



BDS NETWORKS & PARTNER MESSAGES

(Partners please share your information and/or websites for Inclusion)

The BDEC Tech Support Hotline is here to help
**Baltimore City's older adult residents!! Baltimore City OLDER ADULTS
within the BDS Healthy Aging Networks can
Call the FREE Tech Support Hotline At
410-834-4214 Monday through Friday from 10am – 6pm**

A Salute to Caregivers – November 17, 1 to 2 pm

November is National Family Caregivers Month.

Join us for an uplifting program to recognize those unsung heroines and heroes who selflessly support and care for older adult loved ones, friends and neighbors in our community.

Hosted by Baltimore City Health Department and Johns Hopkins Bayview Medical Center's Called to Care in collaboration with

BDS Networks® Betsy D. Simon, M.S., CHES®, CEO & Founder, BDS Networks®

Jose Jimenez, M.S., Social Program Administrator II, National Family Caregivers Program, BCHD, Division of Aging and CARE Services

Linda Stewart, Program Manager, M.P.A., Johns Hopkins Bayview Medical Center's Called to Care Program

Civic Works' Mobile Farmers Market is offering \$5 "Farmer's Choice"

Produce Boxes to Older Adults (55+), containing 5-8 items. All valued at \$15, delivered to your door. You may call us at (410) 826-5955 on Mondays between 9am to 4pm to find out what is in that week's box and to reserve your order (while supplies are available) Accepting minimal contact payments of Cash, Debit/Credit, EBT/SNAP, WIC-FMNP, and SFMNP. AND Here is the recipe for my honey fermented garlic. Please share with whoever is interested!

<https://www.growforagecookferment.com/fermented-honey-garlic/> Kai Rundquist

The FEMA Funeral Reimbursement Program up to 9,000.00 for COVID-19 funerals Get Updates at:
<https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>

Baltimore Community Mediation Center (No Cost for Baltimore City Residents) www.communitymediation.org **410-467-9165**

Langston Hughes Community Center Weekly on Fridays, 2pm Food Pantry Contact: Lakeisha Golder, 443-759-8921 : <https://langstonhughescbrc.org>

Baltimore County Department of Aging: Contact Debbie Orlove, 410-887-2012, Call for Current Newsletter/Resource Guide and More

Brandi Nieland, LCSW, Director of Consumer Assistance
brandi.nieland@maryland.gov Maryland Office of People's Counsel <> The Office of People's Counsel produces and updates community resource guides. These guides include information about your rights as a residential utility consumer, information on how to get help with your utility bill, telephone discount programs, answers to frequently asked questions about utility issues, and more. The community resource guides are attached and can also be found [here](#).

Civic Works - COVAX : Click here to learn about our Small Grants Program Civic Works Contact Person is: Astrid V. Bharath-Pierce | COVAX Community Outreach Liaison. Call/Text: (410) 929-5448 COVAX
Email: COVAXoutreach@civicworks.com

Community Partners Call with Dr. G and Kimberly Monson <> Every Friday, 11 am to 12 pm Learn about the latest updates on COVID-19 and vaccine safety. Join by Zoom or telephone. <https://jhjhm.zoom.us/j/97155703946?pwd=M2VkUzVqc2JaMENqYmFTYV F1a2J0Zz09> Meeting ID: 971 5570 3946 Passcode: 907739

Or, dial in: (301) 715-8592. For information, call 410-550-1118. Hosted by Healthy Community Partnership and Medicine for the Greater Good.

Here2Help Hotline <> Behavioral Health System

Baltimore: <https://www.bhsbaltimore.org>

For help accessing substance use or mental health services, call **410-433-5175**.

Are you feeling overwhelmed and not able to cope? Are you feeling like life isn't worth living? Do you just need someone to talk to?

Call the Here2Help Hotline at **410-433-5175** for access to confidential advice and emotional support. The Here2Help Hotline is available 24/7, 365 days a year. Call now to get connected to mental health services, talk to a supportive listener or have a mental health specialist come to you.

A FEW WEBSITES FOR CURRENT INFORMATION

(Partners please share your Website information for Inclusion)

Maryland Department of Aging: <https://aging.maryland.gov>

MedlinePlus (<https://medlineplus.gov>): Trusted Health Information for you

Baltimore City Health Department: <https://Health.baltimorecity.gov>

Baltimore County Health Department: <https://www.baltimorecountymd.gov>

Anne Arundel Health Department: <https://aahealth.org>

Get VAXXED Register: <https://covax.baltimorecity.gov>

Baltimore Corps: <https://www.baltimorecorps.org>

Behavioral Health System Baltimore: <https://www.bhsbaltimore.org>

Baltimore City Hall: <https://www.baltimorecity.gov> Strategy for Baltimore's Plastic Bag Ban

Baltimore DPW: <https://publicworks.baltimorecity.gov>

211: www.211md.org

311: <https://311.baltimorecity.gov>

Baltimore City Rec and Parks: <https://bcrp.baltimorecity.gov>

Maryland Federation of the Blind: <https://www.nfbmd.org>

Maryland Volunteer Lawyers Service: <https://mvlsaw.org>

CHANA Elder Abuse Victim Services: <https://chanabaltimore.org>

Call to CARE Hopkins Bayview: <https://www.hopkinsmedicine.org>

Pro Bono Counseling Project: ProBonoCounseling.org & WARMLine 410-598-0234

Civic Works COVAX: <https://civicworks.com>

Hear You Baltimore (hearing devices): Diamynn Hill, dhill@hasa.org 443.863.9931

Lifebridge Health: <https://www.lifebridgehealth.org>

Maryland Alzheimer's Association: <https://www.alz.org/maryland>

BDS NETWORKS® CONTACT INFORMATION

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bdsimon2020@gmail.com**

Join BDS Networks virtually via zoom every Wednesday, 1 pm

Join Zoom

<https://us02web.zoom.us/j/82739479263>

OR DIAL: +1 301 715 8592 & Meeting ID: 827 3947 9263

Find your local number: <https://us02web.zoom.us/u/kuxUTagMV>