

NEW BEGINNING

VOLUME 26 ISSUE 3

MAY – JUNE 2013

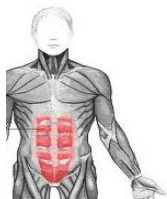
A publication of the St. Mary's County Department of Aging & Human Services

UNLEASH THE POWER OF AGE

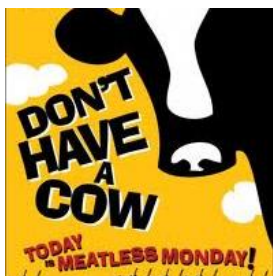


OLDER AMERICANS MONTH 2013

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From the Director's Desk...

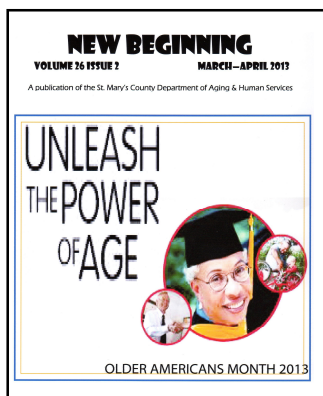
By Lori Jennings-Harris, Director
Department of Aging & Human Services

Older Americans Month

Every year since 1963, May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. The theme for Older Americans Month 2013, *Unleash the Power of Age*, has never been more fitting. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors.*

The Department of Aging and Human Services is taking in stride, the changes that are occurring in St. Mary's County and across the country. With the looming impact of sequestration to consider, the financial challenges facing everyone are no less apparent within our Department. Our role as a social services agency is to provide services to our senior residents with the greatest needs. We also provide services to people under the age of sixty with other programs and services. To that end, we concentrate on not only helping older adults remain healthy and active, but provide home and community-based resources and services for the more frail consumers, and their family members. These services allow the consumers and their family members to remain as vital, tax-paying and contributing members of our community by supporting the demonstrated needs of an at-risk population. The many programs and services offered by our Department include, but are not limited to providing home delivered meals; providing durable medical equipment and supplies; arranging in-home care for people who are eligible for nursing home placement, but choose to remain in their home (under the Older Adults Waiver Program); and respite for caregivers, to name a few.

The St. Mary's County Department of Aging and Human Services does its part keeping older Americans connected by providing a wide variety of programs and services to the county's senior residents. Activities range from social and recreational programs to the direct support of essential needs such as nutrition, health, in-home and community-based services, and information and assistance services. The Department also offers an opportunity (Continued next page)



MAY – JUNE 2013

NEW BEGINNING

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

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

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

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

Editorial submissions should be sent to:

**St. Mary's County Department
of Aging & Human Services
P.O. Box 653
Leonardtown, MD 20650;**
or visit the website at:
www.stmarysmd.com/aging.

Our Mission

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

Cover Illustration Courtesy
University of Tennessee

(Continued from previous page) for seniors to begin learning how to use computers or to expand their knowledge of the internet. Providing instruction on the use of the internet to older adults teaches them about the usefulness of “being connected” and how they can learn about ‘virtually’ any topic, stay connected with family and friends near or far, better relate to younger generations, and just explore.

The Department also increases opportunities for the county’s older adults to remain active and healthy, thereby improving quality of life. Helping individuals age 60 and over to live independently for as long as they are able is one of the core missions of the Department.

We encourage you to make the Department of Aging and Human Services a regular part of your senior years. Whether you attend one of our senior activity centers on a daily basis or use some of our many services and programs more occasionally, the Department provides the county’s senior residents with an ideal way to stay in contact with friends and stay involved with their community.

The Department of Aging and Human Services wants to sustain and nurture the independence of our county’s seniors. The Department will continue helping the seniors of St. Mary’s County **Unleash the Power of Age!**

**(quoted from internet site http://www.aoa.gov/AoARoot/Press_Room/Observances/2012/OAM_Theme.aspx)*

Law Enforcement Appreciation Day

The St. Mary’s County Department of Aging & Human Services, TRIAD/S.A.L.T. (Seniors and Law Enforcement Together) Council, and the Board of County Commissioners for St. Mary’s County will sponsor the 13th Annual Law Enforcement Appreciation Day Ceremony on Tuesday, May 14, 2013, at 11:30 a.m. at the Southern Maryland Higher Education Center at 44219 Airport Road, California, Maryland, 20619.

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This event during National Police Memorial Week pays tribute to law officers who have perished in the line of duty, as well as honoring the “Officer of the Year” selected from each county law enforcement agency, based on outstanding service to the community. The community is encouraged to attend the awards ceremony and the lunch served immediately afterward.

To learn more contact Jennifer Hunt, at 301-475-4200, ext. 1073.



(Photo above) Commissioner President Francis Jack Russell serves as emcee for Law Enforcement Appreciation Day 2012.



(Photo Left) At the LEA Day ceremony last year, Taylor Harris sings the National Anthem while Deputies from the St. Mary’s County Sheriff’s Office present the colors.



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

Presents

Defensive Driving

A SENIOR SAFETY SEMINAR

Information will be presented by Myra Weiman, Mid-Atlantic Foundation for Safety and Education

Thursday, May 9, 2013

1 p.m.

Loffler Senior Activity Center

21905 Chancellor's Run Rd., Great Mills, MD 20634

Lunch is available prior to this seminar; reservations are required one week in advance, and can be made by calling the Loffler Senior Activity Center at 301-737-5670, ext. 1657

Senior Bullying

A SENIOR SAFETY SEMINAR

Information will be presented by Laura Webb, Walden Sierra Resource Engagement Coordinator, at two locations in St. Mary's County:

- Thursday, June 27, 2013, 1 p.m., Lexington Park Adult Community Center, 21895 Pegg Rd., Lexington Park, MD 20653
- Tuesday, August 27, 2013, 12:30 p.m. Wildewood Retirement Village, 23154 Wetstone Lane, California, MD, 20619

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Free information will also be available at each seminar including: File Of Life, 911 Cell Phones for Seniors, Project Lifesaver, and "Hello, Are You OK?" computerized phone calling program.

Triad is a partnership of three organizations: law enforcement, senior citizens and community groups. The sole purpose of Triad is to promote seniors' safety and to reduce the unwarranted fear of crime that seniors often experience. If you are interested in joining the council please call Jennifer Hunt at 301-475-4200, ext. 1073.

Senior Information & Assistance

By Debbie Barker, Senior Information & Assistance Manager

Tax Credits Available To Eligible Homeowners

Maryland Homeowners' Property Tax Credit

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 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. You must have a legal interest in the property, have a gross household income that is 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, 2012. 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 2012 and the 2013 property tax.

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 for a 2013 Homeowners' Property Tax Credit is September 1, 2013. 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.

St. Mary's County Senior Property Tax Credit

St. Mary's County residents age 70 and over with an adjusted gross income of less than \$80,000 may apply to receive a property tax credit on their 2013 property tax bill. This credit is available to those residents who DO NOT receive a credit from the Maryland Homeowner's Property Tax Credit program. Applications are due by September 1.

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Applications for both programs are available at all senior activity centers. Assistance is available for those 60 and over by calling Debbie Barker at the Garvey Senior Activity Center at 301-475-4200, ext. 1064 or Melissa Meatyrd at the Loffler Senior Activity Center at 301-737-5670, ext. 1064 or the Northern Senior Activity Center at 301-475-4002, ext. 1004.

Electric Deregulation

In April 1999, the Electric Customer Choice and Competition Act of 1999 was signed into law, which gives Maryland electric customers the ability to choose their electric power supplier. As a result, St. Mary's County residents have been receiving phone calls from alternative power suppliers advising them they may be able to save money on their electric bills by switching to another company. These calls are legitimate; however, as a reminder, callers who request Social Security numbers or bank account information are potentially fraudulent and you are advised never to give such information over the telephone.

Callers regarding switching your electric supplier do not need this information, but the caller can ask for your SMECO account number. You should be aware that providing the account number gives the supplier access to information contained within the SMECO account and will serve as a contract between yourself and the new supplier. Before entering into a new contract, make sure you get the facts by asking these questions:

- What are your supply rates compared to my current rate?
- Can I cancel the contract? If so, are there cancellation fees?
- What is the length of the contact obligation?

For those who choose an alternative supplier, SMECO will continue to serve as the electric distributor, meaning they will continue to be the point of contact for service interruptions, pole/line maintenance, and billing. To learn more about alternative electric suppliers contact SMECO at 1-888-440-3311 or the Public Service Commission at www.psc.state.md.us.

Who Wants To Play Cribbage?

Loffler Senior Activity Center

Fridays, 1 p.m., FREE

This is the ideal two-person game; fairly easy to learn yet actual play is challenging enough to keep you on your toes. Let's see if we can keep up a good enough response so that the fun can continue. Call 301-737-5670, ext. 1655 to learn more.



Dollar Bingo at Loffler

Loffler Senior Activity Center

Tuesdays (Except for Lunch Connection Tuesday) 12:30-1:30 p.m.

and the Wednesday after Tuesday Lunch Connection, 10:30-11:30 a.m.

COST: \$1 per card- up to 3 cards

At Loffler, we've cancelled Penny Bingo and adjusted that time slot for regular Dollar Bingo with prizes. Regular dollar bingo will be played for one hour on the Wednesday following Tuesday's Lunch Connection from 10:30 to 11:30 a.m. For more information call 301-737-5670, ext. 1658.

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3rd Annual Southern Maryland Long-Term Care Awareness Conference Coming This Fall

Save the date for St. Mary's County Department of Aging & Human Services 3rd Annual Long-Term Care Awareness Conference on Friday, October 11, 2013. The one-day conference will have guest speakers covering topics on the medical benefits for residents in long-term care, understanding the needs of those with dementia-related illnesses, Medicare updates, legal documents essential for long-term planning, alternative choices for long-term care, psychosocial benefits of activities and recreation in long-term care, and more. CEUs will be offered. To learn more or request a registration

form, contact Mindy Carter or Kathy Goodspeed at 301-475-4200, ext. 1050, or e-mail <kathleen.goodspeed@stmarysmd.com>.

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Home & Community-Based Services

By Rebecca Kessler, Division Manager

Older Americans Month 2013: “Unleash The Power of Age”

One of the most incredible tools to unleash a feeling of power is MUSIC!

10 Ways Family Caregivers Can Use Music in the Home

Music and Movement

Examples: Dancing, Marching, Clapping, Exercising, Waltz, Hokey Pokey, Chicken Dance, The Stroll, Electric Slide, Twist, Hand Jive etc.

Music and Rhythm

Examples: Use hand drums, rhythm instruments, shakers, maracas, move and march to the beat. Great music to use: Patriotic Marches, Big Band, 50s, and also Latin or Flamenco Style Music. To make your own rhythm instruments, use plastic eggs, fill with dried rice and secure with glue or tape.

Music and Art Expression

Examples: Song Title Pictionary, Music and Painting, Drawing to Music, Clay Creations w/ Music, and any combination of art media and music as a team for expression.

Lyric Analysis

Example: Listen to the words of recorded music, read the words, discuss: like/dislike, interpret the meaning, who is the artist, what is he or she singing about, what other instruments do you hear, how does it make you feel? This is a great time for group sharing; each person can bring or pick a song of their choosing.

Music and Reminiscence

Example: Select music from the era when the client or loved one was in their early 20s. Listen, view pictures and reflect on the past. If your client or loved one played an instrument in the past, this may be an opportunity to re-invent that connection.

Music and Sensory Stimulation (a theme)

Example: Play recorded music or sing (Beach theme, Holiday Theme, Cultural Theme, Luau, Halloween etc.) Gather items that go with the music's theme, i.e. Beach Boys Music, Suntan lotion, beach ball, beach towel, pictures of the beach, sand, and seashells. Find something related to the theme that stimulates all five senses. This is a great addition to armchair travel.

Piggyback Song Writing

Example: Take a simple song, such as Yankee Doodle, Twinkle-Twinkle or You are my Sunshine, and line-by-line write it down. Find out how many syllables are in it per line and write new words to each line of the song. Make sure your rhyme scheme matches that of the original song. Then sing it together! (To the tune of Yankee Doodle) *Mr. Smith, he went to MADS, he did, he did. The staff was so impressed by him, they all chose to say hooray!*

Sing-Along

Example: Sing favorites such as “You are My Sunshine,” “Home on the Range,” “God Bless America,” “You’re a Grand Old Flag,” and any songs that are classics. Sing along with recorded music if it helps to motivate the singers. Use Karaoke set-up and microphone with a group.

Music Games

Examples: Name That Tune, Hot Potato, Musical Chairs, Music Trivia, Music Charades, Song Title Pictionary, Music Artist Pictionary, Finish the Lyrics! Or any game that can be created using music.

Music for Relaxation

Example: Music can be used to diminish background noise, sooth irritated nerves, and distract the brain. Cautiously select a comfortable volume and utilize piano, orchestrated, new age or synthesized music. Select peaceful pieces. Music without words can be calming. Rest or sit comfortably while listening. Encourage deep breathing and complete exhaling.

New Volunteers Join Ombudsman Program

The St. Mary's County Department of Aging & Human Services is pleased to announce the expansion of its local Ombudsman Program with the addition of volunteer ombudsmen. Currently, there are two individuals volunteering their time to serve the residents of the county's long-term care facilities.

The St. Mary's County Ombudsman Program visits residents in nursing homes and assisted living facilities within the county. Residents of long-term care facilities sometimes have little or no contact with the outside world. Many feel they lack control over their own lives. An Ombudsman advocates for the rights of residents of long-term care facilities, helps residents maintain their legal rights and control over their own lives and personal dignity.

Ms. Helene Hautzenroder began working as a volunteer ombudsman in October 2012. During Ms. Hautzenroder's career, she was Executive Director of The Center for Life Enrichment, Support Services Manager at Cedar Lane Assisted Living Facility, Client Manager at the Medical Adult Day Care Center, and Professional Service Coordinator at Cedar Lane. Ms. Hautzenroder's goal in being a volunteer ombudsman is to make life better for those who have concerns and to resolve conflicts with dignity and respect so that residents may enjoy the golden years.

Ms. Rose Miller started volunteering in February 2013. Ms. Miller is a registered nurse and an instructor in the College of Southern Maryland nursing program. She also volunteers her time at Health Partners and with the Paralympics. Ms. Miller enjoys working with the aging population, and as a volunteer ombudsman she hopes to help residents stand up for their rights and help solve issues for them.

Under the supervision of the staff ombudsman, volunteers visit nursing homes and assisted living facilities routinely, talk with residents and monitor conditions. Volunteers help the ombudsman program maintain an independent presence in the facilities. For more information about the Ombudsman Program, call Kathy Goodspeed at 301-475-4200, ext. 1055.



Helene Hautzenroder



Rose Miller

World Elder Abuse Awareness Day

Celebrate World Elder Abuse Awareness Day (WEAAD) on June 15th by showing the world you care about ending elder abuse and neglect. Wear something purple on WEAAD. The wearing of purple signifies you care about ending elder abuse, you are aware and have concern that abuse be reported, addressed, and prevented. The core message of WEAAD is "My World, Your World, Our World – Free of Elder Abuse." Stop by Garvey, Loffler, or Northern Senior Activity Centers on Friday, June 14th to pick up a purple ribbon sticker to wear while the supply lasts.



Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

Did you know that the month of May is designated as “Older Americans Month?” Older Americans are to be celebrated and honored, as their life experiences are invaluable. I learned something some time ago from a gentleman who regularly participates in Department of Aging & Human Services programs, particularly fitness classes. He confided in me one day that for him, taking part in fitness classes and being physically active is the true fountain of youth. That terrific thought has really stuck with me. Physical activity is a great way to combat many health issues including diabetes, heart disease, high cholesterol, arthritis, osteoporosis, dementia, and depression. It makes you feel good, both physically and emotionally.

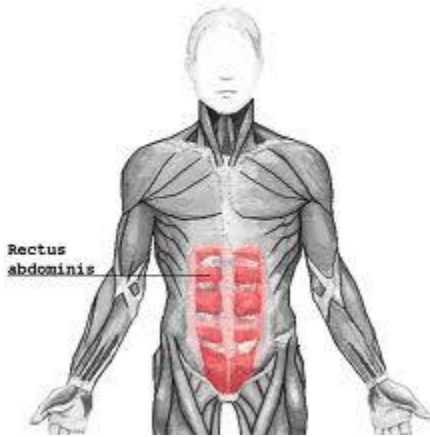
If you are searching for the “fountain of youth,” and want to reverse the steady decrease in physical strength and function that occurs as you get older, look no further than your local Senior Activity Center. Each center offers a variety of fitness opportunities to meet your needs. One such class is strength training.

According to an article in Harvard Health Publications entitled *Strength and Power Training at any Age*, strength training is “the most effective way to slow and possibly reverse” much of the decline in muscle tissue, bone density, and strength that happens as one gets older. Strength training helps the heart work easier by boosting good cholesterol (HDL) and lowering body fat. It improves blood sugar levels, thereby combating diabetes. It builds muscles that help protect joints from injury. Strength training helps to ease the stiffness and pain from arthritis while improving range of motion. Strength training is “the only exercise that targets the very sites most likely to sustain fractures from osteoporosis; the bones on the hips, spine, and arms.”

There’s more good news... it’s never too late to start strength training. According to the same article, “studies have shown that just 10 weeks of weight workouts can dramatically improve strength, mobility, and agility in men and women in their 70s and 80s.” Give strength training a try and you too will find that almost any activity becomes easier to do and perhaps you can start some activities that you have given up or are afraid to continue.

When taking part in strength training, it is important to use proper form to avoid injury. It is recommended that you train two to three times a week, with 48 hours between sessions. I encourage you to complete 12-16 weeks of regular strength training in order to feel more energetic and confident. You can take part in strength training at your local Senior Activity Center where classes are led by certified fitness instructors at a reasonable cost. See pages 32-33 of this newsletter for the times and locations of strength training classes. A “men’s only” class is offered at the Garvey Senior Activity Center while a class focusing on “Core & Abs” (great to support the back and reduce back pain) is held at the Loffler Senior Activity Center.





Core and Abs with Dave

Loffler Senior Activity Center, Wednesdays, 2-3 p.m.

Core and abdomen exercises help maintain posture and balance, and also may help strengthen areas which help with lower back pain. Dave Scheible teaches a class that focuses on these key elements at Loffler on Wednesday afternoons. Try your first class for free. Subsequent classes will be by fitness card (Fitness cards cost \$30 and are good for 10 fitness classes of any type at any of the County Senior Activity Centers). To learn more call 301-737-5670, ext. 1658.

Strength Training with Dave

Loffler Senior Activity Center, Tuesdays, 10 to 11 a.m., Fitness Card

Dave Scheible leads this class that is designed to improve your level of fitness and well-being. Working out with resistance bands and lifting weights will lead to stronger bones, better flexibility and increased strength. What's not to love about that? Check out this class for free on any Tuesday. Subsequent classes will be by fitness card-(Fitness cards are \$30 and are good for 10 fitness classes of any type at any of the St. Mary's County Senior Activity Centers). For more information call 301-737-5670, ext. 1658.



YES! Cycling

Northern Senior Activity Center

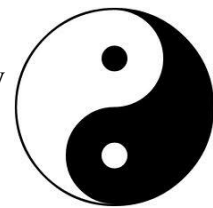


Fellow cyclists will be meeting for extended ventures as a group outing. The *YES=Youthful Energetic Seniors Cycling* program will be meeting on various dates. Contact Dan Donahue at 301-884-0163 to learn more or call the Center at 301-475-4002, ext. 1001 to sign up and get the scheduled dates.

Tai Chi for Arthritis

Loffler Senior Activity Center, May 8-June 26 (8 sessions), 9 a.m., FREE

The Arthritis Foundation 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. The Center for Disease Control has endorsed Tai Chi for Arthritis as an evidence-based program for fall prevention. There is no fee for this series but sign-ups are required. (As this is a progressive learning class, drop-ins will not be permitted.) Attendance at all class sessions is highly recommended. To sign up call 301-737-5670, ext. 1658.



Low Impact Aerobics & Strength

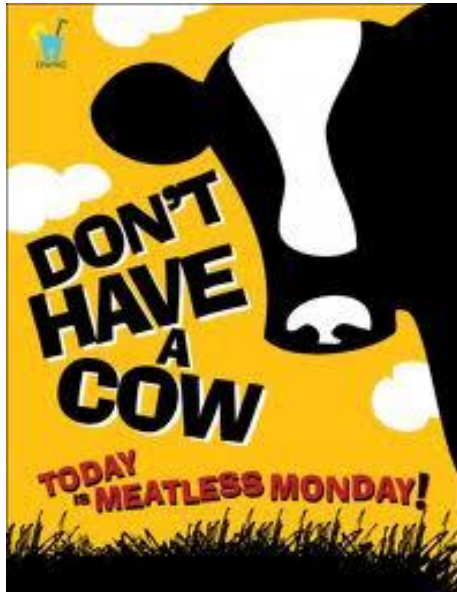
Garvey Senior Activity Center, Ongoing, Mondays, 8:30-9:30 a.m.

Rev up your Monday mornings with Linda Shaffer in this low impact aerobics and toning class. This class is a great addition to your weekly activity schedule. Your first class is FREE, then purchase a fitness card for \$30.00 for 10 classes. For more information, call 301.475.4200, ext. 1050.

Nutrition Corner

By Donna Taggart, RD/ LD/ CDE

This month I would like to tell you about a fairly new movement called ‘Meatless Monday.’ It was developed in association with the Johns Hopkins’ Bloomberg School of Public Health and has a very simple message. By cutting out meat once per week you can improve the health of yourself and the environment. Coming out of the Healthy People 2010 report was a goal to reduce dietary saturated fat by 15%. Since saturated fat is mostly in meat and one day is approximately 15% of the week, ‘Meatless Mondays’ is a practical way to reach that goal.



The Academy of Nutrition and Dietetics issued a position paper in support of eating more of a plant-based diet in all stages of life. It has several health benefits including lowering blood cholesterol and blood pressure, as well as lowering the risk of heart disease, hypertension, and Type II diabetes. Also studies have found that people who eat even semi-vegetarian are more able to control their weight. The NIH-AARP Diet and Health Study, which included more than 500,000 people, found a significantly higher risk of colon, esophageal, lung and liver cancer with processed meats.

The Meatless Monday initiative is all about moderation. They are not asking people to cut meat out of their diet altogether, but trying to introduce healthier alternatives just one day a week that might eventually trickle over to other days as well. If you are interested, visit MeatlessMonday.com for ideas and recipes. It can be as

simple as a peanut butter and jelly sandwich to a bowl of chili with beans only! So I challenge you to give it a try; it can't hurt you but it definitely will help our environment by decreasing the amount of fossil fuels used. It is also easier on the food budget and who wouldn't like that!

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Nutrition Education Presentations by Donna Taggart

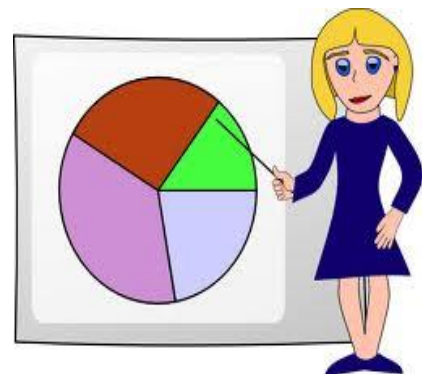
In May, learn about ‘Health by Chocolate.’

In June, ‘Portion Control’ is the topic of the month.

**Northern Senior Activity Center, 10:45 a.m.
Wednesday, May 1 & June 5**

**Garvey Senior Activity Center, 10:45 a.m.
Wednesday, May 8 & June 12**

**Loffler Senior Activity Center, 10:45 a.m.
Wednesday, May 22 & June 26**



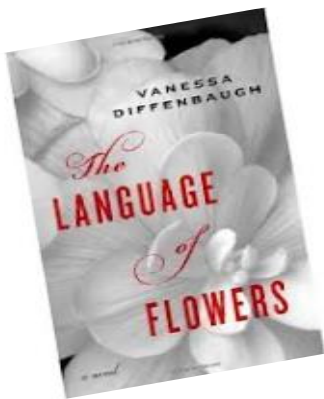
NEW BEGINNING

Educational Opportunities

Reverse Mortgage Presentation

Garvey Senior Activity Center, Tuesday, May 21, 10:30 a.m.

You've heard about it on television, in the news, and from family and friends, but what exactly is reverse mortgage and what are the benefits and concerns? Join Robbie Loker, Reverse Mortgage Consultant, as she addresses your questions and concerns in this relaxed presentation. To sign up, call 301-475-4200, ext. 1050.



Book Discussion Group

Garvey Senior Activity Center, Wednesdays, May 8 & June 12, 10:30 a.m.

On May 8 the group will discuss "The Language of Flowers: A Novel" by Vanessa Diffenbaugh. This is a mesmerizing, moving, and elegantly written debut novel. Vanessa Diffenbaugh beautifully weaves past and present, creating a vivid portrait of an unforgettable young woman whose gift for flowers helps her change the lives of others even as she struggles to overcome her own troubled past. On June 12 the group will discuss "The Light Between Oceans: A Novel" by M.L. Stedman. After four harrowing years on the Western Front, Tom

Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock. Years later, after two miscarriages and one stillbirth, his grieving wife Isabel hears a baby's cries on the wind. A boat has washed up onshore carrying a dead man and a living baby. To learn more about this group call 301.475.4200, ext. 1050.

Rodgers & Hammerstein's Classics

Northern Senior Activity Center

Mondays, June 3, 10, 17, 24 and July 1

Don't miss a chance to see these digitally remastered films on a large wall for the best effect. Each Monday, we will start at 10:30 a.m. taking a break for lunch at 11:45 and resuming after lunch. Special bonus features are available for anyone wanting to see behind the scenes footage, screen tests, photo galleries and more of what was involved in making the movie production. Movies will be shown in order starting with *The Sound of Music*, *State Fair*, *The King and I*, *Carousel* and *South Pacific*.



Special Events:



Point Lookout Cookout

Friday, May 31, 2013, 10 a.m.-2 p.m.

Join the Department of Aging & Human Services for the 9th Annual Pt. Lookout Cookout as we welcome summer on Friday, May 31. Tickets are now available at all Senior Activity Centers, for a suggested donation of \$8. Enjoy a relaxing day at the park including bluegrass music provided by Tommy Alvey & Friends while feasting on a lunch specially prepared by staff to include *hamburgers and hot dogs hot off the grill, coleslaw, baked beans, watermelon, and a delicious brownie* for dessert. Get your tickets soon as this event is quite popular. For more information call 301-475-4200, ext. 1050.

Mother's Day Purse Bingo

Northern Senior Activity Center, Monday, May 13, 10 a.m.

Back by special demand is Round 2 of Purse Bingo. As a special Mother's Day event, these purses have never been used, and others have one-time wear only. Designer purse labels include Tommy Hilfiger, Etienne Aigner, Ralph Lauren and Calvin Klein. Event bags to choose from include embroidered, beaded and sequined clutches with day bags in shoulder, totes, pouch and backpack varieties. Reservations deadline is May 8, with priority given to those who have not participated in the Valentine Bingo session. On May 9, anyone on the standby list who previously participated will be eligible, and placed in the order that signups are received. Limited seating is available and seat reservations must be made with payment of \$2. To learn more call 301-475-4002, ext. 1001.



Purse Bingo

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'Around the World and Back Again'

Northern Senior Activity Center, Monday, May 20, 10:30 a.m.



Back by popular demand the Charles County Show Troupe Dancers will perform a 'springtime' show that will take you around the world and back again at the Northern Senior Activity Center. Call 301-475-4002, ext. 1001 by noon, Friday, May 17 to reserve a seat for this performance and lunch if you would like to stay afterwards. The cost for lunch is a donation for seniors 60 and older; \$5.50 for others.

Get Your Own Garvey Shirt

Show your Garvey Senior Activity Center spirit! During the month of May, Older Americans Month, the Garvey Senior Activity Center will be taking orders for Garvey Center spirit wear. Stop by the reception desk to pick up an order form and pricing, call 301-475-4200, ext. 1050.



Mother's Day Tea

Loffler Senior Activity Center

Friday, May 10, 10 a.m., Free

Mother's Day is May 12, and we're inviting all mothers to this popular event as we honor you, the heart of the family! Reservations are required for our Mother's Day tea which will be held on Friday, May 10 at 10 a.m. You'll be served an assortment of teas and tasty treats while enjoying gentle entertainment. Reservations are a must, due by Friday, May 3. Call 301-737-5670, ext. 1658 or stop by the reception desk to sign up.

Father's Day Breakfast

Loffler Senior Activity Center

Friday, June 14, 9:30 a.m.-10:30 a.m., FREE

Attention all fathers! Your special day is coming up and we want to start your weekend right with a delicious, hearty breakfast. Stop in between hands if you're playing cards or come just for the fun of having breakfast with your Loffler friends. Sign up by Friday, June 7 by calling 301-737-5670, ext. 1658 or stop by the reception desk at Loffler.



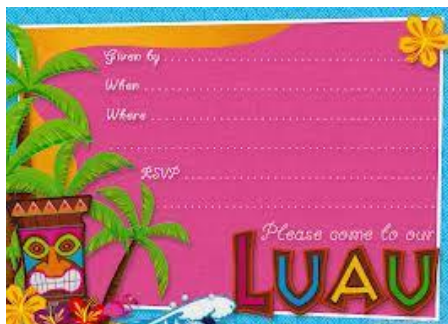
Diamonds & Denim - Line Dance Party

Northern Senior Activity Center, Wednesday, June 12, 10:30 a.m.-2:30 p.m.

It's time for our annual line dance party and this year's theme is denim and diamonds. So attire is casual/dressy, start simple and bling it up! There will be a DJ and instructor to breakdown a few dances for those who would like to learn. Ticket is a suggested donation of \$6 which covers a flashy lunch, event favors and giveaways, not to mention a prize for the best dressed.

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Loffler Luau



Loffler Senior Activity Center, Thursday, July 25

10 a.m.-2 p.m., Ticket required: \$8 suggested donation

Great news cousins; the Loffler Luau is coming up! Tickets will go on sale June 3. Let's learn the Hukilau, and dance to the music of our favorite DJ Mean Gene. We will feast on *Huli Huli Chicken, Rice Pilaf, Pineapple Chunks, Sesame Cabbage Salad, and Cucumber Salad*. Be sure to save room for *Key Lime Pie*. Wear your favorite tropical garb (we'll supply the lei) and bring your best party mood! A limited number of tickets will be available on a first come, first served basis. Stop by

the reception desk during regular hours to get your ticket after June 1. For more information call 301-737-5670, ext. 1658.

Mental Health *By Matthew Reisdorph, Treatment/Prevention Coordinator*

Seniors encouraged to “Be Aware. Don’t Share.”™ Lock your meds”

Seniors have joined members of the National Sheriffs’ Association (NSA), National Association of Triads (NATI) and National Family Partnership (NFP) for training about how to gain personal control of medications and the proper disposal of those medications. Recently introduced is the national, multi-media campaign *Lock Your Meds*. This campaign is designed to reduce prescription drug abuse by making adults aware that they are the “unwitting suppliers” of prescription medications being used in unintended ways, especially by young people. With 70% of the abused drugs coming from friends and families, these “unwitting suppliers” can take a stand against and be a force in curbing the abuse.

“Local law enforcement, senior care organizations and seniors, together, can build a strong defense against the growing epidemic of prescription drug misuse,” says Ed Hutchinson, Director, Triad and Traffic Safety, National Sheriffs’ Association. “It requires education about how to properly secure medications, to inventory medications, and to appropriately dispose of medications.”

Through this training, the organizations seek to empower older adults to talk to primary caregivers and family about the dangers of taking medications without a prescription and to develop a working relationship with law enforcement when it comes to reporting prescription drug abuse and alternatives for resolving the abuse.

The *Lock Your Meds* campaign is produced by the National Family Partnership (NFP), a growing network of local coalitions, government agencies, education and parent groups working to improve the lives of families at the grassroots level. NFP provides a national voice and resources to these groups.

“You may be a supplier and don’t know it,” said Peggy Sapp, President of NFP and spokesperson for the *Lock Your Meds* initiative. “Be aware and don’t share your medications. We believe that when armed with appropriate information and tools, parents and grandparents can become our number one line of defense against this dangerous epidemic.”

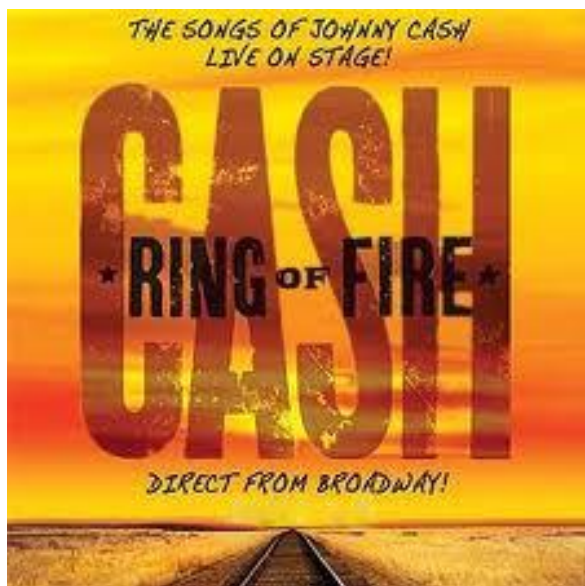
16 Every day, more than 4,000 young people begin experimenting with prescription drugs and the number of admissions to treatment facilities has increased 400% in the last 10 years, according to the Substance Abuse and Mental Health Services Administration.

“Pain medications serve a very useful purpose for those in need,” said Marsha Stanton, Senior Director of Advocacy for King Pharmaceuticals, the primary sponsor of the *Lock Your Meds* campaign. “But in the wrong hands, they can be addictive and even deadly. Our advice is to take inventory of your medications, lock up your meds, talk to your children, grandchildren and primary caregivers regularly about the dangers of misuse and join our campaign.”

For more information on prescription drug abuse or to download *Lock Your Meds* materials, visit www.lockyourmeds.org.



Trips and Tours



“Ring of Fire” at Riverside Dinner Theater, Fredericksburg, VA Wednesday, July 17, 2013

Cost: \$85 per person. Ring of Fire is a captivating compilation of the signature songs of iconic singer Johnny Cash, who is portrayed in various stages of his life by several cast members. You’ll reminisce to those country/top-forty “standards,” enhanced by a live onstage country-western band. *Daddy Sang Bass, Egg Suckin’ Dog, If I Were A Carpenter, Going to Memphis, Folsom Prison Blues, Man in Black, Why Me, Lord?, A Boy Named Sue, I Walk the Line, and Ragged Old Flag* (together with 20 others).

The \$85 price includes coach bus fare, lunch served to you at your table, admission to the show, water and a light snack on the return bus trip, all tips, taxes and gratuities. Call Joyce at 301-737-5670, ext. 1656. Your seat is reserved only when your payment is received.

Catoctin Colorfest in Thurmont, MD October 13, 2013

Take a walk on the artsy, crafty side as we ride up to this famous, juried arts & crafts show that features 300 well-known and respected artists from across the United States. Recognized as one of the largest of its kind on the east coast, and beautifully situated at the base of the Catoctin Mountains in Frederick County, this event is also known for its artistic demonstrations and delicious variety of food. What better way to spend an autumn Sunday? The cost of this trip is \$50 and includes travel on a luxury motor coach, water and snack on the bus and bus driver tip.



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Lunch is on your own at any of the tempting spots located at the fest. We will depart from Garvey Senior Activity Center at 7 a.m. Return time will be approximately 8 p.m. Your spot is guaranteed when you have made full payment at any of the Senior Activity Centers. To learn more call Shellie Graziano at 301-737-5670, ext. 1655 or e-mail: <Sheila.graziano@stmarysmd.com>.

(continued on page 20)



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager

Embrace the New — As I reflect on the theme of Older Americans Month, I am reminded that the key to aging well is to always embrace the new, no matter what our age. Youth, of course, tends to be forward looking, eager for the future and all it potentially has to offer. As we age, however, we run the risk of looking backward, reflecting on all we've done, believing that we are past our prime and that life is passing us by. This is a very dangerous attitude because, if we hold onto it too firmly, we may start acting as if our lives are almost over. We may become sedentary in body, mind, and spirit. We may remain stuck in old ruts, resistant to change, and fearful of the future. We run the risk of dying well before the actual event.

Look Forward — There's another side to that coin, one that embraces new ideas, new opportunities, new activities, new friends, new horizons. No matter what our age, we can always be forward looking. We can look forward with anticipation to learning new things about ourselves and our world, to contributing new things to our community, to exploring new avenues of expression, to embracing new opportunities for personal growth and expansion. There are always new doors to be opened, we just have to be willing to walk through them.

Turn Challenges into Opportunities— As I meet with RSVP volunteers, I come away with a feeling of respect and admiration. Many have faced hardships in their lives or have encountered significant challenges. Some are facing health challenges, others are dealing with the loss of a spouse or significant other. Others are dealing with financial challenges, learning to live on a fixed income even as prices continue to rise. Yet others are new to the area, having moved here to be near adult children. They've left long-time friends and familiar surroundings and are in need of a whole new social network and support group. They need help just learning their way around. Others are recently retired after years of working in a career and face a major life adjustment as they try to figure out what they're going to do with all this time on their hands.

Reach Out to Others — Despite personal challenges, RSVP volunteers choose to step out, to reach beyond themselves, to explore new opportunities to volunteer. They're willing to put themselves in a new situation, learn new things, meet new people, invest themselves and become part of something new. They're willing to embrace life, with all its ups and downs, as they seek new ways to contribute. And in doing so, they find new friends, new interests, and a new outlook on life. Because of their willingness to seek, they do find. They find that life still has a lot to offer, at any age.

It's Time to Bloom Again— Perhaps the winter has been long, cold, and dark, but now it's spring. The sun is shining, calling forth new life, as everything old is made new again. Perhaps it's time for you to bloom again, to blossom, to turn over a new leaf. If so, then maybe you'll want to give us a call to see how you can contribute as an RSVP volunteer.



RSVP Volunteer Recognition Ceremony and Awards Banquet a Resounding Success —

We once again recognized all of our wonderful RSVP volunteers for their contributions to our community at our annual RSVP Volunteer Recognition Ceremony and Award Banquet, held March 20 at the Forrest Technology Center in Leonardtown. Among those recognized were our bronze, silver, and gold award winners for their many hours of service in 2012 as well as many of our long-time volunteers who were recognized for their years of service with RSVP. One of the highlights of the event was a video featuring interviews with RSVP volunteers who shared what is so wonderful about their volunteer service.

Lifetime Achievement Award Winners — Among the top award recipients at our Volunteer Recognition Ceremony were our two Lifetime Achievement Award Winners, Joyce Mayor and Benton Burch. Both were recognized for providing more than 4,000 lifetime hours of service as RSVP volunteers. Joyce has logged in 4,299 hours as an RSVP volunteer with the Helping Hands Food Pantry, and Benton has logged in 4,163 hours as an RSVP volunteer with ACTS, A Community That Serves. Both provide important services to our community by helping meet the needs of the citizens of St. Mary’s County. Our hats are off to both of you for your selfless service to others and for being such great examples of what it means to be an RSVP volunteer!

Another Big Check to County Commissioners — Another highlight of our annual Volunteer Recognition Ceremony was the presentation of a BIG Check in the amount of \$669,096 to Commissioner President Jack Russell, representing the 29,385 hours of volunteer service provided by RSVP volunteers to county agencies, community groups, and non-profit organizations in 2012. It’s amazing to see how much our volunteers contribute to our community, especially when we place a dollar value on their time. What we can’t place a dollar value on is the impact volunteers make on the lives of individuals. That contribution is priceless!



Spread your branches and your horizons by becoming an RSVP volunteer. For information on volunteer opportunities for seniors 55+, call RSVP at 301.737.5670, ext. 1653, or e-mail Norine.Rowe@stmarysmd.com.

Trips and Tours



Blue Crabs Baseball Game

Wednesday, May 8, 2013

Game Time: 10:35 a.m.

Fun at the ballpark! A ticket to the Senior Day Brunch includes entrance to the game, access to the air conditioned Legends Club Room which includes private restrooms, full wait staff, and available outside private seating. You will also have a two hour all-you-can eat brunch buffet of eggs, potatoes, muffins, bagels, fruit, sausage, bacon,

coffee, tea, and soda. The cost is \$23.00 per person. Reservations can be made by calling the Garvey Senior Activity Center at 301.475.4200, ext. 1062. Last day to make reservations is May 6. Limited transportation is available; inquire when making reservations. Those providing their own transportation should meet at Regency Furniture Stadium no later than 9:45 a.m.

Visit Shirley Plantation on the James River & Charles City Tavern

Thursday, September 26, 2013

Shirley Plantation in Charles City, Virginia is Virginia's first plantation, established in 1613. It is one of America's oldest family owned businesses and is still lived in by direct descendants of the same family since 1738. The mansion holds original family furnishings and portraits and the grounds have many authentic buildings. While visiting Shirley, take a guided tour of the mansion, take

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part in a special program hosted by a direct descendant of Shirley Plantation, and take the opportunity to do a self-guided tour of the grounds.

After leaving Shirley Plantation, enjoy lunch at Charles City Tavern. The Tavern is located in the heart of Virginia Plantation Country and is housed in a circa 1889 farmhouse that sits on a 2,000 acre working farm. Motor coach transportation will be provided. Cost: \$76.00 per person, includes transportation, entrance to the plantation and tours, lunch at Charles City Tavern, snacks, and gratuities. Call 301.475.4200, ext. 1062 to make reservations.





Orioles Bus Trip to Camden Yard

Wednesday, May 15, 2013

Wednesday, May 15 is the date for the annual trip to see a live MLB game. The San Diego Padres will play the Baltimore Orioles in Baltimore, with a 12:35 p.m. game start time. Price of the trip is \$60 per person and includes water & snacks both ways on the bus, transportation, tip for bus driver and ticket to the game. Your seat is reserved only when payment is received. Seats are located undercover, so we are protected from sun or rain. NOTE: In case of extra innings the bus will depart from the stadium by 4:15 p.m. Call Joyce

Raum at 301-737-5670, ext. 1656 if you have any questions. Payment for this trip can be made at any Senior Activity Center. Space is limited.

Grand Illumination, Williamsburg, VA

December 7-9, 2013

Kick start your Christmas season with a three-day and two night trip to Colonial Williamsburg for Christmas sights and sounds. Cost is \$610 per person, based on double occupancy. The bus leaves from Garvey Senior Activity Center Saturday morning, at approximately 9 a.m., exact time TBD. Arrive in Williamsburg and enjoy lunch in a Colonial Tavern in the heart of historic Colonial Williamsburg. This trip will include a tasting visit to the Williamsburg Winery and an evening at Christmas Town; a Busch Gardens Celebration. Sunday, you can choose to start your day with Mass at St. Bede Catholic Church, or with coffee at a local coffee shop. Later, there will be a Guided Tour of Colonial Williamsburg, starting with the film "The Story of a Patriot." Later, spend free time on your own visiting your choice of other buildings and museums included with your ticket, or shopping in Merchant's Square. The evening celebration in Colonial Williamsburg, The Grand Illumination, includes fireworks, musical entertainment, dancing, caroling, and dramatic presentations. All activities subject to availability and change at time of reservation. Tour includes: Deluxe motor coach transportation, two nights accommodations, baggage handling, two deluxe continental breakfasts, one lunch, two dinners, all admissions and guide services, taxes and tips. Cost per person, double occupancy is \$610. Call Joyce Raum at 301-737-5670, ext. 1656 to learn more. NOTE: This trip includes activities which require considerable mobility, as the grounds in Williamsburg are often unpaved, and there is lots of walking all three days of this trip.



Later, spend free time on your own visiting your choice of other buildings and museums included with your ticket, or shopping in Merchant's Square. The evening celebration in Colonial Williamsburg, The Grand Illumination, includes fireworks, musical entertainment, dancing, caroling, and dramatic presentations. All activities subject to availability and change at time of reservation. Tour includes: Deluxe motor coach transportation, two nights accommodations, baggage handling, two deluxe continental breakfasts, one lunch, two dinners, all admissions and guide services, taxes and tips. Cost per person, double occupancy is \$610. Call Joyce Raum at 301-737-5670, ext. 1656 to learn more. **NOTE: This trip includes activities which require considerable mobility, as the grounds in Williamsburg are often unpaved, and there is lots of walking all three days of this trip.**

Health and Wellness

Health Screenings by St. Mary's Hospital

Friday, May 24 & June 28

The St. Mary's Hospital *Health Connections* will be traveling to each senior activity center to offer information and services concerning many health related issues. Free Blood Pressure checks are also available during this time at all Senior Activity Centers. Anyone wishing to have their blood pressure checked is welcome to stop by. No appointment necessary.

May 24: Body Composition Analysis (MBI)

June 28: Glucometer (Glucose Testing)

Times and locations are as follows:

Garvey Senior Activity Center	9 a.m.-10 a.m.
Loffler Senior Activity Center	11 a.m.-12 noon
Northern Senior Activity Center	1-2 p.m.



Living with Diabetes

Loffler Senior Activity Center, Tuesday, May 14, 1 p.m. FREE

Donna Chapman, a Certified Diabetes Educator will give a presentation about living with diabetes, which affects about 8% of the US population, and for those who are age 65 years or older, 26.9%, according to the American Diabetes Association. Donna will discuss simple changes you can make in your life that would be helpful in living with this condition, including meal planning and lifestyle basics. To sign up for this free presentation call 301-737-5670, ext. 1658 or stop by the reception desk at Loffler.

Diabetes Academy

Garvey Senior Activity Center, Tuesday, May 14, 11 a.m.

This presentation led by Donna Chapman, Certified Diabetes Educator, will teach participants successful diabetes self-management strategies. Complimentary diabetes education materials will be provided to all participants. Healthy snacks will also be served. Advance sign up is required by Friday, May 10. To sign up, call 301-475-4200, ext. 1050.

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Skin Cancer Screening

Loffler Senior Activity Center, Thursday, May 16, 9 a.m.-2 p.m. FREE

Staff from MD Dermatology will be at Loffler for free skin cancer screening. Make an appointment by calling 301-737-5670, ext. 1658. Walk-ins are welcome and will be seen on a space-available basis though appointments are preferred.

Skin Cancer Prevention, Detection, and Treatment

Garvey Senior Activity Center, Wednesday, May 29, 10-11:30 a.m.,

Currently, more than 1 million skin cancers are diagnosed each year in the United States. Dr. George Verghese, local dermatologist and skin cancer expert, will conduct a discussion of the prevention, detection and treatment of skin cancer, and will provide FREE basic skin cancer screenings. To sign up for this presentation, call 301-475-4200, ext. 1050.

A Matter of Balance

Garvey Senior Activity Center, Mondays & Thursdays

May 13-June 10 (no class May 27), 10 a.m.-Noon

A Matter of Balance is a nationally recognized, award-winning time-tested program for people over 60, designed to help manage falls and increase activity levels. In this class, participants will learn to: (1) View falls and fear of falls as controllable, (2) Set realistic goals for increasing activity, (3) Make changes to reduce falls at home, and (4) Exercise to increase strength and balance. Classes are two hours in length for eight sessions and are led by two trained coaches in the *Matter of Balance* program. All materials are provided. To sign up for the course, call 301-475-4200, ext. 1050 no later than Wednesday, May 8.



Hearing Loss - The Daily Effects and Rehabilitation Options

Northern Senior Activity Center, Wednesday, May 15, 9:30 a.m.

Dr. Katie Kirleis from *Hearing Professionals* will explain how hearing is lost and how a hearing loss affects emotions and overall physical well-being. Find out about the recent advances in hearing aid technology. Free hearing screenings will be available at the conclusion of the presentation. Please have your questions ready... answers will be provided. Call 301-475-4002, ext. 1001 to sign up for a hearing test, which begins at 10 a.m.

Living Well with Chronic Conditions

Loffler Senior Activity Center, May 21-June 25 (6 sessions) 2-5 p.m., FREE

Do you have a chronic condition that is affecting your life? Would you like to join a program that has proven effective in helping people manage their conditions, thus improving their lives? Recently, new aspects have been added to this Stanford University program that make this workshop 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! This series will be led by Shellie Graziano and another lay leader. Questions, call Shellie at 301-737-5670, ext. 1655, or email <Sheila.graziano@stmarysmd.com>.

Hearing Screenings

Garvey Senior Activity Center, Tuesday, June 11, 9:30 a.m.-3:30 p.m.

Hearing screenings, by appointment, will be offered from 9:30 a.m.-3:30 p.m. Make an appointment for your FREE screening by calling 301-475-4200, ext. 1050. Each appointment takes approximately 20 minutes. Presented by *Hearing Professionals*.

Vestibular Disorders and How They Relate to Balance

Garvey Senior Activity Center, Tuesday, June 25, 11 a.m.

Good balance requires reliable sensory input from the individual's vestibular system (the balance system of the inner ear). Most people are familiar with the problems associated with the aging of senses such as vision and hearing. The vestibular is another sensory system that can also begin to function poorly with age, leading to a diminished quality of life and poor balance. This session, presented by Hearing Professionals and Gateau Physical Therapy, centers on specific vestibular disorders in older adults, precautions, and ways to improve balance. Sign up by calling 301-475-4200, ext. 1050.



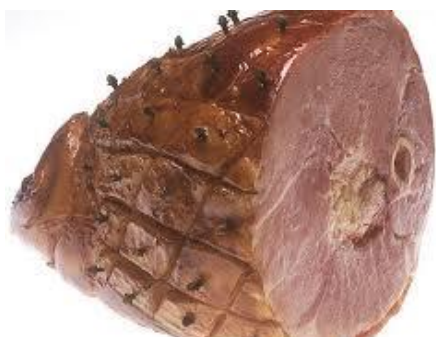
Staff Prepared Meals

Lunch Connection & Open Mic at Loffler Senior Activities Center

Arrive by 11:15 a.m., lunch is served at noon for Tuesday luncheons and at 11:30 for Thursday luncheons. Reservations are required at least two weeks in advance. Space is limited, so call 301-737-5670, ext. 1652 or stop by the front desk to sign up. The cost of lunch is a donation for those 60 years of age and older, \$5.50 per person for others. An appreciation basket will be passed for our entertainers. A 50/50 raffle will also be held at each luncheon.



Tuesday, May 14: Enjoy the acoustic folk sounds of Next High Tide, as they entertain us with the likes of the music of Patsy Cline, James Taylor, Elton John and others. For lunch, we will serve *Chicken Parmigiana, Penne Pasta, Marinara Sauce, Garlic Bread, Mixed Roasted Veggies* and *Pie* for dessert.



Thursday, May 23: *Spiral Ham* returns to the menu, with *Seasoned Green Beans, Apple Spirals, Fruit Juice* and a very chocolaty *Brownie* for dessert.

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Tuesday, June 11: Arrive in time to enjoy music from The Bushmill Band, and their blend of Folk, Bluegrass, Cowboy & Old Time music. At noon, enjoy a relaxed luncheon featuring *Grilled Hot Dogs, Baked Beans, Cole Slaw, Fruit Cup* and *Popsicles* for dessert.



Thursday, June 27: *Cool Chicken Salad, Buttery Croissant, Cucumber Slices with Onion, Vinegar & Tomato Wedges* and a *Fruit Cup* will prime you for a summertime dessert of *Frozen Yogurt Pie*.



Breakfast Cafe

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 and served with complimentary beverages. Come meet Ginger, our new Food Service Technician, who will be cooking breakfast just for you! Cost is only \$2 per person and sign-up and payment are due by noon the day before. Call 301-475-4002, ext. 1001 with any questions.



Wednesday, May 1 *Sausage, Scrambled Eggs and pancakes.*

Tuesday, May 21 *Bacon, Egg & Cheese on an English Muffin, Hash Browns & Side of Fruit.*

Wednesday, June 5 *Ham, Scrambled Eggs, Homefries and Toast.*

Tuesday, June 18 *French Toast, Bacon, Homefries and Fruit.*

Kickoff to Summer

Thursday, May 23

Northern Senior Activity Center

10 a.m.-2 p.m.

Come join us for a kickoff to summer with a staff prepared *Pork BBQ meal with Coleslaw* and other sides.

Complimentary beverages of iced tea and lemonade will be on hand. Enjoy some of your favorite music, while horseshoes and bocce lawn games are going on before and after lunch. Make your lunch reservations before noon on Tuesday, May 21 by calling 301-475-4002, ext. 1001. The cost of lunch is a donation for seniors 60 and older; \$5.50 for others.



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Celebrate National Hamburger Month Garvey Senior Activity Center

Thursday, May 16

Noon

Enjoy a staff prepared *Grilled Hamburger served with cheese, lettuce, tomato, and onion, baked beans, coleslaw, fruit salad, and chocolate cake.* Refreshments include *tea, coffee, and milk.* Make reservations by Thursday, May 9 by calling 301-475-4200, ext. 1050.

Welcome Summer!

Luncheon

Garvey Senior Activity Center

Thursday, June 13

Noon

At the Garvey Center, we are excited to welcome summer! Come celebrate the beginning of summer with a light, refreshing treat of *Kathy's Special Chicken Salad Sandwich, Mixed Green Salad, Bean Salad, and a Banana Split Buffet for dessert!* Refreshments include *lemonade, tea, milk, and coffee.*



Honor "The Ultimate Sacrifice" on Memorial Day!

Memorial Day is observed this year on May 27. The holiday memorializes all men and women who have died while serving in the United States military. Originally, Memorial Day was called Decoration Day, founded to commemorate all the lives that were lost during the American Civil War. Decoration Day recognized both the Union and Confederate soldiers who died in battle. Decoration Day was changed to Memorial Day when the holiday was expanded to recognize and honor all the American soldiers who died in the service of their country, not just the Civil War. On Memorial Day, take a moment to honor those who gave their lives in service to our country and thank those who survived.



Creative Expressions



Beginner's Woodworking Class

Loffler Senior Activity Center, Tuesdays 1 p.m., Cost: Supplies

Mr. Warren Brown is an accomplished and award-winning wood carver in our local area who has begun teaching this art form at Loffler. Emphasizing safety and the importance of using the correct tools, Mr. Brown will start you off with a simple project. He will also review with you the specific tools you will need (including a quality carving glove) as well as the techniques needed to learn.

Please bring a notebook and a number 2 pencil to the first class you attend. To sign up or learn more call 301-737-5670, ext. 1658.

Mother's Day Brooch

Northern Senior Activity Center

Thursday, May 9, 10:45 am.

Create a lovely Mother's Day Brooch using a collection of old buttons and other decorative materials at the Northern Senior Activity Center. Recycled items and all other supplies will be provided. Come away with an attractive gift pin to give to any mother you know or in remembrance of your own to keep. Call 301-475-4002, ext. 1001 to sign up by Tuesday, May 7, as space is limited.



Father's Day Pin

**Northern Senior Activity Center, Thursday, June 13
10:45 am.**

Make something useful, something special for Father's Day; a pin to draw attention to your buddy, pal, best friend, or wear it yourself at the Northern Senior Activity Center. Pick from a wide selection of old buttons, clasps, and other materials that will be provided. Call 301-475-4002, ext. 1001 to sign up by Tuesday, June 11, as space is limited.

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Basket Weaving Classes

Northern Senior Activity Center

A variety of basket types are taught by Pam King at the Northern Senior Activity Center. Cost for kits is \$30 and includes all basket weaving materials and instruction. Payment must be received prior to class dates to reserve a spot in the class, as space is limited. For more information, dates, and to sign up for upcoming classes, call 301-475-4002, ext. 1003 and look for forthcoming flyers.



Monthly Craft

Loffler Senior Activity Center

“Potting Shed,” Friday, May 24, 10:30 a.m.
Cost- Bring 2 or 3 six-packs of annuals to share and your favorite planter basket

“Press Flowers,” Friday June 21, 10:30 a.m.
Cost- Bring plenty of fresh picked flowers

“Framing Pressed Flowers,” Friday, June 28,
Cost- \$4 for 8x10 frame



In May and June we are so happy to see fresh flowers! On May 24, get together with friends at Loffler and share some annuals or perennials as you plant a mixed basket for yourself. Mixing and matching flowers is so much fun! We'll supply the dirt, you bring 2 or 3 six packs or a flat of annuals or perennials. For the month of June, we will do our flower fun in 2 parts. Bring plenty of fresh-picked flowers and any greenery that appeals to you. We'll press them into heavy books and let them set for a week. The following Friday, come back and check out your floral treasures. Arrange some of them into a piece of art and frame them (\$4 for the frame). To sign up for any of these classes or for more information call 301-737-5670, ext. 1658. Deadline for registration is the Monday before the scheduled class.



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Needlecrafters at Loffler

Loffler Senior Activity Center

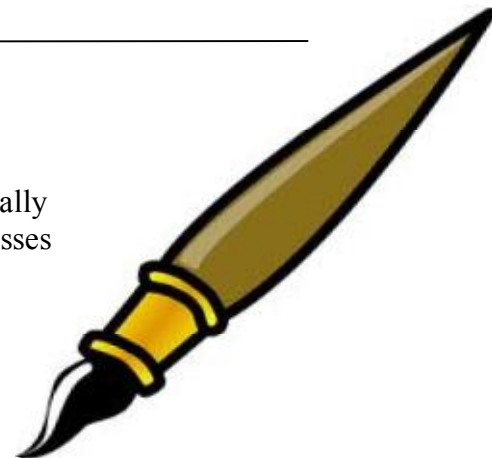
Mondays and Thursdays, 10 a.m., Free

Recently known as *Knit and Crochet Too*, our ever expanding needle (and hook) lovers are branching out yet again. More fun with more activities than ever; Needlecrafters, while continuing to enjoy the pleasures of knitting and crocheting now welcomes the joy of embroidery, cross stitch and needlepoint. If you are new to any of these arts, tutoring is available at no charge. Stop in and see what the buzz is all about. To learn more call 301-737-5670, ext. 1658.

Decorative Painting Classes for Beginners

Northern Senior Activity Center

Look for more information on upcoming classes beginning in July, specially designed for those who want to learn how to do decorative painting. Classes will be taught by Debbie Williams, who brings many years of skill and training to get you started. To learn dates, and to sign up for upcoming classes call 301-475-4002, ext. 1003, and look for forthcoming flyers.



NEW BEGINNING

Ongoing Arts and Crafts Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050	Pins & Needles Stitching Group	Self-directed	Fridays	12:30 p.m.	Free
	Cards for the Troops	Susan Peters	May 21, June 18	1:30 p.m.	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658	Needlecrafts Guild	Linda Graham	Mondays & Thursdays	10-11:30 a.m.	Free
	Decorating Committee	Shellie Graziano	1 st & 3 rd Mondays	2 p.m.	Free
	Appliqué Tutor	Kit Spalding	Mondays	1 p.m.	Free
	Art Guild	Shonne Farrell	Tuesdays (Full) Fridays	9 a.m.-noon 10 am.-noon	Sup- plies
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.-noon	Free
	Monthly Craft	Toni Axtel	Fridays May 24, June 21, June 28	10:30 a.m.	Varies
	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
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	Simply Crafty	Self-Directed	Daily	Open	Free
	Open Art Studio	Wrenn Williams	Mondays & Fridays	9 a.m.-noon	Fee
	Open Painting Studio	Wrenn Williams	Mondays	9 a.m.-4 p.m.	Free
	Whimsie Works Pottery	Pam King	2nd & 4th Tuesdays	2-4 p.m.	Fee
	Scrapbook Marathon	Barbara Sterling & Linda Brock	3 rd Thursday	9:30 a.m.	Free
	Quilting	Gina Alexander	2nd & 4th Wed.	12:30 p.m.	Free
	Dynamic Ceramics	Nancy Norris	Wednesdays	9:30 a.m.- noon	Fee
	Northern Stars Theater Group	Wrenn Williams	1 st Friday	10 a.m.	Varies

Ongoing Social Events at the Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	“Beat Your Buddy” Billiards	Mondays	1-3 p.m.	Free
	Hand & Foot	4th Tuesday	12:30 p.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.	Free
	Double Pinochle	Tuesdays Fridays	11 a.m. Noon	Free
	Breakfast Café	Tue. & Wed., 2 times a month (see pg. 25)	9 a.m.	\$2
	Western Mahjong	Wednesdays	1 p.m.	Free
	Bridge	Thursdays	10 a.m.	Free
	Eastern Mahjong	Thursdays	1 p.m.	Free
	Bingo	Fridays	10 a.m.	\$1.50

“Senior Matters” Adult Study Group

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

The adult study group has returned to the Northern Senior Activity Center. This discussion group is a popular forum for talking about aging in a small group setting. The sessions are offered on Tuesdays, twice a month, with facilitator Elizabeth Holdsworth (LCSW-C). Topics include issues pertinent to Southern Maryland seniors such as health care, challenges of rural living, emotional issues, advance directives, finance challenges, community resources, etc. Learn more or sign up by contacting the center at 301-475-4002, ext. 1001.



Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050	Bingo	1 st & 3 rd Mondays	10 a.m.-noon	\$1-3
	Pitch	Weds. & Fridays, 2nd & 4th Mondays	10 a.m.-noon	Free
	Senior Vibes	1 st Tuesday	9:30-11:30 a.m.	Free
	Pokeno	3 rd Wednesday	10:30 a.m.	Pennies
	Bridge Club	Thursdays	10 a.m.-3 p.m. (call for info)	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658	Pinochle	Monday, Wednesday & Friday	9 a.m.-12:30 p.m.	Free
	Canasta /Pitch Club	Tuesdays	9:30 a.m.-2 p.m.	Free
	Contract Bridge	Tuesdays	10 a.m.-noon	Free
	Bingo	Tuesdays except 2nd., Wednesdays- May 15, & June 12	12:30-1:30 p.m. 10:30-11:30	\$1.00 per card to 3
	Canasta	2 nd & 4 th Wednesdays	1-4 p.m.	Free
	Chess Club	Wednesdays	9:30-10:30 a.m.	Free
	Cribbage	Fridays	1 p.m.	Free
	Polish Poker & Pitch	Wednesdays	10 a.m.	Free

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Triad/SALT is actively seeking council members. Call 301-475-4200, ext. 1073 to learn more or for meeting location.

Ongoing Physical Fitness Activities At Garvey and Loffler Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050 *F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.	Fitness Equipment	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Call for availability	8 a.m.-5 p.m.	Free
	Low Impact Aerobics	Mondays	8:30-9:30 a.m.	F.C.
	Men's Strength Training	Mondays & Thursdays	9:30-10:30 a.m.	F.C.
	EnhanceFitness	Mon., Wed., & Fri.	10:45-11:45 a.m.	F.C.
	Open Table Tennis	Tuesdays except 1st. Thursdays	10 a.m.-noon 2:15 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays & Thursdays	9-9:30 a.m.	Free
	Yoga For Everyone	Tuesdays & Fridays	1:05-2:05 p.m.	F.C.
	Line Dancing	Wednesdays	1:30-2:30 p.m.	Free
	Clogging	Wednesdays	2:30-3:30 p.m.	Free
	Parkinson's Disease Exercise Group	Thursdays	1:15-2 p.m.	Free
	Zumba	Thursdays	10:45-11:45 a.m.	F.C.
	Video Aerobics	Fridays	8:30-9:30 a.m.	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658 * F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.	Fitness Equipment Available	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Daily	8 a.m.-5 p.m.	Free
	Zumba	Mondays	Noon	F.C.
	Walking Club	Mon., Wed., & Fri.	10 a.m.	Free
	Arthritis Foundation	Mondays & Fridays	1-2 p.m.	Free
	EnhanceFitness	Mondays & Fridays Wednesdays	2-3 p.m. 1-2 p.m.	F.C.
	Strength Training	Tues. & Thursdays	10-11 a.m.	F.C.
	Yoga	Weds. & Fridays	10-11 a.m.	F.C.
	Core & Abs	Wednesdays	2-3 p.m.	F.C.
	Line Dance	Fridays	11 a.m.	Free

Ongoing Physical Fitness Activities At The Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	Fitness Equipment Available	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Daily	Noon-5 p.m.	Free
	Walking on Three Notch Trail	Daily	Open	Free
	Regulation Horseshoes	Daily	9 a.m.-4 p.m.	Free
	Yoga for Everyone	Mondays & Fridays	Mondays, 9:30 a.m. Fridays, 8 a.m.	F.C.
	Total Body Strength	Mondays & Thursdays	3:30-4:30 p.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Tuesdays & Thursdays	10-10:45a.m.	Free
	EnhanceFitness	Tues., Thurs., & Saturdays	Tues. & Thurs., 9 a.m., Sat. 10 a.m.	F.C.
	Indoor Bowling	Wednesdays	9:30-10:30 a.m.	Free
	Line Dancing	Wednesdays	1-2:30 p.m.	Free
	YES Cycling Program	Call for Appointment	TBD	Free

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



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

Thanks to volunteer 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 "Forms and Publications" in the left sidebar. This will take you to past newsletters, and a "speaker" icon. Click on the speaker icon to the left of the monthly edition you want to hear.

Call 301-475-4200, ext. 1073 for more information about this audio availability. Additional volunteer readers and those proficient in other languages are particularly welcome; the time commitment is approximately two hours on a bi-monthly basis.

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

Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301-475-4200, ext. 1050	Computer Tutoring	Volunteer	Daily	By appt.	\$5
	Coin Appraisals	John Hankla	1 st Tuesday	9 a.m.-noon	Free
	Book Discussion	Kathy Mather	2 nd Wednesday	10 a.m.	Free
	Nutrition Education	Donna Taggert	2 nd Wednesday	11 a.m.	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658	Current Events	Dave Spore	Mondays	10 a.m.	Free
	Health Watch	Varies	(not scheduled this time period)	9 a.m.- Noon.	Free
	Nutrition Education	Donna Taggert	3 rd Wednesday	10:45 a.m.	Free
	Scripture Study	Solomon Olumese	Fridays, May 3, 17, June 14, 28	10 a.m.	Free
	Fun w/E Readers	Linda Graham	Thursdays	9-10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By apt.	\$5
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	Computer Tutoring	Volunteers	Daily	By appt.	\$5
	Nutrition Education	Donna Taggert	1 st Wednesday	10:45 a.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	Quarterly Thursday June 13	1 p.m.	Free
	Diabetes Support Group	Wrenn Williams	Quarterly: Thursday June 20	1 p.m.	Free
	Book Chatter	Joyce Summers	4 th Thursday	11 a.m.	Free
	“Senior Matters” Adult Study Group	Elizabeth Holdsworth	1 st & 3 rd Tuesdays	10:45 a.m.	Free

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Sign Up Online to Receive *New Beginning*

You can sign up to receive a notification when the newsletter is available online in PDF format via <http://www.co.saint-marys.md.us/citizen/signup.asp>. This link will also allow you to sign up for news releases and emergency alerts. The newsletter can also be viewed on the Department of Aging website, <http://www.co.saint-marys.md.us/aging/>. If you choose to receive the newsletter via e-mail or view online rather than mailing, please contact Jennifer Hunt, Community Programs and Outreach Manager at 301-475-4200 ext. 1073.

NEW BEGINNING

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

Lori Jennings-Harris, Director

Senior Information and Assistance (Senior I&A) - Provides important updated information as it relates to senior services, benefits, and assistance programs. You may reach Debbie Barker, Program Manager, at 301-475-4200, ext. 1064 or Melissa Meatyard at 301-475-4002, ext. 1004, or 301-737-5670, ext. 1654.

Home and Community-Based Services (HCBS) - Consists of six programs providing the following services: Guardianship for individuals age 65 and over, Medicaid Waiver for Older Adults Program, Long Term Care Ombudsman, Senior Care Program, Respite Assistance and Caregiver Support. Call Rebecca Kessler, Division Manager, at 301-475-4200, ext. 1061.

Senior Activity Centers - Three county senior activity centers are places where adults ages 50 and over who are independent and active can participate in activities, events, exercise programs, and group meal programs. Call Alice Allen at 301-475-4200, ext. 1063.

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

Retired Senior and Volunteer Program (RSVP) - Offering persons 55 years of age or older an opportunity to donate their time, talents, enthusiasm, and expertise in the local community. Call 301-737-5670, ext. 1653.

Senior Rides Program - A program which connects individuals who meet certain criteria and need transportation to important events and appointments with pre-screened, trained volunteer drivers. Call 301-475-4200, ext. 1066 for more information.

Community Programs & Outreach - Communicates timely and topical information to the senior community through a bi-monthly newsletter, website updates, local and state-wide events, and local media. To receive the bi-monthly newsletter, call 301-475-4200, ext. 1073.

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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, 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

Holiday Closings...
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Memorial Day, May 27, 2013

NEW BEGINNING