

NEW BEGINNING

VOLUME 34 ISSUE 4

JULY/AUGUST 2021

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



Happy
INDEPENDENCE
★ **DAY** ★

*Celebrating your
Independence!*

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From the Director's Desk

By Lori Jennings-Harris, Director

Independence Begins Anew

Independence means freedom for many people. As we make our way through the COVID-19 Pandemic, the importance and significance of independence has an even greater meaning! Having not only the ability to make our own decisions and to live independently but having the benefit of science and technology to help us remain independent as we grow older are also paramount to independence.



Sometimes we need a little help with independence. Whether it is help with transportation, social interaction, grocery shopping, or doctors' visits, some of us may need a hand to remain independent, especially as we get our feet planted firmly under us over the coming months.

The Department of Aging & Human Services is prepared to meet the needs of our community in many ways, some of which have been developed out of necessity, resulting from the pandemic. To keep older adults engaged over the last 12-14 months, the Department created and developed virtual, recorded, and remote programming with the intent of keeping seniors connected and active, albeit from their own home. Providing ways to help seniors somehow maintain a connection with the community, discover or re-discover what the Department has to offer became our focus.

With creative and tech savvy staff, our Department kept pace and in many cases led the pack across the state on the innovative ideas and programming that will stand the test of time, such as exercise, information series and virtual commemorative events, to name a few. We also helped older adults with even more critical needs remain in their homes with the work of staff who skillfully arranged in-home services to assist those individuals in need.

Now that we are able to do even more, we look forward to re-engaging our volunteers as well as additional programs and services!

Stay tuned for more information in the weeks ahead about what our Department will tackle between now and the end of this calendar year.

As always, the Department of Aging & Human Services looks forward to seeing you and being available to support you in any way we can.

NEW BEGINNING

The Commissioners of
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NEW BEGINNING

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Editorial submissions should
be sent to:

**St. Mary's County Department
of Aging & Human Services
P.O. Box 653
Leonardtwn, MD 20650**

or visit the website at:

www.stmarysmd.com/aging

Our Mission

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



Aging & Disability Resource Center

Where do I begin to access needed services & resources?

The ADRC/MAP is a free information and referral service. It is open to the public and to individuals of all income levels. If you or a loved one needs assistance, please contact Jenny Beyer, Aging & Disability Resource Coordinator.

For more information, contact:

Jenny Beyer
Aging & Disability Resource /Maryland Access Point Coordinator
23115 Leonard Hall Drive, Leonardtown, MD
301-475-4200, ext. 1057
Jennette.Beyer@stmarysmd.com
www.stmarysmd.com/aging/MAP.asp

St. Mary's County Commission on Aging

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.

Upcoming Meetings:

Monday, July 26, 2021

1 p.m.

Monday, August 23, 2021

1 p.m.

*At the time of publication, meetings are open to the public to attend.
A call-in option is also available for members of the public to attend this meeting.*

Attend Meetings to:

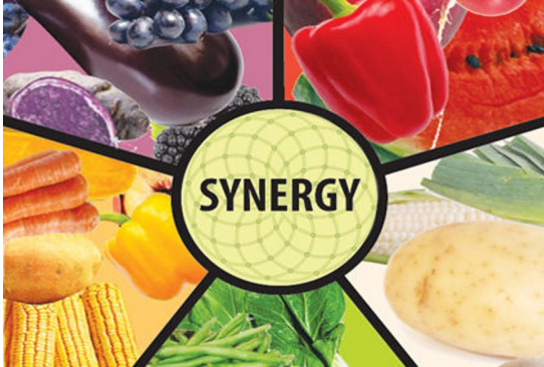
- * Meet your St. Mary's Commission on Aging members
- * Provide comments on the Department of Aging & Human Services
- * Obtain information on topics of senior interest

For more information, contact Mercedes Jones at 301-475-4200, ext. 1051, 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



I have been reading a lot about food synergy and how it can boost nutrition. The definition of synergy is an interaction of two or more substances to produce a combined effect greater than the sum of their separate effects. What are some examples of food duos that can help improve your health? We know that vegetables are nutritional power hitters, but to really reap their rewards make sure you are not using fat-free salad dressings. A study by the American Journal of Clinical Nutrition found that people who used oil-based salad dressings had an

increased absorption of vitamins A, D, and K as well as beta carotene and lutein, which is known to be especially good for eye health. A current study has shown that adding black pepper to your salad, along with the oil, further increases the absorption of beta carotene, lycopene and lutein. So, always be sure to serve your vegetables with a healthy fat source such as olive oil, avocado, nuts and seeds.

Spices are beginning to be recognized for their potential health-boosting powers. They work harder if combined with other spices. Turmeric is best known for its anti-inflammatory properties but its main active ingredient, curcumin, is absorbed better when combined with black pepper. Try using a variety of spices when cooking.



We also know the importance of having a robust colony of beneficial bacteria in our guts and that a good way to get a valuable dose of these is through fermented and probiotic rich foods such as yogurt and kefir. These bacteria thrive on fiber, so it is a good idea to combine this with your intake of probiotics. Try mixing muesli with your yogurt as it provides, oats, dried fruits, nuts and seeds, which bacteria love.



Finally, did you know that iron is better absorbed when vitamin C is present? Foods like beans, lentils, tofu, fortified cereals, spinach and some whole grains contain a plant-based iron form, not usually absorbed very well, but absorption is improved with the addition of food sources of vitamin C like bell peppers, broccoli, and citrus.

So not only will you benefit from the nutritional firepower of combining the foods I mentioned above, but the flavor can also be improved. I challenge you to head to your kitchens and have fun experimenting.

Do you have nutrition related questions?

Contact Donna at 240-538-6539, she'll be happy to answer them.

If you are diabetic and have concerns about your diet, Donna is a wonderful source of information. She is a Registered, Licensed Dietitian and a Certified Diabetes Educator.



Home & Community-Based Services

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



Caregiver Concerns: Summer Fun Lightens the Load

As a caregiver, you are most likely familiar with stress, but did you know about Eustress? Eustress is a type of stress you experience when you are looking forward to something exciting, when you are laughing, when you are completing an accomplishment. Eustress generates feelings of satisfaction, excitement, well-being, and fulfillment. Experiencing eustress with another person can improve the relationship and can be refreshing.

In the caregiver’s world of draining stress, how do you create this positive type of stress? Here are a few ideas we call “*Summer Fun with your Loved One*”:

- **Move and smile:** Use music to have a few minutes of dancing and singing with your loved one. You can add this to your daily or weekly routine and make it something everyone looks forward to.
- **Try a new recipe or an old family recipe:** List and shop for your ingredients and use a special serving dish. Give your care receiver a job they can handle and anticipate the meal together as you work side by side.
- **Exercise:** Participate in seated yoga provided by one of our local senior centers in person or online.



- **Laughter:** Try to seek out a corny joke each day. Retell or ask your loved one to retell a funny family memory. Laugh it off. If you are tempted to be frustrated, just decide to laugh.
- **Small rewards:** Give yourself or loved one a “WooHoo!” or a high five when you have accomplished something like getting dressed, getting the dishes done, writing out the bills. You can use a check list and check things off as they get done.

- **Connect with others:** Set aside time each week to connect with others in your life (meet in person, phone call, letter or card). Any of these can bring on eustress.
- **Get creative:** Make something with your loved one (woodworking, a craft, sewing, a painting, a collage).



CONTINUED ON PAGE 7



• **Plan an outing by:**

⇒ Checking out a local farmer’s market: Home Grown Farm Market has a paved lot providing easier walking and wheelchair access. 21078 Three Notch Rd, Lexington Park 20653. The market is open Saturdays from 9 a.m.-1 p.m.

⇒ Going fishing/or sitting by the water: The Leonardtown Wharf waterfront is accessible by wheelchair. The parking is gravel so getting someone out and to the sidewalk may be a little tricky.

⇒ Taking a stroll: Three Notch Trail is accessible at several points in the county and is paved making it easier for those with mobility challenges.

(NOTE: Anything you do outside in the summer should be done earlier in the morning or toward evening when the sun is lower and the temperatures are cooler. Bring extra water and be aware that your loved one may be more sensitive to heat and humidity.)

• **Plan some time apart:** Use an in-home caregiver or set up days for your loved one to attend Medical Adult Day Care so you both get some time apart and have something different to look forward to on those days. You can contact Daphne Bennear at 301- 475- 4200, ext. 1069, for more information on these options.

• **Most importantly, maintain an attitude of fun:** Take a breath, don’t take things too seriously, let go of the need for perfection and enjoy each moment you have!



“People will forget what you said. People will forget what you did. But people will never forget how you made them feel.”
- Maya Angelou

“Laughter is the shortest distance between two people”
- Victor Borge

Adapted from : <https://www.healthline.com/health/eustress#staying-healthy> and <https://www.verywellmind.com/the-best-stress-relief-3144573>

Volunteers Needed

Are you looking for a volunteer opportunity?

Consider Home-Delivered Meals!

The Home-Delivered Meals Program with the St. Mary's County Department of Aging & Human Services delivers well-balanced meals and a friendly visit to seniors who are homebound and cannot shop or cook for themselves.

Meals are delivered

Monday -Friday, 11:15 a.m. -1:30 p.m.

No meals will be delivered on days that the Senior Activity Centers are closed.

Volunteers pick up meals at one of three Senior Activity Centers in St. Mary's County and deliver to homebound consumers.

Driver Qualifications and Requirements:

Valid Drivers License

Access to reliable mode of transportation

21 years of age or older

Participate in training provided by HDM Coordinator

Mileage Reimbursement Available

For more information, contact Monika Williams at:

301-475-4200, ext. 1060

monikaw@stmarysmd.com

www.stmarysmd.com/aging/homedeliveredmeals.asp





Save the Date

Community Health & Wellness Fair

Hosted by:

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

Garvey Senior Activity Center and Leonardtown Library

Friday, October 15, 2021

9 a.m.-3 p.m.

Free Community Event

Health Screenings and Presentations will be offered.

For more information, contact Sarah Miller

Website: www.stmarysmd.com/aging/healthfair.asp

Phone: 301-475-4200, ext. 1073

Email: sarah.miller@stmarysmd.com.

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



Senior Information & Assistance

By Debbie Barker, Senior I&A Division Manager

Emergency Services To Bill For Ambulance Transportation

Reprinted from Emergency Services website

Frequently Asked Questions:



Why is emergency medical services billing now happening?

For decades, St. Mary's County volunteers have been able to keep pace with the demand for emergency services. Unfortunately, COVID-19 has impacted our volunteer personnel, subsequently decreasing our ability to provide volunteer staffing of critical ambulance services. Emergency medical services are critical to every member of our community's health, safety, and welfare. To ensure that these services are always available for those in need, the Commissioners of St. Mary's County provided funding to hire Emergency Medical Services personnel as county employees. These highly skilled persons are assigned in partnership with the various rescue squads, ensuring adequate staffing of our ambulances. To ensure adequate funding is available for this critically important public service, the Commissioners of St. Mary's

County and all seven Volunteer Rescue Squads entered into Memorandums of Understanding (MOU). These MOU's authorize St. Mary's County Government, going forward, to bill insurance companies for emergency medical services.

Will I get a bill if I call 911? A bill will be issued to you and your insurance provider for ambulance costs under Medicare rules. Your insurance provider is required to pay; you are not. St. Mary's County Government operates under a compassionate billing structure that provides waivers for those unable to pay for emergency service billing costs.

What happens if my insurance company doesn't pay for my ambulance transport?

St. Mary's County Government EMS Billing has a compassionate billing plan that accounts for financial hardships and will grant waivers of fees/charges for those who don't have insurance coverage and/or are unable to pay.

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Aren't my taxes paying for Emergency Medical Services? St. Mary's County taxes will continue to go toward the costs of the county emergency services; the bills for services we are implementing will assist with supplemental staffing in each of the county volunteer rescue squads.

Do non-county residents have to pay for ambulance transport? Non-county residents and their insurance providers will be billed for emergency services.

How much will my insurance carrier get billed? The amount billed will depend on the services required to ensure appropriate care is provided to anyone who needs help in St. Mary's County. Fees are based on the level of care required at the time of the emergency. The Commissioners approved the fee schedule of services.

If my insurance company gets a bill, will my premiums go up? No. These types of costs are already included in premiums set by most insurance companies.

Is this taking money away from the Rescue Squads? No. This system will provide additional resources for County Volunteer Rescue Squads to subsidize and improve existing services. The volunteer rescue squad funding mechanism remains unchanged.

Is this hurting St. Mary's County EMS Volunteers? No, it supports them. All St. Mary's County Rescue Squads voted favorably to implement this system.

Who should I contact if I get a bill and have questions? To question a bill, contact our Patient Services team at 1-866-397-0911.

Is there anything different I will now see during my interaction with EMS? The ambulance crew will ask you to sign a form (either paper or on a computer tablet) that acknowledges you were treated in an emergency. This signed form allows for billing to your insurance as is required by Federal guidelines and verifies your receipt of the County's HIPAA Notice of Privacy Practices (HIPAA NPP). If you, as the patient, are unable to sign due to your emergency, a family member or other person may sign on your behalf. If you are unable to sign at the time of your emergency and no one can sign for you, a form will be sent in the mail for you to sign and return.

Questions regarding the billing of emergency services can be emailed to: ema@stmarysmd.com

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 or call 301-475-4200, ext. 1654, or 3104.



Legal Aid

The Legal Aid Bureau, Inc. has resumed in-person appointments at the Garvey Senior Activity Center. A representative will be available on Friday, July 9 and August 6.

Appointments are required and can be made by calling 301-475-4200, ext. 1064. Legal Aid can assist with landlord/tenant disputes, denial of public benefits, consumer and credit problems, and medical advance directives.



Help Available for Electricity and Heating Expenses!

The Southern Maryland Tri-County Community Action Committee, Inc., Office of Home Energy Programs, will begin accepting applications for the 2022 program year on July 1, 2021. 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. New this program year is varying income criteria based on the age of household residents. If all household members are under the age 67 the maximum monthly income for one person is \$1,878

and \$2,540 for a two-person household. For households with at least one member age 67 or over the monthly income for one person is \$2,147 and \$2,903 for a two person household. Higher income guidelines are available for households with three or more members.

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.

Persons age 60 or over and consumers with a disability may make an appointment for in-person assistance at the Senior Activity Center closest to you:

- Loffler (Great Mills) 301-475-4200, ext. 1654
- Northern (Charlotte Hall) 301-475-4200, ext. 3104
- Garvey (Leonardtown) 301-475-4200, ext. 1064

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.

Helpful Links:

St. Mary's County Department of Aging & Human Services
www.stmarysmd.com/aging



Senior Information & Assistance Contacts
<https://www.stmarysmd.com/aging/SeniorIA-Contacts.asp>

Virtual Senior Activity Center
<https://www.stmarysmd.com/aging/virtual-senior-center/>

St. Mary's County Department of Aging & Human Services Facebook Page
www.facebook.com/SMCDAHS

Focus on Fitness

By Alice Allen, Senior Center Operations Division Manager

We all know the many ways that being physically active benefits our bodies; but did you also know that physical activity also benefits your brain? In a recent article by Arash Javanbakht, Associate Professor of Psychiatry at Wayne State University, entitled *The Exercise Pill: How Exercise Keeps Your Brain Healthy and Happy* (Outlook by the Bay magazine, Spring 2021), it is written that “working out regularly really does change the brain biology.”

Regular physical activity helps generate new cells in important areas of the brain. Engaging in moderate physical activity helps these cells form which in turn, helps to keep your brain healthy. Moderate physical activity releases the brain chemicals, dopamine and endorphins which improve brain function and memory and help fight depression and anxiety.

Engaging in moderate physical activity is a great way to take care of yourself. Your energy level will increase, as will your self-esteem. And, by joining in a class at your local senior activity center, you’ll be engaged with others and have an opportunity to make friends. Taking an exercise class at the senior activity center helps combat loneliness. Give it a try, you’ll be glad that you did.

Be sure to read through this newsletter for fitness classes offered at the senior activity centers, both in-person and virtually. Additionally, exercise equipment is available free of charge at each of the senior activity centers for you to use. I hope to see you soon!



Are you looking for a workout
with one of your favorite instructors?

Do you want guided exercises available 24/7?

We have what you’re looking for!

Join your favorite instructors for
Fitness Fridays!

New workout videos are posted on the
St. Mary’s County Department of Aging & Human Services
YouTube Channel and Facebook page
every Friday at 8:30 a.m.!

facebook

YouTube

Garvey Senior Activity Center

In Leonardtown, 301-475-4200, ext. 1080

Volunteers Needed

Stamping Class:

Do you have experience with rubber stamping and would you like to share your expertise? We have recently acquired a large amount of different stamping supplies and tools. We are looking for a volunteer who has expertise in this area and is willing to use the supplies to facilitate a workshop or project at the NEW Garvey Senior Activity Center. If you are interested in volunteering, please call, 301-475-4200, ext. 1062.



Walking Club:

Are you an avid walker or just really enjoy the company of others while you walk? We are looking for a volunteer who can facilitate a walking club at the NEW Garvey Senior Activity Center. If you are interested in volunteering please call, 301-475-4200, ext. 1062.



Nutrition Education

Garvey Senior Activity Center

Mondays, July 12 & August 2, 11 a.m.

Join us for important nutrition information from Dietitian, Donna Taggart. The July presentation topic is *How to Fill Your Nutrition Shortfalls*; class registration begins June 20 at 8 a.m. In August, Donna will present *Tips to Master Portion Control*; registration begins July 20 at 8 a.m. Donna is a registered and licensed dietitian and Certified Diabetes Educator. She will help address your nutrition needs and questions during these upcoming presentations. Advanced registration is required as space is limited. To register, you can call the reservation request line at 301-475-4200, ext. 1075.

Arthritis Foundation Exercise Program

Garvey Senior Activity Center

Tuesdays & Thursdays, 9:45 a.m. – 10:30 a.m.

AFEP is a community-based recreational exercise program developed by the Arthritis Foundation. Kathy Creswell, a trained AFEP instructor, covers a variety of range-of-motion and endurance-building activities. All the exercises can be modified to meet participant needs. The program's demonstrated benefits include improved functional ability, decreased depression, and increased confidence in one's ability to exercise.

Please call 301-475-4200, ext. 1075, for more information.

Book Club Interest Meeting

Garvey Senior Activity Center

Thursday, July 22, 10 a.m.

The Garvey Senior Activity Center is restarting the book discussion group. Join us for an interest meeting to brainstorm ideas and format.

Call the reservation request line at 301-475-4200, ext. 1075, to sign up for this interest meeting.





Geri-Fit®

**Garvey Senior Activity Center
Mondays & Wednesdays
FREE**

The Garvey Senior Activity Center is happy to announce a new fitness opportunity! With financial support from the Maryland Department of Aging Senior Center Operating Funds Grant, this new strength building class will be offered FREE of charge! Workouts are facilitated by senior activity

center staff who have been trained in the Geri-Fit® curriculum. For more information, call 301-475-4200, ext. 1080.

Geri-Fit is a 45-minute strength building, evidence-based class that helps to:

- Increase muscular strength
- Improve balance and coordination
- Boost motor skills and reaction time
- Improve flexibility and gait
- Lessen arthritic conditions
- Manage chronic conditions

Participant Criteria:

- Participants should be able to walk freely with or without the use of a cane or walker. Those in a wheelchair may participate but will need to modify and substitute some of the exercises
- A sturdy, armless chair, hand weights and exercise band (the exercise band will be provided) are needed for participation

**Beachy Anchor Craft
Garvey Senior Activity Center
Thursday, July 8 at 1:30 p.m.**

Welcome your visitors with this beautiful Beachy Anchor on your front door! We will paint and add your own unique quote or last name to this adorable anchor. The cost for this class is \$20. Advanced payment is required. Space is limited. Call 301-475-4200, ext. 1075, to register.



**Pouring Paint Terracotta Pots
Garvey Senior Activity Center
Thursday, August 26 at 1:30 pm**

Create your own Terracotta pot to plant a beautiful flower or succulent plant in. You will be able to choose your preference of color and painting style. The class cost is \$10. Advanced payment is required. Registration opens July 20 at 8 a.m. and can be done by calling 301-475-4200, ext. 1075. Space is limited.

**Reader's Theater is Back!
Garvey Senior Activity Center
Wednesday, July 21, 11 a.m.**

Reader's Theater is a flexible and creative format of performance that does not require actors to memorize lines. The Garvey Senior Activity Center Reader's Theater group previously performed during senior activity center luncheons and occasionally in the community. The group is now forming and looking for new members. To join this

reorganizational meeting, call the reservation request line at 301-475-4200, ext. 1075.



Pickleball for Beginners

Garvey Senior Activity Center

Tuesdays, July 27, August 3 & 10 (rain date August 17), 9 – 11 a.m.

Learn the rules and strategy for the game of Pickleball during this 3-week session. This session is for those who are new to the game. Call 301-475-4200, ext. 1075, to register.

In-Person Fitness Classes with Fees

We offer the following classes for a fee. All programs listed below require a center fitness card. Fitness cards are available for purchase at the reception desk for \$35 for 10 classes. A single class pass may be purchased for \$5.

• **Yoga:** Tuesdays & Fridays at 12:30 p.m.

• **Chair Yoga:** Wednesdays at 9:30 a.m.

• **EnhanceFitness:** Mondays, Wednesdays & Fridays at 11 a.m.

• **Zumba:** Thursdays at 12:30 p.m.

• **Men's Strength Training:** Mondays at 9:30 a.m. and Thursdays at 11 a.m.

• **Walk & Tone:** Fridays at 9:30 a.m.

Virtual Fitness Classes

Awakening (Mat) Yoga via Zoom

Thursday, July 8 – August 26

10:45-11:45 a.m.

This gentle active mat yoga class focuses on whole-health well-being of mind, body and spirit by engaging in mindful poses to improve flexibility, strength and range of motion while boosting mood, energy, brain function, circulation and immunity. Participants should have 1 or 2 blankets (or floor mats), 2 yoga blocks (or thick sturdy books), a strap (or old tie or towel) and water. This class will be taught remotely via Zoom. Participants will need to complete a registration form and waiver and need to have an active email address, high speed internet connection and a webcam enabled device. Commitment to the entire 8-week session is recommended. There is no fee to participate. Registration opens June 20 at 8 a.m.

Call 301-475-4200, ext. 1075, to register.



**Chair Pilates with Sherry via Zoom
Tuesdays, July 6 – August 24
3-4 p.m.**

Pilates is based on three principles: Breath, Whole-Body Health, and Whole-Body Commitment that encompasses mind, body, and spirit. Through breath, concentration, centering, using control, precision, and flow, Pilates exercises can be performed in a chair and without any equipment. Learning to move

correctly in the chair as well as standing will not only increase your strength and balance but improve your efficiency of movement throughout your daily activities. This class will be taught remotely via Zoom. Participants will need to complete a registration form and waiver and need to have an active email address, high speed internet connection and a webcam enabled device. Commitment to the entire 8-week session is recommended. Priority registration will be given to St. Mary's County residents. There is no fee to participate. Registration opens June 20 at 8 a.m. Call 301-475-4200, ext. 1075, to register.

**Chair Assisted Yoga via Zoom
Tuesdays and Fridays, July 6 – August 24,
10 – 11 a.m.**

Boost your immunity, strengthen your bones, reduce stress, and increase your flexibility. These are just some of the scientifically proven benefits of yoga. Join Karen Weaver on Tuesdays and Gail Wathen on Fridays for a gentle chair assisted class to help you in your pursuit of better health. Classes will consist of seated postures that focus on opening the joints, standing postures to increase strength and flexibility, and a relaxation/meditation that will help to reduce stress. Sign up for one or both days. Attendees must have an active email address, high speed internet and a computer or tablet enabled with a webcam and microphone. Space is limited. Call 301-475-4200, ext. 1075, to register.



Drums Alive



**Fridays, July 9 -August 13
1:30 p.m.**

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 releases negative feelings. Join Kathy Creswell, Program Specialist at

Garvey Senior Activity Center, for this fun class. If you have not taken this class before we recommend that you let the instructor know. Class cost is \$12, payable in advance. Please call 301-475-4200, ext. 1075, to register. Space is limited.

Loffler Senior Activity Center

In Great Mills, 301-475-4200, ext. 1658



Loffler Book Club

Meetings July 2 & August 6

2 p.m., Free

Each month members of the book club read an assigned book and discuss it on the first Friday of the following month. The discussions are friendly and honest- everyone's thoughts are appreciated. This group now features a Round Robin Member's Selection and is just beginning to hold their meetings live at the Loffler Senior Activity Center. The Lexington Park Branch Library has been very helpful by holding several copies of the books for us. To find out what the

group is reading at this time, contact Shellie at Sheila.Graziano@stmarysmd.com.

July Monthly Craft:

Miniature Wooden "Beachy" Sign

Loffler Senior Activity Center

Friday, July 9

11 a.m.; Free

Paint some simple wooden shims in your favorite coastal colors, add a few words of welcome or wisdom, then use glue to support shims to form a unique pallet-style sign. Finish it off with some seashells and a rope hanger. We have everything you need to make this little cutie. This in-person class has space for 8 participants and requires a reservation. To register, call 301-475-4200, ext. 1660.



Arthritis Foundation

Exercise Program

Loffler Senior Activity Center

Tuesdays & Thursdays

12:30-1:30 p.m.

Free

The Arthritis Foundation Exercise Program (AFEP) consists of gentle movements that are suitable for everyone and are easy to adjust to any fitness level. To accommodate most schedules, we have changed the days and times of this class. They are now held

in-person at the Loffler Senior Activity Center from 12:30-1:30 p.m. on Tuesdays and Thursdays. Walk-ins are permitted.



**July Health Watch
Presentation:
Good Night, Already!
Loffler Senior Activity Center
Wednesday, July 21
10 a.m.**

Free

What is keeping you up at night? Difficulty sleeping is a common complaint among people over 60. Why? What, if anything, can be done about it? Mary Tennyson will discuss this topic at the July Health Watch Presentation. This is a live, in-person presentation at the center. To register, call 301-475-4200, ext. 1660.



**Tai Chi for Arthritis & Fall
Prevention I & II
Loffler Senior Activity Center
Tuesdays & Thursdays
Beginners Class: July 13-August 5;
Level 2: August 24- September 16
11 a.m.**

Free

This popular and evidence-based program will meet on Mondays and Thursdays beginning July 13. In the beginner class we will learn to do some core movements on each side in a graceful routine while applying basic Tai Chi principles. The Level

2 classes will continue to practice the core movements while learning extended movements. There is no fee for this class, but a commitment to attendance and practice is necessary for success. Pre-registration is required. To sign up for beginner classes, call 301-475-4200, ext. 1660.

**LIVE Current Events
Loffler Senior Activity Center
July 12 & 26; August 9 & 23
10 a.m.**

Free

The world keeps turning and there is plenty to talk about! Current Events is now Live but is still meeting only 2 days a month at this time. There is plenty of room at the table so bring your two cents worth. Walk-ins are now permitted.



Bridge Returns
Loffler Senior Activity Center
2nd and 4th Tuesdays of each month:

July 13, 27; August 10, 24
10 a.m.; Free

We welcome bridge players back at the Loffler Senior Activity Center in July. Play will take place only twice a month for now but will meet on the regular day and time- 2nd and 4th Tuesdays at 10 a.m. in the Senior Lounge. Walk-ins are now permitted.



August Monthly Craft-
Wrinkled Torn Paper Landscape
Loffler Senior Activity Center
Friday, August 13

11 a.m.; Free

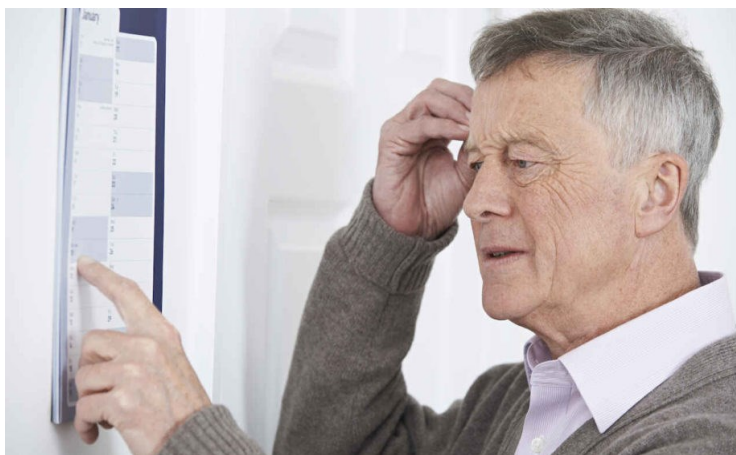
Making a bold landscape using torn colored paper is fun, easy, and satisfying. It is even more interesting when texture is added using paper that has been wet, wrinkled, then flattened out to dry. We will try our hand at giving different paper types this wrinkle treatment. Then we will make our own landscapes using colored papers that have been treated in advance. To register, call

301-475-4200, ext. 1660, beginning at 8 a.m. on July 20. This class is limited to 8 participants.

August Health Watch
Presentation:
How Could I Forget?
Loffler Senior Activity Center
Wednesday, August 18
10 a.m.; Free

What is normal forgetfulness and what is not? Are there things impacting your memory that you can fix by adjusting? When should you be concerned enough to see a doctor? This Health Watch Presentation by Mary Tennyson will be an in-person discussion at Loffler and will require a reservation.

To register, call 301-475-4200, ext. 1660, beginning at 8 a.m. on July 20.



**Nutrition Presentations
by Donna Taggert**

Loffler Senior Activity Center

Monday, July 19; 10 a.m.

How to Fill Your Nutrient Shortfall

Monday, August 16; 10 a.m.

Master Portion Control

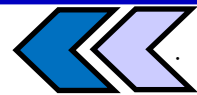
Our favorite nutritionist is back and ready to

continue live presentations on hot topics at the senior activity centers! Let us know you would like to attend these sessions by calling our reservation line: 301-475-4200, ext. 1660.

Additionally, Donna will offer free personal nutritional counseling at 11 a.m. on the days she is at the center. If you are interested in the nutritional counseling, please make an appointment with Donna via text message or calling 240-538-6539.



**Caregiver's Corner:
Family Caregiver Alliance**



Are you a caregiver for a family member? There are government programs that allow family members to be hired as caregivers under certain circumstances. The following information is taken from the USA.gov caregiver support website: <https://www.usa.gov/disability-caregiver>.

Get Paid as a Caregiver for a Family Member

A caregiver helps a person with special medical needs in performing daily activities. Tasks include shopping for food and cooking, cleaning the house, and giving medicine. Many government programs allow family members of veterans and people with disabilities to get paid for caring for them. Here are a few examples:

- The [Medicaid Self-Directed Care](#) program lets qualified people manage their own health services. It also lets them hire family members as caregivers in some states.
- The [Veteran-Directed Home and Community Based Services](#) program offers veterans a flexible budget. This allows them to choose goods and services they find most useful, including hiring a family member or neighbor as a personal care aide.
- [Aid and Attendance benefits for veterans](#) work in conjunction with a VA pension. These benefits help cover the costs of a caregiver, who may be a family member. [Contact the VA pension management center](#) in your area for rules and conditions.
- [Long-Term Care Insurance](#) allows family members to be paid as caregivers. But some policies won't pay family members who live with the person they're caring for. Contact your family member's insurance agent for more information. You can also ask the agent for a written confirmation of benefits.

Northern Senior Activity Center

In Charlotte Hall, 301-475-4200, ext. 3101

Potato Masher Basket

Northern Senior Activity Center

July 8, 2021 from 10 a.m. – 2 p.m.; Cost: \$30

Create a handy basket using a potato masher as the handle, in red, white and blue. Use it to decorate or hold utensils and condiments in your kitchen or at your summer picnics. The class fee includes all materials and instruction. Bring a few simple tools – a flathead screwdriver, a pair of strong scissors, an old towel and a basin for water (a spray bottle for water is also helpful, if you have one). My sample has blue accents, but we will add some red for a festive touch. If interested, please call the reservation request line which opens 8 a.m. on June 20, at 301-475-4200, ext. 3115, to leave a reservation request message and staff will call you back.



New Walking Club

Northern Senior Activity Center

Fridays, starting July 9, 9 a.m.

Get ready to have some fun and get your exercise on! A new group is forming to meet on Fridays at 9-9:45 a.m. (taking into consideration the summer temps!) using the Three Notch Trail, which is an easy, flat walking with good shade. Wear comfortable, cool, loose clothing and comfortable walking shoes, sneakers are best. Bring a water bottle, sunglasses and maybe your favorite hat. If interested in volunteering to lead this group, please call the front desk at 301-475-4200, ext. 3101.

Nutrition Presentations

Northern Senior Activity Center

Monday, July 26; 10 a.m.

How to Fill Your Nutrient Shortfall

Monday, August 9; 12 p.m.

Master Portion Control

Don't miss monthly nutrition presentations with registered and licensed dietitian, Donna Taggart. In July - *How to fill your Nutrient Shortfall* and August - *Tips to Master Portion Control*. If interested, please call the reservation request line which opens 8 a.m. on July/August 20, at 301-475-4200, ext. 3115, to leave a reservation request message and staff will call you back.





Bikes Available for Summer Rides Northern Senior Activity Center

Try out the Trike, Trek, or Townie. Enjoy the Three Notch Trail by using our bikes on loan. Bikes are a great way to enjoy the outdoors while increasing your cardiovascular and muscle strength. We offer a recumbent Trike (required orientation for first-time users), as well as a Trek and Townie road bike. All bikes are sanitized after each use. Helmets and phones are required. Maximum time is 2 hours.

Monthly In-Person Fitness Classes at Northern

There's a variety of classes in-person (and virtual if indicated) to choose from depending on your needs and preferences:

- **EnhanceFitness** is held from 9:30-10:30 a.m. on Tuesdays with Geno and Thursdays with Cheryl. Each class session includes cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants. Participants can use chairs for support, if necessary, and increase the weight they use for strength training at their own pace.
- **Zumba Gold** with Geno Rothback. Held Tuesdays 11 a.m. -12 p.m. Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.
- **Awakening Yoga** with Judi Lyons. Held Mondays from 9:30-10:30 a.m. (No class July 5; Center closed for observance of the holiday). This gently active mat yoga class focuses on whole-health and well-being of mind, body and spirit by engaging in mindful poses to improve flexibility, strength and range of motion while boosting mood, energy, brain function, circulation and immunity.
- **Line Dancing** with Colleen is free on Wednesdays (in-person) from 1-2 p.m. and is a recreational workout with lively music and is a fun way to keep moving.
- **R&B Line Dancing** Fridays is free, 1-2 p.m. (in-person) and is line dancing with specific instructions on popular line and party dance styles.
- **New: Walking Club** is free (in-person) on Fridays 9-9:45 a.m. starting in July. Walk the Three Notch Trail with friends.
- **Arthritis Foundation Exercise with Debbie** is free on Wednesdays from 10-11 a.m. by Zoom virtually and promotes gentle range of motion, flexibility and some focus on strength and relaxation. In-person class returns on Thursday, July 15, at 1 p.m.



American Flag Sugar Cookie Fruit Pizza

Recipe to make at home

Servings: 15

Calories: 238 per serving

Prep Time: 25 mins

Cook Time: 20 mins

Total Time: 45 mins

Ingredients:

- (1) 17.5 ounce package refrigerated sugar cookie dough
- (1) 8 ounce package cream cheese, room temperature
- 1 cup powdered sugar
- 1 teaspoon vanilla
- Strawberries, blueberries and whipped topping for decorating



Instructions:

1. Preheat oven to 350 degrees.
2. Line a baking sheet with parchment paper. On the parchment, press or roll the cookie dough into a large rectangle. You may need to use flour to keep hands or rolling pin from sticking.
3. Bake the cookie dough for 15 to 20 minutes or until the edges are golden brown and the middle is cooked. Remove from oven and allow to cool completely before decorating.
4. In a medium bowl, beat together the cream cheese, powdered sugar, and vanilla. Mix until smooth.
5. Wash and dry the fruit. Slice the strawberries.
6. Spread cream cheese mixture evenly over the surface of the cookie. Decorate flag as shown with fruit.
7. Place whipped topping in a piping bag fitted with an open star tip. Create white stripes with the whipped topping.
8. Refrigerate until ready to serve. Best if served immediately.

Meals at the Centers Set to Begin

Were
Back

Beginning Tuesday, July 6, congregate meals will again be available at 12 noon at the Garvey, Loffler and Northern Senior Activity Centers. Seniors 60 years of age and older are welcome to eat at the senior activity center of your choice, by donation. Reservations are requested no later than noon the day before so that we have a meal for you. For people under 60 years of age, the cost for the meal is \$6. We hope you join us soon.

To make your meal reservation:

- At the Garvey Senior Activity Center, call 301-475-4200, ext. 1080
- At the Loffler Senior Activity Center, call 301-475-4200, ext. 1658
- At the Northern Senior Activity Center, call 301-475-4200, ext. 3101

LYME DISEASE

DISCUSSION & SUPPORT GROUP INITIATIVE

NORTHERN SENIOR ACTIVITY CENTER
CHARLOTTE HALL, MD

2021 Program & Resources

Lyme Awareness

Every month is a good time for protecting yourself from the risks from ticks. While May was officially Lyme Awareness Month, those reminders should still be practiced. Ticks are mostly active during summer months but with milder temperatures and climates, can be active in some areas, year-round. Use our available resources to become, or stay educated, while protecting yourself outdoors this summer and fall.

Online Presentations: Live

We are scheduling live online presentations with Lyme-literate practitioners, local Lyme organizations and/or authors of online content and books on Lyme and tickborne disease. Stay tuned for dates and times.

Recorded Presentations for Viewing

Top Lyme-literate doctors videotaped presentations are on file in our Library. They serve as a great resource if you are having trouble understanding Lyme Disease or finding credible information and guidance. These extensive presentations provide a virtual consultation-like experience. (Check out for viewing at home or use our computer lab if needed.)

Request to be on the Lyme email group for receiving updates, by emailing:
MarieNoelle.Lautieri@stmarysmd.com



Contact the Center
at (301) 475-4200, ext. 3115 to
request a Kit or drop-in if
supplies are available.

Lyme Action Tool Kit

What you Should Know and What you can Do

This resource provides detailed action-specific instructions and must-see resources to help support you.

The Kit also includes the recommended tweezer removal tool, a lime-colored awareness bracelet and various materials from Lyme-literate organizations including a tick identification chart.

*Awarded 2019 Program of Excellence from the
Maryland Association of Senior Centers to the
Northern Senior Activity Center*

Retired and Senior Volunteer Program

By Norine Rowe, RSVP Program Manager

Thoughts on Independence

One of the illusions we often live with is the belief in our independence. We tend to see ourselves as caregivers, the ones who lend a helping hand to others in need. In large part, that's what volunteering with RSVP is all about, lending one's time, talents, and skills to helping others in our community.

Many of us learn over time, however, that while we may often assist others, there are times when we, ourselves, are the ones in need. "Helpers" are used to being independent and often have trouble acknowledging their own needs and accepting help from others. But this is not how we are meant to live. We are meant to assist others in need when we are able and to accept help from others when we're in need. None of us are fully independent, and we depend on others for many things. Surely this is one of the lessons we've learned over the past year during COVID-19. Independence is an illusion—we all need to care for, and be cared by, one another.

"The World is not divided into the strong who care and the weak who are cared for. We must each, in turn, care and be cared for." — Sheila Cassidy



RSVP Volunteer Martha Baker

RSVP Senior Connections Project

One of the projects we launched during COVID-19 was a Senior Connections Project in which RSVP volunteers make handmade cards for seniors who live alone. Recipients receive a weekly greeting card to cheer them up, help them feel cared about and connected. In addition to sending cards to seniors in their homes, RSVP volunteers are crafting special cards for persons residing in nursing homes, adult day



26 programs, and senior living facilities.



RSVP Senior Connections volunteers are also making handmade thank-you cards for community members who have gone out of their way to serve during COVID-19. Recipients of these cards have included Department of Aging & Human Services staff who helped register seniors for COVID-19 vaccinations as well as St. Mary's County Health Department staff who have worked long and hard throughout the COVID-19 Pandemic to serve our community. Thanks to all our Senior Connections volunteers for helping to connect our community one handmade card at a time, spreading goodwill and cheer to

all!

2021 St. Mary's County Woman of the Year— RSVP Volunteer Deb Faller *Finding a Mission, Filling a Need by Helping Local Youth Get a Good Night's Sleep!*



Deborah Faller

Congratulations to RSVP Volunteer Deborah Faller who was named the 2021 St. Mary's County Woman of the Year by the St. Mary's County Commission for Women. Deborah was recognized for her work with a local non-profit, Sleep in Heavenly Peace (SHP), which she and husband Gary started in January 2020 with the mission, "No Kid Sleeps on the Floor in Our Town." To date, they have built and delivered 284 beds to local children in need.

"I was honored and humbled to receive this award," said Deborah, explaining that numerous donors and individuals have helped make this dream a reality. In addition to monetary and material donations, volunteers have sawed, sanded, tapped, drilled, and assembled bed frames, while others have delivered beds complete with new pillows, sheets, blankets, comforters, books, toothbrushes, and toothpaste. Since SHP's inception, Deborah said the group has received requests, on average, of almost a bed a day.

The idea to open a local SHP chapter began in 2019 when Deborah and her husband saw the SHP founder on Good Morning America and immediately knew this was a way they could help others. After checking with the local directors of student services and social services, Deborah and her husband headed to Idaho for training. They then opened shop for SHP in January 2020.

Early in life, Deborah said her mother instilled in her and her five sisters the importance of helping others through volunteer work. After joining RSVP, Deborah has served as an RSVP Senior Rides and Hospice volunteer. She also volunteers weekly at St. Mary's Caring Soup Kitchen and hosts a Little Free Library at the end of her driveway. Commenting on why she volunteers, Deborah said, "It's amazing what doing something for others does for your soul."

And to others thinking about engaging in volunteer service, Deborah said, "When GOOD people get together, GOOD things happen."

Deborah was nominated for the 2021 Woman of the Year Award by The Lexington Park St. Maries Optimist Club, an early supporter of the local SHP chapter. She is a member and past president of the Alpha Beta Chapter of Delta Kappa Gamma Society International and the telephone tree chair for the St. Mary's County Public Schools Retirees Association.



Deb Faller Constructs Bed with Husband

For information on Sleep in Heavenly Peace, visit:

<https://www.facebook.com/SHPStMarysCo>

<https://www.shpbeds.org/chapter/md-st-marys-co>.

For information on RSVP Senior Volunteer Opportunities in St. Mary's County, you can email RSVP@stmarysmd.com or call 301-475-4200, ext. 1650.

AGING IN PLACE

TIPS ON MAKING HOME SAFE AND ACCESSIBLE

Many older adults want to “age in place” —stay in their own homes as they get older—but may have concerns about safety, getting around, or other daily activities.



A few changes could make your home easier and safer to live in and help you continue to live independently.



28

Don't use area rugs and check that all carpets are fixed firmly to the floor.



Install a ramp with handrails to the front door.

Install grab bars near toilets and in the tub or shower.

Replace handles on doors or faucets with ones that are comfortable for you to use.

Reduce fall hazards: place no-slip strips or non-skid mats on tile and wood floors or surfaces that may get wet.

Place light switches at the top and bottom of stairs and remember to turn on night lights.

For more information about aging in place, visit www.nia.nih.gov/aging-in-place.

NIH National Institute on Aging



Senior Farmers Market Nutrition Program (SFMNP)

Check Distribution Appointment Sign-up Begins Thursday, July 1, 2021

Distribution will be held, by appointment only, at the Garvey Senior Activity Center, 23630 Hayden Farm Lane, Leonardtown between July 12-16. Eligible participants can call 301-475-4200, ext. 1075 **beginning July 1 at 8 a.m.** to schedule a distribution appointment. Distribution appointment requests will be scheduled in the order received. Eligible seniors will receive a total of \$35 in checks, one booklet of seven \$5 checks to use at participating farmers' markets. A limited number of booklets are available. Checks must be redeemed by November 30, 2021.

Eligibility

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

Maryland 2021 SFMNP Income Limits

Household Size	Annual Income
1	\$23,828
2	\$32,227
3	\$40,626
4	\$49,025

Call for income limits for larger household sizes.

Proxy

A proxy designation may be completed if a participant cannot attend distribution; however, a distribution appointment must be scheduled as outlined above. For more information about proxy designation, call 301-475-4200, ext. 1072.

For more information about eligibility criteria, proxy designation, or about the distribution procedures, call 301-475-4200, ext. 1072.

To request a distribution appointment beginning July 1 at 8 a.m., call 301-475-4200, ext. 1075. Requests will be taken in the order received beginning at this time. Calls received before July 1 at 8 a.m. will not be honored.

WORD SEARCH PUZZLE (SOLUTION ON PAGE 34)



US Presidents

Find all of the US President names. The names can be up, down, forward, backward, or diagonal.



- | | | | |
|------------|-----------|----------|------------|
| ADAMS | FORD | KENNEDY | ROOSEVELT |
| ARTHUR | GARFIELD | LINCOLN | TAFT |
| BUCHANAN | GRANT | MADISON | TAYLOR |
| BUSH | HARDING | MCKINLEY | TRUMAN |
| CARTER | HARRISON | MONROE | TYLER |
| CLEVELAND | HAYES | NIXON | VAN BUREN |
| CLINTON | HOOVER | OBAMA | WASHINGTON |
| COOLIDGE | JACKSON | PIERCE | WILSON |
| EISENHOWER | JEFFERSON | POLK | |
| FILLMORE | JOHNSON | REAGAN | |

WORD SCRAMBLE SOLUTION



Fourth of July Word Scramble



Unscramble the words, then use the highlighted letters to write out the scrambled secret message.



ASTSET

S T A T E S

ENDDEEPPNICN

I N D E P E N D E N C E

DEARAP

P A R A D E

LUEB

B L U E

TENIUD

U N I T E D

TWEHI

W H I T E

AEQTIULY

E Q U A L I T Y

ERIRFKWOS

F I R E W O R K S

ARLANCDITEO

D E C L A R A T I O N

FDREOME

F R E E D O M

DER

R E D

ILBEYTR

L I B E R T Y



A L L M E N A R E

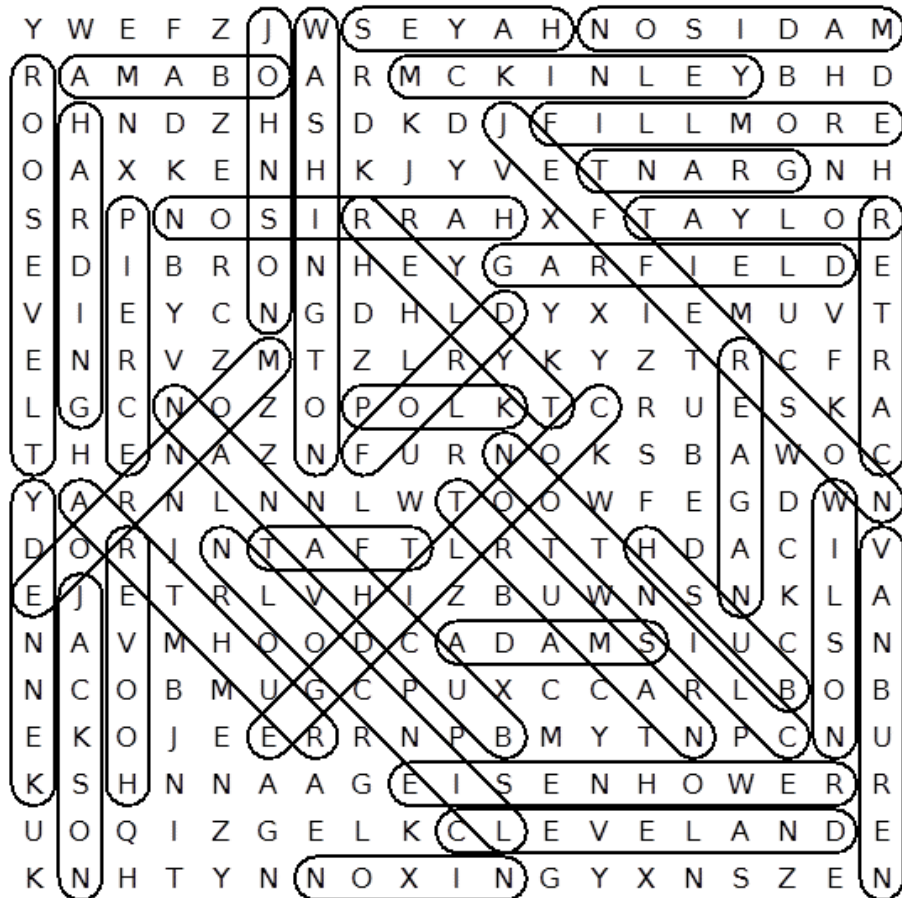
C R E A T E D E Q U A L

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WORD SEARCH PUZZLE SOLUTION

US Presidents

SOLUTION



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
P.O. Box 653, Leonardtown, MD, 20650

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. 1057, 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. 1057.

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. 1063.

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. 1060.

Retired and Senior Volunteer Program (RSVP)-Offering persons 55 years of age or older an opportunity to donate their time, talents, enthusiasm, and expertise in the local community. Call 301-475-4200, ext. 1653.

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

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

Human Services-Areas of responsibility of the Division of Human Services include: community development, homelessness, supportive services for children and youth, and social, educational and recreational activities for children and families. Call 301-475-4200, ext. 1849.

Website: www.stmarysm.com/aging
YouTube: SMC Aging & Human Services
Phone: 301-475-4200, ext. 1050

Facebook: www.facebook.com/SMCDAHS
Fax: 301-475-4503

LOCATIONS



Department of Aging & Human Services Building
301-475-4200, ext. 1050
*41780 Baldrige Street
Leonardtown, MD 20650*

Garvey Senior Activity Center
301-475-4200, ext. 1080
*23630 Hayden Farm Lane
Leonardtown MD, 20650*

Loffler Senior Activity Center
301-475-4200, ext. 1658
*21905 Chancellor's Run Road
Great Mills, MD 20634*

Northern Senior Activity Center
301-475-4200, ext. 3101
*29655 Charlotte Hall Road
Charlotte Hall, MD, 20622*

Human Services and MAP Site
301-475-4200, ext. 1057
*23115 Leonard Hall Drive
Leonardtown, MD, 20650*



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

PRSR STD
US POSTAGE
PAID
Leonardtown, MD
20650
PERMIT NO. 102

CHANGE SERVICE REQUESTED

*2021 Holiday Closings
(No Home-Delivered or Congregate Meals Served)*

Monday, July 5 - Independence Day Observation

NEW BEGINNING