

NEW BEGINNING

VOLUME 25, ISSUE 6

NOVEMBER—DECEMBER 2012

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

Being



Thankful...

In This Issue...



DON'T FORGET TO VOTE NOVEMBER 6 !

To locate your polling station contact the Board of Elections at 301.475.7844, ext. 1100.....page 4



National Family Caregivers Support Program and County In-Home Services Program.....page 6



Your Own Personal Trainer

Have questions about your personal health or fitness?page 9



Get the lowdown on “low” or “no calorie” sugar alternatives that are now flooding the market..... page 11

2



‘Winter Getaways’ Virtual Trip: Don’t let the winter blues get to you! Take a virtual trip with videos of ‘America’s Most Scenic Drives’ across the United States..... page 12



Annual Department of Aging Christmas Party

Make a point to get your ticket early for the annual Christmas party. “Mean Gene” will DJ this special event, and there will be door prizes, raffle prizes, 50/50 raffle and a dinner raffle.....page 15

From the Director's Desk...

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

Giving Thanks, Always

As we go about our lives, whether it includes a busy schedule or a schedule that is not so busy, we sometimes take for granted the people and things around us that help make our lives more enjoyable. As we approach the month of November and the "Thanksgiving season," take time to reflect on the people and things for which we are grateful and thankful.

The Department of Aging and Human Services will be very busy over the next couple of months addressing all types of concerns and issues regarding our seniors. We will continue providing support for people in need and who are living alone. Providing nutritionally balanced and appetizing meals to our home-bound meals recipients, as well as those individuals who enjoy our congregate meals, is another of the Department's priorities. Supporting "senior volunteers" and helping them continue as active and contributing members of our community is something else in which we take great pride. Of course, all the activities, social events and trips provided through the Senior Activity Centers, and the outreach to the community are integral to our Department. There are so many other ways the Department serves the older adult community (as well as other groups of people) that the list is exhaustive.

My staff and I are happy to support the older adults of our community; we are honored to provide the programs and services we offer. We thank you for having confidence in us and for allowing us to serve you.

Our staff members are ever-mindful of the Department's mission and seeing that those we serve receive the best possible attention. Their level of compassion, dedication and commitment is remarkable. I am proud of this Department's staff members and want to simply say "Thank You" to all of them, whether visible or "invisible," for their enthusiasm and hard work.



NOVEMBER—DECEMBER 2012

NEW BEGINNING

The St. Mary's Board of County Commissioners
Francis Jack Russell, President;
Lawrence D. Jarboe;
Cynthia L. Jones;
Todd B. Morgan;
and Daniel L. Morris

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

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 the "SMCDA & HS, 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.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.

Senior Information & Assistance

By Debbie Barker, Senior Information & Assistance Manager



DON'T FORGET TO VOTE NOVEMBER 6

To locate your polling station contact the Board of Elections at 301.475.7844, ext. 1100.

Community Holiday Meals

Everyone is invited to visit Immaculate Heart of Mary Church in Lexington Park for a FREE Thanksgiving Day meal at the church hall on Thursday, November 22 from 11:30 a.m.–2 p.m. Reservations are not required.

St. Aloysius Church in Leonardtown will offer a FREE Christmas Day meal at Father Andrew White School on Tuesday, December 25 from 2–6 p.m. Reservations are not required. For those who need home delivery call 301.475.2350.

Christmas food baskets will be distributed by numerous volunteers the week prior to Christmas. To place your name on the recipient list contact the St. Mary's County Department of Aging & Human Services at 301.475.4200, ext. 1849.

Medicare Redesigns Its Summary Notices

Effective 2013 Medicare beneficiaries will notice major improvements on their Medicare Summary Notices which are mailed out quarterly each year. The redesign is intended to make it easier for beneficiaries to understand claims made on their Medicare card from medical providers. Some of the improvements include:

- A clear notice on how to check the form for important facts and potential fraud;
- An easy-to-understand snapshot of the beneficiary's deductible status, a list of providers they saw, and whether their claims for Medicare services were approved.
- Clearer language, including consumer-friendly descriptions for medical procedures;
- Definitions of all terms used in the form;
- Larger fonts to make it easier to read;
- Information on preventive services available to Medicare beneficiaries.

As always remember to review these statements and report any charges you feel are incorrect to the St. Mary's County Senior Medicare Patrol Program at 301.475.4200, ext. 1064.

Medicare Part D And Advantage Plan Enrollment Ends December 7

Don't be left out in the cold in January because you didn't review your Part D coverage during Medicare's annual enrollment period. Every year hundreds of Medicare beneficiaries find themselves in trouble with their prescription coverage because they did not review changes their prescription company made for the upcoming year. These changes can include an increase in co-pay costs, deductible and premium increases, and the elimination of coverage for medications you need. Act now and review the information you received from your company in September or contact the Department of Aging & Human Services at 301.475.4200, ext. 1050 to speak with a trained counselor regarding your options.

St. Mary's County Triad/SALT (Seniors and Law Enforcement Together)

Triad is a partnership of three entities; law enforcement, senior citizens, and community groups. The sole purpose of Triad is to promote senior safety and to reduce the unwarranted fear of crime that seniors often experience.

Driving Long Distances for Seniors

Thursday, November 15, 2012, Garvey Senior Activity Center at
12:30 p.m.

Having the freedom to take long leisurely trips is one of the best parts about being a senior driver! This 45 minute program will address ways to plan a successful trip, strategies for reducing the chance of drowsiness, ways to prepare for an emergency and how to handle emergencies if they do arise. This program will also suggest ways to spot the aggressive and distracted driver as well as tips about how to steer clear of the trouble they cause. Hand-outs as well as a small give-away will be provided.



Presentation By: Myra Wieman, Manager, Safety Services,
Mid-Atlantic Foundation for Safety & Education,
(A Non-profit affiliated with AAA Mid-Atlantic)

5



*Myra is a certified driver improvement program instructor and also a certified child passenger safety technician.

Lunch is served at noon; you must register for lunch at least one day in advance. The cost of the meal is a donation for those 60 and above; and \$5.50 for others. Refer to the Department website at www.stmarysmd.com/aging for the menu for that day.

To sign up please call Jennifer Hunt, at 301.475.4200, ext. 1073, and plan to stay after the presentation for a council meeting.

Home & Community Based Services

By Rebecca Kessler, Division Manager

National Family Caregivers Support Program and County In-Home Services Program

In 2000, the Administration on Aging established the National Family Caregiver Support Program (NFCSP) to provide information and services to family caregivers in recognition of the tremendous work they do in caring for their loved ones. Caregivers of any age may benefit from the program.

Two Categories of Caregivers

There are two categories of caregivers who can take advantage of services:

- Caregivers who are caring for someone older than age 60. While many caregivers are family members, this program also includes caregivers who are not related by blood or marriage.



6

- Grandparents and other relatives over the age of 55 who are caring for adult children with a disability, and are between 19 and 59 years of age. The caregivers must be age 55 or older and cannot be the child's natural or adoptive parent. This program is also for caregivers of a person with Alzheimer's or a related disorder. The priority population includes those with

greatest social and economic need with particular attention to low-income older individuals.

Five Categories of Services

The NFCSP provides assistance to caregivers in five categories of services:

- Information to caregivers about available services from aging and other resources
- Assistance to caregivers in gaining access to services, including case management
- Education, Training and Support; individual counseling, organization of support groups, caregiver training, educational presentations, & support groups
- Respite Care, to enable caregivers to be temporarily relieved from their caregiving responsibilities. Services can be provided in-home, including personal care and chore services, out-of-home, e.g., assisted living or nursing home, and day services situations
- Supplemental Services to complement the care provided by caregivers. Examples include medical supplies, transportation, and other items needed by families.

For additional information contact Stacie Prinkey by calling: 301.475.4200, ext. 1056 or by email at Stacie.prinkey@stmarysmd.com



Volunteer Ombudsmen Needed

The St. Mary's County Long-Term Care Ombudsman Program is currently seeking volunteers to routinely visit nursing homes and assisted living facilities in St. Mary's County. Created by Federal and State law, the Maryland Long-Term Care Ombudsman Program advocates for the rights of residents of long-term care facilities that include nursing homes and assisted living facilities. Residents of long-term care facilities sometimes have little or no contact with the outside world. Many feel they lack control over their own lives.



Under the supervision of staff ombudsman, volunteers visit nursing homes and assisted living facilities in their own communities routinely talking to residents and monitoring conditions. Volunteers help the ombudsman program maintain an independent presence in the facilities.

As Maryland's aging population continues to grow, so has the development of long-term care facilities such as assisted living facilities. As the number of facilities increase, the need for volunteers grows. Currently, the St. Mary's County Long-Term Care Ombudsman Program's service area includes three nursing homes and seven assisted living facilities. The Department of Aging & Human Services is looking for volunteers to assist in the St. Mary's County area. For more information about the

As the number of facilities increase, the need for volunteers grows. Currently, the St. Mary's County Long-Term Care Ombudsman Program's service area includes three nursing homes and seven assisted living facilities. The Department of Aging & Human Services is looking for volunteers to assist in the St. Mary's County area. For more information about the

*November is National Family Caregivers' Month!
Family Caregivers are someone to be truly thankful for!!*

EDUCATE SUPPORT EMPOWER ADVOCATE

6th Annual Family Caregivers' Breakfast

Celebrate the Family Caregiver
Friday, November 16, 2012
9 – 11 a.m.

James A. Forrest Career and Technology Center

If you or someone you know is a family caregiver and would like to attend, please contact Stacie Prinkey by calling 301.475.4200, ext. 1056 or by email at

Stacie.Prinkey@stmarysmd.com

RSVP by November 9, 2012 to make reservations.

Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

So, has your doctor recommended that you be more physically active? Is that one of the things that you've been meaning to get to but haven't quite managed yet? Well, read on and you'll soon understand why you hear so much hype about physical activity and exercise.

Physical activity is the elixir that your body needs for so many reasons. It builds vitality, adding quality years to your life. Even if you have a chronic health condition, physical activity is important as it can help slow the progression of an illness while increasing energy and mental sharpness, regulates blood sugar, and reduces cholesterol and blood pressure. Regular physical activity keeps bones strong and defends against osteoarthritis, obesity, osteoporosis and cancer.

Regular physical activity is an important tool to improve balance. By keeping your muscles strong, you improve and prevent balance problems, becoming less likely to fall. To maintain or improve balance, try to have a program of regular physical activity that includes stretching, muscle strengthening and balance building activities such as yoga or tai chi.

If you are interested in a new workshop being offered at the Senior Activity Centers that teaches you how to avoid falls and ways to improve your balance, check out *A Matter of Balance*. Beginning at the Northern Senior Activity Center on November 26, this 8 session workshop helps to dispel the fear of falling while teaching tools to improve balance and lessen the chance of falling. See page 22 of this newsletter for a more complete description of *A Matter of Balance* and how to sign-up.

For a complete listing of all physical activity/fitness classes available to you at your local senior activity center, see pages 32 and 33 of this newsletter. Move toward a healthier future, make physical activity a habit you can live with!!

Join us for lunch!!

Did you know that lunch is served Monday through Friday at your local Senior Activity Center? And, if you are 60 years of age or older, you can enjoy that lunch in a fun, social setting for a donation? Reservations must be made by noon the day before (earlier for special luncheons). Contact the center of your choice to make your meal reservation, or call the Department's main number, 301.475.4200, ext. 1050 and indicate the day and location where you would like to eat.

Should you make a lunch reservation and your plans change, please notify the center where you planned to have lunch to let them know you cannot make it, preferably by noon the day before. That way, excess meals are avoided, cutting down on waste. Each meal costs the Department of Aging \$5.50 whether it is eaten or discarded.

The lunch program at the Senior Activity Centers is a great way to stretch your food dollar while enjoying a delicious meal in the company of your friends. See you soon.



Your Own Personal Trainer
Northern Senior Activity Center
Monday Afternoons By Appointment

Have questions about your personal health or fitness? Need help getting back into shape after surgery? Have a health or fitness goal you want to achieve? Consider some one-on-one attention with fitness instructor Dave Scheible. Certified personal training services are provided by Dave on Monday afternoons in the Center's workout room. Get an initial 15 minute consultation free and then pay \$10 for every additional 15 minutes of consultation. To make an appointment, call 301.884.8894. David is a graduate of St. Mary's College of Maryland and is certified by the American Fitness Professionals and Associates as a Personal Trainer and Post-Rehabilitative Exercise Specialist. He has over 40 years of experience in fields such as general athletics, gymnastics, strength training, and martial arts.



Tai Chi for Arthritis: The Extension Movements

Garvey Senior Activity Center, Wednesdays, November 7 – December 26, 8:30– 9:15 a.m.

Medical studies confirm Tai Chi for Arthritis relieves pain, reduces falls and improves quality of life. This class is a continuation from *Tai Chi for Arthritis: The Core Movements*. Students will learn new movements and learn how to incorporate the Tai Chi principles into practice.



Prerequisite: Students must have taken Tai Chi for Arthritis: The Core Movements, for at least one 8 week session prior to signing up for this course. To register call 301.475.4200, ext. 1050.

Tai Chi for Arthritis II

Loffler Senior Activity Center

Session II (For students who have completed Session I)

Wednesdays, 9 a.m., December 5 - January 23 (8 classes)

If you have completed Tai Chi for Arthritis Session I, you will automatically be enrolled in this class. Attendance at all class sessions is highly recommended.

9

Ongoing Tai Chi for Arthritis Practice

Loffler Senior Activity Center

Tuesdays and Thursdays, 9 - 10 a.m.

FREE (Completion of TCA Sessions I and II required)

This program is set up for those who have completed Sessions I and II of the Tai Chi for Arthritis. It is an opportunity to practice the 21 movements learned during those sessions. Though an instructor is not directing these practice sessions, a cd player is available for music and instructions (cd provided); as well as an instructional DVD for your guidance. To learn more call 301.737.5670, ext. 1658.



Northern Senior Activity Center Welcomes New Staff Members

Hi, my name is Tina Somerville, and my background is in office management. I am currently engaged and have two beautiful children who are pursuing college degrees. I live in Mechanicsville and am working at the Northern Senior Activity Center as an Office Specialist. You will find me at the front desk, so if you are in the area stop by and say hi!



Tina Somerville

I bring 30 years of catering and food service experience to the food service technician position at the Northern Senior Activity Center. I reside in Hollywood with my husband Sparky and we have two grown sons and three grandchildren. I enjoy preparing food and like cooking lunches a few times each month. I have also brought new ideas to the menu and started a "Breakfast Cafe" serving up hot breakfasts several times a month



Paula Woodburn



The St. Mary's 55 plus team took the gold medal, and the St. Mary's 70 plus team took the bronze medal in the Senior Olympics Softball Tournament.

COPD Learn More Breathe Better Garvey Senior Activity Center, Date: TBD

Garvey Senior Activity Center is joining the National Heart, Lung, and Blood Institute's (NHLBI's) *COPD Learn More Breathe Better* campaign in observing COPD Awareness Month. COPD (chronic obstructive pulmonary disease) is a serious lung disease that makes breathing difficult. It is the third leading cause of death in the United States. In honor of COPD Awareness Month, the Garvey Senior Activity Center is hosting a discussion with Beth Slick, Better Breather's Club facilitator. Topics to be addressed include risk factors for the disease and how real people took steps to manage the disease and breathe easier. Sign up in advance by calling 301.475.4200, ext. 1050.

Nutrition Corner

By Donna Taggart, RD/ LD/ CDE

I was recently at a Diabetes conference where one of the exhibitors was a company that markets “sugar free” baked goods. I was surprised when one of the representatives asked me just what were sugar alcohols, a prominent ingredient in their sugar free product. They thanked me after I finished and I began to wonder if others had no clue. So in this issue, I would like to address one group of the many “low” or “no calorie” sugar alternatives that are now flooding the market.



Sugar alcohols are, oddly enough, neither sugar or an alcohol, but are a group of carbohydrates known as polyols. They get the name sugar alcohol because part of their chemical structure resembles sugar and part alcohol. Polyols are only partially absorbed by the body and so provide only half the calories per gram as other carbohydrates. The current polyols available in the U.S. are erythritol, isomalt, lactitol, maltitol, mannitol, sorbitol, and xylitol. If more than one is used in a product they do not have to be listed individually but are labeled sugar alcohols.

Calorie reduction is not the only benefit of polyols. They are recognized as “toothfriendly” alternatives to sugar and the FDA has issued a health claim for sugar free foods that contain polyols “do not promote tooth decay.” In Oct. 2010 the European Food Safety Authority stated that chewing sugar free gum can reduce tooth demineralization, plaque and cavities.

Polyols are only partially digestible so there is less increase in blood sugar after eating them. However, since part of polyols end up undigested in the lower intestine, they can cause GI disturbances. This usually occurs only if a large amount of polyols (50 gms or more/day) are consumed. Most people are able to adapt to polyols after a few days, the same way they do to other high fiber foods.

If you have diabetes and are carb counting, remember that even though polyols are sugar free they are not carb free. Half of their carbs are used by the body, so if a food item has more than 10 grams of carbs from polyols per serving, you should divide that number in half and subtract from the grams of total carbohydrate.

In the next newsletter I will address some of the new “natural” sugar substitutes.

11

Nutrition Education Presentations by Donna Taggart

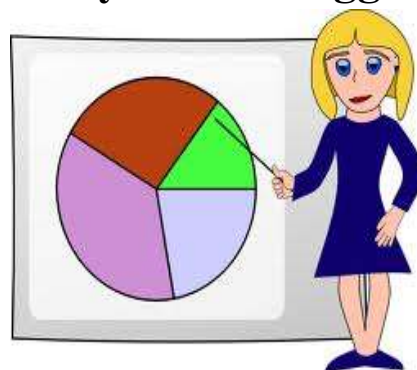
November – Sugar and sugar substitutes

December – Holiday Eating

**Northern Senior Activity Center, 10:45 a.m.
Wednesday, November 7 & December 5**

**Garvey Senior Activity Center, 10:45 a.m.
Wednesday, November 14 & December 12**

**Loffler Senior Activity Center, 10:45 a.m.
Wednesday, November 28 & December 26**



Educational Opportunities

‘Winter Getaways’ Virtual Trip

Northern Senior Activity Center

Mondays, December 3 & 7, 12:30 p.m.

Don't let the winter blues get to you! Take a virtual trip with videos of ‘America’s Most Scenic Drives’ across the United States. Call 301.475.4002, ext. 1003 to learn more and to sign up, as space is limited.



Monday, December 3 - Eastern Seaboard from Maine via Vermont back roads and the Blue Ridge Parkway into the Great Smoky Mountains, ending in the Florida Keys.

Friday, December 7 - Texas to Yellowstone, through Colorado, Montana and ending at Yellowstone National Park.

January 7 & 14, 2013 - Arizona to Alaska and ‘America the Beautiful’ musical tribute.

Betty Currie: Her Road to the White House

Garvey Senior Activity Center

Wednesday, November 14

10:30 a.m.

Betty Currie was the former personal secretary for President Bill Clinton during his tenure as President of the United States. As President Clinton's personal secretary, Currie was well-liked, mild-mannered and soft-spoken. Currie has since retired and lives in St. Mary's County with her husband. Socks, Chelsea Clinton's White House cat, lived with Mrs. Currie from the time she left the White House until Socks

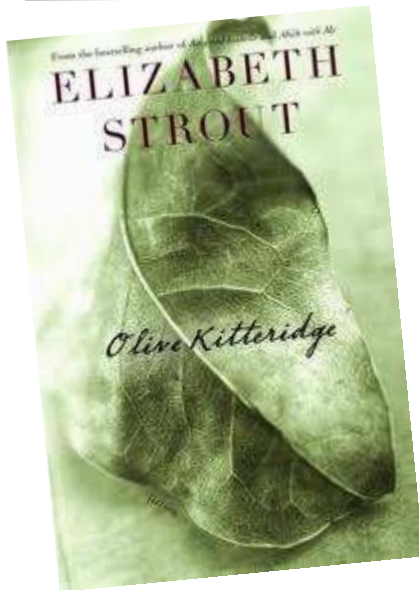


was euthanized after a long battle with cancer in February 2009. Learn more about Mrs. Currie's road to the White House and her typical day at work for the President. Sign up in advance by calling 301.475.4200, ext. 1050.

Introduction to Facebook
Garvey Senior Activity Center
Mondays, November 26 – December 10
11 a.m. - Noon



In this class you'll learn what Facebook is about. Learn how to set up your own Facebook account. Use Facebook to find friends and connect and share with the people in your life. Wow your family and friends by using this new technology. Pre-requisite: This class is designed for the person new to Facebook with basic computer experience. Participants are asked to bring a photo of themselves saved in digital format. Cost: \$10.00. Space is limited so register early with the Garvey Senior Activity Center Receptionist. Payment is due at the time of reservation.



Book Discussion Group
Garvey Senior Activity Center
Wednesday, November 14 & December 12

On November 14 the group will discuss *Olive Kitteridge* by Elizabeth Strout. *Olive Kitteridge* is about a retired school teacher and offers profound insights into the human condition; its conflicts, its tragedies and joys, and the endurance it requires. On December 12, the group will discuss *Rules of Civility* by Amor Towles. Set in New York City in 1938, *Rules of Civility* tells the story of a watershed year in the life of an uncompromising twenty-five-year-old named Katey Kontent. Armed with little more than a formidable intellect, a bracing wit, and her own brand of cool nerve, Katey embarks on a journey from a Wall Street secretarial pool through the upper echelons of New York society in search of a brighter future. To learn more call 301.475.4200, ext. 1050.

L.I.F.E. (Learning is ForEver)

The Fall semester of LIFE is currently underway, and we hope you've been able to take advantage of some of the wonderful tours offered through the program. The LIFE program is organized and presented by volunteers with the Retired and Senior Volunteer Program (RSVP). As members of the LIFE Planning Committee, volunteers create a variety of educational day trips to foster continued learning for seniors. New committee volunteers are always welcome, as are those who would like to organize, lead, or chaperone tours.

The Spring semester of LIFE will be presented in March 2013. Information on Spring semester offerings will be published in mid-February with booklets available for pick-up at the St. Mary's County Senior Activity Centers or on-line: [/www.stmarysmd.com/aging](http://www.stmarysmd.com/aging), (there see the left-sidebar for Learning is ForEver). Starting this coming Spring, **booklets will no longer be mailed.**

To learn more about the LIFE program, call Alice Allen at 301.475.4200, ext. 1063. If you are interested in becoming a RSVP volunteer with the LIFE program, contact Norine Rowe at 301.737.5670, ext. 1653.

Special Events:

Garvey Holiday Celebration

Garvey Senior Activity Center

Tuesday, December 11

Noon – 2:00 p.m.

For a special holiday treat, the Garvey Senior Activity Center welcomes back Terry Marsh and her Showstoppers and Chartoppers shows, featuring all of your favorite holiday tunes. When Terry was here in 2011, she wowed us with her fast moving program of Big Band numbers and show tunes. This year, she will sing all your favorite holiday tunes with a touch of blues and Big Band. Following the show, we will have a gift exchange. Participation in the gift exchange is optional. Bring a wrapped gift, costing \$5.00 or less to participate in the gift exchange. The lunch menu will feature *Chicken Cordon Bleu, Mashed Potatoes, Gravy, Garden Salad with French Dressing, Peas and Carrots, Cranberry Juice, Lemon Meringue Pie, Milk/Coffee/Tea*. Lunch cost is a donation for those ages 60 and above and \$5.50 for others. Make reservations by calling 301.475.4200, ext. 1050.



Annual Department of Aging Christmas Party

Loffler Senior Activity Center

Friday, December 14

10 a.m. - 2 p.m. Tickets required, suggested donation \$12 each

Make a point to get your ticket early for the annual Christmas party. “Mean Gene” will DJ this special event, and there will be door prizes, raffle prizes, 50/50 raffle and a dinner raffle. The catered meal will include *Spinach Salad, Roast Beef au jus, Parsley Potatoes, Broccoli, Dinner Roll w/ Butter* and a fantastic dessert. The theme of the party is “Merry and Bright” so put on your merry shoes and your brightest smile and purchase a ticket to be part of the fun. Tickets are available at all Senior Activity Centers, while they last.





Easy Listening Lounge
Northern Senior Activity Center
Friday, November 9, 12:30 p.m.

This performance series will showcase local artists in a social and casual atmosphere. Enjoy good company, with a noon time meal. At 12:30 p.m., the “All Things New” Christian singing group will perform with Bonnie Jackson and fellow musicians. A donation collection for our guests will be taken by staff. Get your meal ticket at 11:30 a.m., lunch will be served at noon. Reserve a lunch by noon 24 hours in advance by calling 301.475.4002, ext. 1001. The cost of lunch is a donation for seniors 60 and older; \$5.50 for others.

Veterans Circle Celebration

Loffler Senior Activity Center, Friday, November 9
10 a.m., \$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 staff-prepared breakfast will begin at 10 a.m.; opening ceremony at 10:30. Cost is \$4 for civilians, FREE for veterans and active duty service members. Registration is required and the deadline for registration is Monday, November 5. Call 301.737.5670, ext. 1658 to sign up, and indicate if you are a veteran when you register.



Holiday ‘Show Troupe’ Dancers
Northern Senior Activity Center
Wednesday, December 19, 10:30 a.m.

What better way to get in the Christmas mood, than by watching the Charles County ‘Show Troupe’ performing a series of holiday themed dances. Back by popular demand, the show troupe dancers have always entertained and wowed the audience! Call 301.475.4002, ext. 1001 twenty-four hours before show time to reserve a seat for this performance and lunch if you would like to stay afterward. The cost of lunch is a donation for seniors 60 and older; \$5.50 for others.

15

‘Secret Santa’ Stockings

Northern Senior Activity Center, Thursday, December 20, 1 p.m.

During the full month of December Christmas stockings are strung across the social room fireplace mantel for Secret Santa visits. Treats are placed therein at least weekly, or as often as you like. Seniors can come during the week and check on their stocking to retrieve what has been delivered. Sign up by Wednesday, November 21 to be included in a ‘Secret Santa’ gift giving exchange. Your investment is no more than \$10 for purchasing small gifts and tokens as treats for others. Names will be drawn on Monday, November 26. On December 20, at 1 p.m., everyone who has participated will gather in the social room for one last surprise gift and to find out who their secret Santa was.





Scratch Happy Bingo
Garvey Senior Activity Center
Wednesday, November 28
10 – 11:30 a.m.

Play bingo and win Maryland Lottery Scratch Off Tickets! Cost to play is \$1.00 per bingo card for up to 3 cards. Make reservations for this special bingo by calling 301.475.4200, ext. 1050. Maybe you will win big in time for the holidays!

Christmas Gift Bingo
Loffler Senior Activity Center
Wednesday, December 19, 10:30 a.m.—1:30 p.m.
\$5 for 3 cards

Christmas Gift Bingo has become a tradition at Loffler and is a great bargain because you can do your Christmas shopping while playing your favorite game! Prizes will consist of items you would buy for the folks on your gift list, including children; as well as Christmas trappings like wrapping paper, Christmas cards and ornaments. Because this is a special event, reservations are required. Call 301.737.5670, ext. 1658 or stop by the reception desk by Tuesday, December 13 to sign up. Please indicate whether you would like to order lunch.



Gift donations for Christmas Gift Bingo
Loffler Senior Activity Center
Donations accepted November 13-December 18

Have you ever been given a lovely gift you just can't use but it's too nice to get rid of? Or you are out shopping and you see something that is priced so well you must get it even though you don't need it yourself? Maybe you simply have unopened items you thought you wanted but changed your mind after you got home. Quite likely someone who plays Bingo at Loffler knows just the person who could use that item and he/she is on their Christmas list!! Consider donating these items to Loffler's annual Christmas Gift Bingo! We are looking for **new** items (even toys!) to put on the prize table. Bring your gifts to Loffler anytime between November 14 and December 18. **(Please, no candles, expired foodstuff or shop-worn items- our players give these as gifts to their loved ones.)** And while you're bringing things by, sign up to play Christmas Gift Bingo yourself! **THANK YOU!!!**





“It Rocked!” Sock Hop And Car Show At Northern Senior Activity Center



*By MarieNoelle Lauteri,
Operations Manager*

We had a great time spinning 50's records, literally, and watching spirited dancers twirl the dance floor. Nearly 100 guests attended our nostalgic event that included the main

draw, the antique car show. We saw the oldest, a vintage 1924 two-tone Overland, a 1929 Roadster, '49 Mercury, '54 Ford pickup and '69 Buick Skylark, to name a few. Many thanks to our volunteers who shared their “wheels” with us and took us back in time. We enjoyed the many poodle skirts, bobby socks, rolled up jeans, dark sunglasses, hoola hoops and good vibes that day.



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager

A Season for Giving Thanks

As we enter this season of Thanksgiving, I want to express my gratitude to all our RSVP volunteers who give of themselves throughout the year to help make our community a better place to live. They are delivering meals to homebound seniors, driving seniors to doctor's appointments, providing groceries to needy families, helping file tax returns, providing musical entertainment to nursing home residents, knitting lap robes for Veterans, providing computer tutoring, teaching adult literacy, serving as tour guides, organizing educational outings, distributing assistive medical equipment, and leading fitness classes to help seniors stay healthy and independent. Our RSVP volunteers donate thousands of hours of service each year doing all these activities and more. I am thankful to each and every one of you for your generosity of spirit, and I am thankful to you for making St. Mary's County such a great place to live!



A Season of Giving

After Thanksgiving, we enter the Christmas season — a time when our thoughts turn to giving gifts in a spirit of joy and goodwill. All of the hustle and bustle of shopping, the Christmas decorations and parties, the music and tinsel provide the outer trappings to an inner spirit of reaching out to others, of reuniting with family and friends, of joining together with one another in a camaraderie of caring. The spirit of the Christmas season reflects the spirit of our volunteers throughout the entire year. It's a spirit that doesn't focus on self but seeks to make another person's life a little bit better, a little bit brighter, at least in some small way.



18

Christmas Caring Program

The spirit of the Christmas season is exemplified in the Christmas Caring Program sponsored by the St. Mary's County Department of Aging and Human Services. This program helps families in need whose children wouldn't have much of a Christmas if it weren't for the generosity of others who donate gifts to help fill a child's Christmas wish-list. The program begins just after Thanksgiving and runs full steam until Christmas. Volunteers are needed to help receive and sort requests, answer phone calls, collect donations, match donations with requests, and make gift deliveries. This large-scale, intensive effort relies on volunteer help, so we encourage your participation.

Giving Thanks by Giving Back

If you're thankful for the many blessings in your life and want to give back to our community, perhaps you'll want to volunteer with the Christmas Caring Program. Or maybe you'd like to explore other opportunities to be of service. Whatever your interests and talents, we have a place for you.

For more information about volunteer opportunities for seniors 55 years of age and older, contact RSVP at 301.737.5670, ext. 1653, or e-mail Norine.Rowe@stmarysmd.com.

ST. MARY'S COUNTY DEPARTMENT OF AGING & HUMAN SERVICES
HEALTH FAIR: THE WAY TO WELLNESS
SPECIAL THANKS TO OUR EVENT SPONSORS

LUNCH SPONSOR



DOCUMENT SHREDDING SPONSOR



BREAKFAST SPONSOR



HOME HEALTH PRODUCTS EXPRESS
Lifecare Solutions...We Come To You!



DEPARTMENT OF AGING & HUMAN SERVICES



SILVER LEVEL SPONSORSHIP



BRONZE LEVEL SPONSORSHIP

Printing Press, Inc.

Wyle

Charles C. Reel, M.D.

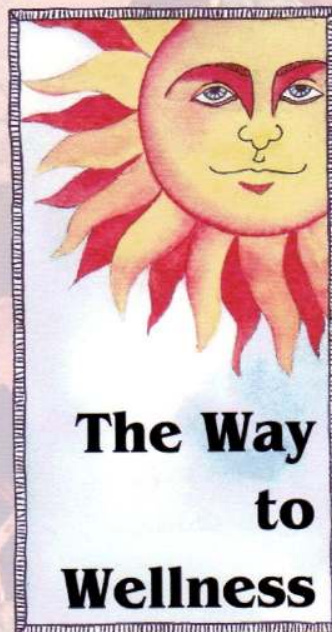
Morningside House of St. Charles

**St. Mary's Nursing &
Rehabilitation Center, Inc.**

Good Earth Food Store

CareFirst BlueCross BlueShield

**The Forever Eden Garden
Collection**



MD Dermatology of MD

**Edible Arrangements
of Lusby**

**Joe Stanalonis for
Circuit Court Judge**

**Tri County Council
for Southern Maryland**

**Hunt, Plumbing,
Heating & Air LLC**

Body Anew Massage

**Nutrition & Fitness of
California, MD**

Trips and Tours

NYC here we come again!

December 7-9, 2012

Nothing starts the Christmas season like a trip to get in the holiday spirit! Mark December 7, 8 and 9 on your calendar and reserve your seat for a NYC trip jam-packed with activities. This trip includes deluxe motor coach transportation, two nights accommodations at the conveniently located Holiday Inn Express, just outside of Manhattan in New Jersey and all tips; two breakfasts and two dinners and admission to all planned events. The first evening will feature dinner at Becco. After dinner, relax with a guided city tour to see the lights, including the famous tree at Rockefeller Center. The next morning, enjoy a continental breakfast at your hotel. After breakfast, depart for Macy's for a morning of VIP shopping with special discounts. In the afternoon, there will be a guided walking food and history tour of the West Village area – you'll sample foods from the best restaurants, bakeries and cheese shops while learning the history of this part



of the city. Return to your hotel to freshen up before dinner at Hill Country Barbeque (including live country music), and *The Nutcracker* at Lincoln Center. Our final morning, after a continental breakfast at your hotel, we'll check out. Our last stop in NYC will be Radio City Music Hall to see The Rockettes perform. Your spot is reserved



when your deposit is received. All inclusive cost is \$900.00, double occupancy. Full payment is due now. Call Joyce Raum, 301.737.5670, ext. 1656 to learn more or email joyce.raum@stmarysmd.com.

The Unique Aspect of the Northern Senior Activity Center

By Patricia A. Myers, President, Northern Senior Activity Center Council

I receive a lot of questions about the Council and how it came to be, operates, and is so successfully sustained. The Northern Senior Activity Center operates similarly to other senior centers in the County – except it has an added resource and benefit – a Council. This group was established in 2000 when the Northern Senior Center was just a “hope” for seniors in our County. The permanent center did not become a reality until June 2005. While awaiting the permanent structure, the Council’s purpose, as it is today, was to support the St. Mary’s County Department of Aging & Human Services and assist the Center’s management in its operations.

Council members are all volunteers (ages 65-85), not always the same, as some have moved away and others have passed on to the next level. This group has helped make many things happen at the Center for the benefit of area seniors, who come from all over our County and Southern Maryland to enjoy themselves at our activities.

Although all members participate in fundraising and special events, there are several that also manage weekly and/or monthly activities such as Bingo, Bunco, Wii Tournaments, Red Hat leadership, Volunteer Receptionist Pool oversight, Scrapbooking mentorship, Library & Book Clubs, Ceramics, Eastern & Western Mahjong, and Nature Trail and Memorial Garden maintenance.

In addition to this program support, Council members have worked tirelessly to personally donate items and to purchase items through extensive fundraising. The window treatments have been purchased by the Council and also the stage curtains, kitchen counter separator, ceiling fans, three sheds, podium, Wii equipment, display cases, patio furniture and umbrellas, window tinting and blinds, wall hangings and much, much more than can be listed here. More recently the Council funded supplemental deep cleaning of windows, furniture, and the kitchen. The Council is now getting ready to fund a thorough cleaning of the Center - our usage has grown and so extra attention is needed to keep it looking as good as the compliments we receive.

A photo of some of the existing Council members hangs in the foyer (several additional Council members have been added after the photo was taken -- Linda Long, Amelia Coats); if you see one of the Council members it would be nice to say “Thank You” for all their hard work. We have saved St. Mary’s County and its taxpayers a lot of money and will continue to do so because we are not a group that extends our hands asking for things. We work to handle as many of the needs as we can and we have a lot of pride in what we accomplish together.

I personally want to say thank you to all my Council -- they are a great group of hard working and generous seniors and I appreciate them every day – and so should you. Also, my appreciation to the “Friends of the Council” who offer their help and assist us with projects as needed.

And as work never seems to be done, we are on to the next goal; a 40x40 addition to the building to accommodate needs & area senior housing.

Health and Wellness

'A Matter of Balance'

Northern Senior Activity Center

Mondays & Wednesdays

November 26, 28 and December 3, 5, 10, 12, 17 & 19, 9 - 11 a.m.

This free course is designed to help those who have concerns about falling and poor balance, who may not be physically active, and are tired of a sedentary lifestyle. "A Matter of Balance: Managing Concerns About Falls" helps to dispel the fear of falling and promote active discussion of the programs concepts and skills. Leaders facilitate the course in a confidential setting with tools to address the fear of falling and the importance of physical activity to promote balance. These "coaches" will guide you



DO YOU HAVE **concerns**
about falling?

through physical exercises to help improve strength, flexibility and endurance, as well as confidential group discussions. At completion, you will have achieved an increased feeling of self-confidence and a positive outlook toward personal goals. Classes meet twice a week, for four consecutive weeks at the Northern Senior Activity Center. Call 301.475.4002, ext. 1001 to sign up no later than Monday, November 19.

'National Memory Screening' Event

Loffler Senior Activity Center

Tuesday, November 13

10 a.m. – noon

FREE

Northern Senior Activity Center

Friday, November 16

8:30 a.m. - noon

FREE



The Alzheimer's Foundation of America National Memory Screening Day will be observed at the Loffler Senior Activity Center on Tuesday, November 13 and at the Northern Senior Activity Center on Friday, November 16. The free and confidential memory screenings are held nationwide. Both centers will provide screeners to test memory and a physician who will be available for questions afterward. This service will provide insight into probable memory loss and information on support groups that may benefit those who want to join one.

Reservations are limited. To schedule your screening at Loffler, call 301.737.5670, ext. 1658 by Friday, November 9. To schedule a screening at Northern, call 301.475.4002, ext. 1001 no later than Wednesday, November 14.



Blood Pressure Screenings

Free Blood Pressure checks are available at all Senior Activity Centers. Anyone wishing to have their blood pressure checked is welcome to stop by. No appointment necessary.

Times and locations are as follows:

Friday, November 30 & December 28

Due to the Holidays, blood pressure screenings will be on the fifth Friday of each month.

Times and locations are as follows:

Loffler Senior Activity Center	10:00 a.m.
Garvey Senior Activity Center	11:30 a.m.
Northern Senior Activity Center	12:30 p.m.

Skin Cancer Screening

Loffler Senior Activity Center

Wednesday, November 14

9 a.m. to Noon, FREE

Dr. Saini from MD Dermatology will be providing free skin cancer screenings. Make an appointment by calling 301.737.5670, ext. 1658 by Friday, November 9. Walk-ins are welcome and will be seen on a space-available basis though appointments are preferred.



Annual Southern Maryland Dementia Care Conference

Wednesday, November 7, 2012, 8:30 a.m.- 2:30 p.m.

Greater Waldorf Jaycee Community Center
3090 Crain Highway Waldorf, MD 20601

This conference is designed for family members caring for persons with Alzheimer's and other dementias, such as community health providers, nursing home, assisted living and adult day center staff, and those concerned about family and friends with dementia.

alzheimer's 
association[™]

To learn more contact the Alzheimer's Association, Southern Maryland Office by calling: 301.934.5856

Staff Prepared Meals

Lunch Connection & Open Mic Entertainment

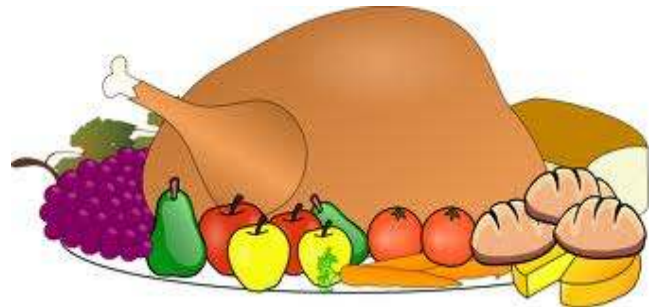
Loffler Senior Activity Center



Tuesday, November 20, and Tuesday, December 18. In January, we will resume twice-a-month luncheons, with entertainment ONLY on the Tuesday lunch dates.

Arrive by 11:15, lunch is served at noon. Reservations required at least 2 weeks in advance. Space is limited, so call 301.737.5670, ext. 1658 or stop by the front desk to sign up. The cost of lunch is a donation for those 60 years of age and older, \$5.50 per person for others. An appreciation basket will be passed for our entertainers. A 50/50 raffle will also be held at each luncheon.

Tuesday, November 20: Enjoy some new-to-us entertainment, as John Garner and The Bushmill Band play Folk, Bluegrass, Cowboy and Old Time Country music from 11:30 a.m. - 12:30 p.m. At noon, the traditional Loffler Thanksgiving feast will be served: *Turkey Breast, Herb Stuffing, Cranberry-Walnut Salad, Green Beans Almondine, Sweet Potato Casserole and Apple Cobbler.*



Tuesday, December 18: From 11:30 a.m. - noon, Joey & Pauline Hoopengardner will lead us in singing familiar songs of the season. For lunch, enjoy the taste combination of *Tuna Corks, Baked Comfort Corn, Kale, Fruit Cup, and Pumpkin Upside Down Cake.*

24

Loffler Holiday Bazaar

Loffler Senior Activity Center, Tuesday, November 20, 9 a.m. – 2 p.m.

The holidays are upon us and our crafters, artists, knitters, crocheters and seamstresses have been preparing for the season. They will be selling their hand-made items at our holiday bazaar on the same day we have our annual Thanksgiving Lunch Connection. You can shop while waiting for the Open Mic entertainment to begin! Proceeds from the sale will benefit arts and craft programs at Loffler. If you have some hand-made items you wish to donate or share some of your gift-making talents with others, call Shellie at 301. 737.5670, ext. 1655.



NEW BEGINNING



'Prepared by Paula'

Enjoy home-cooked meals prepared by Paula at the **Northern Senior Activity Center**. The cost of lunch is still a donation for seniors 60 and older; \$5.50 for others. Deadline for these lunch reservations is noon two (2) days prior to the meal (not the day before). Space is limited so make your reservation early.

Enjoy these favorites...

Monday, November 5 - *Steak & Cheese Sub*

Monday, November 19 - *Thanksgiving Blessings Feast: Homemade Chicken Pot Pie,
Mashed Potatoes, Mandarin Orange Cake and more*

Monday, December 10 - *Reuben Sandwiches*

Friday, December 21 - *Holiday Meal of Stuffed Ham!*

Northern Breakfast Café

Northern Senior Activity Center



Let us do the cooking and cleanup in the morning while you enjoy a great start to your day and good conversation with others. Breakfast is homemade by Paula, and served with complimentary beverages. Cost is only \$2 per person and signup and payment are due by noon the day before. Call 301.475.4002, ext. 1001 with questions.

Enjoy these morning comforts ...

Wednesday, November 14 - *Sausage Gravy w/Biscuits & Fruit*

Wednesday, November 28- *Bacon, Waffles & Home Fries*

Wednesday, December 5- *Cream Chipped Beef with Fruit*

Wednesday, December 19- *Ham, Egg and Cheese Muffin with
Fruit Salad*

Creative Expressions

Christmas Angel Ornament

Garvey Senior Activity Center

Friday, November 16

2 p.m.

Using crochet cotton thread, participants will make a beautiful, 5 inch angelic ornament. Crocheting is not required. Learn how to make these ornaments and make them gifts for family and friends.

Cost: \$3.00 per person. To sign up, call 301.475.4200, ext. 1050.



Beaded Candy Canes & Snowflakes

Northern Senior Activity Center

Tuesdays, Nov. 20—Dec. 18, 12:30 p.m.

Tis' the season for fancy crafting and ornamental fun. Enjoy making your choice of snowflakes and or candy canes with our assorted inventory of beads while supplies last. Instruction and supplies are provided Sign-ups are encouraged. Please contact the Center at 301.475.4002, ext. 1001 to sign-up.

26

Watercolor Christmas Cards

Garvey Senior Activity Center

Thursday, November 15

1 p.m.

In this class, participants will make beautiful Christmas cards using watercolor painting techniques. All supplies are provided. Cost: \$5.00 per person. To sign up, call 301.475.4200, ext. 1050.



NEW BEGINNING

Beginner's Cake Decorating Class

Loffler Senior Activity Center

Part 1-Tuesday, November 6, 1 - 4 p.m., Cost \$45 + \$15 material fee

Part 2- Wednesday, November 7, 1 - 4 p.m. (Part 1 prerequisite), If both classes cost is \$96

Anita Kriner, owner of *Anita's Cake Shop* is offering a 2-part workshop on basic cake decorating. Cost of the class includes two cakes. Techniques to be taught during Part 1 include leveling, torting & filling the cake, then icing, smoothing, bordering and finishing with confectionary calligraphy. Techniques for Part 2 include making buttercream roses and fondant cutout flowers, icing & smoothing the cake, creating a basket weave design, then finishing with grass, leaf and rope border techniques. A minimum of 4 people are needed to sign up (maximum of 10 students) and payment must be made in advance so please register as early as possible by calling 301.737.6440 Tuesdays - Fridays 10 a.m. – 6 p.m.; Saturday, 10 a.m. - 4pm. Anita can take your payment by Visa or Mastercard over the phone. Payment can also be made in person at Anita's Cake Shop located at 22741 Three Notch Rd. #17 in California, MD. Registration and payment must be completed by Friday, November 2. To learn more call 301.737.5670, ext. 1658



Button Tree Painting

Garvey Senior Activity Center

Thursday, December 6, 10 a.m.

This is a painting project that even those who have never picked up a brush can do. Paint a simple tree and decorate the tree with white buttons for snowflakes. Trees will be painted in white canvas stretch board. Buttons will be provided; however, participants are welcome to bring their own white buttons to incorporate. To sign up, call 301.475.4200, ext. 1050.

Wine Cork Wreath

Garvey Senior Activity Center

Wednesday, December 5

1:30 p.m.

Add pop to your dining room or kitchen with wine corks wired to tiny red jingle bells. Cost: \$7.00. Sign up by calling 301.475.4200, ext. 1050.





Cards for the Troops

Garvey Senior Activity Center

Tuesday, November 20 & December 18, 1:30 p.m.

The Cards for the Troops program at the Garvey Senior Activity Center is expanding. Rather than only meeting 4 times a year, the group will now make cards once a month – the third Tuesday of each month. The group makes homemade greeting cards using stamping and scrapbooking techniques. The cards are then sent to *From Our*

Hearts, an organization that sends homemade greeting cards to soldiers stationed abroad to send back home to their family and friends for holidays and special occasions. To learn more about how to become involved, call 301.475.4200, ext. 1050.

Learn to Make Different Kinds of Bows

Loffler Senior Activity Center

Wednesday, November 21, 10 a.m., Cost- Supplies

It's not necessary to buy bows for your holiday needs- you can learn to make them! Bows add such an elegant finishing touch to decorating, centerpieces and packages, yet they are very simple to construct and there are several ways to do it. Learn a few of those techniques from a professional floral designer. Call 301.737.5670, ext. 1658 or stop by the reception desk to sign up. Deadline is Monday, November 19.



Learn 'Form-a-Line' Card Embroidery

Loffler Senior Activity Center, Monday, Nov. 5, 1 p.m, Cost- \$4

This method of card-making is used to create stunning gifts or greeting cards that will be suitable for framing. The technique uses single strand embroidery thread and a fine needle to make simple line designs on quality card stock. \$4 covers the cost of all supplies needed to complete your card. Payment may be made to the instructor on the day of the class. Call 301.737.5670, ext. 1658 *or* stop by the reception desk to sign up for this class by Friday, November 2.

28

December Craft:

“Make a Tasty Christmas Cottage”

Loffler Senior Activity Center , Thursday, Dec. 6 & Friday, Dec. 7, 10 a.m. Cost: \$8

This fun and popular workshop has become another Loffler tradition! We will need 2 days to do this project; the first day we will construct the cottage and let it dry overnight and the next day we will decorate it with sweets. This cute little item is made with Pop Tarts so that it holds very well (doesn't crumble like graham cracker houses). You can sign up for this project by calling 301.737.5670, ext. 1658 or by stopping by the reception desk before Tuesday, December 4. Money can be paid directly to the instructor on Thursday when you come to the class.



NEW BEGINNING

Ongoing Arts and Crafts Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301.475.4200, ext. 1050	Pins & Needles Stitching Group	Self-directed	Fridays	12:30 p.m.	Free
	Cards for the Troops	Susan Peters	3rd Tuesday; No Meeting in Nov.	1:30 p.m.	Free
Loffler Senior Activity Center Great Mills 301.737.5670, ext. 1658	Knit & Crochet Too	Linda Graham	Mondays & Thursdays	10-11:30 a.m.	Free
	Decorating Committee	Shellie Graziano	1 st & 3 rd Mondays	2 p.m.	Free
	Appliqué Tutor	Kit Spading	Mondays	1 p.m.	Free
	Art Classes	Shonne Farrell	Tuesdays (Full) Fridays	9 a.m.-noon 10 am.-noon	Sup- plies
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.-noon	Free
	Monthly Craft	Toni Axtel	Thurs. Dec. 6 & Fri. Dec. 7	10 a.m.	\$8.00
	Needle & Thread	Self-Directed	Thursdays	9 a.m.-noon	Free
	Project Linus	Debbie Ruple	3rd Fridays	10 a.m.	Free
	One-on-One Tutoring	Toni Axtel	Call 301.737.5670	By Appointment	Free
Northern Senior Activity Center Charlotte Hall 301.475.4002, ext. 1001	Simply Crafty	Self-Directed	Daily	Open	Free
	Open Pottery Studio	Wrenn Williams	Mondays & Fridays	9 a.m.-noon	Fee
	Whimsie Works Pottery	Pam King	2nd & 4th Tuesdays	2-4 p.m.	Fee
	Scrapbook Marathon	Barbara Sterling & Linda Brock	3 rd Thursday	9:30 a.m.	Free
	Quilting	Gina Alexander	2nd & 4th Wed.	12:30 p.m.	Free
	Dynamic Ceramics	Mary Parry	Wednesdays	9:30 a.m.- noon	Fee
	Northern Stars Theater Group	Wrenn Williams	1 st Friday	10 a.m.	Varies

Ongoing Social Events at the Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301.475.4002, ext. 1001	“Beat Your Buddy” Billiards	Mondays	1-3 p.m.	Free
	Hand & Foot	4th Tuesday	12:30 p.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.	Free
	Double Pinochle	Tuesdays Fridays	11 a..m. Noon	Free
	Breakfast Café	1st Wednesday & Monday (to be decided)	9 a.m.	\$2
	Western Mahjong	Wednesdays	1 p.m.	Free
	Bridge	Thursdays	10 a.m.	Free
	Eastern Mahjong	Thursdays	1 p.m.	Free
	Bingo	Fridays	10 a.m.	\$1.50

“Senior Matters” Adult Study Group

Northern Senior Activity Center
1st and 3rd Tuesdays, 10:45 - 11:45 a.m.

The adult study group has returned to the Northern Senior Activity Center. This discussion group is a popular forum for talking about aging in a small group setting. The sessions are offered on Tuesdays, twice a month, with facilitator Elizabeth Holdsworth (LCSW-C). Topics include issues pertinent to Southern Maryland seniors such as health care, challenges of rural living, emotional issues, advance directives, finance challenges, community resources, etc. Learn more or sign up by contacting the center at 301.475.4002, ext. 1001.



Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301.475.4200, ext. 1050	Bingo	1 st & 3 rd Mondays	10 a.m.-noon	\$1-3
	Pitch	Weds. & Fridays, 2nd & 4th Mondays	10 a.m.-noon	Free
	Senior Vibes	1 st Tuesday	9:30-11:30 a.m.	Free
	Pokeno	3 rd Wednesday	10:30 a.m.	Pennies
	Bridge Club	Thursdays	10 a.m.-3 p.m. (call for info)	Free
Loffler Senior Activity Center Great Mills 301.737.5670, ext. 1658	Pinochle	Monday, Wednesday & Friday	9 a.m.-12:30 p.m.	Free
	Canasta /Pitch Club	Tuesdays	9:30 a.m.-2 p.m.	Free
	Contract Bridge	Tuesdays	10 a.m.-noon	Free
	Dollar Bingo	Tuesdays, except: Nov. 20 & Dec. 18	12:30-1:30 p.m.	\$1.00 per card to 3
	Canasta	2 nd & 4 th Wednesdays	1-4 p.m.	Free
	Penny Bingo	November 21	10:30 a.m.-Noon	Pennies
	Chess Club	Wednesdays	9:30-10:30 a.m.	Free

31



Triad/SALT is actively seeking council members. Meetings are held the 3rd Thursday of each month. Call 301.475.4200, ext. 1073 to learn more or for meeting location.

Ongoing Physical Fitness Activities At Garvey and Loffler Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301.475.4200, ext. 1050 *F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.	Fitness Equipment	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Call for availability	8 a.m.-5 p.m.	Free
	Low Impact Aerobics	Mondays	8:30-9:30 a.m.	F.C.
	Men's Strength Training	Mondays & Thursdays	9:30-10:30 a.m.	F.C.
	EnhanceFitness	Mon., Wed., & Fri.	10:45-11:45 a.m.	F.C.
	Open Table Tennis	Tuesdays except 1st. Thursdays	10 a.m.-noon 2:15 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays & Thursdays	9-9:30 a.m.	Free
	Yoga For Everyone	Tuesdays & Fridays	1:05-2:05 p.m.	F.C.
	Line Dancing	Wednesdays	1:30-2:30 p.m.	Free
	Clogging	Wednesdays	2:30-3:30 p.m.	Free
	Parkinson's Disease Exercise Group	Thursdays	1:15-2 p.m.	Free
	Zumba	Thursdays	10:45-11:45 a.m.	F.C.
Video Aerobics	Fridays	8:30-9:30 a.m.	Free	
Loffler Senior Activity Center Great Mills 301.737.5670, ext. 1658 * F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.	Fitness Equipment Available	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Daily	8 a.m.-5 p.m.	Free
	Zumba	Mondays	Noon	F.C.
	Walking Club	Mon., Wed., & Fri.	10 a.m.	Free
	Arthritis Foundation	Mondays & Fridays	1-2 p.m.	Free
	EnhanceFitness	Mondays & Fridays Wednesdays	2-3 p.m. 1-2 p.m.	F.C.
	Strength Training	Tues. & Thursdays	10-11 a.m.	F.C.
	Yoga	Weds. & Fridays	10-11 a.m.	F.C.
	Core & Abs	Wednesdays	2-3 p.m.	F.C.
	Tai Chi for Arthritis I	Wednesdays Oct. 3-Nov. 23	9-10 a.m.; Registered <u>Only</u>	Free
	Tai Chi for Arthritis II	Wednesdays, Dec. 5 through Jan. 28	9 a.m. (Must have completed I)	Free
	Ongoing Tai Chi for Arthritis Practice	Tuesdays 7 a.m. & Thursdays 9 a.m.	(Must have completed I & II)	Free
	Line Dance	Fridays	11 a.m.	Free

Ongoing Physical Fitness Activities At The Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301.475.4002, ext. 1001	Fitness Equipment Available	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Daily	Noon-5 p.m.	Free
	Walking on Three Notch Trail	Daily	Open	Free
	Regulation Horseshoes	Daily	9 a.m.-4 p.m.	Free
	Yoga for Everyone	Mondays & Fridays	Mondays, 9:30 a.m. Fridays, 8 a.m.	F.C.
	Total Body Strength	Mondays & Thursdays	3:30-4:30 p.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Tuesdays & Thursdays	10-10:45a.m.	Free
	EnhanceFitness	Tues., Thurs., & Saturdays	Tues. & Thurs., 9 a.m., Sat. 10 a.m.	F.C.
	Indoor Bowling	Wednesdays	9:30-10:30 a.m.	Free
	Line Dancing	Wednesdays	1-2:30 p.m.	Free
	YES Cycling Program	Call for Appointment	TBD	Free

* F.C. = **Fitness Card**, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.



We'll Read to You; Audio Version of the *New Beginning* Newsletter And Calendars Are Online

Thanks to volunteer readers Anne and Jim Tennison, and Barbara Homan, an audio version of this bi-monthly *New Beginning* newsletter is available on the Department of Aging website. To have *New Beginning* read to you, go online to "Older Adult Programs" under "Residents" on the county web page www.stmarysmd.com/aging. Click on "Forms and Publications" in the left sidebar. This will take you to past newsletters, and a "speaker" icon. Click on the speaker icon to the left of the monthly edition you want to hear.

Call 301.475.4200, ext. 1073 for more information about this audio availability. Additional volunteer readers and those proficient in other languages are particularly welcome; the time commitment is approximately two hours on a bi-monthly basis.

You can also view the Senior Activity Center monthly calendars by going to www.stmarysmd.com/aging and clicking on the "Activities & Programs button."

Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301.475.4200, ext. 1050	Computer Tutoring	Volunteer	Daily	By appt.	\$5
	Coin Appraisals	John Hankla	1 st Tuesday	9 a.m.-noon	Free
	Book Discussion	Kathy Mather	2 nd Wednesday	10 a.m.	Free
	Nutrition Education	Donna Taggert	2 nd Wednesday	11 a.m.	Free
Loffler Senior Activity Center Great Mills 301.737.5670, ext. 1658	Current Events	Dave Spore	Mondays	10 a.m.	Free
	Health Watch	Varies	November 14	9 a.m.- Noon.	Free
	Health Talk	Bernice Williams	2 nd Thursday, Nov. 8 & Dec. 6	12:15 p.m.	Free
	Scripture Study	Solomon Olumese	Nov. 2, 16, 30 Dec. 7, & 21	10 a.m.	Free
	Fun w/E Readers	Linda Graham	Thursdays	9-10 a.m.	Free
Northern Senior Activity Center Charlotte Hall 301.475.4002, ext. 1001	Computer Tutoring	Volunteers	Daily	By appt.	\$5
	Nutrition Education	Donna Taggert	1 st Wednesday	10:45 a.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	Quarterly	1 p.m.	Free
	Diabetes Support Group	Wrenn Williams	Quarterly	2 p.m.	Free
	Book Chatter	Joyce Summers	4 th Thursday	11 a.m.	Free
	“Senior Matters” Adult Study Group	Elizabeth Holdsworth	1 st & 3rd Tuesdays	10:45 a.m.	Free

34

Sign Up Online to Receive the Newsletter

You can sign up to receive a notification when the newsletter is available online in PDF format via <http://www.co.saint-marys.md.us/citizen/signup.asp>. This link will also allow you to sign up for media releases and emergency alerts. The newsletter can also be viewed on the Department of Aging website, <http://www.co.saint-marys.md.us/aging/>. If you choose to receive the newsletter via e-mail or view online rather than mailing, please contact Jennifer Hunt, Community Programs and Outreach Manager at 301.475.4200 ext. 1073.

NEW BEGINNING

St. Mary's County Department of Aging At A Glance

Lori Jennings-Harris, Director

Senior Information and Assistance (Senior I&A) – Provides important updated information as it relates to senior services, benefits, and assistance programs. You may reach Debbie Barker, Program Manager, at 301.475.4200, ext. 1064 or Melissa Meatyard at 301.475.4002, ext. 1004, or 301.737.5670, ext. 1654.

Home and Community-Based Services (HCBS) - Consists of six programs providing the following services: Guardianship for individuals age 65 and over, Medicaid Waiver for Older Adults Program, Long Term Care Ombudsman, Senior Care Program, Respite Assistance and Caregiver Support. Call Rebecca Kessler, Division Manager, at 301.475.4200, ext. 1061.

Senior Activity Centers – Three county senior activity centers and one nutrition site are places where adults ages 50 and over can participate in activities, events, exercise programs, and group meal programs. Call Alice Allen at 301.475.4200, ext. 1063.

Meals On Wheels – A service for seniors 60 and over who are home bound and have a moderate to severe disability which prevents them from shopping or cooking for themselves, and who have no one to prepare meals. Bridget Maddox, Program Coordinator, can be reached at 301.475.4200, ext. 1060.

Retired Senior and 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 301.737.5670, 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.

35

Website: www.stmarysmd.com/aging

Fax: 301.475.4503

Phone: 301.475.4200, ext. 1050

Address: 41780 Baldrige Street, P.O. Box 653, Leonardtown, MD 20650

Senior Activity Centers:

Garvey Senior Activity Center, Leonardtown, 301.475.4200, ext. 1050

Loffler Senior Activity Center, Great Mills, 301.737.5670, ext. 1658

Northern Senior Activity Center, Charlotte Hall, 301.475.4002, ext. 1001



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

Holiday Closings...
(Also, no Meals On Wheels)

Veteran's Day (observed) - Monday, November 12, 2012
Thanksgiving Day – Thursday, November 22, 2012
Day after Thanksgiving – Friday, November 23, 2012
Christmas Day – Tuesday, December 25, 2012

NEW BEGINNING