

NEW BEGINNING

VOLUME 28 ISSUE 1

JANUARY-FEBRUARY 2015

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

Welcome to 2015!



**It's A New Year; time to discover your
Department of Aging & Human Services**

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to discover your Department of Aging & Human Services. Here is how it is done; so read and connect, with so much for you.....pages 3, 27



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From the Director's Desk...

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

A New Year - Discover the Department of Aging & Human Services

With the start of a new year my staff and I are excited about enhancing our already expansive programs and services. We look forward to educating our community about all the ways in which we help people, provide activities to those who have an interest in staying active and engaged, referring individuals to available resources in their time of need, and connecting volunteers with a number of volunteer opportunities through our Retired and Senior Volunteer Program (RSVP). In the year 2011, The Department of Aging became the Department of Aging & Human Services. While the name provides a glimpse into what the Department has to offer, we provide so much more than the name implies.

We operate with the support of seven divisions:

Home and Community-Based Services Division

- Recently developed our county's Aging and Disability Resource Center, also known as the Maryland Access Point (MAP).
- Provides intensive case management to consumers who are clinically eligible for nursing home placement through the Community First Choice program.
- Provides "Guardianship service" for older adults (at least 65 years of age) through the Adult Public Guardianship Program.

(Continued next page)

Discover A New You!

Cover art courtesy
ATL Lady Blog Post



JANUARY-FEBRUARY 2015

NEW BEGINNING

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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.

(Continued from previous page)

Senior Center Operations Division

- Operates three vibrant senior activity centers providing interactive programs and activities, exercise classes, and our meals program at the Senior Activity Centers and through the Meals On Wheels program, and also at one congregate meals site.
- Our Learning Is ForEver (LIFE) program provides opportunities for tours and educational trips to places like our Nation’s Capital, historic landmarks, etc.

Information and Assistance Division

- Provides information, referral services, and counseling to consumers and their family members on Medicare and other health insurance plans.
- Manages the Senior Rides Program, which provides transportation to eligible seniors utilizing volunteer drivers.

Retired and Senior Volunteer Program

- Volunteers with the Retired and Senior Volunteer Program (RSVP) of St. Mary’s County donate their time, talents, and expertise in service to more than 30 county agencies, community groups, and nonprofit organizations. As many as 375 RSVP volunteers gave nearly 30,000 hours of service valued at more than \$840,000 during the past year.

Human Services Division

- Manages and supports the Local Management Board (LMB) to identify the greatest human service needs of children and families.
- Acts as the Core Service Agency (CSA) for mental health support and referrals.
- Coordinates and monitors substance abuse treatment and prevention activities.

Community Programs and Outreach Division

- Responsible for communicating timely and topical information to the community through a bi-monthly newsletter, website updates, local and state-wide events, and the local media.

Fiscal Division

- Responsible for the management and reporting of over 40 grants; Federal, State and Local.

We invite you to explore all the possibilities and services the Department of Aging & Human Services has to offer, and help us spread the word about the resources that are available. Our variety of programs and services focus on helping children, families, and older adults live healthier lives.



Nutrition Corner

By *Emilee Seltzer, Agingcare.com*

Older persons are particularly vulnerable to malnutrition. Moreover, attempts to provide them with adequate nutrition encounter many practical problems. First, their nutritional requirements are not well defined. Since both lean body mass and basal metabolic rate decline with age, an older person's energy requirement per kilogram of body weight is also reduced. The process of aging also affects other nutrient needs. For example, while requirements for some nutrients may be reduced, some data suggest that requirements for other essential nutrients may in fact rise in later life. There is thus an urgent need to review current recommended daily nutrient allowances for this group. There is also an increasing demand worldwide for guidelines which competent national authorities can use to address the nutritional needs of their growing elderly populations.



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Malnutrition and older persons

Many of the diseases suffered by older persons are the result of dietary factors, some of which have been operating since infancy. These factors are then compounded by changes that naturally occur with the aging process.

Dietary fat seems to be associated with cancer of the colon, pancreas and prostate. Risk factors such as increased blood pressure, blood lipids and glucose intolerance, all of which are significantly affected by dietary factors, play a significant role in the development of coronary heart disease.

Degenerative diseases such as cardiovascular and cerebrovascular disease, diabetes, osteoporosis and cancer, which are among the most common diseases affecting older persons, are all diet-affected. Increasingly in the diet/disease debate, the role that micronutrients play in promoting health and preventing non-communicable disease is receiving considerable attention. Micronutrient deficiencies are often common in elderly people due to a number of factors such as reduced food intake and a lack of variety in the foods they eat.

Another factor is the price of foods rich in micronutrients, which further discourages their consumption. Compounding this situation is the fact that the older people often suffer from decreased immune function, which contributes to this group's increased morbidity and mortality. Other significant age-related changes include the loss of cognitive function and deteriorating vision, all of which hinder good health and dietary habits in old age.

Elevated serum cholesterol, a risk factor for coronary heart disease in both men and women, is common in older people and this relationship persists into very old age. As with younger people, drug therapy should be considered only after serious attempts have been made to modify diet. Intervention trials have shown that reduction of blood pressure by 6 mm Hg reduces the risk of stroke by 40% and of heart attack by 15%, and that a 10% reduction in blood cholesterol concentration will reduce the risk of coronary heart disease by 30%.

Dietary changes seem to affect risk-factor levels throughout life and may have an even greater impact in older people. Relatively modest reductions in saturated fat and salt intake, which would reduce blood pressure and cholesterol concentrations, could have a substantial effect on reducing the burden of cardiovascular disease. Increasing consumption of fruit and vegetables by one to two servings daily could cut cardiovascular risk by 30%.

(Courtesy WHO, World Health Organization; www.who.int/nutrition/topics/)

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!

We welcome Stacie Prinkey to the position of Long-Term Care Ombudsman & Senior Care Coordinator. Ms. Prinkey has worked with the Department of Aging & Human services for over seven years. She was formerly the lead case-worker for the Home & Community-Based Options Waiver and Community First Choice Programs, and also provided coordination of Respite Care and Care-giver Support. Please feel free to contact Ms. Prinkey regarding the Long-Term Care Ombudsman and Senior Care Programs by calling 301-475-4200, ext. 1056 or you can email her at <stacie.prinkey@stmarysmd.com>.



Ms. Prinkey

Help Seniors Winterize Their Homes

Whether your older loved one lives in an area with four distinct seasons of the year or in milder temperatures year-round, autumn is the ideal time to winterize your home to protect it against the upcoming snow, rain, and the dipping thermometer. Preparing for the chilly months may include everything from a professional furnace check to simply adding weather-stripping around the front door. Although some people, including older adults on limited incomes, think they can't afford to winterize, even relatively small steps toward guarding against the elements save money on heating bills, and heavy clothing. Colder climates do involve more pre-winter maintenance, but it is manageable when you break down winterizing into smaller tasks.

These basic steps to help winterize a home:

- Check the heating system. Turn up the thermostat and test to see if warm air is blowing within a few minutes. Clear any obstructions from heat vents so the air can freely flow. Consider a pre-winter furnace checkup from a certified heating technician. Stock up on furnace filters to change out every month. If the furnace uses oil or propane, be sure the fuel tank is full before the first cold snap.
- Properly seal doors, windows and pipes. Look for cracks and leaks where moisture and air can infiltrate. Add weather-stripping or caulking where needed. Ensure water piping in un-insulated spaces (attic, outside walls, etc.) is covered first with electrical heating tape and then with foam insulation. Be sure to disconnect all garden hoses and correctly shut down the sprinkler system.
- Inspect the fireplace and chimney. Make sure the flue opens and closes fully. Hire a professional chimney sweep if it's been years since the chimney has been completely cleaned. Check to make sure no birds or animals have built nests in the chimney, and ensure the flashing is secure and leak-proof. Any open mortar joints need to be repaired immediately to prevent a fire behind the fireplace walls.
- Clean out leaves and debris from gutters. Also make sure the roof has no loose or missing shingles. (*Credit: Right at Home Southern Maryland; www.rightathome.net*)

Eight Easy Ways to Beat Everyday Anxiety

Try these simple, do-anywhere tips to help manage stress.

By **Giuliana Hazelwood for Greatist.com**

Cool as a Cucumber—Your Action Plan

1. Get enough sleep. Inconsistent sleep can have some serious consequences. Not only does it affect our physical health, but lack of sleep can also contribute to overall anxiety and stress. And sometimes it turns into a vicious cycle, since anxiety often leads to disruptions in sleep. Especially when feeling anxious, try to schedule a full seven to nine hours of snooze time and see what a few nights of sweet slumber do for those anxiety levels throughout the day.

2. Smile. When work has got us down, it's a good idea to take a quick break to get some giggles on. Research suggests that laughter can reduce symptoms of depression and anxiety, so consider checking out a funny YouTube clip to calm those jittery nerves.

3. De-clutter the brain. Physical clutter = mental clutter. A messy workspace can make it more difficult to relax and make it seem like our work is never-ending. So take 15 minutes or so to tidy up the living space or work area, and then make a habit of keeping things clean and anxiety-free. It'll help us think rationally, and there won't be as much room for anxiety.

4. Express gratitude. Studies have found expressing gratitude helps reduce anxiety, especially when we're well-rested. Start a gratitude journal to get in the mindset of appreciation, and out of the mindset of being overwhelmed.

5. Eat right. Anxiety can throw our bodies totally out of whack: Our appetite might change, or we might crave certain foods. But to give the body the support it needs, try eating more of foods that contain nutrients such as vitamin B and omega-3s, plus some healthy whole-grain carbohydrates. Studies have linked vitamin B with good mental health, and omega-3s may help reduce symptoms of depression and anxiety. Whole-grain carbs help regulate levels of serotonin, the "feel-good" neurotransmitter that helps us remain calm. And even though our cravings might be telling us otherwise, research suggests that eating sugary and processed foods can increase symptoms of anxiety.

6. Learn to breathe. A useful tool to prevent panic attacks, the breath is also a great marker of where your anxiety level is at throughout the day. Short, shallow breaths signify stress and anxiety in the brain and body. On the flip side, consciously breathing, plus lengthening and strengthening the breath helps send signals to the brain that it's okay to relax.

7. Meditate. By now most of us have heard that meditation is relaxing, but what scientists are also discovering is that meditation actually increases the amount of grey matter in the brain, essentially rewiring the body to stress less. A number of recent studies highlight the positive effects of meditation on anxiety, mood, and stress symptoms. Meditation is also a way to observe the brain, letting us figure out how our mind generates anxiety-provoking thoughts. And understanding the brain's thought patterns can help create distance from those thoughts.

8. Create a vision board. If the future seems big and scary, try changing the thoughts about what lies ahead. Sometimes the mere act of setting concrete goals can take the edge off anxiety about future unknowns. Take an hour to produce a vision board that creates excitement about projects and possibilities to come. And for those who aren't the crafty type, try making an e-vision board using Pinterest for some Pinspiration. While making the board, try using the T.H.I.N.K. tool: Is my thought true, helpful, inspirational, necessary and kind? If not, dump the thought.

Senior Information & Assistance

By Debbie Barker, Senior I & A Manager

2014 Medicare Premiums and Deductibles

The Centers for Medicare and Medicaid Services has announced the Medicare Part B premium for 2015 will remain \$104.90 a month.

- **Medicare Part A Premium:** Part A covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care. Only about 1 percent of people with Medicare pay a premium for Part A services; you need to have paid Medicare payroll taxes for 40 quarters of employment or be married to someone who did. For those few affected, the 2015 Part A premium will be \$407 per month.
- **Medicare Part A Deductible:** This deductible is the cost to people with Medicare for up to 60 days of Medicare-covered inpatient services in the hospital for each benefit period (a benefit period starts the day a patient is admitted and ends when the patient has been out of the hospital for 60 days in a row.) The deductible for 2015 will be \$1,260.
- **Medicare Part B Deductible:** The Part B deductible for 2015 will remain \$147.
- **Income-related Adjustments:** People with Medicare who filed a 2013 income tax return with an income above \$85,000 a year (\$170,000 filing jointly) are legally responsible for covering a larger portion of the cost of their coverage. These premium adjustments range from \$42.00 to \$230.80 a month for Medicare Part B.

(Information cited above is from www.medicare.gov)

Social Security

The purpose of the cost of living adjustment (COLA) is to ensure that the purchasing power of Social Security and Supplemental Security Income (SSI) benefits is not eroded by inflation. It is based on the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year a COLA was determined, to the third quarter of the current year. If there is no increase, there can be no COLA. Based on this information all Social Security and SSI recipients will receive a 1.7% COLA increase beginning December 31, 2014. *(Information cited is from www.socialsecurity.gov)*

Help With Heating Costs

Individuals who are not eligible for Maryland's Energy Assistance Program (MEAP) or those who have exhausted their MEAP benefits may be eligible to receive assistance through one of the following resources:

Tri-County Community Action Committee, Inc. Fuel Fund 301-475-5574, ext. 253.

Washington Area Fuel Fund 301-638-9532 www.washingtonareafueelfund.org

Joe 4 Oil 1-877-563-4645 www.citizensenergy.com



A Reminder; All Must Re-enroll for Health Care Exchange Policies

The open enrollment period for Maryland Health Connection Exchange policies began November 15, 2014 and will end February 15, 2015. It is important to note that because Maryland recently purchased a new computer system, it is required that everyone must re-enroll to continue their coverage in 2015.

For those individuals who chose not to enroll last year and are currently without health insurance, now is the time to enroll to avoid further penalties. The guidelines regarding who should enroll remain the same as last year. Anyone currently insured by Medicare, Medicaid, employer health coverage, retiree coverage, or Tricare do not need to enroll or re-enroll. The only exception would be for those who currently have health insurance that are interested in enrolling in a stand-alone dental plan available through the Maryland Health Connection.

The Exchange offers policies from known insurance companies as well as a variety of coverage options. In many cases, individuals and families will qualify for a subsidy to help reduce the amount of the insurance plan monthly premium or may even qualify for Medicaid.

To learn more about these plans and see which program will suit your needs best go to www.marylandhealthconnection.gov or call 1-855-339-3007 or 1-855-642-8573 for TTY, Monday to Friday, 8 a.m. to 6 p.m. Trained Navigators and Assistors are also available in the community to help individuals with the enrollment process.

(information cited is from www.healthcare.gov)

When is the last time you got outside to do something physical? Went on a trip? Met with friends? Enjoyed some activity with others? Our Senior Activity Center programs are as close as your telephone!

Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

Are you looking to improve your health and fitness in 2015? Did you know that the Department of Aging & Human Services offers an array of activities and classes to help you achieve your goals in 2015? In St. Mary's County, we are blessed to have 3 terrific senior activity centers where you can find a variety of activities to meet your needs and interests. Activities that aid you in improving your health; educationally oriented classes that help increase your knowledge; social activities that keep you engaged with peers and noontime meals are all regularly offered at the senior activity centers. Take advantage of the New Year to discover the Department of Aging & Human Services. **During the month of January, EnhanceFitness will be free.** That's a savings of \$3 for each EnhanceFitness class that you attend.

Find the words listed below in the word search on the opposite page, just a few of the many fantastic activities that are available to you at your local senior activity center. See pages 32-33 of this newsletter for a complete listing of physical activities that you can take part in to improve your health and fitness.

- | | | | |
|-------------------------------|-------------------|-----------------|-----------------------|
| arthritis exercise | living well | bike riding | matter of balance |
| certified fitness instructors | strength training | enhance fitness | tai chi for arthritis |
| exercise equipment | walking clubs | fitness card | yoga |
| line dancing | zumba | core & abs | |

Pictures from your Senior Activity Center..

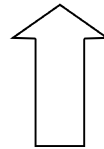


At left, Arthritis Foundation exercise class, and below, keeping your mind sharp in Brain-e-ology, both at the Garvey Senior Activity Center, in Leonardtown.



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Find the words here...



**Department of Aging & Human Services
Inclement Weather Closures**

During this time of year when snow makes the roads hazardous and ice makes walking dangerous, the Department of Aging & Human Services and senior activity centers may sometimes be unable to open to the public. Closures are announced on local radio stations (102.5, 97.7 and 98.3 FM). For the most up-to-date information visit the Department’s webpage (www.stmarysmd.com/aging), or like us on Facebook (keywords: St. Mary’s County Department of Aging & Human Services). You can also telephone the senior activity center you were planning to attend and follow the voice prompts for closing information. Information concerning Meals On Wheels delivery will also be available. When in doubt, please check before venturing out. Your safety is important to us.

GARVEY Senior Activity Center

In Leonardtown, 301-475-4200, ext. 1050

Tea Tasting New Year Celebration

Garvey Senior Activity Center

Tuesday, January 6, 11 a.m.

Tasting tea is a fun way to enjoy the company of good friends while learning about tea and experimenting with new blends. The tasting will be organized like a wine tasting, but unlike a wine tasting, you can drink as much as you want and never have to worry about having a designated driver. So join us by raising your tea cup and toasting the New Year. Participants will taste six different teas. Snacks will be provided. Cost per person is \$3. Join us for lunch following the tea, for *Orange Juice Spritzer, Cranberry Glazed Pork Roast, Mashed Potatoes, Roasted Vegetables, Marinated Black-eye Peas* and *Cranberry Raisin Apple Crisp*. Advance reservations required. Make reservations by calling 301-475-4200, ext. 1050 and be sure to indicate whether or not you will be joining us for lunch.



A Matter of Balance

Garvey Senior Activity Center

Mondays, January 5-March 9 (no class, January 19 and February 16), 1:45-3:45 p.m.

“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. You 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



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

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. Class format is mostly lecture/discussion with approximately 30 minutes of exercise each session. All materials are provided. To sign up for the course, call 301-475-4200, ext. 1050. Space is limited so sign up early.

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Senior Hoops

Margaret Brent Recreation Center

Fridays, January 9-February 27, 10 a.m.-noon, Cost: \$16

There will be pick-up basketball games in the Margaret Brent gymnasium during this eight-week session. Games are open to both males and females. Advance registration is required. From 10-11 a.m., play will be competitive/recreational full court and from 11 a.m.-noon play will be leisurely half court. Players may register at the Garvey Senior Activity Center in Leonardtown. To learn more call 301-475-4200, ext. 1050.

NEW BEGINNING

Book Discussion Group

Garvey Senior Activity Center

**Wednesday, January 14 & February 11,
10:30 a.m.**

Love to read and wish you had someone you could share your likes, dislikes and thoughts with? If so, this is the group for you. The discussion schedule is as follows:

January 14: *The Snow Child* by Eowyn Ivey

February 11: *The Art of Hearing Heartbeats* by Jan-Philipp Sendker

To learn more about this group or about how to get a copy of the book, call 301-475-4200, ext. 1072.



Pickleball

Leonard Hall Recreation Center

Mondays, January 5-February 23, cost: \$24

(no play January 19 & February 16)

Wednesdays, January 7-February 25, cost: \$32

8-10 a.m.

Pickleball is the up and coming sport in the United States for older adults. The game has grown in popularity in St. Mary's County over the past couple of years and offers a great way to exercise while having fun. Equipment is available for use. Fees should be paid in advance at the Garvey Senior Activity Center. Players may register for

Mondays, Wednesdays, or both days. Register early because space is limited. To learn more call 301-475-4200, ext. 1050.



Men's Strength Training

Garvey Senior Activity Center

Ongoing, Mondays & Thursdays, 9:30-10:30 a.m.

A certified personal trainer will lead you through a series of strengthening exercises in a group environment. During the 1-hour class, participants will engage in exercises designed to promote strength building for the chest, arms, back and shoulders, core, and legs. Try your first class for free and then purchase a fitness card for \$30, good for 10 sessions. To learn more, call 301-475-4200, ext. 1050.

NEW! Zumba Gold Toning

Garvey Senior Activity Center

Fridays, January 9-March 13, 9:30-10:30 a.m.

The Zumba Gold-Toning program combines the enticing world rhythms of the Zumba Gold program with the strength training techniques of the Zumba Toning program, creating an easy-to-follow, health-boosting dance-fitness program for the active older adult as well as beginners. This class is being offered by Geno, a trained instructor, for a "10-week trial" period, and if successful, will be offered continuously. Take your first class for free and then purchase a fitness card for \$30, good for 10 sessions. For more information, call 301-475-4200, ext. 1050.

TAI CHI

a program for better living



**Tai Chi for Arthritis:
The Core Movements**
Garvey Senior Activity Center
Wednesdays, January 21-February 25
9:30-10:30 a.m.

The Arthritis Foundation Tai Chi Program developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. The Tai Chi program will help reduce stress, increase balance and flexibility, and improve your overall mind, body and spirit. During the six weeks participants will learn warm-up and cool-down exercises, six basic core movements, and direction changes to add challenge. Due to the nature of this class, attendance at all sessions is highly recommended and no walk-ins will be accepted; advance sign up is required. To register, call 301-475-4200, ext. 1050.

Simplify Your Life and Home in 2015

Garvey Senior Activity Center

Tuesday, January 20, 10:30 a.m.

Ariele Stromberg, owner of Control the Clutter, LLC and Professional Organizer, will teach participants how to organize, show and demonstrate helpful storage solutions, and share ideas for what to do with things to be purged. Maybe you have made the New Year's Resolution to tackle that ever expanding food storage container cabinet, or the home office, garage or closet. During this presentation you will be given the skills you need to organize and free your life of clutter. There is no fee for this class; however, advance sign up is required. Call 301-475-4200, ext. 1050.



LifeBio 101: An 8-week Life Story Writing Group

Garvey Senior Activity Center

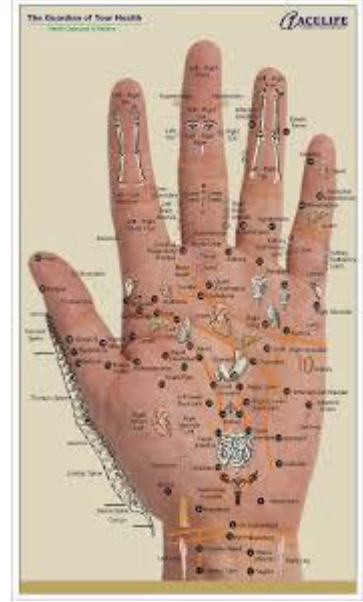
Tuesdays, January 27-March 17, 10 a.m.

This 8-week interactive class is designed to provide a structure to introduce the power of life stories and to kick start participants' efforts to capture memories, experiences, and values. Interesting exercises prime the pump of memories and lead to opportunities to listen and learn from each other's life journey. No prior writing experience is necessary. This program has been used across the county in various settings including libraries, senior centers, hospitals, cancer centers, senior living communities, and churches. Participants will need to bring a spiral bound notebook to class. Cost for participation is \$10 and must be paid when registering. Attendance for all class sessions is highly encouraged. Space is limited to 10 people. To learn more, call 301-475-4200, ext. 1050.

Massage and Reflexology Appointments Available!

Garvey Senior Activity Center

Therapeutic massage is excellent for increasing circulation and relieving tired, aching muscles. Massage therapy has been shown to increase energy, reduce or eliminate muscular knots, reduce headaches, back aches, and stiff necks, reduce stress, tension and anxiety, and much more. Licensed Massage Therapist, Sherry Zollinhofer, offers 1-hour sessions at \$45 per hour. Reflexology is the systematic application of pressure techniques to the hands and feet. Through the application of pressure using specific thumb and finger techniques, reflexology connects with the peripheral nervous system and encourages the body to relax. Sarah Stain is a Nationally Board Certified Reflexologist. The cost of a 30 minutes session is \$20; \$40 for 1 hour. For scheduling either Massage or Reflexology sessions call 301-475-4200, ext. 1050.



February Comfort Food & Jazz Piano Garvey Senior Activity Center

Wednesday, February 25, noon-1:30 p.m.

Follow your nose to the savory smell of *Beef Stroganoff with Egg Noodles, Roasted Beets, Spinach and Fresh Orange Salad, and Chocolate Dipped Strawberries, milk/coffee/tea.*

Following the meal, enjoy jazz music by solo pianist, Meleah Backhaus. Ms. Backhaus is a classically trained pianist and composer who performs regularly. To sign up for this event, call 301-475-4200, ext. 1050.

Jewelry with Sue

Garvey Senior Activity Center

Wednesdays, January 7-21, 1 p.m.

During this class, students will learn the popular jewelry making technique of chain mail. Students will also practice beading and making stretch bracelets. The cost for this series is \$15; payable to Sue Peters. All materials will be provided. To learn more or to sign up, call 301-475-4200, ext. 1050.



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ST. PATRICK DAY



Save the Date! St. Patty's Day with John Pomerville Garvey Senior Activity Center

Tuesday, March 17, Noon-1:30 p.m.

Begin your St. Patrick's Day festivities with a traditional Irish lunch followed by the tunes and vocals of John Pomerville. Be sure to wear your green! To learn more, call 301-475-4200, ext. 1050.

LOFFLER Senior Activity Center

In Great Mills, 301-737-5670, ext. 1658



Beginner Keyboard/Piano Lessons

Loffler Senior Activity Center

Tuesdays, Jan. 27-Mar. 3, 1-2 p.m.

Six week sessions

\$100 for six-week session (includes instruction, texts and corresponding cd) Optional web lab \$10. Need to invest in an inexpensive keyboard (\$50-100+ available at local stores and online). These are group lessons and a minimum of 3-4 students will be required to start.

Dr. Robert L. Jefferson, the author of the “*How to Play Gospel*” book series and an experienced vocalist, songwriter, recording artist, pianist and teacher will be returning to offer his specialized beginner classes. If you have already taken this class, you are welcome to take it again. A \$100 payment is due to Dr. Jefferson on the first day of class. To sign up for these lessons, call 301-737-5670, ext. 1658 by January 20.

Beginner Tai Chi for Arthritis and Fall Prevention

Loffler Senior Activity Center, Mondays and Thursdays in January, 11 a.m., Free

We have changed the Tai Chi schedule to accommodate more classes and people. Beginner classes for Tai Chi for Arthritis and Fall Prevention will meet on Mondays and Thursdays at 11 a.m. beginning January 5. In this class we will learn to do some core movements on each side in a graceful routine while applying basic Tai Chi principles. Using Sun style Tai Chi, the movements don't require deep bending or squatting, which makes it easier and more comfortable to learn. Though there is no fee for this class, advance registration is required. (Because this is a progressive class, no drop-ins will be accepted.) Call 301-737-5670, ext. 1658 or stop by the reception desk to register.

Tai Chi for Arthritis and Fall Prevention II

Loffler Senior Activity Center

Mondays and Thursdays in February, 11 a.m., Free

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This class is a continuation of the beginner Tai Chi for Arthritis and Fall Prevention. Only those who have completed the beginner class are eligible. In this series, we will learn the extended movements, which are a little more intricate though still not difficult. More emphasis will be placed on applying Tai Chi principles and form. Advance registration required; call 301-737-5670, ext. 1658 or sign up at the reception desk.

NEW BEGINNING

Pictured below, Shellie Graziano (left, Instructor) with group of participants...



Living Well with Chronic Conditions

Loffler Senior Activity Center

Thursdays, Jan. 29-March 5, 2015 (6 sessions), 1-3:30 p.m., FREE

Start out the New Year doing something wonderful for yourself; improving your life even while dealing with a chronic health condition! While there are a very wide variety of chronic health conditions, many of the symptoms and emotions experienced by the sufferers are the same; fatigue, pain, depression, frustration, etc. *Living Well with Chronic Conditions* is an evidence-based program developed by Stanford University, consisting of 6 sessions taught by trained lay-leaders and designed to teach sufferers skills that can be used to manage symptoms and improve health. We have been offering this workshop periodically over the last six years with updates that make it even more effective. If you are serious about learning new ways to manage your symptoms, make daily tasks easier, communicate effectively with your doctors, lessen frustration, fight fatigue and get more out of life, then this is for you! For questions or to sign up call 301-737-5670, ext. 1658.

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Monthly Crafts

Loffler Senior Activity Center

Friday, Jan. 9, 10 a.m. “Homemade disinfectants”

Cost \$4

Friday, Feb. 6, 10 a.m., “Bird Feeders”

Cost \$4

In January we will look to natural, chemical-free ways to clean using simple ingredients you probably already have in your home. Find out how easy it is to be green and clean! Must pre-register by Tuesday, January 6.



Loffler's *LUNCH CONNECTION*

Tuesday, January 13; Thursday, January 22

Tuesday, February 10; Thursday, February 26

Entertainment (Tuesdays) begins at 11:30 a.m., lunch is served at noon.

Lunch Connection at Loffler Senior Activity Center offers a chance to enjoy a meal and socialize with a large group of people. Plus, on the second Tuesday, Lunch Connection offers live entertainment. There will be an appreciation basket for our entertainment and a 50/50 raffle at each luncheon. As always, advance reservations are required, preferably two weeks in advance. To register call 301-737-5670, ext. 1658.



Tuesday, January 13: David Norris is always well received by our crowd, so we have asked him back to kick off 2015 with his talents! Enjoy the music from 11:30 a.m.-12:30 p.m. Lunch will be served to you at noon: *Orange Juice, Five-Spice Chicken, Parslied New Potatoes, Zucchini & Tomatoes, Apricots, Whole Wheat Dinner Roll with Margarine* and a *Brownie* will fill your plate!

Thursday, January 22: Go casual today with Meatloaf! Lunch will consist of *Fruit Juice Blend, Meatloaf, Gravy, Succotash, Seasoned Greens, Whole Wheat Roll with Margarine and Orange Sections*. For dessert, enjoy *Pound Cake with Cherry and Whipped Topping*.



Tuesday, February 10: LOVE DAY at LOFFLER, **tickets are required.** The red & white meal for this party is: *Cranberry Juice, Stuffed Shells with Meat Sauce, Garlic Bread, Roasted Cauliflower, Plums, and Peach Crisp with Whipped Topping.*

Thursday, February 26: How about a Burger Day? Enjoy a *Hamburger on a roll, with Lettuce, Onion and Tomato slices*. Add on a *Three-Bean Salad, some Cole Slaw and Mandarin Oranges* and finish your meal with a *Lemon Bar*.



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LOVE DAY at Loffler

Loffler Senior Activity Center

Tuesday, February 10, 10 a.m.-2 p.m., Ticket Required, \$9 Donation Suggested

At Loffler, love reigns and every February we set aside the second Tuesday of the month to celebrate. We invite you to enjoy the familiar music of Rearview Mirror, sing along and perhaps dance to some familiar tunes played live by this popular duo. In addition to live music, we will have a little something to keep the party lively & fun!

Enjoy a meal featuring Stuffed Shells with Meat Sauce. Add raffles and door prizes to this mix and we will have a Love Day to remember. **Advance tickets required**, and will be available at Loffler from January 5 at the center. To learn more call 301-737-5670, ext. 1658.

NEW BEGINNING



Art Classes by Jamie Naluai
Loffler Senior Activity Center
Tuesdays in January (beginning Jan. 6) and
February (beginning Feb. 3) 10 a.m.-Noon
January: “Watercolor Crayons and Pencils”
February: “Bold Acrylics”

Cost: \$75 plus \$5 supply fee for 4 sessions
(Introductory price in effect through February)

Jamie will start your new year off with a dose of artistic fun by showing you some techniques with mediums you may not have thought of using before now. In January, learn some exciting techniques to create countless effects using watercolor crayons and watercolor pencils. February classes will feature bold color acrylics to paint sea creatures. Techniques will include layering background to foreground and adding

bright pops of color for exciting visual effects. These classes will yield several take-home projects. Payment may be made to instructor on the first day of class. All projects created from these classes will be eligible for display in the Art Show that will take place in March at Loffler. Call 301-737-5670, ext. 1658 to sign up for this exciting opportunity.

Open Studio Art by Jamie Naluai

Loffler Senior Activity Center

1st, 2nd and 4th Fridays of each month, 10 a.m.-Noon, Cost=Supplies

Jamie will offer open studio art on most Fridays. Students are welcome to bring in independent projects to work on or you can work on a project that will be directed by Jamie. Either way, this is a great opportunity to tune into your creativity. Jamie is donating her time for these sessions because she wants art to be available to everyone. Sign up for these Friday sessions by calling 301-737-5670, ext. 1658.

Contract Bridge

Loffler Senior Activity Center, Tuesdays, 10 a.m., Free

Every Tuesday is Bridge Day at Loffler. This casual group welcomes those whose game may be a little rusty if it’s been a long time since you’ve played. Though not in a position to instruct a brand new player from scratch, they are willing to work with novices who have just learned the rudiments. Why not pick those cards back up in a warm, friendly atmosphere? To learn more, call 301-737-5670, ext. 1658.

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Canasta & More

Loffler Senior Activity Center, Wednesdays, 1 p.m.

If you like to play Canasta, a game can be found at Loffler every Wednesday at 1 p.m. If you fancy a game of Shang-Hai or 9-Hole, you can do that on the 2nd and 4th Wednesday each month while the Canasta players do their thing. A good time is had by all, so everybody is a winner! Questions? Call 301-737-5670, ext. 1658.



NORTHERN Senior Activity Center

In Charlotte Hall, 301-475-4002



Staff Prepared Meals:

Northern Breakfast Café

Let us do the cooking and cleanup in the morning while you enjoy a great start to your day & good conversation with others. Enjoy these morning comforts

Wednesday, January 21

Sausage, Scrambled Eggs, Potato Cake & Toast

Wednesday, February 18

Pancakes, Scrambled Eggs & Bacon

Cozy Comforts watching 'Little Women'

Northern Senior Activity Center

Monday, February 9

9:30 a.m.

Is it snowing outside? There's a bit of a chill in the air. Stop by the social room parlor at the Northern Senior Activity Center. There you can enjoy the comforts of a warm fireplace, comfy couch and rocking chair with throws and blankets, while watching *Little Women*, starring Susan Sarandon and Winona Ryder. If interested in reserving lunch, call 301-475-4002, ext. 1001 by noon Friday, February 6. After lunch, join us for an afternoon of fresh baked cookies with hot chocolate in the Great room.

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Valentine's Day Bingo

Northern Senior Activity Center

Friday, February 13

10 a.m.

Don't miss out on the special Valentine's Day Bingo event at the Northern Senior Activity Center featuring surprisingly sweet treats and fun and fancy things in red and pink. Win something for yourself or as a gift for a special valentine. Ladies please wear something pretty in pink or red. Guys can dress up, too. Space is limited; reserve your seat by visiting us with your \$3 event fee.

NEW BEGINNING

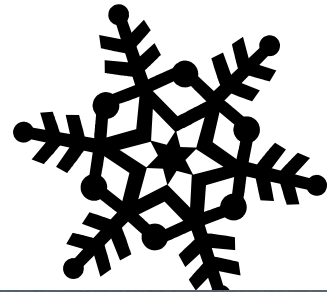


Beginner's Scrapbooking

**Northern Senior
Activity Center
Tuesdays, 9 a.m.**

January 20 & February 17

On Tuesday, January 20, at 9 a.m., the 'scrapbooking kit' class is held as an introduction to scrapbooking. In this class, the format will be to create an 8x8 book using kits designed by the instructor. The kits reflect various subjects and will need to be purchased at the class, the cost is \$5. Sign-up deadline is Friday, January 16; stop at the front desk or call 301-475-4002, ext. 1001.



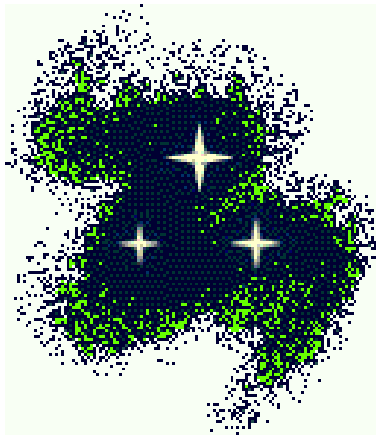
Scrapbooking Marathon Northern Senior Activity Center 3rd Thursdays 10 a.m.

More experienced scrapbookers meet on a regular basis, every third Thursday of the month to work on individual projects at the Northern Senior Activity Center.

Everyone brings their own supplies; however, there is some scrapbook paper available to use,

if needed. Volunteer instructors can help inspire you when you get stuck or lend some suggestions. Bring a bag lunch or reserve lunch by calling 301-475-4002, ext. 1001.





Northern Council 2015 Plans and Trips

The Northern Council is responding to the interest of Southern Maryland residents for more trips in 2015. We are currently in the process of identifying trip destinations for the year but they will most likely be casino and theater excursions which are the most popular requests. Please contact the front desk at the Northern Senior Activity Center to check on specifics as they become available, call 301-475-4002, ext. 1001.

Corn Hole Games

Northern Senior Activity Center

If interested in forming a tournament, call 301-475-4002, ext. 1001 to sign up. Deadline is Thursday, January 22. There needs to be at least six teams (of two people each) to form a tournament. The dates will be determined and tournament will begin either in February or March. If there is enough interest, registration and payment of \$5 per person is due at time of sign-up at the front desk. Play will take place inside or outdoors if the weather is permitting.



Black History Month

Northern Senior Activity Center

February is *Black History Month* and the Northern Senior Activity Center will feature a display of books and other visual materials in the Great Room display case. The display will highlight men and women who made history and are present-day achievers.

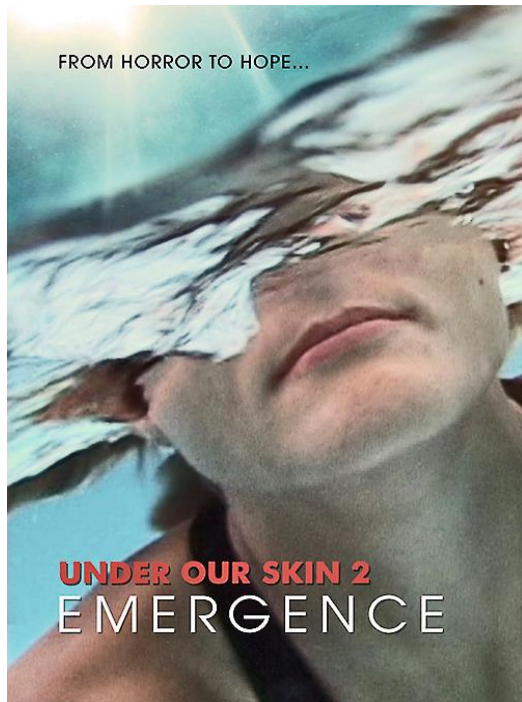
22

‘Northern Stars’ Theater Group Recruiting

The theater group is recruiting new cast members as actors or working behind the scenes. Members must be 50 years and older, and registered as a member with the Department of Aging & Human Services. Cost for joining is free. The show has been known to go on the road and perform at local centers and nursing homes and is warmly welcomed. Members also help with creative and stage aspects of Center special events.

If interested call 301-475-4002, ext. 1003.





**Lyme Disease Support & Discussion Group
Northern Senior Activity Center**

Thursday, January 8

2-3 p.m.

The sequel *Emergence* follows up the award-winning documentary, *Under Our Skin*. This film takes the viewer on a journey from horror to hope. It covers the disease's persistence and reach, promising new research, and conflicts that continue to impede progress. We revisit the characters from *Under Our Skin* as they emerge into better health, reclaiming their lives and dignity, and offering hope to the legions now suffering. Reserve your seat by contacting 301-475-4002, ext. 1001.

Senior Matters

Northern Senior Activity Center

Tuesdays, 1st & 3rd

10:45-11:45 a.m.

On the first and third Tuesday of the month come share what's on your mind. This casual, informal gathering is a welcomed discussion group. Topics are open from anything that interests you like current events or something in the community that affects you personally. Feel free to bring topics to the group or come and talk things out for a listening ear. Walk-ins are welcome.

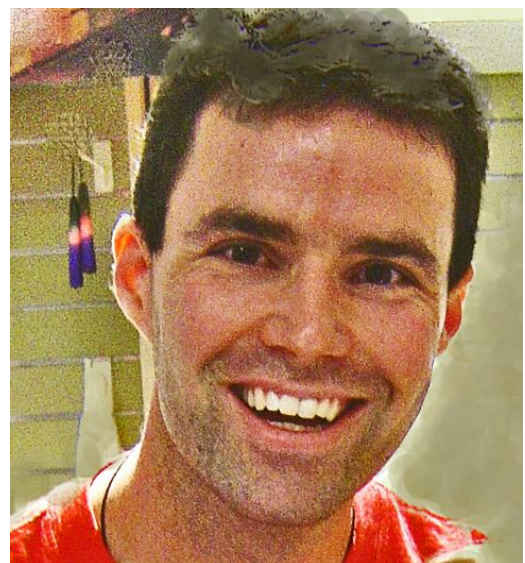
Meet with Mike

Northern Senior Activity Center

Thursday, January 8 at 10:45 a.m.

Thursday, February 5, at 10:45 a.m.

Physical Therapist Michael O'Brien will be presenting two sessions on topics important to older adults. January's session covers balance and how to prevent falls and February's session will cover proper posture to minimize pain and for maintaining spinal health. Mike O'Brien is a licensed PT and has been practicing for over 15 years, including time at the Charlotte Hall Veterans Home. He is owner of Freedom Therapy Solutions in Mechanicsville and provides special complimentary health related education sessions to our members.



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager

Looking Back at the Year Behind

As we enter a new year, it always seems worthwhile, even wise, to pause for a moment to reflect on the year we're leaving behind before turning the page on a new chapter in our lives. As we take a final glimpse in the rear view mirror of the past year, we acknowledge where we've been before heading off into new horizons. For many of us this entails reviewing our successes and our failures, as well as our hopes and dreams still waiting to be fulfilled. We celebrate all those who enriched our lives over the past year, and we honor all those who departed from us. In revisiting our joys and sorrows, we prepare our hearts for a new beginning and make way for a new year that brings with it a new season of hope and discovery.



Looking to New Discoveries in the Year Ahead

After reviewing and reflecting on the past year, we set our sights on the year ahead, focusing on the goals we've set for ourselves and how we hope to achieve them. It's a time for new beginnings, a time to explore, a time for discovering new things about ourselves, our community, and others. It's an exciting time, especially if we open ourselves to new possibilities. For RSVP volunteers, it may mean exploring a new volunteer opportunity or taking part in a new activity at one of our Senior Activity Centers. Wherever your explorations and discoveries lead you, may the new year be rich, rewarding, and full of blessings for all of you.

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Last Call for All 2014 RSVP Volunteer Hours

We're issuing a call to RSVP volunteers to submit ALL your 2014 hours to us by Friday, January 16 so we can tally year-end totals and order volunteer awards. Every volunteer should have received by now a letter listing the total number of hours we have on record for you for 2014. If any hours are missing, or if you have additional hours to report, please let us know at your earliest opportunity – once you've made a toast to the New Year! We'll be using your total 2014 volunteer hours report to order awards for our 2015 Volunteer Awards Banquet, and we want to be sure to credit you for all of the volunteer hours you served in 2014. So please help us to give you the recognition you deserve!



NEW BEGINNING

Volunteer Recognition Luncheon Scheduled for March; Invitations Coming Soon

Invitations will be issued for the 2015 RSVP Volunteer Recognition Luncheon to be held Friday, March 20, at the James A. Forrest Career and Technology Center, located across from the county fairgrounds. Please note that our event will take place at a different time than last year. Volunteer check-in and registration will begin at 10 a.m. followed by the Awards Ceremony at 11 a.m. and then lunch. Please respond on or before February 28. We hope to see you there!

A Hearty Thanks to RSVP Health Fair Volunteers

We want to thank the 38 RSVP volunteers who helped to make this year's Community Health Fair such an outstanding success. The event served more than 770 attendees who were able to get flu shots and a variety of health screenings as well as important information on health topics, identity theft protection, and other critical issues. A precedent was set this year when more than 16,000 pounds of documents were shredded. Also, the Sheriff's Office collected 46,446 pills during their prescription medication collection. This Health Fair would not be possible without the help of RSVP volunteers, so we want to thank everyone who participated.

RSVP Salute to Veterans

On November 10, RSVP took part in a tribute to Veterans held each year at the Loffler Senior Activity Center. RSVP issued certificates of appreciation to all the veterans who gathered for this event, honoring them for their service. Veterans who are RSVP volunteers also took part in the recognition, proving that many Veterans continue serving their community even after military service has ended. Thanks to all our Veterans for your service to our country and our community!



**Shellie Graziano,
Program Specialist, honors
veteran and RSVP
volunteer Bob Bain.**



RSVP Makes Local and National News

RSVP made a big splash this fall when the *Enterprise* newspaper did a two-part series on our program. The series focused on some of our highly dedicated volunteers and the multiple roles they play in meeting critical community needs. The series also highlighted how RSVP volunteers reap personal benefits from their community service.

Following local publication, one of the articles was picked up and distributed nationally by the Corporation for National and Community Service, the federal funder of our RSVP project. We thank all those who took part in the series and who did such a great job portraying the excellent work all our volunteers are doing!

RSVP Celebrates AARP Partnership and Tax Aide Volunteers

RSVP participated in the AARP Southern Maryland Informational Tour this fall by giving a presentation on our senior volunteer program during an event at the Northern Senior Activity Center. RSVP AARP Volunteer Tax Aides were also honored for their significant contributions in providing free tax filing services to local citizens. These volunteers put in hundreds of hours each year, beginning with extensive training and certification in January followed by tax filing services throughout the tax season. Our hats are off to this hard-working, dedicated group!

**To learn about RSVP volunteer opportunities for seniors 55+,
call RSVP at 301-737-5670, ext. 1653, or e-mail <Norine.Rowe@stmarysmd.com>.**

Trips and Tours

Orioles Bus Trip to Camden Yards

Date & Cost TBA, call 301-737-5670, ext. 1656, after February 2, 2015

MLB fans, mark February 1 on your 2015 calendar and call Joyce Raum at 301-737-5670, ext. 1656 after that date for details about our annual ORIOLES trip. Once the MLB 2015 schedule is set, we will choose a mid-week afternoon game and order tickets for our crowd. Seating is under cover, and the fee will include bus trip, snacks and water both ways on the bus, bus driver tip and your ticket to the game. Lunch is on your own at Camden Yards. * The bus will leave at the conclusion of the game or at 4:15 p.m. if there are extra innings.



Nationals Bus Trip to Nationals Park

Date & Cost TBA, call 301-737-5670, ext. 1656 after February 2.

The Washington Nationals organization has made some changes to their bus pick up procedures, which result in a friendlier environment for our return to Nationals Park during the 2015 season! Once the MLB 2015 schedule is set, we will choose a mid-week afternoon game and order tickets for our crowd. The fee will include bus trip, snacks and water both ways on the bus, bus driver tip and your ticket to the game. Lunch is on your own at Nationals Park. The bus will leave at the conclusion of the game or at 4:15 p.m. if there are extra innings.

More trips
coming
soon...



A New Year; Discover the Department of Aging & Human Services

New Year's Resolution: Connect with the St. Mary's County Department of Aging & Human Services—

by Jennifer Stone, Community Programs and Outreach Manager

Invariably, each of us will set a New Year's Goal, as we do every year. According to [examiner.com](http://www.examiner.com), the top three 2013 New Year's resolutions were to lose weight, get organized and spend less, save more. The percent of Americans who make resolutions is 45% but only 8% successfully achieve their goals. The statistics further say that "only 14% of people over 50 will achieve their resolutions." Let's make a change this year. I'm going to give you all the information you need to fulfill your resolutions. Here are the ways you can connect with the St. Mary's County Department of Aging & Human Services:

Website

We post flyers and special events on the main page, in addition to any weather related closures the department may have. The website is a great source of information. Our "New Beginning" newsletter is also available on the website. The web site address is www.stmarysmd.com/aging.

Facebook

You can find us on Facebook, keywords: St. Mary's County Department of Aging & Human Services. The benefit of being connected to Facebook is that you will receive timely and topical updates. For example, if Social Security sends our Department a change in their policy we want you to know right away! Facebook allows us to provide real-time updates in a matter of seconds.

Newsletter

The newsletter can be picked up at any Senior Activity Center. You can register to receive it at no cost by mail by calling 301-475-4200, ext. 1073, or receive it online by using this link: <http://www.co.saint-marys.md.us/citizen/signup.asp>. For the November-December issue, we mailed out 4509 newsletters!

"Road Show" Presentations

A "Road Show" is a thirty-minute presentation that explains each of our divisions and the programs and services we offer. The "Road Show" can be presented to any size group at any time, including weekends and evenings. The presentation includes giveaways, brochures and flyers. Schedule a "Road Show" presentation by calling 301-475-4200, ext. 1073.

Print Media

"Senior Spotlight" is published in the Enterprise newspaper every Friday and "Young at Heart" is published each Thursday in the County Times paper.

Media Releases and Online Media Sources

Our Department will send out media releases when we have important information or events that we would like the public to be aware of. These media releases can be found on the County's website at www.stmarysmd.com.

Senior Activity Centers

The Senior Activity Centers are a great source of information. To accommodate all seniors, particularly those who are not interested in using the internet, we make the information on our website also available at the Senior Activity Centers. This includes menus, calendars, and brochures. The staff are also very knowledgeable about the Department and can help connect you to the resources and/or information that you need. Schedule a tour at a center today.

"Tomorrow is the first blank page of a 365 page book. Write a good one."

-Brad Paisley

(Retrieved from <http://www.examiner.com/article/top-new-years-resolutions-statistics>)

Do you feel out of touch with young people? Does it matter?

By Hazel McMullin, MPA, IPMA-CP, SPHR, Substance Abuse Treatment Coordinator

Yes, it matters! As senior adults, you may not believe you can make a difference in the positive development of our youth. Your network of contacts may have changed so that you have less regular interaction with the children in your family and, just as importantly, your community. You may feel like positive communication and interaction are more and more challenging in our ever-changing world. However, seniors play a big role in fostering the healthy development of our children and teens. Your time, experiences, skills and knowledge are all truly indispensable gifts for raising healthy and resilient young people who will be ready to be tomorrow's leaders! You play a vital role in developing our youth's strengths and assets. Think about your own childhood. Was there an adult who influenced your path in life? Maybe a teacher, next door neighbor, family member, priest or pastor, family friend? Were there 'grown-ups' who you now recognize (maybe more so now than at the time) as crucial examples of how to live, love and thrive? You can be that person for any child or teen with whom you interact! The Division of Human Services, as part of the Department of Aging & Human Services, provides help for individuals, families, youth and children across the lifespan. Among our programs are mental illness, substance abuse treatment and prevention, and Teen Court.

One upcoming campaign in support of our commitment to healthy families and children will focus on youth in our community, and their growth and support through building Developmental Assets. What are developmental assets and how do they relate to you? Read on!

“It takes a village to raise a child”

“Developmental Assets” is a philosophy that can be used by all adults to build resiliency and reduce problem behaviors in children and teens through simple communication and interaction with young people. Studies show that children who are more resilient (have many assets) are more likely to make healthy decisions and less likely to engage in problem behavior, including substance abuse. Much of the Developmental Assets approach may seem like common sense, both in its approach and its goals; ie, the importance of communicating with children in our community through volunteering in schools, working with church/faith based youth programs, tutoring a student, serving as a youth mentor or just talking with a teen. However, this approach provides a more deliberate strategy, much support for adults, and a greater focus on community.

28 You can make a difference, and the generational differences between senior adults and youth are part of what makes it all work. Your positive interaction with our children, no matter how brief (reading or telling a story) or how involved (helping a young person plant a garden or repair a bike) helps them build skills, confidence and self-esteem. These become their assets as they grow and mature into adults in our community. Your respect for them sets an example and helps them develop respect for others. As seniors, you all know how important those assets are over a lifetime.

Getting involved can be as simple as greeting the young people when you see them at your place of worship or as involved as tutoring or mentoring. Many volunteer opportunities are available in our communities, churches and schools for youth support and interaction. If you would like to read more about the Search Institute's Developmental Assets program, you can visit their website at www.search-institute.org. You can register for an educational opportunity in 2015 sponsored by the Department of Aging & Human Services to further explore the Developmental Asset model and why it is so important for each of us to reach out to our children. Seniors are our past, present and future. Our children need you!

Ongoing Creative Expressions

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050	Beginner & Intermediate Quilting	Louise Park	1 st & 3rd Fridays	9:30 a.m.	Supplies
	Cards for the Troops	Susan Peters	Call	1:30 p.m.	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658	Needle Crafters	Liliane Jarboe	Mondays & Thursdays	10-11:30 a.m.	Free
	Decorating Committee	Shellie Graziano	1st & 3rd Mondays	2 p.m.	Free
	Appliqué	Kit Spalding	Mondays	1 p.m.	Free
	Jewelry	Sue Peters	Call		
	Independent Art	Jamie Naluai	1st & 2nd Tues., Fridays	9 a.m.-noon	Supplies
	Art Classes	Jamie Naluai	Tuesdays	10 a.m.-noon	\$80
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.-noon	Free
	Needle & Thread	Self-directed	Thursdays	9 a.m.-noon	Free
	Project Linus	Debbie Rumple	3rd Fridays	10 a.m.	Free
	Monthly Craft	Audrey Haynie	1st Fridays	10 a.m.	Supplies
	Wood Carving	W. & M. Brown	Tuesdays	1 p.m.	Supplies
	Form-A-Line Cards	Linda Wright	Mondays	1 p.m.	\$4
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	Simply Crafty	Self-directed	Daily	Open	Free
	Whimsie Works Pottery	Pam King	2nd & 4th Tuesdays	11 a.m.	Fee
	Scrapbooking Marathon	Barbara Sterling & Linda Brock	3rd Thursday	9:30 a.m.	Free
	Quilting	Gina Alexander	2nd & 4th Wednesdays	12:30 p.m.	Free
	Dynamic Ceramics	Nancy Norris	Wednesdays	9:30 a.m.-noon	Fee
	Open Pottery Studio	Self-directed	Mondays & Fridays	9 a.m.	Free
	Northern Stars Theater Group	Wrenn Williams	3rd Friday	1 p.m.	Free

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	“Bring Your Buddy” Billiards	Mondays, Tuesdays Wednesdays Thursdays No Fridays	Before 11 a.m. Before 1 p.m. After 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	Varies (see pg. 23)	9 a.m.	\$2
	Western Mahjong	Wednesdays	1 p.m.	Free
	Eastern Mahjong	Thursdays	1 p.m.	Free
	Bridge	Thursdays	10 a.m.	Free
	Bingo	Fridays	10 a.m.	\$1.50

Learning is ForEver (LIFE)

Volunteers with the LIFE program are busy putting the finishing touches on tours that will be offered during the Spring 2015 semester. Booklets will be available for pick up at your local senior activity center beginning Monday, February 2. Registration begins on Monday, March 2, and is taken on a first-come, first-served basis either through the mail or walk-in at a senior activity center near you. Classes fill quickly, so don't delay. Many exciting, interesting, educational events are planned such as a tour of the National Arboretum, National Colonial Farm, Kenilworth Aquatic Gardens, Monticello, National Museum of American Indians, Hillwood Estate Museum & Gardens, Chesapeake Lighthouses and Botanic Garden and U.S. Postal Museum, plus educational tours in the



tri-county area. Be sure to pick up your booklet as booklets are no longer 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!

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
	Billiards	Monday & Tuesday Wednesday Thursday No Fridays	Before 11 a.m. Before 1 p.m., After 3 p.m.	
	Pitch	Mon., Wed. & Fri.	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	Mon., Wed. & Fri.	8 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
	Bingo	Wednesdays, Jan. 14 & Feb. 11	10:30-11:30 a.m.	\$1 per card to 3
	Bingo	Tuesdays (except Jan. 13 & Feb. 10)	12:30-1:30 p.m.	\$1 per card to 3
	P.M. Pinochle	2 nd & 4 th Weds.	Noon	Free
	Canasta & More	Wednesdays	1-4 p.m.	Free
	Puzzles	Daily	9-Noon	Free
	Polish Poker & Pitch	Wednesdays	10 a.m.	Free
	Hand & Foot	1st & 3rd Thurs.	2 p.m.	Free

SAVE THE DATE!

Friday, April 15, 2015

23rd Annual Caregivers Conference*

Hosted by The Calvert County Office on Aging

at the College of Southern Maryland, Prince Frederick Campus

JANUARY-FEBRUARY 2015

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	F.C.
	Open Table Tennis	Tuesdays except 1st. Thursdays	10 a.m.-noon 2:15 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays & Thursdays	8:45-9:20 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
	Exercise for Parkinson's Disease	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	Monday-Friday Wednesday	2 p.m. 1 p.m.	F.C.
	Strength Training	Tuesdays, Thursdays	10-11 a.m.	F.C.
	Yoga	Mon., Wed., Fri.	10-11 a.m.	F.C.
	Yoga	Thursdays	9-10 a.m.	F.C.
	Core & Abs	Wednesdays	2-3 p.m.	F.C.
	Line Dance	Fridays	11 a.m.	Free
	Tai Chi for Arthritis	Mondays, Thursdays	9 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 * 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	Noon-5 p.m.	Free
	Walking on Three Notch Trail	Daily	Open	Free
	Yoga For Everyone	Mondays & Fridays	Mondays, 9:30 a.m. Fridays, 8 a.m.	F.C.
	Total Body Strength	Mondays	2-3 p.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Tuesdays & Thursdays	10-10:45 a.m.	Free
	EnhanceFitness	Tues. & Thurs., Saturdays	9 a.m. 9:30 a.m.	F.C.
	Line Dancing	Wednesdays	1-2:30 p.m.	Free
	Regular Bike Riding	Daily	Open	Free
	YES cycling	Appointment	Scheduled Times	Free



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

Thanks to volunteer reader, 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 to the web page www.stmarysmd/aging. Click on Community Programs, or click on "Bi-monthly Newsletter" under "Quick Links."

This will take you to past newsletters, and you can click on the issue you want to read, or click on the speaker icon to the right of the monthly edition you want to have read to you.

Call 301-475-4200, ext. 1073 to learn more 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 "Loffler Activities Calendar," the "Northern Activities Calendar," or the "Garvey Activities Calendar."

Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050	Book Discussion	Kathy Mather	2nd Wednesday	10 a.m.	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658	Current Events	Dave Spore	Mondays	10 a.m.	Free
	Scripture Study	Solomon Olumese	2nd & 4th Fri.	10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By appt.	Free
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	Page Turners Book Club	Gloria Fusco	4th Monday	1 p.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	Quarterly 2nd Thursday, January 8	1 p.m.	Free
	Book Chatter	Joyce Summers	4th Thursday	11 a.m.	Free

Sign Up Online to Receive *New Beginning*

You can sign up to receive a notification when the newsletter is available online in PDF format via stmarysmd.com/citizen/signup.asp. This link will also allow you to sign up for news releases and emergency alerts. The newsletter can also be viewed on the Department of Aging website, stmarysmd.com/aging/.

If you choose to receive the newsletter via e-mail or view online rather than mailing, please contact Jennifer Stone, Community Programs and Outreach Manager at 301-475-4200, ext. 1073.

St. Mary's County Department of Aging & Human Services 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 multiple programs providing the following services: Guardianship for individuals age 65 and over, Medicaid-funded community-based services, 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-The three county senior activity centers are places where adults age 50 and over who are independent and active can participate in activities, events, exercise programs, and group meal programs. Call Alice Allen, Division Manager, at 301-475-4200, ext. 1063.

Meals On Wheels-A service for seniors 60 and over who are homebound and have a moderate to severe disability which prevents them from shopping or cooking for themselves, and who have no one to prepare meals. Bridget Maddox, Program Coordinator, can be reached at 301-475-4200, ext. 1060.

Retired and Senior Volunteer Program (RSVP)-Offering persons 55 years of age or older an opportunity to donate their time, talents, enthusiasm, and expertise in the local community. Call 301-737-5670, 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.

Human Services-Areas of responsibility of the Division of Human Services include: services provided to citizens with mental health needs; substance abuse treatment and prevention options including outpatient and residential options; supportive services for children and youth; and social, educational, and recreational activities to children and families.

Aging & Disability Resource Center/Maryland Access Point-Your link to health and support services, providing older adults, persons with disabilities and caregivers with a single point of entry. Access to information and referrals to services, options counseling, support for caregivers, and more, are provided through the ADRC/MAP. Call 301-475-4200, ext. 1057 for Monika Williams, MAP Coordinator.

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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

(Please send donations and correspondence to the Post Office Box.)

Senior Activity Centers:

- **Garvey Senior Activity Center, Tel. 301-475-4200, ext. 1050**
41780 Baldrige St., Leonardtown, MD, 20650
- **Loffler Senior Activity Center, Tel. 301-737-5670, ext. 1658**
21905 Chancellor's Run Rd., Great Mills, MD 20634
- **Northern Senior Activity Center, Tel. 301-475-4002, ext. 1001**
29655 Charlotte Hall Rd. Charlotte Hall, MD, 20622



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

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

Thursday & Friday, January 1 & 2—New Year Holiday
Monday, January 19—Martin Luther King Day
Monday, February 16—Presidents' Day