

NEW BEGINNING

VOLUME 27 ISSUE 4

JULY–AUGUST 2014

A publication of the St. Mary's County Department of Aging & Human Services

Exercise Your Independence-



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From the Director's Desk...

By Lori Jennings-Harris, Director
Department of Aging & Human Services

Exercise Your Independence

The 4th of July is a time when we celebrate our nation's independence. It is also a time we may remember how we individually exercise independence. For some, it's the ability to participate in sports/activities that keep the body healthy and strong like playing softball or even pickleball, which uses a paddle and is played on a court. Pickleball combines badminton, tennis, and ping-pong, and is quickly becoming a favorite sport among the pickleballers.

For others a walk in the park or along the shores of one of our local beaches is what independence looks and feels like. Still, others who are limited by either physical or cognitive challenges may have the ability, with the help of family, friends and formal in-home services (like the ones organized by my staff) to remain in their home with independence.

Once the retired members of our community have seen their children grow to adulthood and have worked for many years, they often have much more to give and do so as a volunteer. Many people are called to serve their community by exercising their flexibility with time, their skills, knowledge and compassion when helping others.

Yet another way to exercise independence is by staying informed about issues, programs and services that may impact how we live, our quality of life and our future. Having the ability to support oneself as a resident of independent housing, recognizing the need for emotional support or intervention for an addiction to alcohol or drugs demonstrate one's choice to exercise their choices for help.

The Department of Aging and Human Services is here to help support independence of our seniors and for people with disabilities in our county. If you are in need of information about available supportive services, need a ride to your doctor's appointments, are interested in our sports programs, enjoy the popular Learning Is ForEver (LIFE) tours, or need help in your home with meals, the Department's staff members are ready and willing to assist you. As well, there are many other ways the Department may be part of helping our area's older adults and individuals with disabilities remain independent.

So, how do you exercise your independence?

JULY – AUGUST 2014

NEW BEGINNING

The St. Mary's Board of County Commissioners
Francis Jack Russell, President;
Lawrence D. Jarboe;
Cynthia L. Jones;
Todd B. Morgan;
and Daniel L. Morris
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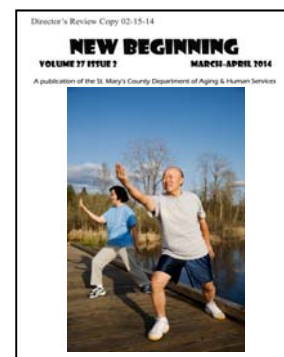
Editorial submissions should be sent to:

St. Mary's County Department
of Aging & Human Services
P.O. Box 653
Leonardtwn, MD 20650;
or visit the website at:
www.stmarysmd.com/aging.

Our Mission

To provide an array of programs and services that foster continued physical and mental good health, and promote healthy aging within the senior community.

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Department Staff Honored By County Commissioners



Alice Allen (center), Manager of Senior Center Operations with the St. Mary's County Department of Aging and Human Services; Drema Russell (left), Food Service Technician at Loffler Senior Activity Center, and Sheila Graziano (right), Senior Program Specialist at Loffler Senior Activity Center, were all honored by the Board of County Commissioners as nominees for as Manager-of-the-Year (Alice), and Shelia and Drema for Employee-of-the-Year.

A Hello From Christina Hilliard

My background is administrative with Human Resources/Payroll (favorite work to do); it is wonderful being able to offer someone just the right job, enrolling them in benefits, doing orientation and training, and dealing with the other challenges of solving in-house HR issues.

My career began with the FBI in Washington D.C. offering memorial experiences, issuing and tracking FBI issued property including credentials and badges, and watching agents in training on the obstacle course for driving and shooting. I trained agents at Quantico in new software, and worked on special data projects, including travel to Arizona. The only downside was the commute from Southern Maryland, so over the years I moved my employment from D.C. to St. Mary's with nonprofits or companies that help the community (Melwood, Southern MD Community Network, DSS at PG Hospital).

I'm really happy to be here working with the Senior Rides Program. I have volunteer experience with Domestic Violence (Safe Harbor, CMH Crisis Line, Charles County Health Department, Project ECHO, Birthright, and No Kill Shelters).

I have a wonderful family that supports each other and five dogs (four pit bull mixes and a Shih-Tzu poodle, 14 yrs old). They keep me busy but I wouldn't change it most days. I would probably have more dogs if I could and maybe one day I will be able to do more for unwanted dogs, especially pit bulls.



Nutrition Corner

By Barbara Hak, RD/LD

For many celebrating Independence Day means family, friends, and a backyard barbecue. The American Cancer Society and the American Institute of Cancer Research reminds us to grill safely to decrease your risk of developing cancer, especially colon and stomach cancer. Traditional grilling combines meat with intense heat. Research has suggested that the muscle proteins of red meat, poultry and seafood react under high heat to form carcinogenic compounds called heterocyclic amines (HCAs). The DNA of our genes can be damaged by HCAs and contribute to the process of cancer development. Follow the tips below to reduce the formation of HCAs in grilled foods.



Choose lean cuts of meat and trim any excess fat. Fat dripping onto hot coals causes smoke that contains potential carcinogens. Limit meat, poultry and seafood portion sizes and cut them into smaller pieces to shorten cook time. Use a marinade—studies have shown that marinating your meat before grilling can decrease HCA formation by up to 96 percent. Avoid charring meat or eating parts that are especially burned and black – they have the highest concentrations of HCAs. Flip meat frequently to reduce charring. Reduce the heat—cooking at slightly lower temperatures is enough to substantially reduce HCA formation.

Grill vegetables and fruit. Many of the chemicals that are created when meat is grilled are not formed during the grilling of vegetables or fruits, so you can enjoy grilled flavor worry-free.

Grilled Vegetables

Based on Giada De Laurentiis' recipe on the Food Network. Yield:6 servings

Ingredients

Grill any combination of bell pepper halves, yellow squash, zucchini, Japanese eggplant all sliced lengthwise into ½ inch thick rectangles, cremini mushrooms, trimmed green onions, and asparagus.

¼ cup plus 2 tablespoons olive oil

Freshly ground black pepper

3 tablespoons balsamic vinegar

2 garlic cloves, minced

1 teaspoon chopped fresh Italian parsley leaves

1 teaspoon chopped fresh basil leaves

1/2 teaspoon finely chopped fresh rosemary leaves

Directions

Place a grill pan over medium-high heat or prepare the barbecue (medium-high heat). Brush the vegetables with 1/4 cup of the oil to coat lightly. Sprinkle the vegetables with salt and pepper. Working in batches, grill the vegetables until tender and lightly charred all over, about 8 to 10 minutes for the bell peppers; 7 minutes for the yellow squash, zucchini, eggplant, and mushrooms; 4 minutes for the asparagus and green onions. Arrange the vegetables on a platter. The key to getting those great grill marks is to not shift the vegetables too frequently once they've been placed on the hot grill.

Meanwhile, whisk the remaining 2 tablespoons of oil, balsamic vinegar, garlic, parsley, basil, and rosemary in a small bowl to blend. Add pepper to taste. Drizzle the herb mixture over the vegetables. Serve the vegetables, warm or at room temperature.

Home & Community-Based Services

By Rebecca Kessler, Division Manager

National Family Caregiver Support Program

The Purpose of the Program and How it Works

The National Family Caregiver Support Program (NFCSP), established in 2000, provides grants to States and Territories, based on their share of the population aged 70 and over. The program funds a range of supports that assist family and informal caregivers to care for their loved ones at home for as long as possible.

Families are the major provider of long-term care, but research has shown that caregiving exacts a heavy emotional, physical and financial toll. Many caregivers who work and provide care experience conflicts between these responsibilities. Twenty-two percent of caregivers are assisting two individuals, while eight percent are caring for three or more. Almost half of all caregivers are over age 50, making them more vulnerable to a decline in their own health, and one-third describe their own health as fair to poor.

The NFCSP offers a range of services to support family caregivers. Under the program, States will provide five types of services:

- information to caregivers about available services
- assistance to caregivers in gaining access to the services
- individual counseling, organization of support groups, and caregiver training
- respite care
- supplemental services, on a limited basis

These services work in conjunction with other State and Community-Based Services to provide a coordinated set of supports. Studies have shown that these services can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

Eligible Program Participants

While the Aging Network has always been involved with meeting the needs of both care recipients and family caregivers, by creating the National Family Caregiver Support Program, Congress explicitly recognized the important role that family caregivers occupy in our nation's long-term services and supports system. As of the 2006 Reauthorization of the Older Americans Act, the following specific populations of family caregivers are eligible to receive services:

- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older
- Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer's disease and related disorders
- Grandparents and other relatives (not parents) 55 years of age and older providing care to children under the age of 18
- Grandparents and other relatives (not parents) 55 years of age and older providing care to adults age 18-59 with disabilities

Each family caregiver presents his or her own unique needs and preferences for the types of programs and services they wish to receive at any given point in time. Further, the programs and services that are available vary from state to state and community to community.

Fortunately, a number of national organizations and programs exist to help inform and support program development and innovation. Please see resources and links below for additional information regarding research, technical assistance and support for program development.

Resource: Department of Health & Human Services, Administration on Aging

http://www.aoa.gov/aoa_programs/hcltc/caregiver/index.aspx

To contact the National Family Caregiver Program Coordinator in St. Mary's County, call Stacie Prinkey at 301-475-4200, ext. 1056 or email to Stacie.Prinkey@stmarysmd.com.

Maryland Access Point: Aging & Disability Resource Center

Maryland Access Point (MAP) is a “gateway” for older adults and individuals with disabilities. It is a statewide resource for information and assistance about long-term services and supports to allow individuals to remain at home and plan for future needs. State partners include the Maryland Departments of Aging, Disabilities, and Health and Mental Hygiene, as well as the regional Centers for Independent Living. MAP is part of the national Aging and Disability Resource Center initiative that provides a visible and trusted place to access information and assistance. To contact us at MAP you can write to: MAP, 23115 Leonard Hall Drive, P.O. Box 653, Leonardtown, MD 20650, or call 301-475-4200, ext. 1057.

Vitamin D Deficiency: A Common Risk Factor for Seniors

By Chris Iliades, MD

Years ago doctors were mainly concerned about vitamin D deficiency in children. Foods were fortified with vitamin D to prevent the bone disease called rickets. Now we know that rickets was only the tip of the iceberg and that seniors are also at high risk for vitamin D deficiency. According to a recent study in the journal *Age and Ageing*, vitamin D deficiency may contribute to osteoporosis, muscle weakness, hip fractures, diabetes, cancer, heart disease, arthritis and poor general health in seniors.

Sources of Vitamin D

Vitamin D is not common in many foods, but it is very important for helping your body absorb the calcium you need to build bone strength. Vitamin D also helps you fight off many diseases and is important for proper nerve function. Sources of vitamin D include:

Food. There are few foods that contain vitamin D naturally. The best foods for vitamin D are cod liver oil, salmon, mackerel, tuna, beef liver, cheese and egg yolks.

Vitamin D fortified foods. Since it is difficult to get enough vitamin D naturally, many foods have vitamin D added to them. These foods supply most of the vitamin D in the American diet. Milk, breakfast cereals, and juice drinks are commonly fortified with vitamin D.

Sunlight. For most people exposure to sunlight is the most important source of vitamin D. Sunlight converts cholesterol to vitamin D in the body.

Vitamin D supplement. Between 2005 and 2006 the National Health and Nutrition Examination Survey found that only about one-third of Americans were getting enough vitamin D in their diet. A recent study published in the *Archives of Internal Medicine* suggests that older adults can reduce the risk of bone fractures by taking a supplement of vitamin D every day.

Senior Information & Assistance

By Debbie Barker, Senior I & A Manager

Summer Office Hours

Beginning the end of July through the end of September Melissa Meatyard Craig will not be available at the Northern or Loffler Senior Activity Centers. Debbie Barker will meet with individuals at the Garvey Senior Activity Center in Leonardtown on Monday, Wednesday, and Thursday; the Northern Senior Activity Center on Tuesday, and the Loffler Senior Activity Center on Friday. Ms. Barker will be available to assist with energy assistance, property tax credits, Medicare, housing and other issues during this time. To schedule an appointment, please call 301-475-4200, ext. 1064.

Home Improvements

Christmas In April is currently accepting applications for their Neighbors helping Neighbors Day which will take place the last Saturday in April 2015. Older Adults, people with disabilities, and low-income homeowners are encouraged to apply to receive free help for home repairs. Applications are due by October 15 and are available at all Senior Activity Centers or by calling 301-884-2905.



Help Available for Skyrocketing Electricity and Heating Expenses!

The Southern Maryland Tri-County Community Action Committee, Inc., Office of Home Energy will begin accepting applications for the 2015 program year on July 1. This program provides financial assistance to residents who meet program requirements, with their electric and heating expenses.

Eligibility is determined by the gross household

income for everyone living in the residence, which is based on 175% of the federal poverty level. Income levels vary depending upon the number of individuals residing at the property with a one person household maximum of \$1,702 per month and \$2,294 for two people.

Income that is received within 30 days prior to making application is considered. Social Security, annuities, pensions, IRA distributions, wages, child support, etc. are all considered countable income. The value of assets such as bank accounts, real estate, IRA's, CD's, etc. are not considered to determine eligibility.

In addition to meeting income criteria, applicants must also be Maryland residents, U.S. citizens or qualified immigrants, have an electric account in their name, be able to provide proof of all household income received within the last 30 days, identification for the applicant, social security cards for all household members, and a copy of a rent receipt, if applicable. Individuals over the age of 60 may apply at the Garvey, Loffler, or Northern Senior Activity Centers by calling 301-475-4200, ext. 1050 for an appointment. Persons under the age of 60 years may apply through the Southern Maryland Tri-County Community Action Committee by calling 301-475-5574, ext. 200 for an appointment.

STAY INFORMED ~ ASK QUESTIONS ~ KNOW YOUR RIGHTS

NEW BEGINNING

Law Enforcement Officers of the Year...



The St. Mary's County Department of Aging & Human Services, Triad/SALT (Seniors and Law Enforcement Together) Council and the Board of County Commissioners for St. Mary's County sponsored the 14th Annual Law Enforcement Appreciation Day Ceremony on Tuesday, May 13. The ceremony was held at the Southern Maryland Higher Education Center, on Airport Road, in California, and paid tribute to law officers who have perished in the line of duty as well as honoring the "Officer of the Year" from each county agency, based on outstanding service to the community.



Jack Russell, President of the Board of County Commissioners, reads the citation nominating the Maryland State Trooper of the Year, Corporal Rick Starliper, Maryland Department of Natural Resources, being congratulated here by Lori Jennings-Harris, Director of the Department of Aging & Human Services.

Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

Each July 4, Americans celebrate independence with parades, fireworks, family and community gatherings, and cookouts. It's an important national holiday and a big deal. As individuals, independence is also incredibly important. For most people, maintaining their independence while aging is one of the most important goals of life. We want to age well and healthfully so as not to be a burden on others, to be self-reliant, and self-sufficient.



Regular exercise or physical activity is an important ingredient in aging healthfully and maintaining independence. According to the National Institutes of Health (NIH), older adults who want to stay healthy and independent should take part in four types of exercises:

Strength exercises build muscles, keep your bones strong, and increase your metabolism. This helps to keep your weight and blood sugar in check.

Balance exercises help prevent falls by building leg muscles. Falls

are often quite disabling, resulting in reduced independence and mobility. Even the fear of falling can reduce independence.

Stretching exercises improve ease of movement, which helps you be more active as you age.

Endurance exercises are any activities that increase your heart rate and breathing for an extended period of time. Examples of endurance exercises include walking, jogging, biking, and swimming. Taking part in regular physical activity will improve your quality of life. It will help you remain independent and will help you live better and longer.

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Your nearby senior activity center offers a variety of options for physical activity. From exercise equipment available for you to use on your own, to structured fitness classes, to dance classes, to walking clubs, to bike riding, to softball, to yoga, to tai chi, the options are many. If you've been inactive for some time, check with your doctor and start slowly. But give it a true, honest try. In 2-3 weeks you will have developed a healthful habit, one that helps protect your independence. Page 32-33 of this newsletter has a complete listing of the physical activities offered at the senior activity centers. For more information, call Alice Allen at 301-475-4200, ext. 1063. Be physically active and celebrate your independence all through the year!

Having fun?

The fun begins when you join us !



Topical, Timely Health Presentations and Blood Pressure Checks

Are you looking for up-to-date information on a variety of health topics? Medstar St. Mary's Hospital Health Connections visits the Senior Activity Centers monthly to provide information on a variety of health topics. In July, the topic is Diabetes: Medications/Interactions. In August, the topic is Coping with the Challenges of Aging: the Loss of Independence. Stop by the center nearest you to learn the facts.

Garvey Senior Activity Center: Fridays, July 11 & August 8, 11 a.m.
Loffler Senior Activity Center: Fridays, July 18 & August 15, 9 a.m.
Northern Senior Activity Center: Fridays, July 11 & August 8, 1 p.m.
Blood pressure checks are available after the presentations.

Welcome To The Medicare Seminar!

Happy Birthday to those of you turning 65 this year and are ready to join the wonderful world of Medicare! In most cases, people new to Medicare often have questions about how Medicare works, prescription drugs, what is covered, etc. If these are some of your concerns you are invited to attend our Medicare Seminar on Friday, July 18 at the Northern Center in Charlotte Hall or Friday, August 15 at the Loffler Center in Great Mills from 1-3 p.m. both days. To pre-register call 301-475-4200, ext. 1050.



Senior Farmer's Market Nutrition Program

The Senior Farmer's Market Nutrition Program coupons will be available for distribution on Tuesday, July 8 at 10:00 a.m. at the Garvey Senior Activity Center in the Governmental Center Complex in Leonardtown. Eligibility requirements are unknown at this time. Check the Senior Spotlight sections of *The Enterprise* and *The County Times* to learn more.

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Line Dancing

Garvey Senior Activity Center, Wednesdays, 1:30-2:30 p.m. Free
Get in your exercise while having fun and learning some of the latest line dances. This group is looking for new participants. To learn more call 301-475-4200, ext. 1050.



GARVEY Senior Activity Center



Ice Cream Social Fundraiser

Garvey Senior Activity Center

Monday, July 7, 1-3 p.m.

Need to cool off this summer? Take a break from the heat and help raise funds for entertainment and special events at the Garvey Senior Activity Center. In celebration of the invention of the ice cream cone in July of 1904, the Garvey Senior Activity Center will serve ice cream on your choice of cone; waffle, sugar, or wafer. Cost per cone is \$2. Also available will be ice cream sundaes for \$3 and brownie sundaes for \$4. New this year is a lower fat option of Low Fat Frozen Yogurt. For more information, call 301-475-4200, ext. 1050.

Hand and Foot Reflexology

Garvey Senior Activity Center

Mondays, July 7 & 21, August 11 & 25

Appointments beginning at noon

Reflexology is the systematic application of pressure techniques to the hands and feet. Through the application of pressure using specific thumb and finger techniques, reflexology connects with the peripheral nervous system and encourages the body to relax. Sarah Stain is a Nationally Board Certified Reflexologist. She has received wonderful feedback from her clients, such as:

"My feet feel like pillows."

"The numbness in my feet is improving - I can feel my feet!"

"My sugar levels are improving."

"I slept like a rock after my session."

The cost of a 30 minute session is \$20; \$40 for 1 hour. To schedule an appointment call 301-475-4200, ext. 1050.



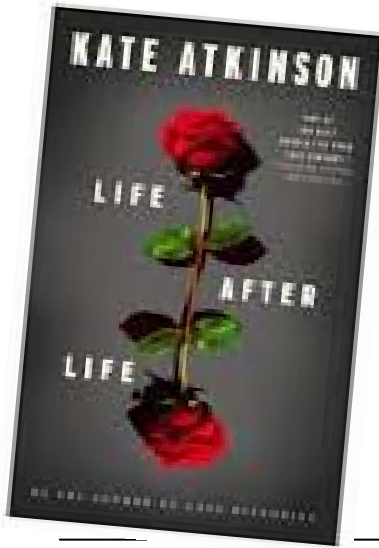
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“Living Well... Take Charge of Your Health”

Garvey Senior Activity Center

Tuesdays, July 8-August 12, 9:30 a.m.-noon

This program is an evidence-based Chronic Disease Self-Management Workshop developed by Stanford University. The workshop is for any person who has one or more chronic conditions and who wants to learn to live more healthfully. It helps people learn everyday skills to manage chronic health symptoms and get the most out of life. Caregivers of a person with a chronic condition are also invited to attend. In the “Living Well... Take Charge of Your Health” Workshop, you will learn how to manage symptoms, how to communicate effectively with doctors, how to lessen frustration, how to fight fatigue, how to make daily tasks easier, and how to get more out of life. To ensure that you get the most out of the program, attendance is recommended at all six sessions. Registration is limited, so sign up now by calling 301-475-4200, ext. 1050.



Book Discussion Group

Garvey Senior Activity Center

Wednesdays, July 9 & August 13, 10:30 a.m.

In July the group will discuss *Life After Life* by Kate Atkinson. Every time Ursula Todd dies, she is born again. Each successive life is an iteration of the last, and we see how Ursula's choices affect her, those around her, and, so boldly, the fate of the 20th-century world. In August the group will discuss *Keep Quiet* by Lisa Scottoline, who delivers an emotionally gripping and complex story about one man's split-second decision to protect his son, and the devastating consequences that follow. To learn more about joining the group, call 301-475-4200, ext. 1072.

Tai Chi for Arthritis: The Extension Movements

Garvey Senior Activity Center

Mondays, July 14-August 25

1:30-2:30 p.m. (no class August 4)

Medical studies confirm Tai Chi for Arthritis relieves pain, reduces falls and improves quality of life. This class is a continuation from Tai Chi for Arthritis: The Core Movements. Students will learn new movements and learn how to incorporate the Tai Chi principles into practice. **Prerequisite:** Students must have taken Tai Chi for Arthritis: The Core Movements for at least one 6 week session prior to signing up for this course. To register for this class, call 301-475-4200, ext. 1050.



Cards for Our Troops

Garvey Senior Activity Center

Tuesday, July 15 Grandparents Day cards

Tuesday, August 19 Halloween cards

1:30 p.m.

During the next scheduled sessions, the group will make Grandparents Day cards and Halloween cards for our troops stationed abroad to send home to their family and friends. All handmade cards will be donated to Cards for Soldiers, a non-profit organization that provides homemade greeting cards to service members to send home to family while away from home. To sign up to help cut, stamp and assemble cards, call 301-475-4200, ext. 1050. No previous experience needed.

Meditation Workshop

Garvey Senior Activity Center

Wednesdays, July 16-August 20, 9:45-10:30 a.m.

Join us for a six week session on the “Power of Meditation.”

Learn how this simple but powerful practice can improve overall wellness and health including:

- Stronger immune system
- Enhanced attention
- Lower BP
- Less anxiety and depression
- Lower blood sugar
- Improved sleep
- Better pain management
- Decreased muscle tension

You’ll learn of the scientific evidence that supports these claims; and, you’ll be given the tools you need to begin to practice on your own. During each session we will have a discussion, a little movement and breathing to prepare for meditation, and a period of meditative practice. Let’s take the mystery out of meditation and begin to enjoy the many benefits of this simple practice. This is appropriate for ALL individuals! Cost for the six weeks is \$24 paid directly to Gail Wathen during the first session. Pre-registration is required through the Garvey Senior Activity Center; payment reserves your seat in the class. To learn more call 301-475-4200, ext. 1050.



Hearing Screenings

Garvey Senior Activity Center, Wednesday, July 16

9:30 a.m.-1:30 p.m.

Hearing screenings, by appointment, will be offered from 10:00 a.m. – noon by Hearing Professionals: Doctors of Audiology, Personalized Hearing Care and Balance Center. Make an appointment for your FREE screening by calling 301-475-4200, ext. 1050. Each appointment takes approximately 15 minutes.

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July Hot Dog Celebration

Garvey Senior Activity Center

Wednesday, July 23, Noon

In celebration of National Hot Dog Month the Garvey Senior Activity Center will be grilling hot dogs! In addition to hot dogs, the lunch menu includes Baked Beans, Cole Slaw, Fresh Fruit Salad, Brownies, Ice Cream and milk/coffee/tea. Lunch will be served at noon; entertainment will be provided at 12:45 p.m. by **David Norris**. Enjoy your favorite old time country music. Sign up in advance by calling 301-475-4200, ext. 1050.



Pickleball

Leonard Hall Recreation Center

Wednesdays, August 13-October 1, Noon-2 p.m.

Pickleball is the up and coming sport in the United States for older adults. The game has grown in popularity in St. Mary's County over the past year and a half and offers a great way to exercise while having fun. Equipment is available for use. The cost per player is \$32 payable in advance at the Garvey Senior Activity Center. Advance sign up is required. Register early because space is limited. To learn more, call 301-475-4200, ext. 1050.



Brain.e.ology

Garvey Senior Activity Center

Tuesdays, August 19–September 23, 11 a.m.-noon

Losing memory or cognitive ability is a tremendous fear but there is growing evidence that cognitive ability can be maintained or even improved to the end of life!

Brain-e.ology is designed to:

- dispel the limiting myths of memory loss and aging
- give participants a better understanding of how their brain works
- give participants the tools to incorporate brain fitness activities into their daily lives
- create open minds

More than 90% of participants report that they feel like they have more control over future memory loss after taking this program! Class size is limited so register early. To make reservations call 301-475-4200, ext. 1050.

Jewelry with Sue

Garvey Senior Activity Center

Wednesdays, July 23, 30, August 6, 1 p.m.

Learn the popular jewelry making technique of chain mail. Students will also make a matching multi-strand necklace and bracelet set. The cost for this series is \$15; payable to Sue Peters. All materials will be provided. Payment must be received in advance. To learn more or to sign up, call 301-475-4200, ext. 1050.

Make a Miniature Scrapbook

Garvey Senior Activity Center

Monday, August 4, 1 p.m.

Learn basic scrapbooking techniques while creating a miniature scrapbook to capture a favorite memory. Maybe you took a special trip over the summer or maybe you want a small, personalized album of your grandchildren. Participants are asked to bring 5-6 photos to include in the project; all other materials will be provided. The cost is \$5; payable to Sue Peters. Payment must be received in advance. Space and materials are limited so sign up early. To learn more call 301-475-4200, ext. 1050.

LOFFLER Senior Activity Center

CONTACT US: Loffler Senior Activity Center 301-737-5670
Joyce Raum, ext. 1656 Shellie Graziano, ext. 1655 Brenda Kaye, ext. 1658
Melissa Meatyard Craig



AARP Smart Driver Course

Loffler Senior Activity Center

Wednesday, August 6, 9 a.m.-2 p.m.

A lot has changed since AARP Driver Safety first began as “55 Alive.” The roads, technology and drivers themselves have all changed in so many ways. This revised program now includes emphasis on roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seat belt and turn signal use. The cost is \$15 for AARP members, \$20 for non-members, payable to AARP on the day of class. Pre-registration is required; call 301-737-5670, ext. 1658.

Line Dancing

Loffler Senior Activity Center

Fridays, 11 a.m. Free

Line Dancing is a great way to improve your fitness. No partner is required for this style of dance, just a willingness to learn and a wish to have some fun! Learn a variety of line dances with a group of folks age 50 and over, exercising your mind and body while enjoying yourself. Before you know it, you will be shining on the dance floor at your next event. Call 301-737-5670, ext. 1658 for more information.



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Table Tennis

Loffler Senior Activity Center

Thursdays, 2 p.m., Free

Stop by the Loffler Senior Activity Center on Thursday afternoons for a few games of table tennis. Depending on the number of folks who come, you could be playing singles or doubles. Make it happen. If you want to know more about it call 301-737-5670, ext. 1658.

NEW BEGINNING

Tai Chi for Arthritis II Refresher

Loffler Senior Activity Center

Wednesdays, August 6, 13, 20, 27, 9 a.m., Free

Prerequisite: Completion of Tai Chi I and II

Is your Tai Chi a little rusty because you've gotten out of the habit of practicing or because it's been such a long time since you've completed Tai Chi II? If so, it's time to brush up on those movements and learn more about applying essential principles to your Tai Chi. Take advantage of this opportunity in August and you will be all set to take the Tai Chi III class, which will be available in late September. Get yourself signed up for this refresher course by calling 301-737-5670, ext. 1658.



Tai Chi for Arthritis III (coming soon)

Loffler Senior Activity Center

Wednesdays, September 24-November 12 (8 sessions), Free

Prerequisite: Tai Chi I & II (Refresher preferred but not required)

If you've completed Tai Chi for Arthritis I and II, brush up on those skills (refresher available in August), then get ready for the next level! Tai Chi III has some really great new moves like Leisurely Tie Coat and Repulse the Monkey, plus a lot of familiar ones like Brush Knee, Open & Close and Single Whip. Eligible individuals can call 301-737-5670, ext. 1658 to sign up.

Hand & Foot

Loffler Senior Activity Center

Mondays, 2 p.m., Free

This is a card game similar to Canasta, in which each player is dealt two sets of cards: the hand, which is played first, and the foot, which is played when the hand has been used up. It can be played with partners or individuals; the way we will play will be determined by how many people attend. If you are free on Monday afternoons, why not stop in and have some fun? You can get answers to your questions by calling 301-737-5670, ext. 1658.



Wanna Start Something?

Loffler Senior Activity Center

Date and Times Based on your Schedule

Some of the newest programs that are happening at the Loffler Senior Activity Center are Hand & Foot, Afternoon Pinochle, and Table Tennis. These programs came about because someone wanted to see them happen and came forth with their idea and the willingness to be the coordinator for it. Perhaps you have an art or craft you'd like to teach. Maybe you really love to play Scrabble and would like to play it regularly. If you are willing to be a point of contact for such a group and have the time to get it going, give Shellie a call at 301-737-5670, ext. 1655 or email <Sheila.graziano@stmarysmd.com>

Loffler's *LUNCH CONNECTION*

Entertainment (Tuesdays) begins at 11:30 a.m., lunch is served at noon.

Reservations are required, preferably 2 weeks in advance. Call 301-737-5670, ext. 1658.

There will be an appreciation basket for our entertainers and a 50/50 raffle at each luncheon.



Tuesday, July 8-Open Mic: Enjoy familiar oldies brought to life by Coastline, formerly known as 3 Amigos from 11:30-12:30. On the menu: *Roast Beef, Mashed Potatoes with Gravy, Roasted Mixed Vegetables, Green Beans, Mandarin Oranges and a Sourdough Roll with Butter, and Carrot Cake.*

Thursday, July 24- The Luau menu returns! Enjoy *Huli Huli Chicken, Cabbage Salad, Cucumber Salad, Rice Pilaf, Fresh Pineapple Spear and Key Lime Pie*, all prepared in-house for you. Tickets are required for this event.



Tuesday, August 12-Open Mic: Ben Connelly will entertain you with his blend of familiar music. On the Menu: *Chicken Salad on a bed of lettuce, Pasta Salad, Pineapple Chunks, Marinated Cucumber & Tomato Salad, Croissant and Lemon bars.*

Thursday, Aug. 28-This is a summertime meal, with *Hot Dogs on Roll, Potato Salad, Cole Slaw, Grapes & Orange Juice, with Brownies* for dessert.



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Make Centerpieces for Our Lunch Connections Loffler Senior Activity Center

Thursday July 3, 10 a.m.-“Oh, My Stars!!!”

Thursday, August 7, 10 a.m.-“Garden Variety”

Every month we have two Lunch Connections at Loffler. We like to make the room pretty with simple centerpieces on the tables and now we're offering you a chance to get in on the fun of making it happen. Using mostly supplies on hand, we will be turning out about 15 centerpieces that will be simple but attractive and easy to make. Are you interested? Come to the Demo Kitchen at the appointed hour or call 301-737-5670, ext. 1658 to learn more.



Midsummer Celebration

Loffler Senior Activity Center

Wednesday, July 16, Intergenerational, 12:30-2 p.m.

Cost \$2 for Adults over age 20; children are free

Hail the middle of summer at the Loffler Senior Activity Center while partying with your grandkids! All of us can be children at heart on this day by enjoying some of the best things in life like ice cream from Brusters, singing and dancing with karaoke and dabbling in arts and crafts. It's like grandparent's day at school, only reversed; your grandkids can see where you spend your days. Advance tickets will be required for each person over two years of age but only adults over age 20 need to pay. Tickets are available in the front office. Call 301-737-5670, ext. 1658 for details.

Loffler Luau

Loffler Senior Activity Center

Thursday, July 24; 10 a.m.-2 p.m.

Ticket required: \$8 donation suggested

The Loffler Luau, one of our most memorable summer traditions, is coming up! For some it is the most fun event of the year. Tickets are on sale now. Let's dance to the music of our favorite DJ, Mean Gene. We shall enjoy a feast fit for a tropical island party! Wear your favorite tropical garb (we'll supply the lei) and bring your best party mood! A limited number of tickets are available on a first come, first served basis. Stop by the reception desk during regular hours to get your ticket. Questions? Call 301-737-5670, ext. 1658.



Afternoon Pinochle

Loffler Senior Activity Center

2nd and 4th Wednesdays 12-3 p.m.

In addition to the pinochle that is played at the Loffler Senior Activity Center on Monday, Wednesday and Friday mornings, we now have afternoon sessions twice a month on Wednesdays. Want to try it out? Call 301-737-5670, ext. 1658 or just come by on those days.

NORTHERN Senior Activity Center

Charlotte Hall, Maryland 301-475-4002, ext. 1001

8th Annual Photo Contest Deadline, Friday, August 1

Entries are being accepted through August 1 for our annual photo contest celebrating Living, Love and Laughter! Contact the Northern Senior Activity Center for a full description of rules, categories, deadlines and award dates. It is open to amateur photographers. Awards will be given in each category as well as a best overall award which has the added distinction of being framed and displayed permanently on the 'Wall of Fame' at the Center. Photo enthusiasts are also encouraged to join the jPiG photo group led by Bill Sweet, winner of the 2013 contest (photo displayed above).



Photo by Bill Sweet



Intergenerational Summer Bingo

Fridays, July 18 & August 8, 10 a.m.

To celebrate summertime and school breaks, we invite great/grandkids for an intergenerational bingo with their great/grandparents. This is a wonderful time to bond by being together during the summer and having some fun too. There will be prizes for all ages. Cost is \$1.50 for two bingo cards. Refreshments will be available beforehand.

Line Dance Bonanza

Wednesday, July 23, 1-3 p.m., Free

It's time for our annual line dance party and this year's theme is Country-Western. So attire is casual cowboy style. There will be a prize for the best dressed. There will be a DJ and instructor to breakdown a few dances for those who would like to learn new steps. Requests are welcome. We will follow up with a variety of songs that the regular line dancers dance to every Wednesday afternoon from 1-2:30 p.m. Call 301-475-4002, ext. 1001 no later than Tuesday, July 22 to reserve your lunch.





50's Sock Hop & Antique Car Show Friday, July 25, 10 a.m.-2 p.m.

Enjoy a fun time bogeying around the dance floor with 1950's Sock Hop music by our favorite DJ, Mean Gene. You won't want to miss out getting into the mix dancing with him and everyone else! There is plenty of time to view the selection of antique cars in the parking lot before or after lunch. An old fashioned drive-in diner *Cheeseburger Lunch with Fixings, Coleslaw, Chips, Watermelon and Soda Pop* will be served at noon. Purchase your ticket before noon on



Thursday, July 24 while they last, at the Northern Senior Activity Center. Ticket cost is a suggested \$8 donation which will cover your meal, dancing and car show. Door prizes and lottery raffle too!

Northern Senior Activity Center Council

The Council has been busy with past events and planning. For the Center grounds, the Council purchased and installed No Parking signs by the Memorial Garden and put in an outdoor patio thermometer for everyone to see from the back of the Great Room. Center attendees enjoyed complimentary brunches in recognition of Mother's and Father's Day. Council fundraising efforts are ongoing for various Center needs. They often host parties with many gifts, party favors and entertainment supplied through their efforts.

Fundraising:

- Decorative seasonal gift bags on sale at front desk
- Trip to Ocean Downs & Sunfest on September 18
- Trip to National Apple Harvest Festival in Pennsylvania on October 11

Upcoming Events at the Center:

- July 16-Country Western Hoe-down Party
- September 10 at 11 a.m.-Cakewalk
- October 4 at 6:30 a.m.-Yard Sale
- December 5-Christmas Party

Hawaiian Luau

Monday, August 4

10:30 a.m.

Enjoy Hawaiian music and dancing and a performance especially for us by the 'Good Time Gals' Hawaiian dancers from Charles County. Dress in your best Hawaiian Luau style (no flip-flops or bathing suits, please) or come as a beach comber ready for hula hoops and a pig roast in the fire. Enjoy *Pork Roast, Mashed Potatoes and Gravy, Honey*



Glazed Carrots, Pineapple Chunks and Blueberry Pie for lunch. To reserve a seat and lunch call 301-475-4002, ext. 1001 to sign up, no later than Friday, August 1. The cost of lunch is a donation for those 60 and over, \$6 for others.



'Joyful Painting'

New Dates & Times!!

Beginning in July, there will be an open oil painting studio called 'Joyful Painting' at the Northern Senior Activity Center. Starting on Friday, July 11, and running every other Friday from 9:30 a.m.-3 p.m., artists will have a forum to practice oil painting techniques shown on DVDs of Bob Ross,

Americas well known self-taught artist and instructor. Quick and easy strokes combined with personal touches, will have you creating paintings to be proud of! Bring your oil paints, canvas, brushes, and clean up supplies to begin a journey with fellow artists who have already started gathering. For more details, call 301-475-4002, ext. 1003.

'Pitch' Card Party Tournament

Monday, Sept. 8, 12:30 p.m.

Join fellow pitch players and sign up for another five week tournament at the Northern Senior Activity Center. On Monday, September 8, at 12:30 p.m., the tournament resumes after a summer break. Cost is \$10 per person to register (goes toward cash prizes), you must be 50 years of age or older to play and registered with the Department of Aging and Human Services. The top winners are announced on October 27 after the final game is played. Bump money is randomly won with raffle tickets and a special 'Booby' prize for the person with the lowest score. Sign up and payment are due by Thursday, September 4, while space is available. Call 301-475-4002, ext. 1001 for more game details.

beginner

scrapbooking

In September, a new scrapbooking class will start as an introduction to scrapbooking. In this class, the format will be for an 8x8 book using kits designed by the instructor. Kits will reflect various subjects and will need to be purchased at the class; cost is \$5. This first class is scheduled for Tuesday, September 16, at 9 a.m. You need to sign up by Friday, September 12 by calling the Center's front desk at 301-475-4002, ext. 1001.

Breakfast Café at 9 a.m.

Wednesday, July 9 is *Bacon & Egg on English Muffin, Potato Cake & Fruit* and **Wednesday, August 13** is *Sausage Gravy on Toast, Home Fries, and Pastry.*

And Lunches Too!

Home-style Comfort

Friday, July 18 is *Crab Cake Sandwich, Potato chips, Squash Casserole, Peach Cobbler with Vanilla Ice Cream, Fruit Juice and Milk.*

Friday, August 22 is *Pizza Lunch with Tossed Salad, Summer Fruit, Apple Juice and Milk.*

Bicycling on the Three Notch Trail

Regular bikes and a ‘Terra Trike’ recumbent bike are available on a daily basis at the Northern Senior Activity Center. Get going and enjoy the great outdoors! Just stop in at the front desk to check out a bike and hit the trail. See staff for orientation on riding the trike bike.



Stay Young with Yoga; First class is Free!

Come meet Gail Wathen, RYT, Yoga Instructor at the Northern Senior Activity Center in Charlotte Hall. The first class is free, open to all members (50 years and older) and on Mondays at 9 a.m. and every other Friday at 8 a.m. Yoga has many qualities and virtues not to mention that it can help reverse the aging process naturally! Indulge yourself with an opportunity to achieve inner peace, self-healing and improved flexibility and health. After your first free class, purchase a fitness card for \$30 for 10 more classes.



Just Forming: Hospice Support Group
3rd Fridays at 12:30 p.m.
Social Room

Living Well With Chronic Conditions

Mondays, July 14-August 18 (6 sessions), 12:30-3p.m.

Start doing something wonderful for yourself; improve your life while dealing with a chronic health condition. This is an evidence-based program that was developed by Stanford University to help people with chronic conditions take charge of their lives by developing self-management skills, including dealing with depression and fatigue, pain management, working with health care providers and more. The St. Mary’s County Department of Aging & Human Services, and ‘Health Connections’ has been offering this program over the last five years. Recent developments have been implemented that make this workshop even more effective. If you have a chronic condition and are serious about improving the way you feel, this is for you. There is no charge for taking this class. A commitment to regular attendance is encouraged.

Raise Your Voice in Song
Loffler Senior Activity Center
Monday or Tuesday TBD, 2-3 p.m. Six weeks
\$25 per person for 6 weeks

Choir lessons are on the way! With 15 interested folks, Dr. Robert L. Jefferson, who teaches piano lessons at Loffler, will start choir lessons. Raising your voice in song might help you feel better, sing better and have some fun while doing so. The \$25 fee is to be paid directly to the instructor on the first day of class. Call 301-737-5670, ext. 1658 to sign up.



.JPIG (Join our Photo Interest Group)

Come together in a forum with other photo fans to discuss the world of photography in an informal setting. A facilitator will guide the conversation and look for topics that are important and relevant to members. There is no charge to join. Show-and-tell will be encouraged for art appreciation. The group will begin meeting soon at the Northern Senior Activity Center. Sessions will likely be midweek, late mornings for 1 to 2 hours depending on topic and attendance. Please contact the Center by calling 301-475-4002, ext. 1002 for scheduled dates.

Book Clubs Welcome New Members
Northern Senior Activity Center

Membership is open to two different book clubs. The 'Page Turners' book club is a structured meeting with questions to review while reading the book in preparation for discussion at the next meeting. The 'Book Chatter' book club offers a relaxed atmosphere that reviews everyone's take on the book and sometimes meets outside of the center. Pre-selected books are chosen by members of both clubs; however, they are different books. The 'Page Turners' meet the fourth Monday of the month at 1 p.m. while the 'Book Chatter' group meets on the fourth Thursday of the month at 11 a.m. To learn more or to join, call 301-475-4002, ext. 1003.



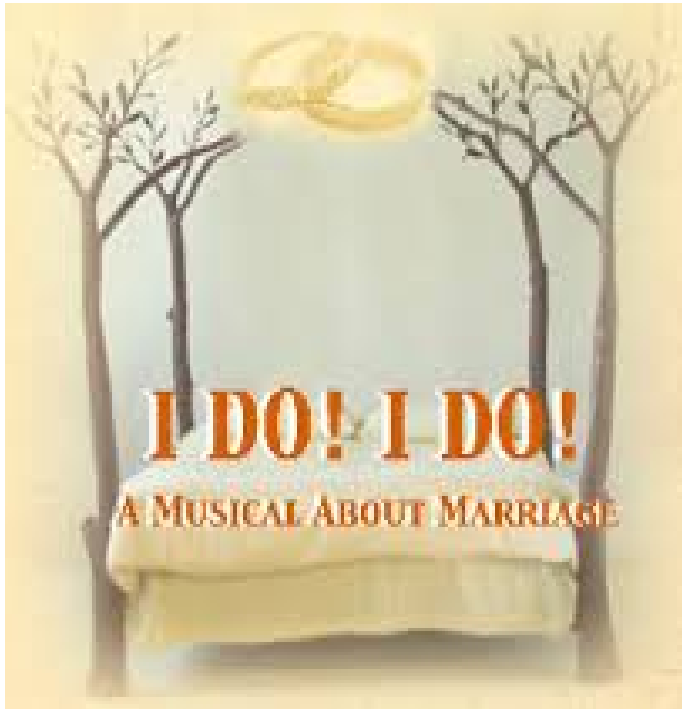
Trips and Tours

Infinity Theatre in Annapolis: I Do! I Do!

Thursday, July 31

Travel to Infinity Theatre in Annapolis for lunch at the Broadneck Grill, followed by a

musical about marriage. The story begins as Michael and Agnes discover the joys and fears of their wedding day, and wedding night, then swiftly travel with them through fifty years of marriage. *I Do! I Do!* is a delightful musical led by two powerhouse performers exploring fifty



years of love and change, as they display life in its most concentrated form, marriage! The cost of this trip is \$90 and includes travel on a motor coach bus, lunch at Broadneck Grill, a full length professional musical, all gratuities including tip for the bus driver as well as snack and water on the return trip. Departure times will be:

Loffler 9:30 a.m.

Garvey 10 a.m.

Northern 10:30 a.m.

Your spot is reserved when you have made full payment, which you can do at any of the senior activity centers in the county or by mail. To learn more call Brandy at 301-475-4200, ext. 1062.

When is the last time you got outside to do something physical? Went on a trip? Met with friends? Enjoyed some activity with others? These Senior Activity Center programs are as close as your telephone!

Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager



Celebrating Freedom and Independence

When we think about independence, freedom often comes to mind, and summer seems to epitomize the season of freedom. In summer, we shed our bulky winter clothes and take a break from work, chores, and the routines of life. We plan vacations, we go to the beach, we kick off our shoes and walk barefoot in the sand. Some of us enjoy swimming, leaving behind the gravity of this world as we enter a lighter, watery realm. I especially enjoy floating on my back in the water while gazing up

at a bright blue sky full of puffy white clouds. I also enjoy plopping down in my favorite lawn chair with a tall cool glass of iced tea and a great book to read where I can get lost in the story and enter another world. Surely summer, with its sunny days and carefree ways, represents the Season of Freedom and Independence.

Summer offers us a chance to recharge our batteries, refresh ourselves, and re-group. We may take time to get together with friends for a cookout or crab feast, to enjoy corn on the cob and watermelon. We might pick fresh vegetables to make a garden salad or stretch out in the hammock for an afternoon nap in the shade. How about a friendly game of cards under the



cooling breeze of a fan or tossing a Frisbee with a friend in the front yard? Summer is the season for releasing ourselves from long lists of tasks and goals. Summer is the season for simplicity, when we can leave behind the insistent slogan of “Just Do It” and instead take time to “Just Be.”

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Summer releases us from the tyranny of to-do lists. Beyond simply relaxing and enjoying a break from life’s daily demands, many of us need a renewing of our hearts, minds, and souls. Whether we’re hitting the open road with the wind in our hair or sitting on our front porch enjoying an evening breeze, summer offers us opportunities to retire from the “busy-ness” of our lives, refresh ourselves, and return ready for more adventures in life, work, and volunteering!

Return from Summer Vacation Ready for Volunteering

Once you've enjoyed your summer break, RSVP has many opportunities to help you resume your commitment to community service. We invite you to explore some of our ongoing volunteer opportunities listed below or new opportunities on the horizon. Also, why not invite a family member or friend to join us? The more who serve, the more we can help others and our community!



Summer Vacation



Community Health Fair

The Department of Aging and Human Services sponsors a large-scale Community Health Fair each year. The event features local health programs, services, and resources and offers flu shots and health screenings. Many volunteers are needed to support this event, including volunteers to staff screening stations and to greet and direct visitors. Volunteers can serve either a four-hour or eight-hour shift. A training and information session is offered several weeks prior to the event. If you'd like to help our community stay healthy, please give RSVP a call.

Senior Rides

Senior Rides volunteers use their own vehicles to transport homebound persons to health care appointments and medical procedures. This is a flexible opportunity based on your schedule and availability. Training and mileage reimbursement are provided. Background and MVA checks are required. If you have a heart to serve those who can no longer drive themselves, give us a call.

Meals on Wheels

Meals on Wheels volunteers deliver hot, nutritious meals to older adults in their homes at lunchtime. Volunteers can serve once per week or once per month. This is a very fulfilling, rewarding opportunity.

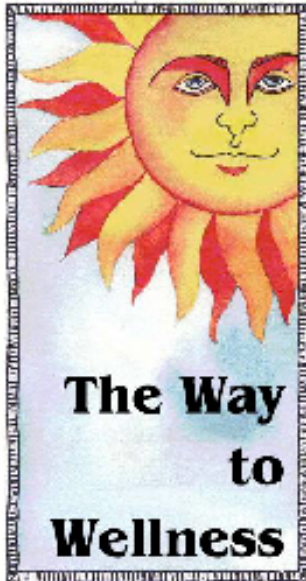


A Community That Shares, Friendly Visitation, Hospice, and Senior Vibes

Volunteers are needed to help A Community That Shares (ACTS) provide free medical equipment to persons in need. Friendly visitation volunteers are needed at Charlotte Hall Veterans Home. Hospice needs volunteers to provide respite care to patients and family members and to prepare meals for residents of Hospice House. Senior Vibes, a friendly and casual music group, is seeking volunteers who enjoy singing or playing an instrument to perform for residents of Charlotte Hall Veterans Home and local senior communities.

To learn about these and other volunteer opportunities for seniors 55 years of age and above, call RSVP at 301-737-5670, ext. 1653, or e-mail <Norine.Rowe@stmarysmd.com>

Save The Date...



St. Mary's County
Department of Aging
& Human Services



Health Fair:
The Way To Wellness
Friday, October 24, 2014
8:30 a.m. - 3:30 p.m.

Southern Maryland Higher Education Center
44219 Airport Road California, MD 20619

- **Health Screenings include Skin Cancer, Hearing, Height & Weight, Oral Cancer, Blood Pressure, & Bone Density**
 - **Flu Inoculations**
(Medicare card holders should bring their cards; a \$20 payment, by cash or check is appreciated from those not eligible for Medicare)
- **Over 70 Exhibitors with the Latest Health and Wellness News, Information and Products**
- **Sponsorship & Demonstration Opportunities Available!!!!**

For more information call 301.475.4200, ext. 1073 or visit the Department of Aging website at stmarysmd.com/aging

Brought to you by the Board of County Commissioners for St. Mary's County:
Francis Jack Russell, President; Lawrence D. Jarboe; Cynthia L. Jones;
Todd B. Morgan; Daniel L. Morris and the Department of Aging & Human Services.

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301-475-4200, ext. 1050	Beginner & Intermediate Quilting	Louise Park	First & Third Friday	9:30 a.m.	Supplies
	Cards for the Troops	Susan Peters	Call	1:30 p.m.	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658	Needle Crafters	Liliane Jarboe	Mondays & Thursdays	10-11:30 a.m.	Free
	Decorating Committee	Shellie Graziano	1 st & 3 rd Mondays	2 p.m.	Free
	Appliqué Tutor	Kit Spalding	Mondays	1 p.m.	Free
	Art Guild		Tuesdays (Full)	9 a.m.-noon	Supplies
	Art Class		Fridays	10 a.m.-noon	Supplies
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.-noon	Free
	Needle & Thread	Self-directed	Thursdays	9 a.m.-noon	Free
	Project Linus	Debbie Rumble	3rd Fridays	10 a.m.	Free
	Wood Carving	W. & M. Brown	Tuesdays	1 p.m.	Supplies
	Form-A-Line Cards	Linda Wright	Mondays	1 p.m.	\$4
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	Simply Crafty	Self-directed	Daily	Open	Free
	Whimsie Works Pottery	Pam King	2nd & 4th Tuesdays	11 a.m.	Fee
	Scrapbooking Marathon	Barbara Sterling & Linda Brock	3 rd Thursday	9:30 a.m.	Free
	Quilting	Gina Alexander	2nd & 4th Wed.	12:30 p.m.	Free
	Dynamic Ceramics	Nancy Norris	Wednesdays	9:30 a.m.-noon	Fee
	Open Pottery Studio	Self-directed	Fridays	9 a.m.	Free
	Northern Stars Theater Group	Wrenn Williams	4th Friday	1 p.m.	Free

Ongoing Social Events at the Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	“Bring Your Buddy” Billiards	Mondays, Tuesdays Wednesdays Thursdays No Fridays	Before 11 a.m. Before 1 p.m. After 3 p.m.	Free
	Hand & Foot	4th Tuesday	12:30 p.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.	Free
	Double Pinochle	Tuesdays Fridays	11 a.m. Noon	Free
	Breakfast Café	Varies (see pg. 23)	9 a.m.	\$2
	Western Mahjong	Wednesdays	1 p.m.	Free
	Eastern Mahjong	Thursdays	1 p.m.	Free
	Bridge	Thursdays	10 a.m.	Free
	Bingo	Fridays	10 a.m.	\$1.50

Learning is ForEver (L.I.F.E.)

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Get ready, get set, GO...to your local Senior Activity Center to pick up your Fall 2014 LIFE booklet of tour offerings. Booklets will be available mid-July; registration begins August 11. Registration is on a first-come, first-served basis either through the mail or walk-in at the senior activity centers. Register early. Many exciting, interesting and educational events are planned, including trips to the Museum of Natural History, the National Cathedral, Chesapeake Lighthouses, the Spy Museum & Newseum, The Naval Air Museum, St. Mary's County Emergency Control Center and many more. Be sure to pick up your booklet soon as booklets are not mailed. Booklets are also available online at www.stmarysmd.com/aging. Call Alice at 301-475-4200, ext. 1063 with questions. And remember, learning is forever!

Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050	Bingo	1 st & 3 rd Mondays	10 a.m.-noon	\$1-3
	“Bring Your Buddy” Billiards	Monday & Tuesday Wednesday Thursday No Fridays	Before 11 a.m. Before 1 p.m., After 3 p.m.	
	Pitch	Mon., Wed. & Fri.	10 a.m.-noon	Free
	Senior Vibes	1 st Tuesday	9:30-11:30 a.m.	Free
	Pokeno	3 rd Wednesday	10:30 a.m.	Pennies
	Bridge Club	Thursdays	10 a.m.-3 p.m. (call for info)	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658	Pinochle	Mon., Wed. & Fri.	8 a.m.-12:30 p.m.	Free
	Canasta/Pitch Club	Tuesdays	9:30 a.m.-2 p.m.	Free
	Contract Bridge	Tuesdays	10 a.m.-noon	Free
	Bingo	Tuesdays except 2nd. Tuesdays May 14 & June 11	12:30-1:30 p.m. 10:30 a.m.	\$1 per card to 3
	P.M. Pinochle	2 nd & 4 th Weds.	Noon	Free
	Canasta	2 nd & 4 th Weds.	1-4 p.m.	Free
	Puzzles	Daily	9-Noon	Free
	Polish Poker & Pitch	Wednesdays	10 a.m.	Free
	Hand & Foot	Mondays	2 p.m.	Free

‘Come out and play’
*First Class Events &
 Entertainment at your
 Senior Activity Center!*

Ongoing Physical Fitness Activities At Garvey and Loffler Centers

Location	Title	Day(s)	Time	Cost
<p>Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050</p> <p>*F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	Fitness Equipment	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Call for availability	8 a.m.-5 p.m.	Free
	Low Impact Aerobics	Mondays	8:30-9:30 a.m.	F.C.
	Men's Strength Training	Mondays & Thursdays	9:30-10:30 a.m.	F.C.
	EnhanceFitness	Mon., Wed., Fri.	10:45-11:45	F.C.
	Open Table Tennis	Tuesdays except 1st. Thursdays	10 a.m.-noon 2:15 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays & Thursdays	9-9:30 a.m.	Free
	Yoga For Everyone	Tuesdays & Fridays	1:05-2:05 p.m.	F.C.
	Line Dancing	Wednesdays	1:30-2:30 p.m.	Free
	Clogging	Wednesdays	2:30-3:30 p.m.	Free
	Exercise for Parkinson's Disease	Thursdays	1:15-2 p.m.	Free
	Zumba	Thursdays	10:45-11:45 a.m.	F.C.
	Video Aerobics	Fridays	8:30-9:30 a.m.	Free
<p>Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658</p> <p>* F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	Fitness Equipment Available	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Daily	8 a.m.-5 p.m.	Free
	Zumba	Mondays	Noon	F.C.
	Walking Club	Mon., Wed., & Fri.	9 a.m.	Free
	Arthritis Foundation	Mondays & Fridays	1-2 p.m.	Free
	EnhanceFitness	Monday-Friday Wednesday	2 p.m. 1 p.m.	F.C.
	Strength Training	Tues. & Thursdays	10-11 a.m.	F.C.
	Yoga	Mon., Wed., Fri.	10-11 a.m.	F.C.
	Core & Abs	Wednesdays	2-3 p.m.	F.C.
	Line Dance	Fridays	11 a.m.	Free
	Bocci	2nd & 4th Thursday	9 a.m.	Free
	Table Tennis	Thursdays	2 p.m.	Free

Ongoing Physical Fitness Activities At The Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001 * F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.	Fitness Equipment Available	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Daily	Noon-5 p.m.	Free
	Walking on Three Notch Trail	Daily	Open	Free
	Regulation Horseshoes	Open	Open	Free
	Yoga For Everyone	Mondays & Fridays	Mondays, 9:30 a.m. Fridays, 8 a.m.	F.C.
	Total Body Strength: Circuit Training	Mondays Fridays	2-3 p.m. 2-3 p.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Tuesdays & Thursdays	10-10:45 a.m.	Free
	EnhanceFitness	Tues., Thurs., & Saturdays	Tues. & Thurs., 9 a.m., Sat. 10 a.m.	F.C.
	Line Dancing	Wednesdays	1-2:30 p.m.	Free
	Regular Bike Riding	Daily	Open	Free
	YES cycling	Appointment	Scheduled Times	Free



We'll Read to You; Audio Version of the *New Beginning* Newsletter and Calendars are Online

Thanks to volunteer reader, Barbara Homan, an audio version of this bi-monthly *New Beginning* newsletter is available on the Department of Aging website. To have *New Beginning* read to you, go online to "Older Adult Programs" under "Residents" on the county web page www.stmarysmd/aging. Click on "New Beginning Newsletter" in the left sidebar. This will take you to past newsletters, and you can click on the issue you want to read, or click on the speaker icon to the right of the monthly edition you want to have read to you.

Call 301-475-4200, ext. 1073 to learn more about this audio availability. Additional volunteer readers and those proficient in other languages are particularly welcome; the time commitment is approximately two hours on a bi-monthly basis.

You can also view the Senior Activity Center monthly calendars by going to www.stmarysmd.com/aging and clicking on "Activities & Programs."

Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301-475-4200, ext. 1050	Coin Appraisals	John Hankla	1st Tuesday	9 a.m.-noon	Free
	Book Discussion	Kathy Mather	2nd Wednesday	10 a.m.	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658	Current Events	Dave Spore	Mondays	10 a.m.	Free
	Scripture Study	Solomon Olumese	2nd & 4th Fri.	10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By appt.	Free
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	Page Turners Book Club	Gloria Fusco	4th Monday	1 p.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	Quarterly Thursday	1 p.m.	Free
	Book Chatter	Joyce Summers	4th Thursday	11 a.m.	Free

Sign Up Online to Receive *New Beginning*

You can sign up to receive a notification when the newsletter is available online in PDF format via stmarysmd.com/citizen/signup.asp. This link will also allow you to sign up for news releases and emergency alerts. The newsletter can also be viewed on the Department of Aging website, stmarysmd.com/aging/.

If you choose to receive the newsletter via e-mail or view online rather than mailing, please contact Jennifer Stone, Community Programs and Outreach Manager at 301-475-4200, ext. 1073.

St. Mary's County Department of Aging & Human Services At A Glance

Lori Jennings-Harris, Director

Senior Information and Assistance (Senior I&A) - Provides important updated information as it relates to senior services, benefits, and assistance programs. You may reach Debbie Barker, Program Manager, at 301-475-4200, ext. 1064 or Melissa Meatyard at 301-475-4002, ext. 1004, or 301-737-5670, ext. 1654.

Home and Community-Based Services (HCBS) - Consists of six programs providing the following services: Guardianship for individuals age 65 and over, Medicaid Waiver for Older Adults Program, Long-Term Care Ombudsman, Senior Care Program, Respite Assistance and Caregiver Support. Call Rebecca Kessler, Division Manager, at 301-475-4200, ext. 1061.

Senior Activity Centers - The three county senior activity centers are places where adults age 50 and over who are independent and active can participate in activities, events, exercise programs, and group meal programs. Call Alice Allen, Division Manager, at 301-475-4200, ext. 1063.

Meals On Wheels - A service for seniors 60 and over who are homebound and have a moderate to severe disability which prevents them from shopping or cooking for themselves, and who have no one to prepare meals. Bridget Maddox, Program Coordinator, can be reached at 301-475-4200, ext. 1060.

Retired and Senior Volunteer Program (RSVP) - Offering persons 55 years of age or older an opportunity to donate their time, talents, enthusiasm, and expertise in the local community. Call 301-737-5670, ext. 1653.

Senior Rides Program - A program which connects individuals who meet certain criteria and need transportation to important events and appointments with pre-screened, trained volunteer drivers. Call 301-475-4200, ext. 1066 for more information.

Community Programs & Outreach - Communicates timely and topical information to the senior community through a bi-monthly newsletter, website updates, local and state-wide events, and local media. To receive the bi-monthly newsletter, call 301-475-4200, ext. 1073.

Human Services - Areas of responsibility of the Division of Human Services include: services provided to citizens with mental health needs; substance abuse treatment and prevention options including outpatient and residential options; supportive services for children and youth; and social, educational, and recreational activities to children and families. This division facilitates an integrated network of services to improve conditions for people in need. The division brings together local agencies, providers, consumers of services, other public and private entities, and other community representatives in order to empower local stakeholders in addressing the needs of, and setting priorities for, St. Mary's County.

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Website: www.stmarysmd.com/aging

Fax: 301-475-4503

Phone: 301-475-4200, ext. 1050

Address: 41780 Baldrige Street, P.O. Box 653, Leonardtown, MD 20650

(Please send donations and correspondence to the Post Office Box.)

Senior Activity Centers:

- Garvey Senior Activity Center, Tel. 301-475-4200, ext. 1050
41780 Baldrige St., Leonardtown, MD, 20650
- Loffler Senior Activity Center, Tel. 301-737-5670, ext. 1658
21905 Chancellor's Run Rd., Great Mills, MD 20634
- Northern Senior Activity Center, Tel. 301-475-4002, ext. 1001
29655 Charlotte Hall Rd. Charlotte Hall, MD, 20622



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Human Services
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Holiday Closings...
(Also, no Meals On Wheels)

Independence Day, Friday, July 4, 2014