

NEW BEGINNING

VOLUME 34 ISSUE 5

SEPTEMBER/OCTOBER 2021

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



*Celebrating National
Senior (Activity) Center Month!*

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Farewell, Alice!

The Department of Aging & Human Services bids a fond farewell to Alice Allen as she retires! ...**Page 29**



From the Director's Desk

By Lori Jennings-Harris, Director

September Celebrates National Senior Center Month



According to the National Council on Aging, "... senior centers have sown a great deal — probably more than ever imagined. As senior center professionals, you shined a light on your centers by showing the entire nation how vital you are to the health and well-being of a community. You transformed your centers to virtual classrooms overnight and, in so doing, provided continued means of social engagement and activity during bleak times, turning the table on ageist stereotypes about older adults and technology use. You provided countless hours of support and encouragement and delivered numerous meals. You became even more integral to health care delivery in your communities by providing COVID-19 guidance, vaccine education, and vaccinations to your members. And you played an outsized role in addressing an issue that we all knew was important even before the pandemic: social isolation." Retrieved August 17, 2021, from <https://www.ncoa.org/page/national-senior-center-month>

Our senior activity centers have taken on a new shape and a deeper meaning during the COVID-19 pandemic. We have learned of the resiliency of our senior population as well as our staff who support the needs of our older adults. We have discovered our creativity is limited only by our imagination with the development of several virtual, remote and recorded exercise classes, instruction programs, and informational sessions.

All the changes and enhancements our Department's senior activity centers have undergone were made possible under the supervision and management of Alice Allen, Senior Center Operations Division Manager. As Alice begins her retirement beginning September 1, she leaves a division and a Department in great standing. We wish Alice much happiness as she embarks on her new journey.

Thank you, Alice!

NEW BEGINNING

The Commissioners of
St. Mary's County
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NEW BEGINNING

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be sent to:

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

or visit the website at:
www.stmarysmd.com/aging

Our Mission

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



Aging & Disability Resource Center

Where do I begin to access needed services & resources?

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

For more information, contact:

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

St. Mary's County Commission on Aging

The Commission on Aging is your voice to advise and assist the Commissioners of St. Mary's County concerning county programs and resources offered for the senior residents of our county.

Upcoming Meetings:

Monday, September 27, 2021

1 p.m.

Monday, October 25, 2021

1 p.m.

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

Attend Meetings to:

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

For more information, contact Mercedes Jones at 301-475-4200, ext. 1051, or Mercedes.Jones@stmarysmd.com. Visit the Commission on Aging website at <https://www.stmarysmd.com/boards/groups/default.aspx?board=11>
Call-in option - dial 301-579-7236. Enter the participant pin 985097 when prompted.



Nutrition Corner

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

September is *Fruits and Veggies-More Matters Month*, a national campaign to encourage people to consume more fruits and vegetables. As reported in the 2018 State Indicator Report on Fruits and Vegetables, only 12.2% of American adults meet the daily fruit intake recommendations and only 9.3% meet the daily recommendation for vegetables. The current dietary guidelines for Americans, released in 2020, continues to show this trend of poor consumption.



fruits & veggies
more matters®



Eating a diet rich in fruits and vegetables as part of an overall healthy diet can help protect against several serious chronic diseases, such as heart disease, type 2 diabetes, obesity, and some cancers.



So, how many servings? And what is a serving? It is now suggested that an adult should consume 9 to 11 servings of fruits and vegetables daily. A serving of fruit is a small piece of fresh fruit, ½ cup canned fruit, ¼ cup dried fruit, ½ cup pure juice, and 1 cup of berries or melon. A vegetable serving is ½ cup cooked vegetables or 1 cup fresh greens. Does this seem daunting?

There is an app called Start Simple with My Plate which can be downloaded for free on any smart device. In the app, you can set goals in the various food groups, including fruits and vegetables, and real time track your meeting of these goals. Tips and recipes are also provided. You can also take the Have a Plant Pledge at fruitsandveggies.org/stories/take-the-pledge by simply adding 1 more fruit or vegetable to your daily routine for a month.



Several websites can be very helpful of which I recommend:

- fruitsandveggiesmorematters.com
- myplate.gov
- fruitsandveggies.org
- dietaryguidelines.org

Do you have nutrition related questions?

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

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



Home & Community-Based Services

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

As a caregiver you or your care receiver or both of you may struggle with anxiety.



What contributes to anxiety?

- Extreme stress or trauma (*like becoming a caregiver or a care receiver*)
- Bereavement and complicated or chronic grief (*loss of a loved one, a relationship or abilities*)
- Alcohol, caffeine, drugs (*prescription, over-the-counter, and illegal*)
- A family history of anxiety disorders
- Other medical or mental illnesses or Neurodegenerative disorders (*like Alzheimer's or other dementias*).

Symptoms of anxiety include:

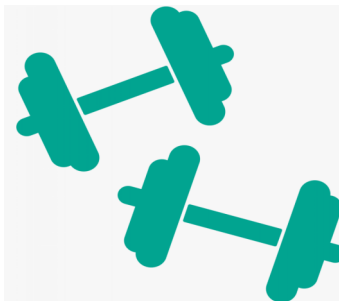
- Worry that is difficult to control (individuals may be angry or tearful or avoid social situations)
- Difficulty concentrating (individuals may have difficulty staying on task or interacting with others)
- Easily fatigued
- Muscle tension, feeling weak and shaky
- Difficulty with falling asleep and/or staying asleep
- Irritability



Article continued on page 7

What helps to reduce anxiety?

- **Breathing:** Breathing from your belly, counting on inhale and counting on exhale. To relax the nervous system, the exhale should be longer than the inhale. There are many resources online that demonstrate how to do this.
- **Mindfulness:** Being aware of something, you can be mindful of your breath, of the sensations in your body, of how the light comes through the trees, of how a fish moves in a fish tank. Activities that help one be mindful include coloring, drawing or painting; playing music; dancing; yoga; meditating, etc.



- **Physical Activity:** Being active produces helpful stress hormones and improves your overall health. You can “work out” that stress in your body and mind by walking, stretching, and dancing. If you can’t get out of the house the Department of Aging & Human Services’ Virtual Senior Activity Center has online offerings of exercises and activities that may benefit you. They can be found at: <https://www.stmarysmd.com/aging/virtual-senior-center/>

- **Social Interaction:** Connecting with others to talk, play cards, have a meal, etc. can be a great way to relieve anxiety and depression. As a caregiver you might need to take a break from caregiving and get together with friends or family or reach out to a support group. If you would like more information on how to get help getting respite care (a small break from caregiving) contact Daphne Benneer at 301- 475- 4200, ext. 1069 or email daphne.benneer@stmarysmd.com.
- **Routines:** Regular daily routines can help alleviate the anxiety produced by the unknown or frequent changes. This is very important for those who are experiencing memory loss. A regular routine helps to create a feeling of safety and control in your loved one’s life.
- **Sleep:** It is sometimes hard to do but getting enough sleep and having a good sleep routine helps to reduce anxiety and irritability.
- **Fun:** Doing things you enjoy: singing, walking, talking; painting, playing music, etc. All can help boost the feel good chemicals in your body, take your mind off of worrisome thoughts and reduce anxiety overall. Even 10 minutes can be beneficial.
- **Seek professional help:** If anxiety is causing you to not be able to give care or your caregiver to receive care or is an ongoing problem seek help from a primary care giver and a therapist or counselor.



Contact Daphne Benneer at Daphne.benneer@stmarysmd.com for a Caregiver Self Care packet that shares information on resources for caregivers, respite care, and mindfulness.

Resources : <https://www.aagponline.org/index.php?src=gendocs&ref=anxiety> and <https://bluemoonseniorcounseling.com/10-ways-to-relieve-anxiety-in-seniors/>



Save the Date

November 3, 2021

Building Resilience in the Caregiver

9am- 1pm

Garvey Senior Activity Center
23630 Hayden Farm Lane, Leonardtown, MD 20650

Guest Speaker: Author, Speaker and
Caregiver, **Dr. Aaron Blight**

Attendees will also enjoy: A continental breakfast,
opportunities for some pampering and a swag bag.

Registration Required

Contact: Daphne Bennear
301 475 4200 ext. 1069
Daphne.bennear@stmarysmd.com

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RESILIENCE



Flu Shots
Hearing Screenings
Blood Pressure



Vision Screenings
Skin Screenings
Workshops/Presentations

Community Health & Wellness Fair

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

Garvey Senior Activity Center and Leonardtown Library

Friday, October 15, 2021

9 a.m.-3 p.m.

Free Community Event

For more information, contact Sarah Miller

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

Phone: 301-475-4200, ext. 1073

Email: sarah.miller@stmarysmd.com.

Thank you to our generous sponsors:



Identity Protection Day

Workshops, Shred Trucks, and Medication Disposal

Saturday, October 23

9 a.m.-1 p.m.

Department of Aging & Human Services

41780 Baldrige Street,

Leonardtown, MD

Free and Open to the Community!

**Learn about Scams, Frauds, and
how to protect yourself against them!**

Presentations:

Jeannine Robinson-Hurley, Office of the Attorney General - 9:30 a.m.

For more information, contact Sarah Miller at:

301-475-4200, ext. 1073, or Sarah.Miller@stmarysmd.com



Senior Information & Assistance

By Debbie Barker, Senior I&A Division Manager



Christmas In April

Applications for the April 2022 program year are due by December 1, 2021, and are available at all Senior Activity Centers or by contacting Christmas In April at 301-884-2905 or www.christmasinaprilsmc.org.

Medicare Part D - Open Enrollment

Each year between October 15 – December 7, Medicare beneficiaries who have or need to enroll in Medicare Part D should review their plan options for 2022. For those who are already enrolled in Part D it is important they take time to review information received from their plan

in September. The following are important questions to ask:

- √ Are my medications covered next year?
- √ Will I have a deductible to meet?
- √ Are my co-pays increasing?
- √ Has the premium increased?

If there are no concerns regarding your coverage in 2022, then no further action is required, and the policy will automatically renew in January. For those who have concerns about policy changes, now is the time to compare other coverage options.

To do so, go to www.medicare.gov and follow the instructions to compare all available Part D plans. The Department has trained counselors available to provide comparison assistance.



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FEELING ALONE?

Throughout the current health pandemic you may be feeling alone more now than ever. The Institute on Aging offers a 24 hour toll-free **Friendship Line** that connects you with a friendly emotional support person to speak with to ensure you feel safe and valued.

GIVE THEM A CALL - 1-800-971-0016.



**NATIONAL ELDER
FRAUD HOTLINE**
1-833-FRAUD-11
1-833-372-8311

Providing Help, Restoring Hope

**If you or someone you know has been a victim of elder fraud,
help is standing by at the National Elder Fraud Hotline:
833-FRAUD-11 OR 833-372-8311
EVERY DAY: 5 a.m. – 10 p.m.
English/Español/Other languages available**

What to expect when you call.



We will respond quickly. Your call will be answered within three rings.



You will be assigned a case manager, who will remain your point of contact.



You will always be treated with understanding and respect.

About the Hotline

The U.S. Department of Justice's National Elder Fraud Hotline, managed by the Office for Victims of Crime, provides services to all adults ages 60 and older, who may be victims of financial fraud. The hotline is staffed by experienced case managers who provide personalized support to callers by assessing the needs of the victim and identifying relevant next steps. While the hotline does not serve in an investigatory capacity, case managers will identify appropriate reporting agencies, and provide information to callers to assist them in reporting or connect callers directly with the appropriate agency. The Hotline staff also provide resources and referrals to other applicable services as needed. When appropriate, case managers will complete a complaint form with the Federal Bureau of Investigation Internet Crime Complaint Center for Internet-facilitated crimes and submit a consumer complaint to the Federal Trade Commission on behalf of the caller. Reporting certain financial losses due to fraud as soon as possible, and within the first 2-3 days, can increase the likelihood of recovering losses, so the Hotline is open 7 days a week.

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<https://stopelderfraud.ovc.oip.gov/about-hotline>

Veterans Circle Celebration

Loffler Senior Activity Center Friday, November 5, 2021

Coffee & Donuts: 9:30 a.m.

Ceremony: 10 a.m.

Tickets Required

Veterans: Free

Civilians: \$3

Leave a message on our reservation line- 301-475-4200 ext. 1660
after 8 a.m. beginning Oct. 20 to request a ticket.

Limited seats available



Be sure to stick around after the ceremony for
lunch and Veterans' Resource Day!



Veterans' Resource Day

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

Friday, November 5, 2021

11 a.m. - 3 p.m.

Loffler Senior Activity Center

21905 Chancellors Run Road, Great Mills, MD

Informational organizations and vendors will be available starting at 9 a.m.

The Loffler Senior Activity Center will host their annual
Veterans Circle Celebration starting at 9:30 a.m., followed by lunch provided by Mission BBQ at
11 a.m. and informational presentations!

Veterans Resource Day is free and open to the public. We hope to see you there!



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



Focus on Fitness

By Alice Allen, Senior Center Operations Division Manager



If you are a regular reader of this column, I'm sure by now you know the many benefits of being physically active. Regular physical activity improves your health in countless ways. Regular physical activity helps keep you healthy by keeping blood pressure, cholesterol, and diabetes in check, reducing the risk of vascular dementia. It boosts your metabolism, helps relieve stress and keeps you flexible. It's the number one way to combat arthritis. Being physically active on a regular basis helps your brain by increasing blood

flow to the brain. It keeps your muscles strong which helps you maintain balance. Regular participation in physical activity encourages positive feelings of well-being. It gives one the feeling of confidence and improves self-esteem. It also boosts your immune system, and in today's world, who doesn't need a strong immune system?

The senior activity centers in St. Mary's County have been safely reopened and are back to full operation with many opportunities to participate in a variety of fitness offerings. If you like to work out on your own, each center has fitness equipment available for you to use free of charge. Classes are available in-person and online, including Yoga (mat and chair), Tai Chi, Arthritis Foundation Exercise, EnhanceFitness, Zumba Gold, Geri-Fit, Strength Training, Line Dancing, Drums Alive, Pilates, walking groups and bicycling. In-person classes are offered on a drop-in basis, no need to make a reservation. Online classes require advance registration. All classes are low-cost or are free and are taught by certified instructors.

In honor of National Senior Center month, celebrated each September, enjoy attending **EnhanceFitness** for free. Normally a fitness card punch is required to attend, during the month of September, no fitness card will be needed.

Finally, this is my last Focus on Fitness article as I will be retiring on September 1. I wish you all continued good health, wellness, and happiness. Keep being as active as possible. I look forward to seeing you at the senior activity centers, while I am exercising in a class next to you or playing Pickleball!!



Garvey Senior Activity Center

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



Operational Update!

The Garvey Senior Activity Center will be hosting the annual Community Health & Wellness Fair on **Friday, October 15**. All other activities at the center will be cancelled for the day. We encourage you to visit the center and take advantage of all the Health Fair has to offer.

Drums Alive

Garvey Senior Activity Center

Fridays, September 3-October 8, 2 p.m.

Cost: \$12

Golden Beats stimulates people whether they are young or old, healthy, or ill.

When we drum and dance, we are having FUN! This in return releases endorphins

and releases negative feelings. 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. Join Kathy Creswell, Program Specialist at Garvey Senior Activity Center, for this fun class.

Call 301-475-4200, ext. 1075 to register. Cost is \$12 payable in advance.



Pouring Paint

Garvey Senior Activity Center

Wednesday, September 8, 10 a.m.

Cost: \$10

Come join us as we teach you how to do the Strainer Technique to create a unique piece of art. The instructor will guide you through the process and help you along the way. All supplies will be provided. We will not be demonstrating any other techniques during this class so please leave your personal supplies at home. The cost for the class is \$10, due in advance. To

secure your spot in the class or more information, please call 301-475-4200, ext. 1075.

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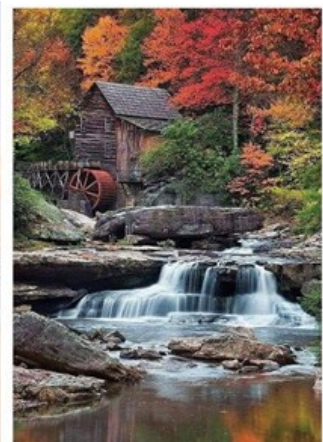
Diamond Art

Garvey Senior Activity Center

Thursdays, September 9-30, 2-4 p.m.

Cost: \$15

Diamond art is like a combination of cross-stitch and paint-by-numbers. Simply follow the pattern on the canvas and you will have a beautiful work of art that can later be framed and displayed in your home. Cost for the workshop is \$15 and includes all needed supplies. Sign up by calling 301-475-4200, ext. 1075.





Hearing Screenings with Jacobs Audiology

Garvey Senior Activity Center

Monday, September 20; 10 a.m.-12 p.m.

Dr. Pinno, with Jacobs Audiology, Dr. Pinno will answer any questions you may have about hearing loss as well as offer free hearing screenings. Advance sign up is required. Call

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

Advance Care Planning

Garvey Senior Activity Center

Wednesday, September 29, 1:30 – 3:30 p.m.

Join us on Sept. 29 for an in-depth, interactive end-of-life planning event led by Advance Care Specialist and End-of-Life Doula, Gail Wathen. Take advantage of this opportunity to plan for what you want in the later stages of life. Have your voice heard through proper documentation of an advance directive. Light refreshments will be served and attendees will receive a copy of Five Wishes, an advance care planning workbook. Cost: \$10, payable in advance.

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

Luncheon with The Bushmill Band

Garvey Senior Activity Center

Friday, September 24, 11:30 a.m.

Join us and enjoy the musical stylings of the local Bushmill Band. They have performed all over the county from Cracker Barrel to Riverfest. Their music will get your toe tapping and your hands clapping! Please call for the menu. Reservations are required and can be made by calling 301-475-4200, ext. 1075. Lunch cost is \$6 for those under the age of 60 or a donation for those 60 and above. Seating begins at 11:30 a.m., lunch is served at noon, and entertainment begins at 12:30 p.m. Funding for entertainment is provided by the Garvey Senior Activity Center Council, Inc. Seating is limited.



Luncheon with Folk Salad

Garvey Senior Activity Center

Friday, October 29, 12:30 p.m.

Join us for Folk Salad on Friday, October 29 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 and Lotus Kitchen. Please call for the menu. Reservations are required and can be made by calling 301-475-4200, ext. 1075. Lunch cost is \$6 for those under the age of 60 or a donation for those 60 and above. Funding for entertainment is provided by the Garvey Senior Activity Center Council, Inc. Seating is limited.

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Nutrition Counseling & Presentation with Donna Taggert

Garvey Senior Activity Center

Mondays, September 13 & October 4; 11 a.m.

Donna Taggert, Certified Diabetes Educator and Registered Dietician, will be at the Garvey Senior Activity Center to help answer your healthy eating questions. In September, the title of her presentation will be Fruits & Veggies and in October the topic of her presentation is Vegetarian Awareness Month. There is no cost to attend; however, advance sign up is required. Register for presentations by calling 301-475-4200, ext. 1075.



BRIDGE

Beginning Bridge

Garvey Senior Activity Center

Mondays, September 13 – October 20 (no class October 11), 9-11 a.m.

This introduction to the game of Bridge will cover basic aspects of Contract Bridge including Bridge terminology, etiquette, evaluating a hand, and bidding and scoring the hand. Space is limited; advanced sign up is required. Make a reservation by calling 301-475-4200, ext. 1075.

Kickboxing

Garvey Senior Activity Center

Wednesdays, October 13 – November 10, 8:15-9:15 a.m., Cost: \$40

Kickboxing tones muscles through punching and kicking using focus pads and target pads and mitts. Participants may notice an improvement in overall balance and flexibility. This specialized class has great energy without the high impact exercises that are done during a mainstream kickboxing class. The instructor, Geno Rothback, is a registered nurse, a senior fitness instructor, and is a black belt in Taekwondo and certified Martial Fusion and Kickboxing instructor. Cost is \$40 payable to Geno Rothback. Payment is required at time of reservation.

Card Making Class

Garvey Senior Activity Center

Thursday, October 14, 2-3:30 pm; Cost: \$2 per card

Join us in the Art Studio to make one-of-a-kind cards for your family and friends. This is a great way to interact with others while making cards for holidays, birthdays and more. Everything is included for you to make 3 cards per class. You will be given the opportunity to use rubber & clear stamps, die cutting and embossing machines, cardstock, embellishments and punches. Whether you are new to card making or want to learn a new skill, our Card Making Classes will give you the opportunity to show off your creativity and have fun! Call 301-475-4200, ext. 1075 to make reservations, beginning September 20.

Watercolor Class

Garvey Senior Activity Center

Tuesday & Thursday, October 19 & 21, 2p.m.

Cost: \$10

Come join Sophie Newbury, Office Specialist, as she provides watercolor instruction. This two-part class will leave you with a beautiful watercolor painting of the Solomon's Bridge at sunset. We will provide all the supplies for the class. The cost for the class is \$10 and payment is required in advance. Sign up is required for this class and opens September 20. Call 301-475-4200, ext. 1075, to register.



Volunteer Activity Leaders

Do you have a hobby or skill you would like to share with others? We are looking for volunteers who would like to share their skills with others. Call Kathy at 301-475-4200, ext. 1062. We want to hear your ideas.



Virtual Fitness Classes

Virtual Fitness Classes are taught remotely via Zoom. Participants will need to complete a registration form and waiver and need to have an active email address, high speed internet connection and a webcam enabled device. Commitment to the entire 8-week session is recommended. There is no fee to participate; funding for these programs is provided by the Maryland Department of Aging Senior Center Operating Funds Grant. Registration is required for each class. To pre-register, call 301-475-4200, ext. 1075.

Awakening (Mat) Yoga with Judi via Zoom

Thursdays, September 9 – October 28, 10:45 – 11:45 a.m.

This gently active mat yoga class focuses on whole-health well-being of mind, body and spirit by engaging in mindful poses to improve flexibility, strength and range of motion while boosting mood, energy, brain function, circulation and immunity. Participants should have 1 or 2 blankets (or floor mats), 2 yoga blocks (or thick sturdy books), a strap (or old tie or towel) and water.



Chair Pilates with Sherry via Zoom

Tuesdays, September 7 – October 26, 3-4 p.m.

Pilates is based on three principles: Breath, Whole-Body Health, and Whole-Body Commitment that encompasses mind, body, and spirit. Through breath, concentration, centering, using control, precision, and flow, Pilates exercises can be performed in a chair and without any equipment. Learning to move correctly in the chair as well as standing will not only increase your strength and balance but improve your efficiency of movement throughout your daily activities. This class will be taught remotely via Zoom.

Participants will need to complete a registration form and waiver and need to have an active email address, high speed internet connection and a webcam enabled device. Commitment to the entire 8-week session is recommended. There is no fee to participate.

Chair Assisted Yoga via Zoom

Tuesdays and Fridays, September 7 – October 29, 10 – 11 a.m.

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

EnhanceFitness

**Mondays and Wednesdays,
September 8 – October 27, 9-10 a.m.**

This evidence-based, nationally recognized fitness program incorporates low-impact aerobics, strength training, stretching and balance exercises to provide a full-body workout. A sturdy chair, hand weights and exercise band are recommended for participation.



Loffler Senior Activity Center

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



Operational Update!

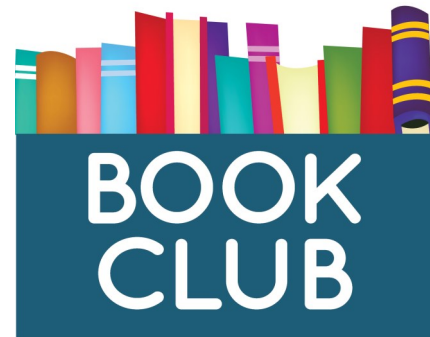
The Loffler Senior Activity Center will be hosting Veterans' Resource Day on **Friday, November 5**. All other activities at the center will be cancelled for the day. We encourage you to visit the center and take advantage of all Veterans Resource Day has to offer. See page 12 for more details.

Loffler Book Club

Meetings **September 3 and October 1**

2 p.m.; Free

Each month, members of the book club read an assigned book and discuss it on the first Friday of the following month. The discussions are friendly and honest- everyone's thoughts are appreciated. Selections are now determined by Round Robin Members' Choice. The Lexington Park Branch Library has been very helpful by holding several copies of the books for us. Contact Sheila.Graziano@stmarysmd.com to find out what our casual group is reading this month.



Art with Jamie

Loffler Senior Activity Center

Tuesdays 10 a.m.-12 noon

Cost \$25 per class/\$100 mo.

After more than a year, we are thrilled to welcome Jamie back as our Tuesday Art Instructor! Care to give it a try? Jamie's classes at Loffler are suitable for beginners as well as intermediate level.

September

Tuesday 7, 14, 21, 28

10 a.m.– 12 p.m.

Theme: Drawing Techniques

October

Tuesday 5, 12, 19, 26

10 a.m.– 12 p.m.

Theme: Watercolor Techniques

Cost covers enough supplies to get you started. Payment should be made to instructor on the first day of class. Call 301-475-4200, ext. 1660 to register for the new month. Call 301-475-4200, ext. 1655 if you have questions.

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Bingo is Back!

Loffler Senior Activity Center

Wednesdays 12:30-1:30 p.m.

We've moved the day of Bingo play to every **WEDNESDAY** and have a new Bingo caller! Play is at the same time and the same cost- \$1 per card (up to 3 cards) from 12:30-1:30 p.m. No need to sign up, just come on in! However, lunch reservations need to be made before noon on the previous day. Call the front desk at 301-475-4200, ext. 1658 if you have questions.



NEW BEGINNING

Two Days of Bridge

Loffler Senior Activity Center

Tuesday Bridge- 2nd and 4th Tuesday of each month

10 a.m.-12 noon

Duplicate Bridge Club Wednesdays

10 a.m. – 2:30 p.m.

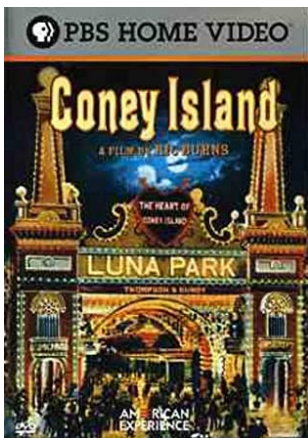
The Senior Lounge at the Loffler Senior Activity Center continues to be the place to play Bridge! Tuesday Bridge is being offered twice a month while the Duplicate Bridge Club will meet every Wednesday. If you have an interest in Bridge, contact Shellie 301-475-4200, ext. 1655 or e-mail Sheila.Graziano@stmarysmd.com

Pilates Class

Loffler Senior Activity Center

Thursdays, September 23 – November 4, 8:15 – 9:15 a.m.

In this traditional Pilates class, Standing Movements and Mat work are used in a LOW IMPACT series of exercises designed to increase range of motion and flexibility. These workouts are tailored for all ages and fitness levels. Isolated movements originating from the core or "powerhouse" strengthen specific muscles and regions of the body which will aid in coordination and balance. The practice of mindfulness is used to intentionally align present moment experiences in a relaxed and nonjudgmental way. Cost and Registration: Cost is \$35 for the 7-week series, which should be paid before the first day of class. A thick Yoga mat is recommended for participation. To register, call 301-475-4200, ext. 1660.



Educational Video Series: *Coney Island*

Loffler Senior Activity Center

Thurs, September 9; 10 a.m.; Free

The Video Series at the Loffler Senior Activity Center returns this month! We will start with Director Ric Burns' first film, *CONEY ISLAND*, (1991) an hour-long study of the amusement empire. The film explores the beginnings of America's first amusement park, before the dawn of the Disney era. *CONEY ISLAND* unearths a very compelling and often haunting history of the nation's first permanent amusement park. Register to see this video by leaving a message on our reservation line: 301-475-4200, ext. 1660. Seating is limited to 16.

September Monthly Craft: *Simple Pinecone Garland or Valance*

Loffler Senior Activity Center

Friday, September 10; 11 a.m.; Free

Want an alternative to an autumn wreath for your door this fall season? Let's string a few pinecones onto a strip of fabric, then tie a raffia bow on top of each one. We'll make loops on each end so that you can hang it on your door like a garland. Or maybe you'd like to hang it at the top of a kitchen window as a decorative valance. It's simple, fun and attractive! Wearing thick rubber gloves is recommended for handling the pinecones. Pre-registration is required. Call 301-475-4200, ext. 1660, to register.



Charity Crafters

Loffler Senior Activity Center

Tuesdays (New Day); 1 p.m.

This group meets on Tuesdays at 1 p.m. where they plan and work on projects for several outreach programs in St. Mary's County. Here are some things they are working on now:

They crochet granny squares for blankets that go to Charlotte Hall Veterans Home and The Mission.; They make baby blankets for the Navy-Marine Corps Relief Society Budget for Baby Program at Pax River Naval Station; They make items

for the annual Hat, Mittens and Scarf Drive co-sponsored by the St. Mary's County Health Department and Public Libraries. All items made by Charity Crafters stay in St. Mary's County. Drop in on a Tuesday. For more information contact Shellie 301-475-4200, ext. 1655 or e-mail Shellie at Sheila.Graziano@stmarysmd.com



Arthritis Foundation Exercise Program

Loffler Senior Activity Center

Tuesdays and Thursdays , 12:30-1:30 p.m. ; Free

The Arthritis Foundation Exercise Program (AFEP) consists of gentle movements that are suitable for everyone and are easy to adjust to any fitness level. To accommodate most schedules, we have changed the days and times of this class. They are now held at the Loffler Senior Activity Center 12:30-1:30 p.m. on Tuesdays and Thursdays. Reservations are not needed, so do your joints a favor and drop in! Call 301-475-4200, ext. 1658 if you have questions.



September Health Watch Presentation:

Don't Fall for It

Loffler Senior Activity Center

Wednesday, September 15; 10 a.m.; Free

September is the traditional month to brush up on ways to prevent falls so Mary Tennyson will discuss that topic

during this month's Health Watch Presentation. As you get older, several factors can make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling does not need to rule your life. Instead, consider some fall-prevention strategies.

Call 301-475-4200, ext. 1660 to sign up for this talk.

Don't Fall For This, Either!

Loffler Senior Activity Center

Thursday, September 23; 1 p.m. ;Free

What's the latest in scams these days and how can you avoid being a target? A representative from the Legal Aid Bureau will fill you in so that you will know how to recognize when someone is trying to con you. Call the reservation line and leave a message if you want to sign up for this presentation at 301-475-4200, ext. 1660.



Current Events Live

Loffler Senior Activity Center

Mondays, 10 a.m.; Free

The Current Events sessions have resumed live meetings every Monday at 10 a.m. in the Senior Lounge at the Loffler Senior Activity Center. Get back in the groove of things by meeting up with the friends you have missed over the past year. Reservations not required!

Ridiculously Easy Halloween Décor Demonstration
Loffler Senior Activity Center
Friday, October 8; 11 a.m.; Free

This presentation is a must if you love easy but effective Halloween decorations for your table or event. Join Shellie for a demo and inspiration on how to use the things you already have around the house; you will not believe what can be done in just a few minutes! Pre-registration is required and can be accomplished by calling 301-475-4200, ext. 1660.



Educational Video Series:
The Secret of Tuxedo Park
Loffler Senior Activity Center

Thurs, October 14; 10 a.m.; Free

In the fall of 1940, British Prime Minister Winston Churchill ordered a small team of scientists on a clandestine transatlantic mission to deliver his country's most valuable military secret, a revolutionary radar component, not to the U.S. government, but to a mysterious Wall Street tycoon, Alfred Lee Loomis. Using his connections, his money, and his brilliant scientific mind, Loomis and his team of scientists developed radar technology that would arguably play a more decisive role than any other weapon in the war. The Secret of Tuxedo Park tells a long-overlooked story of an individual who helped alter the course of history in World War II. Register to see this video by leaving a message on our reservation line: 301-475-4200, ext. 1660. Seating is limited to 16.

October Health Watch Presentation: Protecting Yourself from Infections

Loffler Senior Activity Center
Wednesday, October 20; 10 a.m.; Free

Infections are uncomfortable and if not treated early enough can lead to longer lasting disease. It's best to avoid infections altogether with simple actions. Mary Tennyson will give you the scoop on how protect yourself. Call the reservation line and leave a message if you want to sign up for this presentation at 301-475-4200, ext. 1660.



Nutrition Presentations by Donna Taggart

Loffler Senior Activity Center
Monday, September 20, 10 a.m. - Fruits & Vegetables- More Matters
Monday, October 18 ,10 a.m. - Vegetarian Awareness Month

Our favorite dietitian is back and ready to continue live presentations on hot topics at the senior activity centers! ADDITIONALLY- Donna will be offering free personal nutrition counseling at 11 a.m. on the days she is here if you make an appointment with her by text message or calling 240-538-6539.

Northern Senior Activity Center

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



The Trek, Trike & Townie Northern Senior Activity Center

Enjoy the perfection of a summer trail and fall foliage appreciation on a bike ride with a buddy. Bikes are a great way to enjoy the outdoors on Three Notch Trail while increasing your cardiovascular and muscle strength. All bikes will need a reservation prior to use. We offer a recumbent Trike (required orientation for first-time users), as well as a Trek and Townie road bike. Helmets and phones are required.

Maximum time for use is 2 hours. If interested,

please call the Reservation Request Line (at least 24 hours in advance) at 301-475-4200, ext. 3115.

Protect Yourself from Scammers

Northern Senior Activity Center

Monday, September 13, 12:30-1:30 p.m.

Don't miss Harry Tafe's presentation on protecting yourself from being scammed. He will cover technology, telecommunications, Wifi, preventing ID Theft, dealing with robocalls and preventing scams using your bank's relationship. Signup by calling the Registration Request Line at 301-475-4200, ext. 3115.

Whole Body Tension Relief: An Introduction to Self-Myofascial Release

Northern Senior Activity Center

Monday, September 20

12:45-2:45 p.m. Cost: \$25

This interactive workshop teaches the fundamentals of Self-Myofascial Release or SMR, a therapeutic self-massage method that brings targeted pain relief to the muscles and connective tissue. SMR is known to improve

mobility, posture, alignment, musculoskeletal function, energy, immunity, blood flow, and nerve function. Experience how easy it is to be more comfortable in your body! 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, repetitive motion injuries, Restless Leg Syndrome, Sciatica/Piriformis Syndrome, Scoliosis, TMJ Syndrome, and more. Instructor is Judi Lyons – RYT®500 with therapeutic focus; E-RYT®200, YACEP®, EMYoga® Certified. The fee is \$25, due at sign-up, and includes two therapeutic-grade balls and a digital link for full-color instruction manual. A reservation is required by calling the Reservation Request Line which opens at 8 a.m. on August 20, at 301-475-4200, ext. 3115.





Purse Basket

Northern Senior Activity Center

Thursday, September 23, 10 a.m. – 2 p.m., Cost: \$30

Create a Purse Basket with fabric handles (about 8" X 5" X 6") in size. This handy little basket starts with a wooden base. Insert the spokes and weave with several widths of reed to give more texture. Some choice of colors can also be added. Top it off with pretty mix-and-match tie-on handles. A reservation is required by calling the Reservation Request Line which opens at 8 a.m. on August 20, at 301-475-4200, ext. 3115.

Pink Bags – Breast Cancer Awareness

Northern Senior Activity Center

Monday, October 4; 10:30 a.m. - 12 p.m.

Make a Pink gift bag for Breast Cancer Awareness Month. This would be a thoughtful gift for someone close to the breast cancer awareness cause. Give it with love and fill it a few favorite items your person would appreciate. Various materials will be precut in pink as well as pink cause ribbons. You will design and assemble your custom bag with some artful guidance from cardmaker, beader and coloring crafter: Martha B. You'll have a choice of various materials like gems, beads, ribbons, tissue paper and other accents. All supplies are provided; class is free of charge. A reservation is required by calling the Reservation Request Line which opens at 8 a.m. on September 20, at 301-475-4200, ext. 3115.



Dance Fitness with Zumba Gold®

Northern Senior Activity Center

Tuesdays, 10:45-11:45 a.m.

What is Zumba Gold? It's dance Fitness with Latin music such as Salsa, Merengue and Reggaeton. It's exhilarating and easy-to-follow moves in a party-like atmosphere. Need a little excitement in your life or camaraderie with others who like to have fun? Join Geno, our dynamic certified instructor who uses the spirit of Zumba Fitness with modified moves and pacing to suit the needs of our members. Try the first class for free and drop-in to see for yourself.

Walking Club

Northern Senior Activity Center

Fridays, 9 a.m.

Get ready to have some fun and get your exercise on! Our group is growing. It uses Three Notch Trail for motivating and socializing walks. Wear comfortable, cool, loose clothing and comfortable walking shoes (sneakers are best). Bring a water bottle, sunglasses and maybe your favorite hat. If interested in joining in, please call the Center's front desk at 301-475-4200, ext. 3101.





BEE-WITCHING
HALLOWEEN
MOMENTS



Walk Maryland Day 2021

Win Prizes

1 Mile: Prize

Value \$25.00

2 Miles: Prize

Value \$50.00

3 Miles: Prize

Value \$75.00

All Participants :

Receive a Walk
Maryland Day magnet.

All entries will be
combined from all 3
Centers and prizes
awarded in each
distance category.



**Wednesday, October 6, 2021
9-11 a.m.**

The St. Mary's County Department of Aging & Human Services will participate in a one-day event to promote healthy lifestyles. Choose a Center to visit that day and join us and friends on a morning walk promoting health, activity and socialization.

Refreshments Available.

Garvey Senior Activity Center
Center campus, Leonardtown
Loffler Senior Activity Center
Chancellors Run Park, Great Mills
Northern Senior Activity Center
Three Notch Trail, Charlotte Hall

For more information, contact Community Programs & Outreach Manager Sarah Miller at 301-475-4200, ext. 1073, or sarah.miller@stmarysmd.com

Retired and Senior Volunteer Program

By Norine Rowe, RSVP Program Manager



RSVP Volunteer Sue Leibe greets visitors with a smile at Loffler Senior Activity Center.

RSVP Senior Activity Center Volunteers

RSVP Volunteers serve in a wide variety of roles at the three Senior Activity Centers in St. Mary's County. In addition to providing receptionist and administrative duties, our volunteers lead group activities, teach crafts, provide special event support, assist with congregate meal service, provide landscaping and beautification services, and a myriad of other support services. Our hats are off to all Senior Activity Center volunteers who help keep our centers running smoothly while offering a wide range of programs and activities for local seniors.

RSVP People's Choice Award Winner: Facecover-Making Project Team

Led by RSVP staff member Andrea Wilson, our RSVP Facecover-Making Project Team provided more than 3,000 hours of service making more than 6,000 face coverings since April of last year. The masks were then distributed to individuals as well as local non-profits, senior living facilities, emergency services personnel, county agencies, community service organizations, and transportation services. We are grateful to these highly dedicated volunteers who invested so much of their time, energy, and hard work to protect the health and safety of our community during COVID-19.



Volunteer Phyllis McCauley & Andrea Wilson receive People's Choice Award on Behalf of RSVP Facecover-Making Project Team.

RSVP People's Choice Award Winner: ACTS, A Community That Shares

RSVP Volunteers with A Community That Shares (ACTS), also received a People's Choice Award for their service during COVID-19. With health and safety protocols in place, ACTS volunteers provided almost 5,000 hours of service over the past year as they distributed almost 3,000 pieces of free medical equipment to thousands of local persons in need. We are grateful to all the volunteers at ACTS for stepping up to the plate to provide this community service.



Commissioner President Randy Guy and Lori Jennings-Harris, Department of Aging & Human Services Director, present People's Choice Award to Volunteer Bruce Maynard of ACTS.

AARP Tax Aide Program: Years of Success Despite COVID-19 Challenges More Volunteers Needed for Upcoming 2022 Tax Season!



Dana Davis, Tax Aide Program Coordinator

Tax Aide Program Successes & Challenges

The AARP Tax Aide Program provides free tax preparation services to low- and moderate-income households each tax season through the help of highly trained Tax Aide Volunteers. In a typical year, approximately 18 volunteers with the AARP Tax Aide Program in St. Mary's County process an average of 900 tax returns. What an incredible contribution to our community!

The exception to this was during the two most recent COVID-19 tax seasons, which were adversely impacted by the pandemic. In March 2020, the program's tax sites were closed due to COVID-19. In response to this, the program adjusted their in-person tax preparation process and offered taxpayers with appointments for dropping off their tax paperwork. Tax returns were prepared by certified tax counselors

and then returned to the taxpayer in a reverse of the drop-off process.

In Tax Season 2021, the Tax Aide Program was still unable to meet with taxpayers in person due to COVID-19, so they again used the drop-off method of service. Dana Davis, District Coordinator for the St. Mary's County Tax Aide Program, reports that 370 tax returns with more than \$415,000 in tax refunds were processed in 2021. Based on an average cost of \$200 for professional tax prep fees, Tax Aide Volunteers helped consumers save approximately \$74,000. In the upcoming 2022 Tax Season, Davis hopes to see a return to the program's "normal" practice of meeting with each taxpayer in person as the return is completed. This will depend, of course, upon COVID-19 and its associated health risks at that time.

Tax Aide Volunteers Needed: Training Provided for Rewarding Service

Volunteer recruitment is critical to the success of the AARP Tax Aide Program, and another 10-15 volunteers are needed for Tax Season 2022. Prospective Volunteer Tax Aides must be computer literate and have an active e-mail address. They must also go through intensive training in January which requires approximately 16 hours per week plus time for homework. During the months of February, March, and April a volunteer typically works a six-hour shift twice per week. Prospective tax counselors must pass both IRS and AARP tests for certification before preparing tax returns. A few positions in the Tax-Aide program do not require certification, including Appointments Manager, Technical Support, and Client Facilitator.

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For more information on AARP Tax Aide Program Volunteer Opportunities, contact Dana Davis, District Coordinator at 301-863-2561 or davisdj@comcast.net.

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

DAHS Staff and Volunteers Recognized



DAHS Staff and Retired & RSVP volunteers were proud to accept People's Choice Awards from Commissioner President Randy Guy and Director of Human Resources Catherine Pratson.



DAHS Home & Community-Based Services Division Manager Rebecca Kessler Received a Safety Matters Award for her dedication to the safety of her staff and the most vulnerable populations in St. Mary's County.

Department of Aging & Human Services staff and Retired & Senior Program (RSVP) volunteers were recently recognized with People's Choice Awards for hard work and dedication to the St. Mary's County community throughout 2020. The People's Choice Awards allow for group and individual nominations. Among this years group nominations were the COVID-19 Vaccination Registration team, the DAHS Division Managers, the RSVP Face Cover Making Team, the RSVP Senior Activity Center Volunteers, and A Community That Shares (ACTS). Individuals nominated included Garvey Senior Activity Centers Operations Manager Brandy Tully, Northern Senior Activity Center Office Specialist Helene Hunter, DAHS Coordinator I Mercedes Jones, Division of Senior Center Operations Food Transporter Ray Roberts, and Community Programs & Outreach Division Manager Sarah Miller.

In addition to the People's Choice Awards, Home & Community-Based Division Manager Rebecca Kessler received a Safety Matters Award for her efforts throughout 2020 to communicate ever changing information and procedures to her staff and ensuring they had the means to continue working with and assisting their consumers.

Farewell, Alice!

Longtime DAHS Division of Senior Center Operations Manager Alice Allen has officially retired! The Department of Aging & Human Services wished Alice the best as she moves into the next phase of her life.

Alice has seen the Department through times of change and transition, including the construction of the new Garvey Senior Activity Center, and the COVID-19 Emergency. She has been on the front line with her staff. Her knowledge and energy will be missed.

Good luck, Alice!



September is World Alzheimer's Month

ALZHEIMER'S CAREGIVER TIPS

1. COMMUNICATION:

- Make eye contact and call the person by name.
- Speak slowly, use short phrases, and offer one-step instructions, for instance, say "Let's set the table" or "I need help folding clothes".
- Avoid beginning sentences with the word "Remember...". It is ineffective and may cause feelings of failure or provoke an argument.
- Avoid asking "yes" or "no" questions. Suggest activities by saying, "It is time to..." rather than "do you want to...?"
- Use "Let's..." to encourage cooperation and participation. Let's go to the table for lunch.
- Avoid giving commands or directives.



2. BEHAVIOR CHANGES:

- Maintain a daily routine.
- Use distractions such as music, singing, or other activities to re-direct attention or address agitation.
- Ask for help from family, friends, or church groups to prevent care-giver burnout.
- Look for the early signs of agitation such as a raised voice, fidgeting, or repetitive behaviors.
- Offer reassurance, such as, "I am right here or "You are okay".
- Reduce noise, clutter, or the number of people in the room.
- Try soothing music, reading, or walks to promote a calm mood.
- Slow down and try to relax if you think your stress or fatigue may be affecting the person with AD.

3. SLEEP PROBLEMS

- Make sure the person gets exercise each day and limit daytime naps.
- Encourage daytime mental and physical activities, such as games, puzzles & socialization.
- Try to maintain a consistent bed time and calming bedtime rituals, such as soft music instead of TV.
- Plan activities that require more energy early in the day. For example, try bathing in the morning or serving the largest family meal in the middle of the day.
- Limit caffeine intake.

*References: <http://www.nia.nih.gov/alzheimers/publication/caring-person-alzheimers-disease/about-guide>

UAB MEDICINE
NEUROSCIENCES

Knowledge that will change your world

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.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Billiards	Anytime the center is open.	Bring your own or use ours.	No	No
Bingo	Mon. 10-11:30 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Preferred, not required	\$3 to play two cards
Book Discussion Group	2 nd Weds. 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Weds. & Thurs. 10 a.m.-2 p.m.	Best suited for experienced players.	Full; can be added to sub list	No
Chair Yoga	Weds. 9:30-10:30 a.m.	Gentle Stretching and Yoga moves using a chair.	No	Fitness Card
EnhanceFitness	Mon. & Weds. 11-12 p.m	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	Open	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine.	No	No
Geri-Fit	Mon. & Weds. 2:15-3:00 p.m.	Helping to rebuild strength that has been lost through the aging process.	No	No
Line Dancing	Tues. 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
Men's Strength	Mon. 9:30-10:30 a.m. Thurs. 11 a.m.-12 p.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
Ping Pong	Open	1 table, paddles and balls are available.	No	No
Readers Theater	Meeting, 2 nd Tues. 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	Mon. 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
Walk & Tone	Fri. 9:30-10:30 a.m.	A low impact aerobic class. Strength training using bands, weights and balls is included.	No	Fitness Card
Yoga	Tues. & Fri. 12:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Zumba Gold	Thurs. 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

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	Yes-paid to instructor
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
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	2 nd & 4 th Tues 10 a.m.	New & experienced players welcome.	No	No
Canasta & Pitch	Tues. 9 a.m.	New & experienced players welcome.	No	No
Charity Crafters	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
Embroidery on Paper	Mon. 1 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.-Noon Wed. -12:30-1:30p.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
Monthly Craft	2 nd Fri. 10 a.m.	Various craft projects, supplies usually provided.	Yes	Sometimes
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
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Polish Poker & Pitch	Tues. 9 a.m.	Suitable for all levels of experience.	No	No

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
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.	No	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
Strength Training	Tues. 9:30 a.m.	Weight training exercises taught by certified fitness instructor.	No	Fitness Card
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 (AFEP)	Zoom: Wed. 10 a.m. In-person: Thurs. 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	Yes No	No No
Awakening Yoga	Mon. 9:30-10:30 a.m.	Gentle range of motion/ meditation.	No	Fitness Card
Basket Weaving	Periodically	Typically, two-part classes offered.	Yes	\$35+
Billiards	Varies	Bring your own or use ours.	Yes	No
Bingo	Weds. & Fri. 10-11:30 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Yes	\$2 to play two cards
Bridge	Thurs. 10 a.m. - 2 p.m.	Best suited for experienced players.	Preferred	No

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Book Clubs <ul style="list-style-type: none"> • Page Turners • Book Chatter 	4 th Wed.: 1-2:30 p.m. 4 th Thurs.: 11 a.m. -12 p.m.	Read & review new books each month. Different books for each club.	On Hold Full	No No
Coloring Group (Two Groups)	1 st & 3 rd Wed. 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Yes, Full	No, workbook if desired
Crochet DIY	Mon. 1-4pm	Beginners or experienced.	No, drop-in	No
Diamond Dazzle	3 rd Mon. 10:30 am- 2:30 pm	Diamond and associated bead crafts.	Yes, Full	Yes for kits
Double Pinochle	Tues. & Fri. 10 a.m.-4 p.m.	Moderately experienced players.	No	No
Dynamic Ceramics	Wed. 9:30 a.m.-1:30 p.m.	Variety bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tues. & Thurs. 9:30-10:30 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Line Dancing	Wed. 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) Mahjong (Western)	Thurs. 1 p.m.-3 p.m. Wed. 1 p.m. -4 p.m.	Popular tile game involves skill, strategy & luck. Beginner's welcome.	No	No
OH HECK (Cards)	Tues. & Fridays 10 a.m. -2 p.m.	Experienced players and beginner's welcome.	No	No
Open Studio	Mon. & Fri. 8 a.m. -4:45 p.m.	Crafters continue work on individual pieces.	Studio orientation	Fee for clay ceramics, fire
Quilting for Beginners	2 nd & 4 th Wed. 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual Projects.	Preferred-not required	TBD, Varies
R&B Line Dancing	Fri. 1-2 p.m.	Popular line/party dance styles.	No	No
S.W.A.G. (Seniors Winning at Games)	Tues. & Fri. 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Trail: Cycling and Walking	Anytime	Walk or ride on Three Notch Trail. 2 traditional & 1 recumbent trike bike.	No	No
Whimsie Works Art Pottery	Check calendar at the center	Pottery, use of wheel & hand building clay. Some Supplies provided.	No	Fee Varies
Workout Room	Open	1 Bow Flex; 2 Ellipticals (Seated & Standing); 2 Treadmills; 2 Bikes.	No	No
Zumba Gold	Tues. 10:45-11:45 a.m.	Latin music and dance-based exercise 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. Program Coordinator, Monika Williams, can be reached at 301-475-4200, ext. 1060.

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

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

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

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

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

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

LOCATIONS



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

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

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

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

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



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

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CHANGE SERVICE REQUESTED

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

Monday, September 6- Labor Day
Monday, October 11- Columbus Day

NEW BEGINNING