



MONTHLY NEWSLETTER

May 2011

Advocate Support Services, Inc.

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Advocate Support Services

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Jim ext. 71

Sandy ext. 72

Jennifer ext. 74

Marlo ext. 88

Kim ext. 76

Shana ext. 75

Heidi ext. 83

Day ext. 80

Stephanie ext. 82

Terence ext. 78

Lyle ext. 79

Megan ext. 85

BACK AGAIN...

We appreciate your understanding as we took April off from our newsletter, so as to re-visit our budget and resources.

Deadline for newsletter submissions for our June issue is Monday, May 30, 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 Megan 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.

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.

Biopic:

Rodney is the CAC Sergeant at Arms, and does an excellent job of keeping their meetings focused and communicative.

Rodney has significant experience in community advocacy and service, and brings that expertise to our board.

We all are grateful for his commitment! Feel free to contact him with comments or questions.

**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 more of our caseworkers.

**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 – TRANSPORTATION

Medical Assistance Transportation: Baltimore City residents who have an active red and white Maryland Medical Assistance card. You are eligible if you are enrolled in an MCO such as Amerigroup, Diamond Plan, Jai Medical Systems, Maryland Physicians Care, Priority Partners, or United Health Care - as long as you have a red and white card. The appointment must be for a "covered medical service" under the Maryland Medical Assistance program. You must have NO OTHER WAY to get to your appointment. Call (410) 396-6422 to enroll. Have your Medical Assistance card handy. You will complete a brief survey by telephone. You may start receiving temporary transportation immediately if you qualify after this preliminary survey. We will mail a form to you to have your doctor fill out and sign. Once your doctor completes the form and mails it to us, you will be eligible for transportation services for one year.

Mobility/Paratransit: A specialized, curb-to-curb service for people with disabilities who are not able to ride fixed-route public transportation (the term "fixed route" refers to a regular bus, light rail or subway route). Mobility/Paratransit service is provided within three-quarters of a mile of any fixed-route service in Baltimore City and Baltimore & Anne Arundel counties. There is a cost to mobility service: the one-way cash fare is \$1.85 as of August 2010. Call 410-764-8181 for more information or go to the web site at <http://mta.maryland.gov/mobility/>.

Reduced Fare Card Program: Senior citizens, 65 years and older, can ride local Bus, Light Rail and Metro Subway for approximately one-third the regular fare, and approximately one-half the regular fare on MARC Train service. To participate in the reduced fare program, you must get an ID card. Senior photo ID cards are issued at various locations throughout the MTA service area. Call 410-767-3441 or use the web site to find out where you can apply. http://www.mtmaryland.com/seniors/MTA_Seniors_Locations.cfm.

MTA Taxi Access Service: available to MTA-certified Mobility customers who meet the eligibility requirements. Taxi Access Service is not part of MTA Mobility Service, but rather a separate and distinct MTA service provided under contract with participating area taxicab and sedan companies. Call 410-764-8181 for more information or visit the web site located at: <http://www.taxiaccess.org/>.

Local Transportation: Some locations in Maryland particularly rural counties may have limited public transportation. Look for your city or county government web page for local transportation information. The link that follows will take you to a list of county web pages in Maryland:
<http://www.msa.md.gov/msa/mdmanual/origlance/html/transloc.html>

EVENT DETAILS

Knitting & Crafts with Kim

Each Tuesday of every month, 1pm – 2:30pm, 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, noon – 1pm. Meets 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. **Membership closed until further notice. Please contact Heidi or Shana to be placed on our wait list.**

Bowl & Lunch

Thursday, May 12th, 12pm – 2pm. Woodlawn Lanes (6410 Security Boulevard Baltimore, MD 21207). Free to Advocate clients, plus one guest. Two hours of bowling, plus pizza lunch.

Living with Grief

Friday, May 13th, 2pm – 3pm. Meeting at the Atrium at Sinai Hospital. Offering support and coping skills for people suffering with grief and loss. Snack provided.

Men's Group

Monday, May 16th, 12:30pm – 1:30pm. Meeting at the Atrium at Sinai Hospital. Offering support, education, and communication related to men's issues. Snack provided.

Resource Club

Wednesday, May 18th, 9:30am – 10:30am, meeting at the Starbucks/Target at Mondawmin. Come by for information and resources. This month's focus: transportation. Coffee/snacks provided.

Ice Cream & Coffee Social

Thursday, March 19th, 11am – 12pm. 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.

Book Club

Friday, May 20th, 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. New book for May/June: The Soloist.

Card & Game Club with Stephenie & Day

Monday May 23rd, 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.

The Happiness Project

Wednesday, May 25th, 9:30am – 10:30am, meeting at the Starbucks/Target at Mondawmin. We'll be using educational materials to master practical ways toward learned optimism and coping skills. Snacks provided.

Stick it to Depression!

Thursday, May 26th, 1pm – 2pm. Meeting at the Atrium at Sinai Hospital. Support and education for persons dealing with depression. Snack provided.

Diabetic Support & Healthy Nutrition

Friday, May 27th, 2pm – 3pm. Meeting in the Atrium at Sinai Hospital. Education and support for persons with diabetes, and those looking to develop healthier eating. Snack provided.

Positive Sexual Health & Hygiene

Monday, May 30th, 2pm – 3pm. Meeting at the Starbucks/Target at Mondawmin Mall. Provides education and support for sexual health issues and concerns. Coffee/snack provided.

May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <ul style="list-style-type: none"> 1:00 PM Knitting and crafts with Kim 1:00 PM Knitting/crocheting group 	4 <ul style="list-style-type: none"> 12:00 PM Healthy living/fitness group 	5 Cinco de Mayo	6	7
8 Mother's Day	9	10 <ul style="list-style-type: none"> 1:00 PM Knitting/crocheting group 1:00 PM Knitting and crafts with Kim 	11 <ul style="list-style-type: none"> 12:00 PM Healthy living/fitness group 	12 <ul style="list-style-type: none"> 12:00 PM Bowling 	13 <ul style="list-style-type: none"> 2:00 PM Living with grief 	14
15 <ul style="list-style-type: none"> 12:30 PM Men's group with Lyle & Terence 	16	17 <ul style="list-style-type: none"> 1:00 PM Knitting and crafts with Kim 	18 <ul style="list-style-type: none"> 9:30 AM Resource group 12:00 PM Healthy living/fitness group 	19 <ul style="list-style-type: none"> 11:00 AM Ice cream social 	20 <ul style="list-style-type: none"> 2:00 PM Book club 	21 <ul style="list-style-type: none"> 7:30 AM NAMI walk
22 <ul style="list-style-type: none"> 12:30 PM Card and game group 	23	24 <ul style="list-style-type: none"> 1:00 PM Knitting and crafts with Kim 	25 <ul style="list-style-type: none"> 9:30 AM The happiness project 12:00 PM Healthy living/fitness group 	26 <ul style="list-style-type: none"> 1:00 PM Stick it to depression group 	27 <ul style="list-style-type: none"> 2:00 PM Diabetic support group 	28
29 John F. Ke... Birthday	30 Memorial Day <ul style="list-style-type: none"> 2:00 PM Positive sexual health & hygiene 	31 <ul style="list-style-type: none"> 1:00 PM Knitting and crafts with Kim 	1 <ul style="list-style-type: none"> 12:00 PM Healthy living/fitness group 	2	3	4