

NEW BEGINNING

VOLUME 27 ISSUE 3

MAY–JUNE 2014

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



**OLDER AMERICANS
MONTH 2014**

We can help...

In This Issue...



Watch Out; When Medicare Can Bite: when two little words can be the difference between spending thousands of dollars out of your own pocketpage 6



Law Enforcement Appreciation Day: the 14th Annual Law Enforcement Appreciation Day Ceremony, Tuesday, May 13, 2014 to pay tribute to law officers who have perished in the line of duty as well as honor the “Officer of the Year”.page 9



County Barbeque Bash: join the Department of Aging & Human Services at Cecil Park, Valley Lee for the 10th Annual Barbecue Bash (formerly held at Pt. Lookout State Park) as we welcome summerpage 11



Celebrating Aging in America: A Photo Gallery: as this is Older Americans Month the Garvey Senior Activity Center is celebrating by hosting a photography exhibit.page 12

2



Piano Lessons for Beginners: Dr. Jefferson’s classes at Loffler have been well received and he will start new sessions for beginners on May 20.....page 16



Derby Bingo is Friday, May 2: for those who reserved a spot by the deadline.....page 20

From the Director's Desk...

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

Older Americans Month; Safe Today. Healthy Tomorrow.

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

While the Department of Aging and Human Services provides services, support, and resources to older adults year-round, Older Americans Month offers an opportunity for us to provide specialized information and services around the important topic of injury prevention. This information will help older adults take control of their safety and live longer, healthier lives.

Throughout the month of May, and every other month, the Department provides ongoing opportunities to celebrate and support older Americans. We welcome you to join some of the many activities that help keep our area's older adults healthy and active by providing exercise classes such as Zumba and Men's Strength Training, a variety of sports options like Pickleball and Softball, and games that keep the mind and body sharp such as Wii Bowling.

You can contact any of our three senior activity centers (page 35) to learn more about their programs, activities and sports.

MAY-JUNE 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.



Say Hello to Monika Williams, Our Maryland Access Point Coordinator!

By Monika Williams

I was born in Germany as my father was in the U.S. Army, but I have lived in St. Mary's County since the age of six months. I have three beautiful teenage children and a loving husband of 19 years. My high school was St. Mary's Ryken, where I found my calling as a social worker through the school's community service program with Catholic Charities. I earned my Bachelor's Degree in Social Work from Salisbury University, where my social work studies were focused on the elderly and middle school at-risk children.

I am so excited to be working for the Department of Aging and Human Services, doing what I love, which is helping seniors. I have always considered this department to be my home since my first job upon graduating college was as a Medical Social Worker for the Weisman and Ripple Adult Medical Day Care programs in 1995-1998. I'm certainly no stranger to the Department of Aging as I also worked here from 2011 to 2012 and have returned again last December. I thank the Department of Aging for allowing me the chance to make a difference in the lives of our customers.



*Monika Williams L.S.W.A.,
Maryland Access Point Coordinator
St. Mary's County Department of Aging & Human Services
301-475-4200 ext. 1057, <monika.williams@stmarysmd.com>,
www.stmarysmd.com/aging*

4

Calling All Veterans!

Mark your calendars to attend the Veteran's Stand Down Day on Friday, May 16, 2014 from 9 a.m.-2 p.m. at the Southern Maryland Higher Education Center located off Airport Road in California, Maryland. Veterans will have access to dental and medical care, employment, housing, legal services and more. Be sure to bring your DD-214 or military ID.

Nutrition Corner

By Barbara Hak, RD/LD

The 2014 Older American Theme focuses on ways to keep us safe today as we navigate our daily lives. Part of keeping ourselves safe is looking at our environment, and modifying it to help prevent injury. An example would be to take up throw rugs and other floor clutter to prevent tripping and falls. Taking good care of our bodies so they remain strong and healthy also plays a role keeping us safe as we age.

According to the National Institute of Aging, making smart food choices and being physically active helps “reduce your risk of chronic diseases like heart disease, diabetes, and osteoporosis and the disability that can result from them.” Good nutrition can also help maintain your strength and reduce the risk of falls.

As part of the normal aging process we all lose some muscle mass. After age 70 we lose approximately 15% per decade. This loss of muscle is called sarcopenia. Sarcopenia leads to diminished strength and can contribute to mobility issues, osteoporosis, frailty, and loss of physical function and independence. These changes increase the risk of falls for older adults.

Both nutrition and physical activity play a role in maintaining our muscles. Twenty to thirty grams of protein, depending on your body size, is recommended to be eaten three times a day. To maximize muscle growth and strength the protein

foods should be consumed 60 to 90 minutes before exercise or a protein beverage consumed up to 60 minutes after exercise. Lack of Vitamin D has also been associated with low muscle strength and falls. Check with your physician to see if you need a Vitamin D supplement. Below is a sample menu with 30 grams of protein.

Breakfast

2 Egg Omelet with Vegetables (can be two egg whites or one egg white and one egg),
1 Slice Whole wheat toast, 8 oz. skim milk

Lunch

Sandwich (2 oz. chicken, lettuce, tomato, on whole wheat bread)
Peach and ¼ cup Cottage Cheese salad, 8 oz. Skim Milk

Dinner

3 oz. Fish, Sweet Potato, Asparagus, Strawberries on Angel Food Cake, Whole grain roll, and 8 oz. Skim Milk

And a Vitamin D supplement if needed. Maintain good nutrition today to keep you safe in the future. (Reference: IowaAging.gov, How Nutrition Can Help Prevent Falls)

Nutrition Education Presentations by Barbara Hak, RD/LD

Garvey Senior Activity Center

May 13 & 20, 2014

9:45 am - 10:30 pm

Food and Blood Pressure; How Connected?

Loffler Senior Activity Center

June 10 & 17, 2014

12:45 p.m.-1:30 p.m.

Eating to Help Your Arthritis Pain.



Home & Community-Based Services

By Rebecca Kessler, Division Manager

How to Avoid the Two Words that Cost Thousands in Medicare Bills

By Kate Snow, NBC Nightly News

It's not something they teach doctors in medical school. And it's probably not something you'd know to look for if you were suddenly rushed to the hospital in an emergency. But when a doctor decides to write the words "under observation" on a Medicare patient's chart, it can have lasting consequences. Those two little words can be the difference between spending thousands of dollars out of your own pocket and having Medicare cover the entire bill.

Brenda Kelley-Nelum was driving her husband Al 'Doc' Nelum to an appointment when he started having symptoms of a stroke. An ambulance took him to the nearest hospital with a stroke clinic. Hours later they were still there, waiting on test results, when someone mentioned her husband had been put on observation status. As an advocate for seniors in Virginia, Kelley-Nelum had a vague recollection that she'd heard that term before. And it wasn't good.

"I was really frightened about what's wrong with my husband. And then they came up with this observation status and I questioned why?" Kelley-Nelum said. She was right to worry.

As it turned out, her husband would go on to a nursing facility for rehabilitation, at a cost of about \$22,000. Medicare pays for rehab only for people admitted to a hospital for three or more days as "inpatients." Medicare will not pay for rehab if they were classified as "observation status" when they received treatment at the hospital.

Kelley-Nelum did what advocates advise anyone on Medicare to do. She found out how her husband was classified and asked if he might need rehab later. Then she spoke up, loudly. She asked so many questions, she said, that the doctor and hospital changed Doc Nelum's status to "inpatient." His entire \$22,000 bill was ultimately covered by Medicare. Kelley-Nelum says her husband is lucky she was there. "If I had not been there my husband probably would have accepted the observation status ... on face value."

* Note: The original version of this story stated that a hospital administrator had changed Doc Nelum's status from observation status to inpatient. A hospital administrator informed the Nelums of the decision, but decisions about patient status must be made by physicians.

To learn more go to:

<http://www.nbcnews.com/nightly-news/how-avoid-two-words-cost-thousands-medicare-bills-n38281>.



HOME AND COMMUNITY-BASED OPTIONS WAIVER

(Formerly the Medicaid Waiver for Older Adults and the Living at Home Waiver)

Maryland's Home and Community-Based Options Waiver provides community services and supports to enable older adults and people with physical disabilities to live in their own homes.

WHO SHOULD APPLY:

Maryland residents aged 18 and over who need assistance with activities of daily living, such as bathing, grooming, dressing, and getting around.

ELIGIBILITY GUIDELINES:

- Medical and Technical Criteria
 - Individuals must require a nursing facility level of care based on a uniform medical assessment.
- Financial Criteria
 - An individual's income and assets are reviewed to determine financial eligibility for Medical Assistance.
 - The monthly income of an individual may not exceed 300% of SSI benefits, and the countable assets may not exceed \$2,000 or \$2,500 (depending on eligibility category).
 - Only the income and assets of the individual (and assets of any spouse) are considered in determining financial eligibility.

PERSONS INTERESTED SHOULD:

If you live in a nursing facility, contact Medicaid's Long Term Care and Waiver Services at: 410-767-1739 or 1-877-4MD-DHMH or for MD Relay Service 1-800-735-2258 to learn more.

If you live in a community, the waiver cannot be offered to new community applicants at this time. A Service Registry has been developed for interested community-based individuals. You can call the Waiver Services Registry at 1-866-417-3480.

To learn more about Home and Community-Based Services, please contact Monika Williams, Maryland Access Point Coordinator, at the St. Mary's County MAP Aging & Disability Resource Center by calling 301-475-4200 ext. 1057.

Senior Information & Assistance

By Debbie Barker, Senior I & A Manager

Wills & Life Estates: Get the Facts

Seri Wilpone, Chief Attorney, Legal Aid Bureau, Inc., will present a free information session on wills and life estates on Tuesday, May 13 at 1 p.m. at the Garvey Senior Activity Center. Lunch will be served at noon with an advance reservation. Call 301-475-4002, ext. 1050 to reserve lunch.

FREE Dental Clinic

Southern Maryland Mission of Mercy is a 100% volunteer effort sponsored by local dental professionals and community organizations. Persons who are eligible may receive cleanings, extractions, and fillings at no cost to the patient. This is a one-time service and follow up appointments will not be available. The clinic is not designed for individuals who need extensive dental work such as bridges, crowns, dentures, etc. More information will be provided as it becomes available by going to www.southernmdmom.org.

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 2014 property tax bill. This credit is available to those residents who DO NOT receive a credit from the Maryland Homeowners' Property Tax Credit program. Applications are due by September 1 and are available at all senior activity centers and the St. Mary's County Treasurer's Office.

Observation or Inpatient...What's the Difference?

Over the last few months there has been much discussion as to whether a Medicare beneficiary in a hospital setting is considered 'inpatient' or 'observation.' The difference between the two can cost thousands so it's important to know the difference. Medicare patients entering a hospital setting through the emergency room are often kept overnight for observation of the patient's condition. When this happens, the person is most likely taken to a regular hospital room and provided nurse monitoring. The problem arises when the doctor decides to monitor the patient versus admitting them as an inpatient (see article on page 6).

8 As the patient who is ill, it is hard to know your status unless someone specifically advises you or if you ask. Doctors typically will admit a patient if they expect the stay to last 3 or more days. The difference between being given the status of 'observation' vs. 'inpatient' is a difference in your out-of-pocket costs and the type of care available after discharge. As an observation patient the hospital will bill your Part B benefit which pays 80% of the cost after the annual deductible has been met, but if considered an inpatient the hospital will bill your Part A benefit, meaning Medicare pays all your hospital fees with the exception of the \$1,216 deductible.

The other problem associated with your status is whether you qualify for inpatient rehab at a skilled nursing facility (SNF). To have this service covered by Medicare the patient must have been an inpatient for 3 or more days prior to being admitted to a SNF. If this requirement has not been met then you will be 100% responsible for all your care received in a SNF. To learn more about this topic go to <https://www.medicare.gov/Pubs/pdf/11435.pdf>

STAY INFORMED ~ ASK QUESTIONS ~ KNOW YOUR RIGHTS

Law Enforcement Appreciation Day Open to the Public...



The St. Mary's County Department of Aging & Human Services, Triad/SALT (Seniors and Law Enforcement Together) Council and the Board of County Commissioners for St. Mary's County will sponsor the 14th Annual Law Enforcement Appreciation Day Ceremony, Tuesday, May 13, 2014. The ceremony will begin at 11:30 a.m., at the Southern Maryland Higher Education Center, 44219 Airport Road, California, MD 20619. This event takes place during National Police Memorial Week and pays tribute to law officers who have perished in the line of duty as well as honor the "Officer of the Year" selected from each county agency, based on outstanding service to the community. All county residents are encouraged to attend the ceremony and luncheon, in support of law enforcement.

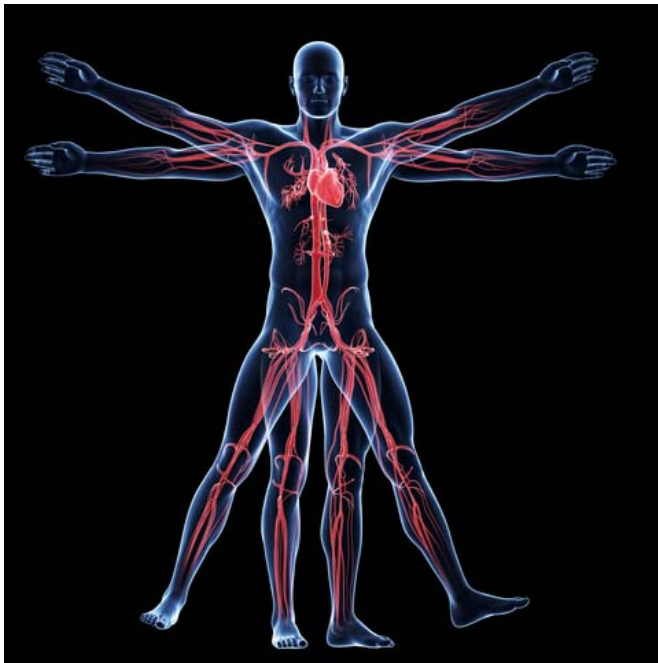


Jack Russell, President of the Board of County Commissioners, leads the Pledge of Allegiance at the 2013 celebration.

Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

Did you know that each year, older Americans are honored in May with a month that is designated Older Americans Month? The theme for this year's Older Americans Month is "Safe Today. Healthy Tomorrow." This theme ties in very nicely with my theme, which is to encourage increased involvement in physical activity so that you can stay strong and healthy. As you know, involvement in regular physical activity is extremely important to your health. Physical activity helps keep aging bodies healthy by keeping blood pressure, cholesterol, and



diabetes in check, reducing the risk of vascular dementia. It boosts your metabolism, helps relieve stress and keeps you flexible. Being physically active helps your brain by increasing blood flow to the brain. It keeps your muscles strong which helps you maintain balance. Regular participation in physical activity encourages positive feelings of well-being. During fitness classes offered at the senior activity centers a feeling of camaraderie among participants is evident as friendships develop and common goals are worked toward.

What could be better for you than an activity that improves your health both physically and emotionally?

If you already participate in fitness classes at a St. Mary's County Department of Aging & Human Services Senior Activity Center, great! Keep up the good work. You

are experiencing the fun and many benefits of regular physical activity which will help keep you safe and healthy. If you have yet to try a fitness class, I invite you to try a class that interests you. You'll find a complete listing of fitness opportunities at the Senior Activity Centers on pages 32 and 33 of this newsletter.

And, in honor of Older Americans Month, you can participate in EnhanceFitness classes free of charge. Normally on the fitness card (\$30/10 classes), during the month of May, classes are free. Attend EnhanceFitness regularly during May and create a habit that will help keep you "Safe Today. Healthy Tomorrow."

Having fun?

*The fun begins when you join us at
a Senior Activity Center!*

10th Annual Barbecue Bash

Friday, May 30, 2014 (rain date June 6), Cecil Park, Valley Lee, 10 a.m.-2 p.m.

Join the Department of Aging & Human Services for the 10th Annual Barbecue Bash (formerly held at Pt. Lookout State Park) as we welcome summer on Friday, May 30. Tickets are now available at all senior activity centers, for a suggested donation of \$8. Enjoy a relaxing day at the park listening to bluegrass music provided by Tommy Alvey & Friends while feasting on a lunch catered by Bear Creek featuring *Pork Barbecue on a Bun, Cole Slaw, Fruit Salad and Watermelon*. A Bruster's Ice Cream truck will be on site after lunch selling ice cream for an additional fee. Don't miss your chance to play pickleball, softball, corn hole, and horseshoes. Get your tickets soon as this event is quite popular. To learn more, call 301-475-4200, ext. 1050.



Senior Farmer's Market Nutrition Program

The Senior Farmer's Market Nutrition Program coupons will be available for distribution after July 1. To learn more about eligibility requirements and availability, check the Senior Spotlight sections of *The Enterprise* and *The County Times* and the July-August edition of *New Beginning*.

Topical, Timely Health Presentations and Blood Pressure Checks

Garvey Senior Activity Center: Fridays, May 9 & June 13, 11 a.m.

Loffler Senior Activity Center: Fridays, May 16 & June 20, 9 a.m.

Northern Senior Activity Center: Fridays, May 9 & June 13, 1 p.m.

In May, learn about *Chronic Obstruction Pulmonary Disease (COPD)*, its symptoms and causes. In June, the topic is *Smoking Cessation*. Blood pressure checks will be available after the presentations.



GARVEY Senior Activity Center

Celebrating Aging in America: A Photo Gallery in Honor of the 50th Anniversary of the Older Americans Act Garvey Senior Activity Center

Thursday, May 29, Noon-1:30 p.m.

May is Older Americans Month and this May, the Garvey Senior Activity Center is celebrating by hosting a photography exhibit. We are looking for photos that depict positive aging (i.e., with energy, vitality, creativity and compassion).

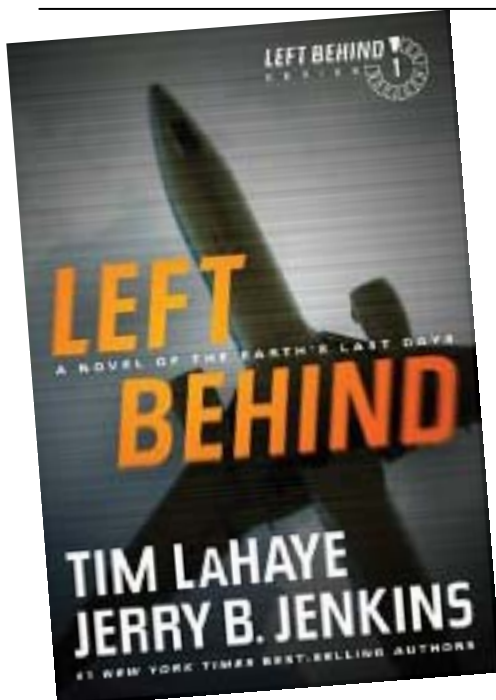
Individuals and groups can submit photos showcasing older adults, ages 50 and above, engaged in activism, arts, caregiving, health promotion, work and volunteerism, multigenerational and multicultural activities, and other inspiring pursuits.

Photos can either be submitted in hard copy form, printed on 8x10 photo paper or in electronic form on a disk or emailed to

<brandy.tulley@stmarysmd.com>. The deadline for submission is Friday, May 23. Please include a short description of the photo including names of people, location and approximate date. Photos will be on display at a luncheon on Thursday, May 29. Served for lunch will be *Grape Juice, Chicken Cordon Bleu, Mashed Potatoes, Gravy, Snow Peas and Carrots, Garden Salad with Dressing, Red Velvet Cake, Milk/Coffee/Tea*. Advance reservations for lunch are required. The cost of lunch is a donation for those 60 and over, \$6 for others. To sign up for lunch or to learn more, call 301-475-4200, ext. 1050.



12



Book Discussion Group Garvey Senior Activity Center

Wednesday, May 14 & June 11, 10:30 a.m.

Reading is usually a solitary activity, but it doesn't have to be. If you like what you read, it's only natural to want to share it. The Garvey Senior Activity Center offers the opportunity for you to exchange ideas regarding a selected book and share your reading enjoyment. In May the group will discuss, *Left Behind: A Novel of Earth's Last Days* by Jerry B. Jenkins. In June the group will discuss *One Summer* by David Baldacci. Come prepared to discuss your likes, dislikes and author's writing style. To learn more about this group, call 301-475-4200, ext. 1072.

NEW BEGINNING



Tai Chi for Arthritis: The Core Movements

Garvey Senior Activity Center

Wednesdays, May 14-June 18, 9:45-10:30 a.m., FREE

The Arthritis Foundation Tai Chi Program developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. The Tai Chi program will help reduce stress, increase balance and flexibility, and improve your overall mind body and spirit. During the six weeks, participants will learn warm-up and cool-down exercises, six basic core movements, and direction

changes to add challenge. Due to the nature of this class, attendance at all sessions is highly recommended and no walk-ins will be accepted; advance sign up is required. To register, call 301-475-4200, ext. 1050.

Exercise for People with Parkinson's Disease

Garvey Senior Activity Center

Thursdays, 1:15-2 p.m.

It's no secret that regular exercise is good for us. Because Parkinson's Disease affects physical movement, it can be discouraging to undertake an exercise program. However, regular exercise can provide a number of benefits to those with Parkinson's Disease:

- Improved posture
- Greater strength and balance
- Better circulation
- Increased ability to walk
- Better muscle control
- Decreased risk of falling

A heightened sense of wellbeing is an almost guaranteed by-product of regular exercise. The goal of this class is to improve the quality of life of those living with Parkinson's Disease through exercise. The classes are offered on a continuous, ongoing basis. If you are interested in joining this exercise group, call 301-475-4200, ext. 1050.

Friday Morning Softball

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

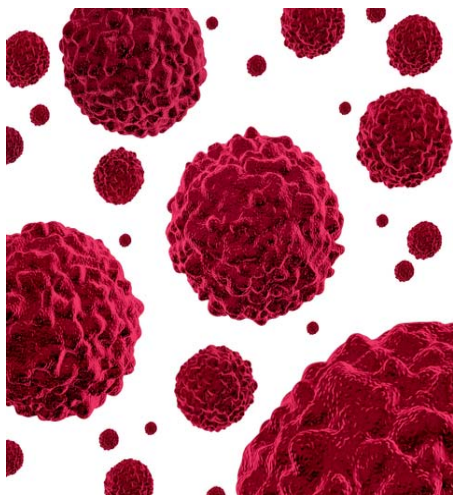
Fridays, 10 a.m.

It's time to dust off that bat and glove and head out to Miedzinski Park for a pick-up game of softball. The format includes batting practice followed by a game. Males and females ages 50 and above are welcome. The Department of Aging & Human Services will be organizing teams to represent St. Mary's County in the Maryland Senior Olympics competition in September. To become involved with this group, call 301-475-4200, ext. 1062.



MAY-JUNE 2014

Skin Cancer Prevention, Treatment and Screenings



Garvey Senior Activity Center

Tuesday, May 13, 10 a.m.

Skin cancer is the most common of all cancer types and the number of skin cancer cases has been on the rise for the past few decades. Currently, more than one million skin cancers are diagnosed each year in the United States. Dr. George Verghese, local dermatologist and skin cancer expert, will provide an interactive discussion on the prevention, detection and treatment of skin cancer. The presentation will last approximately 45 minutes. Following the presentation, Dr. Verghese will be available to provide FREE basic skin cancer screenings to anyone who attends the presentation. To sign up for this presentation, call 301-475-4200, ext. 1050.

Lowering High Blood Pressure with Nutrition: A Two-Part Series

Garvey Senior Activity Center

Tuesdays, May 13 & 20, 9:45-10:30 a.m.

Introducing: ***Good Taste and Good Health***; foods that taste good and keep you healthy. Join us for this two-part program that will help you understand how the foods you eat help keep your body strong and healthy. Information, helpful tips, and recipes will be available for you to take home. Sample one of the tasty recipes or foods on the second day of the series. See you at Good Taste and Good Health!

AARP Smart Driver Course

Garvey Senior Activity Center

Tuesday, June 10, 10 a.m.-3 p.m.

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.



Mosaic Flower Pots

Garvey Senior Activity Center

Tuesday, June 10, 17, 24, 10 a.m.

Decorate a terra cotta flower pot using broken ceramic tile pieces. On the first day, participants will attach ceramic tile pieces to flower pots. On the second meeting, grout will be placed in between tiles, and for the final meeting, tiles and grout will be buffed and sealed. Cost: \$7. This project requires attendance at all three sessions in order to complete the project. Sign up in advance by calling 301-475-4200, ext. 1050.



Big Band and Showstoppers

Garvey Senior Activity Center, Thursday, June 12, Noon

Terry Marsh is back by popular demand! Mrs. Marsh has been singing and performing for over 20 years. She loves to sing the great standards of the Big Band era and Broadway, as well as the classy jazzy blues of Ella Fitzgerald and Lena Horne (*pictured at left*), with a little of Patsy Cline's blues country mixed in as well. Prior to the performance a special meal of *Quiche Lorraine, Dinner Roll, Field Green Salad with Raspberry Vinegar Dressing, Carrots, Fresh Strawberries with Pound Cake Topping, Milk/Coffee/Tea* will be served. Advance reservations for lunch are required. The cost of lunch is a donation for those 60 and over, \$6 for others. To sign up for lunch or to learn more, call 301-475-4200, ext. 1050.



Learn to Buy and Sell on Ebay

Garvey Senior Activity Center

Buying on Ebay

Wednesday, June 4, 10 a.m., FREE

In this seminar, you'll learn how to search for items up for action, how to get the best possible price, how to protect yourself against fraud, and how to compete effectively against other bidders.

Selling on Ebay

Wednesday, June 25, 10 a.m., FREE

You'll learn how to create titles that get noticed, how to craft advertising so your items sell quickly and for top dollar, and how to create and upload photos of the items you are selling. You'll also learn how to safely conduct financial transactions, how to accept credit card payments, and how to pack and ship items.

Sign up for one or both of these classes by calling 301-475-4200, ext. 1050. These classes are designed as seminars and will be a lecture and discussion format. Participants are encouraged to bring a notebook for taking notes.



LOFFLER Senior Activity Center

CONTACT US: Loffler Senior Activity Center 301-737-5670

**Joyce Raum, ext. 1656; Shellie Graziano, ext. 1655; Brenda Kaye, ext. 1658;
Melissa Meatyard, ext. 1654; Norine Rowe, ext. 1653; Kim Clarke, ext. 1650;**

Piano Lessons for Beginners

Loffler Senior Activity Center

Tuesdays (Six week sessions) May 20-June 24, 1-2:30 p.m.

\$100 for 6 week session (includes instruction, texts and corresponding cd)

Optional web lab \$10

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, teacher and is a leading expert in the study of Gospel Music performance. (Check out his website www.jeffersonpresents.com) Dr. Jefferson’s classes at Loffler have been well received and he will start new sessions for beginners on May 20. You can sign up at the Loffler reception desk or call 301-737-5670, ext. 1658 to learn more.

Need to invest in an inexpensive keyboard. (\$50-\$100+ available at local stores and online)



LOFFLER LUNCH CONNECTION

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 entertainers and a 50/50 raffle at each luncheon.



Tuesday, May 13: Rearview Mirror Duo will perform popular music from the 50’s, 60’s and 70’s. Lunch will be served at noon; *Meatball Subs with Tomato Sauce & Provolone Cheese, Zucchini, Red Grapes & Red Velvet Cake.*

Thursday, May 22:

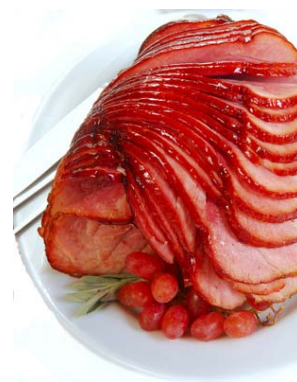
Orange Juice, Chicken Caesar Salad w/Romaine

Lettuce, Grilled Chicken Strips & Caesar Dressing, Corn Bread, Pineapple Chunks & Brownies

Tuesday, June 10: David Norris will serenade us, accompanied by his guitar. For lunch, *Apple Juice, Chicken Salad, Croissants, Cucumber & Tomato Salad, Mandarin Orange Sections & Lemon Bars* will be served.

Thursday, June 26:

Cranberry Juice, Spiral Ham, Seasoned Spinach, Apple Spirals, Baked Beans & Coconut Custard Pie.



NEW BEGINNING



**Limitations-No More (Emotional Freedom Technique Clinic)
Loffler Senior Activity Center**

Tuesdays; May 13, 27, June 10, 24, 10 a.m.-2 p.m. \$45 for 1 hour session

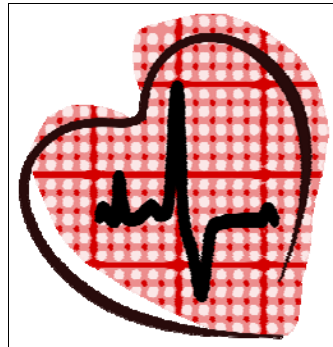
Richele McLeod, RN, is the EFT practitioner at Loffler who has been providing so much help to her clients. She continues to advance in her studies in this method of self-help that, though simple and gentle, has brought dramatic results to people seeking help with fears, anxieties, pain, and more. Richele 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 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 any search engine. If you would like to make an appointment with Richele, call 240-925-4309.

Skin Cancer Screening

**Loffler Senior Activity Center, Thurs., May 15
9 a.m.-3 p.m., Free, Appointment needed**

The staff from MD Dermatology of MD will be at the Loffler Senior Activity Center to provide a free skin cancer screening. If you have noticed a change in your skin that concerns you, call us at 301-737-5670, ext. 1658 and let us set up an appointment for you.



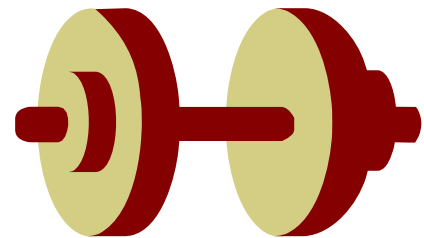
About Your Heart...

Loffler Senior Activity Center, Thursday, June 5, 10 a.m., Free
Dr. Glaser from Chesapeake and Washington Heart Care is coming to Loffler Senior Activity Center for a presentation on some of the warning signs of heart disease. He will touch upon topics that affect your heart such as high blood pressure, exercise and diet. Presentation includes a chance to ask questions. Sign up for this free opportunity by calling 301-737-5670, ext. 1658 or stop by the reception desk while you're here and add your name to the appropriate list.

Strength Training

**Loffler Senior Activity Center, Tuesdays and Thursdays
10 a.m., Cost: Fitness card**

At Loffler there are 2 options for strength training. Tuesday classes are taught by Dave Scheible and the Thursday instructor is Helen Barnett. Though each instructor's style of teaching is entirely different, the students of both classes enjoy the same benefits of good strength training instruction. If you've never tried strength training and would like to see what it's like, you can try each class for free the first time. After that you can buy a fitness card for \$30 which will have 10 punches. The card can be used at any of the fitness classes at any of the senior activity centers in St. Mary's County.





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 email <Sheila.graziano@stmarysmd.com>

Pinochle

Loffler Senior Activity Center

Monday, Wednesday, Friday, 8-11:30 a.m.

Also, 2nd and 4th Wednesdays, 12-3 p.m.

Some of our Pinochle players can't get enough of this classic card game. Recently they have asked to include afternoon sessions to their schedule and we're doing it! We've added two Wednesday afternoons a month so far. Care to try it out? Call 301-737-5670, ext. 1658 or just come by.



Make Centerpieces for Our Lunch Connections

Loffler Senior Activity Center

Thursday May 8, 10 a.m. - "May Flowers"

Thursday, June 5, 10 a.m. - "At the Beach"

Every month we have 2 Lunch Connections at Loffler. 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.

Project Linus

Loffler Senior Activity Center

May 16, June 20, 10 a.m.

This group meets monthly under the direction of Debbie Rumble 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 if you have questions.

Made with Tender Loving Care for
Project Linus
Providing Security Through Blankets
www.projectlinus.org





Mother's Day Tea
Loffler Senior Activity Center
Friday, May 9, 9:30-10:30 a.m. Free
 Mother's Day is May 11, 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 9 at 9:30 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 2. 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 13, 9:30-10:30 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 6 by calling 301-737-5670, ext. 1658 or stop by the reception desk at Loffler.



Midsummer Celebration

Loffler Senior Activity Center
Wednesday, July 16, 12:30-2 p.m. Cost TBD

Hail the middle of summer with this intergenerational activity that features ice cream from Bruster's, musical talent to delight all ages along with some arts and crafts to enjoy with your grandchildren! Be on the lookout for more.



Loffler Luau

Loffler Senior Activity Center, Thursday, July 24; 10 a.m.-2 p.m.
Ticket required, \$8 is the suggested donation



Great news, cousins; The Loffler Luau is coming up! Tickets will go on sale June 1. Let's dance to the music of our favorite DJ Mean Gene. We shall enjoy a feast fit for a tropical island party! Wear your favorite tropical garb (we'll supply the lei) and bring your best party mood! Limited tickets are available on a first come, first served basis. Stop by the reception desk during regular hours to get your ticket, or call 301-737-5670, ext. 1658.

NORTHERN Senior Activity Center

Charlotte Hall, Maryland 301-475-4002, ext. 1001

'Spring Fling' Dance



Friday, May 16
9 a.m. - 2 p.m.



Put on your best dress or suit and join us for a 'Spring Fling' dance at the Northern Senior Activity Center. Dancing and having fun with DJ Mean Gene, you will enjoy your favorite music, including R & B, oldies, top hits and fun music for line dancing! Come early to get a seat and treats at the hospitality table. Music begins at 10 a.m. There will be a lottery drawing and door prize, and best dressed prize for Spring's finest. Tickets are available for suggested donation of \$8 to be purchased by May 12 at the Northern Senior Activity Center, or while supplies last.



Charles County Show Troupe

Monday, June 2, 10 a.m., FREE

The Charles County Show Troupe travels once again to the Northern Senior Activity Center to entertain us with singing, dancing and some comedy, too. The Clarkettes, Good Time Gals, West Side Cloggers, Clark Center Cloggers, Hi-Steppers perform dance routines and the Silvertone Players will dazzle us with their singing. You won't want to miss these complimentary show-stopping performances. To reserve a seat and for reserving lunch call 301-475-4002, ext. 1001 no later than Thursday, May 29. The cost of lunch is a donation for those 60 and over, \$6 for others.

20

Derby Bingo

Friday, May 2, 10 a.m.

For those who reserved a spot, by April 30 deadline, remember to wear a fancy hat. Hold your horses and get ready for another Derby Bingo to begin. Win some derby inspired prizes. Mock Mint Juleps will be served. Cost is \$2 for two cards, pay at time of sign up.

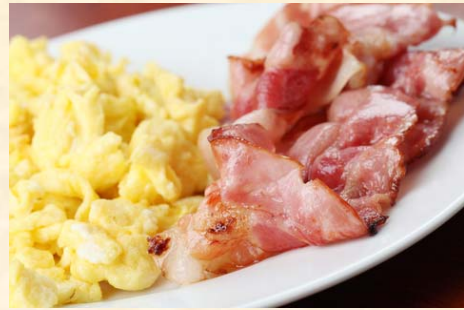


NEW BEGINNING

Breakfast Café

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 at 9 a.m. Cost is only \$2 per person and sign up and payment is due by 9 a.m. the day before. Enjoy these morning comforts ...

Wednesday, May 21: *Bacon, Scrambled Eggs, Potato Cake & Toast*



Wednesday, June 18: *Pancakes, Scrambled Eggs & Sausage*



Pottery Open House

Tuesday, May 13, 11 a.m.-2 p.m.

Drop by the Ceramics/Pottery room for a *free* hand-building demo and hands-on experience ‘throwing’ clay on a potter’s wheel, led by volunteer instructor Pam King. Start with this beginners demonstration and return for ‘Whimsie Works’ pottery, which meets every second and fourth Tuesday of the month at 11 a.m. For completed pieces (on a regular basis) a small donation is suggested to cover cost of clay, paints, and firing (kiln on site) payable at the front desk.

Home-style Comfort Food for Lunch

Enjoy some homemade meals prepared by Ginger and served at noon. Make your lunch reservations before noon two days before. The cost for lunch is by donation for seniors 60 and older; \$6 for others.

Friday, May 2: *Cheeseburger with the fixings, Green Beans, Potato Salad, Watermelon, Fruit Juice*

Friday, June 27: *Meatloaf, Mashed Potatoes, Gravy, Green Beans, Applesauce, Fruit Juice*



Joyful Painting

Oil painting practice will be held periodically at the Northern Senior Activity Center. Call for dates scheduled. There’s no fuss when painting in oils at a leisurely pace, join fellow artists practicing for fun and encouragement. Follow along with a Bob Ross DVD showing techniques that he has used. There is no cost for this class, however, you must bring your own supplies of paints and canvas.



YES! Cycling on Three Notch Trail

Whether it's a coordinated cycling group or friend get-togethers, enjoy traveling the Trail for fun and exercise. A "Terra Trike" recumbent bike, regular bikes and a tri-bike are available to check out at the front desk of the Northern Senior Activity Center. The YES=Youthful Energetic Seniors Cycling Program will be meeting on specific dates in late summer. To learn more, contact the Center at 301-475-4002, ext. 1003, for developing details on July and August activities.



'Hanging Basket' Weaving Class Tuesday, June 3 and Thursday, June 5 1-4 p.m.

Try your hand at weaving a Hanging Basket (about 10" in diameter) which is a reed basket woven around a black metal wire frame. The basket hangs from black metal chain. Some choice of colors for embellishment will be available. This basket will look terrific filled with flowers. Class includes 2 sessions. The cost for the kit and instruction is \$35. Payment must be received by Friday, May 30 to reserve a spot in the class, as space is limited. Call the Northern Senior Activity Center.

Living Well With Chronic Conditions

Mondays, May 5-June 16 (6 sessions)

12:30-3 p.m. FREE

Start doing something wonderful for yourself; improving your life even while dealing with a chronic health condition! This is an evidence-based program that was developed by Stanford University to help people with chronic conditions take charge of their life by developing self-management skills, including dealing with depression and fatigue, pain management, working with health care providers and more. St. Mary's County Department of Aging & Human Services, in conjunction with Health Connections has been offering this workshop periodically over the last five years. Recently, new developments have been implemented that make this workshop even more effective. If you have a chronic condition and are serious about improving the way you feel, this is the workshop for you. There is no charge for taking this class; however, a commitment to regular attendance is needed for good results.



Our Council at Work! **Northern Senior Activity Center Council**

Between 13 active members, 6 associates, and many friends of the Council, there is much that has been done from late 2013 into the 2014 calendar year. And more is yet to come....

Fixin up!

Holiday Decorating and un-decorating
Restroom commode replacement

Raffles!

Dura flame heater
Mickey Mouse Bears

Fundraising!

Ceramics
October Yard Sale
Periodic trips including upcoming April 9 to Harrington Casino, May 14 to the Sight and Sound Theater to see Moses and July 8 Delaware Park Casino

Free events & treats!

Weekly Baked goods pickup & distribution
Quarterly cakewalks
Complimentary entertainment, gifts and refreshments at holiday parties and other events

Activities!

Monday Bunco, Wii Bowling Tournaments, Scrapbooking, Bingo, maintaining the Library, Book Club, Center grounds landscaping, Meal and Special Food Events

Save These Dates:

- July 25: Sock Hop & Car Show
- August 1: Photo Contest Entries Due

Signature Programs & Activities

- 1) Northern Stars Theatre Group meeting on May 9, June 13
- 2) Scrapbooking on May 15, June 19
- 3) Lyme Disease Discussion and Support Group on July 10
- 4) Bikes on Loan for Trail Rides
- 5) Basket weaving on June 3 and 5
- 6) Circuit training class every Friday at 2 p.m.
- 7) Monthly breakfasts: May 21, June 18



Raise Your Voice in Song
Loffler Senior Activity Center
Monday or Tuesday TBD, 2-3 p.m. Six weeks
\$25 per person for 6 weeks

Choir lessons are on the way! With 15 interested folks, Dr. Robert L. Jefferson, who teaches piano lessons at Loffler, will start choir lessons. Raising your voice in song might help you feel better, sing better and have some fun while doing so. The \$25 fee is to be paid directly to the instructor on the first day of class. Call 301-737-5670, ext. 1658 to sign up.



.JPIG (Join our Photo Interest Group)

Come together in a forum with other photo fans 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 soon 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 meetson the fourth Thursday of the month at 11 a.m. To learn more or to join, call 301-475-4002, ext. 1003.



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.



Trips and Tours

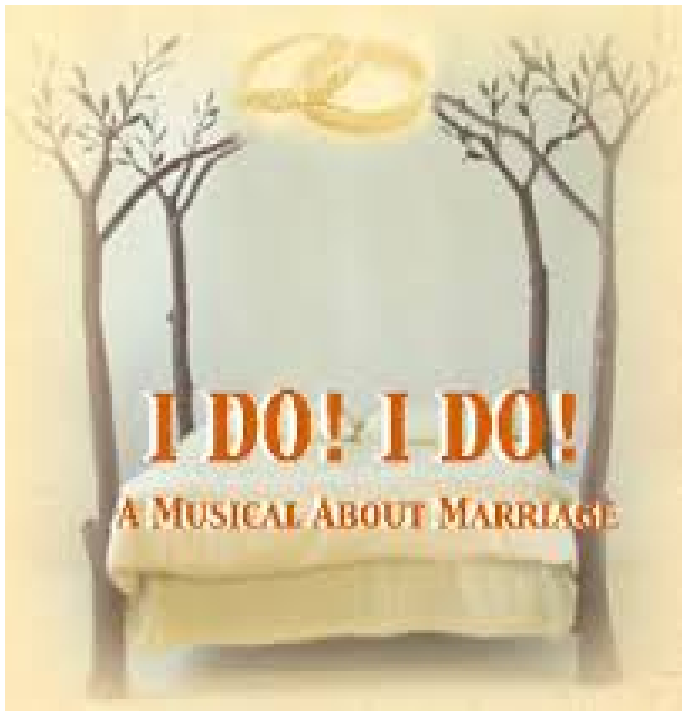
Infinity Theatre in Annapolis:

I Do! I Do!

Thursday, July 31

Travel to Infinity Theatre in Annapolis for lunch at the Broadneck Grill, followed by a

musical about marriage. The story begins as Michael and Agnes discover the joys and fears of their wedding day, - and wedding night, - then swiftly travel with them through fifty years of marriage. *I Do! I Do!* is a delightful musical led by two powerhouse performers exploring fifty



years of love and change, as they display life in its most concentrated form; marriage! The cost of this trip is \$90 and includes travel on a motor coach bus, lunch at Broadneck Grill, a full length professional musical, all gratuities including tip for the bus driver as well as snack and water on the return trip. Departure times will be:

Loffler 9:30 a.m.

Garvey 10 a.m.

Northern 10:30 a.m.

Your spot is reserved when you have made full payment, which you can do at any of the senior activity centers in the county or by mail. To learn more call Brandy at 301-475-4200, ext. 1062.

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

Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager

Older Americans Month; A Good Thing or a Bad Thing?

The word “older” sometimes carries a negative connotation, especially the older we get. Many of us can remember when we were young and wanted to be older – so much so that we didn’t just count our age in years, but in months and sometimes days as well. At what age did we stop doing this? When did “older” become not such a good thing? Is there a point at which you stopped admitting your age? Or, perhaps, started claiming to be younger than you actually are?

When Young, We Want to be Older

When I was very young, I remember wanting to be old enough to go to school. I loved learning, and school seemed like an exciting place for my eager young mind. I didn’t go to kindergarten, so the idea of being old enough to enter first grade was something I really looked forward to.

When Somewhat Older, We Want to be Even Older

After grade school, I looked forward to going to junior high. I was sure the classes there would be even more interesting and the boys more mature than the silly boys in grade school. Even at that young age, getting older meant moving on to more and better opportunities.

When Even Older, We Want to be Older Still

Once in junior high, I looked forward to high school. That seemed to me the epitome of youthful endeavor – being old enough to get my learner’s permit, a car, and independence! First I wanted to reach “sweet sixteen.” Then I wanted to reach eighteen, graduate from high school, and go on to college. Then I aimed for twenty-one, which represented adulthood and even more freedoms; entering the world of work, getting my own place, buying my first car!

What Happens When You No Longer Aspire to Be Older?

After the age of twenty-one, I enjoyed working in various jobs, expanding my career skills, meeting new people, stretching myself. Over the years I’ve learned a lot and enjoyed many successes along the way. I’ve also made plenty of mistakes. I’ve had to make corrections, re-direct my efforts, and embrace new challenges. Life has been good, very good much of the time. But I’ve also encountered my share of bumps and bruises, disappointments and setbacks. And while I no longer look forward to growing older, I do look forward to continuing to grow.



Will You Continue to Grow as You Continue to Grow Older?

As we age, we have a choice to make. We can put our lives on cruise control and settle into a life of comfort and routine. If we do so, our lives tend to level off and plateau. Or we can focus on our aches, pains, and physical limitations, a choice that can actually hasten our decline. Or we can focus on our remaining abilities and keep on growing. We can learn new things, embrace challenges, explore new opportunities, expand our horizons, create new friendships, and reach out to others in meaningful ways. Each stage of life offers us opportunities for growth. At RSVP, we encourage “older Americans” to continue to learn, live, and grow through volunteering.

Kudos to RSVP Volunteers for Another Record-Breaking Year!

RSVP celebrated a significant milestone at our annual Volunteer Appreciation and Awards Banquet held March 27 at the Forrest Technology Center. During the awards program, we presented Jack Russell, President of the Board of County Commissioners, with a check for \$842,385 representing the value of 36,546 hours of service RSVP volunteers gave in 2013. That's a new record for RSVP of St. Mary's County, and we want to thank all our volunteers who contributed to this new height in volunteer service. Your contributions are critical to the services provided by county agencies and local non-profits, and we want to thank you for demonstrating how valuable senior volunteers are to the quality of life in our community.

Awards Program Highlights

Among the RSVP volunteers recognized at our annual awards banquet were 15 volunteers who received gold award pins for 500 or more hours of service; 20 volunteers who received silver award pins for 250-499 hours of service; and 57 volunteers who received bronze award pins for 100-249 hours of service. Volunteers were also honored for their years of service, including Rupert Dalrymple, who has served more than 25 years with RSVP! Earning top honors was Vickie Dell, Volunteer Coordinator at the Helping Hands Food Pantry, who received the Presidential Call to Service Award for more than 4,000 lifetime hours of service. Thank you, Vickie, and all our volunteers and honorees for your service to our community!

RSVP Volunteer Receives Top Honors from Mechanicsville Volunteer Rescue Squad

RSVP volunteer Ron Talton gave 2,967 hours of volunteer service in 2013 to the Mechanicsville Volunteer Rescue Squad and was honored as Squad Member of the Year for 2013. Certified as a Driver and Emergency Medical Responder, Ron was also honored as the First Place Driver of the top ten in 2013 with 671 calls and the First Place Runner of the top ten in 2013 with 946 calls. He and his fellow crew members were also selected by the St. Mary's County Medical Director for the CPR Save and Life-Saving Efforts awards. We want to offer our congratulations and thanks to Ron for all you do to keep the citizens of St. Mary's County safe!

RSVP Volunteer Nominated for St. Mary's County Woman of the Year

RSVP Volunteer Deb Johnstone was nominated for the St. Mary's County Woman of the Year Award for 2013. Among Deb's many contributions as an RSVP Volunteer, she serves as a Volunteer Tax Aide, Learning is ForEver Program Volunteer, Senior Rides Volunteer, Hospice Volunteer, Commission on Aging Member, Health Fair Volunteer, and Piney Point Lighthouse Volunteer. Deb, thanks for your many contributions!

*Thanks to All
Our RSVP Senior Volunteers
Who Continue to Grow
Through Service to Others
And Our Community!*



To learn more about volunteer opportunities for seniors 55 years of age and "growing," call RSVP at 301-737-5670, ext. 1653, or e-mail <Norine.Rowe@stmarysmc.com>

Senior Safety Seminars; Presented by Triad/SALT



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 members. You can 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 safety seminar:

June Presentation Topic; Raising Awareness- Elder Abuse & Adult Protective Services

Elder abuse is a significant public health problem. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. Many victims are unable or afraid to tell the police, family, or friends about the violence. This presentation will address the purpose of Adult Protective Services, the benefits of the program and what to do if you suspect someone is being abused, neglected, or exploited. Please wear purple to show your support for Elder Abuse Awareness Day, celebrated June 15, annually. This seminar is open to the public. To register call, 301-475-4200, ext. 1073



Garvey Senior Activity Center Staff wear their purple clothes and ribbons to show support for Elder Abuse Awareness day.

Thursday, June 19, 2014
2 p.m.

Lexington Park Senior Apartments

NEW BEGINNING

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
	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. 21)	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.)



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 tours of the Naval Academy, Calvert Marine Museum Skipjack Ride, Geppi's Entertainment Museum in Baltimore and Oriole Park at Camden Yards, plus educational tours in the tri-county area, including early Maryland history at St. Mary's City and the Amish/Mennonite community. Be sure to pick up your booklet as they 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!

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 May 14 & June 11	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’
*First Class Events &
 Entertainment at your
 Senior Activity Center!*

Ongoing Physical Fitness Activities At Garvey and Loffler Centers

Location	Title	Day(s)	Time	Cost
<p>Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050</p> <p>*F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	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	
<p>Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658</p> <p>* F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	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	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	Call		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	10-10:45 a.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

* 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 "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 Leonardtwn 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
	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 appt.	Free
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	Page Turners Book Club	Gloria Fusco	4th Monday	1 p.m.	Free
	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*

34

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 Rd. 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

36

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

Memorial Day, Monday, May 26, 2014

NEW BEGINNING