

NEW BEGINNING

VOLUME 26, ISSUE 1

JANUARY – FEBRUARY 2013

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

What You Can Do



To Love Your Heart...

**(Help Us Celebrate National Heart
Month This February)**

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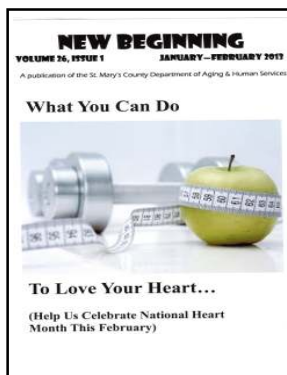
From the Director's Desk...

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

February is the month in which we celebrate Valentine's Day and romance. February is also American Heart Month, during which we are reminded of the importance of taking care of ourselves and our hearts. For women, it is especially important to pay close attention to our bodies. According to the American Heart Association "1 in 3 women suffer from heart disease, but only 1 in 5 believes she is personally at risk." Further, "heart disease is STILL the No. 1 killer of women ... and 80% of cardiac events in women may be prevented if women make the right choices for their hearts involving diet, exercise and abstinence from smoking."

If you found yourself unable to resist the bounty of delicious food we enjoy in the company of our family and friends so commonly associated with the holiday season, and you have gained a pound or two, now may be a good time to "get back in shape." If this is the case, consider improving your daily routine by modifying your bad eating habits and becoming more active, whether it is taking a leisurely daily walk, participating in exercise classes two to three times a week, or whatever you find enjoyable. If smoking is a challenge for you, your doctor may be able to help. And, of course, always consult your health care professional before engaging in any exercise program.

The importance of taking better care of our hearts is not only beneficial to our bodies, minds and spirits, but it is a generous, lasting and priceless gift we can give to the people who love and care about us.



*You and your heart;
the beginning of a
beautiful relationship!*

JANUARY – FEBRUARY 2013

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,
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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.

Attention: Meals On Wheels Volunteers

In 2012, the University of Maryland College of Agriculture & Natural Resources in collaboration with Meals On Wheels Association of America, developed training specifically for home delivered meal programs. *Food Safety On The Go* was designed to provide food



safety training to Meals On Wheels Programs and all involved, including the program director, food service management staff, food service workers, drivers and clients. This is the first training to address the unique needs of Home Delivered Meal programs.

The St. Mary’s County Meals On Wheels Program will offer this training four times in 2013. We ask all Meals On Wheels Drivers to participate in one two-hour training session over the next year to reinforce the importance of safe food handling. In order to allow you to plan ahead, *Food Safety On The Go* training will be

offered on the following dates at the following locations:

- Saturday, January 26, 2013**, Garvey Senior Activity Center, 10:30 a. m. w/lunch following
- Thursday, April 18, 2013**, Loffler Senior Activity Center, 10:30 a. m. w/lunch following
- Monday, July 8, 2013**, Northern Senior Activity Center, 10:30 a. m. w/lunch following
- Saturday, October 19, 2013**, Garvey Senior Activity Center, 10:30 a. m. w/lunch following

To register for a training date, if you have any questions, or are interested in becoming a Meals On Wheels Volunteer, call Bridget Maddox, Meals On Wheels Coordinator at 301.475.4200, ext. 1060 or send an email to <Bridget.Maddox@stmarysmd.com>. Thank you for all that you do to serve the homebound seniors in St. Mary’s County. *Volunteers give our meals their wheels!*



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

Triad is a partnership of three organizations; 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.

We need YOUR help! The Triad/SALT Council is seeking suggestions from seniors in the community for 2013 presentation topics. Presentations are aimed at promoting senior safety, and reducing crime against seniors. Previous topics have included Identification Theft, Driving Long Distances for Seniors, and Elder Abuse Awareness. If you would like to suggest a topic or are interested in joining the Council, call Jennifer Hunt at 301.475.4200, ext. 1073 to learn more.



Get Involved!
Community Seniors
Need Your Help

- Flexible Schedules
- Fuel reimbursement available
- Free CPR/First Aid Certification
- Rewarding Volunteer Opportunity

SENIOR RIDES

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St. Mary's County Department of Aging
Senior Rides Program
"Providing Rides for St. Mary's County Seniors"

Driver Testimonial
"I've met a lot of great people through the Senior Rides Program, and there is a time in your life when you need outside help".

Call to sign up to be a driver
 301-475-4200, ext. 1050
www.stmarysmd.com/aging
denise.charlot@stmarysmd.com

AARP Tax Assistance

AARP Tax Assistance will be available at each senior activity center beginning February 4. Please call 301.884.8370 after January 15 to make an appointment. No calls after 7 p.m. Appointments will be available at the following locations and times:

Garvey Senior Activity Center (Leonardtown).

Tuesdays 9 a.m. - noon; Thursdays 2-4 p.m.

Loffler Senior Activity Center (Great Mills)

Mondays 1-3 p.m.; Thursdays 9 a.m.- noon

Northern Senior Activity Center (Charlotte Hall)

Tuesdays 9-11 a.m.; Thursdays 1-3 p.m.



Home & Community-Based Services

By Rebecca Kessler, Division Manager

Happy New Year from the Home and Community-Based Services Division of the St. Mary's County Department of Aging and Human Services! Make your New Year's resolution; to take care of the caregiver!

The Heart of A Caregiver

The heart of a caregiver is tender but strong.
Open and hopeful.
It is hope that is reborn daily
After nights of worry and little sleep.

The caregiver's heart is capable of forgiveness
And friendship that knows no boundaries.
It breaks often but grows stronger
After each tear in its seams.

A caregiver's heart can find answers
Where no one else can
And can give solace to even
The most tortured soul.

In the life of a caregiver,
Many tears fall. Sometimes
Quietly and softly;
Sometimes with anger and confusion
That seems to force
Hot wet rivers of frustration down their cheeks.

A caregiver's work is never done
And is often given with lots of
Love but little recognition.
Even when blame is everywhere
And all roads seem like dead ends,
The caregiver stays on the job.

Because a caregiver's heart is
A beautiful thing.
It loves without condition.
And it always sees what is possible
Rather than what is a problem.

-Leeza Gibbons

NEW BEGINNING

See below what you can do in the year 2013 to take care of yourself or to provide support for a caregiver.

By Carol Crimi, www.strengthforcaring.com

1. Educate Yourself about the Care Receiver's Disease or Illness

Search for sources of information about specific diseases such as your physician, medical libraries, the Internet, other caregivers, and associations related to specific diseases like Alzheimer's and Parkinson's disease.

Set realistic expectations for both yourself and the care receiver based on your understanding of the disease.

2. Practice Self-Care

To avoid "burn out," add guilt-free breaks from caregiving to the top of your scheduled list of things to do and take them.

Attend to your own health-care needs, i.e., exercise, eat right, get enough sleep, avoid use of alcohol and pills as aids to reducing stress.

Keep your sense of humor.

Participate in activities you enjoy.

Reward yourself.

3. Learn to Let Go

Simplify your lifestyle to conserve your time and energy for what's most important. Accept that you may not be able to do things the way you used to, i.e., housekeeping, meal preparation.

4. Practice Stress-Reduction Techniques such as:

Deep breathing

Progressive relaxation

Guided imagery

Meditation

5. Ask for Help

Present family and friends with both task-specific and time-specific ways in which they can assist you.

Explore available community resources.

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NARFE Sponsored Alzheimer's Respite Grant

This grant is designed to provide assistance for those with Alzheimer's disease or other dementia-related illness by supporting family members and care providers through reimbursement of some of the costs associated with providing care and for the associated prescription cost. Eligibility Criteria: The Client served directly or indirectly must have a documented diagnosis of Alzheimer's disease or other dementia related illness by a physician and must reside in the community, not utilize Long-Term Care Services, or be enrolled in a Medicaid-funded Waiver Program. For further inquiries and to determine eligibility, contact Stacie Prinkey, HCBS Program Coordinator, by calling 301.475.4200 ext. 1056, or email <Stacie.prinkey@stmarysmd.com>.

Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

Can you believe that we are already deep into another Southern Maryland winter? It will soon be February, which conjures up thoughts of Valentine's Day and hearts. Speaking of hearts, it is common knowledge that good heart health is important to good health, period. And, it is also common knowledge that physical activity (sometimes called exercise) is an important tool to help keep your heart ticking as it should. Unfortunately, about 80% of Americans do not exercise regularly, even though regular physical activity helps to increase energy, improves cardiovascular health, reduces the risk of heart disease and stroke, and helps you keep a healthy weight.

So, if you are in the 80% of people who are not physically active on a regular basis, what can you do about it? Try these action items:

Find a physical activity/exercise that you like

Of course, the Senior Activity Centers have a variety of exercise opportunities available for you. If you prefer a social setting, group exercise classes are available. You can try your first class for free. If you prefer to do something by yourself, on your own, each senior activity center has an exercise room with fitness equipment that is free to use.

Make it a habit

It takes three weeks to develop a habit, so find what you like to do and do it regularly for three weeks. The American Heart Association guideline for physical activity is 30 minutes of physical activity 5 days/week. Before you know it, you've developed a positive habit that will improve your health and your life.

Keep Going

Don't give up if you miss a day and are unable to exercise. Just get back to it quickly. Be good to yourself by being more physically active; your heart will love it! If you need more information about the fitness opportunities available to you through the Department of Aging and Human Services, see pages 32-33 of this newsletter or call 301.475.4200, ext. 1063.

Kick off the New Year right with EnhanceFitness!

Garvey Senior Activity Center, Monday, January 7, 10:45 – 11:45 a.m.

EnhanceFitness is an ongoing, evidence-based group exercise program that includes aerobics, strength training, and stretching and balance exercises in a one hour, low-impact group fitness class. Evidence shows that people who participate in EnhanceFitness improve strength and boost their activity levels. The class is offered at the Garvey Senior Activity Center on Mondays, Wednesdays, and Fridays from 10:45 – 11:45 a.m. The class is taught by a certified group exercise instructor who

has been trained in the EnhanceFitness program. Attend the class on Monday, January 7 and make your resolution to get active in 2013! Purchase a Fitness Card for \$30.00 which covers 10 sessions of EnhanceFitness and you will receive a **FREE** EnhanceFitness shirt! To learn more call 301.475.4200, ext. 1050.



Becoming fit just became a whole lot more fun

**EnhanceFitness is
Three Classes in One.**

- Strength Training
- Flexibility and Balance
- Aerobic and Cardio

Join us for a life of better health.

NEW BEGINNING



Pickleball Anyone?

Margaret Brent Gym, Helen, Maryland

Organizational Meeting: Monday, January 14, 10:00 a.m.

(Garvey Senior Activity Center, Leonardtown)

Games begin Friday, February 8 – March 29

10:00 a.m. – Noon

Pickleball is a sort of cross between tennis and ping-pong. Players use a Pickleball Paddle, which looks like a paddle ball paddle, and a wiffle ball and net. The game is played on a smaller version of a tennis court (about 1/3 the size). The focus of the game is on exercise and camaraderie. If you are interested in learning more about pickleball or in signing up to play, attend the organizational meeting at the Garvey Senior Activity Center on Monday, January 14 at 10:00 a.m. or call 301.475.4200, ext. 1062.

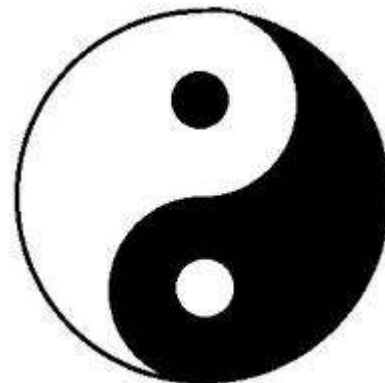
Tai Chi for Arthritis

Garvey Senior Activity Center

Mondays, January 28 - March 25, 1:30 - 2:15 p.m.

The Arthritis Foundation Tai Chi Program® is designed to improve the quality of life for those with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises designed to 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. Attendance at all class sessions is highly suggested. Sign up in advance by calling 301.475.4200, ext. 1050.



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 with a certified instructor. It is an opportunity to practice the 21 movements learned during those sessions. Though an instructor will not be directing the Tuesday practice sessions, a qualified instructor will be available during the Thursday time slot. To learn more or to sign up call 301.737.5670, ext. 1658.

Fitness:

Northern Senior Activity Center

Exercise Equipment is available for use in the workout room Monday through Friday, 8 a.m. to 5 p.m. Equipment includes a Bow-flex machine, stationary bike, treadmill, pec fly/rear delt machine, and standing and recently added recumbent elliptical machines, and a new treadmill.



Nutrition Corner

By Donna Taggert, RD/ LD/ CDE

Last newsletter I wrote about a group of sweeteners known as sugar alcohols or polyols. This month we can delve more into the multitude of options for satisfying that sweet tooth. For centuries all that was available was sugar, honey, and maple syrup but in the last 30 years with the invention of the starch hydrolysis process there are now more than 26 sweeteners. The origin of sugar from sugar cane is the South Pacific over 8000 years ago and in 1744 a German chemist found that you can extract sugar from beets as well. These days sugar is in the news



almost daily as the cause of the obesity epidemic and other diseases. While there is little doubt that Americans consume too much sugar, there is no data as to how much is too much. The largest consumption of sugar is from sweetened beverages, with the amount per person increasing 70% from 1970 to the year 2000.

Numerous studies have shown that low calorie sweeteners do not increase hunger, appetite, or food intake and so can be used as tools to assist in meeting your caloric goals. So what are our options? There are 5 artificial sweeteners approved by the FDA. Saccharin is the oldest (100 years) and the newest is neotame. Others are sucralose, aspartame, and acesulfame K. Most of them are 200-700 times as sweet as sugar. Of the sugar alcohols, which are from cornstarch, the newest one is erythritol, about 70% as sweet as sugar. It has a mild cooling sensation in the mouth, is often used in chewing gums.

The latest sweeteners are derived from other natural sources. Stevia is a plant native to South America. The extract from this (RebA) is isolated and purified and is about 300 times as sweet as sugar. Stevia can sometimes leave a licorice aftertaste and so some products are combining it with sugar or erythritol. Agave nectar and monk fruit are other sources for new sweeteners. All of these can be used in beverages to sweeten with zero or low calories but most can not be used in baking because they lack the qualities that sugar has to allow for browning. Sugar also helps products stay moist. This is why you will see sugar combinations for baking. So if you want to learn more about any of these sweeteners, visit www.caloriecontrol.org/sweeteners-and-lite/sugar-substitutes. These are all more expensive than sugar and if they don't fit into your budget, you can still use sugar and remain healthy. Even people with diabetes can use sugar- 1 Tbsp. is = to 1 carb serving. It is all about portion control and moderation.

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Nutrition Education Presentations by Donna Taggert

January's topic will be *Weight Loss Tips For The New Year*.

In February, learn about *White Foods; The Worthy and The Worrisome*.

Northern Senior Activity Center, 11 a.m.

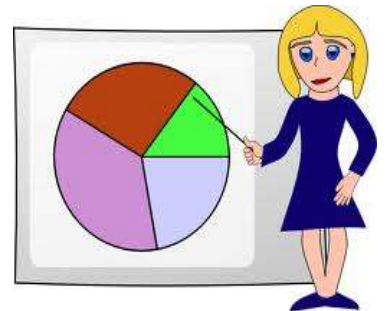
Wednesday, January 2 & February 6

Garvey Senior Activity Center, 10:45 a.m.

Wednesday, January 9 & February 13

Loffler Senior Activity Center, 10:45 a.m.

Wednesday, January 16 & February 20



NEW BEGINNING



**February is Black History Month:
Famous Black Women featured
Northern Senior Activity Center**

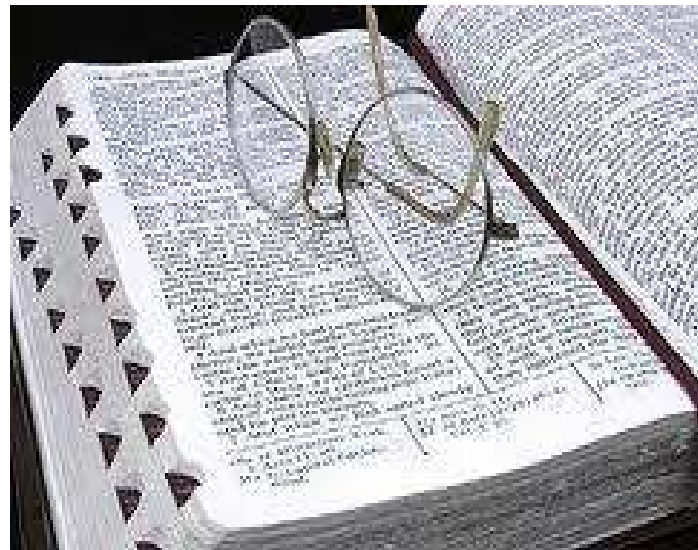
Books and other visual materials will be on display in the Great Room display case. Stop by and check out the selection. Books can be checked out at a later date at the Charlotte Hall Library. Plan on finding out why these women are famous on **Tuesday, February 12 at 11 a.m.** in the social room.

Among those women (left): Rosa Parks.

Scripture Study

**Loffler Senior Activity Center
Alternate Fridays, January 11, 25;
February 8, 22, 10 a.m., FREE**

Scripture Study meets twice a month at Loffler. This class is open to anyone seeking comfort, guidance, happiness and an improved prayer life through the bible. Though Christian-based, this class does not lean toward any particular denomination-all are welcome! There is no need to sign up; just stop in. Bibles are available. For more information, call 301.737.5670, ext.1658.



‘Winter Getaways’ Virtual Trips

**Northern Senior Activity Center
Mondays, January 7 & 14, 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 for more information and to sign up as space is limited. On Monday, January 7, at 12:30 p.m. watch a video and travel from Arizona to Alaska and on Monday, January 14, at 12:30 p.m., watch ‘America the Beautiful’ musical tribute as the wrap-up of this series.



Book Discussion Group
Garvey Senior Activity Center
Wednesdays, January 9 & February 13
10:00 a.m.

On January 9 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. On February 13 the group will discuss *Hidden in Plain View: A Secret Story of Quilts and the Underground Railroad* by Jacqueline Tobin and

Raymond Dobard. In *Hidden in Plain View*, historian Jacqueline Tobin and scholar Raymond Dobard offer the first proof that certain quilt patterns, including a prominent one called the Charleston Code, were, in fact essential tools for escape along the Underground Railroad. To learn more call 301.475.4200, ext. 1072.

Learning is ForEver (LIFE)

Get ready, get set, GO...to your local senior activity center after February 11 to pick up the Spring 2013 LIFE booklet of classes. Registration opens on Monday, February 25, and is on a first-come, first-served basis, either through the mail or walk-in at the Senior Activity Centers. Classes fill quickly, so don't delay. Many exciting, interesting, educational events are planned such as a tour of the Surratt House, Dr. Samuel Mudd Museum, Merriweather Post Foundation's Hillwood Museum, the National Air & Space Museum, the Newseum, Sotterley Mansion and Plantation, the Nobella Alpaca Farm, and more. Be sure to pick up your booklet as they will no longer be mailed. Booklets are also available on-line at <http://www.stmarysmd.com/aging>. Call 301.475.4200, ext. 1063 with questions. And remember, learning is forever!



Special Events:

Love Day at Loffler

Loffler Senior Activity Center

Tuesday, February 12, 10 a.m. – 2 p.m.

\$8 donation suggested

ADVANCE TICKETS REQUIRED

At Loffler we're always in the mood for love, especially in February when we set aside a day just for that purpose. We will bring back *Lefty's in Love* (new adventure) and the *King of Love* pageant, and we will dance to the music of our favorite DJ: Mean Gene! Raffles, door prizes and a lovely meal will make this a Love



Day to remember! On the menu this year: *Sweet Spiral Ham, Romantic Ratatouille, Cuddle-Up Comfort Corn, Lucky-in-Love Juice and Tempting Tasty Black Forest Cake*. Tickets for this event will be available at the Loffler Senior Activity Center on January 1. All party goers are required to have a ticket. Call 301.737.5670, ext. 1658 to learn more.

Valentine's Day Purse Bingo

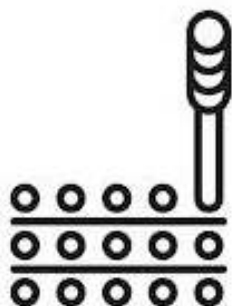
Northern Senior Activity Center

Friday, February 8, 10 a.m.

Don't miss out on a special Valentine's Bingo event. These are special featured purses, many never used, some still with tags, others as one-time wear only. Play for fun and win a purse! It's a great prize for the ladies, and a better prize for the guys to gift to a good friend or sweetheart for Valentine's Day. Designer purse labels include Tommy Hilfiger®, Etienne Aigner®, Ralph Lauren®, Calvin Klein®, Besso® and Sharif®. Event bags to choose from include embroidered, beaded and sequenced clutches. Day bags include shoulder style, totes, satchel, quilted, pouch and backpack varieties. Space is limited, so reserve your seat by calling 301.475.4002, ext. 1001 or visit the Center to sign up and get the Rules of Play.



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Who Wants To Play Cribbage?

Loffler Senior Activity Center, Fridays from Feb. 15, 1 p.m., FREE

It's been a while since we've had cribbage at Loffler, yet we have lots of boards and plenty of cards just waiting to be put to good use. This is the ideal two-person game; fairly easy to learn yet actual play is challenging enough to keep you on your toes. We'll start out on February 15 and if the response is good enough we'll keep it going. Call 301.737.5670, ext. 1658 with your questions. Otherwise, see you then!

Easy Listening Lounge
Northern Senior Activity Center
Wednesday, January 23, Noon - 1 p.m.

This performance series showcases local artists in a social and casual atmosphere. Listen to the smooth songs and music of 'Folk Salad Trio,' performed by Greg Penk and his fellow musicians while enjoying a special noontime lunch. The lounge will be space near the stage area with quiet tables for the most attentive listeners. Those who prefer occasional conversation during the performance will enjoy the dining room. A special donation for our guests will be collected by staff. Get your meal ticket at 11:30 a.m.; lunch will be served at 11:45 a.m. *Make your lunch reservations before noon on Monday, January 22 by calling 301.475.4002, ext. 1001.* The cost of lunch is a donation for seniors 60 and above, \$5.50 for others.



'Snowed-In Day'
Northern Senior Activity Center
Friday, February 15, 1 p.m.

Hot Cocoa anyone? Join us for an afternoon of fresh baked cookies with hot chocolate in the dining room. Before leaving that day, stop by the parlor to enjoy the comforts of a warm fireplace, rocking chair and blankets, while watching the classic 1951 movie 'Royal Wedding,' starring Fred Astaire starting at 1:30 p.m.

The Return of the Bunco Party
Garvey Senior Activity Center
Tuesday, February 26, 10 a.m.

Bunco is a fast paced but easy to learn dice game. Prizes are awarded. A pizza lunch will be served at Noon. Call 301.475.4200, ext. 1050 to reserve your pizza lunch.



Mahjong Group Re-forming
Garvey Senior Activity Center
Fridays, beginning January 11, 1 p.m.

The Garvey Senior Activity Center is looking for Mahjong players. Beginners are welcome. If you are interested, call 301.475.4200, ext. 1050 to sign up.



Trips and Tours

Blue Crabs Baseball Game

Wednesday, May 8, 2013

Game Time: 10:35 a.m.

Fun at the ballpark! A ticket to the Senior Day Brunch includes entrance to the game, access to the air conditioned Legends Club Room which includes private restrooms, full wait staff, and available outside private seating. You will also have a 2 hour all-you-can eat brunch buffet of eggs, potatoes, muffins, bagels, fruit, sausage, bacon, coffee, tea, and soda. The cost is \$23.00 per person. Reservations can be made by calling the Garvey Senior Activity Center at 301.475.4200, ext. 1062. Payment is due by April 13. Make checks payable to St. Mary's County Department of Aging and Human Services. Limited transportation is available; inquire when making reservations. Those providing their own transportation should meet at Regency Furniture Stadium no later than 9:45 a.m.



Always Patsy Cline Infinity Theater, Annapolis Thursday, June 20, 2013

There's nothing like a wonderful meal followed by amazing theater! We will be enjoying the delightful atmosphere, service and food of the Broadneck Grill; a Mexican cantina that is a favorite among Annapolis locals. Following a special buffet prepared for us, we will then slip over to the Infinity Theatre Company, which is a new enterprise that provides professional New York City theatre to Annapolis, Maryland and delivers a high quality team of NYC directors, designers, actors, and technicians to its state-of-the-art stage. The highly acclaimed musical

that we will be viewing at this venue tells the story of a fan who befriended Patsy Cline in 1961 at a Texas honky-tonk and the long-term correspondence that developed between the two right up until the singer's tragic death at age thirty. Filled with country humor, touching moments and even some audience participation, this show brings us right back to the sultry sound of the famous country legend as we once again listen to the songs that propelled her into the hearts of Americans during the 1960s.

Be on the lookout for more details in the near future. To learn more contact Shellie Graziano at <Sheila.graziano@stmarysmd.com> or 301.737.5670, ext. 1655.

Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager



RSVP Volunteers Give from the Heart

In recognition of American Heart Month, it's especially worth noting how so many of our RSVP volunteers give from the heart. In providing volunteer service, they are performing labors of love, putting their whole hearts into what they do. They're not seeking recognition for themselves, but seeking ways to help others in need. They often do this by reaching out to others in small, personal, and caring ways. Through one-on-one assistance, support, attention, and encouragement, our volunteers are lifting up others and, in the process, they provide an uplifting example for all of us to follow. Their giving from the heart resonates well beyond the services they provide. It speaks volumes to those who receive their services. It tells them that someone cares about them and wants to help. Heartfelt giving is what community service is all about.

RSVP Volunteers Share Heartening Stories during 9-11 Day of Service and Remembrance



This past fall, RSVP volunteers and volunteer station coordinators provided some very personal and heartfelt examples of volunteer service during a 9-11 Day of Service and Remembrance at the Northern Senior Activity Center. RSVP was asked to participate in this commemorative event by providing personal glimpses into what volunteer service is all about. We heard from a volunteer serving in Senior Rides, Adult Literacy, and Meals on Wheels programs, as well as representatives from Hospice and the Christmas Caring Program. The personal stories they shared were especially poignant, highlighting how RSVP volunteers wholeheartedly invest themselves in serving others.

RSVP Gives Heartfelt Recognition to Local Veterans

16 In November, RSVP joined the Loffler Senior Activity Center staff in expressing heartfelt appreciation to our veterans during a special tribute on Veterans Day. RSVP Community Advisory Committee members presented certificates of appreciation to our local veterans. Loffler staff also gave a personal thank-you to each veteran gathered in a "Veterans Circle Celebration," presenting them with a rose and a flag. Present were many RSVP volunteers who continue to serve both our country and our county, exemplifying a tradition of honor and service to others.

RSVP Extends a Hearty Thanks to Our County Commissioners

RSVP extends a hearty thanks to our County Commissioners who continue to show their strong support for our senior volunteer program. In October, we went before the Commissioners seeking approval to submit another three-year federal grant application to fund our program from 2013-2016, including a matching share of county funds. The Commissioners gave their approval, showing unanimous support for our program, for which we are grateful. Their actions allow us to meet community needs through senior service.

To learn more about volunteer opportunities for seniors 55 years of age and above, contact RSVP at 301.737.5670, ext. 1653, or email <Norine.Rowe@stmarysmd.com>.

NEW BEGINNING

RSVP Volunteer Opportunities for Seniors 55+

Meals on Wheels Driver

Deliver nutritious meals to homebound seniors. Drivers use their own car. Mileage reimbursement available if needed. Lunchtime hours, approximately 11:30 a.m.- 1:30 p.m. Multiple shifts offered to match your schedule of availability.

Senior Rides Driver

Drive homebound seniors to doctors appointments, shopping, and other important errands using your own car. Mileage reimbursement is available if needed.



S.W.A.T. Team: “Seniors With Available Time”

Become a member of our on-call Volunteer Work Crew to help with one-day projects and events, such as large-scale mailings, manning event registration tables, and short-term office projects.



Adult Literacy Tutor

Tutor persons age 18+ in reading and/or math skills. Requires patience and sensitivity. Especially suited to volunteers with teaching or counseling experience. Training provided.

Hospice of St. Mary’s

Provide in-home support to patients and family members; also office assistance or meal preparation at Hospice House. Training provided.

Tax Aide

Help seniors prepare basic tax returns. Requires good math and computer skills for e-filing. Substantial training in January; must pass test; volunteer throughout tax season.

Senior Vibes

If you like to sing or play an instrument, join this group that performs for seniors in the community. One practice and three performances per month. Very friendly, welcoming group.

Helping Hands Food Pantry

Help bag and distribute groceries to families and individuals in need.

Museum Guides

Help lead tours, assist with museum events, monitor gift shop, perform clerical and administrative tasks, and provide grounds-keeping assistance.

Summerseat Farm

Assist with building and grounds maintenance, animal care, special events, tours, and gardening at this beautiful 120-acre site.





Take Me Out to the Ball Game

Date & Cost TBA

Call Joyce Raum, 301.737.5670, ext. 1656 after February 1 for details. ORIOLES at Camden Yard; once MLB schedules are published; the date will be set for our annual trip to see the Orioles at Camden Yard. The bus will deliver you directly to the stadium, and our seats will be under cover. Lunch will be on your own at the Yard, and the price includes transportation, ticket to the ball game, snacks and water both ways on the bus as well as the tip for the driver. Call Joyce at 301.737.5670, ext. 1656 or email <joyce.raum@stmarysmd.com> after February 1, 2013.

Nina Dandy Lunch Cruise

Looking to enjoy a peaceful cruise on the Potomac? The Department of Aging and Human Services is offering a trip on the Nina Dandy, on Friday, May 10, 2013. Lunch will be served, while leisurely viewing local landmarks. If interested in going, please call 301.475.4002, ext. 1003. More information will be forth coming.



Valentine's Tea: Bring Your Favorite Tea Cup Party

Garvey Senior Activity Center

Tuesday, February 12, 2 p.m.

Valentine's Day is not just about flowers and gifts from your sweetheart, it's also about enjoying some sweet moments with your friends.

This Valentine's Day the Garvey Senior Activity Center is hosting a tea party to do just that. Nothing is more indulgent than spending an afternoon with friends at a tea party with lots of sweet treats. Participants are asked to bring their favorite tea cup. A limited number of tea cups will be available for

those without. Sign up by Friday, February 8 by calling 301.475.4200, ext. 1050.



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Intermediate Bridge

Garvey Senior Activity Center, Dates: Coming Soon

This class will focus on intermediate bidding and intermediate/advanced concepts of play. This series is designed for bridge players who have a minimum of one year's experience playing. Cost: \$5. Sign up in advance by calling 301.475.4200, ext. 1050.



NEW BEGINNING

Health and Wellness

A Matter of Balance

Garvey Senior Activity Center, Wednesdays, Jan. 9 - Feb. 27, 10 a.m. – Noon

A Matter of Balance is a nationally recognized, award-winning time-tested program for people over 60, designed to help manage falls and increase activity levels. In this class, participants will learn to:

- View falls and fear of falls as controllable
- Set realistic goals for increasing activity
- Make changes to reduce falls at home
- Exercise to increase strength and balance

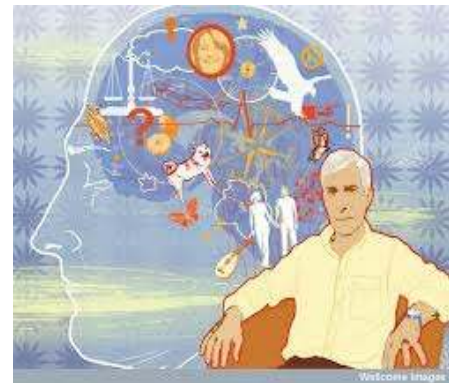


Classes are two hours in length and are held once a week for eight weeks and are led by two trained coaches in the *Matter of Balance* program. All materials are provided. To sign up for the course, call 301.475.4200, ext. 1050 no later than Friday, January 4.

"What's Happening With Your Loved One?"

**Northern Senior Activity Center
Tuesday, January 29, 1 p.m.**

A Mental Health Awareness presentation by Julia A. Ohman, B.A., CSA, a consultant who will start off with a quick overview of what's expected as far as dementia and some other aging changes. Learn how to recognize behavioral and emotional changes in someone; how to tell if there are deeper mental health concerns. What symptoms might you see? How can situational pressures, prescriptions and other issues trigger or worsen conditions? When to intervene? How to respond? When to look for help and how to get it? Questions welcome. Call 301.475.4002, ext. 1001 to reserve a seat, as space is limited.



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Lyme Disease Human Risk Map



Lyme Discussion and Support Group

Northern Senior Activity Center

Thursday, January 10, 1 - 4 p.m. (includes intermission)

Back by request is the award-winning documentary *Under Our Skin*. This film explores one of the most controversial and fastest growing health concerns today; Lyme disease. We will show the 104 minute movie, have an intermission, and also share some of the additional footage, interviews, and scenes. The film made the short list for an Academy Award as a Documentary Feature. Reserve your seat by contacting the Center at 301.475.4002, ext. 1001.

Health Screenings by St. Mary's Hospital Health Connections

Friday, January 25 & February 22



Take advantage of free health screenings provided by St. Mary's Hospital Health Connections. Each month will feature a different screening, in addition to blood pressure screenings. In January, have a Body Composition Analysis (BMI) done. In February, get a free testing of your iron level. Times and locations are as follows:

Garvey Senior Activity Center - 9 a.m. -10 a.m.

Loffler Senior Activity Center – 11a.m. - noon

Northern Senior Activity Center – noon – 1 p.m.

Limitations No More

(Emotional Freedom Technique Clinic)

Loffler Senior Activity Center

2nd and 4th Tuesday- January 8, 22; February 12, 26

10 a.m. - 2 p.m., \$45 for 1 hour session

Richele McLeod, RN, is the EFT practitioner at Loffler, who has been providing so much help to her clients. This method of self-help is simple and gentle and has brought dramatic results to people seeking help with fear, anxiety, pain, and more. Richele particularly likes to help clients who need relief from pain, allergy, weight, limiting beliefs, procrastination, anxiety, stress and more. To learn about emotional freedom technique, visit eftuniverse.com or simply type in 'eft' on the address bar of any search engine. If you would like to make an appointment with Richele, call 240.925.4309.



Health Watch (FREE)

Loffler Senior Activity Center

January: "Making Vision a Health Priority" Friday, January 11, 12:15 p.m.

February: "Using and Maintaining Your Hearing Aid" Friday, February 8, 12:15 p.m.,



January's presentation is a workshop that was developed by the National Eye Institute and was designed to inform about vision changes that can occur with age, the importance of eye health, and the need for regular, comprehensive eye exams. Learn what you can do to protect your vision as you age. Featuring easy-to-use handouts, this presentation will be given by Dr. Marcel Brooks. Sign up for this workshop by calling 301.737.5670, ext. 1658 by Wednesday, January 9.

February's topic will be a very practical one for those who have hearing aids. So many people have very up-to-date models but do not really know how to make them work to capacity or even at all. This usually results in non-use. If your hearing aid is under 5 years old and you do not know how to get it to work the way it should, this presentation is for you! More than learning about the features in your model, you will learn how to maintain it for maximum performance. Sign up for this workshop by calling 301.737.5670, ext. 1658 by Wednesday, February 6.



NEW BEGINNING



Lunch at Loffler Connection

Our new format provides staff prepared luncheons twice a month, with entertainment ONLY at the Tuesday luncheons. For TUESDAY luncheons, arrive by 11:15, lunch is served at noon. For THURSDAY luncheons, arrive by 11:15, lunch is served at 11:30. Reservations required at least 2 weeks in advance. Space is limited, 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.

Staff Prepared Luncheon & Open Mic Entertainment: 2nd Tuesdays, 11:30 a.m. Staff Prepared Luncheon on the 4th Thursdays, 11:30 a.m.



Tuesday, January 8 - David Norris will serenade you with original and familiar songs beginning at 11:30. For lunch, enjoy a bowl of Chili, served with Cornbread and Fruit Salad. For dessert, dig into a fresh Brownie.

Thursday, January 24 - feast on a Grilled Cheese Sandwich and your choice of Chicken Noodle or Split Pea and Ham Soup; Seasoned Green Beans and Spiced Apple Slices. A slice of Poke Cake will round out your meal with a sweet ending.



Tuesday, February 12 - LOVE DAY. Lunch will only be served at Loffler Senior Activity Center to LOVE DAY ticket holders. If you do not wish to purchase a party ticket and participate in LOVE DAY festivities, we invite you to call another Senior Activity Center and reserve a meal there on this date. See the SPECIAL EVENTS section of this issue of *New Beginning* for Love Day details.

Thursday, February 28 - We'll mix things up and serve a Chocolate Frosted-Raspberry Filled Cupcake first, and follow dessert with our meal! Sausage, Peppers & Potato Casserole will be served, along with Roasted Zucchini and Steamed Baby Carrots.



Creative Expressions

Monthly Craft with Toni Loffler Senior Activity Center

Friday, January 11, 10:30 a.m., “Hot Chocolate Snowmen in a Jar” Cost \$4

Friday, February 8, 10:30 a.m., “Apple Pie in a Jar” Cost \$4

Let’s craft the new year in with a jarring good time! January’s craft finds us wondering: what is a more charming way to combine snowmen with hot chocolate in one beautiful, delicious package than to make it yourself with simple materials? These little sweeties are pretty enough to make as gifts and tasty enough that you’ll want to make one for yourself! To sign up for this class, call 301.737.5670, ext. 1658 by Tuesday, January 8. Payment can be made directly to Toni the day of the class.

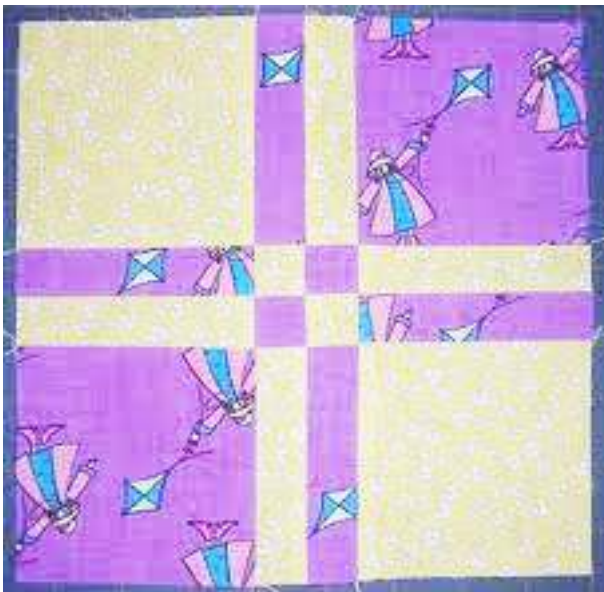


In February we will combine this classic American dessert with the convenience and popularity of the Mason jar. You can assemble the pie at Loffler, and then take it home to bake, or perhaps freeze

so you can enjoy it at another time. This is another item that makes a thoughtful gift (perhaps for someone who has been in the hospital and would find some healing in the delicious scent of pie baking in their own oven). Sign up for this class by calling 301.737.5670, ext. 1658 by Tuesday, February 5. Payment can be made directly to Toni the day of the class.



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Quilting: Disappearing 4 Patch

Garvey Senior Activity Center

Fridays, January 11 – February 15

9 a.m. – Noon

Learn the quilting technique of disappearing 4 patch. A supply list will be given during the first class, but for the first session all that is needed is paper for taking notes. For the remainder of the class sessions a sewing machine is required. This class is taught by Louise Park. There is no fee for the class but the instructor encourages students to make a donation to the Garvey Senior Activity Center. Space is limited. To register, call 301.475.4200, ext. 1062.

NEW BEGINNING



‘Quick Draw’ sketching classes

Northern Senior Activity Center

Mondays, February 4 & 11

9 - 11 a.m.

So you think you can’t draw? Start on Monday, February 4 by learning how to do ‘Quick Draw’ pencil sketching techniques to get the feel of working in that medium. On February 11, learn how to make objects look 3-dimensional by adding shading. Test your artistic abilities and try something new! Resident artist and instructor Wrenn Williams will teach the class and give personal assistance when needed. Call 301.475.4002, ext. 1003 to sign-up by Thursday, February 1.

Needlecrafters at Loffler

Loffler Senior Activity Center

Mondays and Thursdays, 10 a.m., Free

Recently known as *Knit and Crochet Too*, our ever-expanding needle (and hook) lovers are branching out yet again. More fun with more activities than ever, Needlecrafters, while continuing to enjoy the pleasures of knitting and crocheting now welcome the joy of embroidery, cross stitch and needlepoint. If you are new to any of these arts, tutoring is available at no charge. Stop in and see what the buzz is all about. For more information call 301.737.5670, ext. 1658.



Valentine’s Day Knot Bracelet

Garvey Senior Activity Center

Friday, February 8

10:00 a.m.



Two types of knots, which are symbols of everlasting unity, are showcased in these colorful bracelets: the cross knot and the overhand knot. Cost: \$3.00 per person. To sign up, call 301.475.4200, ext. 1050.

Basket Weaving Class

Northern Senior Activity Center

Tuesday, February 19 and

Thursday February 21, 1 - 4 p.m.

Make a Beaded Basket. This is a great basket for decorating your home and storing small items. It measures about 8” in diameter by 8” high and features a wooden bottom and beaded trim on the false rim. A selection of short beaded trims will be provided or you can bring your own (about 1 yard). The basket will be woven in two class sessions held on Tuesday, February 19 and Thursday, February 21, from 1:00 to 4:00 pm. The cost for the kit, which includes all materials and tools, is \$35. Call 301.475.4002, ext. 1003 to sign up by Tuesday, February 12. Payment must be received to confirm your reserva-





Mike Rose shows off his finished ‘Tranquility Stream’ painting. He joined fellow artists on Saturday, November 3 at the Northern Senior Activity Center for a Bob Ross painting class, taught by Mary McClead, a Certified Ross Instructor from Gainesville, Florida. Sixteen artists came away that day with a wonderful painting of which they were proud.

Beginner’s Wood Carving Class

Loffler Senior Activity Center

Tuesday, January 15, 1 p.m., Cost: Supplies needed

Mr. Warren Brown is an accomplished and award-winning wood carver in our local area who wishes to share his talents with students who are interested in learning this form of art. With an emphasis on safety and the importance of using the correct tools, Mr. Brown will hold an orientation on Jan. 15 in which he will discuss your first project, the specific tools you will need (including a quality carving glove) as well as samples of his own work. Please bring a notebook and pen to this orientation. To sign up call 301.737.5670, ext. 1658 by Friday, January 11.



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

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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.



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	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	Fri. Jan. 11 & Fri. Feb. 8	10:30 a.m.	varies
	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
	Open Painting Studio	Wrenn Williams	Mondays	9 a.m.– 4 p.m.	Free
	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 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	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		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 to learn more or for meeting location.

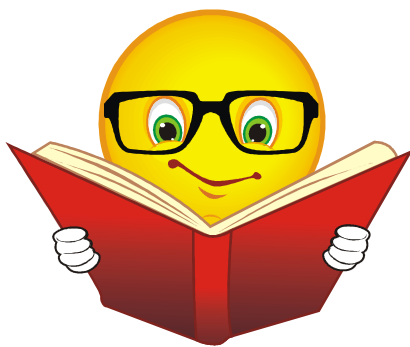
Ongoing Physical Fitness Activities At Garvey and Loffler Centers

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	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

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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
	Health Watch	Varies		9 a.m.- Noon.	Free
	Nutrition Education		3 rd Wednesday	10:45 a.m.	Free
	Health Talk	Bernice Williams	2 nd Thursday,	12:15 p.m.	Free
	Scripture Study	Solomon Olumese	Thursdays	10 a.m.	Free
	Fun w/E Readers	Linda Graham		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 January 10	1 p.m.	Free
	Diabetes Support Group	Wrenn Williams	Quarterly: Thursday, January 17	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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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 who are independent and active 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.

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)

New Year's Day (observed)- Tuesday, January 1, 2013
Martin Luther King's Birthday- Monday, January 21, 2013
President's Day- Monday, February 18, 2013

NEW BEGINNING