



MONTHLY NEWSLETTER

March 2011

Advocate Support Services, Inc.

IN LIKE A LION...

March is here, and with it (hopefully) the promise of warmer weather and sunnier days. This month, we have begun to expand our programming. Please review our new group activities with your case worker, and come out and join in the fun!

Deadline for newsletter submissions for our April issue is Monday, March 28, 2011. Submit to Jennifer@AdvocateSupport.com, or call ext. 74.

Please also view our newsletter online at www.AdvocateSupportBlog.com.

SHARE & CARE

Postings:

PIANO LESSONS: \$5.00 per half hour. Must be accompanied by your advocate, as these are offered from a private home. If interested, please contact Kim at ext..

BALTIMORE FREE STORE: 1413 West Baltimore Street Baltimore, MD 21223. Open to shop and donate most Saturdays, 10am - 3pm Call for information: 410.340.9004

MOVING: Many of our clients are expressing a need for transportation assistance with moving furniture. If you know anyone with a truck, who can help move furniture, please contact Jennifer at ext.74.

BEAUTY SERVICES: Several of our clients are offering professional beauty services, at excellent rates. For more information, contact Stephenie, Terence, Lyle or Heidi.

TUTORING: Anyone interested in private or small tutoring groups, please contact Terence. \$5.00 per hour. Includes GED tutoring, and lessons in most subjects.

BARBER SERVICES: Rauf's Hair International Barbershop located at 3044 Greenmount will give a great cut for \$13 (excluding tax) if you say Heidi sent you.

PIT BULL PUPPIES FOR SALE: 10 pit bull puppies for \$200, or best offer. Contact Marlo for details.

MAKEUP SERVICES BY GWEN: Please call (443)764-9853. Individual and sting eyelashes also available

ROOM FOR RENT: By private landlord. \$440/mo for a single; \$550/mo per couple. Single bedroom in large house, with access to common areas and kitchen. Direct TV and utilities included. Available immediately. Contact Terence for more information or to set up application.

BASKETS BY MONICA: Gift baskets for all occasions, at all price points. Contact Terence for more information.

INSIDE THIS ISSUE

- 1 Share & Care
- 2 Resource Page
CAC News
News & Noteworthy
- 3 Event Details
- 4 Calendar

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Shana ext. 75

Heidi ext. 83

Day ext. 80

Stephenie ext. 82

Terence ext. 78

Lyle ext. 79

Megan ext. 85

Biopic:

Alfred is the current CAC secretary. He is committed to assisting Advocate clients, and ensuring quality social events for all.

Alfred brings much enthusiasm to all Advocate events, and fosters a feeling of family. Feel free to contact him with further suggestions and comments.

**Please remember to RSVP for any event that you wish to attend. It helps us better budget our resources!

**Programming has been expanded as of March 1, 2011. Watch for more groups throughout the week, facilitated by our case workers.

**Check out FREE books from "The Book Thing", open Saturdays and Sundays, 9am - 6pm. They are located at 3001 Vineyard Lane, Baltimore, MD 21218.

RESOURCE PAGE – FOOD

If your food stamps are running short during the month, you may be eligible for a food voucher through your local Social Services office. However, food vouchers are given only in cases where it is at least a week before or after your Independence Card has been loaded with stamps. So, some planning is necessary.

Go to your local office, bring a proof of residence (piece of business mail or a rent form) and photo ID, and request a food voucher for free food. Your voucher will designate how much food you are eligible for, and is based upon the number of people in your household, for which you are currently receiving stamps (for example, you will be designated one bag of food for 1-2 people). The Social Services office will then direct you to the assigned food bank, where you can pick up the food. Please remember that food vouchers and food banks operate only within certain hours, and usually only early in the day, so call ahead before you make the trip.

Another food resource can be found through the Forest Park Senior Center, located at 4801 Liberty Heights Road, Baltimore, MD 21207. You can "reserve" up to 4 bags of groceries per month, for \$4.50 per bag (about the cost of a pack of cigarettes). Be aware that in order to "reserve" the bags, you must submit payment by the monthly deadline. In addition, food must be picked up on the designated date. So, for about \$18.00 per month, you can get 4 bags of groceries, including meats and household items such as paper products. Call 410.466.2124 for more information.

The United Way's "First Call for Help" 800-492-0618 (or 211) can also provide referral to local food banks. Just call and request food assistance in your zip code. The next available referral will be made. In many cases, the referral is good for a 24 hour period, and therefore you must be able to pick up the food by the related deadline.

EVENT DETAILS

PLEASE RSVP TO GROUP FACILIATORS. THANK YOU!!!

Knitting & Crafts with Kim

The first 3 Tuesdays of every month, 1pm – 2:30m, meeting at the Starbucks/Target at Mondawmin Mall. Supplies and teaching are offered; no experience necessary. Coffee/snacks provided.

Healthy Living with Heidi & Shana

Every Wednesday, starting March 9th, noon – 1pm. Meet at Fitness Evolution Reisterstown Rd. Plaza Shopping Center (Next to Modell's) 6512 Reisterstown Rd. Baltimore, MD 21215. Monthly membership options, Wear work out attire.

Bowl & Lunch – St. Patrick's Day Theme!!

Thursday, March 10th, 12pm – 2pm. Woodlawn Lanes (6410 Security Boulevard Baltimore, MD 21207). Free to Advocate clients, plus one guest. Two hours of bowling, plus pizza lunch. Wear green and be entered into a raffle.

Diabetic Support Group

Friday, March 11th, 2pm – 3pm. Meeting in the Atrium at Sinai Hospital. Education and support for persons with diabetes. Snack provided.

Depression Support Group

Wednesday, March 16th, 1pm – 2pm. Meeting at the Atrium at Sinai Hospital. Support and education for persons dealing with depression. Snack provided.

Ice Cream & Coffee Social

Thursday, March 17th, 1pm - 2 pm. Meets at the Baskin Robbins (Dunkin' Donuts), 5800 Reisterstown Rd Baltimore, MD 21215 (next to DSS). Join us for ice cream and socialization. Snack provided.

Living with Grief

Friday, March 18th, 2pm – 3pm. Meeting at the Atrium at Sinai Hospital. Offering support and coping skills for people suffering with grief and loss. Snack provided.

Card & Game Club with Stephenie & Day

Monday March 21st, 12:30pm – 1:30pm, meeting at the Baskin Robbins (Dunkin' Donuts), 5800 Reisterstown Rd Baltimore, MD 21215 (next to DSS). Cards, games and socialization. No experience necessary. Coffee/snacks provided.

Understanding Relationships

Wednesday, March 23rd, 1pm – 2pm, meeting at the Atrium at Sinai Hospital. Teaching effective skills for securing and maintaining healthy relationships. Snack provided.

Resource Club with Kim

Thursday, March 24th, 12:30pm – 1pm, meeting at the Atrium at Sinai. Come by for information and resources. This month's focus: recreation options. Coffee/snacks provided.

Book Club

Friday, March 25th, 2pm – 3pm. Meeting in the Atrium at Sinai Hospital. Conversation and sharing about written works, with a new book discussed each month. Books/equipment supplied. Snack provided.

The Happiness Project

Thursday, March 31st, 2pm – 3pm, meeting at the Atrium at Sinai Hospital. We'll be using educational materials to learn practical ways to learn optimism. Snacks provided.

March 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------|--------|--|---|---|--|----------|
| 27 | 28 | 1 - 1:00 PM Knitting and crafts with Kim | 2 - 2:00 PM Theatre Trip | 3 | 4 | 5 |
| 6 | 7 | 8 - 1:00 PM Knitting and crafts with Kim | 9 - 12:00 PM Healthy Living (gym) | 10 - 12:00 PM Bowling | 11 - 2:00 PM Diabetic Support | 12 |
| 13 Daylight ...ime Begins | 14 | 15 - 1:00 PM Knitting and crafts with Kim | 16 - 12:00 PM Healthy Living (gym) - 1:00 PM Depression Support Group | 17 St. Patrick's Day - 1:00 PM Ice Cream Social w Kim | 18 - 2:00 PM Living with Grief | 19 |
| 20 - 12:30 PM Card & Game Group | 21 | 22 - 1:00 PM Knitting and crafts with Kim | 23 - 12:00 PM Healthy Living (gym) - 1:00 PM Healthy Relationships | 24 - 12:30 PM Resource Group w Kim | 25 - 2:00 PM Book Club | 26 |
| 27 | 28 | 29 - 1:00 PM Knitting and crafts with Kim | 30 - 12:00 PM Healthy Living (gym) | 31 - 2:00 PM The Happiness Project | 1 April Fool's Day - 2:00 PM Group | 2 |