life in Montgomery County. They are partners with local government in identifying needs, solving problems and setting priorities. This toolkit is designed to help you and your neighbors form associations and provide established neighborhoods with a wide variety of resources.

To view the Community Toolkit, please visit:
http://www.montgomerycountymd.gov/bcctmpl.asp?url=/content/rsc/bcc/ToolKit/index.asp