

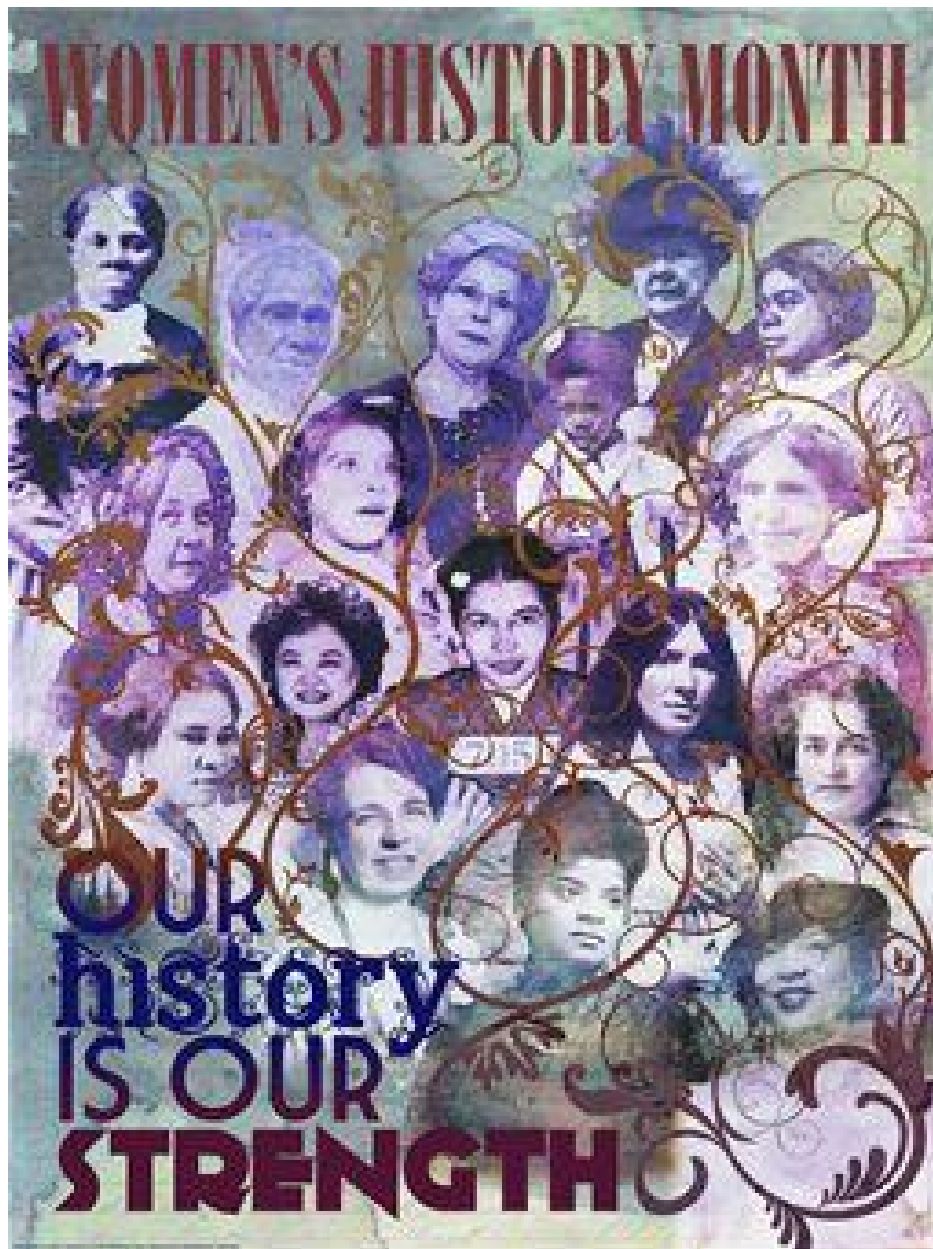
NEW BEGINNING

VOLUME 27 ISSUE 2

MARCH-APRIL 2014

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

Let's Celebrate...



In This Issue...



Elizabeth Sandberg Joins Department Staff;
is Senior Administrative Coordinator page 4



In Nutrition Corner: Barbara Hak talks about the
contributions of some famous women..... page 5



YES! Cycling: Northern Senior Activity Center
is offering orientation classes in cycling on the Three
Notch Trail beginning this month.....page 8

2



Celebrate With A St. Patrick's Day Party at
the senior activity center nearest you. Put on your best
'St. Paddy's Day Green' frills or funny outfit and enjoy
traditional Irish music and food. Be Irish!
We have a special party to celebratepage 12



The Northern Stars theater group is recruiting
new cast members as actors or for working behind
the scenes.....page 13

From the Director's Desk...

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

During March, Women's History Month celebrates a variety of women and their varied accomplishments throughout our distant and recent past. The National Women's History Project (<http://www.nwhp.org/>) has established this year's theme in recognition of Women's History Month as *Celebrating Women of Character, Courage, and Commitment*.

This time of year we acknowledge the contributions and sacrifices made by women in the fields of education, civil rights, science, and technology, to name only a few, all to improve the lives of women and their families. With the advent of "National Women's History Week, declared in March 1980, came a co-sponsored Congressional Resolution for National Women's History Week in 1981 by Representative Barbara Mikulski and Senator Orrin Hatch. This co-sponsorship demonstrated the wide-ranging political support for recognizing, honoring, and celebrating the achievements of American women."

"Knowing about amazing women and their accomplishments expands our sense of possibility and achievement. This year's Honorees represent a wide-range of occupations and accomplishments."

- Chipeta (1843-1924), Indian Rights Advocate and Diplomat
- Anna Julia Cooper (1858-1964), African American Educator and Author
- Agatha Tiegel Hanson (1873-1959), Educator, Author, and Advocate for Deaf Community
- Katharine Ryan Gibbs (1863-1934), Women's Employment Pioneer
- Frances Oldham Kelsey (1914-Present), Pharmacologist and *Public Health Activist*
- Roxcy O'Neal Bolton (1926-Present), 20th Century Women's Rights Pioneer
- Arden Eversmeyer (1931-Present), The Old Lesbian Oral Herstory Project, Founder
- Carmen Votaw (1935-Present), International Women's Rights Activist
- Ann Lewis (1937-Present), Women's Rights Organizer and Women's History Advocate

(Continued next page)

MARCH-APRIL 2014

NEW BEGINNING

The St. Mary's Board of County Commissioners
Francis Jack Russell, President;
Lawrence D. Jarboe;
Cynthia L. Jones;
Todd B. Morgan;
and Daniel L. Morris
Publisher: Lori Jennings-Harris,
Director, Department of Aging & Human Services
Editor: Taylor Gregg

NEW BEGINNING is

published bi-monthly by the St. Mary's County Department of Aging & Human Services. Articles may be reprinted from this newsletter but must be attributed to the "SMCDA & HS, New Beginning."

To receive a copy of this newsletter through the U.S. Mail, call 301-475-4200, ext. 1050.

Editorial submissions should be sent to:

St. Mary's County Department of Aging & Human Services
P.O. Box 653

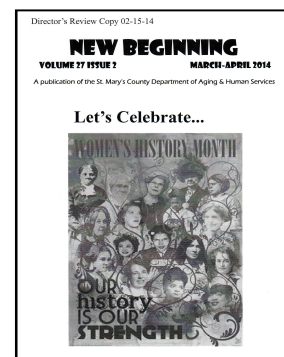
Leonardtwn, MD 20650;

or visit the website at:

www.stmarysmd.com/aging.

Our Mission

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



(Continued from previous page)

- Jaida Im (1961-Present), Advocate for Survivors of Human Trafficking
- Tammy Duckworth (1968-Present), Member of Congress and Iraq War Veteran
- Lisa Taylor (1974-Present), Civil Rights Attorney

Retrieved from www.nwhp.org/whm/honorees2012.php on January 3, 2014.

The Department of Aging and Human Services recognizes and appreciates the valuable contributions made by the many women from our past, in our present and in our future.



Elizabeth Sandberg

Elizabeth Sandberg Joins Department; Is Senior Administrative Coordinator

Beth's background is in the management arena. She says she looks forward to using her expertise in her new position, as well as learning new concepts.

She enjoys cooking and baking, and says you could consider she and her husband to be 'foodies,' and she hopes you will get a chance to sample some of the dishes or baked goods she brings into the office.

Beth also enjoys traveling, and says each year she and her husband travel to a new destination.

According to Beth, in the short time she has been in the Department "My eyes have been opened to the wonderful things the staff achieves on a daily basis. I enjoy seeing the many programs offered, the appreciation of our clients and the caring I see from the staff every day. I am truly excited to be part of the team."

4

AARP Tax Assistance

Northern Senior Activity Center
Tuesdays 9-11 a.m.
Thursdays 1-3 p.m.

Garvey Senior Activity Center:
Tuesdays 8:30 a.m.-noon
Thursdays noon-4 p.m.

Loffler Senior Activity Center
Mondays noon-4 p.m.
Thursdays 8 a.m.-noon

To use this program to prepare your income tax returns, call Dana Davis, District Coordinator for the St. Mary's County AARP Tax-Aide Program at 301-863-2561 to schedule an appointment.

Nutrition Corner

By Barbara Hak, RD/LD

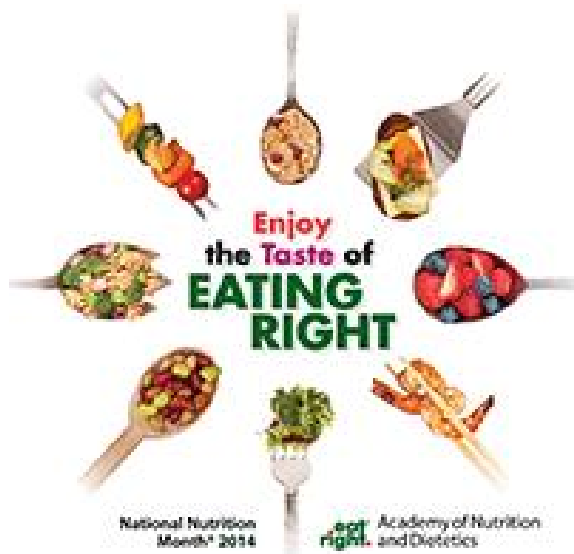
Do the following names sound familiar? Dr. Agnes Fay Morgan (1884-1968) and Dr. Doris Howes Calloway (1923-2001)? Probably not. They are both pioneering human nutrition scientists. During this month of March as we celebrate Women's History Month and National Nutrition Month I found it interesting to learn about these two women who have served as a model for other scientists in human nutrition.

Both Drs. Morgan and Calloway faced financial, social and academic barriers as they worked to provide science-based solutions to human nutrition issues concerning women. Dr. Morgan's early work focused on the vitamin content of processed foods. Later she worked on an Agricultural Experimental Station Regional Project to evaluate the nutrition status of elderly people in San Mateo County, CA. This study was the first to show that bone density of women decreased between 50 and 65 years of age. Dietary fat intake was also shown to be related to blood cholesterol levels.

Dr. Calloway's work focused on the metabolism of amino acids in humans, human energy requirements and the consequences of marginal nutrition. She is most known for her research which formed the basis for protein and energy recommendations established by the Institute of Medicine's Food and Nutrition Board as well as the World Health Organization.

Drs. Calloway, Morgan, and their students helped lay the groundwork for further human nutrition study. For example the results of the San Mateo study led other researchers to question why bone density in women decreases with age, and to determine how the process can be slowed or reversed. As a result, today we understand more about the importance of calcium and vitamin D in the diet and the role of weight-bearing exercise in maintaining our bone density. The role of dietary fats as they relate to blood cholesterol levels continues to be studied. We now know the importance of decreasing saturated and transfat in our diets as well as including healthy fats like monounsaturated, polyunsaturated and Omega 3 fatty acids. And the importance of understanding human calorie (energy) and protein needs could not be more important as we age and as we look at the growing waistline of Americans and the problems of world hunger.

Make March 2014 a time to honor the committed and courageous women in our history and make a new resolution to "Enjoy the Taste of Eating Right."



Nutrition Education Presentations by Barbara Hak, RD/LD for March:

New Food Trends in 2014: Ancient Grains Recipes and Samples

Loffler Senior Activity Center

Tuesday March 11, 12:45 pm

Northern Senior Activity Center

Wednesday March 12, 10:45 am

Garvey Senior Activity Center

Thursday March 13, 8:45 am

Home & Community-Based Services

By Rebecca Kessler, Division Manager

**New Programs, Services & Events Available to the Community
At the 22nd Annual Southern Maryland Caregivers' Conference
Friday, May 2, 2014, 8 a.m.-2:30 p.m.**

Southern Maryland Higher Education Center, California, MD

Whether you are assisting with the care of a frail spouse, parent, friend or other relative, caring for an older adult is a labor of love. Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich one's knowledge and skills in caring for older people. The \$22 conference fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on the following topics:

- **Community Resources & Services For Caregiving Families**
- **Caring For Individuals With Dementia**
- **Medication Management**
- **Caregiver Coping Strategies**
- **Paying For Long-Term Care**
- **Managing Chronic Illnesses At Home**
- **Safe Caregiving; Techniques And Equipment Options**
- **Fitness And Caregiving**
- **Medical Orders For Life Sustaining Treatment**
- **Skin Tips: Bathing, Incontinence & Pressure Sores**
- **Preventing Identity Theft**

The conference is sponsored by St. Mary's County Department of Aging & Human Services, Calvert County Office on Aging, Charles County Department of Community Services; Aging and Senior Programs Division, and the Geriatrics and Gerontology Education and Research Program at the University of Maryland Baltimore. To learn more, call Rebecca Kessler at 301-475-4200 ext. 1061 or email <Rebecca.kessler@stmarysmd.com>.

6

If you are a family caregiver of someone 60 or older and wish to inquire about a scholarship opportunity to attend this conference, contact Stacie Prinkey, H&C-BS Program Coordinator, St. Mary's County Department of Aging & Human Services, by telephone at 301-475-4200, ext. 1056, or email <Stacie.Prinkey@stmarysmd.com>.

Looking for a Nursing Home?

Do you have a loved one in need of a nursing home? Are you uncertain or have questions about which nursing home to choose or even consider for your loved one? If so, Medicare has a website to help you compare nursing homes in St. Mary's County or anywhere in the United States.

Through the Medicare.gov website is a program called Nursing Home Compare. Nursing Home Compare allows consumers to compare information about nursing homes. It contains quality of care information on every Medicare and Medicaid-certified nursing home nationwide. It should be noted that nursing homes are not included on this internet site if they aren't certified to participate in Medicare or Medicaid. Nursing Home Compare isn't an endorsement

or advertisement for any nursing home. The information provided should be considered carefully and used with other information you gather about the nursing home facilities. Nursing Home Compare includes the following:

- Five-Star Quality Ratings of overall and individual star performance on health inspections, quality measures, and hours of care provided per resident by staff performing nursing care tasks.
- Health inspections results and complaints give detailed and summary information about deficiencies found during the 3 most recent state inspections and recent complaint investigations.
- Nursing home staffing information about the number of registered nurses, licensed practical or vocational nurses, physical therapists and nursing assistants in each home.
- A set of quality measures that describe the quality of care in nursing homes including percent of residents with pressure sore, percent of residents with urinary incontinence and more.
- Penalties against a nursing home.

Note: You may want to use a variety of resources when choosing a nursing home. Don't rely only on the nursing home's star rating to make a final decision. Visit the nursing homes you're considering, if possible, or have someone visit for you.

(The above is an excerpt from the Medicare.gov website <http://www.medicare.gov/nursinghomecompare>. You will see "Find a Nursing Home." Enter a location or a specific nursing home you want to learn about, and click on Search. From there you can follow the steps to reading more about a facility you are considering.

If you have questions about the Nursing Home Compare website or need to learn more about long-term care facilities, contact Kathy Goodspeed, local Ombudsman for St. Mary's County, at 301-475-4200, ext. 1055.



MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

www.marylandaccesspoint.info

7

What is Maryland Access Point (MAP)?

MAP is your link to health and support services. The St. Mary's County Department of Aging and Human Services is working to provide older adults, persons experiencing a disability and caregivers with a single point of entry to:

- Access information and referral to resources and services.
- Provide counseling for options regarding benefits and long term care planning.
- Connect caregivers of older adults and adults with disabilities to services.
- Provide access to services offered by the Department of Aging and Human Services and its partner agencies such as the Health Department, the Southern Maryland Center for Independent Living, the Department of Social Services and other community service providers.

(H&C-BS Continued on page 8)

(H&C-BS Continued from page 7)

- Link active adults to services, activities and programs.

Who is eligible for assistance through MAP?

All individuals over the age of 50, adults over the age of 18 experiencing a disability and caregivers for the elderly or adults with disabilities. Anyone who may have questions or concerns about someone in need. No question is too big or small.

How does it work?

MAP is a free information and referral service. It is open to the public and to individuals of all income levels. Simply call for an appointment or stop by the MAP office and a Certified Information and Assistance Specialist (CIRS) will assist you. All information and assistance is completely confidential.

To learn more contact Monika Williams, MAP Coordinator, by calling 301-475-4200, ext. 1057 or email <Monika.Williams@stmarysmd.com>. Online you can go to www.stmarysmd.com/aging www.marylandaccesspoint.info.

*(*More about "Community First Choice" in the May/June edition of New Beginning!)*

YES! Cycling

Northern Senior Activity Center

Three Notch Trail

The lecture *Orientation To Modern Cycling* is offered periodically as requested. It is presented by Dan Donahue, who has been leading rides for more than 20 years and is certified in pedestrian and cyclist training. The lecture covers safety issues, bike types, cycling accessories, riding techniques such as pedaling, shifting, braking and more.

Cycling groups or individual rides will travel the trail for a round trip of 6 miles at a pace of 8-10 mph. Trail use etiquette will be reviewed and practiced. Helmets are required. Leader is CPR and

first aid certified by American Red Cross. Maintenance demos, longer rides and special event rides including 'Terra Trike' rides can be provided. The "YES=Youthful Energetic Seniors Cycling Program" will be meeting on specific dates for group outings. Contact Dan Donahue at 301-884-0163 to learn more.



8



Friday Morning Softball

Miedzinski Park, Leonardtown (field in front of Leonard Hall Recreation Center)

Fridays, beginning April 25, 10 a.m.

Spring is in the air and it's time to dust off that bat and glove and head out to Miedzinski Park for a pick-up game of softball. We will have batting practice followed by a game. Males and females ages 50 and above are welcome. Call the Garvey Senior Activity Center at 301-475-4200, ext. 1062 to learn more.

Senior Information & Assistance

By Debbie Barker, Senior I & A Manager

Property Tax Credit Available To Eligible Homeowners

Each year the State of Maryland Department of Assessments and Taxation provides a credit for the real property tax bill for homeowners who qualify on the basis of gross household income. Previous applicants must submit a new application each year.

To have your application considered for a tax credit the dwelling for which the application is being made must be your principal residence, where you reside or expect to reside for more than six months of the tax year; have a legal interest in the property; have a gross household income less than \$60,000 and your net worth, excluding the value of the property for which application is being made, must not exceed \$200,000 as of December 31, 2013. If these requirements are met, the amount of tax credit due, if any, will be calculated on the basis of the gross household income for the calendar year 2013 and the 2014 property tax bill.

Income information must be reported for the resident homeowner(s), spouse or co-owner, and all other occupants of the dwelling unless these occupants can be claimed as dependents or unless they are paying reasonable fixed charges such as rent or room and board.

The deadline for filing a 2014 Homeowner's Property Tax Credit is September 1, 2014. However, applicants are encouraged to file their applications prior to May 1, to receive a credit directly on their August property tax bill. Eligible applicants, who file their applications after May 1, will receive a tax credit certificate to be used toward payment of the tax bill or for a refund if the bill has already been paid.

Applications for this program are available at each senior activity center. Assistance is available for those 60 and over by calling Debbie Barker at the Garvey Center at 301-475-4200, ext. 1064 or Melissa Meatyard at the Loffler Center at 301-737-5670, ext. 1064 or the Northern Center at 301-475-4002, ext. 1004.

Affordable Care Act

Enrollment in the new Maryland Health Connection policies will end March 31, 2014. These policies are available to those without health insurance coverage including Medicare and Medicaid, and provide comprehensive health insurance. To learn more about these policies go to www.marylandhealthconnection.org or call 301-863-6661 to schedule an appointment.

9

Energy Assistance

The Maryland Energy Assistance Program is still available to those who have not enrolled since July 2013. Energy assistance can be used to help with the cost of electricity and heating; eligibility is based on household gross income. To apply call 301-475-4200, ext. 1050.

New to Medicare?

If you are new to Medicare this year you may have many questions regarding how Medicare works. The Department has trained staff to assist you during this transition and can schedule individual appointments to answer questions you have regarding Medigap policies, Part D plans, and basic coverage and cost concerns. Call us today to make the best decision regarding your health care coverage. Appointments are available at the Garvey, Loffler, and Northern Senior Activity Centers by calling 301-475-4200, ext. 1050.

Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

On a recent trip to Myrtle Beach to visit family, I had the pleasure of meeting a wonderful lady named Mary. Mary is from Florida and was visiting her family in South Carolina as well. The theme for this issue of New Beginning is Women's History, and while Mary is not a famous woman and to my knowledge has not changed (at least not yet) women's history, she made quite an impression on me.

Mary is an 85 year old woman I met playing pickleball. She was absolutely amazing, and boy could she play pickleball! Mary walked with a little bit of a hitch to the side due to arthritis in her hip, but she was out there playing and was quite competitive. She also talked about being active with Zumba, walking, and water aerobics back in her home state of Florida. She participates in the Senior Olympics in pickleball, having to compete in the 70 year-old bracket since there were no other 80 year-olds.

Mary attributed her spryness to being physically active and sleeping 8 hours a night. She exemplified the saying, 'use it, or lose it!!' Mary is living proof of the importance of being physically active. She said that some days it's not so easy for her to move, yet by doing so, she feels better. Mary was positive, inspiring, and so much fun to be around.

I encourage you to find your 'inner Mary.' If you already are physically active on a regular basis, good for you, keep up the good work. Your body and your health thank you. If you want to become more physically active and reap the many benefits that are gained through regular physical activity, check out pages 32-33 of this newsletter for a complete listing of the fitness opportunities available to you through your local senior activity center. There is surely a class that will interest you.

You can try your first class for free, then purchase a fitness card (if required for that class) for \$30 and attend 10 classes of any type on the fitness card at any center. That's a bargain. All instructors are professionally certified and are experienced working with older adults at varying levels of fitness. Of course, check with your doctor before starting a fitness program. Most likely, your doctor will be thrilled that you want to be physically active! To find fitness opportunities offered at the senior activity centers, call Alice Allen at 301-475-4200, ext. 1063.



10

Line Dancing

Garvey Senior Activity Center, Wednesdays, 1:30-2:30 p.m. Free

Get in your exercise while having fun and learning some of the latest line dances. This group is looking for new participants. To learn more call 301-475-4200, ext. 1050.





Pickleball
Leonard Hall Recreation Center
Wednesdays, March 5-April 23

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 year and offers a great way to exercise while having fun. Equipment is available for use. The cost per player is \$32 payable in advance at the Garvey Senior Activity Center. Advance sign up is required. Register early because space is limited. For more information, call 301-475-4200, ext. 1050.

Senior Hoops
Margaret Brent Recreation Center
Fridays, March 7-April 11, 10 a.m.-noon

Pick-up basketball games will be held in the gymnasium during this eight-week session. Games are open to both males and females. Advance registration is required. Players may register at the Garvey Senior Activity Center in Leonardtown. Cost per player is \$16. To learn more call 301-475-4200, ext. 1050.



Tai Chi for Arthritis; Beginners

Loffler Senior Activity Center, Wednesdays, March 12-April 30, 9 a.m., FREE

The Arthritis Foundation's Tai Chi program is designed to improve the quality of life for people with arthritis using Sun Style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn. Recently the Center for Disease Control has endorsed this program as part of an evidence-based program for fall prevention. There is no fee for this series but sign-ups are required. (Because this is a progressive class drop-ins will not be permitted). Attendance at all class sessions is highly recommended. To sign up, call 301-737-5670, ext. 1658.



Tai Chi for Arthritis: The Extension Movements

Garvey Senior Activity Center, Fridays, March 7-April 11, 9:45-10:30 a.m., FREE

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

Prerequisite: Students must have taken "Tai Chi for Arthritis: The Core Movements" for at least one 6 week session prior to signing up for this course. To register for this class, call 301-475-4200, ext. 1050

Special Events:



Wearin' of the Green Bash at O'Garvey **Garvey Senior Activity Center** **Monday, March 17**

Lunch served at Noon; music begins at 12:30 p.m.

For the luck of the Irish, join us at our Annual St. Patrick's Day bash! Enjoy a meal of *Ham and Cabbage, Steamed Carrots and Potatoes, Irish Soda Bread, Watergate Salad, Milk/Coffee/Tea.* Irish tunes to be performed by David Norris, singer of traditional Irish pub tunes. Cost of lunch is a donation for those ages 60 and above and \$6 for all others. To make reservations, call 301-475-4200, ext. 1050. And remember to wear your lucky green!

O'Loffler's Irish Pub **Loffler Senior** **Activity Center** **Monday, March 17** **10 a.m.-2 p.m.** **\$9 suggested donation**

On this day of the year, the entire world is welcome to

be Irish! 'Tis a wonderful thing indeed to be spending it with loved ones at O'Loffler's, a beloved little pub that exists just ONE DAY a year. For your thirst we offer *O'Douls* in a bottle and for your merriment we welcome Scarlet Plus Entertainment DJ and Karaoke. At lunchtime we will serve *Leprechaun Punch, Pineapple Juice, Ham and Cabbage with Steamed Carrots and Potatoes, Irish Soda Bread with Butter and Watergate Salad* for dessert. The fun will continue after lunch with more music and dancing. Be prepared for some shenanigans and bring your sense of humor. Advance tickets are required, so get your tickets as soon as you can since this is a popular event. Don't forget to wear green or you risk getting a pinch! Call 301-737-5670, ext. 1655 to learn more.



12



St. Patrick's Day Party **Northern Senior Activity Center** **Monday, March 17, Noon-1:30 p.m.**

Put on your best 'St. Paddy's Day Green' frills or funny outfit and enjoy traditional Irish music and food. There will be a prize for the best looking lad or lassie! Look for a special surprise that will take place, along with a 50/50 raffle, door prize and special Irish themed lunch. Sign up for the party and make your lunch reservations before noon on Friday, March 14 by calling 301-475-4002, ext. 1001. Lunch cost is a donation for those 60 and older; \$6 for others.

NEW BEGINNING



Easter Celebration

**Garvey Senior Activity Center
Wednesday, April 16, Noon**

Celebrate the season of spring and the Easter holiday at the Garvey Senior Activity Center. A lunch of *Chicken Salad served on Croissant with Lettuce and Tomato, Pineapple, Three-bean Salad, and Lemon Meringue Pie, Milk/Tea/ Coffee* will be served at noon. Following the meal, there will be an Easter Bonnet Contest (bring your bonnet to enter), Guess the Jelly Bean Flavor Contest, and

many other Easter activities. Sign up in advance by calling 301-475-4200, ext. 1050.

3rd Annual Used Book Sale

**Garvey Senior Activity Center
Wednesday, March 26, 10 a.m.-3 p.m.**

Donate your used books to the Garvey Senior Activity Center's used book sale fundraiser. All funds raised will go toward special events and entertainment at center events. Books for all ages are welcome. Hardcover, paperback, and books on tape in good condition are appreciated. To make a donation, drop off your items at the Garvey Senior Activity Center from March 3-21.



Shop at the Book Sale on Wednesday, April 25 from 10 a.m.-3 p.m. Books cost \$1 per hardback, \$.50 per paperback. To learn more call 301-475-4200, ext. 1050.

'Northern Stars' Theater Group Recruiting

The theater group is recruiting new cast members as actors or for working behind the scenes. The group meets the first Friday of every month at 10 a.m. and holds rehearsals closer to performance dates. Members must be 50 years or older, and registered with the Department. There is no charge to join; call 301-475-4002, ext. 1003.



Corn Hole Tournament

Northern Senior Activity Center

Regulation Corn Hole Tournament will start up again the first Monday in March. Registration and payment of \$5 per person is due by Friday, February 28, sign up at the front desk. Choose a partner or one will be selected for you. Practice time is from 9-9:30 a.m. Teams will play 2 rounds each day. Winners with the top three scores will get a monetary prize at the end of play on May 5.



Wanna Start Something?

Loffler Senior Activity Center

Date and Times Based on your Schedule

Is there a favorite game or activity you'd like to see happen at Loffler? Perhaps you have an art or craft you'd like to teach. Maybe you really love to play Scrabble and would like to play it regularly. If you are willing to be a point of contact for such a group and have the time to get it going, give Shellie a call at 301-737-5670, ext. 1655 or e-mail <Sheila.graziano@stmarysmd.com>.



Limitations-No More

(Emotional Freedom Technique Clinic)

Loffler Senior Activity Center

2nd and 4th Tuesday

March 11, 24; April 8, 22, 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. She has been continuing to advance her studies in this method of self-help that, though simple and gentle, has brought dramatic results to people seeking help with fears, anxieties, pain, and more. Richele particularly likes to help clients who need relief

from pain, allergies, weight, limiting beliefs, procrastination, anxiety, stress and more. Frequently a person can find relief from one session after which he/she can continue to practice the technique by him/herself for further improvement. Other problems may require more sessions. To learn more about emotional freedom technique visit eftuniverse.com or simply type in 'eft' on the address bar of your search engine. If you would like to make an appointment with Richele, call 240-925-4309.

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 are actively seeking new members, so call 301-475-4200, ext. 1073 to learn more.

You suggested topics and we listened! The Triad/SALT council will be hosting the following senior seminars:

Prescription Drug Information

An alarming trend is emerging. Every day, more people become addicted to prescription medications. These drugs range from pain relievers and depressants to stimulants and over-the-counter (OTC medicine). Prescription medicines taken properly can help heal illness, relieve pain, control disease and bring balance to your life. But when others take your medications, they can be very dangerous. Find out what medications are being abused and how they are being accessed; safe storage and disposal of medications; and opportunities to help prevent misuse and abuse.

Thursday, January 16

1:30 p.m.

Cedar Lane Apartments

Thursday, February 20

1:30 p.m.

New Towne Village

Thursday, March 27

12:30 p.m.

Loffler Senior Activity Center

Learn about Adult Protective Services (APS)

A representative will give a comprehensive presentation about Adult Protective Services. The presentation will address the purpose of Adult Protective Services, who the program benefits, and what to do if you suspect someone is being abused, neglected or exploited.

Thursday, June 19, 2014

2 p.m.

Lexington Park Senior Apartments

15



Project Linus

Loffler Senior Activity Center

3rd Friday of each month

January 17, February 21, 10 a.m.

This group meets monthly under the direction of Debbie Rumple and creates blankets and quilts for ill children. Share your talents while creating something comforting for a child in need.

For those who aren't able to come to Project Linus meetings but wish to contribute, finished blankets, quilts, afghans, etc. can be dropped off at Loffler any time. Call 301-737-5670, ext. 1658 to learn more.

MARCH-APRIL 2014

Educational Opportunities

Book Discussion Group

Garvey Senior Activity Center

Wednesdays, March 12 & April 9, 10:30 a.m.

On March 12 the group will discuss *An Irish Country Girl* by Patrick Taylor. On April 9 the group will discuss *The Secret Keeper* by Kate Morton. For more information about these books or to join the discussion group, call 301-475-4200, ext. 1050.



Keyboard/Piano Lessons

Loffler Senior Activity Center

Tuesdays (Six week sessions), 1-2 p.m.

Cost is \$100 for a 6 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 - maximum of 10 students per session.* Dr. Robert L. Jefferson, the author of the “*How to Play Gospel*” book series is

experienced as a vocalist, songwriter, recording artist, pianist, and teacher and is a leading expert in the study of Gospel Music performance. (*Check out his website at www.jeffersonpresents.com.*) He says anyone can learn to play and has proven this statement many times using his own techniques. For information about when the next session starts call 301-737-5670, ext. 1658.

AARP Smart Driver Course

Garvey Senior Activity Center

Tuesday, March 11, 9 a.m.-2 p.m., \$15 for AARP members, \$20 for nonmembers

16 In January, 2014 AARP launched their new and improved AARP Smart Driver Course, the nation’s largest driving refresher course. A lot has changed since AARP Driver Safety first began as “55 Alive.” The roads have changed, cars and the technology inside them have changed, even the people behind the wheel have changed.

As drivers, if we don’t keep up with those changes we put others and ourselves at risk. As a result of evidence-based research findings, the course has been adjusted to include a focus on areas where older drivers could benefit from additional training, including: roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seatbelt, and turn-signal use. The cost is \$15 for AARP members, \$20 for nonmembers, payable to AARP. Members must show their membership card to get the member rate. Advance sign-up is required.



Call 301-475-4200, ext. 1050.

Stewards of the Earth

Northern Senior Activity Center

Tuesday, April 22, 10 a.m.-2 p.m.

With this 2014 observance of Earth Day, we are in our 8th consecutive year of providing a program highlighting environmental appreciation, education and recreation and focusing on the theme 'Nature & Nurture.' At 10 a.m. learn more about the Chesapeake, wildlife and natural habitats. Information on adopting wildlife organizations will be available. At 1 p.m. 'Make and Take' home artwork from natural finds such as driftwood, seashells

and rocks; bring something you have found and add from other items available. There will be guidance for creative pieces of artwork. Video presentations of "Planet Earth" will be featured. Stop by an animal display table and sample 'boot tracks' snacks. Your lunch reservation is due before noon on Monday, April 21, by calling 301-475-4002, ext. 1001 or at the front desk.



.JPIG (Join our Photo Interest Group)

Come together in a forum with other photo enthusiasts to discuss the world of photography in an informal setting. A facilitator will guide the conversation and look for topics that are important and relevant to members. There is no charge to join. Show-and-tell will be encouraged for art appreciation. The group will begin meeting in the Spring at the Northern Senior Activity Center. Sessions will likely be midweek, late mornings for 1 to 2 hours depending on topic and attendance. Please contact the Center by calling 301-475-4002, ext. 1002 for scheduled dates.

Book Clubs Welcome New Members

Northern Senior Activity Center

Membership is open to two different book clubs. The 'Page Turners' book club is a structured meeting with questions to review while reading the book in preparation for discussion at the next meeting. The 'Book Chatter' book club offers a relaxed atmosphere that reviews everyone's take on the book and sometimes meets outside of the center. Pre-selected books are chosen by members of both clubs; however, they are different books. The 'Page Turners' meet the fourth Monday of the month at 1 p.m. while the 'Book Chatter' group meets on the fourth Thursday of the month at 11 a.m. To learn more or to join, call 301-475-4002, ext. 1003 .



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager

High-Flying Adventure

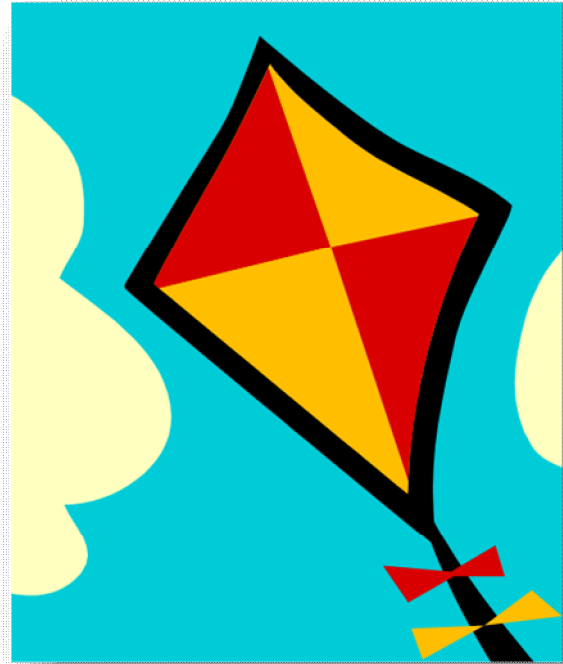
When I was young, March ushered in a season of excitement as my brother and I eagerly awaited windy weather so we could go kite flying. We're not talking fancy, colorful, whirling, elaborate contraptions like you see at the beach these days. No, we'd head out to the woods where we'd find some green, pliant branches that we'd take home, fashion into a cross, notch with a pocket knife, and secure with twine. Then, we got out the Sunday paper, folded it into large triangles, and taped it to our frame. My mom would give us an old, worn-out sheet to cut up into strips for kite tails. And then with kites in hand, we'd head off for a day of high-flying adventure.

If at First You Don't Succeed

Our rather flimsy, homemade kites didn't always work that well, and we often had to go back to the drawing board to re-fashion them. This didn't detract from our adventure; instead, it was part of the challenge. We imagined ourselves young aviators, engineers, inventors. An adjustment here, an adjustment there, and off we'd go again, ready for another test flight.

Undaunted by Obstacles

To get our kites aloft, we ran into the wind, easing our kites skyward while dodging overhanging limbs, telephone poles, and wires. Crashes occurred, or our kites became hopelessly ensnarled in the branches above. Then we'd go back to the drawing board once again, not defeated, but more determined than ever to build yet another, better kite.



18

An Adventure in Volunteering

So what does kite-flying have to do with volunteering? Simply this: Isn't it time to send your spirit aloft and let it soar? Isn't Spring a good time to venture forth out of your winter cocoon, get some fresh air, and stir your imagination? Isn't it time to shake off old roles and habits, explore new challenges, re-invent yourself, and see what the world of volunteering has to offer? We are, as they say, only as young as we feel. So remember the excitement of youth on a fresh spring day, open the windows of your mind, and embark on a new adventure in volunteering!

For information on volunteer opportunities for seniors 55 years of age and above, call RSVP at 301-737-5670, ext. 1653, or e-mail <Norine.Rowe@stmarysmd.com>



RSVP Honors Our Volunteers at Annual Event

All RSVP volunteers who served in 2013 have been invited to our annual RSVP Volunteer Appreciation Banquet. This year's event takes place on **Thursday, March 27**, at the Forrest Technology Center in Leonardtown. Registration begins at 3:15 p.m. followed by the Awards Program from 4-5 p.m., dinner from 5-6 p.m., and volunteer gift distribution from 6-6:30 p.m. If you received an invitation in the mail, please reply and let us know if you can attend. If you aren't a member of RSVP, then consider joining our wonderful group of volunteers. We'd love to invite you to our Volunteer Appreciation Banquet next year!

Special Thanks to the Women of RSVP

In honor of Women's History Month, we want to give special thanks and recognition to the many women who make up the ranks of RSVP. Did you know that 71 percent of our RSVP volunteers are women? This means that of the 30,000-plus hours donated by RSVP volunteers in 2013, more than 20,000 of those hours were provided by the women of RSVP. Our hats are off to all our women volunteers who have dedicated themselves to a life of community service. Without you, St. Mary's County wouldn't be such a wonderful place to live!

RSVP Volunteers Enjoy the Great Outdoors

Among the many volunteer positions with RSVP are opportunities to serve in the great outdoors. We have volunteers who tend to the gardens and animals at Summerseat Farm. Others help give tours at local museums, including Piney Point Lighthouse and Maritime Museum, Historic St. Mary's City, and St. Clement's Island Museum. Some of our volunteers help maintain the grounds at the Northern Senior Activity Center or provide cycling instruction on the nearby bike trail. Other volunteers drive homebound seniors to doctors' appointments or deliver meals to homebound seniors. We have volunteers who plan, organize, and lead enriching educational tours and outings for seniors to Southern Maryland destinations as well as the Baltimore-Washington region. We also have opportunities for volunteers to assist with outdoor activities at Greenwell State Park. So if you love the great outdoors, or simply enjoy being on the move, then we've got a place for you with RSVP!

19

*Thanks to All
Our Senior Volunteers
For the Seeds of Kindness You Plant.
May the Goodness You Sow
Come Back to You
In Blessings
Two-Fold*



Health and Wellness

Living Well with Chronic Conditions

Loffler Senior Activity Center

Thursdays, March 6-April 10, (6 sessions), 1-3:30 p.m., FREE

Here is the ideal opportunity to improve your life 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. It is a workshop that consists of 6 sessions taught by trained lay-leaders and is designed to teach sufferers skills that can be used to better manage symptoms and improve one's outlook. St. Mary's County Department of Aging & Human Services, in conjunction with Medstar St. Mary's Hospital's Health Connections has been offering this program over the last five years. Recently, new developments have made this workshop even more effective. New sessions will begin at Loffler Senior Activity Center on March 6 and will continue through April 10. 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! If you have questions, or wish to sign up, call 301-737-5670, ext. 1658.



A Matter of Balance

Potomac Building (Governmental Center Campus) Room 14

Mondays, March 17-May 5, 10 a.m.-noon

20



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 once a week for eight weeks, and are led by two trained coaches of the *Matter of Balance*

program. All materials are provided. To sign up for the course, call 301-475-4200, ext. 1050 by Wednesday, March 3. Space is limited so sign up early.

NEW BEGINNING

Hearing Loss & Treatment Options

Northern Senior Activity Center

Thursday, March 13, 11 a.m., Free

Loffler Senior Activity Center

Thursday, March 20, 10 a.m., Free

Audiologist Dr. Gina Diaz will discuss hearing loss and what can be done to treat the condition. The presentation will review how we hear, the causes of hearing loss and what you need to know before investing in hearing aids. To sign up for this presentation at Northern Senior Activity Center call 301-475-4002, Ext. 1001, or at Loffler Senior Activity Center, call 301-737-5670, ext. 1658 by Tuesday, March 18.



Free Hearing Screenings

Northern Senior Activity Center

Wednesday, April 9, 9:30 a.m.-Noon

Concerned about hearing loss? Free hearing evaluations will be scheduled at the Northern Senior Activity Center on an appointment basis. Call 301-475-4002, ext. 1001 by Friday, April 4 to make an appointment. Hearing evaluations will be performed by Tracey Nalesnik, Executive Director of *Doctors of Audiology 'Hearing Professionals.'*

Loffler Senior Activity Center

Thursday, March 27. 9:30 a.m.-12:30 p.m., Appointment needed, Free

Let's follow up our Hearing Loss and Treatment Options presentation with a free hearing screening provided by *Hearing Professionals*. To make your 15-minute appointment at the Loffler Senior Activity Center call 301-737-5670, ext. 1658.

21

Topical, Timely Health Presentations and Blood Pressure Checks

Garvey Senior Activity Center: Fridays, March 14 & April 11, 11 a.m.

Loffler Senior Activity Center: Fridays, March 21 & April 18, 9 a.m.

Northern Senior Activity Center: Fridays, March 14 & April 11, 1 p.m.

Learn about a new health topic each month by attending these presentations given by MedStar St. Mary's Hospital 'Health Connections.' In March, *Diabetes; Thinking Like A Pancreas* will be the topic of discussion. In April, *Coping With The Challenges of Aging* will be discussed. Blood pressure checks will be available after the presentation.



LYME DISEASE

The hidden epidemic

Lyme Discussion and Support Group

Northern Senior Activity Center

The Lyme Discussion and Support Group meets quarterly at the Northern Senior Activity Center. Participants share personal experiences, explore medical developments and current information on Lyme disease. Call 301-475-4002, ext. 1001 to sign up.

Warning Signs of Heart Disease

Northern Senior Activity Center

Tuesday, March 18, 11 a.m.

Dr. D. Kenneth Glaser, M.D., with *Chesapeake and Washington Heart Care* will be talking about the warning signs of heart disease and preventive measures that can be taken. If interested, signup is required by calling 301-475-4002, ext. 1001.



Gardening Tips & Tricks

Garvey Senior Activity Center

The University of Maryland Extension; St. Mary's County Master Gardeners will present a series of gardening topics to help you get your garden ready for spring. There is no fee to attend the presentations.

Advance registration is required by calling 301-475-4200, ext. 1050. When registering, indicate which session(s) you will be attending.

Container Gardening, March 25, 10 a.m.

Herbs, April 1, 10 a.m.

Edible Landscaping, April 8, 10 a.m.

Trips and Tours

Infinity Theater, Annapolis, to see *HANK WILLIAMS LOST HIGHWAY*

June 19, 2014

Encouraged by the great success of last summer's trip to Infinity Theater, we will return to Annapolis for another fabulous lunch at the Broadneck Grill, followed by a musical about a different country music legend. "Lost Highway," by Randal Myler and Mark Harelik, traces Hank Williams' rise from his beginnings on the Louisiana Hayride to his triumphs



at the Grand Ole Opry to his eventual self-destruction at age 29. Along the way, the show features all of Williams' iconic hits: "Lovesick Blues," "I'm So Lonesome I Could Cry," "Move It on Over," "Hey, Good Lookin'," "Your Cheatin' Heart" and many others. Cost for this trip will be approximately \$85 and includes travel on a luxury motorcoach, lunch at the Broadneck Grill, a full length professional musical, all gratuities including the tip for the bus driver as well as snack and water on the bus. Departure times will be: Loffler 8 a.m.; Garvey 8:30 a.m., and 9 a.m. from Northern. Return will be at approximately 6 p.m. Your spot is guaranteed when you have made full payment which can be made at any of the senior activity centers or by mail. For more information call Shellie Graziano at 301-737-5670, ext. 1655 or e-mail <Sheila.graziano@stmarysmd.com>



Orioles Bus Trip to Camden Yard

MLB fans, call Joyce Raum at 301-737-5670, ext. 1656 for details about our annual trip. The game will be on **Wednesday, May 14, at 12:35 vs. The Detroit Tigers**. Seating is under cover, and the \$60 fee includes 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 the ballpark.

23

Northern Council 2014 Plans and Trips

The Northern Council is responding to the interest of Southern Maryland residents for more trips in 2014. 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, or call 301-475-4002, ext. 1001.

Lunch Connection at Loffler Senior Activity Center

Tuesday, March 11; Thursday, March 27

Tuesday, April 8; Thursday, April 24

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

Advance reservations are required, preferably 2 weeks in advance. Call 301-737-5670, ext. 1658. There will be an appreciation basket for our entertainment and a 50/50 raffle at each luncheon.



Tuesday, March 11: The Justin Myles Experience will delight your ears and your eyes as this talented musician shares his vocal and dance talents with our group. Lunch menu is *Pineapple Juice, Corned Beef, Boiled Potatoes, Steamed Carrots, Asparagus Tips, Corn Muffin with Butter and Pound Cake with Strawberries.*

Thursday, March 27: Whisk March away as you dine on *Roast Beef, Mashed Potatoes with Gravy, Roasted Mixed Vegetables, Green Beans, Mandarin Oranges and a Sourdough dinner roll with Butter.* Dessert will be tasty *Carrot Cake.*



24



Tuesday, April 8: Folk Salad Trio will serenade you with their smooth harmonies. Your meal this day will be *Chicken Salad on a bed of Romaine Lettuce, Macaroni Salad, Pineapple Chunks and Marinated Cucumbers.* Enjoy a *Blueberry Muffin* for dessert.

Thursday, April 24: *Applesauce, Pork Roast with Gravy, Parslied New Potatoes, Green Beans and Rice Pudding* will satisfy your hunger this day!



NEW BEGINNING



Breakfast Café

Northern Senior Activity Center

Let us do the cooking and cleanup in the morning while you enjoy a great start to your day and good conversation with others. Breakfast is homemade by Ginger, and served with complimentary beverages. Cost is \$2. Sign up and payment is due by 9 a.m. the day before. Call 301-475-4002, ext. 1001 with any questions. Enjoy these morning comforts ...



Wednesday, March 12-
*Scrambled Egg Casserole
with Meat, Home
Fries, Toast &
Peaches.*



Wednesday, April 2-
*Sausage Gravy over
Biscuits, Home Fries,
fruit.*

April 23- *French Toast,
Ham & Fruit*



Home-style Comfort Food Northern Senior Activity Center Monday, March 3, Noon

Enjoy some *Chicken and Dumplings* prepared homemade by Ginger. Make your lunch reservations before noon on Friday, February 28, by calling 301-475-4002, ext. 1001. Cost of lunch is a donation for seniors 60 and older; \$6 for others.



Creative Expressions

Jewelry with Sue

**Garvey Senior
Activity Center**

**Wednesdays, March 12, 19
& 26, 1 p.m., \$15.00**

Learn popular jewelry making skills and complete three projects during this three part series.

During one session participants will make a piece using crystal

beads. The class will also teach the popular technique of chain maille. And finally, create a jewelry piece using memory wire. All supplies are included. Advance payment is required; make checks payable to Sue Peters. For more information, call 301-475-4200, ext. 1050.



Make a Gourd Birdhouse!

Garvey Senior Activity Center

Friday, March 14, 10:00 a.m., \$5

Dried gourds are one of the natural options available for building birdhouses. Dried gourds have been an all-time favorite for attracting purple martins. Apart from being an interesting project, they offer natural habitats for birds. In the class, participants will clean, stain, and prepare a gourd to be used for a birdhouse. Space is limited. Payment reserves your spot in the class. For more information, call 301-475-4200, ext. 1050.



Joyful Painting at Northern Senior Activity Center Saturday, March 15, Noon-6 p.m.

26



No fuss when painting in oils at a leisurely pace, join your fellow artists practicing their serene sea-scapes. Follow along with a Bob Ross DVD showing techniques that he has used. No cost for class; however, bring your own supplies of paints and canvas. A final painting is not the objective; however, you may be able to create a finished scene in the time allowed or continue painting at home. 'Practice painting' will take place periodically at the Northern Senior Activity Center.

NEW BEGINNING



Cherry Blossom Art
Garvey Senior Activity Center
Tuesday, April 1, 10:00 a.m., \$5
 Make cherry blossom artwork with a recycled 2-liter soda bottle as a stamp. All supplies will be provided. Payment reserves your spot in the class. To learn more call 301-475-4200, ext. 1050.

Embroidery String Eggs
Garvey Senior Activity Center
Tuesday, April 8, 10 a.m., Cost: \$3 to make 4 eggs

Making eggs using embroidery string and balloons is not hard to do and the end result is impressive. These eggs look best hanging in groups, or placed in an Easter basket. If you have an Easter tree, these are perfect to hang on that or hang them from your dining room light over the table for Easter dinner. Sign up in advance by calling 301-475-4200, ext. 1050.



Make Centerpieces for Our Lunch Connections
Loffler Senior Activity Center
Thursday March 6, 10 a.m.-Hats and Daffodils
Thursday, April 3, 10 a.m.-Spring Branches
 Every month we have two Lunch Connections at Loffler Senior Activity Center. We like to make the room pretty with simple centerpieces on the tables and now we're offering you a chance to get in on the fun of making it happen. Using mostly supplies on hand, we will be turning out about 15 centerpieces that will be simple but attractive and easy to make. Are you interested? Come to the Demo Kitchen at the appointed hour or call 301-737-5670, ext. 1658 to learn more.



Build-a-Bonnet

Northern Senior Activity Center

Spring brings a season of bright colors and ideas together. Just in time for Easter, get inspired to craft your own Easter Bonnet. You supply the basic hat as the starting canvas and we will supply everything else to make your masterpiece. Build a traditional bonnet with flowers, feathers and fabric, or be more daring and whimsical. Starting on April Fool's Day, we will surprise you with the many artsy supplies you can use and project ideas to get you started. Supplies are available any time between April 1 and 14 in the 'Backstage' room where you can enjoy the prop and wardrobe inspirations of our theatre group and stage acts. Your bonnet debut will be April 15 modeled by you or someone else of your choosing.

Matchstick Border Basket

Northern Senior Activity Center

Tuesday, April 1 & Thursday, April 8. 1-4 p.m.

Learn to weave a round base and add a matchstick border. It is about 8" in diameter. There will be some choice of colored reeds. Cost for kit and class is \$30. Payment must be received by Friday, April 19 to reserve a spot in the class, as space is limited. For more information call 301-475-4002, ext. 1003. Payment is made to the instructor.



28

What are you waiting for?

Sign up now before classes are filled!

Ongoing Arts and Crafts Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050	Beginner & Intermediate Quilting	Louise Park	First & Third Friday	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	1 st & 3 rd Mondays	2 p.m.	Free
	Appliqué Tutor	Kit Spalding	Mondays	1 p.m.	Free
	Art Guild	Shonne Farrell	Tuesdays (Full)	9 a.m.-noon	Supplies
	Art Class	Shonne Farrell	Fridays	10 a.m.-noon	Supplies
	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 Rumble	3rd Fridays	10 a.m.	Free
	One-on-One Tutoring	Toni Axtel	Call 301-737-5670	By Appointment	Free
	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
	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	Nancy Norris	Wednesdays	9:30 a.m.-noon	Fee
	Open Pottery Studio	Self-directed	Fridays	9 a.m.	Free
	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	“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	1st Wed. (see pg. 25)	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 (L.I.F.E.)

30



Get ready, get set, GO...to your local Senior Activity Center to pick up the Spring 2014 LIFE booklet of classes. Registration 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 and educational events are planned, such as a tour of the Naval Academy, Fort McHenry, U.S. Botanical Garden, Geppi's Entertainment Museum in Baltimore and Orioles Park at Camden Yard, 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 www.stmarysmd.com/aging. Call 301-475-4200, ext. 1063 with questions. And remember, learning is forever!

NEW BEGINNING

Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050	Bingo	1 st & 3 rd Mondays	10 a.m.-noon	\$1-3
	“Bring Your Buddy” 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	Tuesdays except 2nd. Tuesdays March 12, April 9	12:30-1:30 p.m. 10:30	\$1 per card to 3
	P.M. Pinochle	2 nd & 4 th Weds.	Noon	Free
	Canasta	2 nd & 4 th Weds.	1-4 p.m.	Free
	Puzzles	Daily	9-Noon	Free
	Polish Poker & Pitch	Wednesdays	10 a.m.	Free

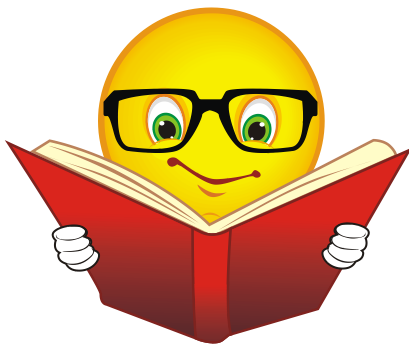
‘Come out and play’
1st Class Events &
Entertainment at your
Senior Activity Center!

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	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
	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.	9 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	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.
	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 * 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
	Regulation Horseshoes	This Spring		Free
	Yoga for Everyone	Mondays & Fridays	Mondays, 9:30 a.m. Fridays, 8 a.m.	F.C.
	Total Body Strength: Circuit Training	Mondays & Fridays	2-3 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
	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 online to "Older Adult Programs" under "Residents" on the county web page www.stmarysmd/aging. Click on "New Beginning Newsletter" in the left sidebar. 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 "Activities & Programs."

Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050	Coin Appraisals	John Hankla	1st Tuesday	9 a.m.-noon	Free
	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
	Health Watch	Varies	(not scheduled this time period)	9 a.m.-noon.	Free
	Nutrition Education	Barbara Hak	2nd Tuesday	12:45 p.m.	Free
	Scripture Study	Solomon Olumese	2nd & 4th Fri.	10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By apt.	Free
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	Page Turners Book Club	Gloria Fusco	4th Monday	1 p.m.	Free
	What's On Your Mind?	Wrenn Williams	1st & 3rd Tuesdays	10:45 a.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	Quarterly Thursday	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 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 - 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. This division facilitates an integrated network of services to improve conditions for people in need. The division brings together local agencies, providers, consumers of services, other public and private entities, and other community representatives in order to empower local stakeholders in addressing the needs of, and setting priorities for, St. Mary's County.

35

Website: www.stmarysmd.com/aging

Fax: 301-475-4503

Phone: 301-475-4200, ext. 1050

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

(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, MD, 20622



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

**PRSRT STD
US POSTAGE
PAID
Leonardtown, MD
20650
PERMIT NO. 102**

CHANGE SERVICE REQUESTED

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

Good Friday, April 18, 2014