

# NEW BEGINNING

VOLUME 26 ISSUE 2

MARCH–APRIL 2013

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



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# From the Director's Desk...

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

March is Women's History Month and "The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution, and United States Holocaust Memorial Museum join in paying tribute to the generations of women whose commitment to nature and the planet have proved invaluable to society."

"Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as 'Women's History Week.' Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as 'Women's History Week.' In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as 'Women's History Month.' Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, Presidents Clinton, Bush and Obama have issued a series of annual proclamations designating the month of March as 'Women's History Month.' "

(Retrieved from [www.womenshistorymonth.gov/](http://www.womenshistorymonth.gov/) on January 7, 2013.)

This year's theme for Women's History Month focuses on Women's Education and Empowerment. The National Women's History Project describes the theme as *Women Inspiring Innovation Through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics*. The Women's History Month website reads, "Although women now outnumber men in American colleges nationwide, the reversal of the gender gap is a very recent phenomenon. The fight to learn was a valiant struggle waged by many tenacious women,



across years and across cultures, in our country.

"The National Women's History Project announced the Honorees for National Women's History Month 2013. The 18 women chosen are all extraordinary visionaries and role models in the STEM fields, where women are still noticeably under-represented."

(continued next page)

## 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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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](http://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.

Cover Illustration Courtesy  
University of Tennessee



*(Continued from previous page)*

*The 2013 Honorees represent a remarkable range of accomplishments and a wide diversity of specialties including medicine, robotics, computer programming, atmospheric chemistry, architecture and primatology. These women's lives and work span the centuries of American history and come from different cultural and ethnic backgrounds. We are proud to honor them and all women seeking to advance these important fields.*

**Hattie Elizabeth Alexander (1901–1968), Pediatrician and Microbiologist; Marlyn Barrett (1954), K-12 STEM Educator; Patricia Era Bath (1942), Ophthalmologist and Inventor; Elizabeth Blackwell (1821–1910), Physician; Katharine Burr Blodgett (1898–1979), Physicist and Inventor; Edith Clarke (1883–1959), Electrical Engineer; Rita R. Colwell, (1934) Molecular Microbial Ecologist and Scientific Administrator; Dian Fossey (1932–1985), Primatologist and Naturalist; Susan A. Gerbi (1944), Molecular Cell Biologist; Helen Greiner (1967), Mechanical Engineer and Roboticist; Grace Murray Hopper (1906–1992), Computer Scientist; Olga Frances Linares (1936), Anthropologist and Archaeologist; Julia Morgan (1872–1957), Architect; Louise Pearce (1885–1959), Physician and Pathologist; Jill Pipher (1955), Mathematician; Mary G. Ross (1908–2008), Mechanical Engineer; Susan Solomon (1956), Atmospheric Chemist; Flossie Wong-Staal (1946), Virologist and Molecular Biologist.”** (Retrieved from <http://www.nwhp.org/whm/index.php> on January 7, 2013.)

The Department of Aging and Human Services recognizes and appreciates the valuable contributions made by the many women from our past, in our present and in our future.



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

Triad is a partnership of three entities; law enforcement, senior citizens, and community groups. The sole purpose of Triad is to promote senior safety and to reduce the unwarranted fear of crime that seniors often experience.

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### **Defensive Driving For Seniors**

As St. Mary's County grows so does the number of drivers on the road, and the number of accidents. Sometimes it's difficult to navigate through the influx of traffic and ever-changing traffic patterns. Learn what it means to be a defensive driver including how to navigate intersections safely, drive through work zones, and drive in traffic with large trucks. Also learn the best way to defend yourself in a crash and learn about the latest safety features in automobiles.

Presentation By: Myra Wieman, Manager, Safety Services  
Mid-Atlantic Foundation for Safety & Education  
Non-profit affiliated with AAA Mid-Atlantic

Certified driver improvement program instructor and certified child passenger safety technician.

Join us for a hearty lunch before the presentation! You must register for lunch at least one day in advance. A suggested donation of \$5.50 is requested from those 60 and older; and \$5.50 is required from others. Refer to the department website at [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging) for the menu.

*Monday, March 25, 2013*

*1:00 p.m.*

*Loffler Senior Activity Center*

*Lunch served at 11:30 a.m.*

*To sign up call 301-737-5670, ext. 1657*

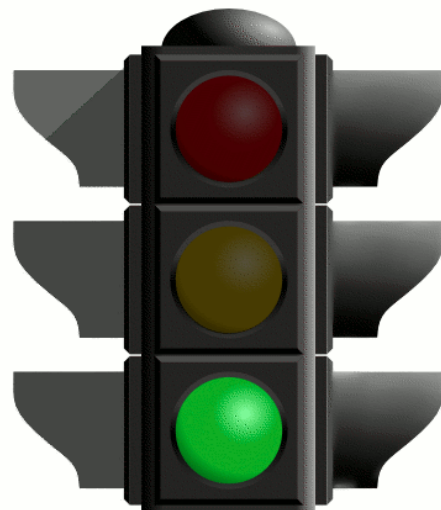
*Friday, April 19, 2013*

*1:00 p.m.*

*Northern Senior Activity Center*

*Lunch served at 11:45 a.m.*

*To sign up call, 301-475-4002, ext. 1002*



# Home & Community-Based Services

By Rebecca Kessler, Division Manager

## Celebrating The Family Caregiver



(left to right): St. Mary's County Commissioner President Jack Russell, Rebecca Kessler, Stacie Prinkey, Director Lori Jennings-Harris and Commissioner Dan Morris.

Com-

On November 16, 2012, The Department of Aging & Human Services celebrated the 5<sup>th</sup> Annual Family Caregivers' Breakfast at the James A. Forrest Career and Technology Center in honor of November being National Family Caregivers' Month. The event included a delicious breakfast prepared by the Forrest

Center culinary students, an inspirational and motivating message delivered by community leader Terri Verbic-Boggs, and a joyous musical presentation by the members of the Kings Christian Academy Chamber Choir. A memorable time was had by all.

## Believe in Yourself! Protect Your Health! Reach Out for Help! Stand Up for Your Rights!

The *National Family Caregivers Support Program* and the *County In-Home Services Program* offer small respite grants to families who are caring for an aging family member. The grant is used to hire a caregiver of the family's choosing to provide a short break caring for their loved one. Grants are also available for seniors 60 years of age and older caring for a grandchild under 18 years of age. Eligibility requirement is that you be at least 60 years of age. To learn more contact Stacie Prinkey at 301-475-4200, ext. 1056 or email <stacie.prinkey@stmarysmd.com>.

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### Activity Committee Forming

#### Garvey Senior Activity Center

**Third Thursday every month beginning March 21, 10-11 a.m.**

The Garvey Senior Activity Center programming staff is looking for volunteers to serve on an Activity Committee. The purpose of the committee is to provide information, recommendations and resources to the programming staff including input received from Garvey Senior Activity Center participants regarding programming and activity preferences and sharing time and talent with the Center in order to expand our activity offerings. Individuals wishing to serve on the Committee should submit an Activity Committee Interest Survey prior to the first meeting on March 21. To learn more or request the Interest Survey, call Brandy Tulley at 301-475-4200, ext. 1062.

**21st Annual  
Southern Maryland Caregivers Conference  
Friday, April 26, 2013**

**Richard R. Clark Senior Center, LaPlata, Maryland**

Whether you are assisting with the care of a frail spouse, parent, friend or other relative, caring for an older adult is a labor of love. Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich your knowledge and skills in caring for older people. The \$20 conference fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on the following topics:

- **Community Services For Caregiving Families**
- **Caring for Individuals With Dementia**
- **Medication Management**
- **Caregiver Coping Strategies**
- **Paying for Long-term Care**
- **What's New in Medicare Coverage**
- **Palliative Care**
- **The Plan of Care**
- **Managing Chronic Illness at Home**
- **Safe Caregiving: Techniques and Equipment Options**
- **Fitness and Caregiving**
- **Medical Orders for Life Sustaining Treatment**
- **Skin Tips: Bathing, Incontinence & Pressure Sores**
- **The Heart Healthy Diet**



This conference is sponsored by the Charles County Department of Community Services Division, Calvert County Office on Aging, the St. Mary's County Department of Aging & Human Services, and the Geriatrics and Gerontology Education and Research Program at the University of Maryland at Baltimore. To learn more or to receive a registration brochure by mail contact Cindy Olmsted at 301-934-0128 or DC metro 301-870-3388 x 5128 or email: <olmstedc@charlescounty.org>.

To inquire about a Scholarship opportunity to attend this conference, please contact Rebecca Kessler, HCBS Division Manager, St. Mary's County Department of Aging & Human Services by calling 301-475-4200, ext. 1061, or email <Rebecca.Kessler@stmarysmd.com>.

# Focus On Fitness

*By Alice Allen, Division Manager, Senior Center Operations*

Are you a woman taking care of others? Historically speaking, women are many times the caregivers of others, whether as a mom caring for and raising children, or as a caregiver for ill family members or a spouse. And as you know, this is very demanding and stressful. It is most important to take care of yourself so that you can effectively take care of others.

Did you know that regular exercise is one of the best things you can do for yourself? Not only does it burn calories and tone muscles, but it is an important tool to reduce stress. Everyone experiences stress in their lives, in varying amounts of course. Stress, if not relieved, can lead to a host of health problems, including impairment of your immune system.



Recently, an Indiana University experiment found that exercise is an important way to reduce stress and anxiety. Researchers found that volunteer exercisers reported feeling less anxious up to two hours after having participated in just a 20 minute session on an exercise bike.

How can exercise help lessen stress and anxiety you ask? Brain chemicals such as serotonin that encourage positive mood are enhanced by exercise. Additionally, exercise raises the core body temperature which helps the body relax, similar to taking a good soak in a hot tub of water.

If you are already exercising regularly, good for you; keep up the good work. If you are looking for a convenient, affordable place to exercise, check out the classes that are available at your nearby senior activity center. A variety of fitness classes are available, including Low-Impact Aerobics, Arthritis Exercise, Yoga, Strength Training, EnhanceFitness, Zumba, Tai Chi for Arthritis, and more. Pages 32-33 of this newsletter have a complete listing of fitness offerings, locations, and times.

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For those who like to work-out on their own, exercise equipment is available free of charge at the Garvey, Loffler, and Northern Senior Activity Centers. Whatever you choose, know that you are being good to yourself by being physically active.

To learn more about fitness classes offered by the Department of Aging & Human Services, call Alice Allen at 301-475-4200, ext. 1063.



**Tai Chi for Arthritis:  
The Extension Movements  
Garvey Senior Activity Center  
Mondays, March 11 – April 29  
1:30 – 2:15 p.m.**

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 8 week session prior to signing up for this course. To register for this class, call 301-475-4200, ext. 1050.

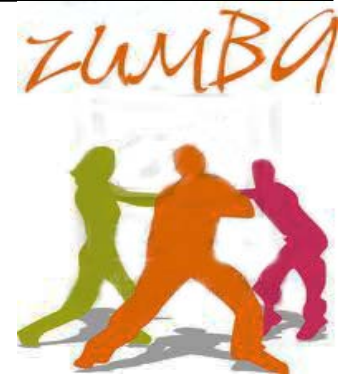


**Friday Morning Softball  
Miedzinski Park, Leonardtown  
(field in front of Leonard Hall Recreation Center)  
Fridays, beginning April 26, 10:00 a.m.**

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.

**ZUMBA  
Loffler Senior Activity Center  
Mondays, Noon. Cost: \$30 fitness card (good for 10 classes)**

This popular, low-impact, aerobic dance class set to Latin rhythms meets weekly at Loffler. Instructor Pat Whitmer leads you through dance steps, making fitness fun. No need to pre-register, just drop by wearing your comfy clothes, your exercise shoes and bring your water bottle. Try your first class for free, then purchase a fitness card to continue.



**YES! Cycling  
Northern Senior Activity Center**

Fellow cyclists will be meeting for extended ventures as a group outing. The *YES=Youthful Energetic Seniors Cycling* program will meet on the following dates:

**March 1;** Meet at the Northern Senior Activity Center at 11 a.m., ride the northern part of the Three Notch Trail (6-8 miles).

**March 13;** Meet at Baggett Park at 11 a.m., ride the southern part of the Three Notch Trail (10-12 miles). **April 5;** Meet at the Northern Senior Activity Center at 10 a.m. for a maintenance review of bikes, ride the northern part of the Three Notch Trail at 11 a.m. **April 17-** Meet at the Indian Head Rail Trail at 10 a.m., ride to White Plains and return to the Indian Head Rail Trail (round trip 26 miles). Contact Dan Donahue at 301-884-0163 to learn more.

**MARCH–APRIL 2013**

## **Mental Health and Heart Health** by Matthew Reisdorph, *Treatment/Prevention Coordinator, Dept. of Aging & Human Services*

**W**e all know the rules of basic health and heart health; exercise regularly, eat healthy, drink in moderation, don't smoke, do this, don't eat that... the list goes on and on. The list of consequences is just as overwhelming; heart attack, hypertension, arrhythmia, atherosclerosis. It seems that science is never short on new research dedicated to improving our overall health, but sometimes creates a menu of daily do's and don'ts that leaves us questioning whether our quality of life is being improved. Also, we are never short of friends and family enthusiastic about "enlightening" us with a list of better lifestyle choices we ought to be making. Take a deep breath, pause, exhale, and remember to smile. You should know it is equally important to focus on your peace-of-mind and mental health.



**But the impact of mental health** is not just significant for people who receive a diagnosis and clinical treatment, whether they suffer from anxiety disorders or the psychotic disorders that we have more traditionally associated with mental illness. Nor is the connection between mental health and heart health simply a "behavioral connection." It is increasingly clear that there is a physiological connection too; that the biological and chemical factors that trigger mental illness also directly effect the heart.

**Think about it.** We all deal with stress. While certain amounts of stress and anxiety are normal, even useful, each of us is faced with more stress and more anxiety. As we grow older, the stress becomes even greater, with far reaching consequences. These stressors can come from work, family, or current health issues. Likely, it's a combination... especially if you have children. When stress and anxiety exceed our ability to cope, troubles begin. The effects of prolonged stress and an over-taxed system can be harmful to your heart's health in many ways.

### **Well... what can I do?**

- A. Identify the stressors in your life and the degree to which they affect you.
- B. Monitor yourself and your loved ones, especially those who are dealing with heart disease or stroke, and so are more prone to anxiety and depression.
- C. Remember to talk about your feelings; not just physical, but also mental. Talk to your healthcare provider and your friends and family too. They can help or refer you to help.
- D. Cut yourself some slack. It's ok to ask for help, whether it's from a friend, practitioner or therapist. There is still a stigma about seeing a therapist, but it can be truly one of the healthiest things we can do for ourselves.
- E. While you're talking about your feelings, build a broader emotional vocabulary. Did you know that we have 3,000 words for emotions yet most people use only a dozen to describe how they feel... over half of which are negative! Don't forget to feel encouraged, blessed, eager, intrigued and even festive.
- F. Learn to relax, enjoy, and be in the moment.

**If you need help**, it is available: (1) St. Mary's County Department of Aging and Human Services, Cynthia Brown, 301-475-4200, ext. 1846. (2) NAMI (National Alliance on Mental Illness) of Southern Maryland: 301-737-1988. (3) Maryland 2-1-1: just dial 211. (4) National Treatment Referral line: 1-800-662-HELP (4357)

# Nutrition Corner

By Donna Taggert, RD/ LD/ CDE

Charles M. Schulz of Peanuts fame once said “All you need is love but a little chocolate now and then doesn’t hurt.” Actually a little chocolate every day can help your cardiovascular system by lowering blood pressure and improving blood flow. It can help lower your risk of a stroke, chocolate can be a good source of flavanols, fiber, and minerals with increasing amounts the darker the chocolate is. At the heart of every chocolate product is the cacao bean.



It is actually a legume within a pod which grows on the cacao tree. After being fermented, roasted and ground, it becomes cocoa powder and cocoa butter. The bean is 54% fat but its type of fat does not raise LDL cholesterol, thus is heart friendly. Dark chocolate has a higher amount of chocolate liquor and so has more flavanols, those powerful antioxidants that help fight disease. Just 4 squares of Hershey’s Extra dark Chocolate contains 420 mg of flavanols which is greater than the amount in 4 cups of green tea or 1½ glasses of red wine or ¾ cup of blueberries. Just 1 Tbsp. of cocoa powder contains 2 grams of fiber. So

eating chocolate can be a part of a healthy diet; just as long as it is taken in moderation.

Please join me at the various centers in May for more information about chocolate. Learn about the long history of chocolate. Did you know the Mayans were the first chocolate aficionados, using it as a restorative, mood-enhancing cure-all. Did you know the myth about chocolate causing acne is just not true? In fact, studies have shown that it can have a beneficial impact on skin health. Come on out and learn more about the other top myths about chocolate. Join me in a tasting party as we sample various percentages of cacao. Can you handle 70% cacao or is 35% more your speed? Did you know that white chocolate has very little cacao? I hope to see a lot of you in May. In the meantime, enjoy some chocolate.

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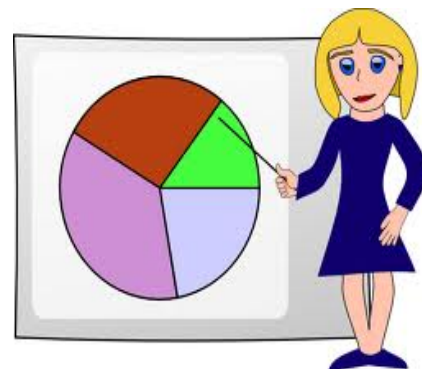
## Nutrition Education Presentations by Donna Taggert

In March learn about ‘Pain Killers in your Pantry.’ In April, the discussion will feature ‘Protein Intake—Key to Healthy Living.’

**Northern Senior Activity Center, 10:45 a.m.  
Wednesday, March 6 & April 3**

**Garvey Senior Activity Center, 10:45 a.m.  
Wednesday, March 13 & April 10**

**Loffler Senior Activity Center, 10:45 a.m.  
Wednesday, March 27 & April 24**



# Educational Opportunities

## “Updated Understanding of Veterans Benefits”

**Northern Senior Activity Center  
Tuesday, March 19, 12:30 p.m.**

Navigating the Veterans Benefits Program can be time consuming and frustrating. If you are a Veteran, spouse or family member who has questions about benefits, Nora Bachelder is the answer. Ms. Bachelder is a Benefits Specialist with the Maryland Department of Veterans Affairs. Her vast experience and knowledge will guide you through the programs. Everyday, Nora meets with Veterans and their families who are unaware of benefits they are entitled to. She makes it her mission to inform and educate those who so bravely served. Please sign up for this session by calling 301-475-4002, ext. 1001 before noon on Monday March 18.

**Get Your Questions Answered  
by Veterans Benefits Experts**



## "In Full Bloom" Gardening Series

**Garvey Senior Activity Center**

**Tuesday, April 23 10 a.m.-Spring Gardening Tips**

**Friday, April 26 10 a.m.-Getting Started with Herbs**

**Tuesday, April 30 10 a.m.-Container Gardening**

Spring is in the air and now is the time to begin thinking about your spring garden. In cooperation with the University of Maryland Extension, St. Mary's Master

- 12 Gardeners will present talks on "Spring Gardening Tips," "Container Gardening," and "Getting Started with Herbs." Advance signup is required; when registering, indicate which session(s) you would like to attend. Call 301-475-4200, ext. 1050 to sign up.

## AARP Driver Safety Class

**Garvey Senior Activity Center, Tuesday, April 16, 9 a.m.-3 p.m.**

Cars have changed and so have the traffic rules, driving conditions, and roads you travel every day. Some drivers age 50 plus have never looked back since they got their first driver's license, but even the most experienced benefit from brushing up on their driving skills. In this course, participants can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's challenging driving environment. AARP membership is not required to take the course; there is no test to pass. The course cost is \$12.00 for AARP members and \$14.00 for non-members; make checks payable to AARP. For more information, call 301-475-4200, ext. 1050.

**AARP  
Driver's  
Safety  
Course**

**NEW BEGINNING**

## Stewards of the Earth

Northern Senior Activity Center

Monday, April 22, 10 a.m.-2 p.m.

This day will feature continuous video presentations of the planet earth as you have never seen it before. Stop by an animal display table, taste 'boot tracks' snacks and check out recycled artwork that showcases the imagination of 'Materials Found' local artists. At 10 a.m. upscale your own creative artwork from recycled items that will be provided.

Follow along with an instructor that will guide you step by step. Take home your 'trashion' work of art or donate to the senior center for display. Make your lunch reservation before noon on Friday, April 19, by calling 301-475-4002, ext. 1001 or stop by the front desk to sign up. The cost of lunch is a donation for seniors 60 and older; \$5.50 for others.



## Book Discussion Group

Garvey Senior Activity Center, Wednesdays

March 13 & April 10, 10:30 a.m.

In March the group will discuss "The Kitchen House" by Kathleen Grissom. The novel is about a white servant girl who violates the order of plantation society, she unleashes a tragedy that exposes the worst and best in the people she has come to call her family. In April the group will discuss "Four Perfect Pebbles" by Lila Perl and Marion Blumenthal Lazan. This true story is a harrowing and often moving account of the co-author's family's struggle to survive the Holocaust. To learn more about this discussion group, call 301-475-4200, ext. 1072.

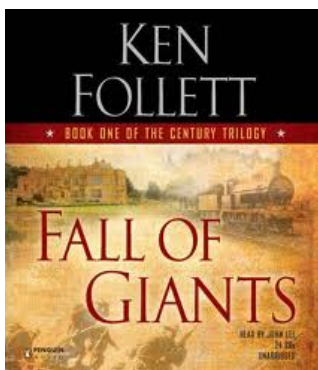
## Scripture Study

Loffler Senior Activity Center, Fridays, March 8, 22, April 5, 19, 10 a.m. FREE

Scripture Study meets twice a month at Loffler. This class is open to anyone who wants to find comfort, guidance, happiness and an improved prayer life through the use of the bible. Though Christian-based, this class does not lean toward any particular denomination; all are welcome! There is no need to sign up; just stop in. Bibles are available for your use. To learn more call 301-737-5670, ext. 1658.



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## Book Club

Loffler Senior Activity Center

March 8 & April 11, 12:30 p.m., FREE

In January and February, the Loffler Book Club has been reading Parts I and II of "Fall of Giants" by Ken Follet. In March and April, this epic book will continue to be the subject of discussion as Parts III and IV (respectively) take center stage. Anyone who is interested is welcome to come, whether or not you've read the current selection. Enjoy a lively discussion with others who have read it. Call the center at 301-737-5670, ext. 1658 to learn more.

# Special Events:



## **O'Loffler's Irish Pub**

**Loffler Senior Activity Center**

**Friday, March 15, 10 a.m.-2 p.m.**

Ticketed Event; suggested donation \$8. Make merriment and memories at O'Loffler's Irish Pub on Friday, March 15, 2013. **ADVANCE TICKETS ARE REQUIRED.** This popular event will find you enjoying live music of David Norris plus the fun, games and (near) beer you might find in an Irish Pub. The meal, provided by Fitz Vogt, consists of *Ham, Potatoes, Cabbage & Carrots, Corn Bread and more.* Take part in a Limerick Contest and the likes of what else you cannot imagine. Don't forget to wear green or you may risk getting a pinch! Call 301-737-5670, ext. 1658 to learn more.

## **Lunch with a Leprechaun**

**Northern Senior Activity Center**

**Friday, March 15, Noon**

A special appearance is made by Mr. Don H. as a leprechaun who will join us for lunch. This is a wonderful way to remember St. Patrick's Day by getting your picture taken with our charming guest. The lunch menu is an Irish meal featuring Ham & Cabbage, Parsley Potatoes, Fruit Salad and Apple Crumb Pie. Make your lunch reservations before noon on Thursday, March 14 by calling 301-475-4002, ext. 1001. The cost for lunch is by donation for seniors 60 and older; \$5.50 for others.



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## **Wearin' of the Green Bash at O'Garvey**

**Garvey Senior Activity Center**

**Thursday, March 14**

**Lunch served at Noon; music begins at 12:30 p.m.**

For the luck of the Irish, join us at our annual St. Patrick's Day bash! Enjoy a meal of tossed salad with dressing, shepherd's pie, seasoned cabbage, shortbread cookies with mint chocolate chip ice cream, apple juice/milk/coffee/tea. Irish tunes to be performed by John Pomerville, singer of traditional Celtic, Irish, and Scottish pub tunes. Cost for lunch is by donation for those ages 60 and above and \$5.50 for those under the age of 60. To make reservations, call 301-475-4200, ext. 1050. Remember to wear your lucky green!



### **‘Easy Listening Lounge’ Easter Special**

**Northern Senior Activity Center**

**Wednesday, March 20, 11:45 a.m.-1 p.m.**

This performance series showcases local artists in a social and casual atmosphere. Listen to hymns and music by Pastor Abraham Thomas, wife Priscilla and family. The lounge will be space near the stage area with quiet tables for the most attentive listeners. All lounge attendees will receive a special mini-Easter basket favor with a Pasta Primavera lunch. Get your meal ticket at 11:30 a.m. with lunch served at



11:45 a.m. Make your reservation for this event before noon Thursday, March 21 by calling 301-475-4002, ext. 1001. The cost of lunch is a donation for seniors 60 and older; \$5.50 for others. (*A special donation collection for our guests will be taken by staff.*)

### **Book Sale**



### **2<sup>nd</sup> Annual Used Book Sale**

**Garvey Senior Activity Center, Wednesday, April 24, 10 a.m.-3 p.m.**

Donate your used books to the Garvey Senior Activity Center’s used book sale fundraiser. All funds raised will go toward special events and entertainment at center events. Books for all ages are welcome. Hardcover, paperback, and books on tape in good condition are appreciated. To make a donation drop off your items at the Garvey Senior Activity Center, from April 7-April 19. Shop at the Book Sale on Wednesday, April 25 from 10 a.m.-3 p.m.

### **‘Nina Dandy’ Cruise**

**Friday, May 10, 2013**

The St. Mary’s County Department of Aging and Human Services is sponsoring a cruise aboard the Nina Dandy on Friday, May 10, 2013. Cruise along the Potomac and dine while viewing the Washington Monument, Jefferson and Lincoln Memorials, the Kennedy Center, Watergate, Washington Harbor, Georgetown and many other beautiful landmarks. The cost is \$90 per person, which includes the cruise with your choice of selected entrées, drinks (non-alcoholic), motor coach transportation, tips for wait staff and bus driver, and travel snacks. For more information, call Wrenn at 301-475-4002, ext. 1003. *Reserve your space by Friday, April 19. Reservation is made when payment is received. Payment may be made at any senior activity center.*



### **No Foolin’**

**Northern Senior Activity Center, Monday, April 1, 10 a.m.**

“What’s that on your head? Some kind of crazy hat, I see... where did you get it?” No way. Don’t say a word, it was your own creation, right or you purchased it just for April Fools’ Day. Come show off your crazy hat and a prize will be awarded to the most unusual one! “What’s for lunch?” you say. It’s a surprise, no foolin’. Make your

lunch reservations before noon on Thursday, March 28 by calling 301-475-4002, ext. 1001. The cost of lunch is a donation for seniors 60 and older; \$5.50 for others.



**Yard Sale**  
**Northern Senior Activity Center**  
**Friday, April 26**  
**10 a.m. - 7 p.m.**

The Northern Senior Activity Center Council will be holding a Yard Sale (*Open to the Public*) on Friday, April 26, from 10 a.m. to 7 p.m. (rain or shine) at the Northern Senior Activity Center, 29655 Charlotte Hall Road, Charlotte Hall, MD.

Proceeds will benefit the Northern Senior Activity Center. Yard Sale donations will be accepted, please no clothes, children's toys or exercise equipment. It would also be appreciated if you would review your donations to ensure that they are saleable. Call Council President Pat Myers at 301-884-8714 to make arrangements for donation deliveries.

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**“Trivia Time” Game Show**  
**Northern Senior Activity Center**  
**Friday, April 5, 9 a.m. - 2 p.m.**

Join us for a fun game show experience emceed by entertainer, John Roberts. Everyone will have a chance to be a part of this game experience where numerous people will be randomly picked from the audience to be contestants on stage and play for themselves and their table. It will be good fun testing your knowledge about movies, music and TV; as well as a walk down memory lane with questions from favorite eras. Ticket price is \$7, which includes lunch, game show entertainment, party favors and snacks. Lottery tickets will be on sale for a chance for more winnings. Tickets are available at the Northern Senior Activity Center and need to be purchased by Wednesday, April 3. To learn more call 301-475-4002, ext. 1003.



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**Luncheon Theater “The Visitor” & “The Golden Door”**



**Northern Senior Activity Center**  
**Friday, April 12, 1 p.m.**

The Northern Stars theater group is doing a spring-time production on Friday, April 12, starting at 1 p.m. These two skits will be light and entertaining for some chuckles and giggles. ‘The Visitor’ is about a family visit and how well they hope it will go and how it really ends up. ‘The Golden Door’ depicts the expectations of a woman applying for citizenship and how she and her rushed interviewer have many misunderstandings. Get your \$4 ticket for the show and lunch before noon on Thursday, April 11, by calling 301-475-4002, ext. 1001.

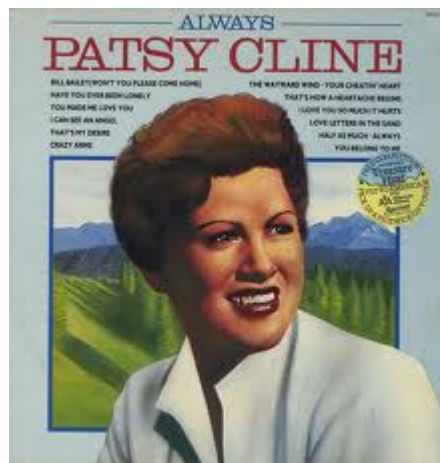


# Trips and Tours

(more on pages 20-21)

## Infinity Theater in Annapolis to see the musical *Always...Patsy Cline*, June 20, 2013

There's nothing like a wonderful meal followed by amazing theater! We will be enjoying the delightful atmosphere, service and food of the Broadneck Grill, a Mexican cantina that is a favorite among Annapolis locals. Following a special buffet prepared for us, we will then slip over to the Infinity Theatre Company, which is a new enterprise that provides professional New York City theatre to Annapolis, Maryland and delivers a high quality team of NYC directors, designers, actors, and technicians to its state-of-the-art stage. The highly acclaimed musical tells the story of a fan who befriended Patsy Cline in 1961 at a Texas honky-tonk and the long-term correspondence that developed between the two; right up until the singer's tragic death at age thirty. Filled with country humor, touching moments and even some audience participation, this show brings us right back to the sultry sound of the famous country legend as we once again listen to the songs that propelled her into the hearts of Americans during the 1960s. Cost for this trip is \$80 and includes travel on a luxury motor coach, lunch at the Broadneck Grill, a full length professional musical, all gratuities including the tip for the bus driver as well as a snack and water on the bus. The bus will depart from Loffler at 8 a.m.; Garvey at 8:30 a.m.; and 9 a.m. from Northern. Return will be at approximately 6 p.m. Your spot is guaranteed when full payment is received. Payment can be made at any of the centers or by mail. To learn more call Shellie Graziano at 301-737-5670, ext. 1655 or email: <Sheila.graziano@stmarysmd.com>.



## Catoctin Colorfest in Thurmont, MD, October 12, 2013

Take a walk on the artsy/craftsy side as we ride up to this famous, juried arts and crafts show that features 300 well-known and respected artists from across the United States. Recognized as one of the largest of its kind on the east coast, and beautifully situated at the base of the Catoctin Mountains in Frederick County, this event is also known for its artistic demonstrations and delicious variety of food. What better way to spend an autumn Saturday? This trip includes travel on a luxury motor coach, water, snack on the bus and bus driver tip. Lunch is on your own at any of the tempting spots located at the fest. Departure times are: Loffler 7 a.m.; Garvey 7:30 a.m. and Northern 8 a.m. Return time will be approximately 8 p.m. Your spot is guaranteed when you have made full payment, which can be made at any of the centers or by mail. To learn more call Shellie Graziano at 301-737-5670, ext. 1655 or email: <Sheila.graziano@stmarysmd.com>.



# Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager

## The Women of RSVP

**Of our more than 300 volunteers, 72% of them are women!** In celebration of Women's History Month, we salute the women of RSVP. It's really no surprise that women form such a large percentage of our volunteer ranks, as so many women come from a tradition of service; from tending to the needs of their families, their homes, and their churches to becoming active volunteers in our community. So we thank the Women of RSVP for doing their part to make St. Mary's County such a great place to live!



**The majority of our volunteers are between the ages of 65 to 74 years old.** Not only that, but 30% are 75-84 years of age and almost 10% are 85-94 years old! This means that a lot of our women volunteers are showing just how much energy, endurance, and staying power they have as they get older. I'm reminded of the 1971 advertising slogan for the hair-coloring product, *Loving Care*, which offered the encouraging perspective: "You're not getting older, you're getting better." Like a fine wine, we truly can get better with age.

18 **Maintaining a fresh perspective is what's important.** Don't think you're over the hill, but ask yourself: What's on the other side of the hill? Don't allow yourself to think the best years of your life are behind you. Instead, ask yourself what exciting new opportunities lie just around the next bend in the road. The key is to maintain a forward-looking, enthusiastic attitude toward life that anticipates new and exciting things in your future. When we do this, we discover that aging is really just a state of mind. And then, instead of celebrating Women's History Month, we can celebrate *Women's Living History Month*, because each day we'll be creating a new chapter in the ever-unfolding story of our lives.

**The best is yet to come.** As we fully come into our own and reach our stride, all the knowledge, skills, and experience we've gained over the years will come to fruition. We often find we have time to focus on the things that truly matter to us, to foster important relationships, and to share what we've learned with others who are embarking on the path of life. It's a time when we get to say thanks for all the blessings we've received and pass on our gratitude by being of service to others.

**To all who want to leave a legacy of service,** both women and men, I invite you to join RSVP, where your legacy can grow and flourish. For more information on senior volunteer opportunities, call 301-737-5670, ext. 1653, or e-mail <Norine.Rowe@stmarysmd.com>.

# R

**Remember the Date: Wednesday, March 20th  
RSVP Volunteer Recognition Ceremony & Awards Banquet  
Forrest Technology Center, Leonardtown, MD**

**REGISTRATION: 3:15-4 p.m.**

Awards Presentation: 4-5 p.m.

Evening Dinner Banquet: 5-6 p.m.

Closing Remarks & Gift Distribution: 6-6:30 p.m.

This year's RSVP Volunteer Recognition Ceremony and Awards Banquet will be held at the same location as last year but at a **NEW TIME**. As some of you may remember from last year, a new parking policy at the Tech Center required that attendees park in outlying areas so students could park in front of the building. This was difficult for some of our seniors due to long walking distances. To avoid this problem, we are holding this year's event after students leave, allowing attendees to park directly in front of the building. **Please be sure to arrive on time for registration at 3:15 p.m., but not prior to bus departures.** Our Awards program begins at 4 p.m. and dinner will be served from 5-6 p.m., followed by closing remarks and gift distribution from 6-6:30 p.m. This should allow everyone sufficient time to get home before dark. All active RSVP volunteers should have received their invitations in the mail by now. If you haven't, or if you have any questions, please call us at 301-737-5670, ext. 1650 or ext. 1653.

### **RSVP Volunteers Top the Charts, Reap Big Returns on Investment!**

As we celebrate another year of accomplishments during our annual Volunteer Recognition Ceremony and Awards banquet, we once again have the opportunity to toot the horn of our more than 300 volunteers who served so tirelessly in 2012. At the time of this newsletter writing, we were still gathering volunteer hours for 2012, but we had already surpassed the 27,000 hour mark with a value of more than \$603,935 in volunteer service hours! We thank all our RSVP volunteers for making such an incredible contribution to our community. We also congratulate our County Commissioners for making such a wise investment in RSVP, realizing a return on their investment that is well over 1,000 percent! Thanks to all our volunteers for your incredible contributions, and thanks to our commissioners for their continuing support!

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**RSVP of St. Mary's County**  
*Where Senior Volunteers ARE VALUED*  
*As One of Our Greatest Natural Resources!*

# Trips and Tours

(more on page 17)



## Blue Crabs Baseball Game

Wednesday, May 8, 2013

Game Time: 10:35 a.m.

Fun at the ballpark! A ticket to the Senior Day Brunch includes entrance to the game, access to the air conditioned Legends Club Room which includes private restrooms, full wait staff, and available outside private seating. You will also have a 2 hour all-you-can eat brunch buffet of *eggs, potatoes, muffins, bagels, fruit, sausage, bacon, coffee,*

*tea, and soda.* The cost is \$23.00 per person. Your reservation is made when payment is received. Make checks payable to St. Mary's County Department of Aging and Human Services. Limited transportation is available; inquire when making reservations. Those providing their own transportation should meet at Regency Furniture Stadium no later than 9:45 a.m. For more information, or to inquire about transportation, call Brandy Tulley at 301-472-4200, ext. 1062.

## Visit Shirley Plantation on the James River & Charles City Tavern

Thursday, September 26, 2013

Shirley Plantation in Charles City, Virginia is Virginia's first plantation, established in 1613. It is one of America's oldest family owned businesses and is still lived in by direct descendants of the same family since 1738. The mansion holds original family furnishings and portraits and the grounds have many authentic buildings. While visiting Shirley, take



Shirley Plantation the oldest active plantation in Virginia and the oldest family-owned business in North America, dating back to 1638

a guided tour of the mansion, take part in a special program hosted by a direct descendant of Shirley Planta-

tion, and have the opportunity to do a self-guided tour of the grounds. Call 301-475-4200, ext. 1062 for fee and to learn more.

After leaving Shirley Plantation, enjoy lunch at Charles City Tavern. The Tavern is located in the heart of Virginia Plantation Country and is housed in a circa 1889 farmhouse that sits on a 2,000 acre working farm. Motor coach transportation will be provided.

Details are being finalized. Call 301-475-4200, ext. 1062 for pricing. Your reservation

is made when payment is received. Payment may be made at any county Senior Activity Center or by mail to the department.





## ORIOLES Bus trip to Camden Yard

Wednesday, May 15, Cost \$60

Wednesday, May 15 is the date for the annual trip to see a live MLB game. The SAN DIEGO PADRES will play the BALTIMORE ORIOLES in Baltimore, with a 12:35 p.m. game start time. Price of the trip is \$60 per person and includes water & snacks both ways on the bus, transportation, tip for bus driver and ticket to the game. Your seat is reserved only when payment is received. Seats are located under cover, so we are protected from sun or rain. NOTE: In case of extra innings the bus will depart from the stadium by

4:15 p.m. Call Joyce Raum at 301-737-5670, ext. 1656 if you have any questions. Payment for this trip can be made at any Senior Activity Center. Space is limited.

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## Grand Illumination, Williamsburg, VA

December 7-9, 2013. Cost \$610 pp/double occupancy

Kick start your Christmas season with a three-day and two night trip to Colonial Williamsburg for Christmas sights and sounds. Cost is \$610 per person, based on double occupancy. The bus leaves from Garvey Senior Activity Center Saturday morning, at approximately 9 a.m., exact time TBD. Arrive in Williamsburg and enjoy lunch in a Colonial Tavern in the heart of historic Colonial Williamsburg. This trip will include a tasting visit to the Williamsburg Winery and an evening at Christmas Town; A Busch Gardens Celebration. Sunday, you can choose to start your day with Mass at St. Bede Catholic Church, or with coffee at a local coffee shop. Later, there will be a Guided Tour of Colonial Williamsburg, starting with the film "The Story of a Patriot." Later, spend free time on your own visiting your choice of other buildings and museums included with your ticket, or shopping in Merchant's Square. The evening celebration in Colonial Williams-



burg, The Grand Illumination, includes fireworks, musical entertainment, dancing, caroling, and dramatic presentations. All activities subject to availability and change at time of reservation. Tour includes: Deluxe motor coach transportation, two nights accommodations, baggage handling, two deluxe continental breakfasts, 1 lunch, 2 dinners, all admissions and guide services, taxes and tips. Cost per person, double occupancy is \$610. Call Joyce Raum at 301-737-5670, ext. 1656 to learn more.



**NOTE: This trip includes activities which require considerable mobility, as the grounds in Williamsburg are often unpaved, and there is lots of walking all three days of this trip.**

# Health and Wellness

## Health Screenings by St. Mary's Hospital Health Connections

**Friday, March 22 & April 26**

Take advantage of free health screenings provided by MedStar St. Mary's Hospital Health Connections. Each month features a different screening, in addition to blood pressure screenings. In March, have a free Glucose test done. In April, have a free bone density screening.

**March 22: Glucometer (Glucose testing)**

**April 26: Glow Germ (Bone Density Screening)**

*Times and locations are as follows:*

Loffler Senior Activity Center	9-10 a.m.
Garvey Senior Activity Center	11-Noon
Northern Senior Activity Center	1-2 p.m.



## 'Memory & Moods'

**Northern Senior Activity Center**

**Tuesday, April 9, 11 a.m.**

Think there's a connection between your mood and memory? You could be right. Studies find that a positive attitude, eating the right kinds of foods and getting enough rest can put you in a good mood. And being in a good mood may be helpful to improving your memory. Learn more about improving your attitude. Sharing personal experiences will be encouraged, walk-ins are welcome.

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## Sleep and Aging

**Garvey Senior Activity Center**

**Tuesday, March 12, 11:00 a.m.**

With the start of Daylight Savings time in early March, it is natural to experience changes related to sleep patterns. But how do you know when your sleep problems are becoming a problem? This discussion, led by Lisa Moderski, CRT, RPSGT, RST will address some of your sleep related concerns. Topics to be discussed include sleep patterns in older adults, insomnia, sleep disordered breathing (i.e. sleep apnea and snoring), movement disorders (i.e. Restless Leg Syndrome), diagnosing and treating sleep disorders, and "how to talk to your doctor about sleep concerns". Advance sign up is required and can be done by calling 301.475.4200, ext. 1050.



**NEW BEGINNING**

## A Matter of Balance

Garvey Senior Activity Center

**Mondays, March 11-April 29, 10 a.m.-Noon**

*A Matter of Balance* is a nationally recognized, award-winning time-tested program for people over 60 designed to help manage falls and increase activity levels. In this class, participants will learn to:

- View falls and fear of falls as controllable
- Set realistic goals for increasing activity
- Make changes to reduce falls at home
- Exercise to increase strength and balance

Classes are two hours in length and are held once a week for eight weeks and are lead by two trained coaches in the Matter of Balance program. All materials are provided. To sign up for the course, call 301-475-4200, ext. 1050 no later than Friday, March 8.

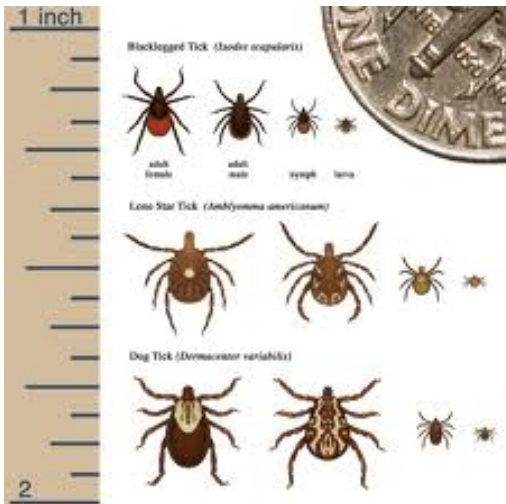


MANAGING CONCERNS ABOUT FALLS

## Lyme Disease Discussion and Support Group

Northern Senior Activity Center

**Thursday, April 11, 1 p.m.**



The Lyme Disease Discussion and Support Group meets quarterly at the Northern Senior Activity Center. Participants share personal experiences, explore medical reports and updated information on Lyme disease that will be provided by the facilitator. Videos are occasionally shown. If interested in attending, call 301-475-4002, ext. 1001 to sign up.

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## Wellness Clinic

Northern Senior Activity Center

**Thursday, March 7, 9-11:30 a.m.**

The CSM (College of Southern Maryland) nursing students will provide hands-on presentations on osteoporosis, heart attacks and stroke, and respiratory hygiene. Don't miss the "Germ Detector" tool used for hand washing etiquette. There will also be screenings for height, weight, vision, pulse oximetry and blood pressure. Special presentations will be on reading food and drug labels, vitamins, fall prevention and having a safe home for Alzheimer's persons. Walk-ins are welcome.



# Staff Prepared Meals

## Lunch Connection & Open Mic at Loffler Senior Activities Center

Arrive by 11:15 a.m., lunch is served at noon. Reservations required at least 2 weeks in advance. Space is limited, so call 301-737-5670, ext. 1652 or stop by the front desk 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, March 12:** The harmonies of Folk Salad Trio will get your mood in the right place for enjoying an Irish Feast. We will start with *Leprechaun Punch* and move to the main event: *Glazed Corn Beef with Irish Soda Bread, Potatoes, Carrots, Cabbage and Watergate Cupcake for dessert.*



**Thursday, March 28:** Keeping the Irish theme going all month long, this menu is: *Shepherd's Pie topped with Mashed Potatoes, Fruit Cup, Zucchini and Frozen Yogurt Pie.*

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**Tuesday, April 9:** Arrive in time to enjoy music from Ben Connelly, a Loffler favorite, beginning at 11:30 a.m. At noon, lunch will be served. The menu is: *Chilled Grilled Chicken Kebab over a Bed of Field Greens, Oven Baked Ratatouille, Fruit Salad and Surprise Filled Cupcake.*



**Thursday, April 25:** Enjoy *Sausage, Peppers, and Potato Casserole, served with Bread and Butter, Seasoned Green Beans and Pineapple Stuffing for dessert.*





# Breakfast Café

Northern Senior Activity Center  
Wednesday, March 5 & April 2

Enjoy a morning treat of *French toast with confectioner's sugar and bacon* on March 5.



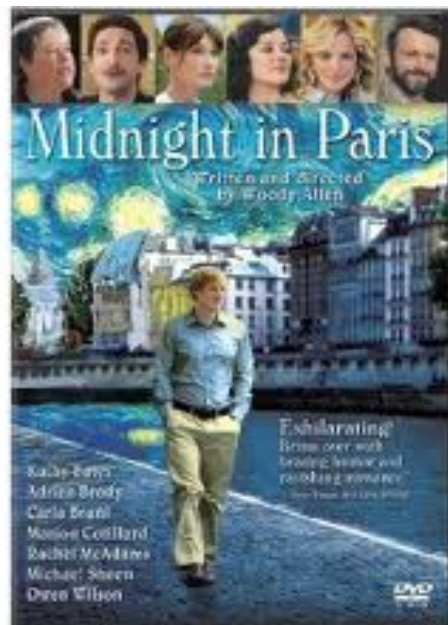
April's breakfast features *Chipped beef gravy over biscuits*. Breakfast is served with complimentary beverages of *Juice, Coffee, Hot tea or Cocoa*. There is a \$2 fee at sign-up, which is required 24 hours in advance. Make your reservation at the Northern Senior Activity Center front desk or by calling 301-475-4002, ext. 1001.

## Movie "Midnight in Paris" & Luncheon

Garvey Senior Activity Center  
Tuesday, April 9

Movie begins at 10:00 a.m.  
lunch served at Noon

Join the Garvey Center Staff for a French L'Apéritif! The menu features *Garden salad, Quiche lorraine, Petite peas, Carrots with lemon glaze, Lemon bars and Ice cream, Milk/coffee/tea*. Prior to lunch, watch the romantic comedy, *Midnight in Paris*, about a family that goes to Paris because of business, and two young people who are engaged to be married in the fall who have experiences there that change their lives. It's about a young man's great love for a city, Paris, and the illusion people have that a life different from theirs would be much better. To make reservations call 301-475-4200, ext. 1050.



# Creative Expressions



## **Watercolor Painting**

**Northern Senior Activity Center**

**Monday, April 1 & 8, 9 a.m. - 11:30 a.m.**

This follow-up series to 'Quick Draw' will begin with sketching a selected subject and finish with a watercolor painting. A refresher course in 'Quick Draw' techniques will be a warm-up for this two-part series in drawing and painting. Beginners are welcome and intermediate students can continue working on their artistic skills and try watercolor painting. Wet-on-wet and dry-brush techniques will be taught by resident art instructor, Wrenn Williams. Call 301-475-4002, ext. 1003 to sign-up by Wednesday, March 27 as space is limited. Ask for a supply list, some materials will be provided.

## **Matchstick Border Basket**

**Northern Senior Activity Center**

**Wednesday, April 24 &**

**Thursday, April 25, 1-4 p.m.**

Learn to weave a round base and add a matchstick border. Finished basket is about 8" in diameter. There will be some choice of color. Cost for kit and class is \$30. Payment must be received by Friday, April 19 to reserve a spot in the class, as space is limited. To learn more call 301-475-4002, ext. 1003.



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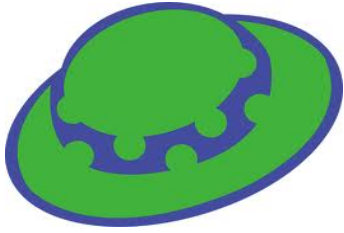


## **Flower Pot Wind Chimes**

**Garvey Senior Activity Center**

**Wednesday, March 20, 10 a.m.**

Find your inner calmness while painting clay pots. String them together to create a peaceful wind chime to keep for yourself or give as a gift to a friend who might need some serenity in their life. The cost is \$5 and payment must be received in advance. To sign up call 301-475-4200, ext. 1050.



### Monthly Craft Loffler Senior Activity Center

Friday, March 1:

“Hat Organizer,” 10:30 a.m., Cost \$4

Friday, April 12:

“Spring Door Decoration,” 10:30 a.m.,

Cost; bring an umbrella and we’ll supply the rest

Begin the month of March by being organized and colorful at the same time. Paint a simple yardstick and clothespins in coordinating or exciting colors. Then glue the clothespins onto the yardstick. Now you have a hat organizer that is ready to mount in your closet, mudroom or wherever you like to hang your hats. April is famous for showers and springtime so we will celebrate both by decorating your front door with an arrangement of flowers peeking out of an umbrella. Sign up for these classes by stopping by the reception desk or by calling 301-737-5670, ext. 1658 by the Tuesday preceding the class (February 26 and April 9).



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### Yarn, Thread & Everything at Loffler

Loffler Senior Activity Center

Mondays and Thursdays, 10 a.m., Free

Recently known as *Knit and Crochet Too*, our ever-expanding needle (and hook) lovers are branching out yet again. More fun with more activities than ever, Yarn, Thread & Everything, while continuing to enjoy the pleasures of knitting and crocheting now welcomes the joy of embroidery, cross stitch and needlepoint. If you are new to any of these arts, tutoring is available at no charge. Stop in and see what the buzz is all about. To learn more call 301-737-5670, ext. 1658.



### Project Linus

Loffler Senior Activity Center

March 15 & April 19 10 a.m.

This group meets monthly under the direction of Debbie Rumble and creates blankets and quilts for ill children. Share your talents while creating something comforting for a child in need. Call 301-737-5670, ext 1658 to learn more.

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### Beginner’s Woodworking Class

Loffler Senior Activity Center, Tuesdays 1 p.m., Cost: Supplies

Mr. Warren Brown is an accomplished and award-winning wood carver in our local area who has begun teaching this art form at Loffler. Emphasizing safety and the importance of using the correct tools, Mr. Brown will start you off with a simple project. He will also go over with you the specific tools you will need (including a quality carving glove) as well as the techniques you will need to learn. Please bring a notebook and a number 2 pencil to the first class you attend. To sign up or learn more call 301-737-5670, ext. 1658.





**Cards for Troops**  
**Garvey Senior Activity Center**  
**Tuesdays, March 12 & April 16**  
**1:30 p.m.**

The group makes homemade greeting cards using stamping and scrapbooking techniques. The cards are then sent to Cards for Soldiers, an organization that sends homemade greeting cards to soldiers stationed abroad to send back home to their family and friends for holidays and special occasions. For more information on how to become involved, call 301-475-4200, ext. 1050.

**Who Wants To Play Cribbage?**  
**Loffler Senior Activity Center**  
**Fridays 1 p.m., FREE**

Join the fun of playing cribbage at the Loffler Senior Activity Center. This is the ideal two-person game; fairly easy to learn yet actual play is challenging enough to keep you on your toes. Let's see if we can keep up a good enough response so that the fun can continue. Call 301-737-5670, ext. 1658 to learn more.



**AARP Tax Assistance**

AARP Tax Assistance is available at each Senior Activity Center. Call 301-884-8370 to make an appointment. No calls after 7 p.m. Appointments will be available at the following locations and times:

**Garvey Senior Activity Center (Leonardtwn).**  
Tuesdays 9 a.m.-noon; Thursdays 2-4 p.m.

**Loffler Senior Activity Center (Great Mills)**  
Mondays 1-3 p.m.; Thursdays 9 a.m.-noon

**Northern Senior Activity Center (Charlotte Hall)**  
Tuesdays 9-11 a.m.; Thursdays 1-3 p.m.

## Ongoing Arts and Crafts Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301.475.4200, ext. 1050	Pins & Needles Stitching Group	Self-directed	Fridays	12:30 p.m.	Free
	Cards for the Troops	Susan Peters	March 12 & April 16	1:30 p.m.	Free
Loffler Senior Activity Center Great Mills 301.737.5670, ext. 1658	Yarn, Thread & Everything	Linda Graham	Mondays & Thursdays	10-11:30 a.m.	Free
	Decorating Committee	Shellie Graziano	1 <sup>st</sup> & 3 <sup>rd</sup> Mondays	2 p.m.	Free
	Appliqué Tutor		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	1st & 3rd Wednesdays	10 a.m.-noon	Free
	Monthly Craft	Toni Axtel	Fri. March 1 & Fri. April 12	10:30 a.m.	varies
	Needle & Thread	Self-Directed	Thursdays	9 a.m.-noon	Free
	Project Linus	Debbie Rumble	3rd Fridays	10 a.m.	Free
	One-on-One Tutoring	Toni Axtel	Call 301.737.5670	By Appointment	Free
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 a.m.-noon	Fee
	Open Painting Studio	Wrenn Williams	Mondays	9 a.m.-4 p.m.	Free
	Whimsie Works Pottery	Pam King	2nd & 4th Tuesdays	2-4 p.m.	Fee
	Scrapbook Marathon	Barbara Sterling & Linda Brock	3 <sup>rd</sup> 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
	Northern Stars Theater Group	Wrenn Williams	1 <sup>st</sup> 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	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	Wednesdays, 2 times a month (to be decided)	9 a.m.	\$2
	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

### “Senior Matters” Adult Study Group

**Northern Senior Activity Center  
1<sup>st</sup> and 3<sup>rd</sup> 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 talking about 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.



## 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 <sup>st</sup> & 3 <sup>rd</sup> Mondays	10 a.m.-noon	\$1-3
	Pitch	Weds. & Fridays, 2nd & 4th Mondays	10 a.m.-noon	Free
	Senior Vibes	1 <sup>st</sup> Tuesday	9:30-11:30 a.m.	Free
	Pokeno	3 <sup>rd</sup> 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	March 5, 19, & 26 April 2, 16, 23, 30	12:30-1:30 p.m.	\$1.00 per card to 3
	Canasta	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesdays	1-4 p.m.	Free
	Penny Bingo	March 13 , & April 10	10:30 a.m.-Noon	Pennies
	Chess Club	Wednesdays	9:30-10:30 a.m.	Free
	Cribbage	Fridays	1 p.m.	Free

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**Triad/SALT** is actively seeking council members. Call 301.475.4200, ext. 1073 to learn more or for meeting location.

## 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. = <b>Fitness Card</b> , 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	1:05-2:05 p.m.	F.C.
	Line Dancing	Wednesdays	1:30-2:30 p.m.	Free
	Clogging	Wednesdays	2:30-3:30 p.m.	Free
	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. = <b>Fitness Card</b> , 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	Tues. & Thursdays	10-11 a.m.	F.C.
	Yoga	Weds. & Fridays	10-11 a.m.	F.C.
	Core & Abs	Wednesdays	2-3 p.m.	F.C.
	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	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	Daily	9 a.m.-4 p.m.	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	Tues., Thurs., & 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

\* F.C. = **Fitness Card**, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.



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

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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.com/aging](http://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](http://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 <sup>st</sup> Tuesday	9 a.m.-noon	Free
	Book Discussion	Kathy Mather	2 <sup>nd</sup> Wednesday	10 a.m.	Free
	Nutrition Education	Donna Taggert	2 <sup>nd</sup> 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
	Health Watch	Varies	(not scheduled this time period)	9 a.m.- Noon.	Free
	Nutrition Education		3 <sup>rd</sup> Wednesday	10:45 a.m.	Free
	Scripture Study	Solomon Olumese	Fridays, Mar. 8 & 22, Apr. 5, 19	10 a.m.	Free
	Fun w/E Readers	Linda Graham		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 <sup>st</sup> Wednesday	10:45 a.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	Quarterly Thursday April 11	1 p.m.	Free
	Diabetes Support Group	Wrenn Williams	Quarterly: Thursday (call for date))	2 p.m.	Free
	Book Chatter	Joyce Summers	4 <sup>th</sup> Thursday	11 a.m.	Free
	“Senior Matters” Adult Study Group	Elizabeth Holdsworth	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays	10:45 a.m.	Free

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## 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 <http://www.co.saint-marys.md.us/citizen/signup.asp>. This link will also allow you to sign up for media releases and emergency alerts. The newsletter can also be viewed on the Department of Aging website, <http://www.co.saint-marys.md.us/aging/>. If you choose to receive the newsletter via e-mail or view online rather than mailing, please contact Jennifer Hunt, Community Programs and Outreach Manager at 301-475-4200 ext. 1073.

**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 are places where adults ages 50 and over who are independent and active 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](http://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  
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P.O. Box 653,  
Leonardtown, MD 20650

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CHANGE SERVICE REQUESTED

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

Good Friday–March 29, 2013

**NEW BEGINNING**