

# NEW BEGINNING

**VOLUME 32 ISSUE 6**

**NOVEMBER/DECEMBER 2019**

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



*Giving Thanks!  
Caregivers, Veterans,  
Family, Friends*

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## From the Director's Desk

*By Lori Jennings-Harris, Director*

November is upon us yet again. What better time to reflect on this year and to give thanks, not just for family and friends, but for the many ways we may remain engaged and involved within our community. Our Department has programs for individuals who require in-home personal care assistance, transportation, counseling on health insurance benefits, home delivered-meals, etc.

As well, being involved with what the Department of Aging & Human Services has to offer is perfect for learning ways to stay active and connected with others who have similar interests. Our exercise and fitness classes are made available in a variety of ways to help our seniors continue to live healthier lives. To help us reach more older adults in our community, we are awaiting the completion of the newest senior activity center, known affectionately as Garvey! The new Garvey Senior Activity Center will remain located in the Leonardtown area, not far from its current site. If all goes as planned and the weather cooperates, the new building will be completed by March of 2020. The new structure will give us more room to grow physically, as well as programmatically. We will have rooms specifically designed for those interested in creating art pieces, engaging in physical fitness, playing a game of pool or ping pong, competing in a friendly game of Pinochle, learning the latest line dances, or having a tasty and balanced lunch, just to name a few of the things happening now and in the future.

The Department of Aging & Human Services staff members are excited about the completion and impending opening of the new Garvey Senior Activity Center (combined with the new Leonardtown Library). We look forward to continuing to serve the seniors of our community, not only those who currently participate in our programs and trips, but to those older adults looking for ways to become involved with something new and exciting. We are thankful for the vision, support and commitment of the Commissioners of St. Mary's County who recognize the growing number of seniors in our community and the importance of keeping pace with them and their continued needs. We are also thankful for the dedication of the members of the Garvey Council for their support throughout this process. Last, but certainly not least, we are appreciative of all the seniors who have made Garvey part of their lives over many years. Thanks to you all!

We are enthusiastic about the new building and look forward to what is to come at the new Garvey Senior Activity Center!

## NEW BEGINNING

The Commissioners of  
St. Mary's County  
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To receive a copy of this newsletter through the U.S. Mail, call 301-475-4200, ext. 71050.

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](http://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.

# Veterans Resource Day

Hosted by the  
**St. Mary's County Department of  
Aging & Human Services**

Friday, Nov. 8, 2019  
9 a.m. - 2 p.m.

Southern Maryland  
Higher Education Center  
44219 Airport Road, California, MD

Workshops

Informational Booths

Question and Answer Forum

One-on-One Counseling

Thanks to our generous event partners!



For more information, contact Sarah Miller  
Phone: 301-475-4200, ext 71073 \* Email: [sarah.miller@stmarysmd.com](mailto:sarah.miller@stmarysmd.com)  
Website: [www.stmarysmd.com/veterans.asp](http://www.stmarysmd.com/veterans.asp)

## RSVP of St. Mary's County Helps Celebrate 25 Years of National Service

Norine Rowe (right), Manager of the Retired & Senior Volunteer Program (RSVP) of St. Mary's County, attended the 25<sup>th</sup> Anniversary Celebration of National Service on September 18 in Washington, D.C. Rowe was invited to represent an RSVP program operating for 25 years or more. RSVP of St. Mary's County has been recruiting and placing senior volunteers age 55 and above with local county agencies and non-profit organizations for 30 years, since 1989. Throughout this time, RSVP of St. Mary's County has enjoyed the support of the Commissioners of St. Mary's County under the sponsorship of the Department of Aging & Human Services. Last year, 298 senior volunteers with RSVP of St. Mary's County provided 35,534 hours of service valued at \$977,185. Rowe is pictured here with Barbara Stewart (center), Chief Executive Officer of the Corporation for National & Community Service, RSVP's federal funding agency, and Gina Lewis (left), Peninsula Foster Grandparent Program Director, Hampton, VA, also operating for 25+ years.



**Help us celebrate 25 years more!**

**For information on senior volunteer opportunities with RSVP of St. Mary's County call 301-475-4200, ext. 71650 or 71653, visit [www.co.saint-marys.md.us/aging](http://www.co.saint-marys.md.us/aging) or e-mail [RSVP@stmarysmd.com](mailto:RSVP@stmarysmd.com).**





## Nutrition Corner

By Donna Taggert, RD/LD/CDE  
Email: [dtaggert26@hotmail.com](mailto:dtaggert26@hotmail.com)

As we enter the holiday season, eating can get out of control and all that hard work to lose weight, perhaps during the summer months, can be defeated. So, what can we do? Believe it or not, even small diet changes can yield big results.

Here are some examples of some small diet changes that can be easy to implement during the hectic holiday season to achieve better health and lasting weight loss success.

**TAKE IT SLOW.** When we rush through meals we tend to overeat since we are not registering fullness. A 2018 study found people who ate quickly were 42 percent more likely to be overweight, so put down your fork between bites and enjoy the conversation.

**SCALE DOWN.** Often by just changing the size of your plates, bowls and glasses can help decrease calories.

**DRINK, THEN EAT.** Research has found that drinking more water each day can be an effective strategy towards eating less. Another study showed people who drank 2 cups of water 30 minutes before their main meals lost more weight over a 3-month period than those who did not. So, at those holiday parties let a large glass of water be your appetizer.

**FILL UP ON FIBER.** By adding more fiber-rich foods like whole grains, vegetables, fruits, legumes and seeds can help towards weight loss by helping you feel full and increasing beneficial bugs in our gut that may help improve body composition. Carry a small snack bag of these foods while out shopping and you will be less inclined to hit the fast food places.

**RISE AND DINE ON PROTEIN.** A number of studies have shown that getting enough protein in the morning can help in losing weight. Try adding an egg, yogurt or a nut butter to your current breakfast if it tends to be heavy on carbs.

**SHUFFLE YOUR CALORIES.** A study has shown that those who ate their biggest meal at lunch lost more weight than those who had their biggest meal at dinner. This may be due to differences in our hormone levels that help us burn more calories earlier in the day.

So enjoy your holidays and all the great food that comes with them but give these suggestions a try and come January, perhaps you won't be searching for a new diet to try.

*Information provided by Environmental Nutrition, June 2018*

### Nutrition Counseling & Presentation with Donna Taggert

**Loffler Senior Activity Center**  
**Mondays, Nov. 4 & Dec. 2**  
**Counseling Sessions - 9 a.m. & 11 a.m.**  
**Presentation - 10 a.m.**

**Northern Senior Activity Center**  
**Mondays, Nov. 18 & Dec. 9**  
**Presentation - 1 p.m. & 2 p.m.**

**Garvey Senior Activity Center**  
**Mondays, Nov. 18 & Dec. 16**  
**Counseling Sessions - 8:30 a.m. & 9:30 a.m.**  
**Presentation - 10:30 a.m.**

Do you have questions about your diet that you would like answered? Ms. Taggert will be at the local senior activity centers to help answer those questions. Call her directly to make your nutrition counseling appointment - 240-538-6539. In November, the title of her presentation will be "*National Diabetes Month - How to Manage Diabetes with the MED Diet.*" In December, the topic of her presentation will be on "*Holiday Eating*".



## Home & Community-Based Services

*Rebecca Kessler, HCBS Division Manager  
Daphne Bennear, HCBS Program Coordinator*

Dry skin is a constant challenge in cold weather. However, for people with thin, fragile skin it is of special concern. Here are a few tips for keeping skin healthy in these cold months.

**Rub it in!** Use extra moisturizer of extremities and places that get the cold air...like your face and hands. An oil-based moisturizer is best because it creates a protective barrier.

**Pucker up!** Use lip moisturizer. Keep it handy and reapply often.

**Get Steamy!** Use a humidifier to help restore moisture to the air.

**Move it!** Moving around promotes blood circulation which allows the skin to get the nutrients and oxygen it needs to stay healthy. Even if someone cannot move repositioning helps promote circulation. Those who are in a bed or a chair most of the day should be repositioned often to promote skin integrity.

**Let the Sunshine in!** Getting outside into the sunlight or just sitting by a sunny window can promote increased vitamin D which helps with increasing mood, boosting your immune system and discouraging cancer.

*Information compiled from - [www.caregiver-aid.com/winter-skin-care](http://www.caregiver-aid.com/winter-skin-care)*

The St. Mary's County Department of Aging & Human Services offers Respite Grants for family caregivers. Contact Daphne Bennear (301-475-4200, ext. 71069) to get an application.

**Save The Date!**  
**13th Annual**  
**Family Caregivers Breakfast**  
**November 15, 2019**  
Breakfast is on us!

Family caregivers are invited to enjoy a hearty breakfast, an encouraging speaker, and inspirational music!

**Contact Daphne Bennear for more information:**

**301 475 4200 ext. 71069**

***Daphne.bennear@stmarysmd.com***





# SENIOR CALL CHECK

## PEACE OF MIND FOR THOSE HOME ALONE



**1 (866) 502-0560**  
**aging.maryland.gov**

### How The Program Works

This **free service** will place an automated daily call to you at a regularly scheduled time. If the call is not picked up after **three attempts**, the service will call an **alternate person** on your behalf to check on you.

### Do I Qualify?

All you need to qualify for this free service is:

- Be a Maryland resident aged **sixty-five plus**.
- Have an **active** landline phone or cell phone.

### How to Sign Up

To sign up **online**, go to: **aging.maryland.gov**

To sign up **over the phone**, call: **1 (866) 502-0560**

### Questions?

Call 1 (866) 502-0560  
Monday to Friday 8:30 AM to 5 PM *(excluding holidays)*

Or:  
**aging.maryland.gov/Pages/senior-call-check.aspx**



Larry Hogan  
Governor

Boyd K. Rutherford  
Lt. Governor

Rona E. Kramer  
Secretary

# New Fall Prevention Program Coming to Senior Activity Centers

Introducing **Stepping On** - an evidence-based fall prevention program that empowers older adults to carry out health behaviors that reduce the risks of falls. It is a community-based workshop offered once a week for seven weeks using adult education and self-efficacy principles. Focus is on the following:

- Improving balance and strength
- Home and environmental safety
- Vision and medication review

Stepping On workshops are based on participation, mutual support, and success, which builds the participants' confidence in their ability to manage their health behaviors to reduce the risk of falls and to maintain active and fulfilling lives.

You may be a good candidate for this program if you are living at home independently (able to meet your own daily needs) and have experienced a fall or are concerned about falling, are able to walk independently or with the use of a cane, are willing and able to do simple exercises that are designed to build up strength in your legs and core, and can commit to meeting once a week for 2 hours for 7 consecutive weeks (barring weather).

Through the generosity of a grant, this workshop will be offered for free. If you wish to sign up, please call the center of your choice to register.

## The Stepping On Series will be held at the:

### Garvey Senior Activity Center

**Mondays, Nov. 4-Dec. 23, 1:30 – 3:30 p.m.**

For more information or to sign up, call 301-475-4200, ext. 71050, or visit the Garvey Senior Activity Center.

### Loffler Senior Activity Center

**Wednesdays, Jan. 15-Feb. 26, 1-3 p.m.**

These sessions will be taught by Alice Allen and Shellie Graziano. For more information or to sign up, call 301-475-4200, ext. 71658 or visit the Loffler Senior Activity Center.

## EXPLORE THE WORLD THROUGH FOOD

Do you want to explore the world, but your budget is limited?

Well, Southern Maryland has many American and Ethnic restaurants.

Maybe you have wanted to visit these restaurants, but didn't want to dine alone?

Well, here's your chance! Join Deb Johnstone as she samples food from around the world!

We will visit a variety of restaurants on the second Wednesday of the month at 11:30 a.m.

Please call 301-475-4200, ext. 71050, to make a reservation.

Nov. 13, 2019

Tearrific

Asian

Dec. 11, 2019

Chipolte

Tex-Mex

Jan. 8, 2020

Bollywood

Indian

Senior Activity Center programs are available to those 50 years of age and older, unless otherwise noted. Please 301-475-4200, ext. 71050, call for participation criteria.



# Welcome Mary Flood



The Department of Aging & Human Services' Human Services Division is pleased to welcome Mary Flood to the team! Flood is a new Coordinator II working with resource agencies serving families and children in St. Mary's County. She organizes services and connects them with the people who need them. Services include behavioral health, occupational, and day treatments. Flood was born in North Carolina. Her parents worked first at the North Carolina School for the Deaf, then at the Maryland School for the Deaf. As a result, Flood is familiar with sign language. She is also sensitive to the needs of others. "I've always been drawn to people who need an extra hand," Flood said.

Her experiences growing up served Flood well when she chose to serve as a deaf educator with the Peace Corps. Following the Peace Corps, Flood taught history and special education in St. Mary's County Public Schools. Her wide variety of experience and empathy for others serves her well in her work with the Department of Aging & Human Services.

In her personal life, Flood enjoys performing in a folk rock/blues acoustic duo with her husband and sings at her church. She also cans tomatoes, is an avid reader, and loves exploring local thrift shops, dubbing herself the "thrift store fashionista."



## Aging & Disability Resource Center

Where do I begin to access needed services & resources?

The ADRC/MAP is a free information and referral service. It is open to the public and to individuals of all income levels. If you or a loved one needs assistance, please call or visit the Potomac Building. Jenny Beyer, Aging & Disability Resource Coordinator, will assist you.

### For more information, contact:

Jenny Beyer  
Aging & Disability Resource /Maryland Access Point Coordinator  
23115 Leonard Hall Drive, Leonardtown, MD  
301-475-4200, ext. 71057  
Jennette.Beyer@stmarysmd.com  
[www.stmarysmd.com/aging/MAP.asp](http://www.stmarysmd.com/aging/MAP.asp)

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# Senior Information & Assistance

By Debbie Barker, Senior I&A Division Manager

**Medicare pays 100% for flu shots... Avoid the flu this Winter...  
Get your shot today!**

## **New Medicare Cards**

By now everyone should have received their new Medicare card with a unique Medicare ID number. The process of replacing Medicare cards that used a beneficiary's social security number as their ID number started in Spring 2018. As of Jan. 1, 2020, you will not be able to use your old card; therefore, if you have not received the new card it may be because Social Security does not have your correct address on file. If this is the situation, you will need to call Social Security at 1-800-772-1213 to update your information or create an on-line account at [ssa.gov](http://ssa.gov). You can also print a copy of your new card by creating a [MyMedicare.gov](http://MyMedicare.gov) account.

## **Medicare Part D Open Enrollment**

Open Enrollment for Medicare Part D will continue through December 7. During this time beneficiaries should review the information they received from their current plan provider to ensure their plan meets their needs in 2020. Changes you should look for are premiums, deductibles, co-pays, and covered medications. If you have concerns about any changes you can review your options on the Medicare.gov plan finder, which lists all of the 2020 plans.



# Volunteer Drivers Needed

\*\*\**Flexible Schedule*\*\*\*

\*\*\**Fuel Mileage Reimbursement*\*\*\*

\*\*\**Rewarding Volunteer Opportunity*\*\*\*

**Contact: Ir'Sha'Laun Bailey,  
Senior Rides Program Coordinator  
Department of Aging & Human Services  
301-475-4200, ext. 71066**

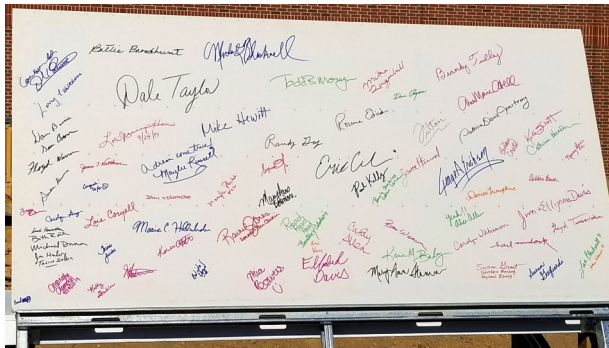


# Closing-In Ceremony at the New Leonardtown Library and Garvey Senior Activity Center

The Department of Aging & Human Services was pleased to join the Commissioners of St. Mary's County, the St. Mary's County Library Leonardtown Branch, the Board of Library Trustees, the Commission on Aging, the Friends of St. Mary's County Library, and the Garvey Senior Activity Center Council, Inc., among additional local dignitaries, in celebrating the official closing-in of the new Leonardtown Library and Garvey Senior Activity Center on Tuesday, Sept. 24! Attendees had the opportunity to sign a piece of gypsum board, which will be used in the construction of the interior of the building. The Department looks forward to welcoming the community to the new Garvey Senior Activity Center in 2020!

## A few facts -

The building will be an estimated 45,500 square feet.  
 Estimated Project Cost: \$21.5 million  
 Estimated Completion Date: March 2020



Left - Attendees at the closing-in celebration had a chance to leave their signature on the interior of the building.



Right - Department of Aging & Human Services Director Lori Jennings-Harris and Garvey Senior Activity Center Council, Inc., President Dale Taylor are excited for the new Garvey Senior Activity Center!



Garvey Senior Activity Center Council, Inc., President Dale Taylor leaves her signature on a project she has advocated for since its inception.



Commission on Aging Chairperson Gail Murdock says a few words during the Leonardtown Library and Garvey Senior Activity Center Closing-In Celebration.



Commissioners of St. Mary's County President Randy Guy expresses his pride in a project that will benefit St. Mary's County for years to come.



St. Mary's County Library Director Michael Blackwell adds his mark to a piece of the new Leonardtown Library and Garvey Senior Activity Center.

# Home-Delivered Meals Program Recognizes Volunteers



The Department of Aging & Human Services was pleased to host the annual Home-Delivered Meals Volunteer Recognition Banquet on Thursday, Sept. 26! These volunteers provide a vital service delivering meals to home-bound seniors throughout the county and their dedication is appreciated by all. Are you interested in volunteering with Home-Delivered Meals? We want to hear from you! Visit [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging) or call 301-475-4200, ext. 71050, for more information!

*Left - Home-Delivered Meals Program Manager Monika Williams talks to volunteers during the Annual Home-Delivered Meals Banquet.*

# Department of Aging & Human Services Hosts Walk Maryland Day 5K

The Department of Aging & Human Services was pleased to host the annual Walk Maryland Day 5K! Thank you to everyone who participated despite the unseasonable heat! The Walk Maryland Initiative is a statewide program designed to encourage Marylanders to get out, explore their communities, and take strides toward leading healthier lives.



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## **Social Room Stockings** **Northern Senior Activity Center** **December 1-24**

Interested in a special holiday touch? See staff at Northern if you are interested in having a stocking hung by the fireplace for the month of December. You may find little elves will pay you a visit!



## Focus on Fitness

By Alice Allen, Division of Senior Center Operations Manager

While not the usual article on the importance of fitness, I would like to take this opportunity to thank the contractual fitness instructors who teach classes at the senior activity centers. These instructors work hard to provide you with high-quality, dynamic, fun fitness classes. Income for instructors is generated through the fitness card you purchase to attend. At \$35, the fitness card is a bargain as it allows you to attend any 10 classes of your choice at any senior activity center.

In thinking about thankfulness, I am thankful for our fitness instructors. They do such a wonderful job. Be sure to thank them for their enthusiasm and professionalism. Our fitness programs would not be the quality they are without them.



## The Senior Nutrition Program and Malnutrition

Did you know that someone who looks to be “healthy,” overweight, or underweight can actually be malnourished? Malnutrition is a misunderstood, serious, often overlooked condition that can lead to serious health conditions for many people in the United States. It is not just a problem that affects poor, disadvantaged people leaving them looking skinny. Being malnourished is a broad term that includes anyone who gets too much or too little nutrition or may have an imbalance of nutrients in their diet. A malnourished individual may be overweight or obese from too many calories in their diet without getting enough vitamins and minerals. Or, they may look underweight or even “normal.”

Causes of malnutrition include lack of access to sufficient and affordable food, digestive problems and issues with being able to absorb nutrients in food, heavy alcohol use, depression and other mental health issues, or being unable to get and prepare food. Older adults, particularly those living alone or having a disability are particularly prone to malnutrition. In fact, “research shows that up to 22 percent of older adults are malnourished and over 45 percent are at risk of malnutrition.” ([www.healthline.com](http://www.healthline.com) *Malnutrition: Definition, Symptoms and Treatment*. Lizzie Streit, MS, RDN, LD; Oct. 10, 2018).

So, a well-balanced noontime meal is available at your local senior activity center Monday through Friday. Seniors 50 years of age and older are welcome to have lunch at a senior activity center by making a reservation the day before. Cost of meals is \$6 for participants under 60 and by donation for those 60 years of age and older. For more information on the congregate meal program at your local senior activity center, call Alice at 301-475-4200, ext. 71063.

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# Garvey Senior Activity Center

In Leonardtown, 301-475-4200, ext. 71050

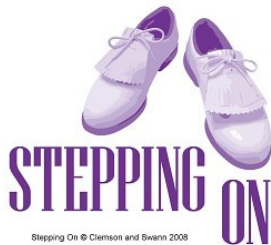
## **Basketball for Ages 50+ Margaret Brent Recreation Center**

**Fridays, Nov. 1 – Dec. 20 (no play Nov. 29), 10-11 a.m., Cost: \$14**

Pick-up basketball games will be held in the gymnasium. Games are open to both males and females ages 50 and above. Players may register in advance at the Garvey Senior Activity Center in Leonardtown or may register on November 1 prior to the start of the first game. For more information, call 301-475-4200, ext. 71050.

## **Stepping On Garvey Senior Activity Center**

**Monday, Nov. 4-Dec. 23 (No class Nov. 11), 1:30 p.m.-3:30 p.m.**



If you're like most people, you're careful about avoiding a fall. But there are some factors you may not be aware of that can influence your fall risk. Stepping On addresses those factors and arms you with the information and strategies you need to avoid a fall. In Stepping On workshops, we take fall prevention step-by-step. You'll learn how to build and maintain the physical strength and balance you need to walk confidently. From footwear to prescriptions, you'll learn what increases your risk of a fall, how to avoid it, and make an individualized action plan

to stay on your feet and living life the way you want.

Stepping On is a 7-week (one 2-hour session per week) falls prevention program conducted by trained leaders, and specially designed for adult learners. Stepping On has been researched and proven to reduce falls by 31 percent! This program brings together the life experience of its participants and the expertise of community professionals. From the first session, participants put new skills to use. Group members set short term goals each week - goals that focus on life activities that are most important to them. Physical therapists, pharmacists and other experts help the group adapt fall prevention practices for individual needs and levels. For more information or to sign up for the workshop please call, 301-475-4200, ext. 71050.



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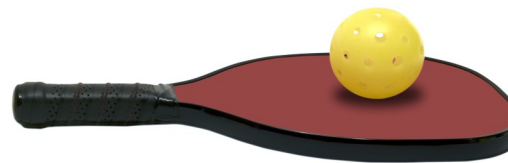
## **Let's Talk- Discussion Garvey Senior Activity Center**

**Tuesdays, 1-2:30 p.m., starting Nov. 5**

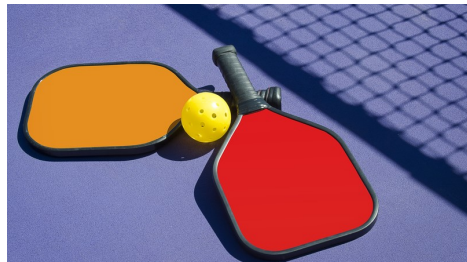
Let's Talk- come join a moderated discussion about current events; share your thoughts and perspective while we learn from each other. All subjects allowed; art, culture, religion, politics, science, health, whatever strikes you. All that is required is a respectful attitude and sincere self-expression. Alongside your topics we will suggest a focus subject in advance, allowing you to read up on something you may know less about. Our first session topic suggestion- "Help in deciding which media information to trust."

Sign up by calling 301-475-4200, ext. 71050.

**Pickleball for Experienced Players**  
**Leonard Hall Recreation Center**  
**Mondays, Nov. 4 – Dec. 16**  
**(No play Nov. 11), 8-10 a.m., Cost: \$24**  
**Wednesdays, Nov. 6 – Dec. 18, 8-10 a.m.,**  
**Cost: \$28**



These pickleball sessions are for those who are familiar with the game of Pickleball. Registration opens Monday, October 21 at 8 a.m. at the Garvey Senior Activity Center. To learn more call 301-475-4200, ext. 71050.



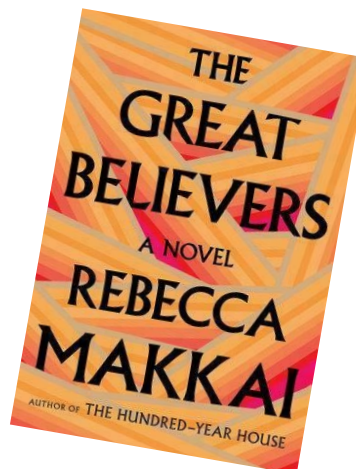
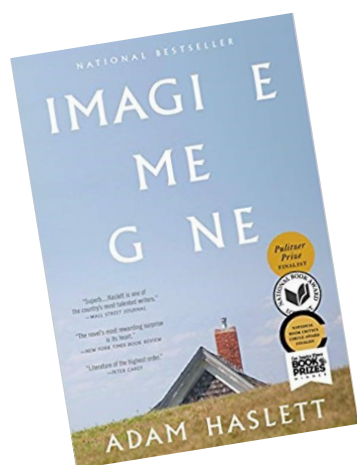
**Pickleball for Beginners**  
**Leonard Hall Recreation Center**  
**Tuesdays, Nov. 5 – Dec. 17, 8-10 a.m., Cost: \$28**  
Learn the rules and strategy for the game of Pickleball. This session is for those who are new to the game. Registration opens Monday, Oct. 21 at the Garvey Senior Activity Center. To learn more call 301-475-4200, ext. 71050.

**Ceramics with Marti**  
**Garvey Senior Activity Center**  
**Wednesday, Nov. 6, 10 a.m., Cost: \$10**

If you enjoy painting and creating personalized gifts or decorations for the home this is the class for you! Marti Cotterell will be teaching the class and offering instruction on painting techniques. The class will be painting Christmas themed décor. The cost of the class is \$10 for each item painted and includes the firing of the item. For more information please call, 301-475-4200, ext. 71050.

**Book Discussion Group**  
**Garvey Senior Activity Center**  
**Wednesdays, Nov. 13 & Dec. 11, 10:30 a.m.**

The book discussion group provides an opportunity for attendees to share in their love of reading. The group is always welcoming of new members. In November they will discuss *Imagine Me Gone: A Novel* by Adam Haslett. In December the group will discuss *The Great Believers* by Rebecca Makkai. Loaner copies are available. To learn more call 301-475-4200, ext. 71072.



**Pouring Art Class**  
**Garvey Senior Activity Center**  
**Wednesday, Nov. 20, 10 a.m., Cost: \$10**

Acrylic pouring is a fun and easy way to create one-of-a-kind works of art. Even if you've never painted before and don't consider yourself an artist, this technique is something anyone can do. All it takes is the right supplies and a little know-how, which you'll learn in this class. Each person will take home their very own piece of art. For more information, or to pre-register, please call 301-475-4200, ext. 71050.



**Knee School: Why does my knee hurt?**  
**Garvey Senior Activity Center**  
**Tuesday, Nov. 19, 10 a.m.**

Rick Hageman, Clinic Manager and Physical Therapist with ProFlex Physical Therapy, will be here to present on knee pain. Learn about your knee, what problems you may have and what you can do to stop or reduce the pain. Attendees will be provided with a self-assessment to determine the possible origin of pain and/or instability. Activities will be demonstrated to help manage knee pain. This program is a straight forward approach to understanding your knee and the many options available to control knee pain and improve the quality of your life. This presentation is free; however, space is limited and advance registration is required. To register, call 301-475-4200, ext. 71050.

**Luncheon with Robert Anthony**  
**Garvey Senior Activity Center**  
**Wednesday, Nov. 20, 12 p.m.**

Come join us as we welcome a NEW performer to the Garvey Senior Activity Center, Robert Anthony. He will take us back in time to the music of those like the Rat Pack and Frank Sinatra. Robert Anthony is an entertainer originally from St. Louis, Missouri. He has been involved in music all this life, first as part of his schools chorus then as a member of song ministry at his church for 18 years. During this time, his church became involved in monthly visits to the VA hospital and a local nursing home to sing and visit with the residents. Since that time, he has relocated to Maryland and worked as a Certified Nursing Assistant (CNA) and as an Activities Coordinator in senior communities. He was inspired as he saw the positive effects singing and music had on mood, memory and quality of life for residents in these communities. The menu for the day will be lasagna, spinach, tossed salad/dressing, dinner roll, peaches and orange juice. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Call 301-475-4200, ext. 71050, to learn more or to make reservations.



**Rustic Wooden Disc Holiday Ornaments**  
**Garvey Senior Activity Center**  
**Monday, Nov. 25, 10 a.m.**

Craft and chat with the Garvey Senior Activity Center Operations Manager. We will be making rustic wooden disc ornaments – perfect for decorating a Christmas tree or giving as gifts. Cost is \$1 per ornament with a maximum of 4 ornaments per person. Payment and number of ornaments are due when registering. Space is limited. To learn more, call 301-475-4200, ext. 71050.





**Holiday Music Showcase with Lunch  
Garvey Senior Activity Center  
Wednesday, Dec. 4, 12 p.m.**

Enjoy a lovely meal while Diane Trautman will play holiday tunes on the piano. Following the meal, Kathy Creswell will lead us in a Holiday Music Showcase. You won't want to miss this lively holiday celebration. Sign up in advance by calling 301-475-4200, ext. 71050.

**Hear for the Holidays  
Garvey Senior Activity Center  
Tuesday, December 10  
10 a.m.-12 p.m.**

Dr. Pinno, with Jacobs Audiology, will be at the Garvey Senior Activity Center from 10 a.m.-12 p.m. on Tuesday, Dec. 10. She will be here to answer any questions you may have about hearing loss as well as offering hearing screenings and cleaning of hearing aids. No reservations are needed! There will be light refreshments, giveaways and door prizes for those who attend. For more information please call 301-475-4200, ext. 71050.

**Gingerbread Houses Craft Class  
Garvey Senior Activity Center  
Wednesday, Dec. 11, 10 a.m.**

Come join us as we create the time-honored tradition of holiday gingerbread houses! We will supply all the materials and you supply the creativity. Each person will take home one gingerbread house. We will have hot cocoa and cookies to enjoy as well. Cost for the class is \$10. Payment is due when registering. Space is limited. To learn more or to sign up, call 301-475-4200, ext. 71050.



**A Holiday Lunchtime Theater Performance  
Garvey Senior Activity Center  
Wednesday, Dec. 18, 12 p.m.**

The Reader's Theater will share two holiday performances; performance details coming soon! On the menu for lunch is Stuffed Shells w/ Tomato Sauce, Garlic Bread, Seasoned Spinach, Pears, Bread Pudding w/Vanilla Sauce. Reservations are required and can be made by calling 301-475-4200, ext. 71050.

**Indoor Gym Walking  
Leonard Hall Recreation Center  
Tuesdays & Thursdays, 12:15 – 1:15 p.m.**

The weather is getting cooler but don't let that stop you from getting in your steps. Walking is one of the safest, most effective forms of physical activity for older adults. This indoor walking opportunity allows for walking in a climate controlled gymnasium with other walkers. Advance sign up is not required; however, walkers are required to complete a registration form and waiver at their first walking session. To learn more, call 301-475-4200, ext. 71050.

# Loffler Senior Activity Center

In Great Mills, 301-475-4200, ext. 71658

## Gift donations needed for Christmas Gift Bingo

### Loffler Senior Activity Center

#### Donations accepted Nov. 4-Dec. 17

Have you ever been given a lovely gift you just can't use but it's too nice to get rid of? Or you are out shopping and you see something that is priced so well you must get it even though you don't need it yourself? Maybe you simply have unopened items you thought you wanted but changed your mind after you got home. Quite likely someone who plays Bingo at Loffler knows just the person who could use that item and he/she is on their Christmas list! Consider donating these items to Loffler's annual Christmas Gift Bingo! We are looking for new items (even toys!) to put on the prize table. Bring your gifts (not gift-wrapped) to Loffler anytime between Nov. 4 and Dec. 17. (Please, no expired foodstuff or shopworn or used items- our players give these as gifts to their loved ones.)



## Presentation: What is a Veterans Organization?

### Loffler Senior Activity Center

#### Tuesday, Nov. 5, 10 a.m., Free

Have you ever wondered about those pieces of military equipment outside several buildings as you drive down the road? Often, the equipment is positioned outside of the buildings owned and maintained by military veterans' organizations. Mike Barbour, a 20-year Navy veteran and lifetime member of many of these organizations, will provide an overview of the organizations within the area and explain why they were chartered. Sign up by calling 301-475-4200, ext. 71658, or stop by the reception desk to secure your place.

## Veterans Circle Celebration

### Loffler Senior Activity Center

#### Friday, Nov. 8, 9:30-10:30 a.m.,

#### \$4 for civilians, FREE for veterans

To honor all veterans, active duty and former service members Loffler Senior Activity Center invites everyone- especially veterans- to gather for this touching tribute to those who have served our country and those who serve today. Veterans- wear your ribbons (and your uniform if you wish). A tasty breakfast will begin at 9:30 a.m.; opening ceremony at 10 a.m. Cost is \$4 for civilians, FREE for veterans and active duty service members. Call 301-475-4200, ext. 71658, before Nov. 3 to reserve your spot. Indicate if you are a veteran when you sign up. Limited space is available.



**Educational Video Series: Navy Seals; The Untold Stories  
Loffler Senior Activity Center**

**Wednesday, Nov. 13, 10 a.m. (circa 180 min.), Free**

In an era of fierce conflict and global chaos, the U.S. Navy SEALs stand ready to answer their nation's call. Based on first person accounts, this mini-series captures the danger and emotion of three actual, classified SEAL missions: Grenada, Somalia, and Panama. Because the length of this video is 180 minutes, the group should stop the video at 11:30 for a lunch break. If you wish to reserve a meal when you sign up for the video, call 301-475-4200, ext. 71657. Lunches are \$6 per person for those under 60 and by donation for those who are 60 or older. Or you can bring your own lunch. There are 16 seats available, reserve yours by calling 301-737-5670, ext. 71658, or stop by the reception desk.

**Loffler Arts and Craft Bazaar  
Loffler Senior Activity Center**

**Tuesday, Nov. 19, 10 a.m.-2 p.m.**

The arts & craft programs at Loffler have spent the past several months preparing for the biennial Craft Bazaar, which will be held Tuesday, Nov. 19 in conjunction with our Thanksgiving Lunch Connection. This will be a perfect opportunity to buy hand-made Christmas gifts at reasonable prices while supporting programming at the Loffler Senior Activity Center. Plus, if you sign up for the Lunch Connection you can enjoy a delicious turkey dinner and some live music. Call 301-475-4200, ext. 71658.

**Thanksgiving Centerpiece  
Loffler Senior Activity Center**

**Friday, Nov. 22, 10 a.m., Cost: \$10**

Make a simple Thanksgiving centerpiece using a small tray, assorted household items, some produce and a few fresh flowers with greenery. We will supply everything you need, but if you want to bring in some small natural autumn elements to enhance your tray such as acorns, nuts, cranberries or tiny pine cones you can surely do that! To sign up for this class or for more information call 301-475-4200, ext. 71658. Class size is limited to 10.



**December Monthly Craft: Tasty  
Christmas Cottage**

**Loffler Senior Activity Center**

**Thursday, Dec. 5 and Friday, Dec. 6, 10 a.m.**

**Cost: \$10**

This fun and popular workshop is another Loffler Senior Activity Center tradition! We will need two days to do this project- the first day we will construct the cottage and let it dry overnight and the next day we will decorate it with sweets. This cute little item is made with Pop Tarts so it makes up (and holds up) nice and easy. You can sign up for this project by calling 301-475-4200, ext. 71658, or by stopping by the reception desk by Monday, Dec. 3. Class size is limited to 8. Call 301-475-4200, ext. 71658, or stop by the reception desk to sign up.



## **Make a Fresh Holiday Wreath Loffler Senior Activity Center**

**Dec. 10, 9-11 a.m., Cost: \$30, Must have 10 registrants to hold class**

Use fresh greens and a decorative bow to create a beautiful wreath for your holiday decor. Or, surprise someone with one that you made yourself! Carol Davis will facilitate this workshop on Wednesday, December 10 from 9 a.m. until 11 a.m. Participants will walk out with a fresh wreath at the conclusion of the session. Fresh-cut greens, bows and wreath frames are included; just bring gloves to protect your hands and a pair of snips if you have them. Cost is \$30 per person, and pre-payment is required upon registration, by December 3. Checks should be made payable to the instructor. Call 301-475-4200, ext. 71658, or stop by in person to sign up and make payment arrangements. Ten participants are needed to hold the class.



## **Christmas Party: Celebrate the Season Loffler Senior Activity Center Friday, Dec. 13, 10 a.m.-2 p.m., Cost: \$14**

Set aside this date for the annual Christmas party. Our day will be sprinkled with magical moments as we enjoy all of our favorite party elements such as Mean Gene DJ, dancing, raffles, door prizes galore, party favors and a toast to the season of giving. Our feast, to be catered by Mission Barbecue, will include Sliced Smoked Turkey, Country Style Macaroni & Cheese, Homestyle Green Beans & Bacon, Savory Collard Greens and a

Dinner Roll. We will follow this up with a slice of Apple Pie and a scoop of Vanilla Ice Cream for dessert. Is there a better way to celebrate the season of love and joy than spending a magical day with beloved friends? Tickets will be available beginning Friday, November 1 at all three Senior Activity Centers. Call 301-475-4200, ext. 71658, for more information. Limited number of tickets are available.

## **Christmas Gift Bingo Loffler Senior Activity Center Wednesday, Dec. 18, 10:30 a.m.-1:30 p.m. Cost: \$5 for 3 cards**

Christmas Gift Bingo has become a tradition at Loffler Senior Activity Center and is a great bargain because you can do your Christmas shopping while playing your favorite game! Prizes will consist of items you would buy for the folks on your gift list including children, as well as Christmas trappings like wrapping paper, Christmas cards and ornaments. Because this is a special game, reservations are required and are limited to 50 players. Call 301-475-4200, ext. 71658, or stop by the reception desk by Wednesday, December 6, to sign up. Please indicate whether you would like us to order a lunch for you.



## Lunch Connection

Entertainment on Tuesday begins at 11:30, lunch is served at noon. Reservations are required, a \$3 (non-refundable) activity voucher must be purchased in advance when you sign up for the Tuesday Lunch Connection. Call 301-475-4200, ext. 71658

There will be a 50/50 raffle at each luncheon.

**Tuesday Nov. 19:** Enjoy the sounds of one of our new performers, Robert Anthony, as we serve Baked Ham, Glazed Sweet Potatoes, Brussel Sprouts, Whole Wheat Dinner Roll, Tomato Wedge Salad, Fresh Fruit Cup and a slice of Apple Pie.

**Tuesday, Dec. 17:** Join us for our holiday lunch connection as the Great Mills High School Chorus shares their talent with us. On the menu for the day will be Baked Chicken, Scalloped Potatoes, Seasoned Greens, Carrots, Whole Wheat Bread, Spiced Peaches and a slice of Boston Cream Pie.



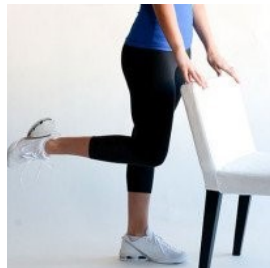
## Stepping On Loffler Senior Activity Center

Wednesdays, Jan. 15-Feb. 26, 1-3 p.m.

Introducing Stepping On - an evidence-based fall prevention program that empowers older adults to carry out health behaviors that reduce the risks of falls. It is a community-based workshop offered once a week for seven weeks using adult education and self-efficacy principles.

Stepping On workshops are based on participation, mutual support, and success, which builds the participants' confidence in their ability to manage their health behaviors to reduce the risk of falls and to maintain active and fulfilling lives.

You may be a good candidate for this program if you are living at home independently (able to meet your own daily needs) and have experienced a fall or are concerned about falling, are able to walk independently or with the use of a cane, are willing and able to do simple exercises that are designed to build up strength in your legs and core, and can commit to meeting once a week for 2 hours for 7 consecutive weeks (barring weather). These sessions will be taught by Alice Allen and Shellie Graziano. For more information or to sign up, call 301-475-4200, ext. 71658, or visit the Loffler Senior Activity Center.



# Northern Senior Activity Center

In Charlotte Hall, 301-475-4200, ext. 73101

## **S.W.A.T.: Senior Weight & Aerobic Training Northern Senior Activity Center**

**Fridays, Nov. 1-22, 2-3 p.m., \$20 for 4 classes**

Looking to build strength and improve stamina? This program was designed by certified senior fitness instructor, Karen Weaver, to work key muscle groups using aerobic, balance, and hand weight exercises. S.W.A.T. is appropriate for those that have beginner and intermediate exercise experience. The cost is \$20 and covers four classes. Space is limited. To sign up and pay for this program in advance, please visit the front desk. For more information call 301-475-4200, ext. 73103.

## **Meyers-Briggs Assessment Northern Senior Activity Center**

**Wednesday, Nov. 6, 1-2 p.m. & Nov. 13, 1-3 p.m., Free**

The Meyers-Briggs Assessment or Type Indicator is an introspective self-report questionnaire used to identify different psychological types. Understanding these differing types helps shed light on how different people perceive situations/information and make decisions.

Understanding your type is a great tool for recognizing your personal strengths and weaknesses. This two-part workshop will not only allow you to take this test to identify your type but also discuss your type so you have a better understanding of the lens through which you see the world. This workshop will be led by former clinical social worker Vickie Elsesser-Vu. Space is limited. To sign up for this assessment in advance, please visit the signup table or call 301-475-4200, ext. 73103.

## **Salute to Service Veterans Event Northern Senior Activity Center**

**Friday, Nov. 8, 11:30 a.m.-1:30 p.m., \$6**

Join us at our Salute to Service Veterans Event as we honor those who have served for this great nation. Enjoy a hardy lunch of Salisbury steak with gravy, mashed potatoes, carrots, tossed salad with chickpeas, dinner roll, and dessert. This event features the musical duo known as Rearview Mirror. They perform a mix of music including country, rock and roll, R&B, and Motown. They also incorporate comedy, dancing, trivia and more into their modern vaudeville act. It will also have door prizes, a money raffle, and other special embellishments. The suggested ticket donation is \$6 and is due at the time of sign up. Space is limited. To sign up with payment in advance, please visit the front desk. For availability call 301-475-4200, ext. 73101.





# Breakfast Café

## Northern Senior Activity Center

**Wednesdays, Nov. 20 and Dec. 11, 9-10 a.m., \$2**

Start your day with a delicious breakfast made by Ginger! Make your reservation today to have breakfast with friends and let us do the cooking and clean up.

**Breakfast for Nov. 20** will be: *turkey sausage, scrambled eggs, potato cake, and pumpkin roll*

**Breakfast for Dec. 11** will be: *Christmas Breakfast Casserole, hash browns, and a sweet roll*

The cost is \$2 and is due at sign up. Space is limited.

To sign up and pay for breakfast in advance, visit the front desk.

## Movements for Memory, Mood, & Immunities

### Northern Senior Activity Center

**Tuesday, Nov. 12, 1-3 p.m., \$20**

Fitness instructor Judi Lyons will teach a class that focuses on specific types of movement that have been shown to sharpen cognitive function, stabilize and lighten mood, and improve immune response. These simple movements can be done by anyone, anywhere with no yoga background needed. The workshop also addresses focus and concentration, stress, anxiety and sadness, as well as immune system integrity. A booklet will be provided to participants to guide them on how to continue to use these movements. The cost is \$20 due at sign up. Space is limited. For more information call 301-475-4200, ext. 73101.



## Super Easy Hourglass Quilt

### Northern Senior Activity Center

**Thursdays, Nov. 14 & 21, 9-11 a.m.**

New to quilting and want to learn the basics? Get started by making a super-easy hourglass quilt pattern. This class will require two charm packs (80-84 cut 5" squares) and border if desired. You can make your quilt grow by adding more charm packs. In addition to the charm packs, participants will need to supply a sewing machine, thread, rotary cutter, and mat. Volunteer instructor Teresa Andrasik will guide you on how to make this quilt pattern. Space is limited. To sign up in advance, please visit our signup table. For more information call 301-475-4200, ext. 73103.

## Native American Folktales

### Northern Senior Activity Center

**Wednesday, Nov. 20, 10-11 a.m., Free**

Be regaled by Longman Joseph Norris at the Northern Senior Activity Center as he shares Native American folktales from across the country to celebrate Native American Heritage Month. Joseph began exploring his Native American roots in 1985 when he met C.W. Sings Alone Duncan, a Cherokee man trained in Lakota Sioux ceremony and traditions. Longman is a native to St. Mary's County with deep family roots and will also share stories of local origins. Space is limited, registration is required. For more information call 301-475-4200, ext. 73103.





### **Exercise Injuries and Precautions with Dr. Mike the PT Northern Senior Activity Center**

**Thursday, Nov. 21, 11 a.m.-12 p.m., Free**

Physical therapist Dr. Michael O'Brien will be at the Northern Senior Activity Center on Thursday, Nov. 21 from 11 a.m.-12 p.m. to discuss exercise injuries and precautions you should take when exercising. This class will focus on exercise precautions for both exercise classes, equipment-use exercise, and equipment-less exercise. Get informed before jumping into your new year's resolution. Space is limited. To sign up for this presentation in advance, please visit the signup table or call 301-475-4200, ext. 73103.

### **Thanksgiving Blessings Luncheon**

**Northern Senior Activity Center**

**Thursday, Nov. 21, 12-1 p.m., Lunch Donation**

Celebrate Thanksgiving with friends at the Northern Senior Activity Center. Come enjoy a special lunch of Turkey, Gravy, Stuffing, Glazed Sweet Potato Cubes, Green Beans, Dinner Roll, Cranberry Sauce, Pumpkin Pie w/whipped topping. The dining room will be decorated in the spirit of the season. Each participant will receive a blank thank you card to share with someone else in the spirit of giving thanks. They will also be entered into a chance to win an Amazon Kindle Fire tablet. Space is limited. To sign up with payment in advance, please visit the front desk. Lunch is a donation from seniors 60 and older; \$6 for others made the day of the event. For availability call 301-475-4200, ext. 73101.

### **Caterpillar Bracelet**

**Northern Senior Activity Center**

**Monday, Nov. 25, 1-3 p.m., \$20**

To continue to celebrate Native American Heritage Month, learn to make this exquisite caterpillar bracelet. This class uses high quality glass beads, leather cording, and metal button clasp. It will be led by experienced artist Deb Sams. The cost for the class is \$20 and includes all materials and instruction. To sign up and pay in advance, please visit the front desk. For more information regarding this event, please call 301-475-4200, ext. 73103.



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### **Holiday Magic**

**Northern Senior Activity Center**

**Monday, Dec. 2, 10-11:30 a.m., \$15**

Looking for practical make-up and hair styling tips for older women? Want to jazz up your holiday look by shopping in your closet and adding an accessory or two? Join Diana Diggins owner of Halo Hair Care Studio in Lexington Park and local wardrobe consultant Robbie Loker as they help you tap into some holiday magic. The cost is \$15 per person and is due at sign up. Space is limited. To sign up with payment in advance, please visit the front desk. For availability call 301-475-4200, ext. 73103.

**Holiday Purse Bingo  
Northern Senior Activity Center  
Friday, Dec. 6, 10-11:30 a.m., \$3**

Win a new or a one-time-carried purse featuring popular brands such as Vera Bradley®, Bebe®, Coach®, Tignanello®, Jaclyn Smith®, Joy Mangano®, and The Sak®. Event bag styles include totes, hobos, shoulder bags, and wristlets. Deadline to sign up is Wednesday, December 4; space permitting. Limited seating is available and seat reservations must be made with payment of \$3. To sign up and pay for this activity in advance, please visit the front desk. For more information, call 301-475-4200, ext. 73101.

**Charles County Show Troupe Holiday Luncheon  
Northern Senior Activity Center  
Wednesday, Dec. 18, 10:30 a.m.-12:30 p.m., \$5**

The Northern Senior Activity Center is proud to sponsor the Charles County Show Troupe for their holiday performance. This variety show will feature, singing, dancing, comedy, and more. The performance will be followed by lunch and door prizes. The menu for this event is stuffed shells with tomato sauce, garlic bread, seasoned spinach, and dessert. Suggested donation for a ticket is \$5 for this event. To sign up and pay in advance, please visit the front desk. For more information regarding this event, please call 301-475-4200, ext. 73103.



**Holiday Wreath Centerpiece  
Northern Senior Activity Center  
Thursday, Dec. 19, 10-11:30 a.m., \$25**

Dazzle your friends and family at your upcoming holiday events by making your own holiday wreath centerpiece with fresh evergreens and flowers! Learn to use a fresh floral foam wreath form to create your own custom piece complete with accent candle in glass votive to add that warm and cozy glow. The cost is \$25 and includes all materials and instruction. Space is limited. To sign up with payment in advance, please visit the front desk. For availability call 301-475-4200, ext. 73103.

**‘Tis the Season...**

At Northern we kicked off the holidays by coming together for another equally important season...FOOTBALL! We had such a wonderful time sharing our spirit on Football Day with a themed bingo and football pool with prizes. As the holiday season approaches, we want to reflect on the special people in our lives. Whether we are united by the love of sports team or another past time, we are grateful for the connections and long-time friendships made at the center.





# Retired and Senior Volunteer Program

*By Norine Rowe, RSVP Program Manager*



## Giving Thanks for RSVP Senior Volunteers

Each year, RSVP volunteers give thousands of hours of service to our community. I am grateful to each and every one of these volunteers for contributing their time, talents, and caring to make our community a better place to live. Whether driving a homebound person to a doctor's appointment, delivering meals to a shut-in, or leading a class at one of our senior activity centers, RSVP volunteers are contributing in countless ways to others.

## Service as a Form of Gratitude

Many times I've had someone walk into my office and tell me they want to volunteer as a way to give back to our community in gratitude for some service or kindness that they or a family member has received. These persons appreciate what others have done for them in a time of need, and now they want to pay it back. Gratitude can be a powerful motivator. We are grateful for what we have received, and we give in return with a spirit of thankfulness. This completes the circle of caring, and that's what RSVP is all about!



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## Thankful Spotlight on Senior Vibes

We want to thank the Senior Vibes who have been bringing the joy of music to local seniors for more than 30 years! Senior Vibes began as one of the original RSVP volunteer service activities in 1989. We want to give special thanks to Eileen Hislop and Sally Lehman, both of whom have been with the Vibes for more than 20 years, and to all the Vibes members for your dedicated, faithful service!



## Turkeys in the Wild

I've seen a fair number of wild turkeys this year in my rural neighborhood. Despite their varying shapes and sizes, none look like the fat Thanksgiving turkeys we so often picture, but all were rather trim around the waistline. Food is not as bountiful in the wild, and scratching out a living must take a lot of turkey effort.



## Turkey Trot Madness

One day while looking out my window, I saw a turkey running madly to and fro in my fenced-in backyard, looking desperately for a means of escape. I watched him run headlong into my fence only to dash in the other direction for another failed attempt. I felt a pang of pity, so I went into the yard and opened the back gate. He ran away from me in fear, however, only to bang his head against the fence in the opposite direction. I then went around my house and came up to him from behind, shooing him in the direction of the open gate. This tactic worked, and he trotted to turkey freedom.



## Lessons from the Wild: Volunteering with Focus

When it comes to service and volunteerism, we sometimes make a mistake similar to this wild turkey. With an abundance of enthusiasm, we may take on too much, which can lead to spreading ourselves too thin and going off in too many directions at once. Without focus, we sometimes fail to accomplish what we set out to do and run ourselves ragged instead.

A more thoughtful approach is needed. Assessing our strengths and talents, identifying what we find fulfilling, and evaluating how much time we have to offer helps us clarify how we can best serve. This focused approach helps us put our energies to best use, makes our service more rewarding, and allows us to contribute in meaningful ways.

## A Bountiful Buffet of Volunteer Service & Blessings

So let's not bang our heads against the wall of volunteer service by biting off more than we can chew. Let's look at the buffet of volunteer opportunities available and select the right portion that will fulfill and nourish us. This will result in bountiful blessings for all.

**For information on a Cornucopia of Senior Volunteer Opportunities,  
Call RSVP at 301-475-4200, ext. 71650 or 71653,  
Or e-mail [RSVP@stmarysmd.com](mailto:RSVP@stmarysmd.com).**



## Trips and Tours



**YOU - Yes,  
YOU, Listen  
Up!**



### **Bus trip to National Harbor**

**Tuesday, Nov. 12**

**Bus leaves from -**

**Garvey Senior Activity Center at 8 a.m.**

**Northern Senior Activity Center at 8:30 a.m.**

**Fee: \$40**

Here's the trip you've been waiting for!! Join us on a bus trip to National Harbor on Tuesday, Nov. 12.

You'll have the option to go to MGM Casino or Tanger Outlets. Spend a few hours there and then if you wish, hop back onto the bus for a quick shuttle to the other location so that you can hit both attractions on the same trip. Get a jump on your Christmas shopping at the Outlets, then go over to the Casino to try your luck. Or, start at the Casino and if you have any money left, then go shopping at the Outlets. Or, spend your entire day at either location. It's bound to be a fun time. Just don't miss the bus back to dear old St. Mary's County!! Bus leaves from the Garvey Senior Activity Center in Leonardtown at 8 a.m. and returns at approximately 5:30 p.m. Or board the bus at the Northern Senior Activity Center in Charlotte Hall at 8:30 a.m. and return at 5 p.m. \$40 fee includes motor coach transportation, driver tip and snacks for the return trip. Reserve your spot by paying at any of the county's three senior activity centers. For more information, call 301-475-4200, ext. 71063.

## LIFE Trips Offer Unique Experiences

The Learning is ForEver (LIFE) program offered a trip to Captain Phil's Waterman's Heritage Cruise on the Lisa S. for a tour of St. Jerome's Creek, Point-No Point Lighthouse and the coastline of the Chesapeake Bay towards Point Lookout on Sept. 10!

This is just one of the many entertaining and educational trips available through LIFE. Anyone interested in joining the Department of Aging & Human Services on future excursions can find the brochure at <https://www.stmarysmd.com/aging/life/>.

Spaces on trips for the rest of 2019 are limited, but our Spring 2020 trips will start soon! The Spring Semester LIFE booklets will be available on **Monday, February 17, 2020**, and registrations will be taken beginning **Monday, March 2, 2020!**





## Ongoing Creative Expressions

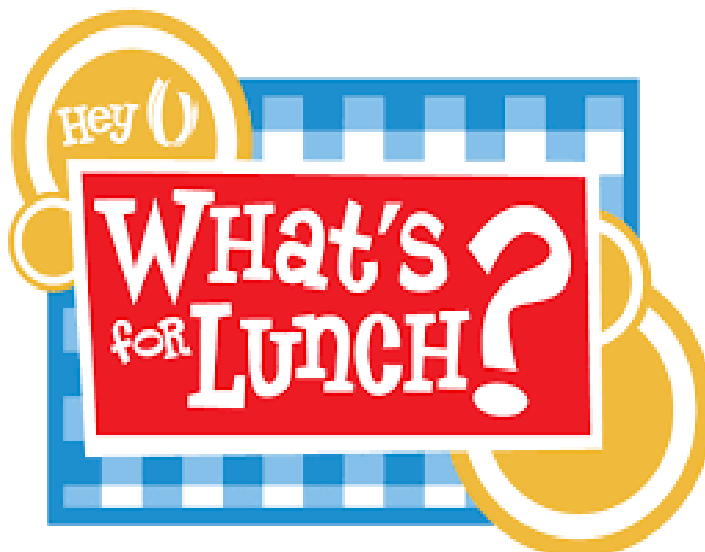
Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050	Quilting Bee	Louise Park	1st & 3rd Fridays	9:30 a.m.	Supplies
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Needle Crafters	Audrey Haynie	Mondays & Thursdays	10-11:30 a.m.	Free
	Open Studio Art	Chris Nelson-Sisk	Every Friday	10 a.m.	Supplies
	Sew-it-Alls	Judith Nelson	Monday	1 p.m.	Free
	Independent Art Classes	Chris Nelson-Sisk Jamie Naluai	Wednesdays Tuesdays	1 p.m., 10 a.m.-12	Bring materials \$85/4 wks
	Charity Crafters	Dee Poole	Thursdays	1 p.m.	Free
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.- 2 p.m.	Free
	Project Linus Monthly Craft	Debbie Rumple Audrey Haynie	3rd Fridays 1st or 2nd Fridays	10 a.m. 10 a.m.	Free Fee
	Wood Carving Embroidery on Paper	W. & M. Brown Omega Taylor and Lilli Mellenberg	Tuesdays Mondays	1 p.m. 1 p.m.	Supplies \$5 for starter kit
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	Simply Crafty	Self-directed	Daily	Open	Free
	Whimsie Works Pottery	Pam King	2nd & 4th Mondays	1:30-4:45 p.m.	Fee
	Quilting for Beginners	Gina Alexander	2nd & 4th Wednesdays	12:30-4:30 p.m.	Free
	Dynamic Ceramics	Nancy Norris	Wednesdays	9:30 a.m.– 1:30 p.m.	Fee
	Open Studio	Self-directed	Mon. & Fri.	8 a.m.- 4:45 p.m.	Free
	Diamond Dazzle	Martha Baker	3rd Tuesdays	10:30 a.m.- 2:30 p.m.	Free
	Coloring Group/FULL	Martha Baker	1st & 3rd Wednesdays	1-3 p.m.	Supply Donation

## Ongoing Social Events at the Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	“Bring Your Buddy” Billiards	Mondays before 1 p.m. Wednesdays Thursdays, No Fridays, Tuesdays	Before 1 p.m. Before 1 p.m. After 3 p.m.	Free
	Hand & Foot	2nd & 4th Tuesday	12:30-4:30 p.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.-3:30 p.m.	Free
	Double Pinochle	Tuesdays Fridays	11 a.m.-4:30 p.m.	Free
	Breakfast Café	Varies (see pg. 23)	9-10 a.m.	\$2
	Western Mahjong	Wednesdays	1-4 p.m.	Free
	Eastern Mahjong	Mondays & Thursdays	1-4:30 p.m.	Free
	Bridge	Thursdays	10 a.m.-2 p.m.	Free
	Bingo	Fridays	10-11:45 a.m.	\$2
	Eat. Play. Fun. Pitch.	2nd and 4th Thursdays	12:30-3 p.m.	\$5
	S.W.A.G.= Seniors With Awesome Games	Tuesdays and Fridays	1-4:30 p.m.	Free
	Northern Stars Theater Group	Varies	1 p.m.	Free

### **Wanted: Older Adults Who Like to Eat!!**

Did you know St. Mary’s County has three senior activity centers open to independent older adults Monday through Friday where lunch is served? Adults age 60 and over can enjoy lunch among friends, and monetary donations are accepted. Continued social involvement and good nutrition are key to healthy, independent aging. By joining your friends for lunch at the Garvey, Loffler, or Northern Senior Activity Centers, you are taking a positive step, and enjoying these benefits. Try lunch at your local senior activity center. Call the centers by noon the day before to make a reservation. The monthly menu is available at the centers or on-line at [www.stmarysmd.com/docs/menu.pdf](http://www.stmarysmd.com/docs/menu.pdf).



## 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. 71050	Bingo	1st & 3rd Mondays	10 a.m.-noon	\$1-3
	Billiards (drop in)	Varies	Varies	Free
	Senior Vibes	1st Tuesday	10-Noon	Free
	Bridge Club	Thursdays & 4th Wednesdays	10 a.m.-3 p.m. (call for info)	Free
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	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, Nov. 5, 12, 26 Tuesdays, Dec. 3, 10, 24	12:30-1:30 p.m.	\$1 (up to three cards)
	Bingo	Wednesday, Nov. 20	12:30-1:30 p.m.	\$1 (up to three cards)
	Canasta & More	Wednesdays	1-4 p.m.	Free
	Puzzles	Daily	9-Noon	Free
	Polish Poker & Pitch	Weds. & Thurs.	9:30 a.m.	Free
	Coloring Conquests	Daily	9 a.m.	Free
	Rummikub	Tuesdays	9:30 a.m.	Free
	Western Mah Jong	Thursdays	1 p.m.	Free



## 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. 71050</p> <p>F.C. = <b>Fitness Card</b>, 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
	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, & Fridays	8:45-9:20 a.m.	Free
	Yoga For Everyone	Tuesdays & Fridays	1:05-2:05 p.m.	F.C.
	Line Dancing	Wednesdays	1:30-2:30 p.m.	Free
	Exercise for Parkinson's Disease	Thursdays	1:15-2 p.m.	Free
	Zumba	Thursdays	10:45-11:45 a.m.	F.C.
	Walk & Tone	Fridays	9:30-10:30 a.m.	F.C.
	Chair Yoga	Wednesdays	9:40-10:40 a.m.	F.C.
<p>Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658</p> <p>F.C. = <b>Fitness Card</b>, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	Indoor Gym Walking	Tuesdays & Thursdays	12:15-1:15 p.m.	Free
	Fitness Equipment Available	Daily	8 a.m.-4:30 p.m.	Free
	Wii Sports	Daily	8 a.m.-4:30 p.m.	Free
	Zumba	Mondays	Noon	F.C.
	Walking Club	Mon., Wed. & Fri.	9 a.m.	Free
	Arthritis Foundation Exercise	Mondays & Fridays	1-2 p.m.	Free
	EnhanceFitness	Mondays & Fridays Wednesdays	2 p.m. 1 p.m.	F.C.
	Strength Training	Tuesdays Thursdays	10-11 a.m. 8:40-9:40 a.m.	F.C.
	Yoga	Mon., Wed., Thurs. & Fri.	9:40-11 a.m.	F.C.
	Line Dance	Fridays	11 a.m.	Free
Tai Chi for Arthritis & Fall Prevention	Mondays, Thursdays by schedule; call.	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 301-475-4200, ext. 73101  F.C. = <b>Fitness Card</b> , 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.-4:45 p.m.	Free
	Wii Sports	Call	Call	Free
	Walking on Three Notch Trail	Daily	Open	Free
	Awakening Yoga	Mondays	9-10 a.m.	F.C.
	Chair Yoga	Fridays	9-10 a.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Wednesdays & Thursdays	10-10:45 a.m.	Free
	EnhanceFitness	Tues. & Thurs., Occasional Saturdays	9-10 a.m. 9:30-10:30 a.m.	F.C.
	Line Dancing	Wednesdays	1-2:30 p.m.	Free
	Regular Bike Riding	Daily	Open	Free
	Regulation Horseshoes	Call	Call	
	Tai Chi for Arthritis	New classes begin in 2020	10-11 a.m.	Free
	Seated Tai Chi	New classes begin in 2020	10:15-11 a.m.	Free

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### We'll Read to You

#### Audio Version of the *New Beginning* Newsletter and Calendars are Online

Thanks to volunteer readers Barbara Homan and Linda Wheeler, an audio version of this bi-monthly *New Beginning* newsletter is available on the Department of Aging & Human Services website. To have *New Beginning* read to you, visit [www.stmarysmd/aging/NewBeginning](http://www.stmarysmd/aging/NewBeginning). This will take you to previous newsletters, and you can click on the issue you want to read or click on the audio link for the monthly edition you want to have read to you.

Call 301-475-4200, ext. 71073, 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.



## Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050	Book Discussion	Volunteer	2nd Wednesday	10:30 a.m.	Free
	Reader's Theater	Linda Lagle	2nd & 4th Wed.	11 a.m.	Free
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Current Events	Paul Kelley	Mondays	10 a.m.	Free
	Scripture Study	Solomon Olumese	Every Friday	10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By appt.	Free
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	Page Turners Book Club FULL	Gloria Fusco	3rd Tuesday	11-12:30 p.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	TBD	1 p.m.	Free
	Book Chatter Book Club FULL	Martha Baker	4th Thursday	11-Noon	Free

### Sign Up Online to Receive *New Beginning*

You can sign up to receive a notification when the newsletter is available online in PDF format via [stmarysmd.com/citizen/signup.asp](http://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 & Human Services website - [www.stmarysmd.com/aging/NewBeginning](http://www.stmarysmd.com/aging/NewBeginning).

If you choose to receive the newsletter via e-mail or view online rather than mailing, contact Community Programs and Outreach Manager Sarah Miller at 301-475-4200, ext. 71073, or [Sarah.Miller@stmarysmd.com](mailto:Sarah.Miller@stmarysmd.com).



## St. Mary's County Department of Aging & Human Services At A Glance

*Lori Jennings-Harris, Director*

**MAP/I&A**-Your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. Help for seniors in the form of services, benefits and assistance is provided. Access to information and referral services, options counseling, support for caregivers, and more, are provided. Call 301-475-4200, ext. 71050, for information.

**Home and Community-Based Services (HCBS)**-Consists of multiple programs providing the following services: Medicaid-funded community-based services, Long-Term Care Ombudsman, Senior Care Program, Respite Assistance, and Caregiver Support. To be assessed for services, contact the Aging & Disability Resource Center at 301-475-4200, ext. 71057.

**Senior Activity Centers**-The three county senior activity centers are places where active adults age 50 and over can participate in activities, events, exercise programs, and group meal programs. Call Alice Allen, Division Manager, at 301-475-4200, ext. 71063.

**Home Delivered Meals**-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. Program Coordinator, Monika Williams, can be reached at 301-475-4200, ext. 71060.

**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 301-475-4200, ext. 71653.

**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. 71066 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. 71073.

**Human Services**-Areas of responsibility of the Division of Human Services include: community development, homelessness, supportive services for children and youth, and social, educational and recreational activities for children and families. Call 301-475-4200, ext. 71849.

**Website:** [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging)

**Phone:** 301-475-4200, ext. 71050

**Fax:** 301-475-4503

**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, 301-475-4200, ext. 71050  
41780 Baldrige St., Leonardtown, MD, 20650
- Loffler Senior Activity Center, 301-475-4200, ext. 71658  
21905 Chancellor's Run Rd., Great Mills, MD 20634
- Northern Senior Activity Center, 301-475-4200, ext. 73101  
29655 Charlotte Hall Rd., Charlotte Hall, MD, 20622



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Human Services  
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## CHANGE SERVICE REQUESTED

### *2019 Holiday Closings (No Home-Delivered or Congregate Meals Served)*

Monday, Nov. 11 - Veterans Day  
Thursday, Nov. 28 - Thanksgiving Holiday  
Friday, Nov. 29 - Thanksgiving Holiday  
Wednesday, Dec. 25 - Christmas Day

**NEW BEGINNING**