



ST. MARY'S COUNTY GOVERNMENT
PUBLIC INFORMATION OFFICE

Jenna Guzman, Communications Director
SMCG TV 95 Station Manager
Media Inquiries: 301-475-4200, ext. 1342, or pio@stmarysmd.com

COMMISSIONERS OF ST. MARY'S COUNTY

James R. Guy, President
Mike Alderson, Jr., Commissioner
Eric S. Colvin, Commissioner
Michael L. Hewitt, Commissioner
Scott R. Ostrow, Commissioner

NEWS RELEASE *for Immediate Release*

No. 2023 – 022

February 6, 2023, 12 p.m.

Registration Opens for 2023 Keys to Senior Independence Series

LEONARDTOWN, MD – What are your plans for retirement? Do you know how to access Medicare, Medicaid, or other programs and services? Are you seeking volunteer opportunities within the St. Mary's County community? **Get connected and get the information you need at the Department of Aging & Human Services *Keys to Senior Independence* series!**

The *Keys to Senior Independence* series will be held on Tuesdays, from March 7-28, from 6:00-9:00 p.m., at the College of Southern Maryland - Leonardtown Campus.

This year's presentation topics are:

Aging Actively - Tuesday, March 7

Join the Department of Aging & Human Services and St. Mary's County Recreation & Parks to learn about the various ways you can be physically active, and activity involved in the St. Mary's County community!

Planning for the Unexpected - Tuesday, March 14

Learn about emergency plans, Advance Health Care Directives, Medicare planning, and other things to have in place in case of emergency.

Protecting Your Identity - Tuesday, March 21

A representative from the Sheriff's Office will teach community members about scams directed toward the aging population and how to detect, avoid, and report them.

Aging in Place - Tuesday, March 28

Aging in place is important. Learn about programs that provide support for family caregivers, provide mobility equipment, and learn how to make your home more user-friendly overall!

Sign up for one presentation or all four! For more information, or to register, contact Sarah Miller, Community Programs & Outreach Division Manager with the Department of Aging & Human Services at (301) 475-4200, ext. 1073 or Sarah.Miller@stmaryscountymd.gov.

###