

NEW BEGINNING

VOLUME 34 ISSUE 1

JANUARY/FEBRUARY 2021

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



*New Year, New You,
New Beginning!*

In This Issue...

2021

New Year, New You, New Beginning

As we welcome 2021, there is no better time to turn the page on the calendar. ...Page 3

2021 Social Security/Medicare Updates

The Social Security Administration announced that there will be a 1.3% cost of living increase... Page 10



Focus On Fitness

It's a great time to examine what's working for you and make adjustments in your eating, sleeping, and exercise routines so that you can maintain and even improve your health.Page 13

Fighting Those January Blues

As the colder and darker months close in on us, it often brings in the blues for a large majority of people around the country. ...Page 14



Key to the Chesapeake Basket

As promised, to follow up to the Maryland Pride basket raffle, we're starting the new year with a *Key to the Chesapeake Basket* raffle. ...Page 22

Porch-Traits -Henry "Hank" Brodersen

RSVP Home-Delivered Meals Volunteer Henry "Hank" Brodersen knows all about surviving in the midst of adverse circumstances... ..Page 27



From the Director's Desk

By Lori Jennings-Harris, Director

New Year, *New Beginning*

As we welcome the year 2021, there is no better time to turn the page on the calendar. With the coronavirus pandemic and all the challenges and heartache of 2020 associated with the emergency, a New Beginning is possible with the start of another new year!

Despite the pandemic, the Department of Aging & Human Services experienced a number of accomplishments. The new Garvey Senior Activity Center was completed and has been prepared for when all the centers' doors may reopen. Using emerging studio-quality video recording techniques, we have, out of necessity, developed remote programs and the Virtual Senior Activity Center (<https://www.stmarysmd.com/aging/virtual-senior-center/>) that help keep our older adults engaged and less isolated. We have exercise classes, informational presentations, arts and crafts and caregiver resources on our Facebook page and YouTube channel.

We delivered medical supplies and meals to seniors using no contact methods ensuring the needs of the people we serve continued while keeping the safety of our staff and the seniors as the top priority.

Although senior volunteering was halted by the pandemic, several of the RSVP (Retired and Senior Volunteer Program) Volunteers enthusiastically used their sewing skills to produce more than 4,200 face coverings to be distributed to anyone in need. Thank you to the volunteers for their tireless efforts!

Our Finance Division helped manage COVID-19 related emergency funds, in addition to the other funds associated with our Department. As well, we applied for and received over \$1 million dollars in Community Development Block Grant (CDBG) funds to assist individuals in need with their housing and rental payments. We skillfully assisted eligible seniors through the Medicare Open Enrollment period between October 15 through December 7, usually done in person; however, help was provided by telephone last year. The WARM (Wrapping Arms 'Round Many) program provides a safe and comfortable space for homeless individuals during the winter months by collaborating with local churches that provide shelter for program participants. This year's efforts were adjusted using some of the CDBG grant funds previously mentioned to provide housing to those who may have participated in the WARM effort. While we were not able to provide our signature Christmas and holiday parties in 2020, we look forward to reuniting with friends and seeing familiar faces as we begin another chapter.

Many thanks to my staff for adapting to the many changing requirements and requests during and throughout the pandemic!

Looking forward to a safe and Happy New Year!

NEW BEGINNING

The Commissioners of
St. Mary's County
James R. Guy, President
Eric Colvin
Michael L. Hewitt
Todd B. Morgan
John E. O'Connor

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

Editors: Sarah Miller
Manager, DAHS Community Programs
& Outreach Division

Brittney Lee
Outreach Specialist, DAHS Community
Programs & Outreach Division

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
"SMCDAHS, 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.



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 contact Jenny Beyer, Aging & Disability Resource Coordinator.

For more information, contact:

Jenny Beyer
Aging & Disability Resource /Maryland Access Point Coordinator
23115 Leonard Hall Drive, Leonardtown, MD
301-475-4200, ext. 1057
Jennette.Beyer@stmarysmd.com
www.stmarysmd.com/aging/MAP.asp

St. Mary's County Commission on Aging

The Commission on Aging is your voice to advise and assist the Commissioners of St. Mary's County concerning county programs and resources offered for the senior residents of our county.

Upcoming Meetings:

Monday, January 25, 2021

1 p.m.

Monday, February 22, 2021

1 p.m.

At the time of publication, meetings are not open to the public to attend in-person due to the COVID-19 Emergency. Members of the public who wish to attend the Commission on Aging meetings are encouraged to do so via the call-in option.

Attend Meetings to:

- * Meet your St. Mary's Commission on Aging members
- * Provide comments on the Department of Aging & Human Services
- * Obtain information on topics of senior interest

For more information, contact Mercedes Jones at 301-475-4200, ext. 1051, or Mercedes.Jones@stmarysmd.com. Visit the Commission on Aging website at <https://www.stmarysmd.com/boards/groups/default.aspx?board=11>. Call-in option - dial 301-579-7236. Enter the participant pin 985097 when prompted.



Nutrition Corner

By Donna Taggert, RD/LD/CDE
Email: dtaggert26@hotmail.com

Did you know that February is National Heart Month? Always easy to remember thanks to Valentine's Day! COVID has taken quite a toll on our country with more than 260,000 deaths as of this writing, BUT did you know that over 500,000 people die from heart disease every year? It still is the leading cause of death for both men and women in the United States.

Of course, there are risk factors we can do nothing about like our age, gender, and family history. However, there are numerous things in our lives that we can address that can decrease one's risk for developing heart disease. For instance, quit smoking if you do smoke. If you aren't getting a good night's sleep, talk with your doctor to find out how you might change that. Getting some physical exercise



each day is very important, but if you have not done anything of late, check with your doctor before embarking on anything new.

The DASH Diet for Healthy Blood Pressure

Follow these DASH (Dietary Approaches to Stop Hypertension) guidelines for a healthier, more balanced diet

- Grains: 6 TO 8 SERVINGS PER DAY
- Fresh Fruits and Vegetables: 4 TO 5 SERVINGS OF EACH PER DAY
- Lean Protein: 6 OR LESS SERVINGS PER DAY
- Low-fat Dairy: 2 TO 3 SERVINGS PER DAY
- Legumes or Nuts/Seeds: 4 TO 5 SERVINGS PER WEEK
- Fats and Sweets: LIMITED

OhioHealth
Discover how the DASH Diet can help you manage your blood pressure at blog.ohiohealth.com

Finally, it's never too late to learn to eat right! Even small changes to your diet can make a big difference. Trying to eat as much a plant-based diet as possible can not only decrease your heart disease risk but can also decrease the risk for type 2 diabetes, some cancers, and other chronic diseases. Two plant-based diets are the Mediterranean Diet and the DASH Diet. Both focus on lots of fruits, vegetables, nuts, seeds, legumes, fish, dairy, whole grains, and small amounts of red meats and sweets.

A few good websites to check out for more heart health information and tips: The American Heart Association, www.heart.org; The Academy of Nutrition and Dietetics, www.eatright.org; The National Heart, Lung and Blood Institute, Nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/factsheets; and The Dash Diet, Dashdiet.org.

Do you have nutrition related questions?

Contact Donna at 240-538-6539, she'll be happy to answer them.

If you are diabetic and have concerns about your diet, Donna is a wonderful source of information. She is a Registered, Licensed Dietitian and a Certified Diabetes Educator.



Home & Community-Based Services

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



We don't like to talk about it but all caregivers experience guilt. You may feel guilt over a variety of things...the care you provide, the way you interact with your loved one, the attention you are unable to give other family members, the anger or exhaustion you feel. You may even feel guilty for feeling guilty. Guilt is a sneaky emotion that often has underlying emotions as its cause...it also may cause other emotions. It is important to examine why you are feeling the guilt in order to deal with it constructively and to put your feelings into

perspective. Dr. Beverly Kidder of the South Central Connecticut Aging and Disability Resource Center identified five reasons caregivers experience guilt:

- 1 Promises:** If you made promises about caring (never use nursing or assisted living, do the care yourself, care for a disabled loved one, care for someone with mental health needs, etc) that you cannot keep you may feel guilty when the reality of your ability and the wellbeing of your loved one requires that you break your promise.
- 2 Coulda, Shoulda, Woulda:** This is a perfectionistic perspective. Guilt may take over your thoughts if you are haunted by the ideas that you are not good enough, what you did was not good enough or that you have made mistakes.
- 3 Poor Communication:** Assuming someone's wants or needs, neglecting to ask questions of the person we are caring for or their providers, or leaving the person we are caring for out of the conversation can lead to inaccurate communication and hurt feelings thus ending in guilt.
- 4 Anger:** Feeling angry about the demands of the caregiving on our lives or even expressing yourself in angry outbursts or harsh words can result in guilty feelings.
- 5 Culture of Guilt:** You may have been raised in a culture, home or with the personality that says nothing you ever do is good enough, if you take time for your own needs you are selfish, if you stop you have failed. This type of thinking is fertile ground for guilt to flourish.

Continued on page 7...

Continued from page 6...

Ms. Kidder recommends a few things that may help you deal with and avoid guilt:

Recognize your emotions: Guilt can be expressed as anger, depression, fatigue, negativity, feelings of frustration and hopelessness. If you are experiencing any of these feelings it is okay and normal for caregivers to feel this way. However, it is important for you to deal with it in a constructive way in order to maintain your ability to provide care and nurture a healthy relationship with your care receiver.



Simplify Your Lifestyle: Let go of perfectionism. Sometimes “good enough” is okay. Spending quality time with your loved one where you are enjoying one another’s company is more important than hair getting done every week or the meal being homecooked and perfectly balanced. You may also have to let go of some tasks. Hire a person to help with housework. Let someone else plan and prepare the holiday meal. Take a pass on the annual family reunion. Ask for a regular visit from a pastor instead of trying to get your loved one ready and out to church every week.




Ask for help: This is where communication comes in: there are often friends, family, neighbors and others who are willing to help but just do not know what to do. Ms. Kidder suggests making a list of things others could do so you will be able to express your needs. The Department of Aging & Human Services has a resource to help you identify these items as well as grant opportunities to help fund Respite Care. Reach out to us if you would like information about these resources. The phone number is 301-475-4200, ext. 1069. Additionally, you can seek assistance from a licensed counselor or therapist to help you identify the roots of your guilt and make a plan to address those things and help you experience more positive emotions regarding your caregiving.

Avoid Negativity: Caregivers tend to be overwhelmed which makes them more vulnerable to negative ways of thinking. Be aware of how susceptible you are to the attitudes and communications of others. Avoid those who are sarcastic, cynical, critical, and just nasty. Try to surround yourself with optimistic, compassionate and humorous people or thoughts. You may have to turn on a funny program, positive fun music or use affirmations. Keeping your thoughts more positive will help fight the anger and guilt all caregivers battle.



Accept yourself: Did you do the best you could today? Were all the most important things (food, shelter, toileting) taken care of today? Maybe things weren’t perfect but at the end of the day if everyone is safe you did it. Accept yourself and your efforts today.

 If you would like more information about asking for help, Respite Care, or Affirmations, contact Daphne Benneer at Daphne.Benneer@stmarysmd.com or call 301-475-4200, ext. 1069.

This information was resourced from <https://caregiver.com/>

New Year, Improved Health: Hearty Resolutions

By Brittney Lee, MPH, Outreach Specialist



As you think of the promises you'll make yourself for 2021, try focusing on long-term goals such as taking control of your heart health. February is National Heart Health Month and it's the perfect time to prioritize simple lifestyle changes to improve your cardiovascular health for years to come. According to the American Heart Association (AHA), heart disease remains the leading preventable cause of death for Americans, accounting for one in four deaths annually. The AHA suggests the following ways you can vow to improve your heart health in 2021:

Move More: Get at least 2½ hours of physical activity each week- that's just 30 minutes a day, 5 days a week. Healthy older adults should do four types of activities regularly: aerobic (or endurance) exercise and activities to strengthen muscles, improve balance, and increase flexibility. Whatever you do, progress gradually to help avoid injury and minimize soreness.

Eat Heart Healthy Meals: What you eat is one of the most important factors for warding off cardiovascular disease. A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan, as mentioned on page 5.



Know Your Numbers: Talk to your doctor about how often you should be screened or monitored for conditions that affect the heart including, high blood pressure, high cholesterol, and diabetes.

Recommendations vary based on your age, health status, health history, and risk factors. Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart healthy track.



Aim For A Healthy Weight: Being overweight or obese increases your risk of having heart disease, a stroke, high blood cholesterol, high blood pressure, and diabetes. Choosing heart healthy foods and getting regular exercise will help you achieve and maintain a healthy weight. Try joining one of our ZOOM fitness classes offered via Youtube and Facebook each week to introduce the habit of healthy movements!

Quit Smoking: The chemicals in tobacco smoke harm your heart and blood vessels in many ways. Quitting is hard, but many people have succeeded, and so can you! Set a quit date and let those close to you know about it. Ask your family and friends for support in your effort. You can also join the FREE virtual Quit Tobacco Program offered by the St. Mary's Health Department. Find out more information here: www.smchd.org/tobacco/ or call 301-475-4330.

Reference: American Heart Association; www.heart.org

Know Your Numbers

These numbers can provide a glimpse of your health status and risk for certain diseases and conditions, including heart disease, diabetes, obesity, and more.

BLOOD PRESSURE



120/80
or less

Blood pressure is a measurement of the force on the walls of your arteries as your heart pumps blood through your body.

BLOOD SUGAR



Less than
100
(fasting)

Blood sugar, or glucose, is the main sugar found in your blood. It comes from the food you eat, and is your body's main source of energy.

BLOOD CHOLESTEROL



Less than
200

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body.

BODY MASS INDEX (BMI)



18.5 - 24.9

Body mass index (BMI) is a measure of body fat based on height and weight.

By scheduling a regular check-up with your health care provider, you can find out what your numbers are now and determine if you need to make any changes to protect your health in the future. For more information, visit

liteblue.usps.gov/wellness

Source: National Institutes of Health

 **UNITED STATES POSTAL SERVICE®** **Wellness**



Senior Information & Assistance

By Debbie Barker, Senior I&A Division Manager

2021 Social Security/Medicare Updates

The Social Security Administration announced that there will be a 1.3% cost of living increase for Social Security and Supplemental Security Income (SSI) recipients effective January 2021. Additionally, the Centers for Medicare and Medicaid Services announced the following Medicare Part A & B increases for 2020:



- ⇒ Part B Medical Premium: \$148.50
- ⇒ Part B Medical Deductible: \$203
- ⇒ Part A Hospital Deductible: \$1,484

In most cases persons who have over 30 quarters of Social Security coverage or were married to someone who does will not have a Medicare Part A premium. For those who do not have enough quarters there is a minimum premium of \$259 per month.

Beneficiaries who filed a 2019 income tax return of over \$87,000 if single and \$174,000 if married will be subjected to higher monthly Medicare Part B and Part D premiums based on income. Persons who have had a significant change in income due to retirement, death of a spouse, etc. may appeal the income-related monthly adjustment by filing form SSA-44.

Important Documents

January kicks off the mailing of important documents such as 1099's and Social Security benefit statements. These documents are mailed from places such as Social Security, banks, former employers, etc. It is important to keep this information in a safe place to be used to file your 2020 income tax return. For those who do not file income taxes these documents are still important to keep in order to file for benefits such as property tax credits and energy assistance.



Dental Clinic

Appointments are available at the East Run Medical Center located on Great Mills Road, Lexington Park. The clinic is currently operating one day a week with plans to expand their hours in the future. Services available include routine cleanings, extractions, root canals, crowns, dentures, etc. Charges for these services are based on a sliding scale fee for those without insurance; however, dental insurance is accepted. To make an appointment call 301-645-3556.



for Maryland Residents 65 +

FREE



Senior Call Check

Call 1-866-50-CHECK
or Register Online
aging.maryland.gov

*A daily automated call to
verify your well-being, at
a time scheduled at your
convenience.*

*Register today or tell a
loved one about this
program!*



Contact tracing call?

5 things to know

A contact tracer from your state health department might call if you've been exposed to COVID-19. But scammers are pretending to be contact tracers, too. Here's how you can spot the scam.



Real contact tracers won't ask you for money.

Only scammers insist on payment by gift card, money transfer, or cryptocurrency.



Contact tracing doesn't require your bank account or credit card number.

Never share account information with anybody who contacts you asking for it.



Legitimate contact tracers will never ask for your Social Security number.

Never give any part of your Social Security number to anyone who contacts you.



Your immigration status doesn't matter for contact tracing, so real tracers won't ask.

If they do, you can bet it's a scam.



Do not click on a link in a text or email.

Doing so can download malware onto your device.

Talking to a real contact tracer helps stop the spread of COVID-19. Reporting scammers helps stop them, too. Report fake contact tracers to your state and at ftc.gov/complaint.



FEDERAL TRADE
COMMISSION

For more information about contact tracing visit your state health department's website and

ftc.gov/coronavirus/scams

Focus on Fitness

By Alice Allen, Senior Center Operations Division Manager

Welcome to 2021 and **GOOD-BYE 2020** (glad to see it go)!! It's a new year, time for a fresh start. It's a great time to examine what's working for you and make adjustments in your eating, sleeping, and exercise routines so that you can maintain and even improve your health. We all know that good health, both physical and mental, is so important.

2021

Some things to consider to help improve your physical and mental health are:



1) **Develop an attitude of gratitude.** Being thankful is good for your health. Counting your blessings helps to reduce depression and stress and helps to lower blood pressure. Being grateful can also help to slow down some aspects of aging.

2) **Try to be more physically active.** By doing more you will lower your blood sugar and cholesterol levels, lessen arthritic stiffness, keep your weight in check and feel better about yourself.

3) **Get better quality sleep.** Sleep is very important to your overall health. Getting good quality sleep helps keep extra weight off and can reduce some risk factors for heart attack, stroke and chronic diseases like diabetes. Aim for 7-9 hours of sleep each night.



4) **Socialize with family and friends.** By interacting with others, you ward-off loneliness which helps you be healthier, live longer, and have fewer health problems.



5) **Try to brighten someone else's life by helping them.** Helping others makes you feel good.

6) **Keep learning.** Learning keeps the brain active which helps improve memory.

The year 2020 was a hard year for everyone. I hope you have been able to remain healthy and well and I wish you the best in 2021. Keep wearing that mask, keep washing your hands frequently, keep social distancing for as long as it takes. We are getting through this!! Stay safe and be well.

Reference: <https://www.abbott.com/corpnewsroom/nutrition-helath-and-wellness/fresh-start-in-new-year-html>



Helpful Links:

Virtual Senior Activity Center -

<https://www.stmarysmd.com/aging/virtual-senior-center/>.

Division of Senior Center Operations-

www.stmarysmd.com/aging.

Garvey Senior Activity Center

In Leonardtown, 301-475-4200, ext. 1080

Fighting those January Blues

By Kathy Creswell, Program Specialist

As the colder and darker months close in on us, it often brings in the blues for a large majority of people around the country. Going outside can be difficult and often the weather makes it hard to drive. This year may present even more challenges for finding things to do to fight the winter blues. To help you combat this, here is a list of things that you can do at home or nearby to help with the winter doldrums.

- Unsubscribe from one e-mail list that drives you nuts.
- Jot down a fix-it list.
- Book a date with that friend you never see enough of.
- Change or clean at least one household filter (central air/Brita/stove/vents).
- Order new socks for everyone!
- Clean under the oven or behind the refrigerator.
- Order batteries online.
- Set up mail-order delivery for regular prescriptions.
- Write that thank-you note you've been meaning to get to.
- Book hair color/style appointments for the year.
- Download a meditation app.
- Make doctor and dentist appointments for the whole year.
- Clean out the freezer.
- Delete e-mails that you don't need anymore.
- Dump out makeup bag: clean and restock.
- Order one-size-fits-most birthday gifts for the kids' friends (gift cards for teens); store them where you will not forget them.
- Purge 10 things from your closet and donate or sell those items.
- Organize filing cabinet; shred old documents.
- Buy a year's worth of cards and stamps!
- Identify three new meals that you are excited to put in your regular cooking rotation.
- Pick one of those boxes of "stuff" in the closet/basement/attic and sort.
- Clean out the car.
- Take care of all the holiday returns.
- Create some space in the garage.
- Start prepping for tax time.
- Reoutfit a closet with shelves and bins so that it works.
- Do three things just for you- use a meditation app, find time for exercise, take a break to read a book!



Source: <https://www.realsimple.com/checklist/january-to-do-checklist>

Note: Get out when the sun is out and soak up those rays for a few minutes a day if possible! Keep in mind that the more you move your body the more your body will produce those endorphins we all need and always remember to give yourself some grace too. If you find that you cannot shake the blues reach out to a friend, loved one or your health care provider.



Sign up for e-News!

The Senior Activity Centers send out an “e-News” email on the 2nd and 4th Wednesdays of each month highlighting upcoming activities and important announcements. If you are interested in receiving this email, please send your email address to senioractivitycenters@stmarysmd.com. Please call us at 301-475-4200, ext. 1080, with any questions or concerns.

Arthritis Foundation Exercise with Kathy

Tuesday & Thursdays

9:45 a.m. via ZOOM, Free

We are excited to announce that the Arthritis Foundation Exercise class with Kathy is coming to you live on Zoom. If you are interested in participating in this class please send your email to Kathy Creswell at kathleen.creswell@stmarysmd.com. She will then email you a link to access the class as well as a list of suggested exercise equipment. If you have any questions please call 301-475-4200, ext. 1062. We look forward to seeing you!

Drums Alive Virtual Class

Wednesdays, January 13-February 17

11:30 a.m. via ZOOM, Refundable deposit of \$45 for equipment use

Golden Beats stimulates people whether young or old, healthy or ill. When we drum and dance, we are having FUN! This in return releases endorphins and negative feelings. The rhythmical patterns of the drum increase synchronization of brain wave activity which in turn provides feelings of euphoria and improved mental awareness and self-acceptance. Golden Beats® is specially designed for the senior population. Join Kathy Creswell, Program Specialist at Garvey Senior Activity Center, for a six-week virtual class via Zoom. If you haven't taken this class before, please let the instructor know. Supplies required for the class will be available to participants on loan for the 6 weeks with a refundable deposit of \$45, which covers lost or damaged items if not returned. Students will be given a list of items and where they can purchase them should they want to do so. Please call 301-475-4200, ext. 1062, with questions or to sign up for the class. There is a class size limit, so sign up early!



Valentine's Day Card Making

Friday, January 22

10 a.m. via ZOOM, Free

Brighten your loved one's day by creating a one-of-a-kind Valentine's Day card. We will provide you with a 5 pack of card supplies and instructions on how to create different styles of cards. If you would like to join Kathy Creswell via Zoom on January 22 at 10 a.m., she will be creating cards LIVE and be there to help you through the creation process! You will be able to pick up the supplies for this project on Tuesday, January 19, from 10 a.m.- 1 p.m. Please call 301-475-4200, ext. 1062, with questions or to sign up for the class.



**Chair Assisted Yoga via ZOOM
Garvey Senior Activity Center
Tuesdays and Thursdays,
January 5 – February 25, 10 a.m.**

Immunity boosts, strengthening of bones, stress reduction, and increased flexibility are just some of the scientifically proven benefits of yoga. Join Karen Weaver on Tuesdays and Gail Wathen on Thursdays for a gentle chair assisted class to help you in your pursuit of better health. Classes will consist of seated postures that focus on opening the joints, standing postures to increase strength and flexibility, and a relaxation/meditation that will help to reduce stress. Sign up for one or both days. Attendees must have an active email address, high speed internet and a computer, smartphone or tablet enabled with a camera and microphone. Space is limited; St. Mary's County residents will be given priority. To register, call 301-475-4200, ext. 1080.



**Geri-Fit® on ZOOM! NEW!
Monday & Wednesdays
January 11-March 31**

2:30-3:15 p.m. via ZOOM, Free

The Garvey Senior Activity Center is happy to announce a new fitness opportunity! With financial support from the Maryland Department of Aging Senior Center Operating Funds Grant, this new strength building class will be offered FREE of charge. Workouts will be held via Zoom, Mondays and Wednesdays, January 11- March 31 from 2:30-3:15 p.m., and are facilitated by senior activity center staff who have been trained in the Geri-Fit® curriculum. If Senior Activity Centers reopen during this period, the classes will likely transition to in person at the Garvey Senior Activity Center. Space is limited and advance registration is required. Call 301-475-4200, ext. 1080, to register.

**Geri-Fit is a 45-minute strength building,
evidence-based class that helps to:**

- Increase muscular strength
- Improve balance and coordination
- Boost motor skills and reaction time
- Improve flexibility and gait
- Lessen arthritic conditions
- Manage chronic conditions

Participant Criteria:

- Participants should be able to walk freely with or without the use of a cane or walker. Those in a wheelchair may participate but will need to modify and substitute some of the exercises
- Participants must have a computer with a webcam and microphone and highspeed internet access. An active email account is also required
- A sturdy, armless chair, hand weights and exercise band (the exercise band will be provided) are needed for participation
- Commitment to the entire 12-week session is highly suggested



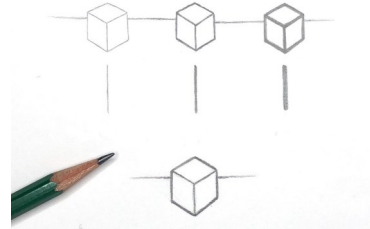
Art Classes!

See dates below via ZOOM, \$5/session

The Garvey Senior Activity Center is excited to announce upcoming art workshops taught by instructors at the College of Southern Maryland. Classes will be held remotely via Zoom, unless Senior Activity Centers reopen. In that case, classes will be held at the Garvey Senior Activity Center. Funding for this series is provided by the Garvey Senior Activity Center Council, Inc. and the St. Mary's County Arts Council.

Introduction to Drawing: Put Pencil to Paper Thursday, January 21, 10 a.m.-1 p.m.

Do you want to learn how to draw but don't know where to start? While there is such a thing as natural born talent, some skills are teachable and it's never too late to learn how to draw. Your instructor will share fun, beginner-friendly drawing techniques that can turn anyone into an artist. You will develop basic drawing and observation skills as well as learn about techniques for expressing form and light using graphite pencils. The class theme will be "Nature".



Introduction to Acrylic Painting Thursday, February 18, 10 a.m.-1 p.m.

Acrylic paint is easy to use, quick to dry, a cinch to clean up, and relatively inexpensive – which makes it a great medium for beginning artists. Learn about the basic elements of art and painting utilizing three-dimensional space and form. The uses of shape, value, and color will be emphasized as well using a seasonal theme.

Introduction to Watercolor Painting Thursday, March 18, 10 a.m.-1 p.m.

Painting with watercolor paint is not as hard as it seems. Join us for Introduction to Watercolor Painting and learn about watercolor mediums and basic techniques as well as how to mix primary to secondary colors. The class theme will be "Landscapes".



Introduction to Watercolor Journaling Thursday, April 22, 10 a.m.-1 p.m.

Be inspired to record your life, a special trip, or your daily adventures in a simple journal format. Learn basic sketching techniques and how to use a variety of tools such as pen, watercolor paint, and more. The class theme will be "Everyday Life".

Art Classes Registration Information

Cost to participate in these classes is \$5 per person/per class and payable in advance to the Garvey Senior Activity Center, Inc. Sign up for one, two, three or all four classes. Pre-register by calling the Garvey Senior Activity Center at 301-475-4200, ext. 1080. Payment and supply pickup instructions will be given during pre-registration. To preregister call 301-475-4200, ext. 1080.

Loffler Senior Activity Center

In Great Mills, 301-475-4200, ext. 1658

Please Be Kind... to Yourself

By Shellie Graziano

You've spent a lifetime serving others- your family, your friends, your community. Your generosity and loving spirit have touched countless people. You truly have no idea how many people you have touched- a smile to a stranger who really needed it, help picking up spilled items in the grocery store, an ear to listen while someone talked out a situation, a little treat to cheer up your discouraged child, watching your friend's children at the last minute while she rushed to the emergency room to get help for her own loved one- seemingly small moments in life that you cannot even recall because there are simply so many of them. Sometimes you have impacted another in a life-changing way and yet, you have no recollection of the event. You've done these things countless times. What gave you this ability to improve the world around you? Your kindness and compassion- it's as natural to you as breathing! There's someone else in your life who would benefit from that generosity of spirit- You. Are you harsh with yourself? Critical? Do you notice that others have more talent than you? Do you wish you were better, smarter, more experienced, more educated, nicer looking? Do you dwell on the mistakes you've made, relive your most awkward moments, call yourself stupid? It's time to practice self-compassion. You are as entitled to kindness and respect as anyone you've ever reached out to. Try picturing yourself as a stranger. If you wanted to encourage a stranger, to make him/her feel good, what would you say? Say it to yourself now. Develop a habit of speaking to yourself in an encouraging way- if it's something you would never say to a friend or a stranger, don't say it to yourself. There's one person in your life who has been with you throughout your existence- who has gotten you through everything you've been through, who will always be there with you no matter what. It's you. You've got a friend in you.



New Program Series Starting in January

Early in the new year the Loffler Senior Activity Center will be launching a new type of program that will be available to seniors whether they have computer access and skills or not. **Independent Project Clubs** (IPC) will consist of a monthly assignment, followed by a *Reveal Day Curbside Event*. Our first such program will be the **Independent Project Sewing Club**. The project for this club will be announced on Monday, January 4. Members will work on it at leisure.

On *Reveal Day*, members can drive up to the Loffler Senior Activity Center at staggered times, reveal their masterpieces, pose for a picture, (which will be posted on www.facebook.com/SMCDAHS) and receive the new assignment which will be due at the *Reveal Day Curbside Event*. Besides sewing, other club ideas being considered are Bird-Lovers, Crafters, Puzzle and Garden. If you know you will want to participate in the **Independent Project Sewing Club** contact Shellie at Sheila.Graziano@stmarysmd.com. The first *Reveal Day Curbside Event* will be Wednesday, February 10.





Wanted: Pen Pals

Would you like to be a correspondent friend to someone from a younger generation? Someone with whom to exchange cards and share personal experiences of historical moments (Where were you when President Kennedy was shot?), statistics (How much was a candy bar when you were ten years old?), or maybe offer some pearls of wisdom you've picked up over the years. Would it be interesting to learn about perspectives of someone who is/was growing up in the digital age? Perhaps a younger person also has some information/advice that you can use! We are looking for people who

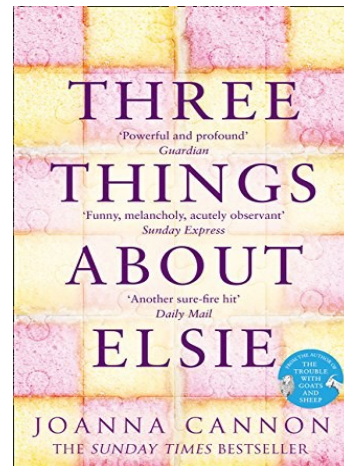
would like to develop a relationship via mail with others from an era different than their own. You could be paired with a child, a teenager or an adult, but it is an opportunity to enjoy a new friendship in an old format. Contact Sheila.Graziano@stmarysmd.com if you are interested in having a new pen pal. Stationery gift-packs will be made available to Pen Pal Participants.

Loffler Book Club Chat Room:

Three Things About Elsie

Thursday, February 4, 10 a.m.

This novel, published in 2018 and written by Joanna Cannon, is set in England. It tells the story of 84-year-old Florence, a resident in a nursing home, who has fallen in her apartment, leading her to think about her childhood friend and the secrets of their past that are about to come to light. Contact Sheila.Graziano@stmarysmd.com for instructions and details about how to be a part of this discussion. Some copies will be available on hold for us at the St. Mary's County Library Lexington Park Branch.



Beginners Keyboard/Piano Lessons via ZOOM

Thursdays, January 21- February 25 (6 sessions)

1 p.m.

\$100 (includes instruction and textbook)

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

We are happy to announce that Dr. Robert L. Jefferson, the author of the *How to Play Gospel* book series and an experienced vocalist, songwriter, recording artist, pianist and teacher will offer his specialized beginner classes to you in your own home via ZOOM.

Pre-registration is required. You will need reliable internet, a smart phone or computer, and a Zoom account (email Shellie for assistance). The \$100 payment can be made to Dr. Jefferson through PayPal or by check in advance. To register for these lessons or for more information, e-mail Sheila.Graziano@stmarysmd.com. *These will be group lessons and a minimum of 3-4 students will be required for these lessons to commence.

Tai Chi for Arthritis & Fall Prevention I and II
Tuesdays & Thursdays via ZOOM, January 19- February 11
(8 sessions each)

Beginner Class (Level 1), 11 a.m.; Level 2, 12 p.m., Free
Limited to 10 students

This popular and evidence-based program will meet on Tuesdays and Thursdays beginning January 19. The Level 1 for beginners class is held at 11 a.m.; Level 2 class is held at 12 p.m. In the beginner class we will learn to do some core movements on each side in a graceful routine while applying basic Tai Chi principles. The Level 2 classes will continue to practice the core movements while learning extended movements. You will need reliable internet, a smart phone or computer and a Zoom account (email Shellie for assistance). There is no fee for this class, but a commitment to attendance and practice is necessary for success. Pre-registration is required.

Cooking for One or Two: A Virtual Class via ZOOM
Thursday, February 11, 4 p.m., \$25 plus ingredients***

Chef Gwyn Bovak, owner of Solomons Island-based culinary school No Thyme to Cook and cookbook author, will offer a cooking class via Zoom just for us! Prepare a selection from her latest book *One Pot Supreme*, a collection of delicious and easy recipes that can be made in one cooking vessel. For this class, we've chosen Baked Ravioli with Sausage & Spinach, which will be accompanied by an interesting salad and dressing. Please note: Must have a minimum of 10 participants for the class to be held. *Special bonus- If 20 or more register and pay, cost will only be \$15!!!



Here's how this works:

1. Register by e-mailing Shellie (email below). You will then be sent a link for direct payment.
2. Send \$15 payment to Gwyn using the direct link that was sent to you as mentioned above.
3. Upon receiving payment, Gwyn will e-mail you the list of ingredients you will need. (Plus suggested wine pairings, in case you want to add another level of excitement to your meal)
4. On February 1, send additional \$10 payment to Gwyn.
(*Disregard if we have 20 paid registrants)

20

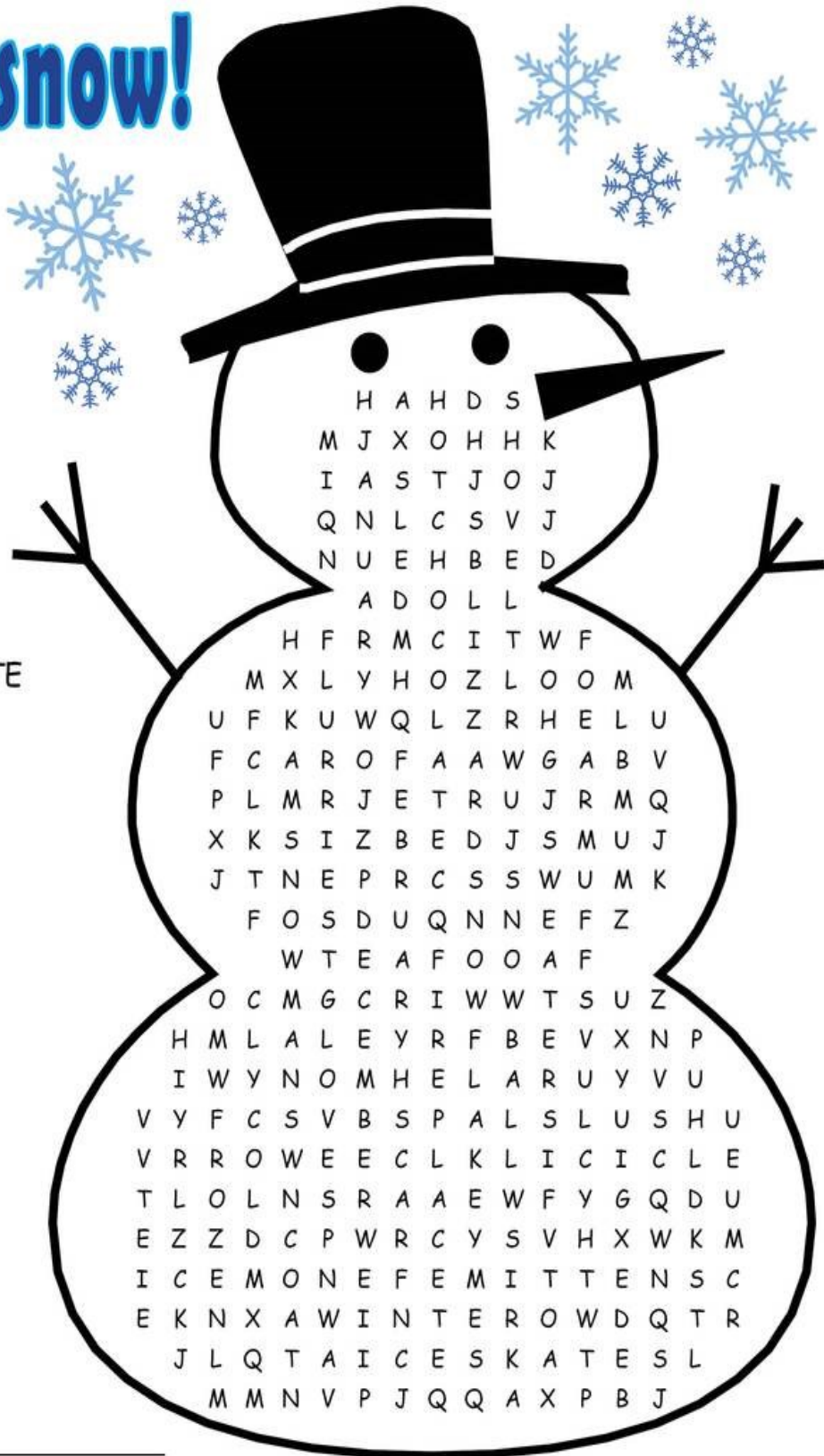
A day or so before the class, you will receive instructions and recommendations as well as the link required for participation. You will need reliable internet and a big enough screen on your device that will allow easy viewing. Make sure that the camera you are using will be able to show clearly your own progress during the session. Bon Appetit! Questions? Contact Shellie at Sheila.Graziano@stmarysmd.com.

How to Give Yourself a Reflexology Session
Friday, February 12, 10 a.m. Live via ZOOM Free

Licensed Reflexologist Sarah Strain will guide you through the basic steps of a self-reflexology session. Learn how to improve your circulation, and reduce stress and pain by applying pressure to various reflex points on your feet and hands. Educational as well as fun, this session is available for up to 20 people. You will need reliable internet, a smart phone or computer and a Zoom account. Set-up help is available by e-mailing Shellie in advance. To register, contact Sheila.Graziano@stmarysmd.com.

Let it snow!

- BLIZZARD
- COAT
- COLD
- DECEMBER
- EARMUFFS
- FEBRUARY
- FIREPLACE
- FLURRIES
- FROZEN
- GLOVES
- HOT CHOCOLATE
- ICE
- ICE SKATES
- ICICLE
- JANUARY
- MITTENS
- SCARF
- SHOVEL
- SLED
- SLUSH
- SNOWBALL
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER



Name: _____

Northern Senior Activity Center

In Charlotte Hall, 301-475-4200, ext. 3101

Indoor Winter Activities to Try

This article covers some suggested activities to try during the winter when we're bound to be inside more again. While some of these ideas may not be perfect given COVID-19 restrictions, many of them still work as-is, or with a little adaptation. These ideas may also give you something new to try - and the theme this newsletter is New Year, New You, New Beginning. So try something new for YOU, even if it's different than what you're used to.



- * **Follow a fitness video** - We've posted a variety of classes on Facebook, YouTube, and our brand-new Virtual Senior Activity Center - <https://www.stmarysmd.com/aging/virtual-senior-center/>.
- * **Start or join a book club** - there are various Center clubs, and some being done remotely
- * **Join or create a league/social club** - if you want one, we can make it happen
- * **Delve into Genealogy** - there are many options and if interested, we can provide some guidance
- * **Grow Something** - do you know you can plant some herbs and vegetables in the winter?
- * **Move around the House** - be safe, avoid tripping hazards and safely navigate around your home
- * **Learn to play a musical instrument** - the Internet is good for free tutorials on just about anything. Also check the class being offered on page 19!
- * **Beat your peers at Board Games** - You can play online games with friends on Facebook, even ones that challenge your brain!
- * **Fly Away** - If you can't get away just yet, consider virtual travel on the Internet or get away with meditation sessions

Reference: <https://aging.com/top-10-senior-citizen-activities-you-must-try-this-winter/>

22



Key to the Chesapeake Basket

As promised, to follow up to the Maryland Pride basket raffle, we are starting the new year with a *Key to the Chesapeake Basket* raffle. The basket includes Bay and nautical favorites & collectibles. The process to enter the raffle is simple: go to www.facebook.com/SMCDAHS and leave a comment on the Key to the Chesapeake Basket post pinned at the top of the newsfeed. Example comments include: "Enter me please"; "I want to win"; "I feel lucky"; "I love this!". Any positive or affirmative comment will be considered your entry. **Please note:** It MUST be the basket posted picture that you comment on. Only one comment/entry per person. The Raffle drawing will take place on Maryland Day, March 25.

Helpful Hacks

By MarieNoelle Lautieri, Operations Manager

~ Finding ways to make things easier and re-using or re-purposing what you already have ~

Meal Hero

Discover recipes by ingredient! This is a great resource if you have limited items, can't get to the store as often as you would like, or have an abundance of something you'd like to use up. This website searches for recipes based on the item (s) you have. Each recipe provides all ingredients and equipment needed, cooking method and total time to prepare. It can be filtered by diet, cook time, course (main dish, salad, soup, etc.) and the number of ingredients. Enjoy! <https://fridgetotable.com>



Get a Grip!

That rubber jar gripper in your kitchen drawer has more uses than just for opening jars and bottles. Ever struggle getting your gas cap off? The gripper can be a great gas cap opener if you have any challenges with pain or arthritis in your hand or fingers, or you've ever wrestled with how the fuel tank pressure affects the cap. So, don't get angry... just get a grip.... an extra one to keep in your car, that is!

Don't get Jarred

So, what if you don't have a gripper in the house for loosening those tight-lidded jars? Use rubber gloves instead!

Repurpose your Plastic

Have you ever wondered what to do with the clear produce bags from the grocery store? They function as great small trashcan liners for the bathroom or bedroom and will look nice and neutral with your decor. Re-use and repurpose to do your part for the environment!

Sure you Can!

Is the answer, if you've wondered if there's a crafty use for an empty aluminum can. For a shorter tuna can, take wooden spring clothespins and clip all the way around – this requires no glue or much time. You'll get a charming wooden bucket effect that's perfect for small plants or herbs, or a nice decoration for however your imagination chooses to display it. Taller cans are perfect for repurposing into a pen or a paintbrush organizer, or a container for a plant. Just paint it or wrap rope/twine or remnant fabric/lace around it secured well with glue.



More Ways to use Trays



Those plastic ice cube trays are more versatile than you think. The small little compartments are useful for storage, whether it's in the freezer or around the home. You can be creative and may already have some uses for them in the freezer for your favorite liquids. Around the house, imagine an organizer for small items like paper clips and thumbtacks, for crafts (buttons and beads), jewelry, or to use as a paint palette to divide out your paint colors.

**Lyme Light: A Focus on Lyme Disease
Tuesday, January 26, 2 p.m. via ZOOM**

Join our video discussion on Zoom led by MarieNoelle Lautieri, facilitator of the Lyme Disease Discussion and Support Initiative. The focus will be a summary of current progress and trends regarding research and treatment and how Lyme Disease factors and issues can be similar to COVID-19 concerns and experiences. This is also a good time to talk “Lyme” with others who understand it or are familiar with it. Please contact Helene to sign up for this virtual session by calling 301-475-4200, ext. 3101, or email Helene.Hunter@stmarysmd.com.

**Arthritis Foundation Exercise with Debbie Buckler
Wednesdays, 10 a.m. via ZOOM**



“Hello everyone! I am instructing arthritis exercise classes on Zoom every Wednesday morning at 10 a.m., and I am so excited to have you work out with me. Get ready to strengthen those muscles! If you're interested in participating, please let us know by emailing MarieNoelle at MarieNoelle.Lautieri@stmarysmd.com, and your email address will be added to our participant list. You will receive an email each Wednesday morning with instructions so you can join the class. I hope to see you there! -- Debbie”

**Senior Matters: Series
Thursdays, January 14-
February 18 12:30p.m.-2 p.m.
(six consecutive weeks)
Via ZOOM, Free**

This is an opportunity where you get to talk through what's on your mind and in your heart and hear from others in a small group setting. It will start off with an icebreaker/introduction week to discover questions and goals for group topics that are relevant to you.

Areas each week will focus on relevant issues and can include COVID-related concerns in the areas of: Mental Health, Physical Wellness, Social Wellness, Chronic Illness/Management, and Expression/Creativity. Registration in advance is required, by contacting MarieNoelle Lautieri at MarieNoelle.Lautieri@stmarysmd.com or call 301-475-4200, ext. 3102.

Journaling and/or drawing supplies will be provided complimentary upon series-completion



NORTHERN WORD FIND

H	B	F	N	F	Z	U	M	T	R	I	K	E	K	A	X	J	V
A	M	I	S	H	B	U	G	G	Y	O	A	W	H	S	I	X	B
S	I	M	P	L	Y	C	R	A	F	T	Y	N	N	Z	M	S	F
F	I	R	E	P	L	A	C	E	C	O	A	T	R	O	O	M	K
R	M	Y	T	H	R	E	E	N	O	T	C	H	T	R	A	I	L
O	I	E	Z	V	K	A	R	G	W	C	G	J	O	R	L	Z	Y
C	O	C	F	M	G	T	U	J	S	T	A	G	E	F	C	A	Y
K	S	O	L	K	O	P	I	A	N	O	U	P	A	T	I	O	U
I	A	O	L	W	H	K	H	R	L	C	E	R	A	M	I	C	S
N	G	L	I	G	H	T	H	O	U	S	E	X	Y	W	P	W	Z
G	E	E	G	B	O	M	I	Z	D	T	R	L	Y	H	S	V	I
C	O	S	I	U	K	B	I	F	S	V	P	O	T	T	E	R	Y
H	R	P	A	Y	Z	L	Z	B	I	R	D	F	E	E	D	E	R
A	A	R	W	I	S	H	I	N	G	W	E	L	L	C	R	R	V
I	N	I	O	V	E	S	Q	B	I	C	Y	C	L	E	S	Q	N
R	G	N	V	E	N	B	R	E	A	K	F	A	S	T	L	U	L
W	E	G	A	H	K	B	N	A	T	U	R	E	T	R	A	I	L
E	K	S	Q	S	O	C	I	A	L	R	O	O	M	Q	E	L	L

ROCKINGCHAIR
 SOCIALROOM
 BIRDFEEDER
 CERAMICS
 FIREPLACE
 TRIKE
 STAGE
 POTTERY
 PIANO
 BREAKFAST
 SIMPLYCRAFTY

NATURETRAIL
 COATROOM
 AMISHBUGGY
 YECOOLESPRINGS
 THREENOTCHTRAIL
 PATIO
 LIGHTHOUSE
 WISHINGWELL
 BICYCLES
 OSAGEORANGE

Retired and Senior Volunteer Program

By Norine Rowe, RSVP Program Manager



Volunteer Creativity Abounds During COVID-19

In the New Year, perhaps you will want to draw ideas from some of our RSVP volunteers on ways to keep active and busy during COVID-19. Pictured left is a quilt made this past year by Apple Bazil, an RSVP Learning Is ForEver (LIFE) Program Volunteer. She got this quilt kit out of her closet where it had

been sitting for quite some time. She had never done appliqué work before, but she got advice from a neighbor “master quilter.” She got to know her neighbor better and look at the wonderful results! Perhaps you’ve got something in your closet calling to you, too.

Homemade Projects Keep RSVP Volunteers Serving Others

Pictured right, RSVP Project Linus Volunteers Anna and Al Girard display some projects they’ve been working on from home during COVID-19. Their handmade creations are donated to persons in need, including those living in nursing homes, homeless shelters, and assisted living facilities. Anna and Al also serve as volunteers on the RSVP Community Advisory Committee. We appreciate their contributions!



Ways to Grow During 2021, the RSVP Way!



Jenny “Chris” Nelson-Sisk serves as an RSVP Volunteer Art Instructor and Theatre Group Leader at the Loffler Senior Activity Center. She sent us the note below last June describing how she is staying active during COVID-19. Pictured left is a poster Chris made for our Volunteer Appreciation Event this past year.

“It’s been an interesting past several months with this COVID-19 mess. During this time, I have done what most of my fellow seniors have been doing: Cleaning the

house, reorganizing drawers, talking to friends and family over the phone and staying healthy. I’ve sewn face masks for my family and friends and run errands for those who are unable to do so themselves.

Letter writing has become my new hobby, it seems, since I find most people like to find something else in their mailbox other than bills. I’ve read a lot of books (53 at last count) and watch way too much TV and DVDs. I’ve been working on paintings and other art projects, practicing playing my harp, writing stories, doing yard work, enjoying going for walks, catching up on sleep or just sitting on our porch and watching the world go by. And I don’t worry about everything on the news – I know ‘this too shall pass.’ I’m afraid I don’t really understand when my adult children complain that they are BORED when there is so much to do (if you just look).”

RSVP Senior Survival Stories

“Porch-Traits” of Volunteers Coping, Surviving, & Even Thriving in COVID-19

RSVP Home-Delivered Meals Volunteer Henry “Hank” Brodersen knows all about surviving in the midst of adverse circumstances, so he’s not too worried about COVID-19. In the mid-1950s, while earning his degree in Wildlife Conservation and Forestry, Hank worked summers as a Smoke Jumper for the Forest Service out west. After parachuting from a plane into wildfires, Hank explained that “Smoke-jumping gave me confidence, and everything has been easy after that.” He went on to say that “Everyone has fears. The secret is to face them.”

Having developed nerves of steel at a young age, Hank joined the Navy in 1957 and went on to serve as a Navy Patrol Plane Pilot in the Vietnam War. He retired from the Navy in 1978 but continued flying as a Corporate Pilot for McDonnell Douglas. Over the years, he has logged in 28 years of flying and 9,200 hours of pilot time.

COVID-19 has not slowed Hank down. With a lifelong love of music, he enjoys playing his tuba while practicing with others via Zoom. He gardens on his 5 1/2 acres, uses a log-splitter to cut wood, and always has a joke to keep things light. During a heart attack in his mid-sixties, Hank felt a sense of calm come over him and lost his fear of death. Now in his mid-80s, Hank says that while he and his wife practice safety, he’s not overly concerned about COVID-19. “I’m too old to get worried about things like that.”



Hank plays the tuba for fun & enjoyment!



Hank's car displays his love of the Navy & Smoke-Jumping.



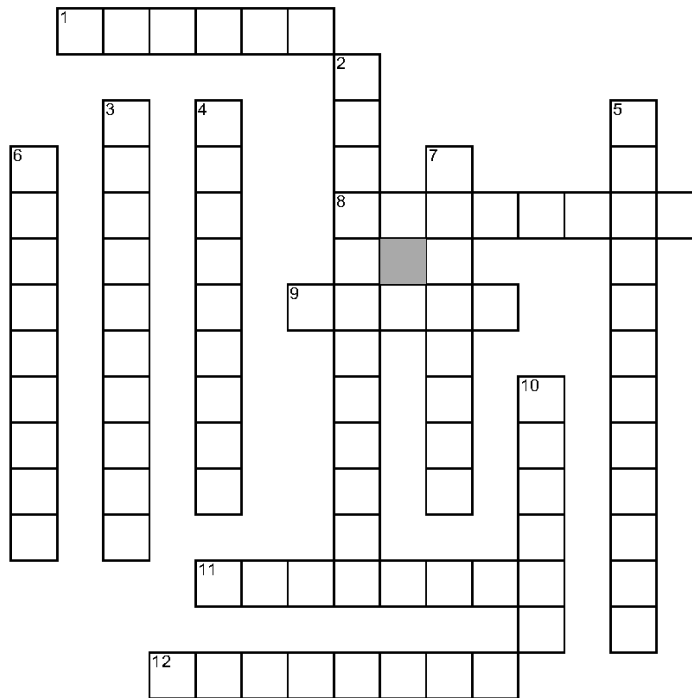
Lumberjack Hank gets lots of exercise cutting wood.



Growing vegetables keeps Hank busy much of the year.

CROSSWORD PUZZLE

New Year's Eve



Across

1. lack of rest; feeling drowsy or
8. Final month of the year
9. social gathering of invited guests
11. chart or series of pages showing the days, weeks and months
12. series of recollections

Down

2. Popular song of New Years
3. firm decision to do or not to do something
4. right before midnight
5. midnight
6. activities or events celebrating a special occasion
7. feeling or expressing overwhelming joyful excitement
10. good wishes before drinking

WORD SEARCH

Black History Month

J S U D Q I E S O H S B Y B J R U Z R U E O Z H
M A R T I N L U T H E R K I N G J R S E E S Y D
O O W N L M R H B B F Y N B K Q N N V Z B C R I
Z Y T H U R G O O D M A R S H A L L D N T N O N
G I L M J D U P E T V C Q R A Y K I V Z X B T L
D U Z J Y Y I Z L S N I T I S H S O K S S D S X
B X I U X N X V R L F F F E Q C U L H V X P I F
S F E S E J N U E R X P E T R K D J O X G S H R
O R J T N F E A Z R G Z S I Y B E R F N H R K A
R J B I A P V G A N S E M H D K R T A K H U C O
B L W C C N Q M S T V I T F E O Z A I K Y U A T
F H S E I B W Y H C N G T U R C C A A R O O L R
H X X L R S Z V U A P Z O Y I P F I Q C H F B Q
A A B W E A D Z T P H N C R K Z M C X S O R J H
J O L E M B P I Q L H S Y V L F T V Y H D E M B
F R H Q A H O O T G N A O W O R D T S H E E I K
O Z O H N N P G W X K S B T M M I U F Q X D N W
V O U G A K A G Z J L B D D V L H U P V N O Q N
Y L D X C S Z P Y J Q T F U A Z V S M G O M K V
V G V Q I S S I C T L B T U H E W D J W Y R N C
V S F F R X V H E W P S Q S Q Z L T D I J I U M
E A U L F L D Z X F Z E V X L H O J K Z P D I E
C I D R A D W A Y U C I V I L R I G H T S E F W
J K D E S E G R E A T I O N G Y M P T P S S D E

NAACP black history african american boycott civil rights desegregation discrimination
diversity equality freedom rides justice martin luther king jr sit-ins thurgood marshall

SUDOKU

	8		4					2
					9	7		
6	1		5				8	
		4				9	2	
7								1
	5	3				4		
	7				8		3	9
		5	7					
9					5		4	

1sudoku.com

n° 31695 - Level Hard

7			5	8				
				1	6			2
	8	6	4					
	2						5	
1	7			5			8	3
		3					6	
					5	1	3	
5			8	6				
				9	1			6

1sudoku.com

n° 312806 - Level Hard

30

3						7		9
		4		8			3	
				7				5
		5			8			
	6	7		2		8	4	
			1			5		
9				3				
	1			9		6		
2		6						1

1sudoku.com

n° 317666 - Level Hard

	2			3				7
				7	8	4		
			1			9		
	4					5		2
6	9			2			3	4
3		2					9	
		3			2			
		1	9	4				
9				1			8	

1sudoku.com

n° 31177 - Level Hard

Puzzle Solutions

NORTHERN WORD FIND

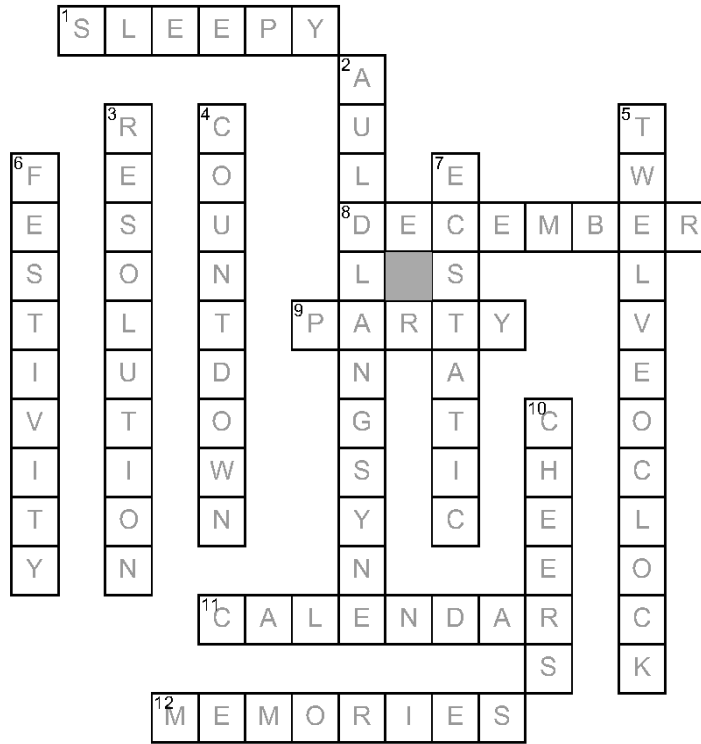
H	B	F	N	F	Z	U	M	T	R	I	K	E	K	A	X	J	V
A	M	I	S	H	B	U	G	G	Y	O	A	W	H	S	I	X	B
S	I	M	P	L	Y	C	R	A	F	T	Y	N	N	Z	M	S	F
F	I	R	E	P	L	A	C	E	C	O	A	T	R	O	O	M	K
R	M	Y	T	H	R	E	E	N	O	T	C	H	T	R	A	I	L
O	I	E	Z	V	K	A	R	G	W	C	G	J	O	R	L	Z	Y
C	O	C	F	M	G	T	U	J	S	T	A	G	E	F	C	A	Y
K	S	O	L	K	O	P	I	A	N	O	U	P	A	T	I	O	U
I	A	O	L	W	H	K	H	R	L	C	E	R	A	M	I	C	S
N	G	L	I	G	H	T	H	O	U	S	E	X	Y	W	P	W	Z
G	E	E	G	B	O	M	I	Z	D	T	R	L	Y	H	S	V	I
C	O	S	I	U	K	B	I	F	S	V	P	O	T	T	E	R	Y
H	R	P	A	Y	Z	L	Z	B	I	R	D	F	E	E	D	E	R
A	A	R	W	I	S	H	I	N	G	W	E	L	L	C	R	R	V
I	N	I	O	V	E	S	Q	B	I	C	Y	C	L	E	S	Q	N
R	G	N	V	E	N	B	R	E	A	K	F	A	S	T	L	U	L
W	E	G	A	H	K	B	N	A	T	U	R	E	T	R	A	I	L
E	K	S	Q	S	O	C	I	A	L	R	O	O	M	Q	E	L	L

ROCKINGCHAIR
 SOCIALROOM
 BIRDFEEDER
 CERAMICS
 FIREPLACE
 TRIKE
 STAGE
 POTTERY
 PIANO
 BREAKFAST
 SIMPLYCRAFTY

NATURETRAIL
 COATROOM
 AMISHBUGGY
 YECOOLESPRINGS
 THREENOTCHTRAIL
 PATIO
 LIGHTHOUSE
 WISHINGWELL
 BICYCLES
 OSAGEORANGE

Puzzle Solutions

New Year's Eve



Across

1. lack of rest; feeling drowsy or
8. Final month of the year
9. social gathering of invited guests
11. chart or series of pages showing the days, weeks and months
12. series of recollections

Down

2. Popular song of New Years
3. firm decision to do or not to do something
4. right before midnight
5. midnight
6. activities or events celebrating a special occasion
7. feeling or expressing overwhelming joyful excitement
10. good wishes before drinking

Puzzle Solutions

Black History Month

J S U D Q I E S O H S B Y B J R U Z R U E O Z H
M A R T I N L U T H E R K I N G J R S E E S Y D
 O O W N L M R H B B F Y N B K Q N N V Z B C R I
Z Y T H U R G O O D M A R S H A L L D N T N O N
 G I L M J D U P E T V C Q R A Y K I V Z X B T L
 D U Z J Y Y I Z L S N I T I S H S O K S S D S X
 B X I U X N X V R L F F F E Q C U L H V X P I F
 S F E S E J N U E R X P E T R K D J O X G S H R
 O R J T N F E A Z R G Z S I Y B E R F N H R K A
 R J B I A P V G A N S E M H D K R T A K H U C O
 B L W C C N Q M S T V I T F E O Z A I K Y U A T
 F H S E I B W Y H C N G T U R C C A A R O O L R
 H X X L R S Z V U A P Z O Y I P F I Q C H F B Q
 A A B W E A D Z T P H N C R K Z M C X S O R J H
 J O L E M B P I Q L H S Y V L F T V Y H D E M B
 F R H Q A H O O T G N A O W O R D T S H E E I K
 O Z O H N N P G W X K S B T M M I U F Q X D N W
 V O U G A K A G Z J L B D D V L H U P V N O Q N
 Y L D X C S Z P Y J Q T F U A Z V S M G O M K V
 V G V Q I S S I C T L B T U H E W D J W Y R N C
 V S F F R X V H E W P S Q S Q Z L T D I J I U M
 E A U L F L D Z X F Z E V X L H O J K Z P D I E
 C I D R A D W A Y U C I V I L R I G H T S E F W
J K D E S E G R E A T I O N G Y M P T P S S D E

NAACP black history african american boycott civil rights desegregation discrimination
 diversity equality freedom rides justice martin luther king jr sit-ins thurgood marshall

Puzzle Solutions

Solutions :

5	8	7	4	3	6	1	9	2
3	4	2	1	8	9	7	6	5
6	1	9	5	7	2	3	8	4
1	6	4	8	5	7	9	2	3
7	9	8	2	4	3	6	5	1
2	5	3	9	6	1	4	7	8
4	7	1	6	2	8	5	3	9
8	3	5	7	9	4	2	1	6
9	2	6	3	1	5	8	4	7

1sudoku.com

n° 31695 - Level Hard

7	3	1	5	8	2	6	4	9
4	9	5	3	1	6	8	7	2
2	8	6	4	7	9	3	1	5
6	2	4	1	3	8	5	9	7
1	7	9	6	5	4	2	8	3
8	5	3	9	2	7	4	6	1
9	6	2	7	4	5	1	3	8
5	1	7	8	6	3	9	2	4
3	4	8	2	9	1	7	5	6

1sudoku.com

n° 312806 - Level Hard

3	5	2	4	1	6	7	8	9
7	9	4	5	8	2	1	3	6
6	8	1	3	7	9	4	2	5
4	3	5	7	6	8	9	1	2
1	6	7	9	2	5	8	4	3
8	2	9	1	4	3	5	6	7
9	7	8	6	3	1	2	5	4
5	1	3	2	9	4	6	7	8
2	4	6	8	5	7	3	9	1

1sudoku.com

n° 317666 - Level Hard

1	2	6	4	3	9	8	5	7
5	3	9	2	7	8	4	6	1
4	7	8	1	6	5	9	2	3
8	4	7	6	9	3	5	1	2
6	9	5	8	2	1	7	3	4
3	1	2	7	5	4	6	9	8
7	6	3	5	8	2	1	4	9
2	8	1	9	4	6	3	7	5
9	5	4	3	1	7	2	8	6

1sudoku.com

n° 31177 - Level Hard

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

Lori Jennings-Harris, Director

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

Senior I&A-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. 1057, for information.

Home and Community-Based Services (HCBS)/Maryland Access Point (MAP)- MAP is your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. 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 MAP at 301-475-4200, ext. 1057.

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. 1063.

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. 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 301-475-4200, 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: community development, homelessness, supportive services for children and youth, and social, educational and recreational activities for children and families. Call 301-475-4200, ext. 1849.

Website: www.stmarysm.com/aging
YouTube: SMC Aging & Human Services
Phone: 301-475-4200, ext. 1050

Facebook: www.facebook.com/SMCDAHS
Fax: 301-475-4503

LOCATIONS

Department of Aging & Human Services 41780 Baldrige St,
Administrative Building, Leonardtown, MD 20650
301-475-4200, ext. 1050

Garvey Senior Activity Center, 23630 Hayden Farm Lane,
301-475-4200, ext. 1080 Leonardtown MD, 20650

Loffler Senior Activity Center, 21905 Chancellor's Run Road,
301-475-4200, ext. 1658 Great Mills, MD 20634

Northern Senior Activity Center, 29655 Charlotte Hall Road,
301-475-4200, ext. 3101 Charlotte Hall, MD, 20622

Human Services and MAP Site, 23115 Leonard Hall Drive,
301-475-4200, ext. 1050 Leonardtown, MD, 20650





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

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

CHANGE SERVICE REQUESTED

2021 Holiday Closings (No Home-Delivered or Congregate Meals Served)

Friday, January 1 - New Year's Day
Monday, January 18 - Martin Luther King Jr. Day
Monday, February 15 - Presidents' Day

NEW BEGINNING