



Are you new to UP? Helping Hands University Park's mission is to help disabled and aging University Park residents remain in their homes. We do this through volunteer services, educational programs and social activities, and partnerships with other individuals and organizations that complement our mission. By engaging a wide range of residents, we enhance the quality of life for our entire community.

Why become a member of Helping Hands University Park (HHUP)? Of the many active and busy seniors living in UP, nearly 50 have become members of HHUP since our creation in 2017. Here's what a few of them have said:

- "I've enjoyed meeting more UP neighbors (via HHUP). Everyone has been so upbeat and it's helped me feel secure living alone to be in touch with others." BP
- "We have really enjoyed the concerts and the opera. We also appreciate someone Bob, our 'friendly contact,' checking on us to see if we need anything. I think the lunches are a great way to interact with other members." JS
- "I like the monthly lunches that enable older folks to socialize and meet new people in our community. I also had a wonderful experience with an HHUP volunteer who helped me get my computer working properly. He literally spent hours on the project!"

How do you join? Call 301-892-6636, email us at HHUniversityPark@gmail.com or complete the application on our website (address below). We charge no fees though donations are appreciated.

We're looking for a few more terrific HHUP volunteers - we have a core group of HHUP volunteers who can't click on "accept" quickly enough when an email goes out indicating one of our members needs a ride, a computer repair, or a friendly visit. But we could use a few more. If you've been looking for a volunteer opportunity close to home where you'll really make a difference with UP seniors, here is your chance. We offer training, we ask you to apply for a basic background check (including driving record if you're volunteering to drive), and then you're set to accept members' requests for assistance when and if you can. Share your ideas, energy and creativity - join our Membership or Activities Committees. You'll be helping make University Park a safe, friendly town where our older residents can stay active and engaged. Interested? Go to <https://helpinghandsup.org> to learn more and submit your application on-line.

This month, we highlight several resources helpful to our seniors and anyone assisting older family members or neighbors:

- Get your questions about home care, financial planning, health needs, activities, etc. answered with one phone call -- to **JCA Senior HelpLine**. Certified specialists handle all calls Monday - Friday, 9AM - 5PM. Call 240-290-3311 or email Senior.HelpLine@AccessJCA.org -- please be sure to indicate you live in Prince George's County, since some programs, e.g. transportation, are limited to Montgomery County residents.
- The Maryland Department of Aging has introduced an innovative program, **Senior Call Check**, as a free service available to any Maryland resident aged 65+. Maryland is the first state in the US to offer such a program. Receive a daily automated call (morning or afternoon) checking on your well-being. If no one answers after 3 attempts, a previously selected person is called; this can be a family member, neighbor, or other loved one. That person is then encouraged to check in on you. To register, call 800-243-3425, Press 4 or check the website: <http://www.aging.maryland.gov>
- The Maryland Senior Prescription Drug Assistance Program (SPDAP) provides assistance with Medicare prescription drug coverage premiums (up to \$40/month) for eligible Maryland Medicare recipients, including those under age 65, who:
 - are enrolled in a Medicare Rx prescription drug plan or a Medicare Advantage Plan; AND
 - have a household income at or below 300 percent of federal income standards; (\$37,470 for 1, \$50,730 for 2) AND
 - have established residency in the state of Maryland for a minimum of six months prior to your application date.

For information, see <http://marylandspdap.com/how-to-apply/> or call 1-800-551-5995.

UPCOMING HHUP PROGRAMS:

Wed., April 3, 2:00 - 4 PM - HHUP Crafts Gathering - bring your knitting, embroidery, watercolors, crocheting, etc. and visit with other HHUPers. We'll meet at the home of Diane Teichert. RSVP by calling 301-892-6636 and we'll give you Diane's address.

Saturday, April 13, 5:00 - 6:30 PM - 5@55 - *5 documents everyone needs to have by age 55*. Co-sponsored with Dave Brosch's 2nd Saturday Lecture series, our next shared lecture will feature an attorney from Byrd & Byrd who will talk about 5 documents needed by age 55. Lecture will be at the University Park Church of the Brethren, 4413 Tuckerman St, University Park. Feel free to invite your friends - hope you'll join us, no matter your age but especially if you're approaching 55!

Wednesday, April 17, 12 PM (and every 3rd Wednesday of the month) - *HHUP Lunch Club* members are invited to come buy lunch and sit with fellow HHUP members and volunteers. Questions? 301-892-6636 or HHUniversityPark@gmail.com

Saturday, April 27, 10 AM - 2 PM - The Drug Enforcement Administration's (DEA) National Prescription Drug Take Back Day is an opportunity to protect families from potential misuse and abuse of prescription and over-the-counter drugs, as well as protect the environment. University Park Police will participate in the National Prescription Drug Take Back Day on Saturday, April 27 at the Town Hall from 10:00 a.m. – 2:00 p.m. **HHUP members: if you are unable to bring drugs to Town Hall, call us (301-892-**

6636) and we'll take them there for you. The University Park Police will take the drugs to DEA for proper disposal.

Wednesday, May 1, 9 AM - 2 PM - May 1 Law Day - we join Hyattsville Aging in Place (HAP) for this annual event. Lawyers will help seniors write Advanced Directives and Health Care Power of Attorney documents at no charge. However, registration is required - information to follow. Takes place at Hyattsville's Municipal Building, 4310 Gallatin St. Transportation available.

Have you checked our HHUP website lately? At <https://helpinghandsup.org> you can see upcoming events, fill out a volunteer or member application, and stay up-to-date on all HHUP happenings.