

NEW BEGINNING

VOLUME 35 ISSUE 6

NOVEMBER/DECEMBER 2022

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



Honoring Family Caregivers

In This Issue...



Eating for Oral Health As people age, many begin to notice increasing oral and dental problems. Learn about the connection between the food you eat and the health of your teeth and gums!Page 5

Medicare Open Enrollment Now Available Open Enrollment for Medicare Part D prescription drug plans will continue through December 7.Page 10



Veterans Resource Day Veterans, Active Service Men and women, their friends, and their families are all invited to join the Department of Aging & Human Services for Veterans Resource Day!...Page 12

Folk Salad Live at Garvey! Join us for Folk Salad on Friday, December 16, at 12:30 p.m. at the Garvey Senior Activity Center!Page 17



2



Custom Christmas Wreath Want to get in the Christmas spirit? Let's make a wreath! Shelley Russell of Sunnyside Florals will demonstrate how to create a custom wreath at the Northern Senior Activity Center on Thursday, Dec. 15!Page 27

RSVP Seeking Volunteers Are you looking for a way to get involved in your community? Consider volunteering with the Retired & Senior Volunteer Program, open to everyone 55+!.....Page 29



From the Director's Desk

By Lori Jennings-Harris, Director

Honoring Family Caregivers!

What is family caregiving?

As life expectancies increase, medical treatments advance, and increasing numbers of people live with chronic illness and disabilities, more and more of us find ourselves caring for a loved one at home. Whether you're taking care of an aging parent, a handicapped spouse, or looking after a child with a physical or mental illness, providing care for a family member in need is an act of kindness, love, and loyalty. Day after day, you gift your loved one your care and attention, improving their quality of life, even if they're unable to express their gratitude.



Regardless of your particular circumstances, being a family caregiver is a challenging role and likely one that you haven't been trained to undertake. And like many family caregivers, you probably never anticipated this situation. However, you don't have to be a nursing expert, a superhero, or a saint in order to be a good family caregiver. With the right help and support, you can provide loving, effective care without having to sacrifice yourself in the process. And that can make family caregiving a more rewarding experience—for both you and your loved one.

Family caregiving Tip 1: Accept your feelings

Caregiving can trigger a host of difficult emotions, including anger, fear, resentment, guilt, helplessness, and grief. It's important to acknowledge and accept what you're feeling, both good and bad. Don't beat yourself up over your doubts and misgivings. Having these feelings doesn't mean that you don't love your family member—they simply mean you're human.

Even when you understand why you're feeling the way you do, it can still be upsetting. In order to deal with your feelings, it's important to talk about them. Don't keep your emotions bottled up. Find at least one person you trust to confide in, someone who'll listen to you without interruption or judgment

Tip 2: Find caregiver support

Even if you're the primary family caregiver, you can't do everything on your own. This is especially true if you're caregiving from a distance (more than an hour's drive from your family member).

Continued on page 9

NEW BEGINNING

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

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

Editor: Sarah Miller
Manager, DAHS Community Programs
& Outreach Division

NEW BEGINNING

is published bi-monthly by the
St. Mary's County Department of
Aging & Human Services.
Articles may be reprinted from
this newsletter but must be
attributed to
"SMCDAHS, New Beginning."

To receive a copy of this
newsletter through the U.S. Mail,
call 301-475-4200, ext. 1050.
Editorial submissions should
be sent to:

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

or visit the website at:

www.stmaryscountymd.gov/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.

COMMISSION ON AGING

VETERANS HOME DIRECTOR'S PRESENTATION: PART 2



In the last edition of the New Beginning, you were provided with information provided to the Commission on Aging by the Charlotte Hall Veteran's Home Director, Michelle Cariaso. Following is a summary of that information.

- Charlotte Hall Veteran's Home is a function of the Maryland State Department of Veterans Affairs.
It opened in 1985, now celebrating "Service to those who Served" for 37 years.
Funding, on average, is 65% federal and 35% state. The US Department of Veteran's Affairs is the federal agency that oversees the awarding and use of Federal funds.
CHVH has 318 skilled nursing beds and 126 assisted living beds.

Costs are always a factor. Maryland state residents receive an individual per diem grant from the US Department of Veteran's affairs that lowers their out-of-pocket expenses. Eligibility for this assistance is dependent on several factors including personal resources, long term care insurance, Medicare and Medicaid coverage. Being rated with a 75% or greater service-related disability may qualify you for full benefits that cover the cost of nursing home care. The current per diem cost of a nursing home room is \$290 per day. The state grant subsidy can be as much as \$121 leaving the Veteran to cover \$69 per day of out of pocket cost.

Admission to Maryland's Veteran's Home in Charlotte Hall is contingent upon Maryland residency at the time of entry into one of the military services or immediately prior to admission to the Veteran's Home at Charlotte Hall. Did you know that some non-veteran spouses of veterans may be eligible for admission. Unless fully disabled under federal standards, applicants must be at least 62 years of age.

This is not intended as a complete description of all the programs, rules and costs of being a resident of the Veteran's Home at Charlotte Hall. We hope it encourages you to seek out more information if you are a Veteran and in need of such assistance.



REQUEST FOR FEEDBACK FROM READERS:

NEXT COA MEETING

GARVEY SENIOR ACTIVITY CENTER
MONDAY
28 NOV 2022
1:00 PM

The COA is anxious to hear from you. Please provide feedback on the two Veteran's Articles that have appeared in this and the September/October issue of the newsletter. PLEASE also send your suggestions for future articles. We want to pursue your questions, concerns and interests as a senior resident of St. Mary's County. You can email us at CommissionOnAging@stmarysm.com





Nutrition Corner

By Donna Taggert, RD/LD/CDE
Email: dtaggert26@hotmail.com

As people age, many begin to notice increasing oral and dental problems. Approximately 50% of people have some form of periodontal disease. Recent studies show a direct link between periodontal disease and serious chronic diseases such as diabetes and heart disease. Can our food choices have an impact on our oral and dental health? Most definitely! A well-balanced diet can help strengthen our immune system, promote healing, help prevent oral cancers, and contribute to healthy teeth and gums.

So how do we optimize our oral health? Obviously by brushing our teeth twice a day, flossing daily and seeing a dentist on a regular basis, but we can also help with good nutrition. Eating a variety of foods from all the food groups is important but especially choosing calcium rich foods like milk, yogurt, canned salmon with bones, cheese, dark greens, and calcium fortified nondairy drinks. Also important is vitamin C that helps keep the gums strong and healthy. Some examples of Vitamin C rich foods are citrus fruits, strawberries, tomatoes, bell peppers, broccoli, cauliflower, and brussel sprouts.

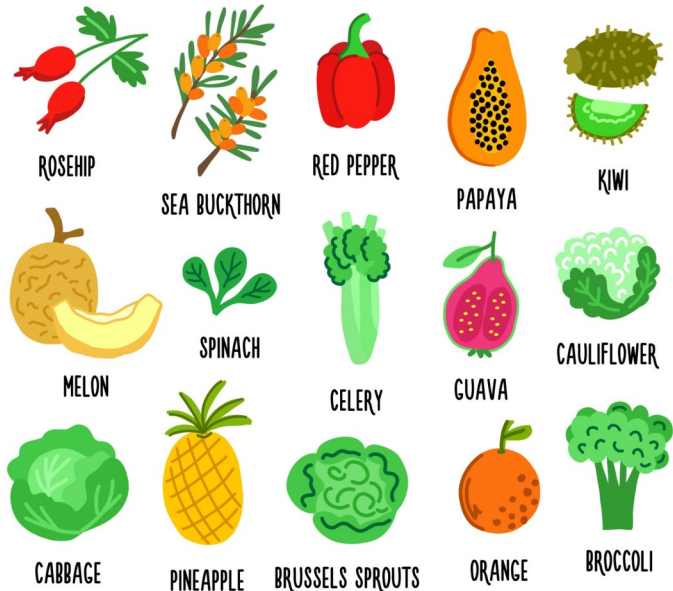
Ask your physician to check your vitamin D levels and if low, ask if you might need a supplement. Foods rich in Vitamin D are dairy products, orange juice, soy milk, and fatty fishes like tuna and salmon.

Try to reduce your intake of sugary beverages like soda, juice drinks, energy drinks and sweetened coffee drinks. Choose water as your beverage of choice.

Finally, if you are unable to brush after a meal or snack, try chewing sugarless gum that has been shown to help prevent cavities.

Remember a diet rich in fruits, vegetables, nuts, seeds, legumes, low fat dairy, whole grains, fish, chicken, lean meats and plant-based proteins not only will help towards keeping your mouth healthy but the rest of your body as well.

FOODS HIGH IN VITAMIN C



Upcoming Nutrition Education Presentations:

Tips to Avoid the Holiday Weight Gain

Garvey - Wednesday, November 2, 10 a.m. and Thursday, November 17, 6 p.m.

Loffler - Monday, November 14, 10 a.m.

Northern - Monday, November 21, 12 p.m.

Home & Community-Based Services

Rebecca Kessler, HCBS Division Manager

Recognizing Case Management Recognition Week



The Department of Aging & Human Services and the Department of Social Services were pleased to join the Commissioners of St. Mary's County and to honor Case Management Recognition Week, held October 9-15!

Case management is a process of assessment, Planning, care coordination, and advocacy to meet an individual's and family's needs through communication and available resources to promote safety, quality of care, and cost-effective outcomes.



6

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@stmaryscountymd.gov
www.stmaryscountymd.gov/aging/MAP

NEW BEGINNING

THIS IS WHAT THEY DO

39% of Americans juggle work and home life while caring for loved ones living with prolonged illnesses or disabilities.

We call them caregivers.

To the people they care for,
THEY ARE SUPER HEROES!

A caregiver

- Will provide emotional support and acts as an advocate for the patient navigating through medical and financial questions.
- Will help their patient avoid loneliness by playing games, watching TV, or just listening.
- Is always thinking about safety, from grab bars in the bathroom to ramps from the street to the front door.



CAREGIVER ROLES

- ✓ **Nurse**
They will make doctor's appointments, dispense medication, monitor symptoms, and perform complex medical tasks.
- ✓ **Helper**
They will help with everyday tasks like shopping, cleaning, bathing, and eating.
- ✓ **Chef**
They will prepare meals, some with special dietary restrictions, all while keeping it within a budget.

60-70
MILLION

The number
of working
caregivers
in the U.S.A.

♀ 66%
♂ 34%

Sometimes
caregiving can be
overwhelming and
lead to burnout.

OUT OF ORDER

COMMON
AILMENTS INCLUDE:
Compassion Fatigue
Chronic Depression
Substance Abuse

TAKING CARE OF THE CAREGIVER

Don't try to do it all - Ask for help. Many times, friends and family members want to help, but don't know how.

Exercise & Eat Right - Relieve stress and boost energy.

Stay Social - Nurture your close relationships. Don't let yourself become isolated.

Give Yourself a Break - Share the responsibility of caregiving with in-home respite care.

10I Mobility
Your First Choice in Mobility Solutions

10IMobility.com

Sources: www.caregiveraction.org • www.caring.com • www.helpguide.org

**WE HELP
CAREGIVERS
EVERY DAY.**

10 WAYS TO DE-STRESS

*** this ***

HOLIDAY SEASON

Discovering ways to unwind and find your calm during this busy time of year can be challenging. So, we've compiled a list of 10 ways to de-stress this holiday season. Try one or all of them!

Take a 15 minute nap

According to the National Sleep Foundation¹, short naps can help reduce tension. Shoot to get 10-15 minutes of shut-eye between 1 p.m. and 3 p.m. when your body's blood sugar usually starts to dip.

Savor a warm cup of tea

Different studies have shown that tea (specifically black and green) may reduce stress levels.^{2,3} Our holiday favorites include peppermint and chai.



Take something off your plate

While it can be easy to accept every invitation you receive to holiday parties and family get-togethers, remember, it's okay to say no! Take one thing off your plate this month by politely declining.

Get Outside

Research indicates getting outside and connecting with nature may help decrease cortisol and heart rate levels.⁴ If you're feeling overwhelmed, take a few minutes to step outside and take a breather, weather permitting.

Do something for yourself

The holiday season is all about giving, but that doesn't mean you should neglect yourself! Take 10 minutes today to do something for you—whether that be reading a book, taking a bath or simply basking in some peace and quiet.

Take a break from social media

Recent research found that active social media users who took a five-day break from Facebook had lower levels of the stress hormone cortisol in their body.⁵

Have a good laugh

According to the Mayo Clinic, enjoying a hearty laugh could help you de-stress.⁶ So play a game with your kids or tell a silly joke to your friend!

Fit in some exercise

Getting your heart pumping can not only help you unwind, but it may also improve your mood.⁸ Lace up those sneakers and hit the trail for a quick 30-minute walk!

Listen to some holiday tunes

Increasing evidence indicates listening to music is more than just an enjoyable past time, it may help reduce stress levels.⁷

Start a new tradition

If you feel bound to a certain tradition (like making three dozen cookies) that no longer serves your health goals, switch it up! Try crafting or decorating the house as a family instead.



1. <https://www.sleep.org/articles/napping-health-benefits/>

2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5537891/>

3. <https://www.ucl.ac.uk/media/library/tea>

4. <https://www.ncbi.nlm.nih.gov/pubmed/21996763>

5. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

6. <https://www.tandfonline.com/doi/abs/10.1080/00224545.2018.1453467?journalCode=vsoc20>

7. <https://www.apa.org/monitor/2013/11/music.aspx>

8. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>

You'll need help from friends, siblings, and other family members, as well as from health professionals.

If you don't get the support you need, you'll quickly burn out—which will compromise your ability to provide care.

But before you can ask for help, you need to have a clear understanding of your family member's needs. Take some time to list all the caregiving tasks required, making it as specific as possible. Then determine which activities you're able to perform (be realistic about your capabilities and the time you have available). The remaining tasks on the list are the ones you'll need to ask others to help you with.

Tip 3: Really connect with your loved one

Pablo Casals, the world-renowned cellist, said, "The capacity to care is the thing which gives life its deepest significance." When handled in the right way, caring for a loved one can bring meaning and pleasure—to both you, the caregiver, and to the person you're caring for. Staying calm and relaxed and taking the time each day to really connect with the person you're caring for can release hormones that boost your mood, reduce stress, and trigger biological changes that improve your physical health. And it has the same effect on your loved one, too.

Even if the person you're caring for can no longer communicate verbally, it's important to take a short time each day to focus fully on him or her. Avoid all distractions—such as the TV, cell phone, and computer—make eye contact (if that's possible), hold the person's hand or stroke their cheek, and talk in a calm, reassuring tone of voice. When you connect in this way, you'll experience a process that lowers stress and supports physical and emotional well-being—for both of you—and you'll experience the "deepest significance" that Casals talks about

Tip 4: Attend to your own needs

If you're distracted, burned out, or otherwise overwhelmed by the daily grind of caregiving, you'll likely find it difficult to connect with the person you're caring for. That's why it's vital that you don't forget about your own needs while you're looking after your loved one. Caregivers need care, too.

Tip 5: Take advantage of community services

Most communities have services to help caregivers. Depending on where you live, the cost may be based on your ability to pay or covered by the care receiver's insurance or your health service. Services that may be available in your community include adult day care centers, home health aides, home-delivered meals, respite care, transportation services, and skilled nursing

Tip 6: Provide long-distance care

Many people take on the role of designated caregiver for a family member—often an older relative or sibling—while living more than an hour's travel away. Trying to manage a loved one's care from a distance can add to feelings of guilt and anxiety and present many other obstacles. But there are steps you can take to prepare for caregiving emergencies and ease the burden of responsibility.

The Department of Aging & Human Services can assist caregivers with their caregiving needs. Our Family Caregiver Support Program may be able to help, if eligible. Contact our Department for more information.

Retrieved 9-2-2022 from <https://www.helpguide.org/articles/parenting-family/family-caregiving.htm>

Senior Information & Assistance

By Melissa Craig, Senior I&A Caseworker




Medicare Part D Open Enrollment

Open Enrollment for Medicare Part D prescription drug plans will continue through December 7. By now everyone enrolled in a Part D drug plan should have received their 2023 annual notice of changes, which states the changes in premiums, co-pays, and Extra Help status. To compare your options for 2023 visit Medicare.gov.

If you need assistance call one of our SHIP Counselors at the Northern Center 301-475-4200, ext. 3104; Loffler Center 301-475-4200, ext. 1654; or Garvey Center 301-475-4200, ext. 1064.

Assistance with the cost of Medicare Part D drug costs is available through the Maryland Senior Prescription Drug Assistance Program and the Social Security Extra Help Program.

WHAT IS MEDICARE PART D?
INSURANCE FOR PRESCRIPTION DRUGS

- 
1 You pick your plan through a private insurance carrier in your state.
- 
2 Pick up your prescriptions from a pharmacy that is in-network with your plan.
- 
3 If you want to shop your Part D plan, you can change plans each year during the Fall Open Enrollment.

!!!Scam Alert!!!

10

There have been multiple reports in our area that Medicare phone scams are on the rise! Please be vigilant and DO NOT disclose your Medicare card information or other personal information. Medicare WILL NOT call you to send you a new Medicare card or to try to offer you more Medicare benefits. If you receive these calls you may attempt to get a call back number and report it to your local Senior Medicare Patrol Coordinator at 301-475-4200, ext. 1064.

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

TJ Hudson
Senior Information & Assistance Caseworker
Northern Senior Activity Center
301-475-4200, ext. 3104
Theron.Hudson@stmaryscountymd.gov

Melissa Craig
Senior Information & Assistance Caseworker
Loffler Senior Activity Center
301-475-4200, ext. 1654
Melissa.Craig@stmaryscountymd.gov

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@stmaryscountymd.gov

Veterans Resource Day



ST. MARY'S COUNTY

DEPARTMENT OF AGING & HUMAN SERVICES
Working Together ~ Caring About You

**Hosted by the
St. Mary's County Department of
Aging & Human Services**

Friday, November 4, 2022

9 a.m. - 2 p.m.

**University of Maryland at Southern Maryland
44219 Airport Road, California, MD**

Presentation:

Brain Injury Association of Maryland

10:30 a.m.

TBI/Combat-related brain injuries and PTSD: Understanding the Link

For more information, contact Sarah Miller

Phone: 301-475-4200, ext 1073

Email: sarah.miller@stmaryscountymd.gov

Website: www.stmaryscountymd.gov/aging/veterans/



**Lunch provided by Mission BBQ for attendees
at 12 p.m.!**

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



NEW BEGINNING

Focus on Fitness

By Brandy Tulley, Senior Center Operations Division Manager

Four Types of Exercise to Improve Your Health and Physical Ability

Many people who exercise tend to focus on one type of exercise; however, research has shown that it is important to get all four types of exercise: endurance, strength, balance, and flexibility.

Endurance activities, also referred to as aerobic exercise, increase your breathing and heart rate. Physical activities that build endurance include:

- Brisk walking
- Yard work
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing pickleball or basketball

Build up to at least 150 minutes of endurance activity a week. Be sure to listen to your body; endurance activities should not cause dizziness or chest pain or pressure. If you are breathing hard but can still have a conversation easily, you are practicing moderate-intensity activity.

Keeping your muscles strong can help with balance and prevent falls and fall-related injuries. Exercises that improve muscle strength are called “strength training” or “resistance training.” Some people choose to use weights to help improve strength. If you do, start by using light weights at first, then gradually add more. Strength training activities include:

- Lifting weights
- Carrying groceries
- Gripping a tennis ball
- Exercising with an elastic resistance band

Try to do strength training exercises for all of your major muscle groups at least 2 days per week, but do not exercise the same muscle group on any 2 days in a row. Be careful not to hold your breath during strength training exercises.

Balance exercises are especially important for older adults to help prevent falls. Many lower-body strength exercises will also improve balance. Balance exercises include:

- Tai Chi
- Standing on one foot
- Heel-to-toe walk
- Standing from a seating position

When practicing balance exercises, it is recommended to have a sturdy chair or other sturdy piece of furniture nearby to hold on to if you feel unsteady.

Stretching exercises are important for maintaining or improving flexibility. Flexibility is needed for basic tasks such as reaching down to tie your shoes or looking over your shoulder when you back your car out of the driveway. Practice stretching exercises when your muscles are warmed up and do not stretch so far that it hurts.

The senior activity centers have classes that touch on all four of the above-mentioned areas of physical activity. Check out the monthly calendars or speak with one of our staff to learn more about our popular fitness programs.

Garvey Senior Activity Center

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

For events requiring registration, visit www.stmaryscountymd.gov/aging and click on the "View & Sign Up for Activities & Programs" button. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 1075.

Drums Alive

Garvey Senior Activity Center

Tuesdays, November 1-December 6, 2 p.m.

Cost: \$12

Join Kathy Creswell, Program Specialist at the Garvey Senior Activity Center for Drums Alive!

Golden Beats stimulates people whether they are young or older, healthy, or ill. When we drum and dance, we are having FUN! This in return releases endorphins and releases negative feelings. The rhythmical patterns of the drum increase synchronization of brain wave activity which in turn provides feelings of euphoria and improved mental awareness and self-acceptance. Golden Beats® is specially designed for the senior population. The cost for the 6-week class is \$12.



Reiki & Reflexology with Sarah Strain

Garvey Senior Activity Center

Thursdays, November 3 & 17, December 1 & 15
10 a.m.-4 p.m.

Cost: \$45 for 45 minutes

The Garvey Senior Activity Center is excited to welcome back Sarah Strain who is ARCB Board Certified. She will be offering Reflexology and Reiki sessions the first and third Thursday of the month, starting on September 1, from 10 a.m.-4 p.m.

Cancellations will be accepted with 24-hour notice.

If cancellation is made day of you will be offered the chance to reschedule.

Reflexology

Reflexology is designed to bring the body into balance through gentle pressure applied to the feet, hands, and ears. Are you experiencing issues with circulation, digestion, or elimination? Would you like to improve your sleep or reduce pain? Is stress taking its toll and you simply need to relax? Sit back in a zero-gravity chair and experience gentle pressure applied to your feet, hands and/or ears. Each pressure point is directly related to specific organs of the body. Stimulation of these areas will help to release tension in that specific area of the body. Sign up for a session to begin your wellness journey.

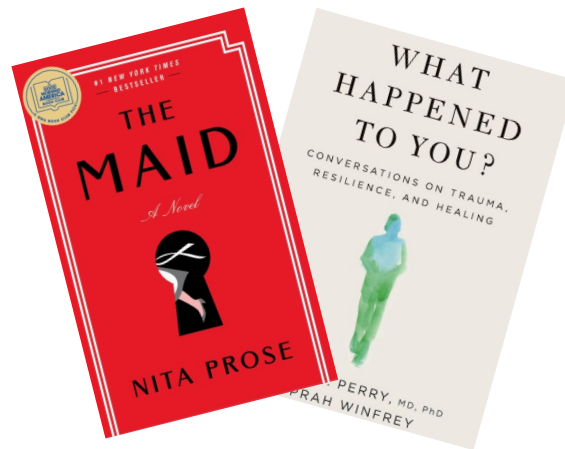
Reiki (Ray-Key)

Reiki originated in Japan and is a form of energy balancing. Using light or no touch, the hands of the practitioner capture and deliver the universal life energy to the client. Combined with crystals, Reiki can help to clear the mind and shift one into a state of clarity. Reiki is known as a healing modality which will go to where it is needed. A Reiki session can help to bring the chakras (energy centers) of the body into balance, reduce stress and calm the mind. Reiki assists in returning the body, mind & spirit to a state of wellness.

Book Discussion Group
Wednesday, November 9 & December 14
11 a.m.

Cost: 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 November the group will discuss *What Happened to You?* by Perry & Winfrey. In December the group will discuss *The Maid* by Nita Prose. To learn more, call 301-475-4200, ext. 1080.



Presented
by Hope & Healing
Garvey Senior Activity Center
Tuesday, November 15, 1 p.m.

As we age life's events can often become overwhelming, both mentally as well as physically.

Especially during this time it's even more important to

take care of your mental wellness. We have collaborated with Hope & Healing Psychotherapy, LLC to bring you a Mental Health Series. Each month we will hear a presentation on a new topic. The topic for November will be *Grief/Loss*. Advance sign up is required and a suggested donation of \$5 for each series is suggested.

Luncheon with Just Us 2
Garvey Senior Activity Center
Tuesday, November 15
Doors Open: 11:30 a.m.
Lunch Served: 12 p.m.
Music: 12:30 p.m.

Pat Nutter and Chris Tenney have performed at a wide variety of establishments throughout southern MD and most recently at the Saturday Night Live Open Mic in Prince Frederick. They are a duo that performs bluegrass, classic country, gospel, and original music. Their music will get your toes and fingers tapping along with their lively music. Lunch will be served before the music starts. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60.



15



Pouring Paint Art
Garvey Senior Activity Center
Friday, November 18, 1:30 p.m.

Cost: \$15

Come join us as Kathy Creswell teaches you a new pouring paint technique! We will have supplies for pouring paint and the instructor will help you along the way. This is a great class for those who don't have any painting experience. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.



Thanksgiving Centerpiece with Sunnyside Florals
Garvey Senior Activity Center
Tuesday, November 22, 1:30 p.m.

Cost: \$45

Would you like a beautiful handmade arrangement for your table for Thanksgiving or to give to a loved one? The Garvey Senior Activity Center is continuing to collaborate 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. If you have been lucky enough to receive one of her designed floral arrangements, you know that every one of them is unique and beautiful. Explore the basics of floral arrangement and design in this hands-on session with Shelley. Freshly cut, locally grown fall 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. November's project will be a Thanksgiving themed fall floral arrangement. All you need to bring is something that you can transport your arrangement in for the ride home. Take home a beautiful, finished bouquet to display or give away! Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.



Hearing Screenings

Garvey Senior Activity Center
Wednesday, December 7, 10 a.m.-1 p.m.

Cost: Free

Dr. Pinno, with Jacobs Audiology, will be at the Garvey Senior Activity Center from 10 a.m.-1 p.m. on Wednesday, December 7. They will be here to answer any questions you may have about hearing loss as well as offering hearing screenings. You can now use the online registration at www.stmarysmd.com/aging. Please call the

Reservation Request Line at 301-475-4200, ext. 1075, to schedule your appointment time.

Fresh Holiday Wreath Class

Garvey Senior Activity Center
Thursday, December 8 (Two class times offered)
10:30 a.m. or 5:30 p.m.

Cost: \$30

What better way to celebrate the holidays than a fresh handmade wreath on your door? Penny Brueggeman, experienced wreath maker will be leading this amazing class. No experience is necessary for this class. Penny will guide you through the steps and all supplies are provided. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.





Whole Body Bliss with Judy Lyons
Garvey Senior Activity Center
Thursday, December 8, 2 p.m.-3:30 p.m.
Cost: \$20

Self-myofascial Release (SMR) is an easy, targeted, and drug-free self-treatment method that can provide immediate and long-lasting pain relief. SMR techniques can improve posture, mobility, stability, range of motion, blood flow, nerve function, and the immune system. This 90-minute workshop addresses multiple issues and conditions from head to toe and can be tailored to your specific needs. Some conditions that benefit from SMR are

Arthritis and Joint Pain, Back Pain, Carpal Tunnel Syndrome, Chronic Fatigue Syndrome, Congestion, Fibromyalgia, Frozen Shoulder, Headaches/Migraines, Plantar Fasciitis, and Repetitive Motion Injuries, Restless Leg Syndrome, Sciatica/Piriformis Syndrome, Scoliosis, TMJ Syndrome and more. Full color illustrated instruction e-book (only) available. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.

Holiday Music & Lunch with Folk Salad

Garvey Senior Activity Center

Friday, December 16

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Music: 12:30 p.m.

Join us for Folk Salad on Friday, December 16, at 12:30 p.m. at the Garvey Senior Activity Center. Folk Salad is an eclectic, acoustic band performing folk, light rock, oldies & originals! They have performed all over St. Mary's County including places like Port of Leonardtown Winery, Lotus Kitchen & the Loffler Senior Activity Center. Come enjoy a delicious lunch and a great performance with Folk Salad. Please call for the menu for the event. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60.



Nutrition Presentation & Counseling with Donna Taggert

Garvey Senior Activity Center

Wednesday, November 2, 10 a.m.

Thursday, November 17, 5:30 p.m.

Cost: 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 November will be "Tips to Avoid the Holiday Weight Gain". There is no cost to attend; however, advance sign up is required. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.



Radiant Energy: Chakra Balancing through Movement, Mantra, & Meditation

Garvey Senior Activity Center

Thursday, November 3, 5:30 – 7:30 p.m.

Cost: \$20

Chakras are energy centers that dwell within our body and aura. The seven major chakras represent certain points in which energy flows through our physical body, organs, systems, and energy fields. Discover each of the body's seven chakras, what each one governs, potential personal

blockages. Learn how to clear and realign your chakras through Asanas/yoga poses, as well as guided meditations. Balancing your energy system brings more harmony to your mind, vitality to your body, and the motivation to embrace life's changes. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.

Dungeons & Dragons

Garvey Senior Activity Center

Mondays, November 21 & December 12, 5:30 p.m.

Cost: Free

Are you a fan of storytelling? Have you ever wanted to be a character in Lord of the Rings? Are you looking for something new to try out? Have you been playing D&D since the 70s and want a new group to adventure with? Join Sarah Miller, Community Programs & Outreach Manager, to learn about D&D and play a series of one-shot campaigns! Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.



Fall Leaf Mason Jars

Garvey Senior Activity Center

Wednesday, November 2, 6 p.m.

Cost: \$10

Come relax and decorate three mason jars with fall leaves. This is a beginner friendly class, and all materials will be provided. You can place little LED lights in your jar to create a cute fall lantern with a warm glow. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.

18

Fall Leaf Bowl

Garvey Senior Activity Center

Wednesday, November 9, 6 p.m.

Cost: \$10

With this cute fall craft, you will be making a bowl made from fall leaves and sealed with Mod Podge. This craft is beginner friendly, and all materials will be included. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.





Fall Decorative Candles
Garvey Senior Activity Center
Wednesday, November 16, 6 p.m.

Cost: \$15

Come decorate flameless candles inside a small glass bowl with fall decorative pieces such as leaves and pinecones. You can use your final project as a center piece for your dinner table or just as a decoration for your home! Class is suitable for any skill level and all materials are supplied.

Snowflake Painted Wine Glasses

Garvey Senior Activity Center
Wednesday, December 7, 6 p.m.

Cost: \$15

Would you love to create a hand painted wine glass with a winter theme? This class is designed for any skill level, where you can paint snowflakes on the outside of your glass. Even if you feel that you do not have the confidence to use a paint brush, you can make snowflakes using a dotting tool. All materials will be provided.



Christmas Ornament Decorating

Garvey Senior Activity Center
Wednesday, December 14, 6 p.m.

Cost: \$10

Come decorate your own ornaments to hang on your Christmas tree this year! Paint, glitter, and more to customize your own ornaments. This class is for any skill level and all materials will be provided.

News From the Garvey Senior Activity Center Council, Inc.

We are pleased the Garvey Senior Activity Center is now offering extended hours Monday - Thursday. In June 2014, The Garvey Senior Activity Center Council, Inc., submitted a request to the Department of Aging & Human Services and the Commissioners of St. Mary's County for a new building for the Senior Activity Center. In December 2015, we became a non-profit organization. We provide volunteer support and financial assistance from our fundraising activities for the Garvey Senior Activity Center. We support programs and entertainment that are offered at the center. We look forward to seeing the Garvey Senior Activity Center offering evening programs. We have 12 board members, including the Executive Officers: Dale Taylor, President; Sam Brown, Vice President; Patricia Armstrong, Secretary; Patricia Robrecht, Treasurer; and Bettie Broadhurst, Parliamentarian. We also have many Associate Members that provide insight on what they would like to see offered at the Garvey Senior Activity Center. We wish to recognize retiring founding members from our original Executive Officers: Margaret Forrest, Vice President and Gail Murdock, Parliamentarian. Their efforts to support us from the beginning are insurmountable. We look forward to Margaret's continued support as a Board Member.

Loffler Senior Activity Center

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

For events requiring registration, visit www.stmaryscountymd.gov/aging and click on the "View & Sign Up for Activities & Programs" button. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 1660.

Nutrition Presentations by Donna Taggert

Loffler Senior Activity Center

Monday, November 14, 10 a.m. - *Tips to Avoid the Holiday Weight Gain*

Cost: Free

Donna presents nutrition topics at the Loffler Senior Activity Center usually on the second Monday of each month at 10 a.m. Register for this talk by going to www.stmaryscountymd.gov/aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660. ADDITIONALLY- Donna offers free personal nutritional education at 11 a.m. on the day she is here if you make an appointment with her by text message or calling 240-538-6539.



Diamond Painting Christmas Cards

Loffler Senior Activity Center

Wednesdays beginning November 2

Cost: \$10

Some of you have been enjoying the diamond painting that takes place at the Loffler Senior Activity Center on Wednesdays after Bingo. If you haven't tried it, the holiday season might be just the right time to do so as we will be offering kits at \$10 each. Each kit contains all the supplies you need to create 8 sparkling Christmas cards you can use for your own décor or give to your favorite people. Includes

high quality paper and envelope. Stop in the office to purchase your kit. Please note: projects are for working on at the center, purchasing multiple kits to take home will not be permitted.

Santa's Workshop- Elves Needed

Loffler Senior Activity Center

Initial Meeting Wednesday, November 9, 10 a.m.

Workshop Space Available Monday thru Friday
8 a.m.-4 p.m.

Our Holiday events are coming up and we are quite excited! This year we are planning to have handmade items for door prizes at our Christmas party as well as for our Final Bingo of the Year. We will have a

meeting on Wednesday, November 9, at 10 a.m. during which we will show you samples of the prizes we want to be made. After that, stations will be set up with supplies and directions in our hidden workshop areas. If you are interested in being part of the magic behind the scenes, sign up for the meeting by going to www.stmaryscountymd.gov/aging or by leaving a message at our reservation line at 301-475- 4200, ext. 1660. Contact Sheila.Graziano@stmaryscountymd.gov for more information.



Art with Jamie

Loffler Senior Activity Center

Tuesdays November 1, 8, 15, 29, 10 a.m.-12 noon

Tuesdays, December 6 & 13, 10 a.m.-12 noon

Cost: \$25 per session

November: The HUMAN FORM is fascinating! We will be studying the way the body moves and how to draw those movements. We will also explore how to draw the face at different angles. If you have ever wanted to learn portrait drawing or to hone your skills drawing the human form, please join us for this 4-week course.

December: Poured Acrylic with a twist! Come prepared to have fun using different techniques and objects as we pour acrylic on canvas, wood, glass, containers etc. These two classes will be separate - you will be able to take home any creation at the end of each session. Advance registration and payment are required for these classes. Go to www.stmaryscountymd.gov/aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660



Veterans Circle Celebration

Loffler Senior Activity Center

Thursday, November 10, 9:30-10:30 a.m.

Cost: \$4 for civilians, FREE for veterans

To honor all veterans, active duty and former service members Loffler Senior Activity Center invites everyone- especially veterans- to gather for this touching tribute to those who have served our country and those who serve today. Veterans- wear your ribbons (and your uniform if you wish). A continental breakfast will begin at 9:30 a.m., opening ceremony at 10 a.m. Cost is \$4 for civilians, FREE for veterans and active-duty service members. To reserve your spot, go to

www.stmaryscountymd.gov/aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660. Indicate if you are a veteran when you sign up. Limited space is available.

November Health Watch: Managing Medications Safely (Plus Vaccines)

Loffler Senior Activity Center

Wednesday, November 16, 9:30 a.m.

Cost: Free

Many thanks to longtime Health Watch Presentation volunteer Mary Tennyson for benefiting us with interesting and informative presentations on a variety of health topics. We appreciate her dedication and wish her well in new endeavors. At the same time, we welcome the new team that will now coordinate the Health Watch Presentations that we've come to count on: Elaine Green, Kathy Blanchette and Susan Humphrey, all volunteers with a background in healthcare! The first topic will be Managing Medications Safely. Additionally, they will discuss the latest information on vaccines. This is a great opportunity to learn ways to safely store and take meds, including over the counter drugs and supplements. Advance registration is required for this presentation. Go to www.stmaryscountymd.gov/aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660.

Educational Video: Medal of Honor

Loffler Senior Activity Center

November 17, 10 a.m., 90 min.

Cost: Free

This video traces the history of the Medal of Honor from its inception during the Civil War through the Iraq War. Focuses on the stories of a valiant few: Sgt. Paul Smith who died protecting his company at the Baghdad Airport; a Holocaust survivor who single-handedly . defends a hill during the Korean War; a Navy SEAL, a veteran of the Vietnam War, who swam for two hours in the ocean, carrying his wounded comrades to safety; a Marine at Iwo Jima who used a flamethrower to silence seven Japanese bunkers. Includes the story of the woman who won the Medal during the Civil War and then lost it.

Gather Together Luncheon

Loffler Senior Activity Center

November 17, 11:30 a.m.

Cost: Lunch donation for 60+; \$6 for under 60

Enjoy a beautiful Thanksgiving-themed luncheon with your friends followed by live holiday music featuring the Great Mills High School Choir! Sign up for this special event at www.stmarysmd.com/Aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660. Limited seating available.



Demonstration: Holiday Charcuterie Board

Loffler Senior Activity Center

Tuesday, December 6, 10 a.m.

Cost: \$10

Hooray- Holiday season is upon us, and gatherings are back! Are you having family and friends over or planning to show up at someone else's event with a dish? What could be more delightful than having a holiday charcuterie board on board? Fun to put together, yet beautiful to behold and delightful to partake, our presenters will demonstrate how you can easily be a culinary artist! After they complete the board and we take a few pictures, YOU get to consume it while indulging in refreshing sparkling fruit juice! Advance registration and payment are required.

Christmas Party: O Christmas Tree

Loffler Senior Activity Center

Friday, December 9, 10 a.m. -2 p.m.

Cost: \$13 suggested ticket donation

Happy news- The annual county-wide Christmas Party is back and returns with many of our favorite elements! Dance to the music of Mean Gene, enjoy a fully catered meal while enjoying the company of good friends, a singalong, party favors and door prizes. This year's theme will be O Christmas Tree. The feast will be provided by local caterer Flavaz. On the menu: Garlic Butter Chicken, Rice Pilaf, Seasoned Green Beans, Roasted Honey Butter Carrots, Dinner Roll, Strawberry Banana Dessert. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660. 150 seats available.





Final Bingo of the Year PLUS Mystery Door Prizes

Loffler Senior Activity Center
Wednesday, December 21, 12 p.m.

Cost: Free

Our last Bingo of the year will be a celebration loaded with surprises. Regular Bingo play will start at noon immediately following lunch with normal Bingo prizes. At 1 p.m. we'll put the cards away and start drawing tickets for door prizes. BUT you won't know what you've won because the prizes will be wrapped!

Advance registration required. Go to

www.stmaryscountymd.gov/aging. If you do not have

access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660. 50 seats available

Loffler Book Club News

Each month, members of the book club gather to talk about the book of the month. The discussions are friendly and honest- everyone's thoughts are appreciated. Copies of the book of the month are on hold at the Lexington Park Library. Contact Shellie Graziano at Sheila.Graziano@stmaryscountymd.gov to learn more about joining this casual group!

Discuss *The Haunting of Hill House* by Shirley Jackson - November 4, 2 p.m.

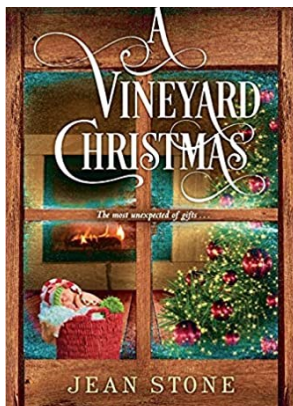
In November read: *Tapestry* by Beth Duke

Book discussion on December 2, 2 p.m.

Twenty-one-year-old Skye Willis lives in Eufaula, Alabama, a tourist mecca of stately homes and world-class bass fishing. Her childhood friends are either stuck at dead ends or have moved on to accomplish Big Things. Her grandmother, Verna, insists on being called "Sparrow" because she suspects her ancestors were Muscogee Creek. Skye has no idea what to do with her life. She's smart, but she has no faith or knowledge there's something out there she was "born to do." Nor does she know much of anything about her father, who died in Afghanistan when she was a toddler. He and his family are a mystery her mother won't discuss. But when Sparrow sets out to confirm her Creek ancestry through genetic testing, Skye joins in. The results hit like a DNA bomb, launching them both on a path filled with surprises and life-changing events. Skye learns a harder truth than she ever expected.



23



In December read *A Vineyard Christmas* by Jean Stone

Book discussion on January 6, 2023, 2 p.m.

Annie Sutton rents a cozy cottage on Chappaquiddick, a very private portion of the island of Martha's Vineyard. As a blizzard approaches, Annie finds on her front porch a basket containing a baby girl. A note reads: "I named her Bella, after my grandmother. Please help her because I can't." Annie decides to keep the baby and try to find the birth mother, giving her a chance to change her mind. But this secret is hard to keep in this small island community, especially around Christmastime.

Northern Senior Activity Center

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

For events requiring registration, visit www.stmaryscountymd.gov/aging and click on the “View & Sign Up for Activities & Programs” button. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.



Cycling Without Age (Monthly)

Northern Senior Activity Center

Thursday, November 3 & December 1, 9 a.m.-Noon

Cost: Free

Cycling Without Age, St. Mary’s County, is designed to create extraordinary experiences by providing rickshaw rides for older adults driven by trained volunteers. Christina Allen provides rides monthly on Three Notch Trail with her trishaw bicycle. These rides are by appointment with limited availability.

A Meal with Heroes for Veterans Day

Northern Senior Activity Center

Wednesday, November 9, 11 a.m.-12:30 p.m.

Cost: Lunch fees apply

Enjoy a meal with our country’s heroes! We have collaborated with Charlotte Hall Veterans Home on a luncheon to celebrate the upcoming Veterans Day. A few residents are visiting to have a lunch with us. Take the time to hear their stories, socialize, and get to know our neighbors from a few doors down. We will also recognize the Veterans in attendance, including branch of service and years served. The delicious meatloaf meal is \$6 if you are under 60 and by donation for those 60+ years of age, and payable that day.



Flag History & Protocols

Northern Senior Activity Center

Wednesday, November 9, 1-3 p.m.

Cost: Free

In honor of Veterans Day, Mike Barbour AECS, USN (Ret.) from the Southern Maryland American Legion Post 221 in Avenue, MD will give a

presentation on the United States flag and other flags related to the military. This presentation will include the history and protocols regarding these flags.



**Hearing Screenings
with Freedom Hearing
Center LLC**

Northern Senior
Activity Center

Thursday, November 10,
10:30 a.m.-12:30 p.m.

Cost: Free

Audiologist Becky Guy with

Freedom Audiology will be visiting the Center and able to take 15-minute hearing screening appointments. Limited spots are available. Appointments are required and scheduled in advance.



More Energy, Better Memory Workshop

Northern Senior Activity Center

Monday, November 14, 1-2:30 p.m.

Cost: \$15

If you'd like more energy instantly and a sharper mental focus regularly, then this workshop is for you! Learn how to activate wakefulness, motivation and quick memory recall any time of day – in just minutes – with simple, gentle, research-proven techniques, mindful movements, and a variety of fun body-brain teasers. Judi Lyons/ Mindful Motions Md., is YACEP®, E-RYT® 200, EMYoga® Certified, RYT® 500 Therapeutic .

Wii Bowling League: Winter Edition

Northern Senior Activity Center

Tuesdays, November 15 to December 20, 1-3:30 p.m.

Coat: Free

Ready to strike up a good time this Spring with your friends at the Center? Join us for the third league-style Wii bowling event with staff-led teams and some fun, good ol' group competition. Space is limited. Pre-registration is required.



Turkey & Tunes Thanksgiving

Luncheon with P.M. Barber

Northern Senior Activity Center

Monday, November 21, 11 a.m.-12:30 p.m.

Cost: \$2 entertainment fee, Lunch fees apply

Happy Thanksgiving! You're invited to the fun and fellowship of our family-style meal. Join us for a tasty lunch featuring classic Turkey Day dishes, and live music from one of our favorite performers, P.M. Barber. The special event fee charged at the time of registration helps with entertainer's costs. The lunch meal is \$6 if you are under 60 and by donation for those 60+ years of age, and payable that day.



Qigong Flow for Brain Optimization Workshop
Northern Senior Activity Center

Wednesday, November 30, 1-2:30 p.m., \$15

Join Paty Massón, Chair Yoga instructor, for a special workshop focused on relaxation and easy meditation techniques to create more elasticity in the brain. Gentle body movements of Qigong will release stagnant Qi (vital force) and increase circulation through the energy channels. Paty will guide a gentle self-massage on the head to stimulate neurovascular points for optimization of brain functions. At the end, there will be a tea ceremony to share the energy experience among participants. Paty Massón is certified in RYT® 500, CBT, and Qigong.

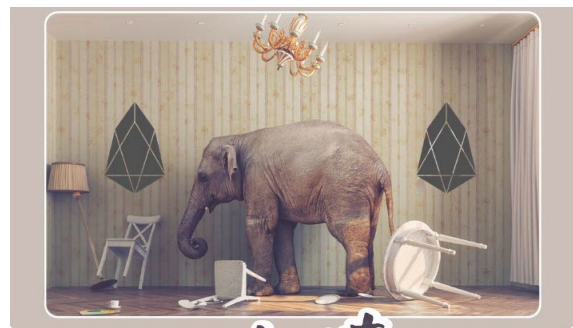
The Elephant in the Room with Melinda Ruppert, LCPC – Grief Program

Northern Senior Activity Center

Friday, December 2, 1-2:30 p.m.

Cost: Free

We all know someone who is grieving. At times, it can be challenging to be there for them. Grief can sometimes feel like the “elephant in the room.” Everyone knows it’s there, but nobody wants to acknowledge it. Mechanicsville-based grief counselor, Melinda Ruppert, LCPC, will provide a better understanding of how to support someone experiencing loss. Melinda encourages everyone to bring questions or share ideas for an interactive discussion. Take advantage of this free advice from a professional!



The Elephant in the Room

How to help someone who is grieving



Snow Family Craft

Northern Senior Activity Center

Monday, December 5, 10:30-11:30 a.m. OR 12:30-1:30 p.m.

Cost: \$2

Our Center’s creative and crafty ambassador, Martha Baker, has an easy & fun winter-themed craft! This charming “snow family” is assembled using items such as mason jars, buttons, and felt. It makes for the perfect gift or decorative piece for the holidays. All materials are included in price.

Watercolor with T.L. Ford - Distant Mountain

Northern Senior Activity Center

Monday, December 19, 1-3 p.m.

Cost: \$25

Come have fun with watercolors! Using professional grade supplies, learn wet-in-wet and other techniques for the soft, feathery effect that is the trademark of watercolors. You can also learn color mixing and blending. No experience necessary. All supplies provided. T.L. Ford is an experienced artist and published author from the local area.



Breakfast Café

Northern Senior Activity Center

Wednesdays, Nov. 16 and Dec. 14, 9-10 a.m., \$5

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

Breakfast for Nov. 16 will be: *Bacon, Scrambled eggs, Pancakes, Fruit*

Breakfast for Dec. 14 will be: *Christmas Casserole, Hash Browns, Biscuit, Fruit, Sweet Roll*

The cost is \$5 and is due at sign up. Space is limited.

To sign up and pay for breakfast in advance, visit the front desk.



Christmas Wreath Making with Sunnyside Florals

Northern Senior Activity Center

Thursday, December 15, 1-2:30 p.m.

Cost: \$60

Want to get in the Christmas spirit? Let's make a wreath! Shelley Russell of Sunnyside Florals will demonstrate how to create a custom wreath using a 24-inch artificial base with fresh greenery, berries, pods and dried flowers, with finishing bow. All supplies are provided and prepped. Instruction is provided with participant responsible for assembly.

Drums Alive® - Golden Beats

Northern Senior Activity Center

Dates & Times TBD

Cost: \$12 for 6-week class

This is a new program at the Center facilitated by Program Specialist Keilan Ruppert. Golden Beats stimulates individuals of any age. When we drum and dance, we are having FUN! This in return releases endorphins and releases negative feelings. The rhythmical patterns of the drum increase synchronization of brain wave activity which in turn provides feelings of euphoria and improved mental awareness and self-acceptance. Golden Beats® is specially designed for the senior population.



Winter Bazaar (Open to Public)

Northern Senior Activity Center

Friday, December 2, 9 a.m.-4 p.m.

Our seniors are back with more unique items to sell. This event is not strictly a craft sale, so the possibilities are endless! Pick up a few gifts for the holiday season and support local merchants. Invite your family & friends to shop with you – this event is open to the public. No registration needed. See you there!



Retired and Senior Volunteer Program

By : *Monika Williams, RSVP Program Manager*



This newsletter's theme is Honoring Family Caregivers. Most people will become a family caregiver at some point in life. As the years go by our loved ones become frail and need assistance. There always seems to be at least one family member who steps up to become the designated caregiver. Most times that one caregiver has many other family members who could help but choose not to. Caregiving isn't an easy role. It is demanding and calls for much selflessness. Thank goodness for the family

caregiver who embraces the responsibility of love and compassion. Your reward is a happy heart whose love has been poured out and received by someone in need. Your mind can be at ease knowing you gave of yourself to better the quality of life for your loved one. May you receive the same if you ever find yourself in need of help and unable to care for yourself. The Retired & Senior Volunteer Program (RSVP) identifies with some of the same principles.

Volunteers choose to give of themselves to better the community. They fill-in the gaps for families, organizations, and charities. Are you wondering how do RSVP volunteers accomplish these things? RSVP volunteers provide groceries to struggling families. They deliver meals to homebound seniors. RSVP volunteers drive seniors to doctor appointments, grocery shopping, and social engagements. They provide convalescent medical equipment to seniors in need. RSVP volunteers conduct tours for historical museums, provide art and exercise classes, and offer office assistance. There are so much more services the RSVP volunteers provide to our community. If you are feeling a need to share your skills and want to make a difference in your community, please call the RSVP office at 301-475-4200, ext. 1653. We will connect you to a rewarding volunteering opportunity of your interest.

Our Artistic Volunteers!

Congratulations to RSVP volunteer Chris Sisk for receiving a 1st place ribbon for her art card display she entered into the St. Mary's County Fair. Chris creates cards such as these for the "Senior Connections" RSVP station to send to homebound seniors. Great job Chris!

Do you want to get involved in making cards for those who need a little sunshine in their lives? Contact the RSVP Program to find out more!



Happy Thanksgiving RSVP Volunteers!

Thanksgiving is a time to be thankful and enjoying family. RSVP is so thankful for your hard work and tireless dedication. May your holiday be full of yummy turkey, happiness, and the love of family and friends!

Volunteer Opportunities

Are you looking for a way to get involved in your community? Consider volunteering with one of the stations listed below!

Are you a potential volunteer station seeking helping hands? RSVP is always seeking new avenues to offer volunteering opportunities!

Please feel free to contact the RSVP office with any suggestions of potential stations at rsvp@stmaryscountymd.gov or 301-475-4200, ext. 1653.



Home-Delivered Meals

- Volunteer Drivers needed to deliver meals to homebound older adults living in the Mechanicsville, Leonardtown, and Lexington Park areas.

Historic Sotterley

- Tour Guide
- Museum Gift Shop
- Garden Attendant

Northern Senior Activity Center

- Chess Volunteer
- Billiard volunteer: teach seniors the game of pool, potentially assist with forming a billiards club
- Outdoor landscaping,
- Lending Library Assistant
- Book Club Leader

Hospice of St. Mary's

- Patient Care
- House Patient Cook
- Office Help

Teen Court

- Teen Court Judge
- Hearing Support Assistants
- Administrative Assistant

A Community That Shares (ACTS)

- Receiving and dispersing medical equipment
- Repairing Equipment

Charlotte Hall Veterans Home

- Activity Assistant
- Gift Shop Attendant
- Technical Support

Garvey Senior Activity Center

- Evening front desk assistance, activity leaders for art, exercise, and dance classes, card group leaders, pool table play leader.

St. Clement's Island Museum

- Special Event Set-Up
- Front Desk Attendant
- Manifest Assistance

Senior Rides

- Drivers to transport seniors to doctor appointments and grocery shopping.

Loffler

Senior Activity Center

- Zoom Activity Monitor

Patuxent River Naval Air Museum

- Tour Guide
- Flight Simulator Team
- Exhibit Team
- Organizing & Data Entry

Habitat for Humanity ReStore

- Customer Assistant
- Showroom Attendant



Retired and Senior Volunteer Program of St. Mary's County



Ongoing Activities - Garvey

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Tues. & Thurs. 9:45-10:30 a.m. Fri. 8:45 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Art Studio	2 nd & 4 th Friday of the month 12:30 – 4 p.m.	Open Art Studio hours. Bring your own supplies. Instruction not provided.	No	No
Billiards	Anytime the center is open.	Bring your own or use ours.	No	No
Bingo	Mondays 10-11:30 am	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Book Discussion Group	2 nd Wednesdays, 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Wed. & Thurs. 10 a.m.-2 p.m.	Best suited for experienced players.	Closed	No
Cardio Lite	Mon. 5:30 p.m.	Light Cardio & low impact class.	No	Fitness Card
Cornhole	Anytime the center is open.	2 boards, 8 bags.	No	No
Diamond Dots	Thurs. 2 p.m. Except 2 nd Thurs. of the month.	Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.	No	No
EnhanceFitness	Mon., Wed., Fri. 11-12 p.m. Tues. 8:15 a.m. Wed. 5:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	Anytime the center is open.	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine, 1 Independent Total Body Trainer.	No	No
Geri-Fit	Mon. & Wed. 2:15-3 p.m.	Helping to rebuild strength that has been lost.	No	No
Line Dancing	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
Men's Strength Training	Mon. 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
Pickleball Courts	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No

Ongoing Activities - Garvey

CLASS/ ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Ping Pong	Anytime the center is open.	1 table, paddles and balls are available.	No	No
Readers Theater	Meeting, 2 nd Tuesday 11 a.m.; rehearsals as needed	Readers Theater is a form of theater that involves minimal props and no line memorization.	Yes	No
R&B Line Dancing	Mondays 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
Scrapbooking Day	1 st Friday of the Month. 9 a.m. – 4 p.m.	Open Art Studio Hours. Supplies & Instruction are not provided.	No	No
Walk & Tone	Fridays 9:30-10:30 a.m.	A low impact aerobic class. Strength training using bands, weights and balls is included.	No	Fitness Card
Walking Club	Mon., Wed. & Fri. 9 a.m.	Meet in the lobby of the Garvey Senior Activity Center & walk around surrounding facilities.	No	No
Watercolor with T.L. Ford	2 nd Tuesday 1:30 p.m.	Come learn the basics of watercolor painting in a relaxing & informal setting.	Yes	Yes
Yoga (Chair)	Wednesdays 9:30 a.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Yoga (Mat)	Tues. & Fri. 12:30 p.m. Tues. 5:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Zumba Gold	Thursdays 12:30 p.m. 5:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Helpful Links:

*St. Mary's County
Department of Aging & Human Services*
www.stmaryscountymd.gov/aging

Senior Information & Assistance Contacts
www.stmaryscountymd.gov/aging/SeniorIA-Contacts

Department of Aging & Human Services Facebook Page
www.facebook.com/SMCDAHS

Department of Aging & Human Services YouTube Channel
www.youtube.com/c/SMCAgingHumanServices

Ongoing Activities - Loffler

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

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Open Art Studio	Fri. 9 a.m.	Drop in for guided art practice with volunteer Chris Sisk.	No	No
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Project Linus	3 rd 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. Pantry items for prizes.	Yes	\$2 to play two cards
Book Clubs Page Turners Book Chatter	4 th Wed; 1-2:30 p.m. 4 th Thu: 11 a.m.-Noon	Read & review new books each month. Different books for each club.	On Hold Full	No No
Bridge	Thu: 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Coloring Group (two groups)	1 st & 3 rd Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Yes, Full	No, workbook if desired

NOVEMBER/DECEMBER 2022

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
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	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No, drop-in	No
Cycling Program	Anytime	(2) traditional, (1) recumbent trike.	No	No
Cycling without Age	1st Thursdays 9 a.m.-12 p.m.	Fun rides on trishaw, by appointment only.	Yes	No
Diamond Dazzle (two groups)	3 rd 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 program
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
Mealtime Movie	Once per month (date/time varies)	A movie is played in the dining room during lunch.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
Quilting for Beginners	2 nd & 4 th 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
Scrapbooking	2nd Monday, 10 a.m.-3 p.m.	Organizing photos into a book using artistic skill.	Yes, Full	Bring your own materials
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, after 2 p.m. By appointment only	15-30 appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.	Yes	No
Wii Free Play	Fridays, 2-4 p.m.	Casual play on the Nintendo Wii; setup assistance from Keilan Ruppert.	No	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.stmaryscountymd.gov/aging

Facebook: www.facebook.com/SMCDAHS

YouTube: www.youtube.com/c/SMCAgingHumanServices

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

LOCATIONS



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

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

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

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

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



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

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

CHANGE SERVICE REQUESTED

2022-2023 Holiday Closings (No Home-Delivered or Congregate Meals Served)

Thursday, November 24 - Friday, November 25 - Thanksgiving Holiday

Monday, December 26 - Christmas Day (Observed)

Monday, January 2, 2023- New Year's Day (Observed)

NEW BEGINNING