

# NEW BEGINNING

**VOLUME 34 ISSUE 3**

**MAY / JUNE 2021**

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



*Celebrating National  
Older Americans Month!*

# In This Issue...



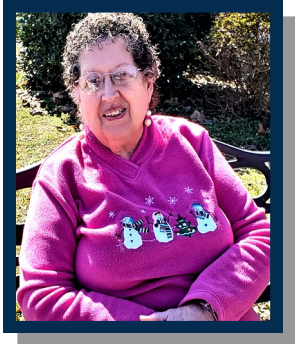
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# From the Director's Desk

By Lori Jennings-Harris, Director

## May is Older Americans Month

*Communities of Strength* – is the 2021 Older Americans Month theme, according to the Administration for Community Living. The month of May is when we nationally recognize older adults and their unmeasurable contributions.

According to the Administration for Community Living, *“Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.”*

With the older adult population increasing, the mission of the Department of Aging & Human Services is to help maintain seniors as active and vibrant members of our county. The strength of our community is based on the contributions made over the years by our seniors. Our community's fortitude is enhanced by their experience, knowledge, time as volunteers, historians, and as steadfast pillars of strength. *“There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.”*

The Department of Aging & Human Services joins our community's older adults in helping to keep our community strong and we will continue in our role to support the needs of our older adults. The Department salutes and celebrates older adults during the month of May and every month!



(Retrieved from <https://acl.gov/oam/2021/older-americans-month-2021> on March 24, 2021)

## NEW BEGINNING

The Commissioners of  
St. Mary's County  
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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](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 24, 2021**

1 p.m.

**Monday, June 28, 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](mailto:Mercedes.Jones@stmarysmd.com). Visit the Commission on Aging website at <https://www.stmarysmd.com/boards/groups/default.aspx?board=11>  
Call-in option - dial 301-579-7236. Enter the participant pin 985097 when prompted.



## Nutrition Corner

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

# Tips to Support your Immune System



### MAINTAIN A BALANCED DIET

Lean protein, healthy carbs and omega-3 fatty acids



### WASH YOUR HANDS

Wash with soap for 40 seconds\*. Make sure to get to palms, backs of hands, under fingernails and wrists.



### GET ADEQUATE REST

Aim for ~7 hours per night to allow your body to recover from stress and exercise



### EXERCISE

Daily moderate activity (30 min/day) can help boost your immune system



### HYDRATE

Drink 4 to 6 cups of water daily

A few newsletters ago, I wrote about supporting your immune system and I would like to reiterate on this topic once more. Even as we are seeing a light at the end of the tunnel with this pandemic, keeping our immune system in good shape remains ever important.

Many lifestyle habits can be detrimental to our immune system like smoking, excessive alcohol consumption, unsafe food safety habits such as incorrect cooking temperature and expired foods, and of course, over-eating as it leads to obesity.

While I will address proper nutrition, supporting our immune system with our mind and body is equally important. Getting the recommended 7-9 hours of sleep, exercising at least 30 minutes a day, 5 days a week, meditating at least a few minutes a day and connecting with others can be invaluable to our health.

And now NUTRITION! I will only summarize, due to space, but I hope to present this topic in person as soon as the centers reopen. A balanced plate eating pattern is key. Alcohol consumption in moderation and limit added sugars as well as ultra-processed foods. Try to add in plant-based protein as often as possible by following a Mediterranean diet including lots of fruits, vegetables, whole grains, legumes, nuts, and seeds, in order to get plenty of phytonutrients which play a big role in fighting disease and inflammation.

Since 70-80% of our immune cells live in our gut, eating to support our gut is crucial. If you have not already watched my video on our Youtube channel about supporting gut health, please do. Healthy fats, vitamins C and D, zinc, selenium, magnesium and some herbs like turmeric, astragalus, elderberry contain specific nutrients to help support our immune system. PRO and PREbiotics, found in fermented foods like yogurt and kombucha, play a part as well.

It is recommended that you try to get these nutrients from foods first since supplements are not regulated by the FDA and can interfere with other medications. It is important to always consult your physician before starting on any supplement.

I will continue to present nutrition education via videos while the centers reopen. As always you can contact me at 240-538-6539 or [dtaggert26@hotmail.com](mailto:dtaggert26@hotmail.com).



# Home & Community-Based Services

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

## May is Mental Health Awareness Month

Caregivers, in particular, face challenges related to mental health. The most common mental health challenges caregivers face are depression and anxiety. The stress of caregiving is a risk factor for anxiety and depression. Care receivers are also at risk. There are many little things you can do to improve for both you and your care receiver.

Here are a few ways to help:

**1: Get some Sunshine!** The beautiful spring and summer sun not only feel good but are good for you. Studies show that the light from the sun creates chemical changes in the body that improve mood. Additionally, sunlight helps your body create Vitamin D, an essential vitamin for mood among other things.

**2: Smile.** An article by Sarah Stevenson explains that a smile releases neurotransmitters in your brain that have pain relieving, anti-depressant and stress relieving affects. This includes lowering your heart rate and blood pressure. We also know that smiles are contagious, and they can make your loved one feel better about the day and about you as their caregiver. Find things to smile about, but even if you can't, a great big, relaxed smile on your face can have the same effects in your body. Try it! <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201206/there-s-magic-in-your-smile>.



**3: Affirmations.** Recent studies have shown that using affirmations are correlated with reduced symptoms of depression and anxiety as well as maintenance of a healthy mood. You can find a guide to making your own meaningful affirmations on the affirmation worksheet on pages 8 & 9.

**4: Be Thankful.** Recent studies are focusing on gratitude and its power to improve our happiness. Being thankful and expressing that thankfulness to someone with specific examples of what they have done for you or what is good about them appears to have the most powerful effect on happiness. Adding gratitude into your daily caregiving interactions with your care receiver as well as writing a letter or making a call to someone who has impacted your life in a positive way can be powerful.

**5: Take a Break.** The St. Mary's County Department of Aging & Human Services offers grants to provide care for your loved one while you, as the primary caregiver, take a break. To see if you qualify, reach out to Daphne Bennear, Caregiver Support Program, 301-475- 4200, ext. 1069, or email at [Daphne.Bennear@stmarysmd.com](mailto:Daphne.Bennear@stmarysmd.com).



**6: Get Professional Help.** The St. Mary's County Department of Aging & Human Services encourages you to reach out to a mental health professional if you find your daily life is interrupted by mental health challenges

or the symptoms persist. For a list of providers check out page 65 of our Resource Guide - <https://www.stmarysmd.com/docs/DAHS-Resource-Guide.pdf>.

# The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

## PERSON



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



19% of U.S. adults with mental illness also have a substance use disorder

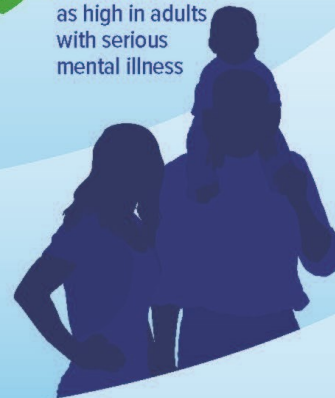


At least **8.4 million** Americans provide care to an adult with an emotional or mental illness

## FAMILY



Caregivers spend an average of **32 hours** per week providing unpaid care



20% of people experiencing homelessness also have a serious mental illness

## COMMUNITY



37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders



## WORLD



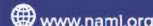
Depression is the leading cause of disability worldwide



Depression and anxiety disorders cost the global economy **\$1 trillion** each year in lost productivity

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)





## The Essential Boomer

# Positive Affirmation Worksheet

Programming your subconscious by repeating positive statements with focus, intention and belief is a technique called positive affirmations. This Worksheet will walk you through the process of creating your own positive affirmations.

### Releasing Negative Feelings

It is believed that this process is more effective when incorporating and understanding the negative feelings, or mental programs that you harbor within your subconscious regarding yourself. This first part will help you identify your own negative beliefs. When you shine your conscious light on your negative beliefs and understand that they are merely beliefs and not based on reality, you can then utilize your positive affirmations to overcome such beliefs and focus the rudder of your own life.

Write as many negative beliefs down as you feel apply to your feelings about yourself. Use the following prompts as a guide:

I never...

Nobody else...

I'm the only one that..

I am not..

I don't..

I don't want..

I hate...

I can't..

### Identifying Wants

Now, considering each of the negative feelings that you wrote down about yourself, write a list of what you really want or deserve being very specific.





## The Essential Boomer

### Creating Affirmations

From the previous exercise, distill your wants to a list of your desires. Write down a list of your positive affirmations. Use the following prompts as a guide:

I am...

I welcome...

I deserve...

I choose...

I believe...

I trust...

I have...

I know...

I feel...

I create...

I LOVE...

**One of the most powerful affirmations starts with I am...**

I am...

### Vocalize Affirmations Daily

Now that you have your list of affirmations repeat them out loud to yourself several times each day. When you say them, focus on their meanings and visualize your life as though your affirmations have already become reality.

# Senior Information & Assistance

By *Debbie Barker, Senior I&A Division Manager*

Upon the reopening of the Northern, Loffler, and Garvey Senior Activity Centers, Senior Information & Assistance services such as Medicare, property tax credits, energy assistance, etc. will only be available by appointment.

**Please note that all walk-ins will be asked to schedule an appointment.**

To make an appointment, please call 301-475-4200 and use the following extensions:

Northern Senior Activity Center - ext. 3104

Garvey Senior Activity Center - ext. 1064

Loffler Senior Activity Center - ext. 1654

Senior Rides drivers and riders will also be required to make an appointment before visiting the Department of Aging & Human Services building by calling 301-475-4200, ext. 1066.



## **Income Tax Preparation**

The AARP income tax preparation service has filled all available appointments for the 2020 tax year and will not accept new appointments for the year. Anyone requiring assistance with preparation of their income taxes may consider assistance through either a private company, file themselves using the Free File on-line service available on the [irs.gov](https://www.irs.gov) website, or pick up paper forms and instructions at one of the St. Mary's County Library locations.

## **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/>

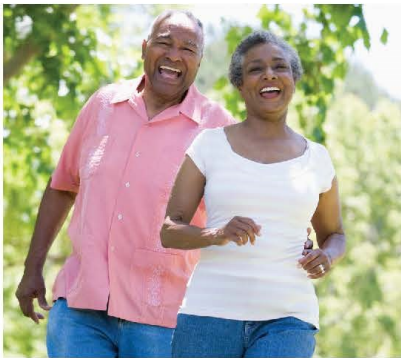
***St. Mary's County Department of Aging & Human Services Facebook Page***

[www.facebook.com/SMCDAHS](https://www.facebook.com/SMCDAHS)



# HEALTHYLIVINGTIPS

Get Set for a Healthy Summer



In most parts of the United States, the beautiful colors and temperate weather of summer are a welcome break from the cold grey of winter. But warm weather can lead to serious health risks.

Start planning now to avoid some of the health risks summer can bring by following these tips:

- **Keep cool.** Make sure your home's air conditioner or climate control system is working properly. If you do not have climate control, think about public places where you can go to comfortably spend time on hot days. Some examples include local senior centers, libraries, shopping malls and movie theaters.
- **Stay indoors.** Plan your summer activities so that you are indoors during the hottest part of the day. Run your errands early in the morning or at dusk when the temperatures drop slightly.
- **Cover up.** When you do need to go outside, protect yourself from the sun by wearing plenty of sunscreen, and invest now in a comfortable, wide-brimmed hat.
- **Stay hydrated.** Make sure you have a supply of water and plenty of ice in your home. And if you are going out, take a bottle of water with you.
- **Breath easy.** Spend less time outdoors on humid days, especially if you are allergic to pollen or live in an area where there is a lot of air pollution.
- **Stay informed.** Throughout the summer, follow your local weather reports to find out when your community is experiencing severe heat and humidity.

## Useful Resources

*Administration on Aging Health Related Resources*

[http://www.aoa.gov/AoARoot/Preparedness/Resources\\_Individuals/Health\\_Resources.aspx](http://www.aoa.gov/AoARoot/Preparedness/Resources_Individuals/Health_Resources.aspx)

*National Institutes of Health Medline Plus – Heat Illness*

<http://www.nlm.nih.gov/medlineplus/heatillness.html>



**AOA**  
Administration on Aging

FOR MORE INFORMATION ABOUT AOA U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES,  
ADMINISTRATION ON AGING, WASHINGTON, D.C. 20201

PHONE: (202) 619-0724 | FAX: (202) 357-3555 | EMAIL: [AOAINFO@AOA.GOV](mailto:AOAINFO@AOA.GOV) | WEB: [WWW.AOA.GOV](http://WWW.AOA.GOV) |  
FACEBOOK: [WWW.FACEBOOK.COM/AOA.GOV](http://WWW.FACEBOOK.COM/AOA.GOV)

# Identity Protection Day

## Shred Trucks and Medication Disposal

Saturday, May 15

9 a.m.-1 p.m.

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

**Free and Open to the Community!**

Due to continued COVID-19 concerns, masks **WILL BE** required. Please place documents or expired medications in your trunk or truck bed to lessen the chance of exposure.

For more information, contact Sarah Miller at:  
301-475-4200, ext. 1073, or [Sarah.Miller@stmarysmd.com](mailto:Sarah.Miller@stmarysmd.com)

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

**NEW BEGINNING**

## Focus on Fitness

By Alice Allen, Senior Center Operations Division Manager



Did you know that older adults who are more physically active and who sit less have better overall health, both physically and mentally? Reported in *The Journal of Active Aging*, September/October 2020 is a recent study by the American Cancer Society (American Cancer Society, October 20, 2020) that finds that “higher amounts of regular moderate to vigorous intensity physical activity and lower duration of sedentary time is associated with higher global mental and physical health” for both older cancer survivors and older adults.

The study’s findings support the importance of moving more and sitting less. Both strategies help improve quality of life. So, how much moderate physical activity is enough to gain health benefits? It is recommended to get 150-300 minutes of moderate physical activity through the week, that’s 3-5 hours of activity/week. The weather is getting nicer so now is a great time to get out and walk, garden, ride a bike, whatever you enjoy. Even vacuuming the house counts as physical activity! Just get off the couch and get moving.

The senior activity centers have a variety of fitness classes for you to attend. Classes will continue to be held virtually with the centers reopening and we do hope to see you soon. Please call any of the centers for information on fitness class offerings. Be well and stay safe!!

A woman in a black t-shirt and leggings is performing a yoga or fitness pose on a purple mat. She is in a lunge position with one leg raised and her arms extended. The background shows a room with windows, a heater, and a desk with a computer monitor.

**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



## Awakening (Mat) Yoga with Judi via Zoom

**Thursdays, May 13 – July 1  
10:45 a.m. – 11:45 a.m.**

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. 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. Participants will also need to have an active email address, high speed internet connection and a webcam enabled device. Commitment to the entire 8-week series is recommended. Priority registration will be given to St. Mary's County residents. There is no fee to participate; funding for this program is provided by the Maryland Department of Aging Senior Center Operating Funds Grant.

To pre-register, call 301-475-4200, ext. 1080. Registration opens April 23 at 8 a.m.

## Chair Pilates with Sherry via Zoom

**Tuesdays, May 11 – June 29**

**3 p.m.- 4 p.m.**

Pilates is based on three principles: Breath, Whole-Body Health, and Whole-Body Commitment that encompasses mind, body, and spirit. Through breathing, 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 series is recommended. Priority registration will be given to St. Mary's County residents. There is no fee to participate; funding for this program is provided by the Maryland Department of Aging Senior Center Operating Funds Grant. To pre-register, call 301-475-4200, ext. 1080.



**Chair Assisted Yoga via Zoom  
Tuesdays and Fridays  
May 11 – July 2  
10 a.m. – 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 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; St. Mary's County residents will be given priority. Funding for this program is provided by the Maryland Department of Aging Senior Center Operating Funds Grant. To register, call 301-475-4200, ext. 1080. Registration opens April 23 at 8 a.m.

**Arthritis Foundation Exercise Program (AFEP)  
Garvey Senior Activity Center: Tuesdays & Thursdays, 9:30 a.m.  
Virtual on Zoom: Fridays, 9:30 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. 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. To register for either the in person or virtual class, call 301-475-4200, ext. 1075, beginning April 26 at 8 a.m. for May classes and beginning May 20 at 8 a.m. for June classes.

**LifeBio 101: An 8-session Life Story Writing Group  
Garvey Senior Activity Center  
Mondays and Fridays; May 10- June 7  
1 p.m. – 2 p.m.**

This interactive class is designed to provide a structure to introduce the power of life stories and to kick start participants' efforts to capture memories, experiences, and values. Interesting exercises prime the pump of memories and lead to opportunities to listen and learn from each other's life journey. No prior writing experience is necessary. This program has been used across the country in various settings including libraries, senior centers, hospitals, cancer centers, senior living communities, and churches. Participants will need to have a notebook and writing tool. Attendance for all class sessions is highly encouraged. The workshop is facilitated by Brandy Tulley, Garvey Senior Activity Center Operations Manager. Space is limited. To register, call 301-475-4200, ext. 1080.





**Pouring Paint Class  
Garvey Senior Activity Center  
Thursday, May 27, 1:30 p.m.**

This class will offer a fun mix of bright colors for summer and will be for anyone who would like to learn more about this fun painting technique. Acrylic pouring is a fun and easy way to create one-of-a-kind works of art. We will demonstrate how to create a beautiful piece. Anyone who is interested is

welcome to sign up for this class. We will provide the supplies and you just provide the talent! Registration for this class opens April 26 at 8 a.m. Register by calling 301-475-4200, ext. 1075.

**Sea Glass Necklace  
Garvey Senior Activity Center  
Thursday, June 17, 1:30 p.m.**

Come join us to create a personalized piece of beautiful sea glass jewelry. We will supply the beads and tools you just supply the creativity! Registration for this class opens May 20 at 8 a.m. Register by calling 301-475-4200, ext. 1075.



**Garvey Senior Activity Center Pickleball Courts**

We are excited that our Pickleball Courts are available for play beginning May 3, by reservation only. Courts are available to reserve during normal Senior Activity Center operating hours, Monday – Friday, 9 a.m. – 3 p.m. Call 301-475-4200, ext. 1080 for reservation instructions and COVID-19 safety guidelines.

**“Green Front Yard” planning for the  
Garvey Senior Activity Center & Leonardtown Library**

New Community Park Project! Learn about and help envision a “Green Front Yard” to be planted this fall at the Garvey Senior Activity Center. Join afternoon chats hosted by the Friends of St. Clements Bay on Thursdays, May 6 and 13, at 3 p.m. These chats will be held via Zoom. To sign up, call 301-475-4200, ext. 1075.





# June is Men's Health Month



**Want to see these stats change?**

- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- 1 in 2 men will develop cancer in their lifetime
- Men make 1/2 as many physician visits for prevention as women

**Schedule a checkup today!**

*Do it for yourself and for those who count on you.*



Learn more at:  
[www.MensHealthMonth.com](http://www.MensHealthMonth.com)  
or call 1-866-543-6461 ext. 101

MensHealthMonth.com



facebook.com/  
MensHealthMonth



twitter.com/  
MensHealthMonth



# Loffler Senior Activity Center

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



## Did you Know?

To participate in any of our virtual programs that use Zoom, you do not actually have to have or open a Zoom account! When you sign up for virtual classes or programs that we offer, all you need is the link inside the e-mail that we send you to join the class! Usually we send it the day before the meeting/class, sometimes the morning of the event. The link is highlighted in blue and underlined. All you need to do is click on that blue link and follow the prompts (answer the questions).

Also, we are happy to offer a practice Zoom meeting beforehand at your convenience if you

want. Simply e-mail Shellie Graziano at [Sheila.Graziano@stmarysmd.com](mailto:Sheila.Graziano@stmarysmd.com) for assistance.

## Loffler Book Club on Zoom

Meetings: May 7 and June 4, 2 p.m.

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. Members' suggestions on future selections are welcome. The Lexington Park Branch Library has been very helpful by holding several copies of the books for us. Email Shellie Graziano at [Sheila.Graziano@stmarysmd.com](mailto:Sheila.Graziano@stmarysmd.com) to find out what our casual group is reading this month.



## Arthritis Foundation Exercise Program

*New Days and Times*

**Loffler Senior Activity Center IN PERSON**

**Tuesdays and Thursdays 12:30-1:30 p.m.**

**Beginning Tuesday, June 1, 2021**

Now that we have opened our doors and are gradually adding more in-person programs, we are happy to offer you the ever-popular Arthritis Exercise Foundation Exercise Program (AFEP). These simple, gentle movements are suitable for everyone, and are easy to adjust to any fitness level. For your convenience, we've scheduled the classes on a different day and time to accommodate most schedules. Beginning June 1, the AFEP classes will be held

at the Loffler Senior Activity Center from 12:30-1:30 p.m. on Tuesdays and Thursdays.

Reservations are required. To sign up for this class, call 301-475-4200, ext. 1660, beginning at 8 a.m. on May 20.

**Five Element Qigong  
Loffler Senior Activity Center  
IN PERSON**

**Tuesdays & Thursdays  
June 8 - 22 (5 Sessions), 11 a.m.**

Qigong (chee-gung) is an exercise which cultivates better and stronger Qi to develop and maintain stronger health. Five Element Qigong is an ancient Chinese philosophy that all things in the universe are made up of five elements: wood, fire, earth, metal, and water, which represents the five major organs in the human body. Though in itself, Five Element QiGong is a stand-alone exercise which anyone can learn with no previous skills required, it also enhances and develops a deeper understanding of the Tai Chi routines, which are comprised of QiGong movements. Learn how to practice Five Element QiGong whether you have studied Tai Chi or not. Space is limited. To register, please call 301-475-4200, ext. 1660, beginning at 8 a.m. on May 20.



**Independent Project Clubs News**

**Curbside Reveal Events:**

**Wednesdays, May 12 & June 9, 1-3 p.m.**

The Independent Project Clubs continue to offer opportunities for you to work on fun activities at home and then show them to us so we can enjoy your work, too. So far, the Sewing Club has had several projects. A Garden Club was added with the first Reveal in March where the assignment was to present Three Herbs in a Pot, or a small herb garden. Once a month we have a Curbside Project Reveal Day where you have an opportunity to show your project/progress to us in person while practicing all the required safety measures. We take a picture of you and your work then post it on our Facebook page so all our friends can see what you've made/done. On that same day we give you a new assignment which will be due on the next Curbside Project

Reveal Day. Whether or not you've been involved with the project clubs before now, it's not too late to start! Email Shellie at [Sheila.Graziano@stmarysmd.com](mailto:Sheila.Graziano@stmarysmd.com) to learn how you can join a club!

**May Monthly Craft: Make a Gnome  
Loffler Senior Activity Center  
IN PERSON**

**Friday, May 14, 11 a.m.**

Who doesn't love these homely yet charming creatures?! Our version is simple and requires no sewing, though a glue gun will come in handy. This in-person class requires a reservation. To register, call 301-475-4200, ext. 1660, beginning at 8 a.m. on April 26.



**Current Events on Zoom  
May 10, June 14 & 28, 10 a.m.**

Here's a chance to discuss the latest events and news of the day with friends- there's a lot to catch up on! Of course, it is held in a virtual platform, but many of you are getting used to that by now. For those of you that wish to participate but don't have experience with Zoom, we can help. Contact Shellie at [Sheila.Graziano@stmarysmd.com](mailto:Sheila.Graziano@stmarysmd.com) for assistance and/or to sign up. We will send you the link and schedule so you can join in. Zoom is free and easy to learn. Be on the lookout for an announcement regarding the meetings in June - they may be held virtually or live.



**May Health Watch Presentation:  
Joint Inflammation/Arthritis  
Wednesday, May 26; 10 a.m.  
Via Zoom**

We are happy to announce that Mary Tennyson, our Health Watch Coordinator, will resume her monthly health presentations starting with a topic that impacts many of us: Arthritis. What are some triggers and how can you reduce the impacts? Help is available in several forms, right here, for free!

To sign up for this presentation email [Sheila.Graziano@stmarysmd.com](mailto:Sheila.Graziano@stmarysmd.com).

**June Monthly Craft:  
Patriotic Jar Lanterns  
or Centerpieces  
Loffler Senior Activity Center  
IN PERSON  
Friday, June 11; 10 a.m.  
Cost: No charge, participants  
must bring 2 or 3 empty glass  
jars**

Just in time for Flag Day and the 4th of July, we will revisit this fun craft and offer some updated ideas on ways to use these beauties. Anything you don't already have lying around the house can be easily purchased at very little cost.

This in-person class requires a reservation. To register, call 301-475-4200, ext. 1660, beginning at 8 a.m. on May 20.



**More on Self-Reflexology**  
**Friday, June 11; 1 p.m.**

**Via Zoom**

Sarah Strain, Board Certified Reflexologist and Reiki Master returns to deliver another interactive presentation on self-reflexology. She will review some of the basics from the previous session and progress into a discussion and demonstration of reflexology to support specific body systems. Attendance at the previous session with Sarah is not a requirement. This session is available for up to 20 people. You will need reliable internet, a smart phone or computer. Zoom account not required, simply click on the link that will be e-mailed to you the day before the session. To register contact Sheila.Graziano@stmarysmd.com

**June Health Watch Presentation:**  
**Pain Management**  
**Loffler Senior Activity Center**  
**IN PERSON**

**Wednesday, June 16; 10 a.m.**

Mary Tennyson will discuss living with chronic pain, ways to assess, chronicle and manage it, to better discuss it with your Doctor, plus offer tips on coping. You will receive handouts and helpful links.

Important Notice: This presentation will be live at the center and will require a reservation.

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



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



If you are the caregiver for another person, whether in professional or family capacity, we know that your position, though very rewarding offers challenges as well. Because of this, we like to bring to your attention resources and opportunities that support you, the caregiver.

**Family Caregiver Alliance** is a non-profit organization that offers a wide range of caregiver resources, including caregiving tips, information, and encouragement about taking care of yourself as a caregiver, connections to community organizations and agencies, and overviews of health conditions. You can access this wealth of information here:

<https://www.caregiver.org/caregiver-resources/>. Thank you for all that you do!



**FAMILY CAREGIVER ALLIANCE®**  
*National Center on Caregiving*



# LYME DISEASE

## MAY IS LYME DISEASE AWARENESS MONTH

THE LYME DISEASE DISCUSSION & SUPPORT INITIATIVE  
2021 COMMUNITY RESOURCE



### Lyme Action Tool Kit

#### What you should know & what you can do

A public education tool addressing the complex issue of tick-borne disease from an advocate's perspective.

**If you're sick, diagnosed, or looking for general info,** 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.



*Awarded 2019 Program of Excellence from the Maryland Association of Senior Centers to the Northern Senior Activity Center, for Nutrition and Health*

#### To Get your Kit:

Contact the Center's front desk at (301) 475-4200, ext. 3101

~ Kit Topics ~

#### Awareness

Become knowledgeable by looking for, listening to and sharing information that benefits us all and our public health. Learn about credible sites and resources.

© **Tip: There's a distinction between a Lyme infection & Lyme Disease.**

#### Action

What measures can be taken to avoid infection and protect yourself and family? Find out the next steps or establish a plan-of-action if you're sick, diagnosed, or caring for someone with Lyme or tick-borne illness.

© **Tip: Ticks are most active March-December BUT can survive and be active all year-round.**

#### Advocacy

Being an advocate may directly affect someone or have a broader public impact. So, how do you get involved or help your community? And how do you make sure you're informed of your own rights, state laws and legislative initiatives?

© **Tip: Maryland Law states you are to be informed that a negative test result does not mean you don't have Lyme Disease (because the tests are problematic).**



ST. MARY'S COUNTY  
DEPARTMENT OF AGING & HUMAN SERVICES  
Working Together - Caring About You

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

# Welcome, Cheryl!



The Department of Aging & Human Services would like to welcome Cheryl Hiller as the newest member of our team. Cheryl has been a fitness contractor for our Department over the last 13 years helping our members with their health and fitness. She is now taking on the role of Program Specialist for the Northern Senior Activity Center.

Cheryl has a wealth of experience working in the recreation and fitness industry and is certified in exercise programs designed specifically for seniors. She has also become a local artist, particularly known for her unique mosaic arts.

We're so pleased to have Cheryl working full-time to plan and facilitate activities and programs for our members. Many will be delighted to see her familiar face - now on a regular basis. Congratulations, Cheryl!

**Color or watercolor your view of the Center  
and make it as beautiful as you know it is.  
We'd love to see the results!**





# Summertime at the Center

## Word Scramble (solution on page 32)

### Word Scramble – Summertime at and around Northern Senior Activity Center

We know how much you enjoy its beautiful property.

Can you find below some of what you'll see if taking a stroll nearby?

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dailsdoff  
 heert chont lairt  
 scelbicy  
 kleswar  
 shiam gugby  
 kiter  
 der pleam  
 wideklas  
 glafs  
 pots gins  
 chulm  
 pieroil



Archive photos used from the Northern Senior Activity Center. Please be advised, face coverings are required until further notice while participating in activities.

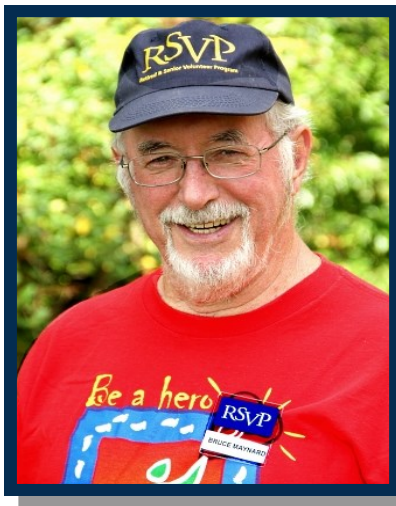
# Retired and Senior Volunteer Program

*By Norine Rowe, RSVP Program Manager*

## RSVP Volunteers Show Why Older Americans Month is Worth Celebrating!

As we celebrate Older Americans Month in May, I look to our RSVP volunteers who show through their many acts of service just how much seniors can accomplish and contribute well into their golden years. Below, we honor two RSVP Volunteers who earned the Presidential Lifetime Achievement Award—our program’s top honor—for giving more than 4,000 hours of lifetime service. They provide shining examples of Seniors in Service to our Community!

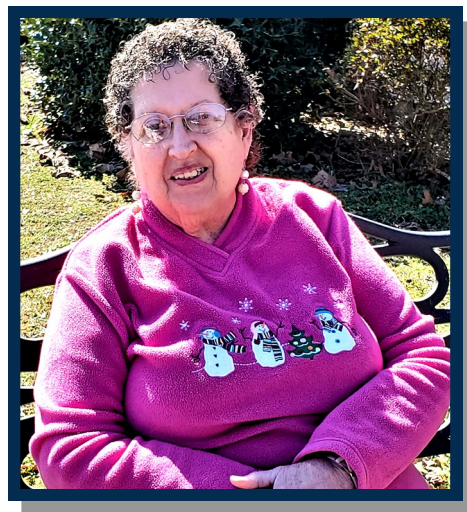
### Presidential Lifetime Achievement Award Winner Bruce Maynard



“Volunteering gives me a reason to get up in the morning and helps me do something worthwhile,” said Bruce Maynard, who has served 4,002 hours since joining RSVP in 2011. For many years, Bruce served as an AARP Tax Aide Volunteer. He later joined A Community That Shares (ACTS) where he repairs and distributes medical equipment free of charge to persons in need. He also serves as ACTS Vice President. Throughout the COVID-19 pandemic, Bruce has continued to provide this critical community service, helping persons acquire the assistive equipment they need to maintain their mobility and independence. “It’s good to get out of the house and associate with people,” said Bruce. “Plus, volunteering has made me a better person. When I see how much people appreciate my help, it reminds me to express gratitude for the help I receive.”

### Presidential Lifetime Achievement Award Winner Chris Harris-Boatman

“Volunteering gives you a purpose in life,” said RSVP Volunteer Chris Harris-Boatman. “Just sitting around is no good. If you can do something to help someone else, do it!” Chris has served 4,772 hours since joining RSVP in 2013. Just this past year, she spent 809 hours during COVID-19 making more than 400 face-coverings that have been distributed free of charge to local rescue squads, non-profit organizations, and individuals in need. She has also served as an Assistant Activity Leader, Northern Homemaker, and Crime Solvers volunteer at the Northern Senior Activity Center. Throughout her service, Chris shares her time, talents, and skills to benefit others in our community. “I just like helping people. Serving others makes this world a better place and you a better person,” said Chris. “We’re all in this together,” she added.



“Everybody needs help with something, so if you can help somebody, help them!”

**RSVP Senior Survival Stories**  
**“Porch-Traits” of Volunteers Coping, Surviving, & Thriving in COVID-19**  
**RSVP Volunteer Reginald Townsend Sails Safely Throughout Pandemic**



*Reggie Townsend is pictured here with daughter Jasmine aboard the sailing vessel he designed.*

According to RSVP Volunteer Reginald “Reggie” Townsend, the pursuit of learning has served him well throughout life and also during the COVID-19 pandemic. When not volunteering as a Judge in the Teen Court Program or as a member of the RSVP Community Advisory Committee, Reggie nurtures a wide range of interests, including history, archeology, paleontology, astronomy, climatology, carpentry, wood carving, classic literature, playing music, archery, marksmanship, sailing, navigation, and sailors’ arts. “In my opinion, one should never stop learning—or re-learning—regardless of one’s age,” said Reggie. “I have always tried to learn as much as I can about as many things as possible.”

Throughout the pandemic, Reggie has stayed true to his belief that learning should be a lifelong endeavor. He revisited a book on sailing which he wrote several years ago, and spent several weeks editing the manuscript for publishing, possibly as an e-book. He is also getting into “drone” flying and has decided to get a commercial drone license.

What is Reggie’s Pandemic Survival Advice to others? “Find something that you have always wanted to do and go do it. Or find something that you used to enjoy but haven’t done for years, and start doing it again,” he said. “And if you physically cannot do that something, expend some energy in figuring out how to do it virtually.” So, there you have it—keep on keepin’ on, keep on learning, keep on growing, stay inquisitive, stay active, stay engaged.



*RAINBOW, the 63-foot boat Reggie built, was featured in the November-December 2020 issue of *WoodenBoat Magazine*.*

**RSVP office visits are by appointment only.**  
**To Schedule an Office Visit, call 301-475-4200, ext. 1650 or**  
**1653, or email [RSVP@stmarysmd.com](mailto:RSVP@stmarysmd.com)**

# Reopening the Senior Activity Centers

By Alice Allen, Senior Center Operations Division Manager

REOPENING

✓ COVIDSafe

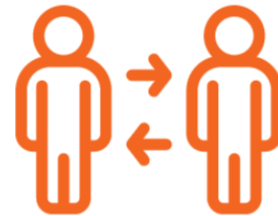
The Department of Aging & Human Services is pleased to announce the Senior Activity Centers will re-open to the public on Tuesday, April 27. Hours of operation for the Loffler, Garvey, and Northern Senior Activity Centers will be Monday-Friday, 9 a.m.-3 p.m. Participants will be required to complete an updated registration form.

Upon reopening, participants will be able make reservations to join in exercise classes, both indoor and outdoor, and utilize exercise equipment available at all three senior activity centers. Physical distancing guidelines must be observed at all times while participating in these activities.

Due to social/physical distancing and resulting space limitations, we will continue virtual programming in

addition to in-person fitness and art instruction classes, among others. Visit [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging) for a full calendar of upcoming activities. While not all activities, such as card, board, and table games, that do not allow for adequate social/physical distancing, are available yet, we look forward to offering an ever-growing roster.

Small groups that can maintain adequate social/physical distancing such as sewing and quilting, and are able to bring their own supplies, will be able to meet. At this time, activities that require direct physical contact such as massage and reflexology will not be available. Bus transportation is not available at this time.



Social Distance & Boundaries

## Please be aware of the following guidelines:

- Complete the Daily Health Screening tool before entrance. Participants' temperature will be checked at the door before entering the facility. Anyone with a fever of 100° F or higher and/or completing an unsatisfactory health screening will be asked to return another day.



- If able to enter, consumers will proceed to receptionist who will confirm activity appointment and punch fitness card, if needed.

- Class sizes will be limited to allow for a minimum of 6 feet social/physical distancing. **A reservation to participate must be made in advance** by calling the reception desk at the center one wishes to attend. No drop-in programs or visits will be allowed at this time. Drop-in activity will resume at a later time when deemed safe.

NEW BEGINNING

- Observe social/physical distancing guidelines as recommended by the Centers for Disease Control, the Local Health Department and St. Mary's County Government.

- Always wear a face covering when indoors; and when outside if unable to maintain 6 ft. distance while walking through the parking lot and on the grounds. Outdoor group activities involving physical activity (walking, pickleball, biking) also require wearing a face covering and additional space for physical distancing.

- Seniors should arrive no more than 10 minutes before their planned activity or appointment. Participants should leave the building within 10 minutes after completion of their activity or appointment.



- Have an up-to-date signed waiver and AIM registration form on file with the Department; checked by staff before arrival.

- Provide for frequent hand washing or use of hand sanitizer ( $\geq 60\%$  alcohol) throughout the building.

- Use of exercise equipment will be by appointment only, limited to 45 minutes. One exercise appointment will be available each hour, on the hour, to allow 15 minutes for adequate cleaning between consumers. Household members may exercise together. Face

coverings will be worn at all times.

- Participants in group exercise classes will be spaced 8-10 ft. apart, with floors appropriately marked for social/physical distancing. Each participant will supply their own equipment (mat, hand weights, exercise band, etc.).

- Face coverings are required while exercising unless the participant has a documented medical exclusion. Approval of a medical exclusion is determined by the County Nurse based on medical documentation before admittance to a senior activity center is allowed.

- If fans are used during exercise classes, they will be overhead, not directly aimed at exercise participants.

- Signage will be placed outside of the restrooms. Restrooms will be limited to  $\frac{1}{2}$  capacity so that social distancing may be maintained.

- Due to limited space and availability of programs, only St. Mary's County residents will be able to attend.



Your cooperation with these guidelines helps to ensure the health and safety of everyone at the senior activity centers. The Department of Aging & Human Services is pleased to welcome our community members back and we look forward to seeing everyone soon!

# WORD FIND

## NAUTICALLY YOURS WORD SEARCH PUZZLE



30

- |           |             |           |           |
|-----------|-------------|-----------|-----------|
| ANCHOR    | CROW'S NEST | GANGPLANK | RIGGING   |
| BEACON    | DINGHY      | HARBOR    | RUDDER    |
| BOATSWAIN | DUNNAGE     | MAIN MAST | SPAR      |
| BRIDGE    | ENGINE ROOM | PORT      | STARBOARD |
| CAPTAIN   | FORESAIL    | PROPELLER | STERN     |

**Solution on Page 33**

# SODOKU

		3	1		4		2	5
		8	9		7		3	
	5		2			6		
	8			7	1			
				9				
			5	4			7	
		5			6		1	
	1		7		5	2		
6	7		3		9	5		

1sudoku.com

n° 228328 - Level Medium

2						9	5	7
		5	2		9			
		6						8
3			9				7	
6			5		4			2
	4				1			9
4						8		
			1		2	7		
5	2	9						4

1sudoku.com

n° 21569 - Level Medium

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	6					2		
2				1		3		
				5		9		8
	1		9	7	6		3	
4		9		8				
		4		9				6
		7					9	
			2			4	5	

1sudoku.com

n° 323916 - Level Hard

		3			5	8		
1		9			3		4	
			9				2	
6			1					
	5	1		3		7	8	
					7			6
	1				9			
	3		7			2		5
		7	2			1		

1sudoku.com

n° 320810 - Level Hard

**Solution on Page 34**

## PUZZLE SOLUTIONS

### Word Scramble – Summertime at and around Northern Senior Activity Center

We know how much you enjoy its beautiful property. Can you find below some of what you'll see if taking a stroll nearby?

<u>d</u> <u>a</u> <u>f</u> <u>f</u> <u>o</u> <u>d</u> <u>i</u> <u>l</u> <u>s</u>	dailsdoff
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<u>w</u> <u>a</u> <u>l</u> <u>k</u> <u>e</u> <u>r</u> <u>s</u>	kleswar
<u>A</u> <u>m</u> <u>i</u> <u>s</u> <u>h</u> <u>b</u> <u>u</u> <u>g</u> <u>g</u> <u>y</u>	shiAm gugby
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<u>r</u> <u>e</u> <u>d</u> <u>m</u> <u>a</u> <u>p</u> <u>l</u> <u>e</u>	der pleam
<u>s</u> <u>i</u> <u>d</u> <u>e</u> <u>w</u> <u>a</u> <u>l</u> <u>k</u>	wideklas
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<u>l</u> <u>i</u> <u>r</u> <u>i</u> <u>o</u> <u>p</u> <u>e</u>	pieroil





# PUZZLE SOLUTIONS

Solutions :

7	9	3	1	6	4	8	2	5
2	6	8	9	5	7	4	3	1
4	5	1	2	3	8	6	9	7
5	8	9	6	7	1	3	4	2
3	4	7	8	9	2	1	5	6
1	2	6	5	4	3	9	7	8
8	3	5	4	2	6	7	1	9
9	1	4	7	8	5	2	6	3
6	7	2	3	1	9	5	8	4

1sudoku.com

n° 228328 - Level Medium

2	8	4	6	1	3	9	5	7
1	7	5	2	8	9	6	4	3
9	3	6	4	5	7	2	1	8
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6	9	1	5	7	4	3	8	2
7	4	2	8	3	1	5	6	9
4	1	7	3	9	5	8	2	6
8	6	3	1	4	2	7	9	5
5	2	9	7	6	8	1	3	4

1sudoku.com

n° 21569 - Level Medium

3	7	1	8	2	5	6	4	9
9	6	5	7	3	4	2	8	1
2	4	8	6	1	9	3	7	5
7	3	6	4	5	2	9	1	8
8	1	2	9	7	6	5	3	4
4	5	9	1	8	3	7	6	2
5	8	4	3	9	7	1	2	6
6	2	7	5	4	1	8	9	3
1	9	3	2	6	8	4	5	7

1sudoku.com

n° 323916 - Level Hard

7	2	3	4	1	5	8	6	9
1	6	9	8	2	3	5	4	7
4	8	5	9	7	6	3	2	1
6	7	8	1	9	2	4	5	3
9	5	1	6	3	4	7	8	2
3	4	2	5	8	7	9	1	6
2	1	4	3	5	9	6	7	8
8	3	6	7	4	1	2	9	5
5	9	7	2	6	8	1	3	4

1sudoku.com

n° 320810 - Level Hard

# 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](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** 41780 Baldrige Street  
301-475-4200, ext. 1050 Leonardtown, MD 20650

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

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

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

**Human Services and MAP Site** 23115 Leonard Hall Drive  
301-475-4200, ext. 1057 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, May 31 - Memorial Day**

**NEW BEGINNING**