

# NEW BEGINNING

**VOLUME 33 ISSUE 4**

**JULY/AUGUST 2020**

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



*Celebrating Your  
Independence!*

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# From the Director's Desk

By Lori Jennings-Harris, Director

## Independence

Independence has taken on yet another meaning. With the coronavirus pandemic and the many changes we've made to adjust our lives for our personal well-being and that of the people around us, we may feel a greater appreciation for the ability to come and go freely and without having concern for how and where we travel.

My first July/August *New Beginning* newsletter article was in 2007. The title – Exploring New Things. This is as true today as it was thirteen years ago, but in ways and for reasons we had not anticipated. In part, the article reads,

*Now that we are in the middle of summer and the heat is on, let's not forget all the wonderful things we can do while the weather is hot. The Garvey Center's renovations are now complete, and we have finally gotten back to our regular routine with daily programs and activities. Thank you all for being cooperative and patient during the upgrades to the center.*

*The Loffler and Northern Centers are also in full swing with their summer events. Take advantage of their special programs by exploring what each center has to offer. Meeting different people and learning new things are good for the mind, the body, and the soul.*

We are again in the middle of a summer season with a variety of activities we can enjoy, whether inside or outdoors. We have a newly built Garvey Senior Activity Center – complete and ready to showcase all the building and staff have to offer, over the coming months and years, though our daily routines have taken on a different shape. Nonetheless, we are excited for Garvey to have a new home shared with the new Leonardtown Library. The Northern and Loffler Senior Activity Centers offer as many activities as before, and more. One of the things that has not changed is our encouragement of older adults taking advantage of all the

Department of Aging & Human Services has to offer. The activity centers offer classes and programs virtually, and our in-home services are still being coordinated by staff to ensure individuals with greater needs have the support they need.

*Continue reading on page 4 - "Directors Desk"*

## NEW BEGINNING

The Commissioners of  
St. Mary's County  
James R. Guy, President  
Eric Colvin  
Michael L. Hewitt  
Todd B. Morgan  
John E. O'Connor

**Publisher:** Lori Jennings-Harris  
Director, Department of  
Aging & Human Services

**Editor:** Sarah Miller  
Community Programs &  
Outreach Manager, Department  
of Aging & Human Services

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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.

# Director's Desk

*Continued from page 3*

We continue to keep the public informed about our programs and services and we have creatively explored alternate forms of holding our popular events, Department-wide.

Our fiscal division remains diligent and committed in supporting the Department's mission and goals. Information and assistance to our seniors are ongoing. We were the first in the state to conduct a virtual Teen Court proceeding and several of our RSVP volunteers really supported the need for face coverings by sewing hundreds of beautifully designed and crafted face coverings for distribution to members of our community.

Many thanks to everyone, now and always. And, Happy Independence Day!



## **St. Mary's County Commission on Aging** **Upcoming Meetings:**

**Monday, July 20, 2020**

1 p.m.

Garvey Senior Activity Center

23630 Hayden Farm Lane, Leonardtown, MD 20650

**Monday, August 24, 2020**

1 p.m.

Garvey Senior Activity Center

23630 Hayden Farm Lane, Leonardtown, MD 20650

**The Commission on Aging is your voice to advise and assist the Commissioners of St. Mary's County concerning county programs and resources offered for the senior residents of our county.**

**Attend Meetings to:**

- \* Meet your St. Mary's Commission on Aging members
- \* Provide comments on the Department of Aging & Human Services
- \* Obtain information on topics of senior interest

For more information, contact Mercedes Jones at 301-475-4200, ext. 71051, or Mercedes.Jones@stmarysmd.com.

Visit the Commission on Aging website at <https://www.stmarysmd.com/boards/groups/default.aspx?board=11>

Call-in option - dial 301-579-7236. Enter the participant pin 985097 when prompted.



# Nutrition Corner

By Donna Taggert, RD/LD/CDE  
Email: [dtaggert26@hotmail.com](mailto:dtaggert26@hotmail.com)

I am often asked what the difference is between PREbiotics and PRObiotics? Their names sound similar and they both play an important role in our gut health but they are different. Prebiotics are a type of plant fiber that cannot be digested and help stimulate the growth of healthier bacteria in our gut. These bacteria are believed to help facilitate digestion and nutrient absorption, help with our immune system, and possibly help support non-digestive issues such as skin conditions like eczema. On the other hand, probiotics are fermented foods that contain live organisms that help make up the population of the healthy microorganisms that live in our gut. So basically, prebiotics feed the probiotics that help maintain the colony of bacteria in our gut.

What are some of the sources of prebiotics? Plant fibers found in fruits and vegetables especially chicory root, Jerusalem artichoke, garlic, onion, leeks, asparagus, bananas, barley, oats, apples, cocoa, flaxseeds, jicama, wheat bran, and seaweed are examples of prebiotic foods.

Probiotics are mainly found in yogurt, sauerkraut, kimchi, kombucha tea, and kefir. Not all fermented foods are probiotic if they have been heat treated, which kills the live organisms. One example would be sourdough bread, which has a starter of microorganisms but are then killed by the baking process.

Please join me for a presentation during the month of October on demystifying fermented foods. Check with your local center for date and time.

*Do you have nutrition related questions? Schedule an appointment with Donna by calling 240-538-6539. While the Senior Activity Centers are closed, Donna is happy to consult with you by phone!*

**6 Ways to Eat Well As You Get Older**

- Know what a healthy plate looks like**  
See how to build a healthy plate at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)
- Look for important nutrients**  
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.
- Read nutrition labels**  
Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.
- Use recommended servings**  
Learn the recommended daily servings for adults aged 60+ at [heart.org](http://heart.org)
- Stay hydrated**  
Water is an important nutrient too! Drink fluids consistently throughout the day.
- Stretch your food budget**  
Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](http://BenefitsCheckUp.org/getSNAP)

**ncoa**



## Home & Community-Based Services

*Rebecca Kessler, HCBS Division Manager  
Daphne Bennear, HCBS Program Coordinator*

We all know that our attitude can change how our day goes but studies conducted with cancer patients, veterans, first responders, athletes and others have found that practicing GRATITUDE has even more benefits than we realize. Some benefits of practicing gratitude include:

**Increased Exercise:** People who practice gratitude exercised up to 40 minutes more each week.

**Increased Outlook:** Those who practice gratitude had an increased sense of optimism and felt better about life overall.

**Improved Sleep:** Those who reflect on what they are thankful for experience longer, more restful sleep.

**Improved Feeling about Self and Others:** Studies show that people who engage in gratitude exercises not only have improved self-esteem but had reduced depressed feelings and “toxic” feelings like jealousy and resentment. They are also people who tend to make strong healthy connections with others.

**Better Game:** One study found that practicing gratitude increased athletic performance.

**Increased Resilience:** Studies have found that those who feel grateful have fewer negative symptoms after traumatic and stressful events.

### 15 Beautiful Things Scavenger Hunt

In the coming week, try to notice as many Beautiful Things as possible. Be creative and specific. Think big and small. Here is your scavenger list:

Something observed in nature:

Something man made (architecture, painting, music, dance, etc...):

An inspiring quote or story:

Something you can taste:

Something you can hear:

A kindness someone showed to you or another:

Something you share with someone:

A person:

Something you can smell:

Something you can touch (a texture):

A memory:

A goal/plan:

A funny quote or story:

Something you have made:

A gift:

We would love to see what you came up with! Share your Scavenger hunt results with us by emailing [Daphne.Bennear@stmarysmd.com](mailto:Daphne.Bennear@stmarysmd.com).

The St. Mary's County Department of Aging & Human Services offers Respite Grants for family caregivers. Contact Daphne Bennear at 301-475-4200, ext. 71069, or [Daphne.Bennear@stmarysmd.com](mailto:Daphne.Bennear@stmarysmd.com) to learn more.

# Teen Court Goes Virtual

The St. Mary's County Department of Aging & Human Services Teen Court program is proud to have successfully transitioned to a virtual system, the first in the state to have done so. According to Global Youth Justice, Inc., St. Mary's County Teen Court is now one of only 25 programs throughout the country hosting virtual Teen Court sessions.

Teen Court is a juvenile justice diversion program offering first-time misdemeanor offenders, ages 11-17, and first-time traffic offenders under the age of 18, the opportunity to accept accountability for their minor crimes without having to incur a permanent criminal record or traffic court fines and points. Teen Court is a voluntary program that allows juvenile offenders to be judged by a jury of their peers.

The 90-day processing requirement for juvenile cases was not changed when the courts closed in Maryland due to the COVID-19 emergency, said Gregory Jones, Teen Court Coordinator with the St. Mary's County Department of Aging & Human Services' Human Services Division. When the courts closed, Jones had cases already scheduled for hearings and others waiting to be processed. Without an effective alternative the only thing that could be done was to forward them to the Maryland Department of Juvenile Services for formal processing, where the offenders would potentially get a juvenile criminal record, the very thing Teen Court is designed to prevent.

With this in mind, Jones began researching the few virtual programs that existed at that time. Security, confidentiality, and functionality were some of the major challenges these programs faced. With the security breaches and licensing requirements of some of the programs, the search continued for one that could meet the requirement of security, confidentiality, ease of access, and the ability to electronically move the offender and their parents during jury deliberations to a waiting area like was done when the cases were heard in the District Courthouse. With the assistance of the St. Mary's County Information Technology Department, an existing video conferencing program was found to have some features which would meet the operating requirements without disconnecting any of the participants. Having a virtual alternative to in-person court sessions also provides Teen Court with a very valuable backup tool moving forward, Jones said.

In addition to holding the actual court hearings virtually, Jones can conduct the intake interviews for new cases as well as the exit interviews following the completion of the hearing. Teen Court hearings are normally held the second and fourth Monday of each month, but they are currently being held more frequently.

Teen Court utilizes the services of teen volunteers ages 11 - 17 as jurors and adult volunteers who serve as community judges, jury monitors, bailiffs, and administrative aids.

For more information, contact Teen Court Coordinator Gregory Jones at [Gregory.Jones@stmarysmd.com](mailto:Gregory.Jones@stmarysmd.com).



# Senior Farmer's Market Nutrition Program (SFMNP) Coupon Distribution

In order to comply with all COVID-19 related physical distancing guidelines, distribution of SFMNP checks to eligible seniors will be handled differently this year. Please read the below details carefully.

## Eligibility Criteria

- 60 years of age or older
- Photo ID card which indicates proof of St. Mary's County residency
- Meet income limits

Household Size	Annual Income
1	\$23,606
2	\$31,894
3	\$40,182
4	\$48,470

## Maryland 2020 SFMNP Income Limits

Call 301-475-4200, ext. 71080, for income limits for larger household sizes.

## Distribution Information

Read the following steps closely. Due to the COVID-19 pandemic, we have new distribution procedures.

1 - **Obtain required paperwork.** Call to be added to the mailing list. Calls will be taken Monday, July 6 at 8 a.m.-Wednesday, July 8 at 5 p.m. Call 301-475-4200, ext. 71080. A limited supply of checks is available; calls and voicemails will be answered in the order received.

2 - **Complete required SFMNP paperwork.** In order to ensure a smooth, low-contact distribution, please be sure all paperwork is completed thoroughly. Coupons will only be distributed to eligible seniors with completed paperwork.

3 - **Return the Paperwork.** An addressed and stamped envelop will be provided. Paperwork must be postmarked by Friday, July 24.

4 - **Receive checks.** Once paperwork is received, staff will contact eligible seniors to arrange distribution of checks and a Maryland Farmer's Market directory.

5 - **Use your coupons!** Be sure to use your coupons prior to November 30, 2020. Practice good physical distancing and follow federal, state and local guidelines for COVID-19 prevention when visiting markets.





# National Eye Health Month

By Brittney Lee, MPH

Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. August is National Eye Exam Month and features a campaign for seniors 65 and over called Eye Care America (<https://www.aaopt.org/eyecare-america/read-more>). Under this program, volunteer ophthalmologists provide a free medical eye exam for eligible seniors.



Have you had your eyes checked regularly by an eye care professional, either an ophthalmologist or optometrist? According to the National Institute on Aging, people over age 60 should have dilated eye exams yearly. During this exam, the eye care professional will put drops in your eyes to widen (dilate) your pupils so that he or she can look at the back of each eye. This is the only way to find some common eye diseases that have no early signs or symptoms. If you wear glasses or contact lenses, your prescription should be checked, too. See your doctor regularly to check for diseases like diabetes and high blood pressure. These diseases can cause eye problems if not controlled or treated. The most common eye diseases in people over age 60 include:

**Glaucoma:** Eye pressure from fluid buildup can damage the optic nerve.

**Cataracts:** The lens of the eye clouds up and restricts vision.

**Macular Degeneration:** Central vision is affected by a damaged retina.

**Diabetic Retinopathy:** Blood vessels within the eye become damaged due to high blood sugar.

When the eye doctor sees any symptoms of one of these serious diseases, they can recommend a more effective treatment plan. Without treatment, the diseases will not be noticed until they have progressed greatly and have already caused a lot of damage. In that case, treatment is much more difficult and less effective. We encourage you to contact an eye care professional right away if you:

- Suddenly cannot see or everything looks blurry
- See flashes of light
- Have eye pain
- Experience double vision
- Have redness or swelling of your eye or eyelid

Reference: <https://www.nia.nih.gov/health/aging-and-your-eyes>

# Senior Information & Assistance

By Debbie Barker, Senior I&A Division Manager

## Property Tax Credit Deadline Approaching

If you have not applied for one of the many property tax credits available, now is the time to do so. The deadline for the Senior Tax Credit, 65-10 tax credit is September 1. The Maryland Homeowners' Property Tax Credit deadline is October 1. To learn more about each credit go to [www.stmarysmd.com/treasurer](http://www.stmarysmd.com/treasurer) or call 301-475-4200, ext. 71654 or 73104.

## Help Available for Electricity and Heating Expenses!

The Southern Maryland Tri-County Community Action Committee, Inc., Office of Home Energy will begin accepting applications for the 2021 program year on July 1. This program provides financial assistance to residents, who meet program requirements, with their electric and heating expenses.

Eligibility is determined by the gross household income for everyone living in the residence, which is based on 175% of the federal poverty level. Income levels vary depending upon the number of individuals residing at the property with a one person household maximum of \$1,861 per month and \$2,515 for two people.

Countable income is based on all income received within 30 days prior of making application including, Social Security, annuities, pensions, IRA distributions, wages, child support, etc. 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.

As of the publication of this newsletter it is undetermined if in-person application assistance will be available to persons age 60 and over and persons with a disability at the Senior Activity Centers. For more information call 301-475-4200, ext. 71064. Persons under the age of 60 may contact Southern Maryland Tri-County Community Action Committee by calling 301-475-5574, ext. 200, for application information.

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## Volunteer Drivers Needed

**\*\*\*Flexible Schedule\*\*\***

**\*\*\*Fuel Mileage Reimbursement\*\*\***

**\*\*\*Rewarding Volunteer Opportunity\*\*\***

**Contact: Ir'Sha'Laun Bailey,**

**Senior Rides Program Coordinator**

**Department of Aging & Human Services**

**301-475-4200, ext. 71066**



# Remaining Independent as You Age

By Brittney Lee, MPH

We all know that aging does not mean it's time to count fewer freedoms and let go of an independent lifestyle. Whether you or a loved one is living at home or as a member of a retirement community, this is a great opportunity to reflect on current lifestyles and encourage seniors to prioritize their own individual needs to reach goals for health and happiness.

**1. It's Time to Declutter** If certain items are no longer necessary in your home, then it might be time to move it on out in order to declutter and keep walkways clear of unnecessary items. If you have balance or vision problems, then it might be beneficial to shift furniture around and remove unneeded furniture so that maneuvering around your home will be easier with a decreased risk of injury.

**2. Easy Access to Belongings** We all hate it when items we need are out of reach and attempt to get it numerous times without success causing frustration and potential injury. Reduce the need to over-extend yourself reaching for everyday items by ensuring they are easily accessible to you. To do this you might need to move items to lower shelves and shift furniture out of the way of the refrigerator, dresser, and cabinets, for example.

**3. Upgrade Your Home** If needed, install hand-rails and grab bars throughout your home to aid in mobility. Make sure to place grab bars in the bathroom near the shower and toilet as well. If your home has stairs and you have trouble navigating them consider installing a chair lift. This will help to reduce difficulty you might have in getting around your home. If you need assistance with these type of projects, contact us at the Department of Aging & Human Services to learn more.

**4. Reduce Fall Risks** Just as we mentioned decluttering, it is important to address fall risks. Falls should be prevented at all costs as they can lead to injury which can lead to a loss of independence. As you are decluttering your home make sure to clear the floor of any unnecessary items that might cause you to trip. Additionally, make sure rugs are taped down so you do not have to worry about your feet catching the corners causing a loss in balance.

**5. Make Sure the Home is Well Lit** Darkness can make it hard to maneuver safely around your home. Lighten up the house by replacing any burned-out light bulbs and install night lights around the home in order to help you see better at night.

**6. Utilize Technology to Make Life Easier** Technology continuously evolves, and devices are not just meant to be used for entertainment. Online research opens your mind to countless possibilities, from learning a language to staying up to date with current events. Cell phones and tablets allow you to stay connected to families through phone calls or even video chats. Plus, having access to a phone allows you to easily contact help in case of emergencies.

**7. Staying Healthy and Active** Find a way to incorporate daily exercise in order to reduce risk of injury, improve balance and strength, and to keep you as mobile as possible. Eating whole balanced healthy meals is also important in staying healthy. If you are having trouble making it to the grocery store or running out of recipe ideas try a food delivery service like Blue Apron or HelloFresh.

Source: <https://www.cedarhurstliving.com/2019/02/15/celebrating-national-senior-independence-month/>

# Identity Protection Day

## Shred Trucks and Medication Disposal

Saturday, August 1  
9 a.m.-1 p.m.

St. Mary's County Department of  
Aging & Human Services  
41780 Baldrige Street  
Leonardtown, MD

**Free and Open to the Community!**

Due to continued COVID-19 concerns, workshops originally  
scheduled for Identity Protection Day  
will be held at a later date.

For more information, contact Sarah Miller at:  
301-475-4200, ext. 71073, or [Sarah.Miller@stmarysmd.com](mailto:Sarah.Miller@stmarysmd.com)

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Brought to you by the Commissioners of St. Mary's County, The Department of Aging & Human Services,  
The Department of Public Works and Transportation, and the St. Mary's County Sheriff's Office

**NEW BEGINNING**

# Focus on Fitness

By Alice Allen, Senior Center Operations Division Manager

While writing this article in mid-May, I am not sure what the status of the Senior Activity Centers will be in July. The state of Maryland has just begun its 1st phase of reopening businesses. Most surely, when the Senior Activity Centers are able to reopen, we will have to make adjustments with how we operate, at least until we have Coronavirus behind us.

In the meantime, I hope everyone is well and staying physically active. For all of us, regular physical activity is important to staying healthy. Compared to just sitting around most of the time, moderate-intensity physical activity helps to improve your immunity. Regular physical activity helps reduce your feelings of stress and anxiety which may have increased due to the pandemic. By taking part in 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training, you can combat the stress and anxiety you may be feeling and improve your body's immune function. Fit in 2, 5, 10 or 20 minutes of physical activity, however and wherever you can, it all counts to improving your health. *(Staying Active During the Coronavirus Pandemic. Exercise is Medicine. March 24, 2020. American College of Sports Medicine)*

The weather is getting nicer, making outside activities such as walking, riding a bike and gardening all the more enjoyable. Lift your spirits, be productive, improve your immunity and stay well. We will see you soon, if not already, at the Senior Activity Centers!



The Department of Aging & Human Services is proud to support our community members in remaining active in a variety of ways! Clockwise from top left - Bertha Raley gets ready for a walk, Coleen Tehansky walking Three Notch Trail with her sidekick Sherman, Elizabeth Harrington tears up the water, Dan Donahue takes a break from his recumbent bike!

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# Garvey Senior Activity Center

In Leonardtown, 301-475-4200, ext. 71050

*Please be advised - activities listed below are subject to rescheduling or cancellation. While the Department of Aging & Human Services and the Senior Activity Centers hope to resume operations as soon as possible, the decision will ultimately be made by state and local legislators to reopen with consideration made for the safety of all citizens. Your continued patience is appreciated and we look forward to seeing you soon!*

## Reverse Canvas “Home Sweet Home” Sign

Garvey Senior Activity Center

Thursday, July 16, 10 a.m. -12 p.m.

**Cost: \$7, payable in advance**

Reverse canvas is a popular technique used by crafters to create unique signs using a basic wrapped canvas. In this workshop, crafters will create a sign using the reverse canvas technique and applying precut heat transfer vinyl. Class size is limited; reservations and payment can be done at the receptionist desk. To learn more, call 301-475-4200, ext. 71080.

## Hearing Screenings with Question & Answer Sessions Garvey Senior Activity Center

Tuesday, July 21, 10 a.m.-12 p.m.

Dr. Pinno, with Jacobs Audiology, will be at the Garvey Senior Activity Center from 10 a.m.-12 p.m. on Tuesday, July 21. She will be here to answer any questions you may have about hearing loss as well as offering hearing screenings. There will be an informative question and answer session from 10-10:15 a.m. and then from 11-11:15 a.m. For more information please call 301-475-4200, ext. 71080.



## Intermediate Pouring Paint Class

Garvey Senior Activity Center

Thursday, July 30, 1:30 p.m.

**Cost: \$10 (due at the time of reservation)**

Have you taken some of our previous pouring paint classes and want to try some different techniques? This class will offer different techniques and education on different paints. Acrylic pouring is a fun and easy way to create one-of-a-kind works of art. We will be demonstrating how to mix pouring paints, how to do a ring pour and how to do a strainer pour. Each person

will take home their very own piece of art. Participation in our past beginners pouring paint classes is REQUIRED for sign up. For more information please call, 301-475-4200, ext. 71062.



*Please be advised - activities listed below are subject to rescheduling or cancellation. While the Department of Aging & Human Services and the Senior Activity Centers hope to resume operations as soon as possible, the decision will ultimately be made by state and local legislators to reopen with consideration made for the safety of all citizens. Your continued patience is appreciated and we look forward to seeing you soon!*



**Jewelry Making with Kathy  
Garvey Senior Activity Center  
Wednesday, August 12, 10 am  
Cost: \$10**

Come join us as we create your personalized pieces of beautiful jewelry. We will supply the beads, tools and the design! Kathy Creswell will be there to help you with how to make your piece and provide instruction as needed. During this class we will be making a predesigned bracelet. The cost for each bracelet is \$10. Please let the receptionist know when signing up how many pieces you plan on making as all supplies are purchased ahead of time.

Call 301-475-4200, ext. 71080, to register for the Class.

**AARP Safe Driving Course  
Garvey Senior Activity Center  
Tuesday, August 18, 10 a.m.-3 p.m.**

**\$15 for AARP members, \$20 for nonmembers**

As a result of evidence-based research findings, this course includes a focus on areas where older drivers could benefit from additional training, including roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seatbelt and turn-signal use. The cost is \$20 for AARP members, \$25 for nonmembers, payable to AARP. Members must show their membership card to get the member rate. Advance sign up is required. Lunch is available at the Center; cost for lunch is a donation for ages 60 and above and \$6 for those under the age of 60. Call 301-475-4200, ext. 71080, to register for the class and for the lunch menu and to make lunch reservations.



# A Brand New Garvey!

Though the ribbon cutting and grand opening were postponed, everyone at the Garvey Senior Activity Center has been hard at work preparing it for use!

Staff moved into the new building Monday, April 20, 2020. The new senior activity center boasts several upgrades including a fitness studio for group classes which provides more space for a wide range of new programs that will complement the wide variety of classes currently offered; four outdoor pickleball courts; an expanded exercise equipment room; an art room with natural lighting; and a state-of-the-art kitchen outfitted to produce meals on-site for the congregate meals and Home-Delivered Meals programs.

For more information about the Department of Aging & Human Services, please call 301-475-4200, ext. 71050 or visit [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging).



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# Sign up to receive email announcements from the Senior Activity Centers!

The senior activity centers have been busy creating virtual activities and want to be sure you have the most up to date information about what we have to offer, especially during this time of social distancing.

To be added to our senior activity center email list, email us at [senioractivitycenters@stmarysmd.com](mailto:senioractivitycenters@stmarysmd.com). We will respond to your email confirming receipt of your email address.



## SENIOR CALL CHECK

### PEACE OF MIND FOR THOSE HOME ALONE



**1 (866) 502-0560**  
**[aging.maryland.gov](http://aging.maryland.gov)**

### How The Program Works

This **free service** will place an automated daily call to you at a regularly scheduled time. If the call is not picked up after **three attempts**, the service will call an **alternate person** on your behalf to check on you.

### Do I Qualify?

All you need to qualify for this free service is:

- Be a Maryland resident aged **sixty-five plus**.
- Have an **active** landline phone or cell phone.

### How to Sign Up

To sign up **online**, go to: [aging.maryland.gov](http://aging.maryland.gov)

To sign up **over the phone**, call: **1 (866) 502-0560**

### Questions?

Call 1 (866) 502-0560  
Monday to Friday 8:30 AM to 5 PM (*excluding holidays*)

Or:  
[aging.maryland.gov/Pages/senior-call-check.aspx](http://aging.maryland.gov/Pages/senior-call-check.aspx)

Larry Hogan  
Governor



Boyd K. Rutherford  
Lt. Governor

Rona E. Kramer  
Secretary

# Loffler Senior Activity Center

In Great Mills, 301-475-4200, ext. 71658

*Please be advised - activities listed below are subject to rescheduling or cancellation. While the Department of Aging & Human Services and the Senior Activity Centers hope to resume operations as soon as possible, the decision will ultimately be made by state and local legislators to reopen with consideration made for the safety of all citizens. Your continued patience is appreciated and we look forward to seeing you soon!*

## Art Classes by Jamie Naluai:

### Available Soon by Video or Live Streaming!

We know you miss doing Art with Jamie so here are some upcoming opportunities to enjoy classes once again using the newest available online platforms. You will be able to access Jamie's free art videos to make self-directed crafts on the St. Mary's County Department of Aging & Human Services Facebook Page and additional platforms.

If you're looking for the in-person support you normally would during class, consider joining Jamie for her upcoming Live Stream classes, which will be available soon. There will be a per-session cost for the Live Stream classes which will be directly payable to Jamie through PayPal or another online direct-pay system. Details are still being worked out and information regarding days, times, instruction link and costs will be posted as soon as possible. You can e-mail [Sheila.graziano@stmarysmd.com](mailto:Sheila.graziano@stmarysmd.com) to see if there are updates. News regarding classes will be published in Senior Spotlight and other local news sources including our Facebook page.

## July Monthly Craft Video: Birds on a Wire Loffler Senior Activity Center

Since we didn't get to do this craft in May, let's do it now- we'll just have to do it by video! We'll mix up several types of crafts into one great project!

### Supplies needed:

- 16" x 20" canvas. If canvas is not available to you, cut up a cardboard box.
- Different patterns of scrapbooking paper, gift wrap, or any other attractive paper.
- Black Sharpie
- Sharp ink pen
- Craft paint and part of a sponge (optional) OR if using cardboard piece, attractive fabric for covering.
- Mod Podge. If not available to you, use glue for now to attach birds and paint entire piece later with Mod Podge or another decoupage medium.
- Cheap 2-inch brush
- Email Program Specialist Shellie Graziano at [Sheila.Graziano@stmarysmd.com](mailto:Sheila.Graziano@stmarysmd.com) for a template to print out. This video will be available soon!



## Lunch Connection

Call 301-475-4200, ext. 71658

**Please be advised: Lunch Connection gatherings in July and August have been canceled. We look forward to welcoming you back soon!**

*Please be advised - activities listed below are subject to rescheduling or cancellation. While the Department of Aging & Human Services and the Senior Activity Centers hope to resume operations as soon as possible, the decision will ultimately be made by state and local legislators to reopen with consideration made for the safety of all citizens. Your continued patience is appreciated and we look forward to seeing you soon!*

### Pain Management Help

Oftentimes people who suffer from chronic pain feel isolated or alone. Wouldn't it be nice to meet with others in the same boat, share some coping ideas as well as learn some self-management skills? A future goal of the Loffler Senior Activity Center is to set up a support group for sufferers. Until we can make that happen, there is help available through the American Chronic Pain Association. You can access their website at: <https://www.theacpa.org/about-us/chronicles/>.



You can also contact them by:

- E-mail: [ACPA@theacpa.org](mailto:ACPA@theacpa.org)
- Phone: 800-533-3231
- Mail: The ACPA PO Box 850, Rocklin, CA 95677

They have a free bi-annual newsletter that is full of helpful information. We will be using the directives of this organization to set up our own support group when the senior activity centers reopen after the COVID-19 Pandemic Emergency is over. In the meantime, here are some interactive tools you can use before your next medical appointment that will help you express clearly the location and intensity of your pain. Included in this link are pain maps, an ability chart, a migraine conversation guide and much more:

<https://www.theacpa.org/pain-management-tools/communication-tools/tracking-tools/>

Contact Shellie at [Sheila.graziano@stmarysmd.com](mailto:Sheila.graziano@stmarysmd.com) for more information.

### Are You a Caregiver?

Caring for a loved one during an illness or condition is often a very rewarding experience. It requires a lot of dedication as so much is riding on the caregiver's shoulders. But the caregiver needs support and encouragement, too. If you are responsible for the well-being of another who requires assistance on a regular basis, the Alzheimer's Foundation of America is a wonderful free resource for you! They offer webinars, articles, reassurance and many other ways to help you through your journey of caretaking whether Alzheimer's is a factor or not. While webinars are presented live, many of them are recorded so that you can watch/listen at your leisure, including a previous one on Caregiver Burnout. There are also many free live classes that both you and your affected one may enjoy.

It is easy to get on their e-mail list so that you register for many of their free educational resources. It helps to know that you are not alone! Check out this website and explore the many opportunities available to you: <https://alzfdn.org/>.

## Videos with Shellie!

Have you taken Tai Chi for Arthritis & Fall Prevention and want to practice but don't remember the moves? Feeling stressed or perhaps would like to wind down after one of our fitness videos? Join Program Specialist Shellie Graziano in Tai Chi Practice and Meditation Videos! Remember, these are practice videos for those who have already taken the classes. They are not intended to be instruction.

Tai Chi Practice Part 1: <https://www.facebook.com/watch/?v=160966462009883>

Tai Chi Practice Part 2: <https://www.facebook.com/watch/?v=613101275954218>

Flowing Peace: <https://www.facebook.com/SMCDAHS/videos/2901326226654076/>

Fragrance in the Woods: <https://www.facebook.com/watch/?v=766859753846258>

Shower of Healing Light: <https://www.facebook.com/watch/?v=174605733846067>

## Loffler Luau

Greetings Cousins! Unfortunately, we will be unable to gather for our annual Loffler Luau this year. Although we can't be together in person, let us think back and remember the years we were together and the fun we shared! Be sure to check out the Department of Aging & Human Services Facebook page on July 23 as we showcase pictures from the past Loffler Luaus!

## Lessons from the Sunflower

Did you know that the Sunflower is a symbol of adoration, loyalty, and longevity? Sunflowers originated in the Americas in 1,000 B.C. and were then cultivated as a valuable food source for centuries. With the European exploration of the New World, the flower's popularity spread, as the rest of the world began to appreciate its beauty and sustenance. Sunflowers bloom during the summer months and early fall and are also known as the "Happy Flower".

It is said that on dark days, the Sunflower will find the light and face in that direction. As we go through this uncharted territory together let us all try to strive to be more like the Sunflower; stand tall, find the positive light in the situation and focus our energy toward the good instead of the darkness and negativity that may dampen our spirits. In the end, we'll come out stronger and standing taller than we were before.



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## A word from the Loffler Senior Activity Staff

Hello Folks! Whoever dreamed we would be apart for this long?! Though the centers have been closed, the staff has continued to work diligently to reach out and find ways to connect with you. Most of you have gotten phone calls and many have seen opportunities to participate through the internet. The St Mary's County Department of Aging & Human Services has a Facebook page that is very active. There are craft, relaxation and fitness videos plus announcements on upcoming events (or cancellations!) as well as the latest developments of the COVID-19 Pandemic. It will be wonderful when we can go back to doing things together in person, but in the meantime, much of our work will necessarily be through internet interactions. If you have a computer/iPad/laptop/smart phone, now is the time to make the most use of your device. Ask for help from your family if you need it, to set up an e-mail account. Then reach out to us- we will try to help you take the steps you need to access our online opportunities!



# SUMMER WORD SEARCH

Q	F	I	G	U	R	P	O	O	L	E	R
S	S	H	E	A	T	R	B	U	H	R	S
U	L	D	F	G	A	N	K	Y	B	B	U
M	E	U	L	M	I	N	C	X	E	T	N
N	M	O	U	T	S	I	D	E	A	Y	S
E	O	A	G	D	K	J	R	W	C	U	C
R	N	U	G	C	X	G	T	Y	H	I	R
B	A	R	B	E	Q	U	E	D	F	G	E
T	D	B	C	X	G	T	Y	B	Z	A	E
Y	E	R	V	A	C	A	T	I	O	N	N
U	G	C	X	G	T	Y	B	Z	A	P	P
I	H	F	C	S	W	I	M	M	I	N	G

BARBEQUE  
LEMONADE  
HEAT

VACATION  
SWIMMING  
POOL

OUTSIDE  
BEACH  
SUNSCREEN

# Northern Senior Activity Center

In Charlotte Hall, 301-475-4200, ext. 73101

*Please be advised - activities listed below are subject to rescheduling or cancellation. While the Department of Aging & Human Services and the Senior Activity Centers hope to resume operations as soon as possible, the decision will ultimately be made by state and local legislators to reopen with consideration made for the safety of all citizens. Your continued patience is appreciated and we look forward to seeing you soon!*

## Mobile Car Detailing Service

Northern Senior Activity Center

Wednesday, July 15, 9 a.m.-3 p.m., \$30

Give your car a good spring clean with Brother Jay's Mobile Car Detailing Service. Your car will get squeaky clean both inside and out. The cost is \$30 per vehicle. Smaller cars are expected to take about 30 minutes and larger vehicles 45 minutes. Space is limited. Advanced sign up is required. To sign up for this service in advance, please visit the front desk. For availability call 301-475-4200, ext. 73101.

## Nimble Hands, Stable Feet Workshop

Northern Senior Activity Center

Wednesday, July 29, 12:30-2 p.m., \$10

If you want to relieve pain and stiffness in the hands and feet and regain function, strength, flexibility, and sensation, then this workshop is for you! Going beyond the typical advice, instructor Judi Lyons demonstrates how to improve your quality of function and bring freedom from pain with a simple daily routine. The cost of this workshop is \$10 and due at sign up. Space is limited. To sign up and pay in advance, please visit the front desk. For information on availability, call 301-475-4200, ext. 73101.

## Senior Tech: 15-minute appointments

Northern Senior Activity Center

Tuesday, July 28, 9-11:30 a.m., Free – 15-minute appointments

Smart phones, laptops, tablets. Once you know how to use them, they can be useful tools, but how do you get comfortable with new tech? Get one-on-one assistance to help you answer questions on how to use and navigate your device. Please note we will not cover applications involving sensitive information. To sign up for a 15-minute appointment in advance, please visit the signup table or call 301-475-4200, ext. 73103.

## National Coloring Book Day: Gallery

Northern Senior Activity Center

Wednesday, August 5, 10:30 a.m.-2:30 p.m., Free

Celebrate National Coloring Book Day by viewing the work of our Coloring Group on Wednesday, August 5, in our Coloring Gallery. Participants may drop off their piece in the front office no later than noon on Monday, August 3, to be included in the gallery. The gallery will be on display in the Social Room on National Coloring Book Day.

# Breakfast Café

## Northern Senior Activity Center

Breakfast Café is canceled in July and August. Food Service Technician Ginger Quade and the crew at the Northern Senior Activity Center look forward to inviting the community to joining them again soon!



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### Tea & Flowers

#### Northern Senior Activity Center

**Thursday, August 13, 10:30-11:30 a.m., \$15**

**Participants bring a teacup and saucer**

What is better than hot tea, cookies, and flowers? Nothing. Absolutely nothing! Make a beautiful classic centerpiece using fresh flowers and your favorite teacup and saucer. This arrangement is perfect for bridal showers or your next tea party. Participants supply the cup and saucer and we will provide the flowers and floral foam. And did I mention following the instruction we will have cookies and hot tea? Chat with your friends and unwind as you marvel at your work. It is advised that participants bring a box or container to help transport the finished arrangement. The cost is \$15 and is due at sign up. Photo provided is to demonstrate the craft; however, flowers and cups will vary. Space is limited. To sign up and pay in advance, please visit the front desk. For more information call 301-475-4200, ext. 73103.

### Immunity for Everyone Workshop

#### Northern Senior Activity Center

**Tuesday, August 18, 12:30-2 p.m., \$15**

It takes a toolbox of skills to maintain a strong immune system. Going beyond diet and exercise, instructor Judi Lyons will lead this fun and informative workshop and teach simple techniques of energy medicine, traditional Chinese arts & medicine, research-driven immune-boosting movements, and mindful breathing. The cost of this workshop is \$15 and due at sign up. Space is limited. To sign up and pay in advance, please visit the front desk. For information on availability, call 301-475-4200, ext. 73101.

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**Focus on Fitness: Toning  
Northern Senior Activity Center**

**Thursday, August 27, 12:30-1:30 p.m., \$5**

Want more muscle definition without building bulk? You need a toning routine. Learn this custom routine created by certified personal trainer, Dave Scheible, to help increase muscle tone. The cost is \$5 and is due at sign up. Space is limited. To sign up and pay in advance, please visit the front desk. For more information call 301-475-4200, ext. 73103.

**The Mindful Path  
Northern Senior Activity Center**

**Thursdays August 27-September 17 (4 sessions), 2:30-4 p.m., Free**

What is Mindfulness and how can learning an age-old theory and techniques enhance your life? Join Gini Webster, LCSW-C, ACHt, as she guides you on the benefits of Mindfulness Practice. This is an experiential class for seniors that targets specific topics that affect all of us from dealing with pain and loss to finding meaning, relevance, and joy in each day. In this 4-week course, you will learn the history and practice of Mindfulness in a non-dogmatic way. While there may be a universal spiritual aspect to the process, it does not require nor interfere with anyone's faith system or religious beliefs. Each class will consist of mindful movement, breathing exercises, a weekly lesson, and guided meditation. Prior experience is not necessary. After each lesson, there will be time for Questions & Answers about the practice and the application of any Mindfulness principles. The topics will be as follows:

Week 1: Introduction to Mindfulness; Finding Joy; Week 2: Mindfulness and Pain; Mindfulness and Grief; Week 3: Embracing Life; Mindfulness and Community; Week 4: Metta Practice; Mindfulness Going Forward. To sign up in advance please visit the signup table or call 301-475-4200, ext. 73103.



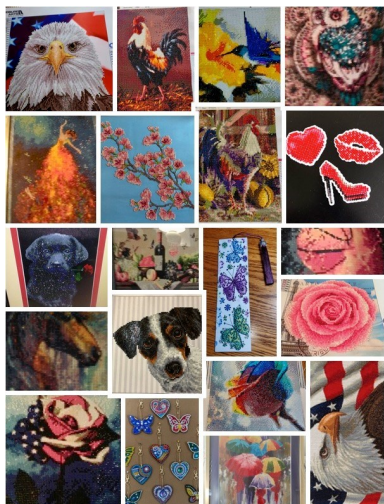
**Quilting for Beginners: 2019 Quilts Complete  
Northern Senior Activity Center  
2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 12:30-4:30 p.m., Participants provide material**

Congratulations to the Quilting for Beginners group for completing their 2019 quilting projects. These ladies started their projects last year in the Quilting for Beginners program and have used their time in this group to not only craft beautiful quilts but also beautiful friendships. Thank you to Karen Adams, Sue Walker,

JoAnn Simms, Judy Rohde, Betty Brown, Judy Latham, and Linda Davis and Gina Alexander (both not shown). If you are interested in learning more about this program, please call 301-475-4200, ext. 73103.



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## **Diamond Dazzle: Diamond Paintings**

**Northern Senior Activity Center**

**3<sup>rd</sup> Tuesdays, 10:30 a.m.-2:30 p.m., Participants provide material**

Northern's Diamond Dazzle Group has been making the most of staying home and completing some beautiful Diamond Paintings. This collage has pieces completed by Martha Baker, Janice Cockerille, Joanne Coombs, Kathy Harris, Betty Hill Dale Lloyd, Dawn Olson, and Karen Wedge. Group Leader Martha Baker had this to say about the projects:

"It's always a pleasure for me to instruct Diamond Painting classes at the Northern Senior Activity Center and meet with the 14 members. Even those in former classes still continue their own projects. Since COVID-19, the members have been working on several projects and are excited to share their completed projects. Diamond Painting is a good distraction. I would highly recommend everyone give it a try." These kits contain the supplies necessary to complete the project, but you should always check what the manufacturer claims the kit contains.

## **Looking toward Re-Opening**

At the time of writing this, the Department of Aging & Human Services is waiting for word from the Governor of the State of Maryland, the Commissioners of St. Mary's County and the Maryland Department of Aging regarding the reopening of senior activity centers. regarding re-opening procedures when senior activity centers may reopen. Outlined below are a few guidelines to keep in mind when we are able to welcome participants back to the Senior Activity Centers:

- 1 - If you are feeling sick, please stay home.
- 2 - Touch free temperature checks may be required upon entry.
- 3 - Hand sanitizer will be available, and visitors are encouraged to use it.
- 4 - Face coverings will be available at each senior activity center.
- 5 - Physical distancing measures will be implemented, stay at least 6 ft. away from others.

Please keep an eye on our website and local news outlets for more information as it becomes available.

# Retired and Senior Volunteer Program

*By Norine Rowe, RSVP Program Manager*

## Storm Survival Stories

Anyone who has ever been caught in a storm knows what it's like to suddenly find yourself in a downpour. One day while walking on the farm near my home with my Golden Retriever, a storm blew up sending dark clouds swirling overhead. The clouds let loose and the rain came gushing down. With the threat of thunder and lightning looming, I tried to hurry home.

All of a sudden, I could see through the deluge an old pick-up truck heading my way. My neighbors had seen me while gazing out their big picture window that looked out onto the farm. They came to my rescue, picked up me along with my soggy dog, and took us safely home.



## In Over My Head and in Need of Help

I remember another scary incident about ten years ago when visiting Nicaragua with a church group. Two of us were enjoying a swim in the Pacific Ocean on our last day there. We had left the U.S. during a February ice storm only to be welcomed by beautiful summer weather on arrival. The opportunity to swim in the ocean before returning to a cold winter was enticing. Our guides told us it was a safe time to swim as the tide was coming in. There were no lifeguards, but I wasn't dissuaded as I had grown up on the water and could swim like a fish. Plus I had lived at the ocean for several years and enjoyed swimming in the waves daily.

## Treading Water with No Help In Sight

After diving under a wave while bodysurfing, I had trouble making it back to shore. No matter how much I swam, I made no progress. I asked the man I was swimming with to stretch out his hand to me as he was standing nearby in the water. He could not quite reach me. Suddenly, both of us were swept out to sea in a strong riptide. I managed to float on my back as the waves crashed over my face. There was no way we could swim back to shore where the members of our party looked like tiny ants. I remember floating and praying.

## Strangers Come to the Rescue in the Nick of Time

With no lifeguards, boats, or help in sight, imagine my surprise when I suddenly heard a soft voice near my ear. I thought it was an angel. In fact, two surfers had been summoned by local horsemen who had galloped down the beach seeking help. Two Nicaraguan surfers, total strangers, saved me and my friend that day, paddling us back to shore on their surfboards. I have never seen them since, but I have often prayed for blessings on them and the horsemen.





## Lessons from the Storm

I've learned from the storms in my life that I often need others to help me make it through. I've also learned that help can come in many different shapes and sizes - sometimes in the form of friends and neighbors, sometimes acquaintances, and sometimes complete strangers (angels, perhaps). Help and

kindness, in whatever form offered, are always needed and appreciated. I've also learned that when life's storms leave me feeling anxious, frightened, and overwhelmed, do these three things: tread water, float, and pray.

## The COVID-19 Storm

The health risks posed by COVID-19 have many of us feeling as if we're in the midst of a storm. We've been practicing physical distancing, wearing face-coverings in public, sanitizing surfaces, and repeatedly washing our hands. We are helping to "Stop the Spread" by staying safe at home. Yet we may still feel worried, anxious, and in need of ways to cope.

## Cope with Hope: Surviving the Storm

So how are our RSVP volunteers managing to cope during COVID-19? We talked with one RSVP volunteer who is planting a garden. Another is taking online guitar lessons and Strum-Along Zoom Chats. A team of RSVP volunteers is making hundreds of face-coverings for persons in need. By focusing on what they can do instead of what they can't, RSVP volunteers are discovering creative ways to cope during COVID-19 while enriching the lives of others and themselves.



## Senior Survival Stories:

### Sharing What Helps You Weather the Storm

We've been so inspired by our RSVP volunteers that we'd like to invite you to share what has helped you cope during COVID-19 or other challenging times in life. Most seniors have weathered many of life's storms. So please let us know what has helped you during this most recent storm or one in the past. If you've found a creative way to cope during challenging times, or if you'd like to share personal survival tips, techniques, or favorite quotes that have helped you over the years, we'd like to hear from you.



## RSVP Gratitude Project:

### Sharing Thanks is a Healthy Prescription

Gratitude is a great way to brighten another person's day, as well as your own, especially if you're feeling COVID-19 fatigue. Many have stepped up to help during this challenging time. If you'd like to give a shout-out to someone who has helped you, or send a note of thanks to those serving on the front lines, please let us know.

**To contribute to the RSVP Gratitude Project or Senior Survival Stories, please e-mail [RSVP @stmarysmd.com](mailto:RSVP@stmarysmd.com) or call 301-475-4200, ext. 71650 or 71653.**

**We will post submissions on our Department website, Facebook Page, and other public forums.**

# Trips and Tours

The Department of Aging & Human Services appreciates the patience and understanding our community has shown in the face of uncertainty. We look forward to resuming our LIFE trips as soon as possible!

## Staying Safe in Summer Temps

By Brittney Lee, MPH

While summer in St. Mary's County brings us warmth, bloom, and some much-needed time outside of our homes post-quarantine, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

According to the National Institutes of Health (NIH), here are a few things you can do to lower your risk of heat-related illness:

Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine.

If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.

If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movie theater, library, senior center, or a friend's house. Of course, the opening of these locations is contingent upon the COVID-19 phased reopening plan set by Governor Hogan and local legislators.

Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.

Avoid crowded places when it is hot outside. Plan trips during non-rush-hour times.

Reference: <https://www.nia.nih.gov/health/hot-weather-safety-older-adults>



## Ongoing Creative Expressions

*Please be advised - activities listed below are subject to rescheduling or cancellation.*

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050	Quilting Bee	Louise Park	1st & 3rd Fridays	9:30 a.m.	Supplies
Location	Title	Instructor	Day(s)	Time	Cost
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Needle Crafters	Audrey Haynie	Mondays & Thursdays	10-11:30 a.m.	Free
	Open Studio Art	Chris Nelson-Sisk	Every Friday	10 a.m.	Supplies
	Sew-it-Alls	Judith Nelson	Monday	1 p.m.	Free
	Independent Art Classes	Chris Nelson-Sisk Jamie Naluai	Wednesdays Tuesdays	1 p.m. 10 a.m.-12 p.m.	Bring materials \$85/month
	Charity Crafters	Dee Poole	Thursdays	1 p.m.	Free
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.- 2 p.m.	Free
	Project Linus	Debbie Rumpel	3rd Fridays	10 a.m.	Free
	Monthly Craft	Audrey Haynie	1st or 2nd Fridays	10 a.m.	Fee
	Wood Carving	W. & M. Brown	Tuesdays	1 p.m.	Supplies
	Embroidery on Paper	Omega Taylor and Lilli Mellenberg	Mondays	1 p.m.	\$5 for starter kit
Location	Title	Instructor	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	Simply Crafty	Self-directed	Daily	Open	Free
	Whimsie Works Pottery	Pam King	2nd & 4th Mondays	1:30-4:45 p.m.	Fee
	Quilting for Beginners	Gina Alexander	2nd & 4th Wednesdays	12:30-4:30 p.m.	Free
	Dynamic Ceramics	Nancy Norris	Wednesdays	9:30 a.m.- 1:30 p.m.	Fee
	Open Studio	Self-directed	Mon. & Fri.	8 a.m.- 4:45 p.m.	Free
	Diamond Dazzle	Martha Baker	3rd Tuesdays	10:30 a.m.- 2:30 p.m.	Free
	Coloring Group/FULL	Martha Baker	1st & 3rd Wednesdays	1-3 p.m.	Supply Donation
	Crochet Club	Donna Sigler	Mondays	9-11:30 a.m.	Bring Materials

**JULY/AUGUST 2020**

## Ongoing Social Events at the Northern Senior Activity Center

*Please be advised - activities listed below are subject to rescheduling or cancellation.*

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	“Bring Your Buddy” Billiards	Mondays Wednesdays Thursdays	Before 1 p.m. Before 1 p.m. After 3 p.m.	Free
	Hand & Foot	2nd & 4th Tuesdays	12:30-4:30 p.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.-3:30 p.m.	Free
	Double Pinochle	Tuesdays Fridays	11 a.m.-4:30 p.m.	Free
	Breakfast Café	Varies (see pg. 23)	9-10 a.m.	\$2
	Western Mahjong	Wednesdays	1-4 p.m.	Free
	Eastern Mahjong	Mondays & Thursdays	1-4:30 p.m.	Free
	Bridge	Thursdays	10 a.m.-2 p.m.	Free
	Bingo	Fridays	9:30-11 a.m.	\$2
	Eat. Play. Fun. Pitch.	2nd & 4th Thursdays	12:30-3 p.m.	\$5
	S.W.A.G.= Seniors With Awesome Games	Tuesdays & Fridays	1-4:30 p.m.	Free
	Northern Stars Performance Group	Varies	1 p.m.	Free

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### Wanted: Older Adults Who Like to Eat!!

Did you know St. Mary’s County has three senior activity centers open to independent older adults Monday-Friday where lunch is served? When centers re-open following the COVID-19 emergency, adults age 60 and over will be able to enjoy lunch among friends, and monetary donations are accepted. Continued social involvement and good nutrition are key to healthy, independent aging. By joining your friends for lunch at the Garvey, Loffler, or Northern Senior Activity Centers, you are taking a positive step, and enjoying these benefits. Try lunch at your local senior activity center. Call the centers by noon the day before to make a reservation. The monthly menu is available at the centers or on-line at [www.stmarysmd.com/docs/menu.pdf](http://www.stmarysmd.com/docs/menu.pdf).



## Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

*Please be advised - activities listed below are subject to rescheduling or cancellation.*

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301-475-4200, ext. 71050	Bingo	Mondays	10:30 -11:45 a.m.	\$1-3
	Billiards (drop in)	Varies	Varies	Free
	Senior Vibes	1st Tuesday	10-Noon	Free
	Bridge Club	Thursdays & 4th Wednesdays	10 a.m.-3 p.m. (call for info)	Free

Location	Title	Day(s)	Time	Cost
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Pinochle	Mon., Wed. & Fri.	8 a.m.-12:30 p.m.	Free
	Canasta/Pitch Club	Tuesdays	9:30 a.m.-2 p.m.	Free
	Contract Bridge	Tuesdays	10 a.m.-noon	Free
	Bingo	TBD - Call Center for Dates	12:30-1:30 p.m.	\$1 (up to three cards)
	Bingo	TBD - Call Center for Dates	12:30-1:30 p.m.	\$1 (up to three cards)
	Canasta & More	Wednesdays	1-4 p.m.	Free
	Puzzles	Daily	9-Noon	Free
	Polish Poker & Pitch	Weds. & Thurs.	9:30 a.m.	Free
	Coloring Conquests	Daily	9 a.m.	Free
	Rummikub	Tuesdays	9:30 a.m.	Free

## Ongoing Physical Fitness Activities At Garvey and Loffler Centers

*Please be advised - activities listed below are subject to rescheduling or cancellation.*

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050  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
	Men's Strength Training	Mondays & Thursdays	9:30-10:30 a.m.	F.C.
	EnhanceFitness	Mon., Wed., Fri.	10:45-11:45	F.C.
	Open Table Tennis	Tuesdays Thursdays	10 a.m.-12 p.m. 2:15 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays & Thursdays	8:45-9:20 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
	Exercise for Parkinson's Disease	Thursdays	1:15-2 p.m.	Free
	Zumba	Thursdays	10:45-11:45 a.m.	F.C.
	Walk & Tone	Fridays	9:30-10:30 a.m.	F.C.
	Chair Yoga	Wednesdays	9:40-10:40 a.m.	F.C.
	Indoor Gym Walking	Tuesdays & Thursdays	12:15-1:15 p.m.	Free
	EnhanceFitness	Tuesdays & Thursdays	5:30-6:30 p.m.	F.C.

Location	Title	Day(s)	Time	Cost
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658  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.-4:30 p.m.	Free
	Wii Sports	Daily	8 a.m.-4:30 p.m.	Free
	Zumba	Mondays	Noon	F.C.
	Walking Club	Mon., Wed. & Fri.	9 a.m.	Free
	Arthritis Foundation Exercise	Mondays & Fridays	1-2 p.m.	Free
	EnhanceFitness	Mondays & Fridays Wednesdays	2 p.m. 1 p.m.	F.C.
	Strength Training	Tuesdays	10-11 a.m.	F.C.
	Yoga	Mon., Wed., Thurs. & Fri.	9:40-11 a.m.	F.C.
	Line Dance	Fridays	11 a.m.	Free
	Tai Chi for Arthritis & Fall Prevention	Mondays, Thursdays by schedule; call.	11 a.m.	Free



## Ongoing Physical Fitness Activities At The Northern Senior Activity Center

*Please be advised - activities listed below are subject to rescheduling or cancellation.*

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101  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.-4:45 p.m.	Free
	Wii Sports	Call	Call	Free
	Walking on Three Notch Trail	Daily	Open	Free
	Awakening Yoga	Mondays Thursdays	9-10 a.m. 10:30-11:30 a.m.	F.C.
	Chair Yoga	Fridays	9-10 a.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Wednesdays & Thursdays	10-10:45 a.m.	Free
	EnhanceFitness	Tuesdays & Thursdays Saturdays	9-10 a.m. 9:30-10:30 a.m.	F.C.
	Line Dancing	Wednesdays	1-2:30 p.m.	Free
	Regular Bike Riding	Daily	Open	Free
	Regulation Horseshoes	Call	Call	
	Tai Chi for Arthritis	TBD	9-10 a.m.	Free
	Seated Tai Chi for Arthritis	TBD	10:15-11 a.m.	Free

### We'll Read to You

#### Audio Version of the *New Beginning* Newsletter and Calendars are Online

Thanks to volunteer readers Barbara Homan and Linda Wheeler, an audio version of this bi-monthly *New Beginning* newsletter is available on the Department of Aging & Human Services website. To have *New Beginning* read to you, visit [www.stmarysmd/aging/NewBeginning](http://www.stmarysmd/aging/NewBeginning).

This will take you to previous newsletters, and you can click on the issue you want to read or click on the audio link for the monthly edition you want to have read to you.

Call 301-475-4200, ext. 71073, to learn more about this audio availability.

Additional volunteer readers and those proficient in other languages are particularly welcome; the time commitment is approximately two hours on a bi-monthly basis.



## Ongoing Education Classes

*Please be advised - activities listed below are subject to rescheduling or cancellation.*

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050	Let's Talk Discussion Group	Taylor Gregg	Tuesdays	1-2:30 p.m.	Free
	Book Discussion	Volunteer	2nd Wednesday	10 a.m.	Free
	Reader's Theater	Linda Lagle	2nd & 4th Wed.	11 a.m.	Free
Location	Title	Instructor	Day(s)	Time	Cost
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Current Events	Paul Kelley	Mondays	10 a.m.	Free
	Scripture Study	Solomon Olumese	Fridays	10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By appt.	Free
Location	Title	Instructor	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	Page Turners Book Club FULL	Gloria Fusco	3rd Tuesday	11-12:30 p.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	TBD	12:30-1:30 p.m.	Free
	Book Chatter Book Club FULL	Martha Baker	4th Thursday	11-Noon	Free
	A HA! Book Discussion Group	Dan Donahue	3rd Wednesday Beginning in June 2020	1:30-2:30 p.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 [www.stmarysmd.com/it/citizen/signup.asp](http://www.stmarysmd.com/it/citizen/signup.asp).

This link will also allow you to sign up for news releases and emergency alerts. The newsletter can also be viewed on the Department of Aging & Human Services website - [www.stmarysmd.com/aging/NewBeginning](http://www.stmarysmd.com/aging/NewBeginning).

For more information about New Beginning delivery options, contact Community Programs and Outreach Manager Sarah Miller at 301-475-4200, ext. 71073, or [Sarah.Miller@stmarysmd.com](mailto:Sarah.Miller@stmarysmd.com).

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

*Lori Jennings-Harris, Director*

**St. Mary's County Department of Aging & Human Services**  
**41780 Baldrige Street, P.O. Box 653, Leonardtown, MD, 20650**  
**(Please send donations and correspondence to the Post Office Box)**

**Senior I&A**-Help for seniors in the form of services, benefits and assistance is provided. Access to information and referral services, options counseling, support for caregivers, and more, are provided. Call 301-475-4200, ext. 71057, for information.

**Home and Community-Based Services (HCBS)/Maryland Access Point (MAP)**- MAP is your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. Consists of multiple programs providing the following services: Medicaid-funded community-based services, Long-Term Care Ombudsman, Senior Care Program, Respite Assistance, and Caregiver Support. To be assessed for services, contact MAP at 301-475-4200, ext. 71057.

**Senior Activity Centers**-The three county senior activity centers are places where active adults age 50 and over can participate in activities, events, exercise programs, and group meal programs. Call Alice Allen, Division Manager, at 301-475-4200, ext. 71063.

**Home Delivered Meals**-A service for seniors 60 and over who are homebound and have a moderate to severe disability which prevents them from shopping or cooking for themselves, and who have no one to prepare meals. Program Coordinator, Monika Williams, can be reached at 301-475-4200, ext. 71060.

**Retired and Senior Volunteer Program (RSVP)**-Offering persons 55 years of age or older an opportunity to donate their time, talents, enthusiasm, and expertise in the local community. Call 301-475-4200, ext. 71653.

**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. 71066 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. 71073.

**Human Services**-Areas of responsibility of the Division of Human Services include: community development, homelessness, supportive services for children and youth, and social, educational and recreational activities for children and families. Call 301-475-4200, ext. 71849.

**Website:** [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging)  
**Phone:** 301-475-4200, ext. 71050

**Facebook:** [www.facebook.com/SMCDAHS](http://www.facebook.com/SMCDAHS)  
**Fax:** 301-475-4503

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### Additional Locations

- **Garvey Senior Activity Center, 301-475-4200, ext. 71080**  
23630 Hayden Farm Lane, Leonardtown MD, 20650
- **Loffler Senior Activity Center, 301-475-4200, ext. 71658**  
21905 Chancellor's Run Road, Great Mills, MD 20634
- **Northern Senior Activity Center, 301-475-4200, ext. 73101**  
29655 Charlotte Hall Road, Charlotte Hall, MD, 20622
- **Human Services and MAP Site, 301-475-4200, ext. 71050**  
23115 Leonard Hall Drive, Leonardtown, MD, 20650



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Human Services  
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**CHANGE SERVICE REQUESTED**

***2020 Holiday Closings  
(No Home-Delivered or Congregate Meals Served)***

Friday, July 3 - Independence Day (Observed)

**NEW BEGINNING**