

NEW BEGINNING

VOLUME 25, ISSUE 4

JULY – AUGUST 2012

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



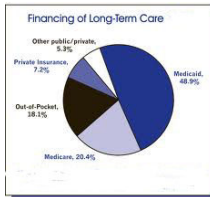
***We Are Celebrating
Your Independence !***



In This Issue...



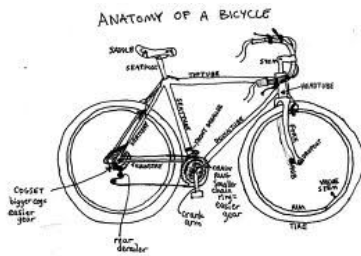
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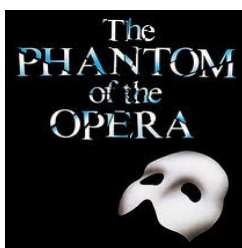


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From the Director's Desk...

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

Independence means freedom to many people. The ability to make our own decisions and to live independently is paramount as we mature and grow older. Very often we need a little help with independence. Whether it's help with transportation, shopping, appointments, or providing social contact, some of us may need a hand to remain independent. Folks most often rely on family, friends and neighbors to provide assistance when they need help, but those individuals are frequently in need of support themselves. Who cares for the caregiver?

The Department of Aging and Human Services offers help that addresses the needs of caregivers. We offer programs which enable them to stay connected to valuable resources that assist them in their caregiving role, and provide respite from the challenges of caregiving. The financial commitment we have received from the National Active and Retired Federal Employees (NARFE) Association helps us provide assistance for those with Alzheimer's disease or other dementia-related illness. We are able to support family members and care providers by helping with prescription and other costs associated with providing care.

We are mindful of the importance of helping families stay together, and know it is imperative we support those who are helping others, to relieve some of the stress and strain of caregiving. Providing choices for care and playing a role in decisions that affect one's life are at the heart of our Department's mission. This mission to aid older adults and their family members and caregivers is as vital to us as it is to you, so be assured of our continued focus and support. This helps everyone remain independent.

If you or someone you know has a need for financial support in their effort to care for a loved one, contact the Department for more information at 301.475.4200, ext. 1050.



JULY - AUGUST 2012

*We Celebrate
Your
Independence !*

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

Publisher: Lori Jennings-Harris,
Director, Department of Aging &
Human Services
Editor: Taylor Gregg

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To receive a copy of this newsletter through the U.S. Mail, call 301.475.4200, ext. 1050.

Editorial submissions should be sent to:
**St. Mary's County Department
of Aging & Human Services
P.O. Box 653
Leonardtown, 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.

Senior Information & Assistance

By Debbie Barker, Senior Information & Assistance Manager

Do you qualify for SNAP?

It is estimated that thousands of seniors are missing out on important benefits provided by the Supplemental Nutrition Assistance Program (SNAP) formerly known as food stamps.



This program provides monthly cash benefits in the form of a debit card to assist with the purchase of food. Most people never apply because they believe their income is too high but what they don't know is that SNAP allows certain expenses such as rent, mortgage payments, medical premiums and co-pays, prescription costs, and transportation costs to medical appointments can be deducted from the gross income to determine eligibility. Everyone's monthly benefit is based on the net income after these deductions are taken into consideration. The maximum Net income limit for a one person household is \$908 per month and \$1,226 for a two person household. Assets such as bank accounts, IRA's, CD's, etc. cannot have a value that exceeds \$3,000. To apply visit the St. Mary's County Department of Social Services any Monday, Wednesday, or Friday morning or online at www.marylandsail.org.

Go Direct® ...

By March 1, 2013 anyone who is receiving federal benefits paid by check MUST have their benefits switched to an electronic transfer system either through a bank or credit union, the government sponsored Direct Express® card, or an electronic transfer account. The benefits affected by this mandate include Social Security, SSI, Office of Personnel Management, Veterans Affairs, and the Department of Labor. Anyone who does not voluntarily make the change will automatically have their benefits enrolled in the Direct Express® card. To learn more about this change and to sign up go to www.godirect.org or call 1-800-333-1795.

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Help Available for Skyrocketing Electricity and Heating Expenses!

The Southern Maryland Tri-County Community Action Committee, Inc., Office of Home Energy has begun accepting applications for the 2013 program year. 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 \$1,628.95 per month and \$2,206.45 for two people. Income that is received within 30 days prior of making application is considered. Social Security, annuities, pensions, IRA distributions, wages, child support, lottery winning, 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 a Maryland resident, a U.S. citizen or a qualified immigrant, 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.

Energy Assistance is not considered an emergency program; therefore, funding will not be applied to the electric account until approximately eight weeks after the application is submitted and heating assistance is not distributed until November for applications submitted during the summer months. Also, applicants who receive assistance with their electric account will be required to pay their budget plan amount each month. Fuel customers will receive a grant applied toward their future delivery.

Persons who meet these qualifications and are age 60 or over may complete an application at the Department of Aging & Human Services. For more information or to make an appointment at the Garvey Center call 301.475.4200, ext. 1064, the Loffler Center at 301.737.5670, ext. 1654, or the Northern Center at 301.475.4002. Persons under 60 years old must contact the Southern Maryland Tri-County Community Action Committee at 301.475.5574, ext. 200 for an appointment.



A Southern Maryland Quilt Show, Another Successful Year!

By Becky Benton

Many of the people who began the Honeybees Quilters at the Loffler Center in 1995 held a mini-reunion at the Southern Maryland Quilt Show on Saturday, March 17. If you think the leprechauns were happy you should have seen the smiles, hugs and warm greetings these ladies conjured up that day. Mary Everhart drove from Winchester, Virginia just to say hello, view the array of quilts and of course enjoy a Southern Maryland crab cake. Would telling you that our ages range from 68 to 92 mean anything to you? Well, how about a low estimate of 475 years of quilting and over 2,500 quilts made by these eight women? Many of those quilts were donated to babies, veterans, and people in hospice care. Kit Spalding and Bee Hogue are two of the knowledgeable teachers and the rest of us are trying to follow in their stitches...

We thank everyone who participated in this quilt show and thank you from the Honeybees to the general public who attended the show.



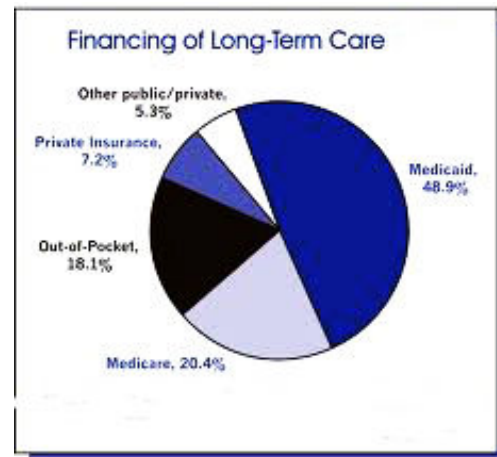
Honeybees at the Southern Maryland Quilt Show at the Loffler Senior Activity Center. (seated L-R): Helen Morris, Minnie Russell, Mary Everhart, Florence Stedman, Bee Hogue, Katherine Spalding. (standing L-R): Becky Benton, and Shirley Wilder.

Home & Community-Based Services

By Rebecca Kessler, Division Manager

Ten Things You Should Know About Aging with Independence & Dignity
From: The Scan Foundation, Victoria R. Ballesteros, Director of Communications, Athan Bezaitis, M.A., M.P.W., Communications Specialist

- 1) Most of us will need a little bit of help to get by as we get older.
- 2) Most of us are not prepared to pay for this care.
- 3) Supportive services are really expensive.
- 4) Medicare does not pay for these supportive services over an extended period of time.
- 5) Most government assistance for supportive services is linked to poverty.
- 6) Many of us aren't aware of how to access the care we might need as we get older.
- 7) So far, private insurance has not been the answer.
- 8) There is a growing demand for supportive services and care as people grow older.
- 9) Soaring costs threaten the health system.
- 10) Helping people stay in their homes and communities for as long as possible is a goal of the federal health reform law.



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Five Things You Can Do to Plan for Aging with Independence & Dignity

- 1) Stay healthy.
- 2) Talk with your loved ones.
- 3) Talk with your doctor.
- 4) Consider purchasing insurance coverage that is right for you.
- 5) Stay informed, get involved and take action.

To see the complete publication go to: www.TheSCANFoundation.org, or thescanfoundation.org/sites/scan.lmp03.lucidus.net/files/10_Things_You_Should_Know

NEW BEGINNING

Alzheimer's Association Inspiring Caregiver Awards:

St. Mary's County Ombudsman

Kathy Goodspeed Is "Advocate of the Year."

Kathleen Goodspeed has been the Long-Term Care Ombudsman and Senior Care Program Coordinator for the St. Mary's County Department of Aging & Human Services for over five years. Ms. Goodspeed is dedicated in all that she does.

As Ombudsman she promotes the interests, rights and well-being of all long-term care facility residents, including those who cannot advocate for themselves due to dementia-related illness, disability or cognitive impairment. Ms. Goodspeed also provides advocacy, support and education to family members of residents of long-term care, community members, and aging services professionals.

As the Senior Care Coordinator, Ms. Goodspeed leads a team of aging services professionals to provide gap-filling services to those in the community who would otherwise be in long-term care. She visits homes to meet with the clients and their family members to ensure these individuals are able to stay healthy and are able to remain in their homes in the community. A majority of these individuals suffer from dementia-related illness, have complex medical needs, and reside with family caregivers.

In addition, Ms. Goodspeed has organized and monitors a Personal Emergency Response System Program for 25 residents in the community, enabling those who are frail and live alone to have peace of mind.

Ms. Goodspeed has raised the bar. Her exceptional customer-centered service, dedication to those who cannot advocate for themselves, particularly those with dementia-related illness, and her incredible kindness have not gone unnoticed.

To learn more about the Long-Term Care Ombudsman Program contact Kathy Goodspeed at 301.475.4200, ext. 1055 or email to Kathleen.goodspeed@stmarysmd.com.



MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

www.marylandaccesspoint.info

At the Maryland Access Point (MAP) website you can search for and learn more about long-term care support services offered in Maryland. MAP is a partner in the national Aging and Disability Resource Center initiative supported by the U.S. Administration on Aging and the Centers for Medicare and Medicaid Services. MAP state partners include the Maryland Departments of Aging, Disabilities, Health and Mental Hygiene, and Human Resources, as well as the Regional Centers for Independent Living. MAP currently has local service sites in ten counties. We hope this site will be a helpful resource for consumers, their families and caregivers, and service staff.

MAP will begin operation in the St. Mary's County Governmental Complex (Potomac Building) in the summer of 2012. To learn more contact Rebecca Kessler, HCBS Division Manager, by calling 301.475.4200, ext. 1061 or email to Rebecca.kessler@stmarysmd.com.

Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

Independence, what a terrific topic for the months of July and August!! Everyone can appreciate the importance of independence; to not rely on others, to be self-sufficient and self-reliant. For most people, maintaining independence while aging is an important goal of life, one that can be more easily achieved by engaging in regular physical activity.

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 be quite limiting.
- **Stretching exercises** improve ease of movement, helping 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.



Protect your independence. Take part in regular physical activity which will improve your quality of life. Regular physical activity helps you live better and longer. It helps you maintain your independence.

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. Most importantly, give physical activity a try. 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'll have developed a healthful habit, one that helps protect your independence. Page 32 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.

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Tai Chi for Arthritis

Garvey Senior Activity Center

Wednesdays, August 1-September 19, 9-9:45 a.m.



The Arthritis Foundation Tai Chi Program® is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn. There is no fee for the program. Attendance at all class sessions is highly suggested. Sign up in advance by calling 301.475.4200, ext. 1050.

NEW BEGINNING

Tai Chi for Arthritis- Session II (for those who've completed Session I)

Loffler Senior Activity Center

Wednesdays 9 a.m.,

July 18 thru September 5 (8 classes)

If you enjoyed TCA Session I and would like to learn more movements you can sign up for Session II by calling 301.737.5670, ext. 1658. There is no fee for the program but sign-ups are required and completing Session I is a prerequisite. (Because this is a progressive class drop-ins will not be permitted.) Attendance at all class sessions is highly recommended.



Ongoing Tai Chi for Arthritis Practice

Loffler Senior Activity Center, Tuesday and Thursday 9-10 a.m.

Begins September 6. Cost- FREE (Completion of TCA Sessions I and II REQUIRED)

This program is set up for those who have completed Sessions I and II of the Tai Chi for Arthritis with a certified instructor. It is an opportunity to practice the 21 movements learned during those sessions. Though an instructor will not be directing these practice sessions, a peer coordinator will be available as well as the instructional DVD and charts with the list of movements including warm up and cool down exercises for your guidance. For more information or to sign up call 301.737.5670, ext. 1658.

Table Tennis Group Looking for Additional Players

The Garvey Senior Activity Center is looking for additional table tennis players on Thursdays at 2:00 p.m. All playing levels are welcome. For additional information, call 301.475.4200, ext. 1050.



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Line Dance

Loffler Senior Activity Center

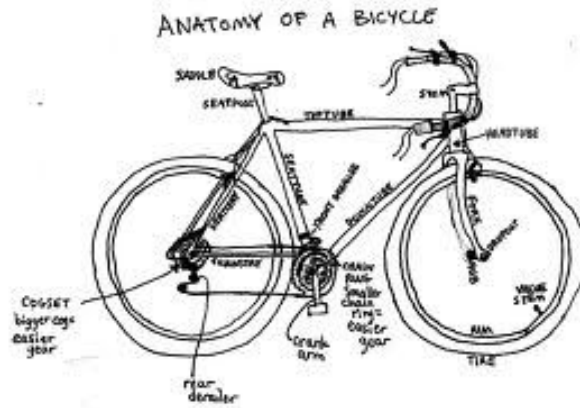
Fridays 11 a.m., Cost- Free

Line Dance has taken off at Loffler! Join in the fun by stopping in on Friday mornings. Wear comfortable shoes and learn classic as well as the newest dance steps to popular songs. For more information call 301.737.5670, ext. 1658.

Bike Maintenance

Northern Senior Activity Center
Tuesday, July 10

Whether you are a serious cyclist or a novice, keeping your bike in good working order is of the utmost importance. Safety should always be a concern when riding on a trail or alongside of the road. Dan Donahue, a certified cyclist instructor and YES! Program leader, will be available to assist with maintenance work on your bike, just bring it with you. A cleaning demonstration for chains, checking tire conditions, inspecting brake pads and the operation of brakes will be covered. For more information contact the Northern Senior Activity Center by calling 301.475.4002, ext. 1001.



Great and Grand Wii Bowling

Northern Senior Activity Center
Mondays, July 2-August 27, 12:30-4:30 p.m.

Bring in your grandkids during the summer time to play Wii bowling on Monday afternoons for inter-generational fun. School age children can participate with their great/grandparent and enjoy competing against other teams' scores for a prize. To learn more call 301.475.4002, ext. 1003.

Wii Bowling and Regulation Horseshoes available

Northern Senior Activity Center

Want to have fun bowling? The Wii bowling games are the most popular game in town! It's great for playing alone or with friends, available on a walk-in basis. Ask staff for assistance in setting it up. For those of you who like getting outside, regulation horseshoes are available by request to play on the Center's backyard green.



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Friday Morning Softball

Miedzinski Park, Leonardtown (field in front of Leonard Hall Recreation Center), Fridays, 10:00 a.m.

Spring is in the air and its time to dust off that bat and glove and head out to Miedzinski Park for a pick-up game of softball. Ages 50 and above are welcome. Call the Garvey Senior Activity Center at 301.475.4200, ext. 1062 to learn more.

2012 Senior Farmers Market Nutrition Program Coupons will be distributed in July at all three Senior Activity Centers on the days and times below. Those receiving coupons must be 60 years of age or older and meet the financial eligibility listed below:

**Farmers Market Income Eligibility Guidelines
(Effective from July 1, 2012 to June 30, 2013)**

Federal Poverty Guidelines – 185%

Household Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$ 20,665.00	\$ 1,723.00	\$ 862.00	\$ 795.00	\$ 398.00
2	\$ 27,991.00	\$2,333.00	\$ 1,167.00	\$ 1,077.00	\$ 539.00
3	\$ 35,317.00	\$ 2,944.00	\$ 1,472.00	\$1,359.00	\$680.00
4	\$42,643.00	\$ 3,554.00	\$ 1,777.00	\$ 1,641.00	\$ 841.00
5	\$ 49,969.00	\$ 4,165.00	\$ 2,083.00	\$ 1,922.00	\$ 961.00
6	\$ 57,295.00	\$ 475.00	\$ 2,388.00	\$ 2,204.00	\$ 1,102.00
7	\$ 64,621.00	\$ 5,386.00	\$ 2,693.00	\$ 2,486.00	\$ 1,243.00
8	\$ 71,947.00	\$ 5,996.00	\$ 2,998.00	\$ 2,768.00	\$ 1,384.00
each additional family member	add: \$7,326	add: \$611	add: \$306	add: \$282	add: \$141

Proof of age is required. No proof of financial eligibility is required but the applicant must sign an affidavit for the Department of Agriculture attesting to eligibility.

Center distribution dates:

Monday, July 2, 9 a.m.-3 p.m.	Tuesday, July 3, 9 a.m.-3 p.m.	Tuesday, July 10, 9 a.m.-3 p.m.
Loffler Senior Activity Center	Northern Senior Activity Center	Garvey Senior Activity Center
21905 Chancellors Run Road Great Mills, MD	29655 Charlotte Hall Road Charlotte Hall, MD	41780 Baldrige St. Leonardtown, MD

Nutrition Education Presentations by Donna Taggart

Nutrition Education Presentations by Donna Taggart

For July, enjoy ice cream delights to celebrate National Ice Cream month. The August topic is "Eating Healthy On A Budget."

Northern Senior Activity Center

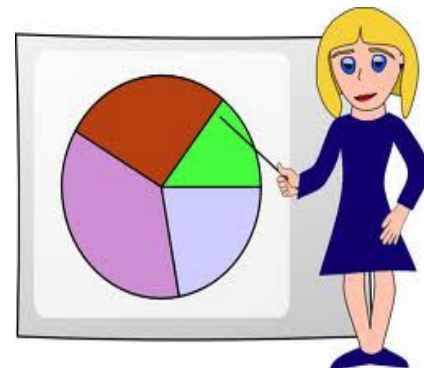
Thursday, July 5, 10:45 a.m. (No presentation is scheduled at Northern in August)

Garvey Senior Activity Center

Wednesday, July 11 & August 8, 11:00 a.m.

Loffler Senior Activity Center

Wednesday, July 18 & August 15, 10:45 a.m.



Educational Opportunities

Book Discussion Group

Garvey Senior Activity Center, Wednesdays, July 11 & August 8, 10:00 a.m.

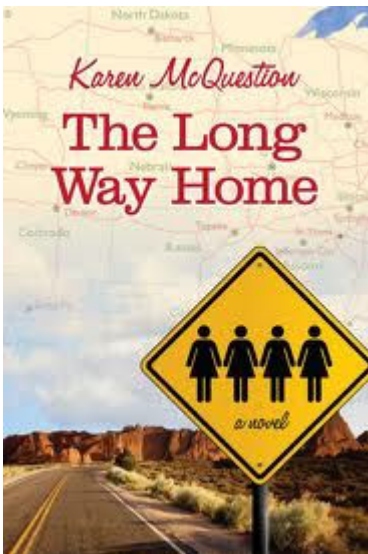
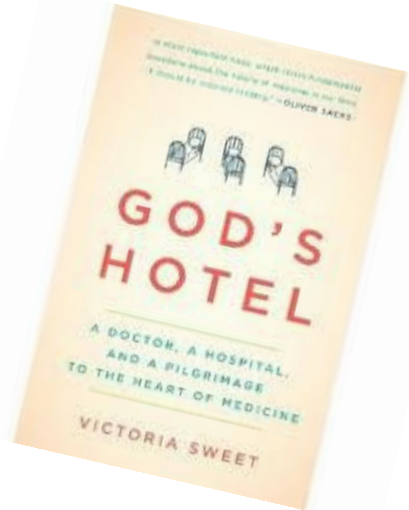
In July the group will discuss *God's Hotel: A Doctor, a Hospital and a Pilgrimage to the Heart of Medicine* by Victoria Sweet. *God's Hotel* tells the story of the last almshouse in the country, which, as efficiency experts, politicians, and architects descended, determined to turn it into a modern "health care facility," revealed its own surprising truths about the essence, cost, and value of caring for body and soul.

In August the group will discuss *The Long Way Home* by Karen McQuestion.

Four women bound by chance take the trip of a lifetime in Karen McQuestion's fifth novel. For

Wisconsinites Marnie, Laverne and Rita, life isn't working out so well. Each is biding time, waiting for something better, something to transport them out of what their lives have recently become. And then the three meet Jazzy: bubbly, positive, and happy even though she hears voices of the departed. Brought together by a chance meeting, the women decide to take a road trip with Marnie from Wisconsin to Las Vegas where she intends to reunite with Troy, the boy she raised as her own, and who she's been separated from since her boyfriend's death. Little do they know that as the road trip unfolds, so will their lives—in directions they never anticipated. Humorous, heartwarming, and bitter-

sweet, the journey has something special in store for each woman. For more information about participating in the book discussion group, call 301.475.4200, ext. 1072.



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Southern Maryland

Dementia Care Conference

Waldorf Jaycees, Waldorf, MD

Monday, November 5, 2012, 8:30 a.m.-2:30 p.m.

The Alzheimer's Association will provide a one-day conference for caregivers, family members and professionals who are caring for or working with those who suffer from a Dementia-related illness. For additional information, contact the Director, Alzheimer's Association® National Capital Area Chapter, Southern Maryland, 511 Charles Street, P.O. Box 1889, La Plata, MD 20646 (telephone) 301.934.5856, (24/7 helpline) 800.272.3900, (fax) 301.934.5858, or www.alz.org/nca.

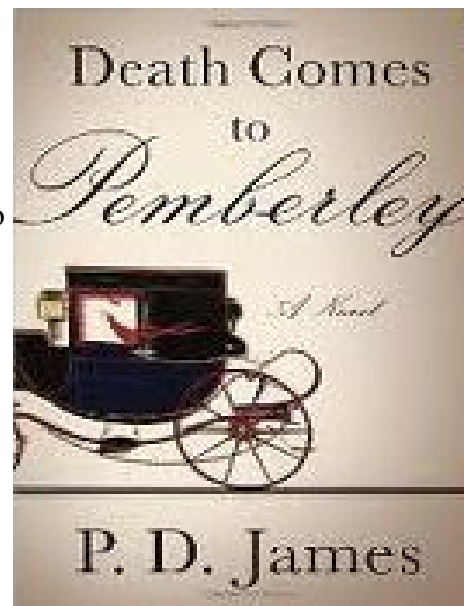
alzheimer's 
association™

Loffler Book Club

Loffler Senior Activity Center

Thursdays, July 13 & August 9, 12:30 p.m.

The Loffler Book Club meets every month. Anyone who is interested is welcome to come, whether or not you've read the current selection. Discussion for July will be about the book *Death Comes to Pemberley* by P. D. James. Pemberley, Jane Austen fans will recall, is the large Derbyshire estate owned by Fitzwilliam Darcy, who weds Elizabeth Bennet at the end of *Pride and Prejudice*, and in *Death Comes to Pemberley*, P. D. James's surprising new sequel to that novel it becomes the scene of a murder.



At the August meeting we will discuss *The Tiger's Wife* by Téa Obreht, in which a young physician navigating postwar chaos in the Balkans tries to make sense of the mysterious death



of her beloved grandfather. En-route to a rural orphanage with plans on inoculating a group of motherless local kids, 28-year-old Natalia gets the sudden, sad news that her grandfather, a well-respected doctor, has passed away. Enjoy a lively discussion with others who have read the book. For more information call 301.737.5670, ext. 1658.

Art with Faith Workshops

Loffler Senior Activity Center

July 19 & 20; August 16 & 17, 1-4 p.m., Cost is \$50

(includes 6 hours of instruction and all materials needed to complete your painting)

You can complete a beautiful painting in two days to take home while learning techniques developed by local professional artist Faith Gaillot. The paintings will be suitable for beginners as well as experienced students. If you would like to learn more about the subject and techniques involved and/or wish to sign up for this class call 301.737.5670, ext. 1658. Payment is to be given directly to the instructor on the first day of class but you must sign up by July 17 to take the class.



Special Events:

Yard Sale Fundraiser

Northern Senior Activity Center
Friday, September 21, 1 -4:30 p.m.
Saturday, September 22, 6:30 a.m.

The Northern Senior Activity Center Council will be holding a Yard Sale (*open to the public*) on Friday, September 21, from 1 p.m.-4:30 p.m. and Saturday, September 22, beginning at 6:30 a.m. (rain/shine) at the Northern Senior Activity Center in Charlotte Hall. Proceeds will benefit the Northern Senior Activity Center. Please do not include any clothes, children's toys or exercise equipment. Review your donations to ensure that they are saleable. Please call Council President Pat Myers 301.884.8714 to make arrangements for the delivery; we may not be able to accommodate unscheduled drop-offs .



Ice Cream Social Fundraiser

Garvey Senior Activity Center
Friday, July 13, 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 with your choice of cone; waffle, sugar, or wafer. Cost per cone: \$2.00. Also available will be ice cream sundaes for \$3.00 and brownie sundaes for \$4.00. To learn more call 301.475.4200, ext. 1050.

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Watermelon and Sparklers

Loffler Senior Activity Center
Tuesday, July 3; 10 a.m., Cost: FREE

Stop in at the Loffler room the day before Independence Day for some patriotic music, refreshments and sparklers as we observe our country's birthday. Wear red, white and blue! No sign-ups required. To learn more call 301.737.5670, ext. 1658.



NEW BEGINNING

50's Sock Hop & Antique Car Show

Northern Senior Activity Center

Friday, August 24, 9:30 a.m.-2 p.m.

Enjoy a fun time boogieing around the dance floor with 1950's Sock Hop music performed by entertainer Ron Collins. An old fashioned drive-in diner cheeseburger lunch with lettuce, tomato, onion and sweet pickles fixings, oven cooked fries, baked beans and soda pops will be served at noon. Purchase your ticket before noon on Thursday, August 23, at the Northern Senior Activity Center. The cost is a \$7 suggested donation which includes your meal and dancing. There is plenty of time to check out the antique car show in the parking lot before or after lunch.



'Independence Day' Picnic

Northern Senior Activity Center

Wednesday, July 11

10 a.m.-2 p.m.

Come and enjoy a patriotic show at 10 a.m. celebrating our 'Independence Day' picnic. A catered meal will feature *fried chicken (choice of white or dark meat), BBQ pulled pork sandwich, baked beans, Cole slaw, potato salad and strawberry short cake for dessert*. Suggested ticket price is \$8, which includes the meal, entertainment and some fun games. Tickets will be sold until noon on Thursday, July 5.



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Save The Date:

HEALTH FAIR

“The Way To Wellness”

Friday, October 26, 2012

Hollywood Volunteer Fire Department

JULY – AUGUST 2012



12th Annual Law Enforcement Appreciation Day

The 12th Annual Law Enforcement Appreciation Day Ceremony was held on Tuesday, May 15, at the Southern Maryland Higher Education Center, in California. The ceremony paid tribute to law officers who have perished in the line of duty, and to honor the Officer of the Year selected from each law enforcement agency based on their service to the community.



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Photos (clockwise from the top): St. Mary's Board of County Commissioners President Jack Russell leads the Pledge of Allegiance, Director of the Department of Aging & Human Services Lori Jennings-Harris offers congratulations, and a buffet lunch was served after the ceremony.



St. Mary's County Triad/SALT (Seniors and Law Enforcement Together)

(Triad: a partnership of law enforcement, senior citizens, and community groups. The purpose of Triad is to promote senior safety and reduce the fear of crime.)

Driving Long Distances for Seniors

Thursday, August 30, 2012,

Northern Senior Activity Center, 12:30 p.m.

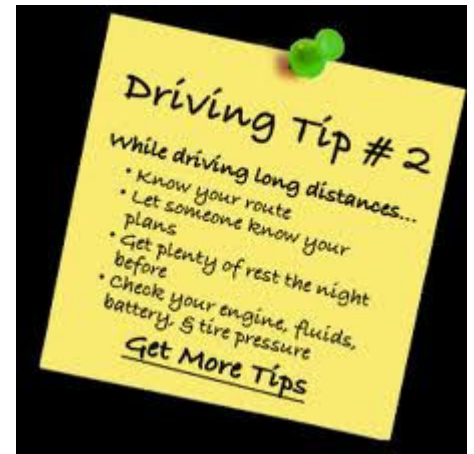
Thursday, November 15, 2012

Garvey Senior Activity Center, 12:30 p.m.

Having the freedom to take off on long leisurely trips is one of the best parts about being a senior driver! This 45 minute program will show you how to plan a successful trip, give you strategies for reducing the chance of drowsiness, ways to prepare for an emergency, and how to handle emergencies if they do arise. This program will also show you how to spot the aggressive and distracted drivers as well as how to steer clear of the trouble they cause. There will be hand-outs and a small give-away. The speaker is Myra Wieman, Manager, Safety Services, Mid-Atlantic Foundation for Safety & Education, a non-profit affiliated with AAA. She is a certified driver improvement program instructor and child passenger safety technician.

You must register for the 11:45 a.m. lunch at least one day in advance. Meal cost is a donation for those 60 and above and \$5.50 for others. The menu is posted on the Department website at www.stmarysmd.com/aging.

To sign up call Jennifer Hunt, at 301.475.4200 ext. 1073, and plan to stay after the presentation for a council meeting.



‘Stewards of the Earth’ Day

On April 23, the Northern Senior Activity Center celebrated the ‘Stewards of the Earth’ day with a presentation about the Chesapeake Bay Terrapins program by Will Williams, Outdoor Educator. The Arlington Echo Outdoor Education Center raises terrapins from Poplar Island, a sanctuary to protect them from predators. After a year of nurturing and caring for them, the turtles are released back at Poplar Island. An overview was given about the dredging practices in the Chesapeake Bay area, in and around the Baltimore ship yards, which helped to rebuild Poplar Island to its original size before erosion. A fun animal track game called *Moose, Goose on the Loose* was played to test the participants’ knowledge of animals and the tracks they make. A wildlife display with a black bear, foxes, raccoon, opossum, and a barred owl were loaned from the St. Clements Island Museum Division. Native American flute music was played by Will Williams for entertainment during lunchtime. Also a collection of bird nests were on display, along with a lovely, detailed ‘Chesapeake Bay’ quilt made by Gina Alexander.

Thank you to everyone who helped to make this a memorable day!



Outdoor Educator Will Williams talks about Chesapeake Bay Terrapins.

**RSVP Volunteering:
A Journey of Mutual
Inter-Dependence**

Independence

I'm struck by how our view of independence changes over time. When you're 16, independence might mean getting your first car. In your 20s, perhaps it means getting a place of your own. In mid-life, independence takes a back seat to a life that becomes focused on work, family, and responsibility. Later, once children grow up and move out, independence moves into the front seat again because now there's time to do things just for yourself; perhaps to take up a new hobby or travel. Then, as you grow older, independence becomes even more important. You want to keep your health, your mobility, your car. You want to remain as independent as possible for as long as possible.



Dependence

Dependence, on the other hand, is where we all start. We enter this world vulnerable and dependent upon others for our needs. And as we age, we may once again become dependent to some degree. We may rely on others to help us with various tasks, such as yard work, housework, or grocery shopping. We may need someone to drive us where we want to go, to help us up a flight of stairs, to assist with personal needs.

Inter-dependence

We are all on a journey from dependence to independence, then back to dependence again. In truth, we are seldom fully independent. Most of the time, we are inter-dependent; we rely on one another for assistance, guidance, and advice; for friendship, companionship, and love. Some people are good at certain tasks; other people good at others. We work in teams, we play in teams. We live in families, we live in neighborhoods. No man or woman is an island; we are all interconnected, and our lives are entwined with one another. We are all part of the human family, and this is a good thing. We need, help, and rely on one another.

This is especially true with volunteers. Many join RSVP because they want to help. They want to share their time, talents, and expertise. The beautiful thing is that when volunteers help others, they discover that they are helped in return. An offer of assistance is greeted with a warm smile. A task done for another is returned with genuine gratitude. A volunteer who had too much time on their hands now feels needed. Instead of feeling disconnected, isolated, and lonely, they feel connected, valued, and appreciated. Life takes on new meaning.

What we give returns to us two-fold. We often re-learn one of life's great lessons; that independence isn't all it's cracked up to be. As Janis Joplin said, "freedom's just another word for nothin' left to lose." So let us never become so independent, so separate, so completely on our own that we've nothing left to lose. Instead, let us march into the stream of life, helping one another through the gentle currents, the rushing stream, and the turbulent waters. Let us dedicate ourselves to lives of mutual inter-dependence; let us gracefully receive when in need, and when we are able to give, let us do so with grace, an open heart, and a willing hand.

Volunteer News...

By Norine Rowe,

RSVP Project Manager

**Retired and Senior
Volunteer Program**

RSVP Volunteers in the Spotlight

Over the past several months, we've seen a number of our RSVP volunteers in the spotlight. Two of our volunteers, Pat Myers and Ann Thomas, were nominated for St. Mary's County Woman of the Year.

Among Pat's many accomplishments, she was nominated for her work on behalf of senior issues and the National Active and Retired Federal Employees (NARFE) Association.

Ann was also nominated for her many accomplishments working with seniors, especially her work at the Ridge Nutrition Site, as Past President of the American Legion Auxiliary in Ridge, her service on the RSVP Community Advisory Committee, and her unflagging efforts on behalf of veterans.

We are very proud of both women. We are also pleased to announce that Pat was selected as the St. Mary's County Woman of the Year during the annual Commission for Women Banquet. Pat and Ann, you reflect the best of what RSVP is all about; lives of dedicated service to others!

Lifetime Achievement;

Presidential Call to Service Awards

At our annual RSVP Volunteer Appreciation Ceremony in March, we recognized RSVP volunteers for their hours of service in 2011 and years of service as well. We also recognized two volunteers who have invested more than 4,000 lifetime hours of service with RSVP. Receiving the Presidential Call to Service Award were **Gina Alexander** (right in photo) with 4,612 hours and **Peggy Taylor** (left) with 4,372 hours. Both volunteer with the Northern Homemakers at the Northern Senior Activity Center, and both donate numerous handmade items such as quilts, care bears, and lap robes to hospitals, pregnancy care centers, and nursing homes. They use their creative

talents to work tirelessly on behalf of others, along with the many other volunteers with their group. We offer our appreciation and gratitude to Gina and Peggy, as well as all our Northern Homemaker volunteers, for sharing your creative gifts in such a wonderful way.

The Women of RSVP, A Legacy of Service

In honor of Older Americans Month and Senior Corps Week in May, a story appeared in the May-June Issue of *Southern Maryland Woman* magazine which features RSVP volunteers and highlights how they contribute to the quality of life in our community.

For information on volunteer opportunities for persons 55 years of age and older, contact the Retired and Senior Volunteer Program at 301.737.5670, ext. 1653, or e-mail Norine.Rowe@stmarysmd.com.



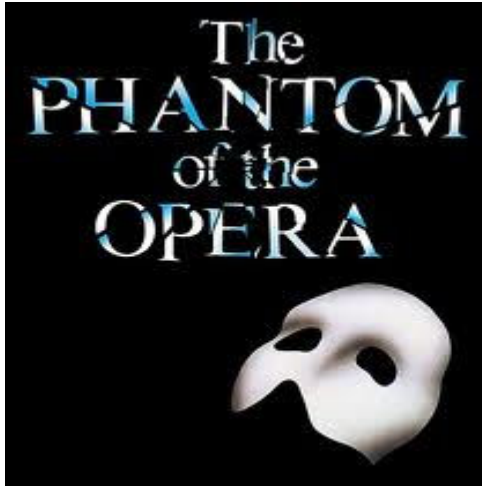
Myers



Ann Thomas



Trips and Tours



Red Hats and Friends: *THE PHANTOM*

Wednesday, August 8

Riverside Dinner Theater, Fredericksburg, VA,

Cost: \$90 per person

Grab a red hat and help us fill the bus as we travel to see a popular production, based on the *Phantom of the Opera*, with music from the original production. The price of the trip includes bus fare, snacks on the bus, lunch served to you at your table at Riverside, admission to the show and even the tip for the bus driver!

Your seat is reserved when your payment is received.

Call Joyce, 301.737.5670, ext. 1656 for details.

Orioles vs. Tampa Bay Rays

Thursday, September 13

Plan ahead! Because of the scheduling for mid-week summer Oriole's games, we will host our annual Orioles bus trip on Thursday, Sept. 13. If you are interested in this Thursday afternoon game, vs TAMPA BAY RAYS in Baltimore, call

Joyce 301.737.5670, ext. 1656

for game details. Bus will depart from each of the Senior Activity Centers, snacks, transportation, tip for bus driver and ticket to the game are included in the cost.

Cost per person is \$60 and your seat is reserved only when payment is received. Seats are limited, and this trip always sells out, so please plan ahead.



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Blood Pressure Screenings:

Friday, July 27 & August 24

Free Blood Pressure checks are available at all Senior Activity Centers. Anyone wishing to have their blood pressure checked is welcome to stop by. No appointment necessary.

Times and locations are as follows:

Garvey Senior Activity Center 11:30 a.m.

Northern Senior Activity Center 12:30 p.m.

Loffler Senior Activity Center 10 a.m.



NEW BEGINNING

Myrtle Beach, October 4-7, 2012

Cost \$660 per person (based on double occupancy)

There are still a few seats available for this trip! Enjoy a relaxing, extended weekend at one of America's most beloved beaches! Travel by luxury motor coach bus to the Ocean Reef Resort, where you will spend three nights in an oceanfront room with your own balcony. The only things on the agenda for the first night are to check into our lovely hotel and then take a trip to Preston's Seafood Buffet. Start the next morning off with a full breakfast at our hotel and then



choose between kicking back on the beach or going to some of the outlet shopping centers. We'll all meet up at 5 p.m. for dinner to be followed by a full length show at the Alabama Theater. The next morning we will again enjoy a full breakfast at our hotel before we choose between "staying home and enjoying another day at the beach" or an optional tour of a local rice plantation (tour is an additional \$18). We'll reunite for a trip to scenic Murrells Inlet for some dinner after which we will enjoy another great show- this time at the Carolina Opry. On the fourth day, after breakfast we

will head back home with wonderful treasures and memories. The cost of this trip is \$660 based on double occupancy and includes 3 nights' accommodations at the Ocean Reef Resort, 3 full breakfasts at the hotel, 3 full course dinners, 2 full length shows, luggage handling, all taxes and standard gratuities, water and snacks on the bus. Optional emergency trip cancellation insurance is available. For more information about this trip call Shellie at 301.737.5670 ext. 1655

NYC here we come again!

December 7-9, 2012

Nothing starts the Christmas season like a trip to get in the holiday spirit! Mark December 7, 8 and 9 on your calendar and reserve your seat for a NYC trip jam-packed with activities. This trip includes deluxe motor coach transportation, 2 nights accommodations at conveniently located Holiday Inn Express, just outside of Manhattan in New Jersey and all tips; 2 breakfasts and 2 dinners and admission to all planned events. The first evening will feature dinner at Hill Country Barbeque



(including live country music). After dinner, relax with a guided city tour to see the lights, including the famous tree at Rockefeller Center. The next morning, enjoy a continental breakfast at your hotel. After breakfast, depart for Macy's for a morning of VIP shopping with special discounts. In the afternoon, there will be a guided walking food and history tour of the West Village area – you'll sample foods from the best restaurants, bakeries and cheese shops while learning the history of this part of the city. Return to your hotel to freshen up before dinner at Becco and *The Nutcracker* at Lincoln Center. Our final morning, after a continental breakfast at your hotel, we'll check out. Our last stop in NYC will be Radio City Music Hall to see The Rockettes perform. Your spot is reserved when your deposit is received. All inclusive cost is \$900.00, double occupancy. Final payment is due by August 30, 2012. Call Joyce Raum, 301.737.5670, ext. 1656 to learn more or email joyce.raum@stmarysmd.com.

Health and Wellness

Emotional Freedom Technique Clinic

Loffler Senior Activity Center

2nd and 4th Tuesdays-July 24, August 14 & 28

By appointment (or walk-ins if space is available)

Cost is \$45 for a one hour session

About EFT: EFT is a self-help method based on the discovery that emotional trauma contributes greatly to disease. Studies have shown that EFT is able to rapidly reduce the emotional impact of memories and incidents that trigger emotional distress.

Once the distress is reduced or removed, the body can often rebalance itself, and accelerate healing. You can try a non-invasive approach to improving your life and hone in on what ails you. EFT has been shown to be effective in dealing with pain, illness, anxiety, phobias, and so many obstacles that affect your quality of life. Our practitioner, Richele McLeod, is an RN who has been practicing EFT for 7 years and has helped clients with numerous issues including addiction, eating disorders, phobias, emotional trauma around illness, anger management, pain management, childhood traumas and many other issues that keep people from living a full life. Your first session will be an hour and a half. Richele will start out the first half hour chatting with you to assess your needs and will introduce the concepts of EFT. This initial 30 minute period is free and you are not required to continue the session if you don't think it's helping you. If you decide to continue the cost is \$45 for the next hour. If you wish to make an appointment, call Richele at 240.925.4309. Walk-ins will be seen if time is available. To learn more call Shellie at 301.737.5670, ext. 1655.



Living Well... Take Charge of Your Health”

Northern Senior Activity Center or Garvey Senior Activity Center

Thursdays, July 12 - August 16

Tuesdays, September 4–October 9

1-3:30 p.m.

12:30–3 p.m.

The St. Mary's County Department of Aging, along with St. Mary's Hospital Health Connections is excited to offer a series of affordable workshops for people with chronic health conditions such as diabetes, asthma, heart disease, you name it! 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.



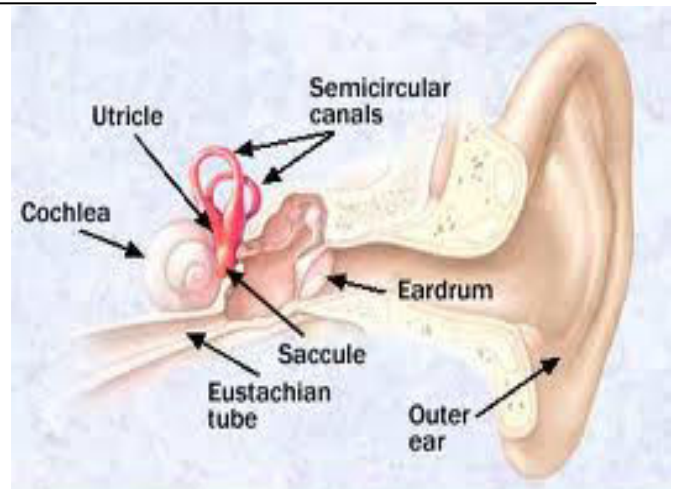
**‘The Positive Power of Pets’
Northern Senior Activity Center
Friday, August 3, 1 p.m.**

Pets have long since been proven to improve one’s overall health by relieving stress and lowering blood pressure, and providing loving companionship. Finding the best pet for you can range from a rabbit or guinea pig, to a dog, cat or even a bird. These animals are well suited for people, because they are very social and easily form a loving bond. After some real soul searching consider if this is right for you. This presentation will provide you with food for thought as well as information about the animals you might choose.

**August Health Watch
“Balance and Dizziness”**

**Loffler Senior Activity Center
Friday, August 10, 12:15 p.m. FREE**

A representative from Professional Hearing will be at Loffler to discuss the relationship between your ears and your balance. Because we need at least 6 people registered to hold this class, we ask that you pre-register in advance, by Wednesday, August 8. If we get the minimum six registrants, walk-ins will be welcome. To sign up call 301.737.5670, ext. 1658 or stop by the reception desk.



Hearing Screenings

**Garvey Senior Activity Center
Wednesday, July 11, 10 a.m.-Noon .**

Hearing screenings, by appointment, will be offered from 10:00 a.m–Noon, by the Care and Balance Center: Doctors of Audiology, Personalized Hearing. Make an appointment for your FREE screening by calling 301.475.4200, ext. 1050. Each appointment takes approximately 10 minutes.



**Lyme Discussion & Support Group
Northern Senior Activity Center
Thursday, July 12, 1 p.m.**

The Northern Senior Activity Center will have a facilitator-lead group that explores the many serious health implications and medical developments concerning Lyme disease. The group is intergenerational (open to all ages) and looks to educate health-conscious individuals for prevention purposes and support those in their struggles and journeys towards improved health. Call MarieNoelle to sign up in advance at 301-475-4002, ext. 1002.

Staff Prepared Meals

Lunch Connection: Staff Prepared Luncheon and Open Mic Entertainment Loffler Senior Activity Center



Tuesday, July 10 & August 14, & Thursday, August 23

TICKETED EVENT ON THURSDAY, JULY 26, SEE LUAU INFO BELOW

Arrive by 11:15 a.m., lunch is served at noon. Reservations required at least two weeks in advance. Space is limited, so call 301.737.5670, ext. 1652 or stop by the front desk at Loffler to sign up. The cost of lunch is a donation for those 60 years of age and older, \$5.50 per person for others. An appreciation basket will be passed for our entertainers. A 50/50 raffle will also be held at each luncheon.

Tuesday, July 10: Roger Lee Trent, from Gemini Productions will entertain us with his “ Music from the heart... Music from the soul.. Words with feelings that have to be told.” At noon, enjoy a cool lunch: *Chicken Salad, made with red & green apples on romaine lettuce; Flaky Croissant; Tomato Salad; and Vanilla Ice Cream with Mandarin Oranges.*



Thursday, July 26; 10 a.m.-2 p.m.

Ticket required: \$8 suggested donation.

Great news, cousins; The Loffler Luau is back! Experience again some favorite activities like the Runway Fashion Show, a Hula lesson featuring the Hukilau, plus plenty of dancing opportunities with music provided by Mean Gene. The feast this year will be prepared by our own Joyce Raum and will feature *Huli Huli Chicken, Pineapple Kebab, Sesame Cabbage salad, Cucumber salad and a tropical treat, Key Lime Pie.* Wear your favorite tropical garb (we'll supply the lei!) and bring your best party mood (maybe we'll invite you to be in the fashion show!) A limited number of tickets will be available on a first come, first served basis. Stop by the reception desk during regular hours to get your ticket. For more information call 301.737.5670, ext. 1658.



Tuesday, August 14: Ben Connelly, a favorite with the Loffler crowd will be back to entertain in August, with his soothing melodies. On the lunch menu this day: *Pulled Pork Sandwiches, Baked Beans; Cole Slaw; Fruit Salad and Black Forest cake for dessert.*





Thursday, August 23: The Three Amigos/ Shuckin' Country will play their blend of Blues, Acoustic Folk, Throw Back Country and Classic Rock for your entertainment and encourage you to dance if you feel moved to. Lunch will consist of *Chicken Parmigiana, Penne Pasta with Marinara Sauce, Roasted Zucchini, Fruit Juice and Pistachio/Coconut/Pecan Cupcakes.*

Celebrate National Hot Dog Month

Garvey Senior Activity Center

Thursday, July 26, Noon

In celebration of National Hot Dog Month the Garvey Senior Activity Center will be grilling hot dogs! In addition to *Hot Dogs*, the menu includes *Baked Beans, Cole Slaw, Fresh Fruit Salad, and Brownies and Ice Cream.* Entertainment will be provided at 12:30 p.m. by Tommy Alvey & Friends. Sign up in advance by calling, 301.475.4200, ext. 1050. Cost of lunch is a donation for those 60 and older, \$5.50 for others.



Middle Eastern Luncheon

Garvey Senior Activity Center

Friday, August 31, Noon

Celebrate Middle Eastern style with a staff prepared lunch featuring *Moroccan Chicken and Couscous, Cucumber Raita Salad, Pita Bread, Coconut and Almond Truffles, Grape Juice/Milk/Coffee/Tea.* After lunch, enjoy a belly dancing demonstration by the Evolve belly dancers. To sign up in advance, call 301.475.4200, ext. 1050.

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Breakfast and Newsbreak

Northern Senior Activity Center

Wednesday, July 18 & August 1, 9 a.m.

July features *warm tasty waffles with fresh fruit toppings.* August will be *bacon, eggs, toast and jelly.* Complimentary *coffee, tea and juice* is available. Cost is \$1 at time of sign up, 24 hours in advance. Stop by the front desk to sign up.



Creative Expressions

Beginning Quilt Making

Garvey Senior Activity Center

Wednesdays, July 11-August 15, 1 - 4 p.m.

Learn to make a “Log Cabin” quilt from beginning to end. In this class, the intimidation of quilting will be eliminated. Students will be taught many techniques and rules of quilting. A supply list will be given during the first class; however, for the first class session all that is needed is paper for taking notes. For the remainder of the class sessions a sewing machine is required. This class is taught by Louise Park. There is no fee for the class; however, the instructor encourages students to make a donation to the Garvey Senior Activity Center. Space is limited. To register, call 301.475.4200, ext. 1062.



Mosaic Flower Pots

Garvey Senior Activity Center

Tuesday, July 24, 31 & August 7, 2:00 p.m.

Decorate a terra cotta flower pot using broken ceramic tile pieces. Cost: \$7.00. This project requires attendance at all three sessions in order to complete the project. Sign up in advance by calling 301.475.4200, ext. 1050.

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Wine-Cork Pinboard

Garvey Senior Activity Center

Tuesday, August 7, 1:00 – 4:00 p.m.

A wine-cork bulletin board looks right at home in a country kitchen. Use your own wine corks or those provided to make a functional, decorative cork-board for your kitchen. This piece will also be a conversation point for wine buffs. Cost: \$10.00. Space and materials are limited. To make reservations, call 301.475.4200, ext. 1050.



Leather Stamping Instructor Needed

The Garvey Senior Activity Center recently received a donation of leather stamping supplies and tools. The Center is in need of an instructor to teach basic leather stamping techniques. If you are interested, call Brandy at 301.475.4200, ext. 1062.



Cards for Our Troops

Garvey Senior Activity Center

Tuesday, July 17 Grandparents Day cards

Tuesday, August 21 Halloween cards, 1:30-4:30 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 nonprofit 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.

Portrait in Oils

Northern Senior Activity Center

Mondays, August 13, 20 & 27, 9 a.m. - noon

It's that time again to get out your oil paints and brushes to join fellow artists painting a portrait of your choice. Please bring a photo snapshot of who you want to portray and the instructor will give you guidance and directions on this step-by-step process. Thought you never were good at painting? You'd be surprised; many beginners find that they have hidden talent that is just waiting to come out. Please bring a canvas, paints and other supplies. Some paints and brushes are available for use. Call 301.475.4002, ext. 1003 to sign up by Wednesday, August 8, as space is limited so reservations are necessary.



Scrapbooking Crop Party
Northern Senior Activity Center
Saturday, July 28, 9 a.m.-4 p.m.

Looking for some fun with those vacation or special event photos? We have the answer! Come join us on Saturday, July 28, at the Northern Senior Activity Center. We are having a scrapbooking crop party from 9 a.m.-4 p.m. Bring your photos, scrapbooking supplies, and your lunch. Come and meet new people and have a day of fun. Call 301.475.4002, ext. 1001, and put your name on the list.



Jewelry Class with Judy Bigelow
Loffler Senior Activity Center
Mondays, July 2 & 9, 2-4 p.m., Cost \$20



Hand-made jewelry is the hottest thing in accessories and this class offers you the opportunity to make a beautiful bracelet with silver and semi-precious stones. The class will be held on two consecutive Mondays to allow ample time to put your treasure together. Cost includes instruction and all materials necessary to complete your project. To learn more or to sign up call 301.737.5670, ext. 1658.

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Put all your Eggs in one Basket!
Northern Senior Activity Center
Tuesday, August 21, 1-4 p.m.

This cute little basket is perfect for storing eggs in the refrigerator, with an easy to grab handle. Great for those who want to continue their basket weaving skills or beginners looking for a fun creative way to get started. The basket is five inches in diameter; cost is \$15, which includes all weaving materials. A supply list for tools needed will be available. Call 301.475.4002, ext. 1003 to learn more.



Ongoing Arts and Crafts Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301.475.4200, ext. 1050	Pins & Needles Stitching Group	Self-directed	Fridays	12:30 p.m.	Free
Loffler Senior Activity Center Great Mills 301.737.5670, ext. 1658	Knit & Crochet Too	Linda Graham	Mondays & Thursdays	10 -11:30 a.m.	Free
	Decorating Committee	Shellie Graziano	1 st & 3 rd Mondays	2 p.m.	Free
	Appliqué Tutor	Kit Spading	Mondays	1 p.m.	Free
	Art Classes	Shonne Farrell	Tuesdays (Full) Fridays	9 a.m.-noon 10 am.-noon	Sup- plies
	Honey Bee Quilters	Jan Goings	July 11 & 25 Aug. 1 & 15	10 a.m. - noon	Free
	Monthly Craft	Summer Recess			Free
	Needle & Thread	Self-Directed	Thursdays	9 a.m.-12 p.m.	Free
	Project Linus	Debbie Rumble	3rd Fridays	10 a.m.	Free
	One-on-One Tutoring	Toni Axtel	Call 301.737.5670	By Appointment	Free
	Art With Faith Workshop	Faith Gaillot	July 19 & 20; Aug 16 & 17	1-4 p.m. 1-4 p.m.	\$50
Northern Senior Activity Center Charlotte Hall 301.475.4002, ext. 1001	Simply Crafty	Self-Directed	Daily	Open	Free
	Open Pottery Studio	Wrenn Williams	Mondays & Fridays	9-noon	Fee
	Whimsie Works Pottery	Pam King	2nd & 4th Tuesdays	2-4 p.m.	Fee
	Scrapbook Marathon	Barbara Sterling & Linda Brock	3 rd Thursday	10 a.m.	Free
	Quilting	Gina Alexander	2nd & 4th Wed.	12:30 p.m.	Free
	Dynamic Ceramics	Mary Parry	Wednesdays	9:30 a.m.- noon	Fee
	Northern Stars Theater Group	Wrenn Williams	1 st Friday	10 a.m.	Varies

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	“Beat Your Buddy” Billiards	Mondays	1-3 p.m.	Free
	Hand & Foot	4th Tuesday	10 a.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.	Free
	Double Pinochle	Tuesdays Fridays	11 a..m. Noon	Free
	Breakfast & Newsbreak	1 st Wednesday	9 a.m.	\$1
	Pizza Party	4 th Wednesday	Noon	\$1
	Western Mahjong	Wednesdays	1 p.m.	Free
	Bridge	Thursdays	10 a.m.	Free
	Eastern Mahjong	Thursdays	1 p.m.	Free
	Bingo	Fridays	10 a.m.	\$1.50



(Pictured L-R): Lori Jennings-Harris, Brandy Tulley, Joyce Raum, and Alice Allen, Manager of Senior Center Operations.

Department Accomplishments!

Congratulations to **Joyce Raum**, Operations Manager of the Loffler Senior Activity Center and **Brandy Tulley**, Senior Program Specialist at the Garvey Senior Activity Center, for their nominations for St. Mary’s County Government “Manager of the Year” and “Employee of the Year,” respectively.

As well, congratulations to Brandy for winning the “St. Mary’s County Employee of the Year” award for 2011! What a great accomplishment.

Thanks to Joyce and Brandy for their hard work and dedication. –*Lori Jennings-Harris, Director, Department of Aging & Human Services.*

Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301.475.4200, ext. 1050	Bingo	1 st & 3 rd Mondays	10 a.m.-noon	\$1-3
	Pitch	Weds. & Fridays, 2nd., 4th Mondays	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	Monday, Wednesday & Friday	9 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
	Dollar Bingo	Tuesdays, except: July 10 & Aug. 14	12:30-1:30 p.m.	\$1.00
	Pitch	Tuesdays	1 p.m.	Free
	Canasta	2 nd & 4 th Wednesdays	1-4 p.m.	Free
	Bunco	Thursdays	12:30 p.m.	Free
	Penny Bingo	July 11 & Aug. 15	10:30 a.m.-Noon	Pennies
	Chess Club	Wednesdays	9:30-10:30 a.m.	Free
	Mah Jong	July 5 & 19 Aug. 2 & 16	1:30 p.m.	Free

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Triad/SALT is actively seeking council members. Meetings are the 3rd Thursday of each month. Call 301.475.4200, ext. 1073 for meeting location.

JULY – AUGUST 2012

Ongoing Physical Fitness Activities At Garvey and Loffler Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301.475.4200, ext. 1050 *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	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 a.m.	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	1-2 p.m.	F.C.
	Line Dancing	Wednesdays	1:30-2:30 p.m.	Free
	Clogging	Wednesdays	2:30-3:30 p.m.	Free
	Parkinson's Disease Exercise Group	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
Loffler Senior Activity Center Great Mills 301.737.5670, ext. 1658 * 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	8 a.m.-5 p.m.	Free
	Zumba	Mondays	Noon	F.C.
	Walking Club	Mon., Wed., & Fri.	10 a.m.	Free
	Arthritis Foundation	Mondays & Fridays	1-2 p.m.	Free
	EnhanceFitness	Mondays & Fridays Wednesdays	2-3 p.m. 1-2 p.m.	F.C.
	Strength Training	Tuesdays & Thursdays	10-11 a.m.	F.C.
	Yoga	Wednesday & Fridays	10-11 a.m.	F.C.
	Core & Abs	Wednesdays	2-3 p.m.	F.C.
	Tai Chi for Arthritis II	Wednesdays July 18-Sept. 5	9-10 a.m.; For registered students <u>ONLY</u>	Free
	Line Dance	Fridays	11 a.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
	'Trailblazers Walking Group'	Daily	Open	Free
	Yoga for Everyone	Mondays & Fridays	Mondays, 9:30 a.m. Fridays, 8 a.m.	F.C.
	Total Body Strength	Mondays & Thursdays	3:30-4:30 p.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Tuesdays & Thursdays	10-10:45a.m.	Free
	EnhanceFitness	Tuesdays, Thursdays, and Saturdays	Tues. & Thurs., 9 a.m., Sat. 10 a.m.	F.C.
	Indoor Bowling	Wednesdays	9:30-10:30 a.m.	Free
	Line Dancing	Wednesdays	1-2:30 p.m.	Free
	YES Cycling Program	Call for Appointment	TBD	Free



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

Thanks to volunteer readers Anne and Jim Tennison, and 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.com/aging. Click on "Forms and Publications" in the left sidebar. This will take you to past newsletters, and a "speaker" icon. Click on the speaker icon to the left of the monthly edition you want to hear.

Call 301.475.4200, ext. 1073 for more information 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 the "Activities & Programs button."

Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301.475.4200, ext. 1050	Computer Tutoring	Volunteer	Daily	By appt.	\$5
	Coin Appraisals	John Hankla	1 st Tuesday	9 a.m.-noon	Free
	Book Discussion	Kathy Mather	2 nd Wednesday	10 a.m.	Free
	Nutrition Education	Donna Taggert	2 nd Wednesday	11 a.m.	Free
Loffler Senior Activity Center Great Mills 301.737.5670, ext. 1658	Current Events	Dave Spore	Mondays	10 a.m.	Free
	Book Club	Liz Morris	July 12, Aug. 9	12:30 p.m.	Free
	Health Watch	Varies	August 10	12:15 p.m.	Free
	Nutrition Education	Donna Taggert	July 18, Aug. 15	10:45 a.m.	Free
	Scripture Study	Solomon Olumese	July 13 & 27 Aug. 10 & 24	10 a.m.	Free
	Fun w/E Readers	Linda Graham	Thursdays	9-10 a.m.	Free
Northern Senior Activity Center Charlotte Hall 301.475.4002, ext. 1001	Computer Tutoring	Volunteers	Daily	By appt.	\$5
	Nutrition Education	Donna Taggert	1 st Wednesday	10:45 a.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	Quarterly: Thursday July 12	1 p.m.	Free
	Diabetes Support Group	Wrenn Williams	Quarterly: Thursday July 19	2 p.m.	Free
	Book Chatter	Joyce Summers	4 th Thursday	11 a.m.	Free
	Adult Study Group	Elizabeth Holdsworth	1 st & 3 rd Tuesdays	10:45 a.m.	Free

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Adult Study Support Group Northern Senior Activity Center 1st and 3rd Tuesdays, 10:45-11:45 a.m.

The adult study group has returned to the Northern Senior Activity Center. This discussion group is a popular forum for discussing aging in a small group setting. The sessions are offered on Tuesdays, twice a month, with facilitator Elizabeth Holdsworth (LCSW-C). Topics include issues pertinent to Southern Maryland seniors such as health care, challenges of rural living, emotional issues, advance directives, finance challenges, community resources, etc. Learn more or sign up by contacting the center at 301.475.4002, ext. 1001.



NEW BEGINNING

St. Mary's County Department of Aging 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 – Three county senior activity centers and one nutrition site are places where adults ages 50 and over can participate in activities, events, exercise programs, and group meal programs. Call Alice Allen at 301.475.4200, ext. 1063.

Meals On Wheels – A service for seniors 60 and over who are home bound 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 Senior and 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.

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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

Senior Activity Centers:

Garvey Senior Activity Center, Leonardtown, 301.475.4200, ext. 1050

Loffler Senior Activity Center, Great Mills, 301.737.5670, ext. 1658

Northern Senior Activity Center, Charlotte Hall, 301.475.4002, ext. 1001



St. Mary's County Department of Aging &
Human Services
41780 Baldrige Street
P.O. Box 653,
Leonardtown, MD 20650

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CHANGE SERVICE REQUESTED

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

Independence Day, Wednesday, July 4

NEW BEGINNING