



"Friends In Frederick" Newsletter
November 2022
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Happy Fall everyone! The weather has been nice, and we can be thankful. I hope you get a chance to enjoy the outside. I wish all a Happy Thanksgiving!

I have a few funnies to go along with the roast turkey. What do you get if you divide the circumference of a pumpkin by its diameter?? Pumpkin pi. What is a pumpkin's favorite sport? Squash.

From Group Leader John Nic

Friends in Frederick, we have much to which to look forward over the next few months! At our next Group meeting (Wednesday, November 16th at 1:00 pm) Timothy Brandt of Brandt's Driving School will be sharing his wisdom and insights into driving issues that many of us are dealing with now. I encourage you to come and learn about these....if you're not in the midst of them now, chances are you will be soon!

Also, on the 16th our Dining Committee will once again be coordinating and hosting a fine and formidable feast! We'll be giving thanks as a prelude to the holiday of the same name as we enjoy turkey, mashed potatoes, cranberry compote, sweet potato casserole (my favorite!), and whatever fruit/veggie side dish that you might bring, if you like. There's also a rumor that "Uncle Ralph's Cookies" has something in mind for us, either this month or next.....

Finally, at some point I'd like us to focus-in on our PIES objectives. Since this is not the place to dive deeply into them, I'll simply ask a question here for you to ponder: How do we (or can we?) gain a positive Perspective on our disease? More on this P-word down the line!

That's "the word from the bird" for now. I hope to see you at the Mt. Pleasant Ruritan Hall on Wednesday, November 16th by 1 PM! (Later arrivals risk missing out on the sweet-potato cassorole!

John Nic.

Our next meeting is November 16, 2022 at 1:00 pm at the Mt. Pleasant Ruritan Hall. Located 8180 Crum Road. Mr. Timothy Brandt of Brandt's Driving School will be sharing some of his wisdom with the group.

Luncheon

We will be serving roast turkey with all the trimmings....mashed potatoes, cranberry, sweet potatoes, and gravy. You are not required to bring a dish, but if you like you can bring fruit or veggie side or if you want help deciding what to bring, call Cathy Kutz @ 301-898-9182.

News & Events

November is National Family Caregiver Month

"Family caregivers are the backbone of our Nation's long-term care system, doing essential work with devotion, often at great emotional and financial cost. We owe them. It is



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time to bring their service out of the shadows and celebrate and support them in living their own happy, healthy, and fulfilling lives.” *(From the Presidential Proclamation for 2022)*

Respite Care

Frederick County Senior Services Division – Caregiver Program has a respite care program that will pay up to \$700 for respite care. Contact the Caregiver Program for more information. 301-600-6022 or 301-600-6001. The forms are on their website: <https://www.frederickcountymd.gov/DocumentCenter/View/333470/Updated-respite-application-082521>.

LOUD!!

We recently heard from our friends at Baker Rehab that they have a LSVT LOUD certified speech therapist. This adds Baker to Frederick Health Liberty and Fox Rehab as local providers for LSVT LOUD. All three also have LSVT BIG certified folks.

Need a walker

Steve Silvius has a couple of walkers they are not using. If anyone is in need of a second walker, please contact Steve.

Inclement Weather

This beautiful fall weather is going to leave us anytime. As much as we don't want it to leave, you can count on some nasty weather this winter. We don't want anyone out on icy roads when not necessary. We follow the Frederick County Public Schools (FCPS) schedule. If they are closed, we have no meeting, if they open late, we still have a meeting. If you are not sure, please call John Nic. (240-815-0080) or Mary Kraft (301-703-1194).

HAPPY
ANNIVERSARY

Jean & Harry Tucker November 9

Editor's Note

Please let me know of corrections needed.

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