

# **NEW BEGINNING**

**VOLUME 35 ISSUE 3**

**MAY/JUNE 2022**

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



## **Celebrating Older Americans Month!**

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## From the Director's Desk

By Lori Jennings-Harris, Director

“Every May, the Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.” \*



Age My Way means aging in the way you see fit for you. The Department of Aging & Human Services’ mission, as it pertains to older adults, is to provide an array of programs and services that foster continued physical and mental good health and promote healthy aging within the senior community.

St. Mary’s County Department of Aging & Human Services does its part in keeping older Americans connected by providing a wide variety of programs and services to the county’s senior residents. Activities range from social and recreational programs to the direct support of essential needs such as nutrition, health, in-home and community-based services, and information and assistance services, as well as volunteer opportunities.

We encourage you to make the Department of Aging & Human Services a regular part of your senior years. Whether you attend one of our three senior activity centers on a daily basis or use some of our many services and programs more occasionally, the St. Mary’s County Department of Aging & Human Services provides the county’s senior residents with an ideal way to stay in contact with friends and stay involved with their community.

The Department of Aging & Human Services wants to sustain and nurture the independence of our county’s seniors. The Department will continue helping seniors to ... “Age My Way.”

\*(Retrieved from <https://acl.gov/oam/2022/older-americans-month-2022> on March 7, 2022)

## NEW BEGINNING

The Commissioners of  
St. Mary’s County  
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### NEW BEGINNING

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P.O. Box 653  
Leonardtwn, MD 20650**

or visit the website at:

[www.stmarysmd.com/aging](http://www.stmarysmd.com/aging)

### Our Mission

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



## **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](http://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, May 23, 2022**  
1 p.m.

**Monday, June 27, 2022**  
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 Mercedez Jones at 301-475-4200, ext. 1051, or [Mercedez.Jones@stmarysmd.com](mailto:Mercedez.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

Do you start your day with a protein packed breakfast? Many Americans' breakfasts consist of high carb meals including toast, bagels, cold cereal, or oatmeal but research is showing that including more protein with the morning meal can provide many health benefits such as weight loss and preservation of muscle tissue. This is especially important as we age.



Just how much protein do we need? It is recommended that adults get 0.8 grams per kg of body weight. For example, a 150 lb. (68 kg) person would need 55 grams of protein per day. \* However, some research is indicating a higher recommended amount of up to 1.2 g/kg, especially for older adults. In this case, that same 150 lb. person would now need 82 grams of protein per day. It is also recommended that the total amount be evenly distributed over the day to be better utilized, but again, the average American eats a low protein breakfast, slightly more at lunch, with dinner being the overall highest amount.



For example, a breakfast of a bowl of oatmeal with ½ cup of milk and ¼ cup of blueberries provides only 9 grams of protein! So, how can we power up our breakfasts with more protein? Include more lean proteins like eggs, tofu, turkey, dairy products like milk, cottage cheese, cheese, and yogurt as well as soymilk, nuts and seeds and nut and seed butters. Here are some examples:

<b>Breakfast items</b>	<b>Protein (G)</b>
¼ c roasted soynuts +6 oz Greek yogurt	34
1 c high protein cottage cheese + 1T almonds	30
Smoothie of 1 scoop protein powder + 1 c milk+ ½ c fruit	28
1 high protein bagel	28
2 med high protein pancakes +1 c milk	23
1 ¼ c high protein cold cereal + 1 c milk	21
Omelet: 1 oz turkey breast+ 3 egg whites+ ½ c veggies	18

*\*To convert your weight to kg simply divide your weight by 2.2*

## Upcoming Nutrition Education Presentations:

### *Blood Pressure Month*

- Garvey** - Monday, May 2 at 11 a.m.
- Loffler** - Monday, May 9 at 10 a.m.
- Northern** - Monday, March 16 at 12 p.m.

### *Men's Health Month*

- Garvey** - Monday, June 6 at 11 a.m.
- Loffler** - Monday, June 13 at 10 a.m.
- Northern** - Monday, June 20 at 12 p.m.

# Protect, Detect, and Report

*Three steps you can take to guard against Medicare fraud*



Every day, Medicare fraud affects people with Medicare and their families across the U.S. – regardless of background. It’s not just the Medicare program that suffers when fraud occurs. Patients may also discover that they can’t get the health care they need.

If someone gets your Medicare number, they can make charges that may exhaust your allotment of benefits. If they charge Medicare for medical visits that you never made or equipment you didn’t purchase, your number could be flagged for overuse, and doctors may refuse to see you. These are just two examples of how fraud can end up hurting you directly.

Scammers know the ins and outs of the Medicare system and their attempts can be well thought-out. It’s not always easy to know when and where fraud is occurring. By remembering some simple but effective tips, you can protect yourself against scams, including identity theft and prescription drug fraud. Remembering to protect, detect, and report fraud helps everyone, including you.

**1.** **Protect:** Protecting your personal information is your best line of defense against health care fraud. Treat Medicare, Medicaid, and Social Security numbers like credit card numbers. Never give them to a stranger and don’t carry your cards unless you need them for appointments. Medicare doesn’t call or visit to sell you anything. Outside of a trusted health care setting, never give this information to anyone who asks for it.

**2.** **Detect:** No matter how careful you are, you may be targeted for fraud. Always review your Medicare statements closely. Things to look for include charges for something you didn’t purchase or receive, duplicate charges, and charges for services not ordered by your doctor. Compare these documents to your personal records and receipts. Recording medical visits and procedures in a journal or on a calendar can help you keep track of what happened at each appointment and make it easier to spot inaccuracies.

**3.** **Report:** If you suspect you’ve been a target of fraud, report it. This can help you and others at risk for fraud. If you have questions about your Medicare statements, call your health care provider. If you’re uncomfortable calling or are not satisfied with the response, help is available through your local Senior Medicare Patrol (SMP). SMP volunteers work with Medicare beneficiaries and their families and caregivers to stop health care fraud, errors, and abuse. You can also report suspicious calls and ask general questions through this resource. You can find your local SMP program by calling 1-877-808-2468 or at [SMPresource.org](https://www.smpresource.org). Suspected fraud also can be reported to 1-800-Medicare or by calling 1-800-HHS-TIPS.

*\*\*Article reprinted from the Administration for Community Living (ACL): <https://acl.gov/news-and-events/news/3-steps-protect-yourself-medicare-fraud>*

# Men's Health Day: A Blueprint for Wellness

The Department of Aging & Human Services  
is pleased to offer the first annual

## Men's Health Day: A Blueprint for Wellness!

**Garvey Senior Activity Center**

**23630 Hayden Farm Lane**

**Leonardtown, MD**

**Saturday, June 4, 2022**

**9 a.m.-1 p.m.**

**Doors open at 8 a.m.**

*Pre-Registration is strongly encouraged. Register at [www.stmarysmd.com/aging/MensHealth](http://www.stmarysmd.com/aging/MensHealth)*

### **Presentations**

**The Keys to the Healthy Heart**

**Presented by: Dr. Adam Splaver**

**Chesapeake & Washington Heart Care**

**9:15-10:15 a.m.**

**Colon and Rectal Health**

**Presented by: Tushar S. Samdani**

**MedStar Health**

**10:45-11:45 a.m.**

***Lunch provided by Mission BBQ - 12 p.m.***

### **Informational Displays & Health Screenings include:**

St. Mary's County Recreation & Parks

MedStar St. Mary's Hospital - Blood Pressure and Body Composition Screenings

World Gym

Jacobs Audiology - Hearing Screenings

St. Mary's County Health Department

***Thank you to our generous event sponsors!***



For more information, contact Sarah Miller  
Phone: 301-475-4200, ext. 1073 - Email: [sarah.miller@stmarysmd.com](mailto:sarah.miller@stmarysmd.com)

# Online Registration Now Available

We make it easy to register for activities with our **NEW online registration option!**

The senior activity centers offer many drop-in programs and activities, but for those programs requiring advance registration and payment you can now complete the entire process on-line from the convenience of your own home.

## Online registration is as easy as 1-2-3!

We make it easy to register for activities with our **NEW on-line registration option!**

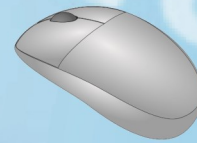
Go to [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging)  
Click on Online Registration  
Use the following steps!

**Step 1:**  
Create your Household Account

*(You'll only do this once. If you already have a Household Account, skip to steps 2 and 3!)*



**Step 2:**  
Add activities to your cart and checkout



**Step 3:**  
Receive email confirmation

**No computer? No problem!**

Use a computer at the Loffler or Northern Senior Activity Centers or at one of the three St. Mary's County Libraries.

**For more information, contact your local Senior Activity Center**

*Note: Accommodations will be made for those requiring registration assistance. Call the Reservation Request Line at the hosting senior activity center and a member of our staff will return calls in the order received.*

**Garvey Senior Activity Center**  
301-475-4200, ext. 1075

**Loffler Senior Activity Center**  
301-475-4200, ext. 1660

**Northern Senior Activity Center**  
301-475-4200, ext. 3115

*Registration begins April 20 at 8 a.m. for programs held in May and June*





WORK



CREATE



LEARN



SERVE

# REINVENT YOURSELF

Today, older Americans are living longer and more healthfully than ever before. What does this mean for our notions of life after a career? Many retirees are finding new inspiration in second careers, helping others, discovering new interests, and pursuing dreams. Reinventing yourself can be fun and rewarding. Even better: it is also good for your mental and physical well-being.

Whether you are planning for retirement or simply looking to get involved in new activities, start by thinking about your skills, dreams, and passions.



By 2029, more than **20%** of Americans will be of retirement age.

## THE BENEFITS:

- Helps keep your mind active
- Helps maintain physical health
- Provides structure and routine
- Connects you with the community
- Promotes social activities
- Helps prevent isolation
- Provides income in some cases

## FOLLOW YOUR PASSION, USE YOUR SKILLS



Careers after retirement can be rewarding, personally and financially. First, determine whether you have the skills needed for a new venture. If so, update your resume and start looking at job posts. If not, seek out classes and training—online or at a local college. Remember to ask whether financial assistance is available.



Express yourself through the arts. Learn to paint or draw, dust off those dancing shoes, or put your musical talent to use. Take a class in stand-up comedy or acting, or finally write that story. Even if you never felt artistic, everyone has the ability to be creative. As a bonus, studies show that the arts can improve brain health.



Keep learning and growing! Learn a new language or take a computer class. Or, maybe you have always wanted to travel and discover other cultures. No matter what you choose, pursuing a new interest will help keep you happy, healthy, and connected.



Consider using your years of experience to serve others. Volunteers meet a range of community needs, from mentoring at-risk youth to providing job training to helping families recover from disasters. Find opportunities by visiting a local organization or charity or go to [www.nationalservice.gov/serve](http://www.nationalservice.gov/serve).

## NEED HELP DECIDING WHAT TO DO?

Connect with a local senior center, community college, or library to find programs in your community.



More resources: [oam.acl.gov/resources.html](http://oam.acl.gov/resources.html)

# Senior Information & Assistance

By Debbie Barker, Senior I&A Division Manager



## Qualified Medicare Beneficiaries Can Save \$2,041 Per Year

Effective March 1, 2022, the Medicare Savings Programs known as Qualified Medicare Beneficiary (QMB) and Specified Low Income Medicare (SLMB) have updated the income and asset limits to qualify for assistance with their Medicare Part B premium.

The QMB program pays the Medicare Part B premium, deductibles and co-insurance, while the SLMB program pays the Part B premium. Considering most individuals pay \$170.10 for their Part B premium these programs add up to a savings of at least \$2,041 per year. Listed below are the financial qualifications for each program:

To apply or learn more about these program contact Debbie Barker at 301-475-4200, ext. 1064, or Melissa Craig at 301-737-5670, ext. 1654.

Program	Gross Monthly Income	Assets
QMB	\$1,153 (individual)	\$ 8,400
	\$1,546 (couple)	\$12,600
SLMB	\$1,549(individual)	\$ 8,400
	\$2,080 (couple)	\$12,600

## What should I do if I get a call claiming there's a problem with my Social Security number or account?

*Reprinted from Social Security Administration*



10 If there is a problem, we will mail you a letter. Generally, we will only contact you if you have requested a call or have ongoing business with us. The latest scam trick of using robocalls or live callers has increased. Fraudsters pretend to be government employees and claim there is identity theft or another problem with one's Social Security number (SSN), account, or benefits.

Scammers may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift cards, wire transfers, pre-paid debit cards, internet currency, or mailing cash.

Our employees will never threaten you for information or promise a benefit in exchange for personal information or money.

*Article Continued on Page 11*

**We may call you in some situations, but will never:**

- Threaten you.
- Suspend your SSN.
- Demand immediate payment from you.
- Require payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.
- Ask for gift card numbers over the phone or to wire or mail cash.
- Ask for personal details or banking information to give you a Cost-of-Living Adjustment (COLA).



**SOCIAL SECURITY NUMBER  
SCAM ALERT**

- Claims criminal activity against your SSN.
- Asks to verify your SSN.
- Threatens arrest.

The graphic features a yellow background with a black and yellow striped border at the top. It includes a circular icon of a Social Security card and a list of three bullet points.



**Don't be fooled! You should look out for:**

A caller saying there is a problem with your SSN or account. Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash. Scammers pretending they're from us or another government agency. Caller ID or documents sent by email may look official, but they are not.

**How to protect yourself and your family:**

- If you receive a questionable call, hang up, and report the call to the Office of the Inspector General.
- Don't return unknown calls.
- Ask someone you trust for advice before making any large purchase or financial decision.
- Don't be embarrassed to report if you shared personal financial information or suffered a financial loss.

Learn more at [oig.ssa.gov/scam](https://oig.ssa.gov/scam). Share this information with friends and family. Learn more about fraud prevention and reporting at <https://www.ssa.gov/fraud/>.

**For more information or to schedule a time to come in and talk about Medicare, contact:**

Debbie Barker,  
Division Manager  
Senior Information & Assistance  
Garvey Senior Activity Center  
301-475-4200, ext. 1064  
[Debbie.Barker@stmarysmd.com](mailto:Debbie.Barker@stmarysmd.com)

Melissa Craig  
Caseworker  
Senior Information & Assistance  
Loffler Senior Activity Center  
301-475-4200, ext. 1654  
[Melissa.Craig@stmarysmd.com](mailto:Melissa.Craig@stmarysmd.com)



**“Bringing my blood pressure down — one step at a time.”**



**Physical activity is just what the doctor ordered. Being active can help you manage conditions like:**

- ✓ Diabetes
- ✓ Arthritis
- ✓ Heart disease

**Adults need a mix of physical activity to stay healthy.**

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**Moderate-intensity aerobic activity**

Anything that gets your heart beating faster counts.



**Muscle-strengthening activity**

Do activities that make your muscles work harder than usual.



Walk. Run. Dance. Play. **What's your move?**  
[health.gov/MoveYourWay](http://health.gov/MoveYourWay)



# Focus on Fitness

By Brandy Tulley, Senior Center Operations Division Manager

The benefits of regular physical activity occur throughout life and are essential for healthy aging. However, many older adults are not getting enough activity. In fact, research shows older adults are the least active age group. The great news is that it is never too late to start being active!



## How Much, and What Kinds, of Activity Do Older Adults Need?



Adults should move more and sit less throughout the day.

•**Aerobic Activity:** Older adults should aim to do at least 150 minutes of moderate-intensity activity a week.

•**Muscle-strengthening Activity:** Older adults should do muscle-strengthening activities that involve all major muscle groups on 2 or more days a week.

•**Multicomponent Activity:** As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.

What can you do if you are one of the many Americans not getting the recommended amount of physical activity? The Move Your Way® campaign encourages making small changes that will add up to big benefits! A 5-minute walk has real health benefits. Even the things on your chore list like walking the dog, gardening, vacuuming, or yard work count.



Physical activity can make your daily life better! To learn more about the Move Your Way® campaign, visit [www.health.gov/moveyourway](http://www.health.gov/moveyourway). Explore ideas for increasing physical activity including an interactive tool to find activities you can do at home.



# Garvey Senior Activity Center

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

## Nutrition Presentation & Counseling with

**Donna Taggert**

**Garvey Senior Activity Center**

**Mondays, May 2 & June 6, 11a.m.; FREE**

Donna Taggert, Certified Diabetes Educator and Registered Dietician, will be at the Garvey Senior Activity Center to help answer your healthy eating questions. The topic in May is Blood Pressure Month and in June is Men's Health Month. There is no cost to attend; however, advance sign up is required. To learn more about how to register, see page 8 of this publication.



## Watercolor with T.L. Ford

**Garvey Senior Activity Center**

**Tuesdays, May 10 & June 14, 1:30 p.m.**

**Cost: \$25**

Come learn the basics of watercolor painting in a relaxing, informal setting. No experience or drawing skills are necessary and everything you need is provided. The theme of the painting

for May will be Color Wheel Balloons and for June the theme of the painting will be Forest Mushrooms. The cost for each class will be \$25. Advance registration and payment are required for this program. To learn more about how to register, see page 8 of this publication.

## Book Discussion Group

**Garvey Senior Activity Center**

**Wednesdays, May 11 & June 8, 11 a.m.; FREE**

We want you to join us. If you have a love for reading and are enthusiastic about sharing your thoughts about what you've read, this is the group for you. In May the group will discuss *Sunflower Sisters* by Martha Hall Kelly, an historical fiction taking place during the Civil War and placed in St. Mary's County. For June the group will discuss *Verity* by Colleen Hoover a mystery thriller. To learn more please call 301-475-4200, ext. 1080.



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## Card Making

**Garvey Senior Activity Center**

**Thursdays, May 12 & June 9, 2 p.m.**

Cost: \$5 payable at time of registration: \$1/card payable on day of class

Join us in the Art Studio to make one-of-a-kind cards for your family and friends. This is a great way to interact with others while making cards for holidays, birthdays and more.

Everything is included for you to make your cards. You will be given the opportunity to use rubber & clear stamps, die cutting and embossing machines, cardstock, embellishments, and punches. Whether you are new to card making or want to learn a new skill, our Card Making Classes will give you the opportunity to show off your creativity and have fun! You can make a variety of cards in different themes or holidays. Advance registration and payment are required for this program. To learn more about how to register, see page 8 of this publication.

### **Luncheon with Banjo & Fiddle!**

**Garvey Senior Activity Center**

**Friday, May 13**

**Doors Open: 11:30 a.m.**

**Lunch Served: 12 p.m.**

**Music: 12:30 p.m.**

Join Stephen Barkley, local banjo and bluegrass performer, for this luncheon! For this special event he will bring a local fiddler player to accompany him. Get ready to tap your toes and clap along as this duo performs. Cost for lunch is by donation for those ages 60 and above and \$6.00 for those under the age of 60. Advance registration is required for this program. To learn more about how to register, see page 8 of this publication. Funding for the entertainment is supported by the Garvey Senior Activity Council, Inc.



### **Hope and Healing**

**Garvey Senior Activity Center**

**Tuesdays, May 17 & June 21, 12:30 p.m.**

**Cost: \$5 suggested donation**

As we age life's events can often become overwhelming mentally as well as physically. Especially during this time it's even more important for you to take care of your mental wellness. We have collaborated with Hope & Healing Psychotherapy, LLC to bring you a Mental Health Series. Each month for an hour we will have a new series.

The topic for May will be Loss/Grief (including loss of people, roles, mobility, freedoms, etc.) and for June the topic will be Coping with Illness and Age-Related Memory Loss. To learn more about how to register, see page 8 of this publication.

### **Watercolor with Sophie "Tree Swing"**

**Garvey Senior Activity Center**

**Friday, May 20, 2 p.m.**

**Cost: \$10**

Come join Sophie Newbury, Senior Office Specialist, as she provides watercolor instruction. This two-part class will leave you with a beautiful watercolor painting. All supplies will be provided for the class. The cost for the class is \$10. Advance registration and payment are required. To learn more about how to register, see page 8 of this publication.



### **Belly dancing with Geno**

**Garvey Senior Activity Center**

**Tuesdays, May 24- June 14, 2 p.m.**

**Cost: \$40**

Join Geno Rothback for a 4-week course in Belly dancing! Interested in learning belly dancing? Advance registration and payment are required. Don't wait to sign up as the class will be limited! To learn more about how to register, see page 8 of this publication.

**Pouring Paint Class**  
**Garvey Senior Activity Center**  
**Friday, June 10, 2 p.m.**  
**Cost: \$10**

Come join us for a design your own pouring paint class! We will have supplies for different techniques of pouring paint and the instructor will help you along the way. All supplies will be provided. You are welcome to bring your own personal supplies. This is a great class for those who don't have any painting experience. Beginners for this type of painting are welcome! To learn more about how to register, see page 8 of this publication.



**Floral Arranging with Sunnyside Florals**  
**Garvey Senior Activity Center**  
**Wednesday, June 15; 1:30 p.m.**  
**Cost: \$45**

We are so excited to announce that the Garvey Senior Activity Center is collaborating with the local community florist Sunnyside Florals! Shelley Russell, owner, and lead designer of Sunnyside Florals will be instructing the class. Shelley grows her own flowers and plants locally here in Southern MD.

Explore the basics of floral arrangement and design in this hands-on session with Shelley. Freshly cut, locally grown flowers and foliage, provided by the instructor, will be identified along with suggestions for their application in this project. Shelley will provide pruners and a simple vase for each person. All you need to bring is something that you can transport your arrangement in for the ride home.

**Luncheon with Suzette Prichett**  
**Garvey Senior Activity Center**  
**Friday, June 17**

**Doors Open: 11:30 a.m.; Lunch Served: 12 p.m.; Music: 12:30 p.m.**

Come join us to hear special guest vocalist Suzette Prichett perform at the Garvey Senior Activity Center on Friday, June 17 at 12:30 p.m. Suzette has been singing professionally for 30 years and has a beautiful sultry voice.

We are excited to have her back at the Garvey Senior Activity Center as requested! Space is limited and this performance will fill up fast! Cost for lunch is by donation for those ages 60 and above and \$6.00 for those under the age of 60. Advance registration is required for this program. To learn more about how to register, see page 8 of this publication. Funding for the entertainment is supported by the Garvey Senior Activity Center, Inc.



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**Firework's "BOOM" Plank Class**  
**Garvey Senior Activity Center**  
**Friday, June 24, 2 p.m.**  
**Cost: \$15**

July 4th is just around the corner! If you would like a one of kind décor for your front door or home come join Sophie Newbury, as she shows you how to create this piece to celebrate the holiday. Cost for the class is \$15 per person. Advance registration and payment are required for this program. To learn more about how to register, see page 8 of this publication.



# Senior Rides Seeking Drivers

Are you looking for a way to  
get involved in your community?

Become a volunteer driver for Senior Rides!

## Volunteer Driver Recruitment/Benefits:

Drivers are not required to volunteer a minimum number of hours per month and are offered the following benefits:

Mileage reimbursement

Supplemental accident insurance

CPR/First Aid Certification

Volunteer Recognition

Driver Safety Training

## Driver Qualifications

- Patience and genuine love of helping others
- Be 21 years of age or older
- Own personal vehicle
- Have an automobile insurance policy with a minimum personal liability limit of \$100,000

## Driver Requirements

- Completed Application & volunteer driver waiver release
- Participate in informal interview
- Pass criminal background check
- Pass annual MVA driving record check

For more information, contact Melissa Beauvais

301-475-4200, ext. 1066

[Melissa.Beauvais@stmarysmd.com](mailto:Melissa.Beauvais@stmarysmd.com)

# Loffler Senior Activity Center

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



## Art with Jamie

Loffler Senior Activity Center

Tuesdays 10 a.m.-12 noon

Cost: \$25 per session

**May 17, 24, 31** -Jamie will be offering 4 regular art sessions during this month. Beginner, intermediate and advanced level students will all benefit from these enjoyable classes learning different techniques and the use of various mediums. Each art session is \$25 and covers all materials needed to get your project started using the best quality tools. Advance registration and payment are required for this program. To learn more about how to register, see page 8 of this publication.

**June 7 & 14- Front Porch Acrylic Signs** - Jamie will offer a choice of 4 different wooden signs you can make. You can sign up for one or both classes. Cost of \$25 for each session covers all materials and instruction. Advance registration and payment are required for this program. To learn more about how to register, see page 8 of this publication. Call 301-475-4200, ext. 1658, if you have questions.

## Mother's Day Breakfast

Loffler Senior Activity Center

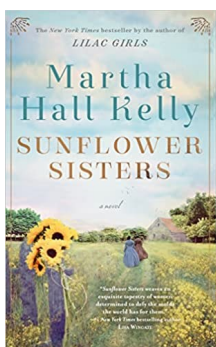
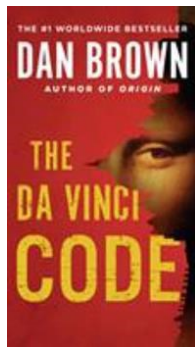
Friday, May 6, 9:30 a.m.

Cost: Free

Start your Mother's Day weekend off with a breakfast that honors you- the heart of the home! We'll dress up the place a bit, serve you hot tea, quiche, and fruit, and put on some lovely music to create a most enjoyable atmosphere. We look forward to showing you how much we appreciate the great impact you've made on our society! Advance registration is required for this program. To learn more about how to register, see page 8 of this publication.



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## Loffler Book Club

Loffler Senior Activity Center, 2 p.m.

**Friday, May 6 Discuss The DaVinci Code by Dan Brown**

**Friday, June 3 Discuss The Sunflower Sisters by Marsha Hall Kelly**

Cost: 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. Selections are determined and led by Round

Robin Members' Choice. The Lexington Park Branch Library has been very helpful by holding several copies of the books for us. Contact Sheila.Graziano@stmarysmd.com to learn more about joining this casual discussion group.

**Nutrition Presentations by Donna Taggert**  
**Loffler Senior Activity Center**  
**Monday, May 9, 10 a.m., Blood Pressure Month**  
**Monday, June 13, 10 a.m., Men's Health Month**  
**Cost: Free**



Donna presents nutrition topics at the Loffler Senior Activity Center on the second Monday of each month at 10 a.m. On May 9 the discussion will be on how your diet can help your blood pressure; Since June is National Men's Health Month, she will offer dietary tips for men, but women will also find them helpful. Additionally, Donna will offer free personal nutritional counseling at 11 a.m. on the days she is here. Make an appointment with her by text message or calling 240-538-6539. Advance registration is required for this program. To learn more about how to register, see page 8 of this publication.

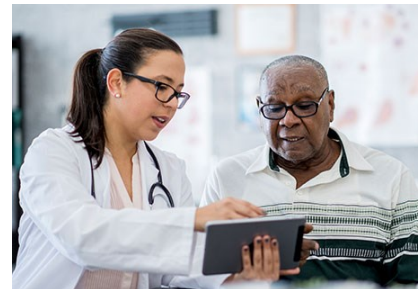


**Educational Video Series: The Boys of '36**  
**Loffler Senior Activity Center**  
**Thursday, May 12, 10 a.m. (60 min.)**  
**Cost: Free**

In 1936, nine boys from the University of Washington took the rowing world and a nation by storm, when their eight-oar crew team captured the gold medal at the Olympics in Berlin.

The boys' victory, and their obstacles, inspired a nation struggling to emerge from the depths of the Depression. Advance registration is required for this program. To learn more about how to register, see page 8 of this publication. Seating is limited to 16.

**May Health Watch Presentation:**  
**Have a Productive Meeting with Your Doctor**  
**Loffler Senior Activity Center**  
**Wednesday, May 18, 10 a.m.**  
**Cost: Free**



A basic plan can help you make the most of your appointment whether you are starting with a new doctor or continuing with the doctor you've seen for years. We can offer a few tips that will make it easier for you and your doctor to cover everything you need to talk about as well as some handouts that will help you stay on track. Advance registration is required for this program. To learn more about how to register, see page 8 of this publication. Seating is limited.

**Five Element Qi Gong**  
**Loffler Senior Activity Center**  
**May 24 & 26, 11 a.m.; Cost: Free**

Set aside an hour on the Tuesday and Thursday of 4th week in May to learn about the ancient art of Qi Gong, an exercise which cultivates better and stronger Qi to develop and maintain stronger health. Five Element Qigong is a Chinese philosophy that all things in the universe are made up of five elements: wood, fire, earth, metal, and water which correspond with the five major organ systems in the human body. Benefits of learning this simple breathing and meditation technique have been shown to lower stress and anxiety, increase focus, improve balance and flexibility, and may even reduce your risk of certain chronic diseases. Advance registration is required for this program. To learn more about how to register, see page 8 of this publication.

## **Diamond Painting at Loffler**

**Loffler Senior Activity Center**

**Wednesdays, June 1-22, 2 p.m.; Cost: Supplies**

Diamond painting is similar to cross-stitch and paint-by-numbers using an applicator to apply sparkling resin rhinestones, one-by-one, onto an adhesive color-coded canvas painting. The end result is a shimmering work of art. Judy Mattingly will be hosting four sessions in June starting the 1st at 2 p.m. Many people find this to be a relaxing activity made even more fun by doing it side-by-side with friends. Purchase your own kit from Amazon or a local craft store such as Michaels, Joanne Fabrics, or Hobby Lobby and join in on the fun! There will be a limited number of kits available to purchase for \$5 at the center for those unable to purchase on their own. For more information call, 301-475-4200, ext. 1658.

## **Loffler Choral Group Interest Meeting**

**Loffler Senior Activity Center**

**Thursday, June 2, 10:30 a.m.**

**Cost: Free**

Does singing bring you joy? Would you like to gather with friends and sing under the guidance of an experienced choral director? If so, your time has come! Joyce Lloyd has had decades of experience leading choirs and looks forward to working with you. At the first meeting she will start with singing in rounds. If there is enough interest, we will make this a regular program. For more information, call Shellie at 301-475-4200, ext. 1655.



## **Beginning Tai Chi for Arthritis and Fall Prevention**

**Loffler Senior Activity Center**

**Tuesdays & Thursdays, June 7-30 (8 sessions)**

**11 a.m.; Cost: Free**

Beginner classes for Tai Chi for Arthritis and Fall Prevention will meet on Tuesdays and Thursdays at 11 a.m. beginning June 7. In this class we will learn to do some core movements on each side in a graceful routine while applying basic Tai Chi principles. There is no fee

for this class, but a commitment to attendance and practice is necessary for success. Since space is limited to 20 participants, we ask that you sign up only if you are sure that you will be able to attend regularly- at least 6 sessions. Previous students are welcome to register but priority will be given to first-time students. Advance registration is required for this program. To learn more about how to register, see page 8 of this publication.

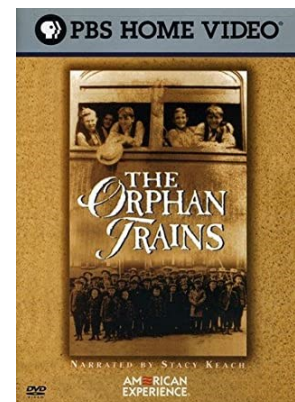
## **Educational Video: The Orphan Trains**

**Loffler Senior Activity Center**

**Thursday, June 9, 10 a.m. (60 min.)**

**Cost: Free**

Examines the efforts of the Children's Aid Society in New York, organized by minister Charles Loring Brace, which from 1853 to 1929 sent over 100,000 unwanted and orphaned children from the city to homes in rural America. Advance registration is required for this program. To learn more about how to register, see page 8 of this publication. Seating is limited to 16.





### **June Health Watch: Have Fun, Feel Good!**

**Loffler Senior Activity Center**

**Wednesday, June 15, 10 a.m.**

**Cost: Free**

Did you know that participating in activities you enjoy may also help support healthy aging? As people get older, they often find themselves spending more and more time at home alone. The isolation can lead to depression and is not good for your health. If you find yourself spending a lot of time alone,

try adding a bit of social activity to your routine. Mary Tennyson has some good ideas on how to go about it! Advance registration is required for this program. To learn more about how to register, see page 8 of this publication. Seating is limited.

### **Dad Lunch**

**Loffler Senior Activity Center**

**Friday, June 17, 11:30 a.m.**

**Cost: Lunch Donation**

Lunch on this day will be dedicated to DADS and you don't want to miss it! We will serve lunch to you accompanied by the fun music from the 50s and 60s. Afterwards we will have a few laughs as we discuss the hot topic of the day- The DAD JOKE! Bonus- we'll send you home with something very practical. Advance registration is required for this program. To learn more about how to register, see page 8 of this publication.



Advance registration is required for this program. To learn more about how to register, see page 8 of this publication.



### **Summer Bird Feeding**

**Loffler Senior Activity Center**

**Thursday, June 23, 9 a.m.**

**Cost: Free**

Barb Whipkey, avid birdwatcher, and owner of Wild Birds Unlimited of Lexington Park will be at the Loffler Senior Activity Center for a presentation on summer bird feeding needs. She will include tips for dealing with mess free feeding options, dealing with pesky squirrels and what to do

when you are going on vacation. As we all know, birds don't take summer vacations and they'll be at your feeders whether you are home or not! Advance registration is required for this program. To learn more about how to register, see page 8 of this publication. Seating is limited.

### **Aeromodeler Demonstration**

**Loffler Senior Activity Center**

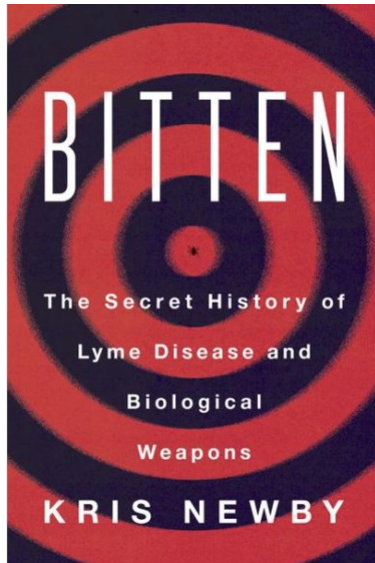
**Friday, May 13; 1 p.m.**

If you like airplanes, you'll want to subscribe to this: Victor Chang is a local mechanical engineer and model airplane enthusiast who enjoys designing, building, and flying model airplanes from scratch. He will give a presentation on the basics of model aircraft and the process he uses to build them. You'll get a chance to check out some of his creations. Advance registration is required for this program. To learn more about how to register, see page 8 of this publication



# Northern Senior Activity Center

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



## Lyme Disease Discussion with Kris Newby Northern Senior Activity Center (Virtual)

**Wednesday, May 4, 2 p.m. –3:30 p.m.; Free**

May is Lyme Disease Awareness month and our featured event will be online with science writer, investigative journalist and video producer, Kris Newby. Learn about her internationally-award winning book, *Bitten*, and her work as senior producer on the 2010 Academy award documentary semifinalist, *Under Our Skin*. She'll share some of the most revealing things about Lyme and address senior age-related Lyme concerns. You won't want to miss the opportunity to have a direct connection to her powerful insight and experiences on tickborne illness. Advance registration is required for this presentation – the Zoom link will be private and only shared with those registered. To learn more about how to register, see page 8 of this publication.

## Dear Mothers & Midday Melodies

Northern Senior Activity Center

**Thursday, May 5, 11 a.m.-12:30 p.m.**

**Entertainment-free, Lunch Donation only**

Happy Mother's Day! Join us for a special luncheon and menu with musical entertainment provided by one of our favorites, P.M. Barber. Advance registration is required for this program. To learn more about how to register, see page 8 of this publication. The entertainment is free to attendees; lunch donations are made that day. Call Keilan Ruppert, Program Specialist, at 301-475-4200, ext. 3103, with any questions.



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## National Scrapbook Day Celebration

Northern Senior Activity Center

**Monday, May 9, 10 a.m.-3 p.m.; Free**

Have a stack of old photos lying around? Why not make them into art? Join Martha Baker for a happy day of scrapbooking and bringing back and memorializing good memories. We encourage everyone to bring their own materials, but the Center will have plenty of free supplies as well. This event celebrates National Scrapbook Day on May 7. Advance registration is required for this program. To learn more about how to register, see page 8 of this publication.

**Legal Aid Seminar: Wills,  
Advance Directives, Powers of Attorney**  
Northern Senior Activity Center

**Tuesday, May 10, 1-2 p.m.; Free**

Don't miss the chance to get updated on what you need to know related to wills, advance directives, and powers of attorney. This will be a free presentation from Maryland Legal Aid, the largest provider of free, direct legal services in Maryland and the state's 3rd largest law firm. Advance registration is preferred for this presentation. To learn more about how to register, see page 8 of this publication.



**MARYLAND  
LEGAL AID**



**Nutrition Education**

Northern Senior Activity Center

**Monday, May 16 & June 20, 12 p.m.; Free**

Join us for Nutrition Education with Donna Taggart, Certified Diabetes Educator and Registered Dietician. In May, National Blood Pressure Month is promoted with how diet relates to blood pressure management. In June, the focus is on dietary tips for men to celebrate Men's Health Month; these tips can be helpful for women as well.

Advance registration is required for this presentation. To

learn more about how to register, see page 8 of this publication.

**Basket Weaving: Birdhouse Door Basket**

Northern Senior Activity Center

**Friday, May 20, 10 a.m.-2:30 p.m.; Cost: \$30**

Experienced basket artisan, Pam King, will show you how to make a decorative spring basket for your door or wall. It is a flat basket on a 12-inch-high wooden handle and after decorated, will look like a birdhouse. Top it off with a picture frame corner for a roof. Perfect for a seasonal floral arrangement or to hold mail. This project is designed for those with a beginner to intermediate skill level. Reasonable hand dexterity is needed if you are trying this for the first time. Advance registration and payment are required for this class. To learn more about how to register, see page 8 of this publication. Space is limited.



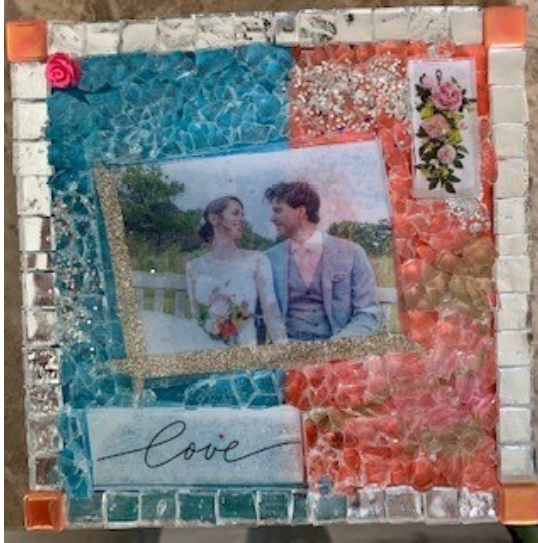
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**Pardon Our Dust!**

Please be patient as the Northern Senior Activity Center is undergoing renovations! These building updates will allow us to expand programming and better serve you moving forward!





**Tempered Glass Mosaic**  
**Northern Senior Activity Center**  
**Wednesday, June 1, 9:30 a.m.-12 p.m.**  
**Cost: \$30**

In this workshop, led by Cheryl Hiller, you will create a beautiful, tempered glass mosaic artwork incorporating colorful papers, photographs, stamps, and more. Tempered glass, also known as Crash Glass, is a versatile material that - when used as an overlay - makes for exciting, shimmery mosaic art. Additionally, stained glass and other glass products are used to create unique compositions filled with visual interest. All supplies are provided. Samples will be on display at the Center if you would like to see a finished piece up close. Advance registration is required for this class. To learn more about how to

register, see page 8 of this publication. Space is limited.

**Art Pottery: Garden Totem – Session 1**  
**Northern Senior Activity Center**  
**Friday, June 10 & June 24, 10 a.m.-12 p.m.**  
**Cost: \$10**

Let's get clay creative! Art pottery projects have a real appeal for those looking to be hands-on and create from scratch. Create a stacked ceramic totem sculpture for your garden. We will discuss and design your sculpture, then begin creating the pieces to stack (2-3 pieces will be completed.) All materials are provided, such as clay and glaze, with firing fees also included. Additional monthly sessions will be held to allow you to add to your sculpture- for additional fees. Advance registration and payment are required for this Session 1 class. To learn more about how to register, see page 8 of this publication. Space is limited.



**Dads, Donuts & Cars, Coffee**  
**Northern Senior Activity Center**  
**Friday, June 17, 9 a.m. –11:30 a.m.,**  
**Donations accepted**

Happy Father's Day to all the gentlemen as we also pay tribute to memories of all dads! Get ready to check out some classic cars, enjoy a fresh cup of joe, hang out and snack on Dunkin donuts. St. Mary's Rod & Classic will be showing off some of their sweet rides in the parking lot of Northern Senior Activity Center. If you are interested in bringing your car, please call Keilan Ruppert, Program Specialist, at 301-475-4200, ext. 3103. Advance registration is required for this



event. To learn more about how to register, see page 8 of this publication.



## **Burgers & Bingo – Intergenerational Fun**

**Northern Senior Activity Center**

**Monday, June 27, 11:30 a.m. - 1:30 p.m., Fees apply**

Let's kick-off that school is out and summer has begun -- with food, games, and family! Grandparents and their school-age grandchildren are invited to a kid-friendly hamburger lunch and a special game of Bingo afterwards. Bingo is \$3 per person and lunch is by donation for those over 60 years of age, \$6 for those under. Advance registration and payment are required for bingo with lunch contributions collected that day. To learn more about how to register, see page 8 of this publication. Space is limited. Call Keilan Ruppert, Program Specialist, at 301-475-4200, ext. 3103 with any questions.

## **Chair Yoga (In-Person) with Paty Massón**

**Northern Senior Activity Center**

**Wednesdays, 9:30 a.m.-10:30 a.m., Fitness Card**

Chair Yoga is held on a weekly basis led by Paty Massón. Chair Yoga has been modified to allow participants to safely perform the positions by using modified yoga positions with a chair for a "seated" experience and/or as an aid for ease and stability. This class is open on a drop-in basis with a maximum. A \$35 fitness card purchase provides 10 classes, but the first class can be taken for free on a trial-basis.



## **Wii Bowling League**

**Northern Senior Activity Center**

**Tuesdays, May 3-June 7, 12:30 p.m. -3:30 p.m.**

**Cost: \$5**

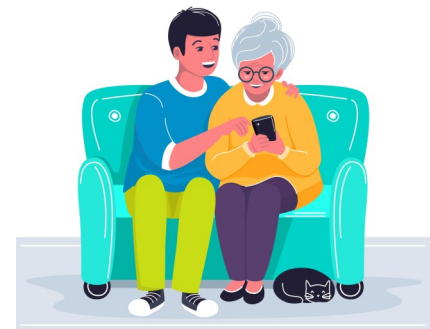
Ready to strike up a good time this Spring with your friends at the Center? Join us for the second league-style Wii bowling event with staff-led teams and some fun, good ol' group competition. The cost is \$5 to signup which funds prizes at the end of the 6-week period. Space is limited. Advance registration and payment are required for this program. To learn more about how to register, see page 8 of this publication.

## **Tech Rescue**

**Northern Senior Activity Center**

**By appointment; Free**

Are you having trouble with your smartphone, laptop, or other devices? It's okay! Learning new technology can be a challenge to keep up with. Individual sessions are provided by Program Specialist, Keilan Ruppert. These 15–30-minute appointments focus on one of your devices per session. When scheduling, provide device information (brand & model) and questions/concerns so Keilan can curate a personalized instruction plan. If interested, email your request to [Keilan.Ruppert@stmarysmd.com](mailto:Keilan.Ruppert@stmarysmd.com) (preferred) or call 301-475-4200, ext. 3103. If extensive help is required, please see page 29 to learn about our partnership with the county libraries.



# Retired and Senior Volunteer Program

By : *Monika Williams, RSVP Program Manager*

## New RSVP Project Manager, Monika Williams

Hello RSVP Volunteers! It is a pleasure to introduce myself to you. I have intermittingly worked for the Department of Aging & Human Services since 1995. I have held several positions within the Department during the past nine years. My last position was Program Coordinator for the Home Delivered Meals Program where I thoroughly enjoyed working with volunteers. I have personally witnessed and have also read about many of the duties and services RSVP volunteers provide to our county. You are the most dedicated and reliable volunteers I have encountered. I truly believe a community can only prosper as a result of healthy relationships among its members, organizations, and agencies. Thank you for being active community members ensuring that our community thrives. I sincerely look forward to working with you.



## RSVP Appreciation Banquet

We could never thank our RSVP volunteers enough for the countless days and hours you freely give to keep our county strong! The RSVP program will have an Appreciation Day Banquet in Fall 2022 so please look out for more information in the coming months!

## Volunteers Needed

We have received volunteer requests from several RSVP Volunteer Stations needing help, including:

*ACTS  
Teen Court  
Senior Rides  
Patuxent River Naval Air Museum  
Senior Vibes Music Director*



**AmeriCorps  
Seniors**

Please contact RSVP art 301-475-4200, ext. 1653, or [monika.williams@stmarysmd.com](mailto:monika.williams@stmarysmd.com) for more information.



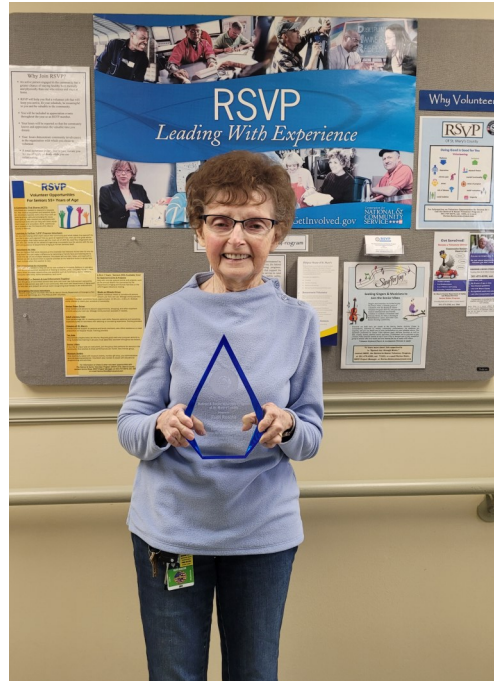
**NEW BEGINNING**

## RSVP President's Lifetime Achievement Award

The President's Lifetime Achievement Award is achieved at 4,000 hours or more of volunteer service over a lifetime. There are two RSVP volunteers, Anne Girard and Faith Roache, to meet this great accomplishment as of the year 2021. Thank you for your service and congratulations to you both.

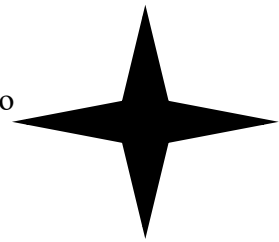


*Anna Girard, 2021 RSVP President's Lifetime Achievement Award Recipient.*

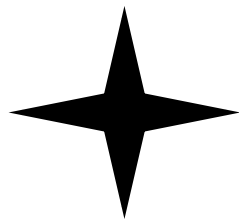


*Faith Roache, 2021 RSVP President's Lifetime Achievement Award Recipient.*

Anna Girard currently serves on the RSVP Community Advisory Committee, helps with the Health Fair, Project Linus (crocheting blankets to donate to St. Mary's Hospital, Calvert Memorial Hospital, and Birthright), Charity Workers (making quilts, crocheting hats, gloves and scarves to donate to Charlotte Hall Veteran's Home and military wives who are new mothers) and is a Service Officer with NARFE. If you ever have the pleasure to meet Anna, you will most likely find her with a crochet hook in her hand.



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Faith Roache currently serves on the Mechanicsville Volunteer Rescue Squad as an Administrative member and Emergency Medical Technician. Her duties consist of supporting the rescue squad auxiliary, record keeping, equipment maintenance, ambulance restocking, and operational and logistic support in the event of a disaster. Faith is also the secretary for the Rescue Squad Association. Mechanicsville Volunteer Rescue Squad and Fire Department is a family affair for Faith as her husband and sons are Firefighters. She says when an emergency call came over the scanner, it was a race to be the first out of the house to answer the call.

## Crime Solvers Car Unveiled

*Courtesy of the St. Mary's County Sheriff's Office*

The St. Mary's County Sheriff's Office in partnership with community donors presented the St. Mary's County Crime Solvers Board with an agency vehicle promoting the cash-for-tips program on Friday. The agency vehicle promotes awareness of the St. Mary's County Crime Solvers program, which offers rewards of up to \$1,000 for productive tips leading to arrests and/or indictments. The vehicle will remain with the Sheriff's Office, to be used by staff and displayed at public events.



*Major Michael Merican, Captain Steve Hall, Sheriff Tim Cameron and members of the Crime Solvers Board*

The donors of the car wrap are PawnIt in Lexington Park, Chief's Neighborhood Bar in Tall Timbers, ABC Liquors and Lounge in California, Southern Maryland News Net, and the St. Mary's Licensed Beverage Association. Thanks to Hilltop Signs and Graphics in Hollywood for the car wrap installation.

Through the Crime Solvers program, citizens may remain anonymous and call 301-475-3333, or text a tip to "TIP239" plus their message to "CRIMES" (274637). Tipsters are eligible for an award of up to \$1,000 for information about a crime in St. Mary's County that leads to an arrest or indictment.



### Helpful Links:

***St. Mary's County Department of Aging & Human Services***  
[www.stmarysmd.com/aging](http://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](http://www.facebook.com/SMCDAHS)

## POWER UP YOUR CONNECTIVITY

The St. Mary's County Commission on Aging is pleased to announce a partnership between the St. Mary's County Libraries and the three Senior Activity Centers in Leonardtown, Charlotte Hall, and Lexington Park.

Seniors, if you are looking for an opportunity to improve your computer literacy, the libraries are prepared and anxious to help you. Examples of topics they can cover with you in individual sessions are:

- Using your device;
- Using library resources;
- Assisting with computer basics such as operating system, using the mouse, using the internet, email or even operating the Microsoft Suite (Word, PowerPoint, Excel);
- Learning more about operating systems like Windows, Android, IOS;
- Finding out information about free anti-virus and other useful software for your device;
- Downloading and setting up library applications like Overdrive, hoopla and mobatile printing as well as utilizing social media (Facebook, Twitter, Instagram)



Seniors can book a one-hour, one-on-one appointment by contacting online: <https://www.stmalib.org/events/computer-and-technology-instruction/book-a-one-on-one/> -or in person by visiting or calling the following St. Mary's County Library branches: Leonardtown Library (301-475-2846), Charlotte Hall Library (301-884-2211); or the Lexington Park Library (301-863-8188). Library hours are Monday-Thursday, 9 am – 8 pm, Friday-Saturday, 9 am – 5 pm and Sunday (Lexington Park location only) 1-5 pm.



The role of Library staff is that of helper, facilitator, guide, or coach. Seniors who need more than basic assistance and guidance are encouraged to attend upcoming scheduled Library computer classes; more information will be forthcoming.



# EMERGENCY PREPAREDNESS

## FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

### CREATE A NETWORK OF SUPPORT

TO HELP YOU IN CASE OF AN EMERGENCY.

PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES.



talk to a health care provider about what to do



identify an alternative power source for devices



inform your emergency contacts of the plan



Plan how you will **communicate** if you have a communication disability.



Plan for your **transportation** if you need help evacuating.



Plan how you will evacuate with any **assistive devices**.

## WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- Contact information for important people and care providers
- A list of medicines you need, dosage instructions, and any allergies
- Styles and serial numbers of all medical and assistive devices
- Need-to-know information for first responders and others who might need to help you



Food, water, and essentials for you and pets or service animals



Medicines, medical supplies, batteries, and chargers



Copies of Medicaid, Medicare, and other insurance cards

## Ongoing Activities - Garvey

<b>CLASS/ ACTIVITY</b>	<b>Dates/Time</b>	<b>DESCRIPTIONS - Materials Needed</b>	<b>Advance Signup</b>	<b>Fee</b>
<b>Arthritis Foundation Exercise Program</b>	Tues. & Thurs. 9:45-10:30 a.m. Fri. Zoom 9:45-10:30 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
<b>Billiards</b>	Anytime the center is open.	Bring your own or use ours.	No	No
<b>Bingo</b>	Mon. 10-11:30 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Preferred, not required	\$3 to play two cards
<b>Book Discussion Group</b>	2 <sup>nd</sup> Weds. 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
<b>Bridge Club</b>	Weds. & Thurs. 10 a.m.-2 p.m.	Best suited for experienced players.	Full; can be added to sub list	No
<b>Chair Yoga</b>	Weds. 9:30-10:30 a.m.	Gentle Stretching and Yoga moves using a chair.	No	Fitness Card
<b>EnhanceFitness</b>	Mon., Weds., Fri. 11-12 p.m. Tues. 8:15-9:15 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
<b>Fitness Room</b>	Open	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine.	No	No
<b>Geri-Fit</b>	Mon. & Weds. 2:15-3:00 p.m.	Helping to rebuild strength that has been lost through the aging process.	No	No
<b>Line Dancing</b>	Tues. 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
<b>Men's Strength</b>	Mon. 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
<b>Pickleball Courts</b>	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No
<b>Ping Pong</b>	Open	1 table, paddles and balls are available.	No	No
<b>Readers Theater</b>	Meeting, 2 <sup>nd</sup> Tues. 11 a.m.; rehearsals as needed	Readers Theater is a form of theater that involves minimal props and no line memorization.	Yes	No
<b>R&amp;B Line Dancing</b>	Mon. 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
<b>Walk &amp; Tone</b>	Fri. 9:30-10:30 a.m.	A low impact aerobic class. Strength training using bands, weights and balls is included.	No	Fitness Card
<b>Yoga</b>	Tues. & Fri. 12:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
<b>Zumba Gold</b>	Thurs. 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

## Ongoing Activities - Loffler

<b>CLASS/ACTIVITY</b>	<b>Dates/Time</b>	<b>DESCRIPTIONS - Materials Needed</b>	<b>Advance Signup</b>	<b>Fee</b>
<b>Art with Jamie</b>	Tues. (4 sessions each month) 10 a.m.	Start up materials provided; instructor will notify of other items needed.	Yes	\$25 per class
<b>Arthritis Foundation Exercise Program (AFEP)</b>	Tues. & Thurs. 12:30-1:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
<b>Bible Study</b>	Fri. 10:30 a.m.	Non-denominational, Christian-based scripture group led by volunteer Phil Benedict.	No	No
<b>Bingo</b>	Wed. 12:30-1:30 p.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	\$1 card/ up to 3 cards
<b>Bio/History Series</b>	1 <sup>st</sup> or 2 <sup>nd</sup> Thurs 10 a.m.	Educational films selected and shown by video.	Yes	No
<b>Bridge</b>	Tues. 10 a.m.	New & experienced players welcome.	No	No
<b>Canasta &amp; Pitch</b>	Tues. 9 a.m.	New & experienced players welcome.	No	No
<b>Charity Crafters</b>	Tues. 1 p.m.	Make hats, mittens, scarves, baby blankets, and granny squares for various community outreach programs.	No	No
<b>Contract Bridge Club</b>	Wed. 10 a.m.	Best suited for experienced players.	Yes	No
<b>Current Events</b>	Mon. 10 a.m.	Volunteer led discussion group.	No	No
<b>Embroidery on Paper</b>	Mon. 12:30 p.m.	Supply kits will need to be purchased to get started with making embroidered cards and other crafts.	No	Yes
<b>EnhanceFitness</b>	Mon. 11a.m. Wed. 12:30 p.m. Fri. 12:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
<b>Exercise Equipment</b>	Mon-Fri 8 a.m. -4 p.m.	2 treadmills, 2 seated ellipticals & a recumbent bike.	No	No
<b>Health Watch Presentations</b>	2 <sup>nd</sup> Wed. 10 a.m.	Volunteer led informational session on various health topics.	Yes	No
<b>Honey Bee Quilters</b>	1 <sup>st</sup> , 3 <sup>rd</sup> , & 5 <sup>th</sup> Wed. 10 a.m.	Bring your own quilting supplies. Sewing machines available at center if needed.	No	No
<b>Line Dancing</b>	Fri. 11 a.m.	Volunteer led group.	No	No
<b>Needle Crafters</b>	Mon. & Thurs. 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No
<b>Nutrition Ed. with Donna Taggart</b>	2 <sup>nd</sup> Mon. 10 a.m.	Nutrition presentations led by Licensed Dietician.	Yes	No
<b>Open Art Studio</b>	Fri. 9 a.m.	Drop in for guided art practice with volunteer Chris Sisk.	No	No



## Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Polish Poker	Tues. & Thurs. 9 a.m.	Suitable for all levels of experience.	No	No
Project Linus	3 <sup>rd</sup> Fri. 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
QiGong	Tues. & Thurs. Scheduled sessions 11 a.m.- 12 p.m.	An ancient Chinese exercise and healing technique that involves meditation, controlled breathing, and movement exercises. Suitable for all abilities.	Yes	No
Rummikub	Wed. 9 a.m.	Fun tabletop game for all levels of experience.	No	No
Sew-It-Alls	Mon. 12:30 p.m.	Bring own supplies.	No	No
Tai Chi/Arthritis & Fall Prevention	Tues.-Thurs. 11 a.m -12 p.m. (scheduled sessions)	Evidence based exercise program suitable for all abilities.	Yes	No
Walking Club	Mon., Wed., Fri. 9 a.m.	All are welcome, group walks laps around the park.	No	No
Wii Games	Mon. -Fri.- see staff	Open to new and experienced players.	No	No
Wood Carving	Tues. 1 p.m.	Will need to bring own supplies. Volunteer led group.	No	No
Yoga	Mon., Wed., Thurs., Fri. 9:30 a.m.	Gentle range of motion stretches and poses along with meditation.	No	Fitness Card
Zumba Gold	Mon. 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

## Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Zoom Wednesdays 10 a.m. In-person Thursdays 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	Yes No	No No
Awakening Yoga	Mondays 9:30-10:30 a.m.	Gentle range of motion/ meditation.	No	Fitness Card
Basket Weaving	Periodically	Typically, two-part classes offered.	Yes	Varies; \$30
Billiards	Mondays Preferred	Bring your own or use ours.	Yes	No
Bingo	Wednesday OR Fridays 10-11:30 a.m.	Game with volunteer bingo callers. Pan-try items for prizes.	Yes	\$2 to play two cards
Book Clubs Page Turners Book Chatter	4 <sup>th</sup> Wed; 1-2:30 p.m. 4 <sup>th</sup> Thu: 11 a.m.-Noon	Read & review new books each month. Different books for each club.	On Hold Full	No No

## Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Bridge	Thu: 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Coloring Group (two groups)	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Yes, Full	No, workbook if desired
Chair Yoga	Wednesdays, 9:30 – 10:30 a.m	Chair Yoga is a type of yoga that has been modified to allow participants to safely perform positions with a chair incorporated for ease and stability.	No	Fitness Card
Crochet DIY	Mondays 1-4 p.m.	Beginners or experienced.	No, drop-in	No
Cycling Program	Anytime	(2) traditional, (1) recumbent trike	No	No
Diamond Dazzle (two groups)	3 <sup>rd</sup> Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Yes, Full	Yes for kits
Double Pinochle	Tuesdays and Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	TBD	Instructor-lead drum and dance class. Helps cognitive function. Program runs for 6-weeks at a time	Yes	\$12 for 6- week pro- gram
Dynamic Ceramics	Wednesdays 9:30 a.m.-12:30 p.m.	Variety bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tuesday & Thursdays 9:30-10:30 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Line Dancing	Wednesdays 1-2:30 p.m.	Volunteer leads group/variety of steps.	No	No
Lyme Discussion & Support Initiative	TBD ToolKits by pickup	Facilitator-led group with education and support for Lyme Disease.	Yes, all ages	No
Mahjong (Eastern)	Thurs 1-4:30 p.m.	Popular tile game involves skill, strategy & luck. Beginners welcome.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
Quilting for Beginners	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual Projects.	Preferred- Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Studio: Pottery and Ceramics	Monday & Fridays 8 a.m. -4:30 p.m.	Crafters continue work on individual pieces. Some Fridays are reserved for specific art pottery projects/classes.	Studio orientation	Fee for clay ceramics, fire, supplies
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Tech Rescue	Monday-Friday by appointment only	15-30 appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.	Yes	No
Workout Room	Open	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45 a.m. -11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

# 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 the 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. The Program Coordinator 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](http://www.stmarysm.com/aging)  
**YouTube:** SMC Aging & Human Services  
**Phone:** 301-475-4200, ext. 1050

**Facebook:** [www.facebook.com/SMCDAHS](http://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

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20650  
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**CHANGE SERVICE REQUESTED**

***2022 Holiday Closings  
(No Home-Delivered or Congregate Meals Served)***

**Monday, May 30** - Memorial Day  
**Monday, June 20** - Juneteenth (observed)

**NEW BEGINNING**