

NEW BEGINNING

VOLUME 25, ISSUE 5

SEPTEMBER-OCTOBER 2012

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

September is...

National Preparedness Month



**Get a Kit, Make
a Plan,
Be Informed
and
Get Involved**

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From the Director's Desk...

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

With the effects of Hurricane Irene leaving a lasting impression on the citizens of St. Mary's County just a year ago, it's important to remember that being prepared for such events and other emergencies is important to our well-being and safety.

The Department of Aging and Human Services has been an integral part of the planning process for the Emergency Operating Plan in St. Mary's County and our senior activity centers offer instructions regarding how to prepare yourself. The Department of Emergency Services and Technology provides educational events for seniors during the year and will also have a display at the Department of Aging and Human Services Health Fair in October 2012.

The Triad/SALT Council coordinates Emergency Preparedness presentations at senior activity centers and local senior housing complexes, to which adults from the community are invited. In addition to these educational opportunities, the Department aids those who are homebound and on the "Meals on Wheels" program by providing them with a supply of shelf-stable meals to be used in case of emergencies.

The Department of Emergency Services and Technology, the Health Department, the Department of Social Services, and the Department of Aging and Human Services have developed a Special Needs Registry to identify those with special needs, so we can evacuate them during a disaster.

The Department of Emergency Services and Technology may identify cooling centers when a heat advisory is in effect for the county. Local radio stations, newspapers, and county government websites are utilized to notify the public of the activation of a Heat Emergency Preparedness Plan.

In times of weather related emergencies, keep your family, friends and neighbors in mind. Prepare yourself as much as possible, but also help those who may have difficulty helping themselves.



Be Prepared!

SEPTEMBER-OCTOBER 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

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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

Medicare Part D Open Enrollment Begins October 15

It's that time of year to start reviewing your Part D coverage for 2013. For those who are currently enrolled in a drug plan, you will receive an Annual Notice of Change from your company in late September. It is important that you review this information as it will contain information regarding your drug plan's premium, co-pays, deductibles, and list of covered drugs in 2013. As always you should take the time to compare companies to determine if a different drug plan would better suit your needs. For those who choose to remain with their current company, no further action is needed. To schedule an appointment to meet with a Medicare counselor to discuss your options call 301.475.4200, ext. 1050.

Home Repair Program Accepting Applications

St. Mary's County Christmas In April will be accepting applications for the 2012 rebuilding day from now until October 17, 2012. This program provides free home repairs to selected low-income St. Mary's County residents. Applications are available at all Senior Activity Centers or by calling 301.863.2905.

Welcome To Medicare Seminar!

Happy Birthday to those of you turning 65 this year and are ready to join the wonderful world of Medicare! In most cases, people new to Medicare often have questions about how Medicare works, prescription drugs, what is covered, etc. If these are some of your concerns you are invited to attend our Medicare Seminar on Tuesday, September 18 from 5:30-7:30 p.m. at the Garvey Senior Activity Center and Friday, October 19 from 1-3:00 p.m. at the Lexington Park Library. Refreshments will be served. To pre-register call 301.475.4200, ext. 1050.

Free Mammograms

One of Medicare's many covered prevention screenings is mammograms. This service is covered 100% by Medicare even if you have not met your Part B deductible. Call your healthcare provider today to make an appointment to take advantage of this life saving screening.

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Telemarketers Driving You Crazy?

Did you know there is a way to cut down on unsolicited mail, e-mail and phone calls? Listed below are suggestions provided by the Federal Trade Commission that can help you eliminate these annoying contacts. To get rid of those prescreened offers for credit and insurance you can choose to opt out of these mailings by calling 1.888.567.8688 or go to www.optoutprescreen.com. This website will allow you to either opt out for five years, or to permanently opt out. To permanently opt out you will need to return a form provided at the end of the Internet opt out process. For persons without Internet access, written requests may be mailed to each of the following companies and must include your name, home phone number, date of birth, and Social Security number.

Experian
Opt Out
PO Box 919
Allen, TX 75013

TransUnion
Name Removal Option
PO Box 505
Woodlyn, PA 19094

Equifax, Inc.
Options
PO Box 740123
Atlanta, GA 30374

Innovis
Consumer Assistance
PO Box 495
Pittsburgh, PA 15230

The Federal Trade Commission continues to operate the National Do Not Call Registry. To place your home phone number on the list simply call 1.888.382.1222 or go to www.donotcall.gov. You should see a decrease in the number of phone calls you receive within 31 days.

The Direct Marketing Association's Mail Preference Service lets you opt out of receiving unsolicited commercial mail from many national companies for five years. This may not eliminate receipt of all mailings; however, it will reduce the amount of mail and e-mail you receive from companies that choose to participate with this service. To register go to www.dmachoice.org or mail your request with a \$1 processing fee to DMAchoice, Direct Marketing Association, PO Box 643, Carmel, NY 10512.

Driving Long Distances for Seniors Garvey Senior Activity Center, 12:30 p.m. Thursday, November 15, 2012

Having the freedom to take long leisurely trips is one of the best parts about being a senior driver! This 45 minute program will show you how to plan a successful trip, give you strategies for reducing the chance of drowsiness, ways to prepare for an emergency, and how to handle emergencies if they arise. This program will also show you how to spot aggressive and distracted drivers as well as how to steer clear of the trouble they cause. There will be hand-outs and a small give-away. The speaker is Myra Wieman, Manager, Safety Services, Mid-Atlantic Foundation for Safety & Education, a non-profit affiliated with AAA. She is a certified driver improvement program instructor and child passenger safety technician.



You must register for the 11: 45 a.m. lunch at least one day in advance. Meal cost is a donation for those 60 and above and \$5.50 for others. The menu is posted on the Department website at www.stmarysmd.com/aging.

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

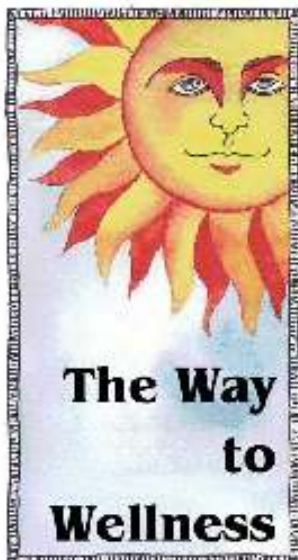
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St. Mary's County Triad/SALT (Seniors and Law Enforcement Together)

(Triad: a partnership of law enforcement, senior citizens, and community groups. The purpose of Triad is to promote senior safety and reduce the fear of crime.

Save The Date...



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



Health Fair:
The Way To Wellness
Friday, October 26, 2012
8:30 a.m. - 3:30 p.m.

Hollywood Volunteer Fire Department Hall
24801 Three Notch Road, Hollywood, Maryland 20636

- **Health Screenings include Skin Cancer, Hearing, Height & Weight, Oral Cancer, Blood Pressure, & Bone Density**
 - **Flu Inoculations**
(Medicare card holders should bring their cards; a \$20 payment, by cash or check is appreciated from those not eligible for Medicare)
- **Over 60 Exhibitors with the Latest Health and Wellness News, Information and Products**
 - **Sponsorship & Demonstration Opportunities Available!!!!**

For more information call 301.475.4200, ext. 1051 or visit the Department of Aging website at stmarysmd.com/aging

Brought to you by the Board of County Commissioners for St. Mary's County:
Francis Jack Russell, President; Lawrence D. Jarboe; Cynthia L. Jones;
Todd B. Morgan; Daniel L. Morris and the Department of Aging & Human Services.

NEW BEGINNING

National Senior Center Month Celebrations

“What Is Going On Around Here?” Walk around the halls of Loffler and you will hear lots of pleasant sounds: laughter, conversation, music, footsteps, machinery whirring. Take a look around and you will see people making their way to various destinations. If you peek inside the rooms you will see a variety of activity; something different in each place: card-playing in one room, fitness equipment being used for workouts, people knitting and crocheting, an art class here, a discussion group there, various levels of fitness classes. Some are partaking of the complimentary beverage service, others are quietly enjoying a book or puzzle. You are quite likely to see someone in the computer lab or playing on the wii. You may come across a group enjoying the wifi as they play ‘Words with Friends’ on their ipads, Kindles and Nooks. Special events and regular programs alike are announced with colorful fliers that invite you to plan ahead for even more upcoming fun like parties, trips and luncheons. What is going on around here? *LIFE!*



“What is Going on Around Here?” Exhibit

Loffler Senior Activity Center

September 2012

Senior Center Month is an opportunity to create awareness of the many activities, benefits and advantages that are offered to the 50+ population through the local senior activity centers. Throughout the month of September a collage of visual displays will be posted throughout the center designed to highlight our many programs, services and events. For example, if you want to know what goes on in Activity Room 1, you will find a photo display with descriptions outside that room showing people enjoying things like knitting and crocheting, pitch and canasta, Project Linus, art classes, etc. If you are already participating in these fun things, you will very likely see yourself in some of the pictures! If you have friends who have never walked through our doors because senior activity centers are for “old people” bring them by during this month and let them see for themselves that senior activity centers are not about “being old” but about “enjoying life in an atmosphere where being 50 + is a real advantage!”



Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

Are you prepared? “For what?,” you might ask.

Are you prepared for an active, exciting, healthful time of your life? As you get older, you may now have the opportunity to do many things that you were not able to do when you were younger and busy raising a family, working, etc. Being physically active plays an important role in how prepared you are to enjoy life and get the most out of it. Being physically active prepares you to meet the challenges that come your way. Being physically active prepares you to keep up with those grand and great grandchildren.

Regular physical activity is important to good health and wellness for so many reasons.



Physical activity helps reduce the risk of coronary heart disease. It helps one control or lose weight, which is important for those with diabetes. Regular physical activity helps control blood pressure and increases HDL cholesterol, the good kind. Your immune system is boosted by regular physical activity and your bones become stronger. Regular physical activity helps improve your sleep, reduces your risk of some types of cancer, lessens pain and stiffness from

arthritis, helps improve balance, and keeps you strong, which reduces your risk of falling.

So prepare for a fulfilling life by being physically active. Join the fun at your local senior activity center where you will find a variety of fitness programs designed to meet your needs. See pages 32-33 of this newsletter for a complete listing of fitness programs offered at the senior activity centers. For more information on a specific program, please call Alice Allen at 301.475.4200, ext. 1063.

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Line Dance

**Loffler Senior Activity Center, Fridays
11 a.m., Free**

What makes parties more fun than ever? Line Dancing, of course! And where can you learn the classic as well as the latest line dance steps? Right here at Loffler! Stop in on Friday mornings wearing comfortable clothing and shoes; get your dance on! For more information call 301.737.5670, ext. 1658.



NEW BEGINNING

Tai Chi for Arthritis; Part 1 (For new students)

Loffler Senior Activity Center

Wednesdays, 9 a.m.

October 3-November 21 (8 classes)

So many people love this class that we are starting a new series of sessions for beginners! The Arthritis Foundation Tai Chi Program® is designed to im-



prove the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn. There is no fee for the program but sign-ups are required. (Because this is a progressive class, drop-ins will not be permitted.) Attendance at all class sessions is highly recommended. To sign up call 301.737.5670, ext. 1658.

Tai Chi for Arthritis Part II

Garvey Senior Activity Center, Mondays, Oct. 22-Dec. 17

(no class November 12), 1:30-2:15 p.m.



Part II is ideal for those who have completed the original program, both the Core Movements and Extension Movements, and are looking for a more challenging course. Attendance at all class sessions is highly recommended. Participants must have taken Tai Chi for Arthritis Core and Extension Movements prior to signing up for this course.

There is no fee. To register, call 301.475.4200, ext. 1050.

Ongoing Tai Chi for Arthritis Practice

Loffler Senior Activity Center, Tuesday and Thursday 9-10 a.m., Begins September 6.

Cost- FREE (Completion of TCA Sessions I and II REQUIRED)

This program is set up for those who have completed Levels I and II of the Tai Chi for Arthritis with a certified instructor. It is an opportunity to practice the 21 movements learned during those sessions. Though an instructor will not be directing these practice sessions, a peer coordinator will be available as well as the instructional DVD and charts with the list of movements including warm up and cool down exercises for your guidance. To learn more or to sign up call 301.737.5670 ext. 1658.

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Latin Line Dance

Garvey Senior Activity Center

Fridays, September 28-November 30

(no class November 23), 9:30-10:30 a.m.

Instructor, Linda Miller will teach Latin style line dance for eight weeks. Linda has been dancing and teaching dance for over forty years and has taught dance in St. Mary's County for more than five years. The dances she teaches include Meringue, Rumba, Salsa, Hustle, Tango, Cha Cha, and Samba. The fee for this 8 week session is \$40.00. Make checks payable to Linda Miller. To learn more call 301.475.4200, ext. 1050.





Yoga for People with Cancer and Other Chronic or Life Threatening Illnesses

Garvey Senior Activity Center

Wednesdays, October 3–December 19, 9:30-10:30 a.m.

This program will focus on ways to adapt a personal yoga practice to meet the needs specific to a variety of conditions and diseases including cancer, heart disease, back problems, stress disorders, asthma, arthritis, diabetes, and multiple sclerosis.

Objectives

Individuals will learn safe and comfortable movements and breathing practices along with other yoga relaxation techniques,

have the opportunity to practice imagery and meditation, gain an overview of related yoga concepts, experience the effects of yoga as stress management, physically, mentally, and emotionally, and learn the benefits of breathing practices and meditation.

Advance registration is required and payment is due at that time. The fee is \$36, payable to the instructor. Space is limited. Call 301.475.4200, ext. 1050 to learn more.

Parkinson's Exercise Group

Garvey Senior Activity Center

Thursdays, 1:15-2 p.m.

Exercise will not stop Parkinson's disease from progressing, but it will improve balance and can prevent joint stiffening. This gentle exercise program offered at the Garvey Senior Activity Center on Thursdays at 1:15 p.m. includes stretching and strengthening routines that will help to minimize the negative effects of Parkinson's Disease.

There is no fee. The class is taught by a certified

group exercise instructor. For more information, call 301.475.4200, ext. 1050.



YES! Cycling Program

Northern Senior Activity Center

Youthful Energetic Seniors (YES) cycling is held from spring to fall. However, this time of the year is a wonderful time to get out and enjoy the colorful changing of the seasons and really connect with nature on the Three Notch Trail. Individuals and groups meet with Dan Donahue, a certified cycling instructor, who leads the rides. For more information contact the Northern Senior Activity Center by calling 301.475.4002, ext. 1001.

Nutrition Corner

By Donna Taggert, RD/ LD/ CDE

On the theme of being prepared, let's think about food planning and safety during severe storms. Obviously having an ample supply of clean water is a top priority. Store at least one gallon of water per person, per day, storing at least a one week supply.



Try to stock canned foods, dry mixes and other staples especially ones that do not require cooking, water, or special preparation. As you stock food, keep in mind each family member's unique needs and tastes. People on special diets or with allergies will need to pay special attention to what they need. The easiest way to develop a one week stockpile is to increase the amount of basic foods

normally kept on the shelves. Be sure to watch expiration dates and as you use items try to replace them as soon as possible. The general guidelines for rotating common emergency foods:

USE WITHIN SIX MONTHS-

* powdered milk * dried fruit * dry crackers * potatoes

USE WITHIN ONE YEAR-

*canned meats , soups, vegetables, fruits and juices *ready to eat and uncooked cereals
*Peanut butter, jelly *Oils *Dried beans and corn *Hard candy and canned nuts

LONGER THAN A YEAR-

*instant coffee, tea, and cocoa *salt *white rice *dry pasta *bouillon

If a storm occurs and there is a power outage, the general rule of thumb is that food in a refrigerator can last for four hours if the door is unopened. A full freezer can stay frozen for 48 hrs. As long as there are ice crystals in the food , it can be safely refrozen. However, when in doubt, throw it out! NEVER taste food to determine its safety. There is a consumer guide to food safety during severe storms available for downloading at www.fsis.usda.gov. Here you can find charts on what is safe to keep and what foods must be discarded. A toll free hotline is also available to ask food safety questions at 1.888.674.6854.

Remember, during and right after a disaster, it is important to eat and drink enough to stay healthy and be able to deal with whatever might lie ahead.

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Nutrition Education Presentations by Donna Taggert

September's discussion will focus on "What's Gluten-Free All About?" and October will cover "Something's Fishy."

Northern Senior Activity Center

Wednesday, September 5 & October 3

10:45 a.m.

Garvey Senior Activity Center

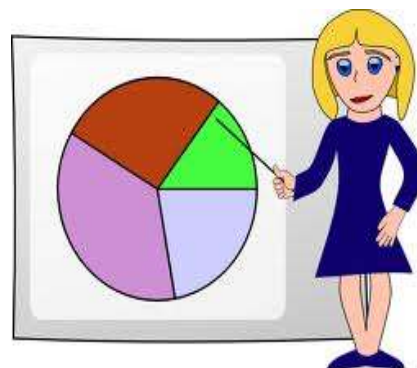
Wednesday, September 12 & October 10

11:00 a.m.

Loffler Senior Activity Center

October 17

10:45 a.m.

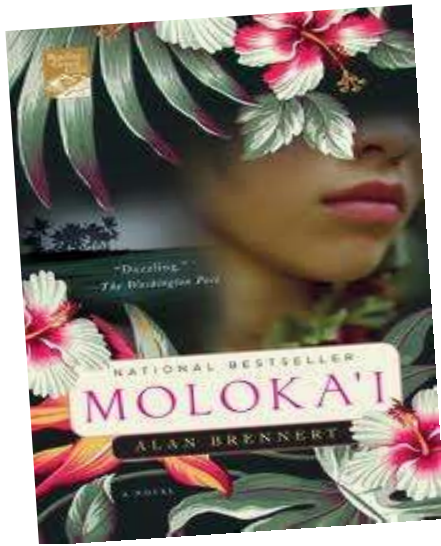


Educational Opportunities

“Discover your Color!”

A National Senior Center Month Special
Northern Senior Activity Center
Thursday, September 13, 11 a.m.

This session was inspired by the award-winning program “Discover Your Color at the Northern Senior Center” as judged by the Maryland Association of Senior Centers. This session revisits that color phenomenon and focuses on color selections and intuitions, mood expressions and the meaning in what we like or are drawn to. Enjoy a fun guessing game and take home your very own visual ‘artwork’ when completed. Call 301.475.4002, ext. 1003 to learn more.



Book Discussion Group

Garvey Senior Activity Center, Wednesdays
September 12 & October 10, 10 a.m.

In September the group will discuss *Moloka'i* by Alan Brennert, set in Hawaii more than a century ago, this is a chronicle about a people who embrace life even in the face of death. In October 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. To learn more, call 301.475.4200, ext. 1050.

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Art with Faith Workshops

Loffler Senior Activity Center
September 20, October 18, 1-4 p.m.

Cost- \$40 (includes instruction and all materials)

For a very reasonable cost you can complete a beautiful painting in one or two days to take home while learning techniques developed by local professional artist Faith Gailot. The paintings will be suitable for beginners as well as experienced students. If you would like more information

about the subject and techniques involved and/or wish to sign up for this class call 301.737.5670, ext. 1658. Registration is required by September 18 for the September class, and by October 16 for the October class. Payment is to be given directly to the instructor on the first day of class.



NEW BEGINNING

Loffler Book Club

Loffler Senior Activity Center

Second Thursdays, September 13; October 11

12:30 p.m.

The Loffler Book Club meets every month. Anyone who is interested is welcome to come, whether or not you've read the current selection. Enjoy a lively discussion with others who have read the book.

Please call 301.737.5670, ext. 1658 for the selection of the month for September & October.



Health Fair 2012: *The Way to Wellness*

By: Jennifer Hunt, Community Programs & Outreach Manager and Event Coordinator

The St. Mary's County Department of Aging & Human Services is once again hosting a Health Fair for the community to offer information about the latest news in health products, options, and services which promote healthful living. The Health Fair will take place on Friday, October 26 from 8:30 a.m.–3:30 p.m. at the Hollywood Volunteer Fire Department Hall, 24801 Three Notch Road. No pre-registration is required and, although admission is free, fees may apply for some services.

There will be important information available about Alzheimer's disease, nutrition, medical equipment products and services, diabetes, physical therapy, counseling, library cards, chiropractic treatment, and disaster preparedness. By having all of these services located in one place, you and your family can be provided the support needed to get through the tough winter months ahead.

We have exciting new additions to the Health Fair, including a shredder truck provided by PNC Bank. Bring your personal paperwork you wish to have shredded and PNC will shred it for you. Meal replacement samples will be provided by the Nutrition Hot Spot in California, Maryland. The nutrition Hot Spot is a Daily Shake Bar featuring 40 plus flavors and is a distributor of Herbalife®. Free samples of organic Forever Eden Skincare products will be available through the day. Another exciting change is that food will be provided at the Health Fair courtesy of Rita B's Catering. Lots of prizes, giveaways and great information! To learn more call Jennifer Hunt at 301.475.4200 ext. 1073.

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Fall Semester of LIFE Course Offerings Beginning Now

The Fall semester of LIFE (Learning is ForEver) offerings is now available. If you did not receive a booklet in the mail, you may pick one up at your local senior activity center or view online at <http://www.co.saint-marys.md.us/aging> click on Learning is ForEver (LIFE) in the left side-bar. Many exciting learning opportunities are planned. Registration opens August 27 and is taken on a first-come, first-served basis. Classes fill up quickly, so register early. For information on the LIFE program, contact Alice Allen at 301.475.4200, ext. 1063.

Special Events:

Intergenerational Day Celebration

Garvey Senior Activity Center, Wednesday, September 5, 11:15 a.m.



The Garvey Senior Activity Center, with help from the Leonardtown Branch of the St. Mary's County Library, will celebrate the many contributions older adults make in the lives of children by hosting a Grandparents and Grandfriends celebration. Grandparents and Grandfriends (older adult friends and family) and preschool aged children are invited to participate in an interactive reading of "The Hello, Goodbye Window" by Norton Juster & Chris Raschka. After the reading, children and grandparents will make a craft together

and enjoy a pizza party. The fee is \$3 for adults, \$2 for children. Advance registration is required. To register and learn date and time call 301.475.4200, ext. 1050.

Loffler Holiday Bazaar

Loffler Senior Activity Center

Tuesday, November 20, 9 a.m.–2 p.m.

The holidays are coming up and our crafters, artists, knitters, crocheters and seamstresses are gearing up for the season. Hand-made items will be for sale 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 wish to share some of your gift-making talents with others, call Shellie at 301.737.5670, ext. 1655.



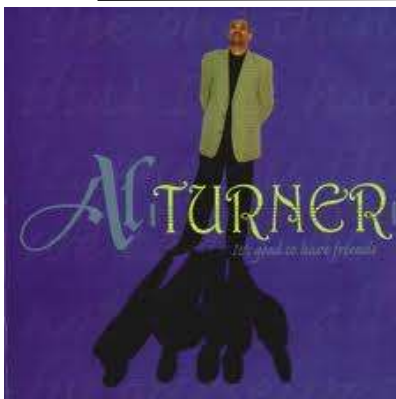
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National Senior Center Month

Luncheon and Show Featuring "Al & Company"

Garvey Senior Activity Center, Thursday, September 20, Noon

In celebration of National Senior Center Month, the Garvey Senior Activity Center will host ventriloquist, Al Turner & Company. Mr. Turner is a comedy ventriloquist who brings to life his colorful and outrageous "dummy" characters. Prior to the show, a meal of *Quiche Lorraine, Garden Salad, Peas, Pineapple, Lemon bars, milk/coffee/tea* will be served. Sign up in advance by calling 301.475.4200, ext. 1050. Cost of lunch is a donation for those 60 and older, \$5.50 for others.





**Autumn Glory 'Oktoberfest'
Northern Senior Activity Center
Friday, September 28, 10 a.m.-1 p.m.**

Celebrate Oktoberfest on Friday, September 28 at the Northern Senior Activity Center. A German lunch of bratwurst, sauerkraut, brochen/roll, apple salad and black forest cake will be served, with non-alcoholic beer from the biergarten. Dress for the occasion in autumn colors, lederhosen, skirts and vests. Polka around the room to German folk music! Bring your own stein for some German toasts and sing along with our entertainers. Make your lunch

reservations before noon on Thursday, September 27, by calling 301.475.4002, ext. 1001. The cost of lunch is a donation for seniors 60 and older; \$5.50 for others. Herr Bradford presents his collection of steins, music and memorabilia. Prize awarded to the best dressed.

**We Love Baseball, Hot Dogs, Big TVs and
Ice Cold Drinks**

Loffler Senior Activity Center

Please call 301.737.5670 , ext. 1658 for time & date once the World Series schedule is announced. This event will be held during the first televised afternoon game. Cost \$5

Enjoy a World Series game with your friends at Loffler on the gigantic 62" TV! Staff will be grilling hot dogs (remember those famous dogs you loved at the Point Look-out Cookout?) and serve you some chilled drinks. Tickets are \$5 and are available at Loffler Senior Activity Center. Bring your friends and cheer on the team of your choice. For more information call 301.737.5670, ext. 1658 once the two World Series contenders are determined.



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**2nd Annual Barn Party at the St. Mary's County
Fairgrounds**

Friday, October 12, 10 a.m-2 p.m.

Kick off the autumn season with a good old fashioned barn party planned by the Garvey Senior Activity Center. We had such a foot stompin' good time last year, we've decided to make this an annual event! Enjoy country music and food in a country setting. Tap your feet while listening to live country music by the Billy Hill Band, twirl your partner around the dance floor, and enjoy a catered pork barbecue meal. Suggested ticket price is \$8.00. Tickets are avail-

able for purchase at all senior activity center locations. For more information, call 301.475.4200, ext. 1062.

**The Wacky Pumpkin Town Panic –
A Hilarious Halloween Whodunit**



**Garvey Senior Activity Center
Wednesday, October 31
10:30 a.m.-1:30 p.m.**

Socialize with your friends, enjoy a catered meal and play Halloween games all while solving a Halloween whodunit mystery. All guests will be given a character description at the time of ticket purchase; costumes to match character descriptions are encouraged but not required. If you are feeling more reserved, not to worry, traditional 'acting' is not required. Guests will work together at their tables in groups of 7 to solve the mystery. Table assignments will be given at the time of ticket

purchase; therefore, friends who wish to sit together are encouraged to purchase their tickets together. Suggested ticket price is \$7.00 per person and includes a catered meal. To learn more call 301.475.4200, ext. 1050.

The Big Kick Off

**Northern Senior Activity Center, Thursday, September 6,
11 a.m.–1 p.m.**

Let's get ready for the first week of regular season football!! Wear your favorite football team's colors or jerseys. Grease paint will be provided and a referee will be on hand. Enjoy fun snacks and beverages. The Redskin Rally football pool will return again with prizes for the winners. Enjoy a stadium style lunch of hamburgers, with all the fixin's to make them extra good, chips & sodas, too. Make your lunch reservations before noon on Wednesday, September 5, by calling 301.475.4002, ext. 1001. The cost for lunch is by donation for seniors 60 and older; \$5.50 for individuals under 60.



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Mystery & Mischief

**Northern Senior Activity Center
Wednesday, October 31
10 a.m.**

Have some Halloween fun with a special scavenger hunt on Halloween Day. Come dressed in Halloween colors or flair to be part of this fun. Bring a trick-or-treat bag and be ready to collect fun things you uncover, discover and search for throughout the spooky rooms of the Center. Goodies will include useful items, confections and other surprises. Advance registration is required by Oct. 30 and the cost is \$2 per person



Loffler Luau A

Geno Rothback, Department of Aging & Human Services Dance Instructor, teaches Hawaiian Dance moves to (from left) Bettye Beall, Linda Miller, and Alice Thompson at the Loffler Luau. This festive annual event featured a delicious Hawaiian feast prepared by Loffler staff, an enchanting selection of Island tunes, and a tropical fashion show.



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Among the Hawaiian “fashionistas” was this Tacky Tourist Trio that included Susan Leibe in colorful Parrot Glasses, Will Ashby sporting a Pineapple-Yellow straw hat, and Val Foster in fetching Passion-Fruit Pink. One hundred area seniors took part in the festivities, each receiving a colorful floral lei as part of their Hawaiian greeting.



Preparing for Disaster; Expecting the “Unexpected”

Life is full of ups and downs, and as much as we would like it to be all “ups,” experience teaches us that the “downs” are an inevitable part of life. Knowing this, we can prepare for the down times. We might establish a family emergency fund to cover car repairs, vet bills, or even a period of unemployment. We might put together an emergency kit with a flashlight, first aid supplies, and a battery-powered radio. To prepare for an electric outage, we might set aside a supply of bottled water along with canned and packaged food.

All of these preparations don’t keep emergencies or disasters from happening, but they do lessen the impact and get us through the crisis, hopefully unscathed. In fact, good planning is an essential part of emergency and disaster preparedness. As some of us have learned the hard way, failing to prepare for an emergency or disaster can put us at risk, and it makes recovery that much more difficult.

So it is wise to expect the unexpected, and to prepare accordingly. This way, we minimize the damage when emergencies or disasters do occur. As the Boy Scout Motto says: Be Prepared. And if we are, we’ll be back up and running in no time.

Volunteers Play an Important Role When Disasters Strike

We’ve had our fair share of weather-related disasters in Southern Maryland. Hurricanes, snow storms, and flooding have impacted our region over the years, and volunteers have helped us recover. Whether it’s a neighbor who comes by on a tractor to help clear your driveway from a foot of snow or a church group who descends upon your yard to clear away downed trees, friends and strangers alike often volunteer their time, energy, and hard work to help us get back on our feet. Paid professionals can only do so much, and it is the work of volunteers that can make the critical difference when disaster strikes.

New RSVP Volunteer Opportunities for Disaster Action Team Members

New opportunities exist for RSVP volunteers to assist the Red Cross by becoming Disaster Action Team Volunteers. After receiving disaster training from the American Red Cross,



Disaster Action Team Volunteers serve as on-call responders to local disasters — such as a family displaced by a house fire. The typical disaster response requires approximately 4-6 hours to stabilize the situation and to get the family the help they need. Especially needed are Spanish-speaking volunteers who can provide interpretation services for families during a time of disaster. These volunteers can be trained as part of a Disaster Action Team, or can simply provide interpretation services to a Disaster Action Team. For more info, contact RSVP.

Volunteer News...

By Norine Rowe,

RSVP Project Manager

**Retired and Senior
Volunteer Program**

Community Emergency Response Team (CERT) Volunteer Opportunities

CERT is a training program that prepares you to help yourself, your family, and your neighbors in the event of a disaster. During an incident, emergency services personnel may not be able to reach everyone right away. By getting trained in CERT, you will have the skills to help emergency responders save lives and protect property.

As a CERT member you can respond to disasters, participate in drills and exercises, and take additional training. CERT teams are known and trusted resources that support emergency responders and their communities.

Under the direction of local emergency responders, CERT Teams help provide critical support by giving immediate assistance to victims, providing damage assessment information, and organizing other volunteers at a disaster site. Volunteers trained in CERT also offer a potential workforce for performing duties such as shelter support, crowd control, and evacuations. The role of a CERT volunteer is to help themselves and to help others until trained emergency personnel arrive.

In addition to supporting emergency responders during a disaster, the CERT program builds strong working relationships between emergency responders and the people they serve. CERT teams also help the community year-round by helping with community emergency plans, neighborhood exercise, preparedness outreach, fire safety education, and workplace safety.



Volunteer Fire, Rescue, and Emergency Medical Services Volunteer Opportunities

Many opportunities exist for local Fire, Rescue, and Emergency Medical Technician



Volunteers. Especially needed are senior volunteers who have day-time availability, as many of the current Fire, Rescue, and EMT volunteers have day jobs. Extensive training is provided along with uniforms and the opportunity to play an important part in our community's life. If you feel

you have what it takes for one of these exciting and challenging volunteer opportunities, please contact RSVP.

For information on volunteer opportunities for persons 55 years of age and older, contact the Retired and Senior Volunteer Program at 301.737.5670, ext. 1653, or e-mail Norine.Rowe@stmarysmd.com.

Trips and Tours

Orioles vs. Tampa Bay Rays

Thursday, September 13

This year, we will host our annual Orioles bus trip on Thursday, September 13. If you are interested in this Thursday afternoon game, vs TAMPA BAY RAYS in Baltimore, call



Joyce at 301.737.5670, ext. 1656. The bus will depart from each of the Senior Activity Centers. Snacks, transportation, tip for bus driver and ticket to the game are included in the cost. Cost per person is \$60 and your seat is reserved only when payment is received. Seats are limited, and this trip always sells out, so please plan ahead.



Myrtle Beach, October 4-7, 2012

Cost \$660 per person

(based on double occupancy)

There are still a few seats available for this trip! Enjoy a relaxing, extended weekend at one of America's most beloved beaches!

Travel by luxury motor coach bus to the Ocean Reef Resort, where you will spend three nights in an oceanfront room with your own balcony. The only things on the agenda for the first night are to check into our lovely hotel and then take a trip to Preston's Seafood Buffet. Start the next morning off with a full breakfast at our hotel and then choose between kicking back on the beach or going to some of the outlet shopping centers. We'll all meet up at 5 p.m. for dinner to be followed by a full length show at the Alabama Theater. The next morning we will again enjoy a full breakfast at our hotel before we chose between "staying home and enjoying another day at the beach" or an optional tour of a local rice plantation (tour is an additional \$18). We'll reunite for a trip to scenic Murrells Inlet for dinner after which we will enjoy another great show- this time at the Carolina Opry. On the fourth day, after breakfast we will head back home with wonderful treasures and memories. The cost of this trip is \$660 based on double occupancy and includes three nights accommodations at the Ocean Reef Resort, three full breakfasts at the hotel, three full course dinners, two full length shows, luggage handling, all taxes and standard gratuities, water and snacks on the bus. Optional emergency trip cancellation insurance is available. For more information about this trip call Shellie at 301.737.5670, ext. 1655.



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 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 Hill Country Barbeque (including live country music). 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 Becco 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.

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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.



SEPTEMBER-OCTOBER 2012

Health and Wellness

Living Well; Take Charge of Your Health

Garvey Senior Activity Center, Tuesdays, September 4-October 9, 12:30-3 p.m.

The St. Mary's County Department of Aging & Human Services, along with St. Mary's

Hospital Health Connections is offering a series of affordable workshops for people with chronic health conditions such as diabetes, asthma, heart disease, you name it! This program is an evidence-based Chronic Disease Self-Management Workshop developed by Stanford University. The workshop is for any person who has one or more chronic conditions and who wants to learn to live more healthfully. It helps people learn everyday skills to manage chronic health symptoms and get the most out of life. Caregivers of a person with a chronic condition are also invited to attend. In the "Living Well... take Charge of Your Health" workshop, you will learn how to manage symptoms, communicate effectively with doctors, lessen frustration, fight fatigue, make daily tasks easier, and get more out of life. To ensure that you get the most out of the program, it is recommended that you attend all six sessions. Registration is limited, so sign up now by calling 301.475.4200, ext. 1050.



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9/11 Service & Remembrance

Northern Senior Activity Center, Tuesday, September 11, 11 a.m.

View fascinating displays, stories and information from 9/11, and a candle station available for illuminating tributes to family and friends. On the anniversary of September 11, individuals are encouraged to voluntarily spend time helping those in need and being kind to others... in tribute to the 9/11 victims and heroes. RSVP (Retired & Senior Volunteer Program) Manager Norine Rowe will talk about serving others in the community and the many opportunities available.

September Health Watch "Diabetes Management"

Loffler Senior Activity Center, Friday, September 14, 12:15 p.m.

Are you managing your diabetes as well as you can? Do you have questions about ways to improve your life with diabetes? The Health Connections staff will be here to help you with these and other questions about this condition that affects so many people in the 50+ population. This presentation is being offered free of charge but we need at least six people signed up by Wednesday, September 12 in order to hold this session. For more information or to sign up call 301.737.5670, ext. 1658 or stop by the reception desk. Cost is free.



NEW BEGINNING

Brain.e.ology

Garvey Senior Activity Center, 7 weeks, October 23-December 4, Tuesdays, 10-11 a.m.

Losing memory or cognitive ability is a tremendous fear but there is growing evidence that cognitive ability can be maintained or even improved to the end of life!

Brain-e-ology is designed to: 1) dispel the limiting myths of memory loss and aging, 2) give participants a better understanding of how their brain works, 3) give participants the tools to incorporate brain fitness activities into their daily lives, and 4) create open minds.

More than 90% of participants report they feel like they have more control over future memory loss after taking this program! Class size is limited so register early. To make reservations call 301.475.4200, ext. 1050.



Wellness Clinic

Northern Senior Activity Center, Tuesday, October 9, 9 a.m.-noon

The CSM (College of Southern Maryland) Nursing Program will provide hands-on presentations on osteoporosis, heart attacks and stroke, and respiratory hygiene. Don't miss the "Germ



Detector" tool used for hand washing etiquette. There will also be screenings for height, weight, vision, body fat, BMI (body mass index), pulse oximetry and blood pressure. Walk-ins are welcome.

Mastectomy Boutique & Consultations

Northern Senior Activity Center, Thursday, October 4, 9 a.m.-Noon

October is Breast Cancer Awareness Month and we are hosting a display from a local shop that specializes in apparel and accessories for breast cancer survivors. In the comfort of our Social Room, there will be a display of delicate clothing options and a representative there with sizing, fitting and styling experience. Items like swimwear, bras and undergarments will be shown. There will be a side consultation area for discretion if you have specific questions.

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Learn it! Check it! Live it!

To Fight Kidney Disease

Garvey Senior Activity Center

Wednesday, September 26, 10:30 a.m.

Kidney disease is now the ninth leading cause of death in the United States and is closely linked to both heart disease and diabetes. Learn about the risks, tests and steps to prevent kidney disease. This presentation is provided by the American Kidney Fund and presented by the Garvey Senior Activity Center staff. To sign up call 301.475.4200, ext. 1050.



Staff Prepared Meals

Lunch Connection: Staff Prepared Luncheon & Open Mic Entertainment Loffler Senior Activity Center



Tuesday, September 11, Thursday, September 27 and Tuesday October 16. In October, this program will have a slightly different face. We will begin our October, November & December schedule of once-a-month lunch connections on the **THIRD** Tuesday of the month. 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, September 11: From 11:30 a.m. to 12 noon, we'll have a sing along of favorite songs. Come with your best singing voice! At noon, enjoy a casual lunch: *Jumbo Hot Dog on a Bun, Broccoli Salad, Fruit Cup, Pasta Salad and Poke Cake.* Stay with us afterward and dance if you feel so inclined.



Thursday, September 27: Folk Salad Trio will provide their beautiful harmonies starting at 11:30 a.m., continuing until 12:30 p.m. At noon, enjoy a menu of *Stuffed Green Peppers, Roasted Potato Wedges, Steamed Baby Carrots and Frozen Yogurt Pie.*

Tuesday, October 16: Enjoy the smooth ball-room moves of Dave & Linda Miller beginning at 11:30 a.m. *Stromboli with Marinara Sauce, Green Salad, Baked Ratatouille and Berry Parfait* will be served at noon.



**Prepared by Paula: Homestyle Meals at Midday
Northern Senior Activity Center**



The kitchen at the Northern Senior Activity Center is full of activity and energy due to the arrival of Paula Woodburn, the newest member of our food service team. Paula brings us her many years of cafeteria and food program experience, not to mention her culinary skills from the catering world. She's been asking around about your favorite meals and wanting to bring the warmth and comfort of her dishes to you. To start it off, September's meal features *Italian Sausage Subs with Sautéed*

Green Peppers and Onions, and October's lunch will be *Stuffed Pork Loin with Sauerkraut and Potatoes*. Contact us for dates and more menu details at 301.475.4002 ext. 1001.

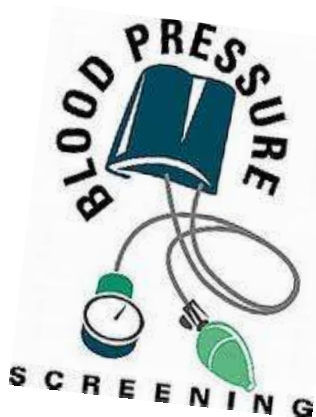


Yard Sale

**Northern Senior Activity Center
Friday, September 21, 1-4:30 p.m.
Saturday, September 22, from 6:30 a.m.**

The Northern Senior Activity Center Council will be holding a Yard Sale (*open to the public*) on Friday, September 21, from 1-4:30 p.m. and Saturday, September 22, beginning at 6:30 a.m. (rain/shine) at the Northern Senior Activity Center in Charlotte Hall. Proceeds will benefit the Northern Senior Activity Center. Please do not include any clothes, children's toys or exercise equipment. Review your donations to ensure they are saleable. Please call Council President Pat Myers 301.884.8714 to make arrangements for the delivery. We may not be able to accommodate unscheduled drop-offs.

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Blood Pressure Screenings Friday, September 28

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:

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

Creative Expressions

Basics of Decorative Painting, Part 1

Northern Senior Activity Center, Mondays, Sept. 10, 17, 24 and Oct. 1, 1:00-3:30 p.m.

Learn the strokes, techniques, and tips that will enable you to begin painting anything you like including wood, paper-mache, ceramics, glass, metal, and canvas. Gain control of your brush while mastering the “S,” “C,” and “Comma” strokes. Painting surface preparation will also be covered. If interested in signing up, call the Northern Senior Activity Center at 301.475.4002, ext. 1003. Payment is due no later than Friday, September 7. A list of required supplies is available from the Northern Senior Activity Center. Cost is \$20 payable to the instructor and includes all shared supplies provided by the instructor.



Monthly Craft with Toni

Loffler Senior Activity Center

Friday, September 14, 10 a.m., “Branches with Paper Leaves,” \$3

Friday October 12, 10 a.m., “White Pumpkin and Paper Leaves,” \$5

Leaves are among the most famous symbols of the autumn season and these crafts are designed to make the most of them! In September, we’ll gather up some bare branches and put colorful leaves on them made from beautiful scrap book paper. Put a few of these beauties in a vase or jar and you have a lovely, hand-made centerpiece. October will find us pairing leaves with that other fall season icon; the pumpkin. This time we will make our paper leaves out of tissue and decoupage those onto a pumpkin that you may choose to paint white. Because your pumpkin is not cut up it will last you all the way through the Thanksgiving season. Payment may be made on the day of the class. To sign up, call 301.737.5670, ext. 1658.



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Make Your Jewelry Magnetic

Garvey Senior Activity Center

Thursday, October 25, 10:00 a.m.

Do you have trouble putting on and taking off your jewelry? If so, bring your necklaces and bracelets to the Garvey Senior Activity Center and we’ll attach magnetic closures that make putting on and removing jewelry fast and simple. Cost: 25 cents per piece. Make reservations by calling 301.475.4200, ext. 1050.



Classy Tote with Leather Handles

Northern Senior Activity Center

Tuesday & Wednesday, September 18 & 19
and Monday, September 24, 1-4 p.m.

This basket is perfect for anyone. A file folder fits in it easily, so it's great for carrying paperwork or anything else you need to tote. It is also sturdy enough to carry the weight easily. Cost is \$40 for the three classes with all materials included. Approximate size is 11" long X 4" wide X 12" high. Accents and leather handles are Smoky Brown in color. Stop by the front desk to sign up, as space is limited. Payment is due at time of sign up, no later than noon on Friday, September 14.



Tranquility Stream
by Mary McClead,
Bob Ross Instructor

'Tranquility Stream' Oil Painting

Northern Senior Activity Center, Saturday,
November 3, 1-6 p.m.

The oil painting that will be done is called 'Tranquility Stream' and has a peaceful look of cool green mountains with a stream running through it. This is your last opportunity to learn under the guidance of Mary McClead, a certified Bob Ross painting instructor who will be teaching her last oil painting class at the Northern Senior Activity Center. She is retiring from teaching worldwide. So it's that time again to get out your oil paints and brushes to join fellow artists. Some paints and brushes are available for use. Call 301.475.4002, ext. 1003 for a supply list. **Space is limited so sign up early. Registration is required by Friday, October 19. Payment is due at time of signup.** Cost is \$40 for the 5-hour course. Come early to set up and be ready to begin on time. Snacks and drinks will be available.

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Pumpkin Makers Needed

Garvey Senior Activity Center, Tuesday, October 23, 1:30 p.m.

The Garvey Center is looking for volunteers to help assemble homemade Halloween decorations for the Halloween Who-Done-It Party on October 31. All supplies and instructions will be provided. To volunteer to help with this project, call Brandy at 301.475.4200, ext. 1062.



Arts and Crafts Showcase

Loffler Senior Activity Center, September 24-28

Arts and Crafts classes and groups are very popular at Loffler and every year we like to showcase the efforts of our participants as part of the national senior center month activities. Stop in



during the last three days of September and take a look at the beautiful work that has taken place over the course of the year. You will also get to preview some of the things that will be available for sale at our 2nd Annual Arts & Crafts Bazaar which will be held on November 20 from 10 a.m. to 2 p.m. If you would like to put something in this display, please see Brenda or Shellie about getting an entry form for your project. Your projects will be happily accepted (with filled entry form) during the week of September 17-21. For more information call Brenda at 301.737.5670, ext. 1658.

Scrapbooking Marathon

Northern Senior Activity Center

Thursday, September 20 & October 18 at 9:30 a.m.

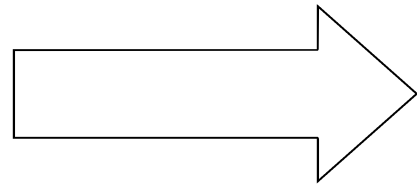
Scrapbooking enthusiasts meet to focus on their projects.



Directions and one-on-one help will be provided. No sign up necessary, walk-ins are welcome. Bring your own supplies and bagged lunch so you can work straight through and wrap up by early afternoon.



Don't be left out;
**Join In The Fun At Your
Senior Activity Center!**
Call or stop by and sign
Up for The Good Times...



Ongoing Arts and Crafts Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301.475.4200, ext. 1050	Pins & Needles Stitching Group	Self-directed	Fridays	12:30 p.m.	Free
	Cards for the Troops	Susan Peters	3rd Thursday	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	Summer Recess			Free
	Needle & Thread	Self-Directed	Thursdays	9 a.m.-12 p.m.	Free
	Project Linus	Debbie Rumble	3rd Fridays	10 a.m.	Free
	One-on-One Tutoring	Toni Axtel	Call 301.737.5670	By Appointment	Free
	Art With Faith Workshop	Faith Gaillot	Thursday; September 20	1-4 p.m. 1-4 p.m.	\$40
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-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 & Newsbreak	1 st Wednesday	9 a.m.	\$1
	Pizza Party	4 th Wednesday	Noon	\$1
	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

Lyme Disease Discussion & Support Group in Review

Northern Senior Activity Center

Thursday, October 11 at 1 p.m.

This is the last session of the year to recap developments on Lyme disease education and awareness. We will be reviewing one of the more significant developments this year involving the Congressional hearing, “Global Challenges in Diagnosing and Managing Lyme Disease—Closing Knowledge Gaps.” The significance of the House hearing is it is the first time Congress has looked at the global implications of Lyme disease and chronic Lyme disease, and focused on the science and putting patients first. Witnesses gave testimony about how policies and actions preventing research and hindering diagnosis and treatment. Scientific research was presented regarding animal studies and cutting-edge testing for Lyme was examined. Don’t miss the summary of the testimonies; find out who was participating and listening and how one can get involved and become more educated. Signups are encouraged but not required. Call 301.475.4002 ext 1002 with questions.



Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 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: Sept. 11 & Oct. 16	12:30-1:30 p.m.	\$1.00 per card to 3
	Pitch	Tuesdays	1 p.m.	Free
	Canasta	2 nd & 4 th Wednesdays	1-4 p.m.	Free
	Bunco	Thursdays	12:30 p.m.	Free
	Penny Bingo	Sept. 12 & Oct. 17	10:30 a.m.-Noon	Pennies
	Chess Club	Wednesdays	9:30-10:30 a.m.	Free

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Triad/SALT is actively seeking council members. Meetings are held the 3rd Thursday of each month. Call 301.475.4200, ext. 1073 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	1-2 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	Tuesdays & Thursdays	10-11 a.m.	F.C.
	Yoga	Wednesday & 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
	Ongoing Tai Chi for Arthritis Practice	Tues. & Thurs.	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 Leonardtwn 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
	Book Club	Liz Morris	Sept. 13, Oct. 11	12:30 p.m.	Free
	Health Watch	Varies	September 14	12:15 p.m.	Free
	Scripture Study	Solomon Olumese	Sept. 14 & 28 Oct. 12 & 26	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: Thursday October 11	1 p.m.	Free
	Diabetes Support Group	Wrenn Williams	Quarterly: Thursday October 18	2 p.m.	Free
	Book Chatter	Joyce Summers	4 th Thursday	11 a.m.	Free
	“Senior Matters” Adult Study Group	Elizabeth Holdsworth	1 st & 3 rd Tuesdays	10:45 a.m.	Free

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“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 discussing 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.



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.

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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

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CHANGE SERVICE REQUESTED

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

Labor Day- Monday, September 3, 2012
Columbus Day- Monday, October 8, 2012

NEW BEGINNING