

NEW BEGINNING

VOLUME 32 ISSUE 2

MARCH-APRIL 2019



Personal Growth &
Development

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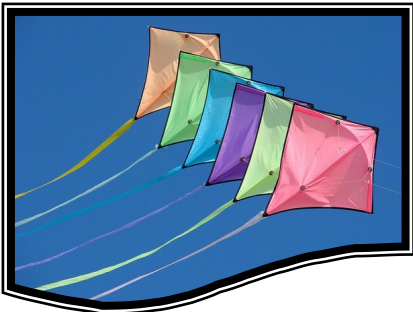
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From the Director's Desk...

By Lori Jennings-Harris

In just a few days, on March 20, the first day of spring arrives! After going through another winter in anticipation of “longer days” we may also look forward to finding ways to explore new opportunities. April is National Volunteer Month and what better time to consider giving your time and talents in support of someone in need? According to the National Day Calendar website (<https://nationaldaycalendar.com/national-volunteer-month-april/>), “Most organizations in small towns, rural counties and the largest cities would not function without volunteers. In some families, the baton of volunteerism is handed down generation after generation.”

Based on a very informative 2014 article on the “A Place for Mom” website (<https://www.aplaceformom.com/blog/9-26-14-reasons-seniors-volunteer/>), “Besides the intrinsic rewards of helping others, volunteering promotes good physical and mental health and helps seniors pursue their passions in retirement.” The article goes on to read, “Volunteerism isn’t just beneficial for those being helped; research shows that volunteering confers mental and physical health benefits for those doing the helping. It also fosters positive social and family relationships and contributes to a positive image of seniors as a healthy and vital part of our society.”

Here are five reasons why volunteering is a great idea for seniors:

- 1) ***It helps bridge the generation gap.*** Seniors who volunteer have a unique opportunity to work with and assist younger generations — and learn from them, too.
- 2) ***It helps change the way people think about older adults.*** By using their talents and skills out in the world in a variety of ways, seniors demonstrate that they are active, involved and essential to a healthy community.

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Personal Growth & Development ...



MARCH-APRIL 2019

NEW BEGINNING

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

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

- 3) ***It is good for mental health and can help prevent Alzheimer's.*** *The National Institute on Aging has reported that participating in social leisure activities and meaningful, productive activities such as volunteering may lower the risk of health problems in seniors, including dementia, as well as improving longevity.*
- 4) ***It helps prevent senior isolation and depression.*** *In addition to getting seniors out of the house and into the community, volunteering has a positive effect on psychological wellness: according to the Corporation for National and Community Service, those who volunteer experience greater life satisfaction, a sense of purpose and accomplishment, more stress resilience, and lower rates of depression.*
- 5) ***It promotes healthy physical activity.*** *Volunteering can be good for keeping the body active.*

While there are many ways across the country for seniors to volunteer, the way in which our Department supports senior volunteers is through the Retired and Senior Volunteer Program, better known as RSVP. If you feel now is the time to share your experiences and compassion for others there are numerous volunteer opportunities in our community. You may choose to become like one of the senior activists identified in the 2014 article, such as Doris Day; A Life-long Fight for Animal Rights, Maggie Kuhn; Founder of the Gray Panthers, Bill McKibben; Environmental Activist, and Teresa Minja; International Advocate for the Elderly, just to name a few. Or, maybe your interest lies in volunteering once or twice a month by delivering meals to individuals who possibly have no other way of getting meals or in transporting older adults, unable to drive, to doctors appointments. Whatever your interest and passion, if an issue is important to you, any amount of time devoted to volunteering is time well spent and much appreciated!



Meet Our Staff Members...

Sophie Newbury, Senior Office Specialist

Sophie Newbury is the new Senior Office Specialist in the Department of Aging & Human Services at the Garvey Senior Activity Center. She is the first contact with participants and visitors to the Garvey Senior Activity Center, answering and directing calls, and working closely with the Operations Manager. She says she looks forward to getting to know all the wonderful and diverse people that frequent the Garvey Senior Activity Center.

Prior to coming to the Department of Aging & Human Services, Sophie provided in-home senior care, worked as a real estate agent with Century 21NM, catered with Quality Street Catering, and was an Aviation Electronics Technician in the United States Navy.



Nutrition Corner

by Donna Taggert, RD/LD/CDE

Email: dtaggert26@hotmail.com

National Nutrition Month is a nutrition and educational campaign by the Academy of Nutrition and Dietetics and is always in March. They are asking you to focus on the importance of making informed food choices and developing sound eating and physical activity habits. At our senior activity centers during this month I will be available to

answer any of your nutrition questions during a session called "Ask an RD!" At any time you can go to www.eatright.org and click on the Seniors tab for a wealth of information. For example, one article is about 4 types of foods to eat that will help boost your memory.

March 13 is National Registered Dietitian Day. Anyone can call themselves a nutritionist but only a registered dietitian will have met the comprehensive standards established by the Academy of Nutrition and Dietetics. Many RDs hold advanced degrees and certifications but all have a Bachelor of Science degree requiring specialized education, and have completed a supervised internship before sitting for a rigorous national examination. After passing the exam, continuing education is required for as long as they are registered. RDs are food and nutrition experts who can translate the science of nutrition into practical solutions for healthy eating. Be sure to check your local center for times available for private counseling.

WHAT IS AN RD?

"...the food and nutrition experts who can translate the science of nutrition into practical solutions for healthy living."

What do they do?

Help you make healthy food choices
Supermarket Tours Work with the media
Meal plan with you Personalize a diet for you
...and more!

Education:
-Undergraduate degree
-1 year of chemistry
-Physiology
-Biochemistry
-6 nutrition courses
-5 food studies courses
-Optional masters degree

Where do they work?
-Hospitals
-Private Practice
-Corporate Companies
-Universities
-Supermarkets
-Research institutions

Upcoming Nutrition Education presentations:

Donna Taggert will be at the senior activity centers in March to answer your nutrition questions. She will be at Garvey Senior Activity Center on March 4 at 1 p.m., Loffler Senior Activity Center on March 18 at 10 a.m., and Northern Senior Activity Center on March 25 at 11 a.m.

In April, she will discuss the differences in milk, dairy vs. plant milks. You can catch her at Garvey Senior Activity Center on April 15 at 10 a.m., and Northern Senior Activity Center on April 22 at 11 a.m.



Caregiver Concerns

by Daphne Bennear

Some Simple, stress-busting tips for seniors & caregivers

Caregiving for your loved ones is exhausting- both mentally and physically, as well as time-consuming. But the reward of satisfaction that comes with caregiving is incomparable and unmeasurable. As parents age, they may lose control over their mobility, and face challenges with activities of daily living sometimes due to a physical or mental disability.

If you are the caregiver or want to hire a caregiver, firstly assess your parent's needs, arrange for medical care and associated services, cover transportation to medical or therapist appointments and co-coordinate related issues. That means – caregivers need and should take advantage of all the help and support one can get.

Stress can be harmful to a caregiver's and senior's physical and mental health, and can lead to physical ailments, chronic disease, cognitive decline, as well as depression and anxiety. Most elderly people prefer to remain in their homes as they age. By taking steps to ensure that your loved ones are safe and well taken care of at home, are socially connected and are involved in activities that keep them occupied, you can play a vital role in boosting mental health.

Here are some ways in which caregivers and family members can aid in senior care:

Delegate responsibilities

Work as a team, and delegate tasks to other family members if you are the caregiver of your aged parents, so that you get valuable insights into what needs to be done. Be realistic about who, how and when a member is ready to take up responsibilities, keeping emergency situations in mind, and recognize someone someone must take the lead.

Recognizing the signs of stress

Common signs of stress in seniors include changes in eating habits such as a reduced appetite, changes in sleep patterns, memory issues, frequent illness, and social withdrawal. Take steps to help reduce stress to improve their mental and physical well-being.

Bridge the generation gap

Encourage seniors to participate in community activities that bring generations together, or plan a family get together so that grandchildren can spend quality time with their elders and also gain from their experience.

Get involved in activities that allow for creative expression

Encourage seniors to get creative, which is both engaging and mentally stimulating. Yoga, painting classes, physical fitness class, religious gatherings, brain games, or engaging in social work can all be beneficial for seniors.

Make home modifications to improve accessibility and safety

Challenges in movement, gait and other physical disabilities can restrict adult mobility. Make your home safe and more accessible to seniors by installing safety devices.

Plan shared meal times with friends and family

Sharing meals with family creates time for bonding, sharing stories, and provides a greater sense of belonging. Arrange for periodic family and friends dinners at someone's home or at a restaurant to help keep socially connected.

From an article online by Henry Kingston (<http://thecaregiverspace.org/simple-stress-busting-tips-seniors-caregivers/>)

SAVE THE DATE!

27th Annual Southern Maryland Caregivers' Conference Friday, May 3, 2019

**Southern Pines Senior Center
20 Appeal Lane
Lusby, MD**

Registration Cost: \$35

**Sponsor & Exhibitor opportunities
available!**

**For more information please contact:
Calvert County Office on Aging
410-535-4606**

Whether you are assisting with the care of a spouse, parent, friend or other relative, caring for someone is a labor of love. Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich one's knowledge and skills in caring for people. The \$35 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.

The Christmas That Was... *Staff Photographs by Norine Rowe*





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Senior Information & Assistance

By Debbie Barker, Senior I & A Manager

State Homeowners' Property Tax Credit

The State of Maryland Department of Assessments and Taxation provides a credit towards the property tax bill for homeowners who qualify on the basis of gross household income, net worth, and their property tax liability. Homeowners must submit a new application each year.

To have your application considered for a tax credit the dwelling for which application is being made must be your principal residence, where you reside or expect to reside for more than six months of the tax year, have a legal interest in the property, have a gross household income (including Social Security) less than \$60,000, and your net worth, excluding the value of the property for which application is being made, must not exceed \$200,000 as of December 31, 2018. Your net worth includes the value of other properties owned, such as CDs, investments, etc. The credit also takes into consideration the gross income in comparison to the 2019 property tax bill. For example, a household income of \$30,000 will need a tax bill over \$1,680 to be eligible for the credit.

Income information must be reported for the resident homeowner(s), spouse or co-owner, and all other occupants of the dwelling unless these occupants can be claimed as dependents or unless they are paying reasonable fixed charges such as rent or room and board.

The deadline for filing a 2019 Homeowner's Property Tax Credit is September 1, 2019. However, applicants are encouraged to file their applications prior to May 1, to receive a credit directly on their July property tax bill. Eligible applicants, who file their applications after May 1, will receive a tax credit certificate to be used toward payment of the tax bill or for a refund if the bill has already been paid.

Applications for this program are available at each senior activity center. Assistance is available for those 60 and over by calling Debbie Barker at the Garvey Senior Activity Center at 301-475-4200, ext. 71064 or Melissa Craig at the Loffler/Northern Senior Activity Centers at ext. 71654.

St. Mary's County Property Tax Credits

St. Mary's County offers property tax credits for residents starting at age 65. To qualify for a tax credit at age 65 you must have lived on your current property for at least 40 years or have received an honorable **retirement** from military service and have an adjusted gross income of less than \$80,000 for tax year 2018. Residents over the age of 70 who have an adjusted gross income of less than \$80,000 for tax year 2018 can apply for the Senior Tax Credit which prevents the County portion of the tax bill from increasing each year. Lastly, for persons age 70 and over who qualify to receive a Maryland Homeowners' Property Tax Credit (see above article) may also receive a matching credit from St. Marys County equal to the amount provided by the State. To apply for each of the tax credits complete the application on the following page. Previous applicants will receive an application by mail or can apply on-line at www.stmarysmd.com/treasurer. To receive assistance with the St. Mary's County property tax application contact the Treasurer's Office at 301-475-4200, ext. 73300 or the Department of Aging & Human Services at 301-475-4200, ext. 71064.

FREE Tax Preparation Services

AARP will be preparing taxes for low-moderate income families at the Church of the Ascension in Lexington Park, Mt. Zion Methodist Church in Mechanicsville, American Legion Post, Ridge, and the 7th District Optimists Club, Avenue. Appointments are required for all locations except Church of the Ascension by calling 240-466-1740.

NEW BEGINNING

St. Mary's County Cares about our Seniors



ST. MARY'S COUNTY SENIOR MATCHING TAX CREDIT: To qualify for this credit upon your dwelling you must receive the **State Homeowners' Tax Credit** by filing **Form HTC-60** with the state and you must be a Senior Citizen of 70 years old or older as of July 1st of the tax year in which the application is submitted. More information on Form HTC-60 is available at <http://dat.maryland.gov/realproperty/Pages/Homeowners'-Property-Tax-Credit-Program.asp>
Application must be submitted each year.

ST. MARY'S COUNTY SENIOR "CAP" TAX CREDIT: St. Mary's County will freeze your County Tax Liability at the same amount from the year you turn 70 years old (or upon the year you choose to make application after 70 years of age, this is considered your "base year"). To qualify for this credit upon your dwelling, you must be a Senior Citizen 70 years old or older as of July 1st of the tax year in which the application is submitted, and have a household taxable net income equal to or less than \$80,000. The deadline is September 1, each tax year. **Application must be submitted each year.**

ST. MARY'S COUNTY 65-10 SENIOR TAX CREDIT: St. Mary's County offers a 10% credit off of your County Tax Liability for the duration of five years. To qualify you must be at least 65 years of age as of July 1st, have your principal residence in St. Mary's County with an assessed value less than \$400,000, have household taxable net income equal to or less than \$80,000 and be a retired military member or have had the same principal residence in St. Mary' County Maryland for 40 years or more as of July 1st. The deadline is September 1, each tax year. **Application must be submitted each year.**

Applications are available online at www.stmarysmd.com/treasurer

Assistance with these applications is available at St. Mary's County Department of Aging & Human Services 301-475-4200 ext. 71064

Only one senior tax credit is applied to an account each tax year

Frequently Asked Question: I have been given the Credit. Does this mean my tax bill will not increase? The short answer is no. Each tax bill is comprised of fees and taxes for County, State, and Emergency Services. These credits may apply to only your County Tax Liability.

Approved applications submitted before May 1st are eligible to have the Senior Tax Credit on their tax bill.



ST. MARY'S COUNTY, MARYLAND

Christine L. Kelly, Treasurer
P.O. Box 642, Leonardtown, MD 20650
(301) 475-4200 extension 73300
www.stmarysmd.com/treasurer
christy.kelly@stmarysmd.com

TAX YEAR 2019

SENIOR TAX CREDIT APPLICATION

DUE DATE 9/1/2019

Approved applications received before

May 1st are eligible to have their credit showing on their tax bill.

Office Located at: 23150 Leonard Hall Drive, Leonardtown, MD

Form with fields for Last Name, First Name, Middle Initial, Date of Birth & Age, Mailing Address, City, State, Zip Code, Tax Account Number, Home Phone, Cell Phone, Email, Alternate Name(s).

ATTENTION SENIORS: Answer all 8 questions below and submit the required documentation.

St. Mary's County offers three SENIOR TAX CREDIT programs. The Treasurer's Office will evaluate each application and determine the most valuable credit available based on your answers and the required documentation. Once approved only one of the credits will be applied to your account.

Form with 8 questions and a 'For Office Use Only' section containing fields for TXID, AGE, INCOME \$, BASE YR, CTY TX \$, STC AMOUNT, MEMO, SCAN, COMPLETED BY, Date Received, DEED YEAR, PRINC RES, ASSESS \$, DD214, 10% \$, HTC MATCH, CORR BILL, ADD CREDIT, APPROVED, DENIED.

Required Documentation: (Attach only the documents that pertain to you and your spouse.)

- Proof of income. Attach a copy of your 2018 Maryland Income Tax Return or your 2018 Federal Income Tax Return.
Proof of age. Copy of your driver's license, birth certificate or state ID card.
Proof of Military Retirement. Copy of your DD214 stating you are retired and military ID.
If you are a 40 year resident, we will locate your deed from Maryland Land Records.

OWNER(S) ACKNOWLEDGEMENT:

I declare under penalties of perjury, pursuant to Sec. 1-201 of the Maryland Tax Property Code Ann., that this application (including any accompanying forms and statements) has been examined by me and the information contained herein, to the best of my knowledge and belief, is true, correct and complete, that I have a legal interest in this property, and that this dwelling will be my principal residence for the prescribed period.

Signature and Date lines for Applicant and Spouse.

APPLICATION MUST BE SUBMITTED ANNUALLY

By signing this application you agree to receive the most valuable one of the three St. Mary's County Senior Tax Credits.

* Question 8 must be answered before application can be completed (see the back of this form). Information on the Maryland Homeowner's Tax Credit and form HTC-60 can be located in our office, the Department of Aging & Human Services or online at: http://dat.maryland.gov/realproperty/Pages/Homeowners-Property-Tax-Credit-Program.asp

Focus On Fitness

By Alice Allen, Division Manager

It won't be long before Spring is finally in the air!! After a long, cold, dreary winter with plenty of rain and snow, who isn't ready for a bit of Spring? Spring is the time for nature to renew and grow. We are also ready for some personal growth and development, for revitalizing ourselves and feeling more energetic and alive.

Your local senior activity center has plenty of fun, enjoyable, engaging activities going on; there's sure to be something in which you would like to take part. What better way to revitalize and achieve personal growth than by taking part in a fitness activity at one of our three senior activity centers. Physical activities run the gamut from active classes such as Zumba, Enhance-Fitness, Pickleball, and Kickboxing to more gentle physical activities such as Yoga, Tai Chi, Arthritis Exercise and Walking. All instructors are certified. Some activities have a minimal charge, some are free. Some activities are in a group setting while others are on-your-own.

We've got the bases covered. And, speaking of bases, spring brings the return of Softball, held each Friday beginning April 26 at 10 a.m. on the field in front of Leonard Hall Recreation Center. Men and women ages 50 and above are welcome.

Check out pages 32-33 of this newsletter for a complete listing of physical activities available at your senior activity centers. Your body, mind and spirit will thank you.



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NOTE: For classes that are on the Fitness Card, note that the price of the Fitness Card has increased to \$35. The income from Fitness Card sales pays our wonderful contractual instructors.

GARVEY Senior Activity Center

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



Nutrition Education with a Registered Dietician

Garvey Senior Activity Center, FREE

Ask a Dietitian: Monday, March 4, 1 p.m.

Dairy vs. Plant Milks, Monday, April 1, 1 p.m.

In March, join the conversation about the ever-changing topic of nutrition. Get your questions answered by Donna Taggert, a Registered Dietitian. In April, take a look at the benefits and drawbacks of traditional dairy milk vs. plant milks such as coconut milk. There is no cost to attend; however, advance sign up is required. Register by calling 301-475-4200, ext. 71050.

AARP Smart Driver Course

Garvey Senior Activity Center

Tuesday, March 5, 10 a.m.-3p.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 \$15 for AARP members, \$20 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 of lunch is a donation for those 60 and above and \$6 for those under the age of 60. Call 301-



14 475-4200, ext. 71050 to register for the class, for the lunch menu and to reserve lunch.

Jewelry Class

Garvey Senior Activity Center

Wednesday, March 13, 10 a.m.

Cost: \$10 per item

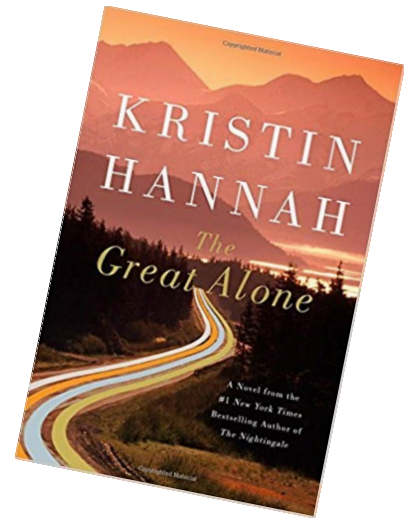
Do you love jewelry and want to learn how to make your own? We will be offering a low cost class on how to make your own necklace or bracelet. The cost for the class is \$10 and you will take home a unique necklace to wear. You do not have to have any experience making jewelry. If you have your own beads feel free to bring them along. We will provide the instruction as well as the tools and materials. **Payment is due at the time of reservation.** Call the Garvey Senior Activity Center at 301-475-4200, ext. 71050 to learn more or register for the class.

Book Discussion Group

Garvey Senior Activity Center

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

The Book Discussion Group is a forum where readers can gather to talk about books and the reading experience. For the meeting in March, the group will discuss *The Great Alone* by Kristin Hannah and in April the group will discuss *The Storied Life of A.J. Fikry* by Gabrielle Zevin. The group always welcomes new members. To learn more or to borrow copies of the books, call 301-475-4200, ext. 71050.



Wearin' of the Green Bash at O'Garvey

Garvey Senior Activity Center

Thursday, March 14, Lunch served at Noon; music from 12:30-1:30 p.m.



For the luck of the Irish, join us at our Annual St. Patrick's Day bash! Enjoy a traditional meal of *Corned Beef, Cabbage, Carrots, Potatoes, Whole Wheat Dinner rolls, and fruited Jello*. Irish tunes to be performed by John Pomerville, singer of traditional Irish pub tunes. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. To make reservations, call 301-475-4200, ext. 71050. Remember to wear your lucky green!

Scarf -Up Your Style

Garvey Senior Activity Center

Tuesday, March 19, 11 a.m.

For the past several years the scarf has been the hottest accessory and it is still going strong! There are so many shapes and sizes that there are endless ways to wear them- where does one begin? Fortunately for us, Joyce Blackwell has turned so many heads with her beautiful sense of scarf-style that friends have begged her to show them how she's created her many looks. If you would like, bring a couple of scarves that challenge you or you can just sit back and watch. Sign up for this demonstration by calling 301-475-4200, ext. 71050.

Ceramics with Marti

Garvey Senior Activity Center

Wednesday, March 20 & April 24, 10 a.m., Cost: \$10

The Garvey Senior Activity Center is offering a NEW ceramics class. If you enjoy painting and creating personalized gifts or decorations for the home this is the class for you! Marti Cotterell will be teaching the class and offering instruction on painting techniques. In March the class will create Easter décor; in April the project is lace designed plates. The cost of the class is \$10 for each item painted and includes the firing of the item. Payment is due at signup. For more information please call, 301-475-4200, ext.71050.





Cherry Blossom Canvas Art

Garvey Senior Activity Center

Wednesday, March 27, 10 a.m. Cost: \$5

The cherry blossoms are a beautiful tradition in our area as they blossom each spring. Come join us and create a beautiful piece of art to hang on your wall for the spring or give as a gift to someone special. To register, call 301-475-4200, ext. 71050

Reader's Theater Luncheon

Wednesday, March 27 at Noon

Gear yourself up for lunch and laughter when The Garvey Senior Readers Theater will once again bring to life two short comedy scripts. Both readings have characters we can all relate to these days. So, get ready to enjoy yourself. Call 301-475-4200, ext. 71050 now to make your reservation for lunch . . .and laughter.



R & B Line Dance

Garvey Senior Activity Center

Monday, April 1-May 6

1:30 p.m. Cost: \$12

A NEW session is starting for this fun class on Mondays, April 1-May 6 at 1:30 p.m. If you have ever wanted to learn some of the line dances that are all the rage right now, come on in and join us! We will be taking it step by step and learning dances like the Cupid Shuffle or The Wobble. The cost per class is \$12 for all 6 classes payable to Marie Bond; payment is due at time of reservation. Call the Garvey Senior Activity Center at 301-475-4200, ext. 71050 for more information.

Spring Luncheon & Performance by the Chopticon High School

Performance Troupe

Garvey Senior Activity Center

Wednesday, April 10, seating opens at noon

Lunch will be served at 12:15 p.m. and will feature orange juice, roast beef, mashed potatoes, gravy, stewed tomatoes, dinner roll, applesauce and lemon meringue pie for dessert. Following lunch, the Chopticon High School Performance Troupe will perform your favorite and most popular theater songs, even adding in a few Disney tunes. Space is limited for the event so sign up early. Call 301-475-4200, ext. 71050 to register.



**Master Gardener's:
Annual & Perennial Gardening with Patricia
Garvey Senior Activity Center
Wednesday, April 17, 10 a.m.**

Come join Master Gardener Patricia Armstrong as she shows you how to make your spring garden vibrant with the use of annual and perennial flowers. The class is FREE! Call 301-475-4200, ext. 71050 to register for the class.



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

Spring is in the air and it's time to dust off that bat and glove and head out to Miedzinski Park for a pick-up game of softball. Men and women ages 50 and above are welcome. Call the Garvey Senior Activity Center at 301-475-4200, ext. 71050 to learn more.



**Drums Alive Golden Beats
Garvey Senior Activity Center
Wednesday, April 24-May 29, 8:45 a.m.**

Using rhythm as the source of inspiration to discover a new group fitness experience, *Drums Alive* combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. *Drums Alive* is a program that fosters a healthy balance physically, mentally, emotionally and socially! Golden Beats stimulates people whether they are young or old, healthy or ill. When we drum and dance we are having FUN! This in return releases endorphins and negative feelings. The rhythmical patterns of the drum increases synchronization

of brain wave activity which in turn provides feelings of euphoria and improved mental awareness. *Golden Beats* is specially designed for the senior population. Kathy Creswell, Program Specialist at the Garvey Senior Activity Center, is the instructor for this new program and will demonstrate different levels of participation that best meet the class's physical needs. You do not need any prior experience in drumming or music!!! Attendance at all classes is mandatory. To learn more call 301-475-4200, ext. 71050. Class is free but space is limited. Registration opens Monday, April 8 at 8 a.m. You must register in person.

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Garvey Senior Activity Center Council, Inc. News

The Garvey Senior Activity Center Council, Inc. thanks everyone who participated in the "Cash Blast" raffle fundraiser, especially Gail Murdock who coordinated this event. Your continued support of the Council's fundraisers helps support programs and events at the Garvey Senior Activity Center.

1st Place - Ron McLendon

2nd Place - Tamara Pennell

3rd Place - Vernon Barnes

LOFFLER Senior Activity Center

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



Art Classes by Jamie Naluai:

Loffler Senior Activity Center

Tuesdays, March 5, 12, 19, 26; April 2, 9, 16, 23, 10 a.m.-12 p.m.

\$85 each month (4 classes)

Jamie's classes are suitable for beginners as well as intermediate level. She teaches drawing, painting and other mediums in four 2-hour sessions per month. Cost of these classes includes enough paint and supplies to get you started. Payment may be made to the instructor on the first day of class.

Call 301-475-4200, ext. 71658 to sign up or learn more.

March Monthly Craft: *Scrapbook Paper Floral Design on Canvas*

Loffler Senior Activity Center

Friday, March 8, 10 a.m., Free

What happens when you cut out different size petal shapes in various patterns of scrapbooking paper, and adhere them to a black canvas? A beautiful floral design results! Finish up with a sealant and you have a hang-worthy piece of art that is truly one-of-a-kind! What could be more fun? Sign up for this project by calling 301-475-4200, ext. 71658 or by stopping by the reception desk. Class size is limited.

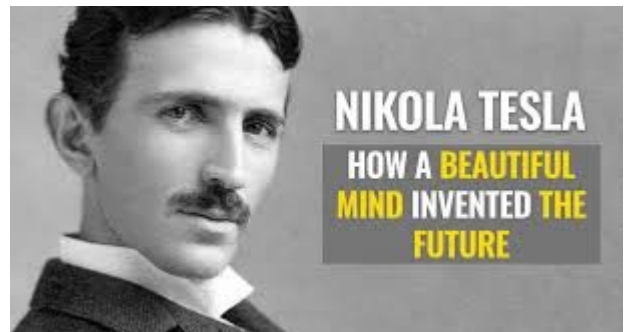
Educational Video Series: *Tesla*

Loffler Senior Activity Center

Wednesday, March 13, 10 a.m.

Free, (60 min.)

By American Experience: Meet Nikola Tesla, the genius engineer and tireless inventor whose technology revolutionized the electrical age of the 20th century. Although eclipsed in fame by Edison and Marconi, it was Tesla's vision that paved the way for today's wireless world. Register to see this video by calling 301-475-4200, ext. 71658, or stop by the reception desk to sign up. Seating is limited.



Health Watch presents: *Diabetes*

Loffler Senior Activity Center, Thursday, March 14, 10 a.m., Free

Diabetes affects a large part of the population, especially for those over 50. Recognizing symptoms and finding ways to manage this disease can improve one's quality of health and life. Volunteer, Linda Weintraub will offer this free health presentation as part of Loffler's monthly Health Watch Program. To sign up call 301-475-4200, ext. 71658, or stop by the reception desk.

Independent Art

**Loffler Senior Activity Center
Wednesdays, 1 p.m., Free or minimal
supply fee if doing a project**

Independent Art on Wednesdays is available to anyone who wants to work on a current project or would like to start something new. Chris Sisk will be on hand to guide you or offer a simple take-home project, whichever you prefer. For questions call 301-475-4200, ext. 71658.



Safety Presentation by Harold Tafe

**Loffler Senior Activity Center
Thursday, March 21, 10 a.m., Free**

Do you have a personal safety plan? Whether it is your physical safety while you're out and about or your cyber safety while in your own home, it is important to know how to limit your risk and what to do in case an incident occurs. This presentation will be led by Harold Tafe who has experience in law enforcement and private/corporate security for 45 years. Advance sign up is required- simply call 301-475-4200, ext. 71658 by March 19, or stop by the reception desk.

Chopticon Dance Troup

Performance

**Loffler Senior Activity Center
Thursday, March 28, 12:45 p.m., Free**

The Chopticon High School Performance Troupe will come to the Loffler Senior Activity Center on Thursday, March 28 at 12:45 p.m. to offer a free performance that will feature some Disney songs and lots of popular musical theater numbers. You can look forward to 45 minutes of pure fun watching and listening to this group of spirited young men and women. This performance takes place on the same day as a Lunch Connection but you can watch it even if you have not reserved a place at the luncheon. For more information call 301-475-4200, ext. 71658.



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Sew a Spring Table Runner

**Loffler Senior Activity Center
Thursday, April 4, 1 p.m.**

**Cost \$40, includes instruction, materials, supplies
(including scissors) and use of sewing machine**

Now that spring is finally here it's fun to brighten up our homes. Let's start with the heart of the house- the dining table! What better way to add cheer and beauty than to make a table runner - especially if everything you need is already prepared for you so that all you have to do is show up! This class is being offered by Kim Pilkerton of Joyfully Sewn. Though geared toward beginners, all skill levels are welcome. Payment is due to the instructor on the day of class. Call 301-475-4200, ext. 71658 to sign up or stop by the reception desk.



**April Monthly Craft: *Painting on the Glass of a Frame*
Loffler Senior Activity Center**

Friday, April 5, 10 a.m., Free, Bring a Picture Frame with Glass.

Make a framed masterpiece using a...frame! You need only bring a picture frame that comes with glass (5 x 7 or 8 x 10 recommended). We will supply the rest of the materials. We will teach you this simple technique in less than 2 hours. You can sign up for this project by calling 301-475-4200, ext. 71658 or by stopping by the reception desk. Space is limited.

Walk with Ease

Loffler Senior Activity Center

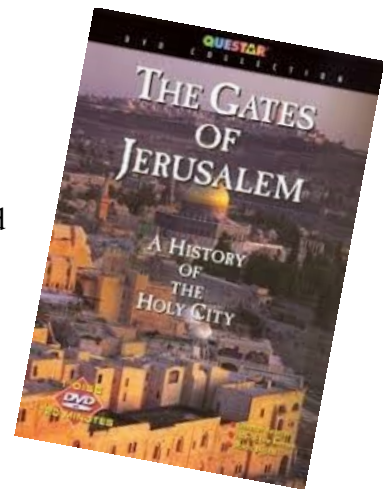
Mondays, Wednesdays and Fridays from April 8 to May 17, 9 a.m., Free

This six-week series, an evidence-based health program developed by The Arthritis Foundation, uses walking to relieve the pain and stress of arthritis. Each session has two components: there is classroom instruction followed by a period of warming up and then walking. Walking has been shown to reduce the pain of arthritis and improve your overall health. This series, taught by Arthritis Foundation-trained lay leaders from Health Connections, MedStar SMH, is being offered for free. Commitment to regular class attendance and follow up at home is required. Call 301-475-4200, ext. 71658 before Thursday, April 5 to sign up. Class size is limited.

Educational Video Series: *The Gates of Jerusalem: a History of the Holy City*, Free

Loffler Senior Activity Center, Wednesday, April 10, 10 a.m., 122 min.,

Jerusalem's eight gates represent the spiritual gateways of Christianity, Judaism, and Islam, and each plays a vital role in Jerusalem's past, present and perhaps future. Through the description of these gates, this documentary traces the history of the most troubled and the most revered city in the world from Abraham to modern time. Seating is limited, reserve yours by calling 301-475-4200, ext. 71658 or stop by the reception desk.

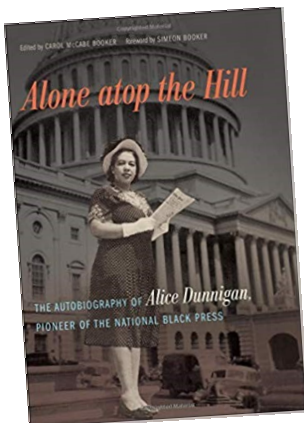


Healthwatch presents: *Addictions; Alcohol and Meds*

Loffler Senior Activity Center, Thursday, April 11, 10 a.m., Free

Identifying a substance abuse problem can be a complicated process. While some signs of addictive behaviors are obvious, others are more difficult to recognize. Many people who realize they have a problem will try to hide it from family and friends, making it harder to tell that someone is struggling. A growing problem is the surge in addiction to prescribed medications. Volunteer, Linda Weintraub will open up this discussion with you during this free presentation! Call 301-475-4200, ext. 71658, or stop by the reception desk to sign up.

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Author Visit: Carol McCabe Booker: *Alone Atop the Hill*

Loffler Senior Activity Center, Thursday, April 18, 10 a.m., Free

In 1942 Alice Allison Dunnigan, a sharecropper's daughter from Kentucky, made her way to the nation's capital and a career in journalism that eventually led her to the White House. With *Alone Atop the Hill*, Carol McCabe Booker has condensed Dunnigan's 1974 self-published autobiography to appeal to a general audience and has added scholarly annotations that provide historical context. Dunnigan's dynamic story reveals her importance to the fields of journalism, women's history, and the civil rights movement and creates a compelling portrait of a groundbreaking American. Ms. Booker will discuss her book and the events that inspired it. Register to attend by calling 301-475-4200, ext.

71658, or stop by the reception desk to sign up.

Loffler's LUNCH CONNECTION

Tuesday, March 12 / Thursday, March 28 / Tuesday, April 9 (there is no 4th Thursday Lunch Connection in April). A ticketed event, Spring Diggity, will be held on Thursday, April 25.

Entertainment on Tuesday begins at 11:30 a.m., lunch is served at noon. Advance reservations are required, preferably at least 2 weeks in advance. Call 301-475-4200, ext. 71658. There will be an appreciation basket for our performers and a 50/50 raffle at each luncheon.

Tuesday, March 12- David Norris will sing Irish tunes as you are served lunch. Enjoy a warm meal of *Roast Beef, Gravy, Mashed Potatoes, Stewed Tomatoes, WW Dinner Roll, Applesauce and Lemon Meringue Pie.*



Thursday, March 28- Join your friends as lunch is served! The Chopticon High School Show Troupe will entertain you after lunch, starting at 12:45. The last time the troupe was here, their singing and dancing was top notch, and they are back by popular request! The meal will feature *Fruit Juice Blend, Meatloaf, Gravy, Succotash, Seasoned Greens, Whole Wheat Dinner Roll with Butter, Orange Sections, Milk and a Chewy Brownie* for dessert.

Tuesday, April 9- The fun music of Rearview Mirror will fill the room as lunch is served this day. Enjoy a taste of Spring as you are served *Baked Ham, Glazed Sweet Potatoes, Brussel Sprouts, Whole Wheat Dinner Roll with Butter, Tomato Wedge Salad, a Fresh Fruit Cup, Milk and an Easter-y Coconut Iced Cupcake* for dessert.



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SPECIAL EVENT:

Get in on the first ever SPRING DIGGITY, to be held at the Loffler Senior Activity Center on Thursday, April 25 from 10 a.m. to 2 p.m.. This party will celebrate spring and the changes that remind us that warmer weather is just ahead! DJ Mean Gene will be playing the music and Personalized Touch Catering will prepare the meal... *Stuffed Chicken Breast with Chicken Gravy; Garden Salad, Candied Sweet Potatoes, Country Style Green Beans, Fruit Salad and Coconut Cake* for dessert. Ticket sales will be limited to 100, and the suggested donation is \$10 per person. Tickets go on sale March 1. Tickets will only be sold at Loffler, don't miss out on the fun!

NORTHERN Senior Activity Center

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

Benefits of Massage

Northern Senior Activity Center

Friday, March 8, 10:30-11:30 a.m., Free

Licensed massage therapist Gwynne Hill will give a free presentation on the benefits of massage on Friday, March 8 from 10:30-11:30 a.m. This class will guide you on types of massage and their specific health benefits. Space is limited so sign up for this presentation in advance, please visit our sign up table or call 301-475-4200, ext. 73103.



DIY Crochet Hat

Northern Senior Activity Center

Monday, March 11, 9:30-11:30 a.m., Free

Combat the freezing temps and the urge to craft in one class! If you are new to crocheting, then this beginner's class is ideal for you. Learn to make an adorable winter hat using simple crochet stitches. The class will be taught by Donna Sigler. Participants are asked to bring their own crochet hook; yarn hook size 5mm. A selection of free yarn will be provided for this class; however participants are welcome to bring their own if they choose. Space is limited. To sign up for this free class in advance, please visit our sign up table or call 301-475-4200, ext. 73103.

The Shamrock Shindig with Mean Gene

Northern Senior Activity Center

Wednesday, March 13, 1-4 p.m., \$5

Get down with your Irish roots at the Shamrock Shindig. Dress in your gaudiest green and show your St. Patty's Day spirit. DJ Mean Gene will lead the way in an afternoon of pure dance fun. There will also be a money raffle so bring the luck of the Irish with you! The ticket cost is \$5 and supports the cost of the DJ. Refreshments will be provided as a courtesy of the Northern Senior Activity Center. Payment is due at signup. To pay for this program in advance, visit the front desk. To learn more call 301-475-4200, ext. 73101.



Advance Directive Presentation

Northern Senior Activity Center

Thursday, March 14, 11-11:30 a.m., Free

Deep Launching, Inc. will be at the Northern Senior Activity Center on Thursday, March 14 to discuss Advance Directives. An Advance Directive allows you to appoint someone to make



healthcare decisions on your behalf if you are unable to do so yourself. It can also be used to communicate the types of treatments you would like to have administered in the event of a medical emergency. Space is limited. To sign up for this free presentation in advance, please visit the signup table or call 301-475-4200, ext. 73103.

Breakfast Café

Northern Senior Activity Center
Wednesdays, March 20 & April 24,
9-10 a.m., cost \$2

Start your day off right with a delicious breakfast made by Ginger! Make your reservation today to have breakfast with friends and let us do the cooking and clean up.

Breakfast on March 20 will be *Sausage Gravy, Biscuit, Home Fries and Fruit.*

Breakfast for April 24 will be *Creamed Chipped Beef, Biscuit, Potato Cake, Fruit*



The cost is \$2 due at signup. Space is limited. To sign up and pay for breakfast in advance, visit the front desk. For availability call 301-475-4200, ext. 73101.



DIY Tote Bag – Maryland/Nautical Theme

Northern Senior Activity Center
Thursday, March 21, 1:30-4:30 p.m., \$5

Local artist Barbara Ferrante will guide you as you use fabric, paint, and other materials to create your own design and decorate a canvas tote bag. Participants are encouraged to decorate their bags in honor of Maryland Day using state colors or nautical themes. The cost is \$5 and all materials are included. Space is limited. To sign up and pay for this program in advance, please visit the front desk. To learn more call 301-475-4200, ext. 73101.

Maryland and St. Mary's County Flag Presentation

Northern Senior Activity Center
Friday, March 22, 9-10 a.m., Free

Michael Barbour AECS, USN (Ret.) from the Southern Maryland American Legion Post 221 in Avenue, MD will give a presentation on the Maryland flag and the St. Mary's County flag. This presentation will include the history and protocols regarding these flags. Space is limited. To sign up for this free presentation in advance, please visit the signup table or call 301-475-4200, ext. 73103.



Maryland Day Bingo

Northern Senior Activity Center, Friday, March 22, 10:15-11:45 a.m., \$3

Can't get enough of that yellow, red, and black flag? Need more spice in your life; like Old Bay? Come to our Maryland Day bingo and celebrate all things Maryland. Prizes will follow the theme of Maryland, flag colors, and nautical. The cost is \$3 and is due at sign up. Space is limited. To sign up and pay for this program in advance, please visit the front desk. For more information call 301-475-4200, ext. 73101.

Storytelling: Local Maryland History

Northern Senior Activity Center

Friday, March 22, 12:30-1:30 p.m., Free

Love all things Southern Maryland and want to know more about our local history? Storyteller Joe Norris will be sharing stories and songs about Southern Maryland from its founding to modern times. This presentation is one you don't want to miss! Learn about the people, the places, and the events that shaped our home. Space is limited. To sign up for this free presentation in advance, please visit the sign up table or call 301-475-4200, ext. 73103.



Senior Tech: 30 Minute Laptop Appointments

Northern Senior Activity Center

Wednesdays, March 27 & April 24, 10-11:30 a.m., Free

Want to become more comfortable with using your laptop? Our next two sessions of Senior Tech will offer 30-minute appointments for participants to work with Northern's Program Specialist, Rachel Mowatt one-on-one to help you become more familiar with the functions and programs of your machine. Participants are to bring their laptop and power cord with them for their appointment. Space is limited. To sign up in advance for this appointment, please visit the sign up table or call 301-475-4200, ext. 73103.



CSM Wellness Clinic

Northern Senior Activity Center

Thursday, March 28, 9-11:30 a.m., Free

The College of Southern Maryland's Nursing Program will provide a free wellness clinic at the Northern Senior Activity Center. Health checks include blood pressure, height and weight, heart rate, and vision. Presentations include topics such as *Flu vs. Pneumonia*, *Insomnia*, *Are Artificial Sweeteners More Healthy than Sugar*, *I Forgot: Normal Signs of Aging vs. Signs of Concern*, and *The Pros and Cons of a Gluten-Free Diet*. Drop-ins are welcome; prior sign up is not required.

Living Well with Chronic Conditions

Northern Senior Activity Center

Mondays, April 1-May 6 (6 session), 12:30-3 p.m., Free

Start doing something wonderful for yourself- Improving your life even while dealing with a chronic health condition! This is an evidence-based program that was developed by Stanford University to help people with chronic conditions take charge of their life by developing self-management skills, including dealing with depression and fatigue, pain management, working with health care providers and more. If you have a chronic condition and are serious about improving the way you feel, this is the workshop for you. There is no charge for taking this class; however, a commitment to regular attendance is needed for good results. To sign up for this series in advance, please visit the sign up table or call 301-475-4200, ext. 73102.

Spring Rag Wreath

Northern Senior Activity Center

Thursday, April 11, 9:30-11:30 a.m., \$12

Design and make a beautiful spring wreath using floral and brightly colored fabric to decorate a 12" wreath. Additional embellishments will be provided; however, feel free to bring anything you would like to include on your wreath. The class will be led by Janet Fisher and includes all materials needed. Final products may vary by participant based on fabric and embellishment choices. Space is limited. To sign up in advance, please visit the front desk with payment. For more information call 301-475-4200, ext. 73101.



Reverse Mortgages

Northern Senior Activity Center

Wednesday, April 17, 10-11 a.m., Free

Confused by the ads on TV? Not sure if a reverse mortgage is the right move for you? Join Robbie Loker, Reverse Mortgage Consultant for a free informational session at the Northern Senior Activity Center. This presentation will review the basics about this government-insured mortgage program for homeowners age 62+. Space is limited. To sign up for this presentation in advance, please visit the sign-up table or call 301-475-4200, ext. 73103.



Egg-stra Special Easter Arrangement

Northern Senior Activity Center

Thursday, April 18, 10:30-11:30 a.m., \$20

Get egg-cited about this Egg-stra Special Easter Arrangement class at the Northern Senior Activity Center. Learn to design and make a fresh floral arrangement using wet floral foam in an Easter basket perfect for your Sunday gathering. The cost is \$20 and is due at sign up. All materials including flowers and Easter embellishments are provided. Flower selection and basket type may vary. Space is limited. To sign up with payment for this class in advance, please visit the front desk. For more information call 301-475-4200, ext. 73103.

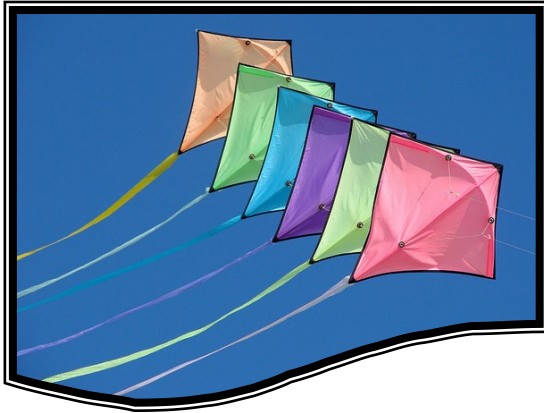
Whole-Body Tension Relief

Northern Senior Activity Center, Tuesday, April 23, 1-4 p.m., \$30

Learn this easy, targeted, self-treatment method that will give you drug-free pain relief that can be both immediate and long lasting. Led by Judi Lyons, learn to use simple soft tennis ball techniques that reduce or eliminate pain and improve the condition of muscles and fascia to benefit posture, mobility, stability, range of motion, blood flow, nerve function, and the immune system. This workshop addresses multiple issues and conditions from head to toe and is tailored to participants' specific needs. Some conditions that benefit are Arthritis & Joint Pain, Back Pain, Carpal Tunnel Syndrome, Chronic Fatigue Syndrome, Congestion, Fibromyalgia, Frozen Shoulder, Headaches/Migraines, Plantar Fasciitis, and Repetitive Motion Injuries such as Restless Leg Syndrome, Sciatica/Piriformis Syndrome, Scoliosis, TMJ Syndrome, and more. The cost is \$30, includes two therapeutic-grade balls and is due at sign-up. To sign up and pay for this class in advance, please visit the front desk. To learn more call 301-475-4200, ext. 73103.

Retired and Senior Volunteer Program

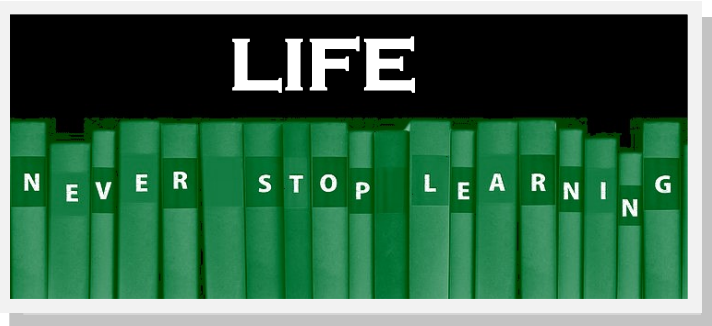
By Norine Rowe, RSVP Project Manager



Soaring to New Heights of Personal Growth

The fresh air and sunshine that heralds the arrival of spring always inspires me to get outdoors, take a deep breath, and stretch my arms to the sky. As the cold, gray days of winter give way to spring, I feel like I'm awakening from a season of hibernation to a season of newness, wonder, and anticipation. Springtime can usher in a vibrant season of new beginnings, personal growth and exploration. We can shake off the old, stale way of doing things and embrace the new. Learning new things is one way to stay excited about life, eager to see what may be around the next corner.

We're never too old to learn, to dream, to grow. So maybe it's time to soar to new heights this spring by trying something new that will stretch your life and your imagination. Take a look in the newspaper, go online, or read something in this newsletter and spread your wings. There's no time like now to begin a New Beginning!



LIFE; Learning is ForEver

A popular program made possible by RSVP volunteers is the Learning Is ForEver Program, or LIFE. This program embraces learning as a life-long endeavor that keeps us young in heart and mind. Through the LIFE Program, RSVP volunteers organize educational outreach tours for seniors. Besides exploring Southern Maryland to learn about life in our own backyard, LIFE volunteers plan exciting day trips beyond our local borders. Offered every spring and fall, these tours are often filled to capacity and show seniors just how much fun it can be to learn, explore, and grow, especially when in good company.



National Volunteer Week
April 7—13, 2019

NATIONAL VOLUNTEER WEEK

In celebration of National Volunteer Week, we thank all of our wonderful RSVP volunteers who help to keep local non-profits running, Senior Activity Centers humming, and county programs continuing to meet the needs of local citizens. So much in our community would not be possible without the contributions of RSVP volunteers. So we thank you for your time, your talents, and your dedication. You transform lives and inspire others by the selfless service you provide!

NEW BEGINNING

Reminder: RSVP Volunteer Banquet is Wed., March 20

Our RSVP Volunteer Banquet takes place on Wed., March 20, at the Dr. James A. Forrest Career and Technology Center across from the county fairgrounds. Volunteer check-in and registration begin at 10 a.m. followed by the Awards Ceremony at 11 a.m. and then lunch. The event concludes by 2 p.m. All RSVP volunteers who served hours in 2018 received an invitation. Advance reservations were required but if you didn't register and would still like to attend, please give us a call as we may have a few more openings.

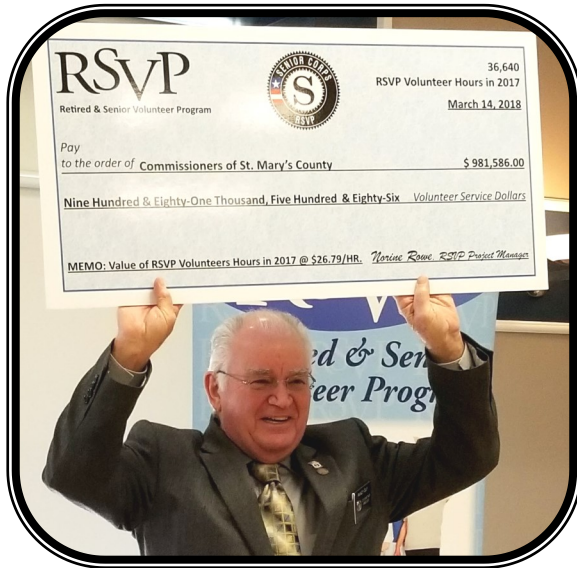


Photo by Sarah Miller

Comissioner President James R. Guy

of Aging & Human Services personnel will also be available to provide transportation from the parking area to the event entrance for those who need assistance.

Another Successful Year for RSVP

RSVP volunteers served 35,477 hours in 2018 valued at \$975,618! Pictured here is Commissioner President Guy displaying a large symbolic check presented to him at last year's RSVP banquet. We look forward to presenting him with another big check this year, so thanks to all our RSVP volunteers who continue to make significant contributions to our community!

Notice: Special Banquet Parking

Our Volunteer Banquet takes place during the school day while students are at the Tech Center and parked in the front parking lot. **Awards Banquet attendees will need to park in the rear parking lot of the Tech Center.** We will have parking attendants to help direct attendees to the parking location. A van staffed by Department

Awards Banquet and Possible Wintry Weather

There is always a chance snow could affect our Volunteer Banquet. If public schools are closed due to wintry weather, our Banquet will take place on Wed., March 27. Please check the Public Schools website for closing information. For event status, you can also visit the Department of Aging & Human Services website at www.stmarysmd.com/aging/, or you can call RSVP at 301-475-4200, ext. 71653, for a voice mail message with event information. Here's hoping we have bright, sunny skies and we're able to proceed as scheduled!



RSVP offers a wide variety of volunteer opportunities for seniors 55+ years of age. For information on Senior Volunteer Opportunities with RSVP, call Norine Rowe, RSVP Manager, at 301-475-4200, ext. 71653, or e-mail Norine.Rowe@stmarysmd.com.

Law Day



Wednesday, May 1, 2019

9 a.m.-4:30 p.m.

Make an appointment with an attorney to fill out an Advance Healthcare Directive, completely FREE!

An Advance Health Care Directive will:

- Name your Health Care Agent, the person or persons who will make your health care decisions for you.
 - Decide when your Agent's power becomes effective.
- State your desires concerning the administration or withholding of life sustaining procedures if you are unable to give instructions regarding your care due to an end of life condition (incurable disease, terminal condition, persistent vegetative state, end stage condition, injury).
 - This includes the choice(s) of artificial nutrition and hydration and/or all available interventions.
 - Customize with your personal instructions and statements.
 - Choose pain relief to relieve pain and suffering.
 - State your wishes concerning organ donation or the donation of your body.
- State your desires and preferences regarding funeral and burial, cremation, memorial service, or other final instructions.

Registration required.

Call Community Programs & Outreach Manager Sarah Miller at 301-475-4200, ext. 71073, to schedule an appointment at your local Senior Activity Center.

Appointments will be available at the Loffler, Northern, and Garvey Senior Activity Centers. All attorneys are members of the St. Mary's County Bar Association and are donating their time for Law Day to fill out Advance Care Directives ONLY. This is a free service.



Law Day is sponsored by the ELDR Law Section of the Maryland Bar Association

Brought to you by the Commissioners of St. Mary's County and the Department of Aging & Human Services



Ongoing Creative Expressions

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301-475-4200, ext. 71050	Quilting Bee	Louise Park	1st & 3rd Fridays	9:30 a.m.	Supplies
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	Chris Nelson-Sisk	Wednesdays	1 p.m.,	Bring materials
	Art Classes	Jamie Naluai	Tuesdays	10 a.m.-12	\$85/4 wks
	Charity Crafters	Dee Poole	Thursdays	1 p.m.	Free
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.-noon	Free
	Project Linus	Debbie Rumble	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	
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
	Northern Stars Theater Group	Rachel Mowatt	Varies	1 p.m.	Free
	Coloring Group/FULL	Martha Baker	1st & 3rd Wednesdays	1-3 p.m.	Supply Donation

Ongoing Social Events at the Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	“Bring Your Buddy” Billiards	Mondays before 1 p.m.. Wednesdays Thursdays, No Fridays, Tuesdays	Before 1 p.m. Before 1 p.m. After 3 p.m.	Free
	Hand & Foot	2nd & 4th Tuesday	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. 19)	9-10 a.m.	\$2
	Western Mahjong	Wednesdays	1-4 p.m.	Free
	Eastern Mahjong	Mondays & Thursdays	1-4:30 p.m.	Free
	Pitch Tournament	Mondays, March 4- April 8 (5 sessions)	12:30-3 p.m.	\$10
	Bridge	Thursdays	10 a.m.-2 p.m.	Free
	Bingo	Fridays	10-11:45 a.m.	\$2
	Eat. Play. Fun. Pitch.	2nd and 4th Thursdays	12:30-3 p.m.	\$5
	Poker	1st & 3rd Tuesday	1-4:30 p.m.	Free
	Rummy	Daily	Open	Free

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Wanted: Older Adults Who Like to Eat!!

Did you know that St. Mary’s County has three senior activity centers open to independent older adults Monday through Friday where lunch is served? Adults age 60 and over can 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.stmarysmc.com/docs/menu.pdf.



NEW BEGINNING

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. 71050	Bingo	1st & 3rd Mondays	10 a.m.-noon	\$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
	Cribbage	2nd & 4th Mondays	10 a.m.-Noon	Free
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	Tuesdays- March 5, 19, 26 April 12,16, 23, 30	12:30-1:30 p.m.	\$1 (up to three cards)
	Bingo	Wednesdays: March 13 April 10	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

Please use the 7

Please be advised the phone extensions for the **Department of Aging & Human Services, Garvey, Northern, and Loffler Senior Activity Centers** require the number seven (7) in place of the old asterisk (*) before extensions.

Ongoing Physical Fitness Activities At Garvey and Loffler Centers

Location	Title	Day(s)	Time	Cost
<p>Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050</p> <p>F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	Fitness Equipment	Daily	8 a.m.-5 p.m.	Free
	Men's Strength Training	Mondays & Thursdays	9:30-10:30 a.m.	F.C.
	EnhanceFitness	Mon., Wed., Fri.	10:45-11:45	F.C.
	Open Table Tennis	Tuesdays except 1st Thursdays	10 a.m.-noon 2:15 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays, Thursdays, & Fridays	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.
<p>Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658</p> <p>F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	Fitness Equipment Available	Daily	8 a.m.-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 Thursdays	10-11 a.m. 8:40-9:40 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

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. re- quired 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	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	Tues. & Thurs., 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 FULL	Tuesdays January 8-March 26	10-11 a.m.	Free
	Seated Tai Chi	Returning in May	10:15-11 a.m.	
	Chair Yoga	Fridays	9-10 a.m.	F.C.

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, go to the web page www.stmarysmd/aging. Click on Community Programs, or click on "Bi-monthly Newsletter" under "Quick Links." This will take you to previous newsletters, and you can click on the issue you want to read, or click on the sound icon (🔊) to the right of 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

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301-475-4200, ext. 71050	Book Discussion	Volunteer	2nd Wednesday	10:30 a.m.	Free
	Diabetes Discussion	Margaret Forrest	3rd Wednesday	12:30 p.m.	Free
	Reader's Theater	Linda Lagle	2nd & 4th Wed.	11 a.m.	Free
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Current Events	Paul Kelley	Mondays	10 a.m.	Free
	Scripture Study	Solomon Olumese	Every Friday	10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By appt.	Free
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	1 p.m.	Free
	Book Chatter Book Club FULL	Martha Baker	4th Thursday	11-Noon	Free
	What's The Word Bible Study	Karen Beck	1st Tuesday	10-11:30 a.m.	Free
	Senior Matters	Lynn Perry	Thursdays	12:30-1:30 p.m.	Free

Sign Up Online to Receive *New Beginning*

You can sign up to receive a notification when the newsletter is available online in PDF format via stmarysmd.com/citizen/signup.asp

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

If you choose to receive the newsletter via e-mail or view online rather than mailing, contact Community Programs and Outreach at 301-475-4200, ext. 71073.

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

Lori Jennings-Harris, Director

MAP/I&A-Your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. 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. 71050 for information.

Home and Community-Based Services (HCBS)-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. Call Rebecca Kessler, Division Manager, at 301-475-4200, ext. 71061.

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. 7103.

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

Phone: 301-475-4200, ext. 71050

Fax: 301-475-4503

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Address: 41780 Baldrige Street, P.O. Box 653, Leonardtown, MD 20650
(Please send donations and correspondence to the Post Office Box.)

Senior Activity Centers:

- **Garvey Senior Activity Center, 301-475-4200, ext. 71050**
41780 Baldrige St., Leonardtown, MD, 20650
- **Loffler Senior Activity Center, 301-475-4200, ext. 71658**
21905 Chancellor's Run Rd., Great Mills, MD 20634
- **Northern Senior Activity Center, 301-475-4200, ext. 73101**
29655 Charlotte Hall Rd., Charlotte Hall, MD, 20622



St. Mary's County Department of Aging &
Human Services
4180 Baldrige Street
P.O. Box 653,
Leonardtown, MD 20650

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2019 Holiday Closings...
(Also no Home-Delivered Meals)

Friday, April 19 - Good Friday

NEW BEGINNING