



**COALITION OF GERIATRIC SERVICES INC.**

Professionals Working Together To Improve The Lives Of Older Adults

**410-997-0610**

info@cogsmd.org  
www.cogsmd.org

MAKING HOWARD COUNTY A BETTER PLACE FOR OLDER ADULTS



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**CRUISE RAFFLE**

Sponsored by COGS (Coalition of Geriatric Services)  
Proceeds to benefit Caregiver Scholarship Fund

Enter to win a 7-day cruise for 2 to the Caribbean or Mexico

Some restrictions apply

Cost: \$10 each or 12 tickets for \$100

Drawing to be held on Saturday October 25, 2008  
(Need not be present to win)

To purchase tickets, please call Lisa Hasch at

410-997-0610 or email info@cogsmd.org

**Meet Our Sponsor**

Generations Newspaper  
Mary McGraw, Publisher

The first edition of Generations was February 1, 2001. The publisher began this endeavor because of the problematic issues involved in caring for her 90 year old mother.



Seeking resources and information was not an easy task. A need for a publication addressing the problems associated with aging and those caring for the aging was evident. The idea for Generations was born. The publication has been welcomed by the community and those serving the senior population as well as the seniors themselves.

Health issues, finances, coping with aging, legal issues, Alzheimer's updates, travelogues, advice columns, recipes, local history, computer and internet information, and humorous columns in each issue. To reach more seniors with more

information, Generations has partnered with the Howard County Office of Aging and prints and distributes their publication, The Senior Connection, with Generations of Howard County. Combined together, they are the one stop shopping for seniors and their caregivers. Activities at the Senior Centers and at the Recreation & Parks Department are included in the Senior Connection.

Generations has also partnered with the Coalition of Geriatric Services (COGS) and prints and distributes their monthly newsletter in each issue.

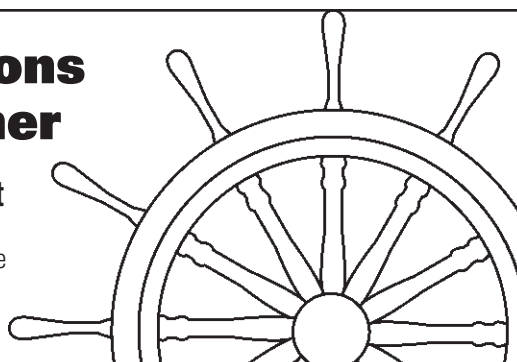
Twelve thousand copies are distributed at over 300 drop-off sites by the first day of each month in Howard County and 12,000 are distributed at 250 drop-off sites in Anne Arundel County. Senior centers, libraries, village centers, independent and assisted living complexes, medical buildings, pharmacies, banks and restaurants are utilized as drop-off sites. In addition, there are 500 paid subscribers who receive their copies at home.

If you would like to subscribe, please send an email to Info@GenerationsNewspaper.com or call Mary at 410-461-9454 or visit the website at www.generationsnewspaper.com and fill out the subscription form on line.

**Congratulations Cruise Winner**

**Bethany J. Sinnott**

Senior Marketing Associate  
The Lutheran Village  
at MILLER'S GRANT



**MARK YOUR CALENDAR**

**COGS 2008 Annual Meeting and Elections**

Guest Speaker: Susan Reimer

Susan Reimer, Columnist for The Baltimore Sun since July 1993, when after 14 years of covering sports, she was asked to write about life as a wife and working mother. Many of us remember reading her column as she was tending to her aging parents. Susan is coming to share her experiences as a caregiver, daughter, sister, mother, and wife. Not only does Susan write a column that has been fabulous for 15 years, she is both a compassionate and FUNNY speaker. Her column appears on Sunday and Tuesday in the Sun. Susan is also the author of Motherhood is a Contact Sport.

**Where:**

The Heartlands  
3004 North Ridge Road  
Ellicott City, MD 21043

**When:**

Wednesday, September 24th, 2008  
8:00 am – 10:00 am

**Cost:**

\$35.00 per person  
(for members and non-members)

Hot Buffet Breakfast

Payment must be received by Monday, September 15, 2008:

Please make checks out to: COGS  
And mail to NEW P.O. Box:

COGS  
P.O. Box 2131  
Ellicott City, MD 21041



**Saturday, October 25, 2008**

**Casino Night Fundraiser**

**Location:** The Bain Center, Columbia, MD

**Cost:** \$50 a ticket

Looking for Donations and Sponsors  
Please contact us at Info@COGSmd.org or call 410-997-0610 for more information.

\*\* The Annual Meeting has always been a fundraising event for COGS. This is the ONLY meeting where both members and guests are charged. Thank you for your support!