

NEW BEGINNING

VOLUME 35 ISSUE 1

JANUARY/FEBRUARY 2022

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



A New Beginning –
Be Inspired!

In This Issue...



New Year - New Healthy Habits!

Celebrate the new year by making small changes that will lead to major health benefits!... *Page 5*

HEALTHY HABITS

Take advantage of the Wellness & Aquatics Center!

Are you looking for an aquatic fitness class to compliment your favorite classes at the senior activity centers? This is your chance! Check out a special offer from St. Mary's County Recreation & Parks! ... *Page 12*



Are you in a funk?

This can be a difficult time of year for everyone, with the holidays in the past and a long stretch of winter ahead. Here are some tips to ward off the winter blues...*Page 13*

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It's a new year and our Project Linus group is ready to get to work! ...*Page 19*

Project Linus

Calvert & St Mary's County, MD Chapter

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Open Studio Pottery

Join us at the Northern Senior Activity Center for open studio pottery!...*Page 22*

Farewell Norine!

The Department of Aging & Human Services says goodbye to long-time RSVP Program Manager Norine Rowe....*Page 25*



From the Director's Desk

By Lori Jennings-Harris, Director

It is already year 2022 and the past year just seemed to fly by! With the new year comes a new beginning. We want to begin this year with a sense of hope and enthusiasm, maybe even more so than in previous years! The Department of Aging & Human Services looks forward to what is in store for the seniors we serve as well as the children, youth, and families in our community.



Department of Aging & Human Services Senior Center Operations staff members want you to be inspired to discover the many ways to become active and involved with our senior activity centers and all they have to offer.

The other divisions, Home and Community-Based Services, Maryland Access Point/Senior Information & Assistance, Community Programs and Outreach, Human Services, Fiscal, and the Retired and Senior Volunteer Program (RSVP) all work for the good of the people in our community.

The RSVP Volunteers know all too well the commitment of their leader and advocate, Norine Rowe. Norine has been part of our Department for ten years and has placed an exclamation point beside "RSVP!". Norine has decided to retire from our Department at the end of January and while no one can fill Norine's shoes, we will make our best effort to choose someone who has the same type of compassion and vigor when it comes to RSVP. Many thanks to Norine for all her great work over the past decade!

All the best, Norine!



JANUARY/FEBRUARY 2022

NEW BEGINNING

The Commissioners of
St. Mary's County
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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 24, 2022

1 p.m.

Monday, February 28, 2022

1 p.m.

*At the time of publication, meetings are open to the public to attend.
A call-in option is also available for members of the public to attend this meeting.*

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



As we begin a new year, many of us have made New Year resolutions, most often in regard to our weight! Instead of focusing on losing weight, perhaps this year focus on making healthy habits.

HEALTHY HABITS

Healthy habit #1- Begin to incorporate more plants into your diet.

In 2016, the JAMA Internal Medicine journal published a research study involving over 132,000 participants.

The study found that the participants with

higher intakes of plant proteins experienced a lower risk of death, especially from heart disease, as compared to those eating higher intakes of animal proteins. By consuming more plants, you benefit from higher intakes of nutrients, fiber and antioxidants.

Healthy habit #2- Try swapping out some of those processed carbs with healthy fats.

One study found that substituting about 100 calories of unsaturated fats like in nuts, olive oil, and fatty fishes for equal calories in carbohydrates helped improve blood sugar control and decreased risk for heart disease.



Healthy habit #3- Try new healthy foods.

Two studies published in the Journal of Nutrition found that people who consumed a greater variety of healthy foods tend to have less body fat and lower risk for metabolic syndrome, a cluster of risks associated with heart disease.



Healthy habit #4- Slow down. Eating at a slower pace gives you a better chance of feeling full so you will be less likely to overeat. Slower eating forces you to be more mindful, taking smaller bites, putting down your utensils between bites and thoroughly chewing your food.

So happy healthy habit year!!

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.



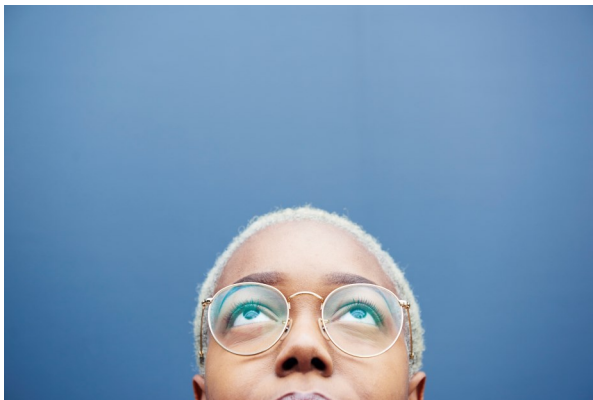
Home & Community-Based Services

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

Caregiver Concerns: Spirituality and Caregiving

By: Daphne Benneer

In this dark, cold time of year after all the business of the holidays, we often feel disconnected or down. Now is a good time to reconnect with yourself and with your values.



Research demonstrates that religious and spiritual beliefs are important in helping caregivers understand their caregiver role, adapt to changes caregiving brings and cope with stress. Some caregivers report that they have been able to develop a new bond with the person they care for.

Many caregivers report that caregiving has caused them to be a more understanding, caring, less judgmental person and that feel they are a better person for the caregiving experience.

Being a caregiver is hard and taxing and while not everyone has the “warm and fuzzy” experiences that some of the research shows often caregivers will recognize the benefit of pausing and connecting with the inner or spiritual part of themselves. That may look like a formal religious practice, meditation, prayer, or other things that feed your soul. I encourage you to take some time today to connect inward, do something that refreshes you and find something to be thankful for.



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Harriet Hodgson provided a reminder when she created a list of 10 spiritual aspects of caregiving:

1. Caregiving is love in action.
2. Caregiving makes us practice patience.
3. Caregiving causes us to look inward.
4. Caregiving links us with the past, present, and future.
5. Caregiving makes us aware of the joy of giving.



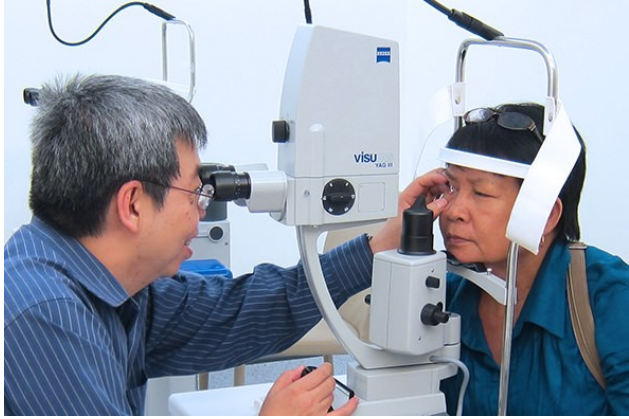
6. Caregiving leads us in new directions.
7. Caregiving is a learning experience.
8. Caregiving brings out the best in us.
9. Caregiving helps us see what is important.
10. Caregiving honors the miracle of each and every life.

Resources:

- Chang, Noonan, Tennstedt. 1998. The Role of Religion/Spirituality in Coping With Caregiving for Disabled Elders. The Gerontological Society of America. The Gerontologist Vo. 38. 4 p 463-470
- Timoshkina. 2012. Spirituality and Caregiving. Conference: 7th Annual North American Conference on Spirituality and Social Work, Att Lakehead University, Thinder Bay, Ontairo, Canada. DOI: 10.13149/RG.2.1.4278.0880
- Hodgson 2015. 10 spiritual aspects of caregiving. The caregiver space. <http://thecaregiverspace.org/10-spiritual-aspects-of-caregiving/> 12.24.2015.



January is National Glaucoma Awareness Month



National Glaucoma Awareness Month is an important time to spread the word about the disease that currently affects more than 3 million Americans. Glaucoma is a group of eye diseases that results in a gradual loss of eyesight. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

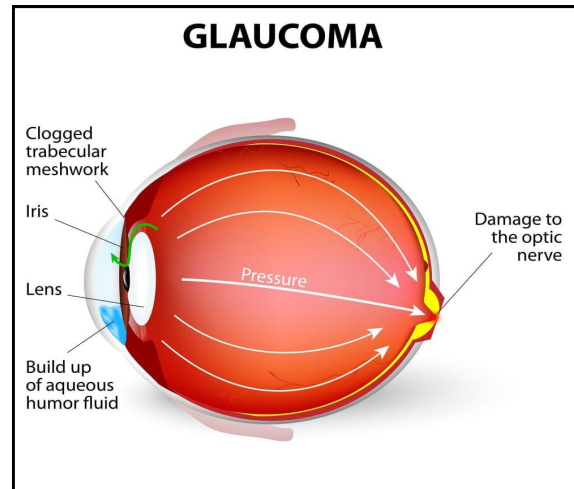
Glaucoma is often referred to as ‘the sneak thief of sight’ as often there are no symptoms. With this disease, once vision is lost, it is permanent. In addition, surprisingly, more than

40% of vision can be lost without a person even noticing. Experts estimate that half of people with glaucoma do not realize they have it.

How does glaucoma affect your vision? According to the American Academy of Ophthalmology, blind spots appear when glaucoma damages the fibers of the optic nerve. If the entire nerve is destroyed, you can become completely blind in that eye. The optic nerve is made up of many nerve fibers that carry images to the brain. It is like an electric cable, with many wires bundled together. When there is more damage to the optic nerve, larger blank spots begin to appear in your vision field. Many people do not notice these blank spots until the optic nerve is significantly damaged and these spots become large.

Individuals with a family history of glaucoma are at a higher risk of developing glaucoma. If you have diabetes, hypertension, or take corticosteroids for health conditions, you may also have a higher risk. It’s important to visit your eye doctor twice per year, especially for those who are considered “high-risk. In addition to the information above, glaucoma risk factors include those who:

- are over age 40
- have family members with glaucoma
- are of African, Hispanic, or Asian heritage
- use long-term steroid medications
- have corneas that are thin in the center
- have high eye pressure
- are farsighted or nearsighted
- have had an eye injury
- have thinning of the optic nerve
- have diabetes, migraines, high blood pressure, poor blood circulation or other health problems affecting the whole body



Source: Glaucoma Research Foundation - <https://www.glaucoma.org/>

Find Your Inspiration: Five Ways to Stay Motivated as an Aging Adult

Thanks to modern healthcare and a growing market for older adults, seniors we have access to what we need to live fruitful, fulfilling lives, as long as we stay motivated. Low energy and lack of zest for everyday activity are common problems among aging adults that can dampen the spirit and harm well-being.

Fortunately, we can lay our aging adult doldrums to rest with some inspiring tips to help us embrace each day. Here are five ways to stay motivated during the senior years and see how fun, fascinating, and productive this life phase can be.



- 1. Organize Your Day** Having a schedule to follow gives you a step-by-step guide to tackling the day. Start the morning by jotting down a list of things to do and keep the list handy so you can refer to it throughout the day. With each task or activity you check off, it encourages productivity. The more successful you are at executing your agenda, the more inspired you will be to do it again tomorrow.
- 2. Find Your Usefulness** Regardless of age, everyone can add value to life; the trick is to find your usefulness and nurture it. Do you have a particular talent you can share through volunteer work? Have you always wanted to serve on a board? Maybe you are called to be an involved grandparent or parent to your grown children. Let your purpose build your confidence and inspire you.
- 3. Get Spiritual** You don't have to be religious to receive inspiration from a higher power. Whether you attend church regularly, practice prayer at home, or meditate in nature, exploring your spirituality can fill a void like nothing else and motivate you in your daily living. Tapping into your spiritual self can also spur you to delve deeper into your soul, where you could find lasting peace and positivity.
- 4. Be Social** A top reason for depression in older adults is loneliness and isolation. However, socializing can be hard to do during the senior years due to some drastic changes like relocation from friends or health issues. Still, finding ways to connect with others is key to staying motivated. Consider joining a club, or taking a class at one of our senior activity centers, or reaching out to old acquaintances on social media.
- 5. Read** Research suggests reading helps keep an aging mind sharp and disease-free, as well as promotes a sense of connectivity that can be deeply fulfilling and inspiring as we age. Reading also motivates you to learn and stay engaged in life. For an extra dose of inspiration, choose books about people who have overcome trials or that tell uplifting stories.

Sources National Council on Aging, [NCOA.org](https://www.ncoa.org); The Arbor Company, <https://www.arborcompany.com/blog/7-ways-to-keep-your-aging-parents-active-and-engaged>

Senior Information & Assistance

By *Debbie Barker, Senior I&A Division Manager*

2022 Social Security/Medicare Updates



The Social Security Administration announced that there will be a 5.9% cost of living increase for Social Security and Supplemental Security Income (SSI) recipients effective January 2022.

Additionally, the Centers for Medicare and Medicaid Services announced the following Medicare Part A & B increases for 2022:

Part B Medical Premium: \$170.10
Part B Medical Deductible: \$233
Part A Hospital Deductible: \$1,556

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 \$274 per month.



Medicare

Beneficiaries who filed a 2020 income tax return of over \$91,000 if single and \$182,000 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 2021 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.

For more information, or to schedule a time to come in and talk about Medicare, contact:

Debbie Barker, Division Manager
301-475-4200, ext. 1064
Debbie.Barker@stmarysmd.com

Helana Shokry
Senior Information & Assistance Caseworker
Northern Senior Activity Center
301-475-4200, ext. 3104
Helana.Shokry@stmarysmd.com

Melissa Craig
Senior Information & Assistance Caseworker
Loffler Senior Activity Center
301-475-4200, ext. 1654
Melissa.Craig@stmarysmd.com

Senior Rides Seeking Drivers

Are you looking for a way to
get involved in your community?

Become a volunteer driver for Senior Rides!

Volunteer Driver Recruitment/Benefits:

Drivers are not required to volunteer a minimum number of hours per month and are offered the following benefits:

Mileage reimbursement

Supplemental accident insurance

CPR/First Aid Certification

Volunteer Recognition

Driver Safety Training

Driver Qualifications

- Patience and genuine love of helping others
- Be 21 years of age or older
- Own personal vehicle
- Have an automobile insurance policy with a minimum personal liability limit of \$100,000

Driver Requirements

- Completed Application & volunteer driver waiver release
- Participate in informal interview
- Pass criminal background check
- Pass annual MVA driving record check

For more information, contact Melissa Beauvais

301-475-4200, ext. 1066

Melissa.Beauvais@stmarysmd.com



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- Gentle Yoga
- Arthritis Foundation Aquatics
- Warm Water Therapy Pool



ST. MARY'S COUNTY
 RECREATION & PARKS

www.stmarysmd.com/recreate/wellnesscenter



Helpful Links:

St. Mary's County Department of Aging & Human Services
www.stmarysmd.com/aging

Senior Information & Assistance Contacts

<https://www.stmarysmd.com/aging/SeniorIA-Contacts.asp>

Virtual Senior Activity Center

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

St. Mary's County Department of Aging & Human Services Facebook Page

www.facebook.com/SMCDAHS

Focus on Fitness

By Brandy Tulley, Senior Center Operations Division Manager

January seems to take the cake for being the most depressing month of the year. According to experts, post-holiday letdown turns into failed New Year's resolutions, which are exacerbated by short days, long nights, bad weather, and holiday debt. According to Dawn LaFrance, PsyD, this kind of low-level winter depression seems to be a seasonal fact of life. According to Dr. LaFrance, "And while January seems bad, February can be bad, too. People keep waiting for spring, and winter just keeps going."



There's a difference between a winter funk and the more severe condition, seasonal affective disorder, says LaFrance, the latter of which is characterized by clinical depression, anxiety, and changes in weight. "The difference is usually seen in the severity and intensity of symptoms," she says. "It's OK to cry, but are you crying for three days straight?" She adds that winter blues usually last a couple of days, at the end of which you can find something to be happy about or some pleasure in your life.

For anyone dealing with a simple bout of winter funk, the best coping mechanisms are simple steps like eating right, exercising, and not focusing too much on the weather outside.



Practical suggestions include:

- Try to pinpoint what is getting you down.
- Don't let your mood dictate your plans.
- Watch your diet.
- Be sure to get in some physical activity, preferably every day.
- Get more light into your life.
- Don't make life changing decisions.

Our senior activity centers have many opportunities for getting through the cold, dark, winter months in fun, healthy ways. From fitness classes and exercise equipment rooms to nutrition education opportunities and Dietician-approved daily lunchtime meals, we're here to help you make this the best winter yet!

If your mood, thoughts, or feelings are making it hard to cope with daily life, talk with your health care provider. If you're having self-harming thoughts, talk to your doctor immediately or call the National Suicide Prevention Lifeline at 1-800-273-TALK.



Garvey Senior Activity Center

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



Nutrition Presentation & Counseling with Donna Taggert Garvey Senior Activity Center

Monday, January 3 & February 7, 11 a.m.; FREE

Donna Taggert, Certified Diabetes Educator and Registered Dietician, will be at the Garvey Senior Activity Center to help answer your healthy eating questions. The topics will be *Eating for Thyroid* (January) and in February will be *Eating for Heart Health* (February). There is no cost to attend; however, advance sign up is required. Register for the presentation by calling 301-475-4200, ext. 1075.

Brain.e.ology

Garvey Senior Activity Center

Tuesdays, January 4-February 15, 2 p.m.; FREE

Losing memory or cognitive ability is a tremendous fear but there is growing evidence that cognitive ability can be maintained or even improved to the end of life!

Brain-e-ology is designed to:

- Dispel the limiting myths of memory loss and aging
- Give participants a better understanding of how their brain works.
- Give participants the tools to incorporate brain fitness activities into their daily lives
- Create open minds

More than 90% of participants report that they feel like they have more control over future memory loss after taking this program! There is no fee for this program. Class size is limited so register early. Call 301-475-4200, ext. 1075, to register beginning December 20 at 8 a.m.



Book Discussion Group

Garvey Senior Activity Center

Wednesday, January 12 & February 9, 11 a.m.; FREE

We want you to join us. If you have a love for reading and are enthusiastic about sharing your thoughts about what you've read, this is the group for you. In January, the group will discuss *Sweetness at the bottom of the Pie* by Allen Bradley.

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In February, the group will discuss *City of Girls* by Elizabeth Gilbert.

To learn more, call 301-475-4200, ext. 1080.

Card Making Class

Garvey Senior Activity Center

Thursday, January 13 & February 10, 2 p.m.

Cost: \$5 per class & \$1 per card

Join us in the Art Studio at the Garvey Senior Activity Center on January 13, and February 10 at 2:00 p.m. to make one-of-a-kind cards for your family and friends. This is a great way to interact with others while making cards for holidays, birthdays and more. Everything is included for you to make your card including rubber & clear stamps, die cutting and embossing machines, cardstock, embellishments, and punches. The cost for the class is \$5 to attend and \$1 per card. Advanced payment is required. Call 301-475-4200, ext. 1075, to make reservations, beginning December 20 for the January class and January 20 for the February class.



Taking Care of Your Mental Health
Garvey Senior Activity Center
Tuesdays, January 18 & February 15, 12:30 p.m.
Cost: \$5 per session

As we age life's events can often become overwhelming, both mentally as well as physically. Especially during this time it's even more important to take care of your mental wellness. We have collaborated with Hope & Healing Psychotherapy, LLC to bring you a Mental Health Series. Each month we will hear a presentation on a new topic. The topic for January will be Sandwich Generation and February the topic will be Trust/Relationships. Advance sign up and payment of \$5 for each series is required. Call 301-475-4200, ext. 1075, to register beginning December 20 at 8 a.m. for the January session and January 20 for the February session. Payments are due at the time of registration or within a weeks' time of sign up.

Hearing Screenings
Garvey Senior Activity Center
Wednesday, January 19, 10 a.m.-1 p.m.
FREE



Dr. Pinno, with Jacobs Audiology, will be at the Garvey Senior Activity Center from 10 a.m.-1 p.m. on Wednesday, January 19. Dr. Pinno will be here to answer any questions you may have about hearing loss as well as offering hearing screenings. For more information, please call 301-475-4200, ext. 1075.



Luncheon with Phil McKenney
Garvey Senior Activity Center
Tuesday, January 11
Doors Open: 11:30 a.m.
Lunch Served: 12 p.m.
Music: 12:30 p.m.

Back by popular demand! Phil McKenney will return to the Garvey Senior Activity Center for another great interactive music program. By the late 1950s, the Wild Men who had created Rock-n-Roll just a few years earlier had been pretty much wiped out either by their own excesses, by the powers that be who hated them or by fate. A new group of clean-cut pop singers took over. They wore suits, skinny neckties, were non-threatening and controlled the record charts for the next several years. They were the Teen Idols, the second wave of rockers and this is their story! Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Lunch is served at 12 p.m. and the performance begins at 12:30 p.m. Call 301-475-4200, ext. 1075, to make reservations, beginning December 20 at 8 a.m.

Valentine's Day Luncheon with Bruce Thomas
Garvey Senior Activity Center
Tuesday, February 8, 11:30 a.m.

Bruce is a diverse performer who moves effortlessly through the musical categories of inspirational, swing, jazz, pop, and R&B. Please join us for his energetic and interactive performance while dining. Make sure to put on your best red outfit for the event! A donation toward the cost of your meal is appreciated if you are 60 years of age or older. For those under 60, the cost of your meal will be \$6. Lunch is served at 12 p.m. and the performance begins at 12:30 p.m. Call 301-475-4200, ext. 1075, to make reservations.



Play with Watercolors with T.L. Ford

Garvey Senior Activity Center

Tuesdays, January 11, \$20;

Tuesdays, February 8, \$20 at 1:30 p.m.

Cost: \$20 per class

Come learn the basics of watercolor painting in a relaxing, informal setting. No experience or drawing skills are necessary and everything you need is provided. The cost

for each class will be \$20. Please pay in advance at the receptionist desk. You can secure your spot in class by calling the reservation line on December 20 starting at 8 a.m. for the January class and January 20 for the February class. Please call, 301-475-4200, ext. 1075, to register. Payments are due at the time of registration or within a week of sign up.

Drums Alive

Garvey Senior Activity Center

Fridays, February 4-March 11, 2 p.m.

Cost: \$12

Golden Beats stimulates people whether they are young or old, healthy, or ill. When we drum and dance, we are having FUN! This in return releases endorphins and releases 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. The cost for the 6-week class is \$12 payable within a week of your confirmed reservation. Join Kathy Creswell, Program Specialist, at Garvey Senior Activity Center. Call 301-475-4200, ext. 1075, to register beginning January 20 at 8 a.m. Payments are due at the time of registration or within a week of sign up.



Kickboxing with Geno

Garvey Senior Activity Center

Tuesdays, February 22-March 22, 2 p.m.

Cost: \$40

Join Geno Rothback for a 5-week course in Gold Kickboxing! Geno teaches a dynamic and fun class that is tailored to seniors. It is highly recommended that all kickboxers provide their own gloves; the Garvey Senior Activity Center has a limited number available for use. Call 301-475-4200, ext. 1050, for more information and to reserve

your spot starting on January 20 at 8 a.m. Payments due at the time of registration or within a week of sign up.

Basketball

Margaret Brent Recreation Center

Fridays, January 7-February 25, 11 a.m.-12 p.m.

Cost: \$16

Recreational basketball games will be held in the gymnasium during this eight-week session. Registration is open to both males and females ages 50 and above. Advance registration is required; a minimum of 8 players is needed to run the session. Players may pay in advance at the Garvey Senior Activity Center; registrations and payments will not be accepted at Margaret Brent Recreation Center. To register in advance, call 301-475-4200, ext. 1075.

Virtual Fitness Classes

These classes are taught remotely via Zoom. Participants will need to complete a registration form and waiver and need to have an active email address, high speed internet connection and a webcam enabled device. Commitment to the entire 8-week session is recommended. There is no fee to participate; funding for these programs is provided by the Maryland Department of Aging Senior Center Operating Funds Grant. To pre-register beginning December 20, call 301-475-4200, ext. 1075.



Awakening (Mat) Yoga with Judi via Zoom Thursdays, January 6-February 24 10:45-11:45 a.m.

This gently active mat yoga class focuses on whole-health well-being of mind, body and spirit by engaging in mindful poses to improve flexibility, strength and range of motion while boosting mood, energy, brain function, circulation and immunity. Participants should have 1 or 2 blankets (or floor mats), 2 yoga blocks (or thick sturdy books), a strap (or old tie or towel) and water.

Chair Pilates with Sherry via Zoom

Tuesdays, January 4-February 22, 3-4 p.m.

Pilates is based on three principles: Breath, Whole-Body Health, and Whole-Body Commitment that encompasses mind, body, and spirit. Through breath, concentration, centering, using control, precision, and flow, Pilates exercises can be performed in a chair and without any equipment. Learning to move correctly in the chair as well as standing will not only increase your strength and balance but improve your efficiency of movement throughout your daily activities.



Chair Assisted Yoga via Zoom

**Tuesdays and Fridays, January 4-February 25,
10-11 a.m.**

Boost your immunity, strengthen your bones, reduce stress, and increase your flexibility. These are just some of the scientifically proven benefits of yoga. Join Karen Weaver on Tuesdays and Gail Wathen on Fridays 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.

EnhanceFitness

**Mondays and Wednesdays, January 3-February 23 9-10 a.m.
(no class January 17 & February 21)**

This evidence-based, nationally recognized fitness program incorporates low-impact aerobics, strength training, stretching and balance exercises to provide a full-body workout. A sturdy chair, hand weights and exercise band are recommended for participation.

Loffler Senior Activity Center

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



Nutrition Presentations by Donna Taggart

Loffler Senior Activity Center; Free

Monday, January 10, 10 a.m. - *Eating for Thyroid Health*

Monday, February 14, 10 a.m. - *Eating for Heart Health*

Donna will present these topics at the Loffler Senior Activity Center on the second Monday of each month at 10 a.m. Registration is

Required - please sign up by leaving a message on our reservation line: 301-475-4200, ext. 1660. Additionally, Donna will offer free personal nutritional counseling at 11 a.m. on the days she is here. To make an appointment with her, contact by text message or calling 240-538-6539.

Loffler Book Club

Loffler Senior Activity Center, 2 p.m.; Free

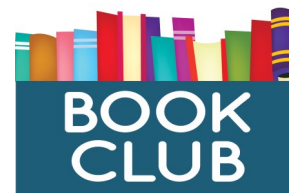
No Meeting in January 2022

February 4 - *The Nightingale* by Kristin Hannah;

Leader: Kathy Fulchiron

Each month members of the book club read an assigned book and discuss it on the first Friday of the following month. The discussions are friendly and honest- everyone's thoughts are appreciated. Selections are now determined by Round Robin Members' Choice. The Lexington Park Branch Library has been very helpful by holding several copies of the books for us.

Contact Sheila.Graziano@stmarysmd.com for more information or to sign up.



New! Bible Study with Phil

Loffler Senior Activity Center

Fridays, 10:30 a.m. (*Beginning Jan. 14*)

This non-denominational, Christian-based scripture group will be starting on January 14 and will be led by Phil Benedict. Mr. Benedict is a graduate of Moody Bible Institute in Chicago and Boise State University. He has spent most of his life teaching the Bible in churches as well as two rehabilitation organizations. The first sessions will focus on the gospel of John. A portion of each meeting will be dedicated to prayer. All are welcome. Reservations are not required. For more information call 301-475-4200, ext. 1658.

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Beginning Tai Chi for Arthritis and Fall Prevention

Loffler Senior Activity Center

Tuesdays & Thursdays Jan. 18-Feb. 10 (8 sessions), 11 a.m.

Beginner classes for Tai Chi for Arthritis and Fall Prevention will meet on Mondays and Thursdays at 11 a.m. beginning January 18. In this class we will learn to do some core movements on each side in a graceful routine while applying basic Tai Chi principles. There is no fee for this class, but a commitment to attendance and practice is necessary for success. Pre-registration is required. As space is limited to 20 new participants, we ask that you sign up only if you are sure that you will be able to attend regularly. Call 301-475-4200, ext. 1660, and leave a message on our reservation line to sign up.



Beginning Keyboard/Piano Lessons

Loffler Senior Activity Center

Wednesdays, Jan. 20- Feb. 23 (6 sessions), 1 p.m.

\$100 for 6 sessions (includes instruction and textbook)

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

These will be group lessons. A minimum of 3 to 4 students will be required for these lessons to commence.

Yet another Loffler tradition, 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 be returning to the Loffler Senior Activity Center to offer his specialized beginner classes. \$100 payment is due on the first day of class. Pre-registration is required. To sign up for these lessons, leave a message on our reservation line: 301-475-4200, ext. 1660.

January 2022 Project Linus

Kick-Off Meeting:

Two-Hour Projects- Quilts, Afghans or Fleece

Loffler Senior Activity Center

Friday, January 21, 10 a.m.

It's a new year and our Project Linus group wants to start it off in an exciting way! For this session we will provide a pattern for a blanket that is projected to take 2 hours. You will need to bring the following:

Project Linus

Calvert & St Mary's County, MD Chapter

- ***Quilts***- Fabric pieces using at least 3 colors- enough to make a child-sized quilt, batting, sewing supplies and notions. Sewing machines are available at the center or you can bring your own if you prefer.
<https://storiedquilts.com/2019/12/05/two-hour-baby-quilt-tutorial/>
- ***Crocheted Afghan***- Supplies: Yarn: Bernat Blanket BIG (Jumbo, 100% polyester, 10.5 oz/300 g, 32 yds/29 m) 3-5 colors; Hook: 25 mm (U.S. U) hook, Scissors, Yarn Needle, Stitch Marker (optional). Finished Size 26 inches wide, 56 inches long (5 balls of yarn) – 2 hours approximate crochet time
<https://www.dailycrochet.com/2-hour-crochet-blanket-free-pattern/>
- ***Knitted Afghan***- US Size 19, 15 mm 29” circular knitting needles, 3 skeins Lion Brand Homespun Thick & Quick Yarn in Granite Stripes 227 g/skein, 2 skeins Lion Brand Wool Ease Thick & Quick Yarn in Fisherman 170 g/skein (Pattern uses approximately 670 g), Scissors, Tapestry Needle to weave in ends
<https://www.mamainastitch.com/cuddly-quick-knit-throw-blanket-pattern/>
- ***Fleece blanket***- Enough fleece material and scraps to make a double-sided blanket. Can cut up and sew into pieces or simply attached to each other using non-sewing methods.

Fabrics and yarn are available at the center for free if you want to come in advance of the meeting to look over selections. Come to the January 21 meeting with all supplies gathered and ready to work (and play). Projects should be taken home and finished if needed, then brought to the February meeting (Feb. 18) for reveals and pictures. Call 301-475-4200, ext. 1658, if you have questions or e-mail Sheila.Graziano@stmarysmd.com. Reservations are required and can be made by leaving a message on our reservation line 301-475-4200, ext. 1660. If you cannot come to this meeting, your project can be made at home and brought to the center.



Art with Jamie

Loffler Senior Activity Center

Tuesdays, 10 a.m.-12 noon; Cost: \$25 per session

• **January 11, 18, 25** - Art this month will feature mixed media projects using new and exciting art techniques that include paints, string, rope, paper and more.

• **February 1, 8, 15, 22** - Foundations of Art. We will explore how to take your art piece from inspiration to completely finished pieces ready to

adorn walls using theory, foundations, proper tools.

Each art session is \$25 and covers all materials. Payment may be made each week or a month at a time. Call 301-475-4200, ext. 1660, beginning at 8 a.m. on the January 20 to register for the new month. Call 301-475-4200, ext. 1655, if you have questions.

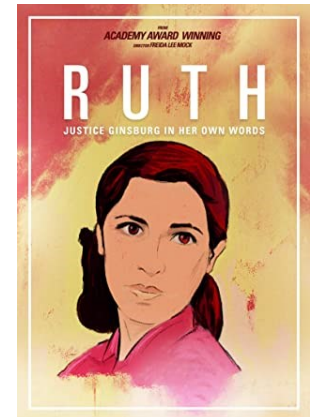
Educational Video Series:

Ruth: Justice Ginsburg in her Own Words

Loffler Senior Activity Center

Thursday, January 13, 10 a.m.; Free

This video tells the improbable story of how Ruth Bader Ginsburg, who couldn't get a job despite graduating at the top of her law school class and making Law Review at Harvard and Columbia Law Schools, became an Associate Justice of the Supreme Court. It also reveals both the public and private sides of a resilient, resourceful woman who has survived the hostility of the profoundly male universe of government and law to become a revered Justice and icon for gender equality and women's rights. Register to see this video by leaving a message on our reservation line: 301-475-4200, ext. 1660. Seating is limited to 16.



AARP Safe Driving Class

Loffler Senior Activity Center

Thursday, January 27, 9 a.m.-2 p.m.

\$15 for AARP Members, \$20 for non-members

An AARP Safe-Driving course will be held at the Loffler Senior Activity Center on Thursday, January 27 from 9 a.m. to 2 p.m. (with an hour lunch break at 11:30). This program

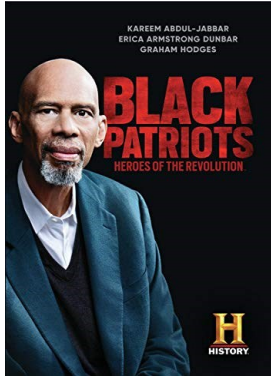
includes emphasis on roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seat belt and turn signal use. Pre-registration is required and can be accomplished by leaving a message on our registration line 301-475-4200, ext. 1660. If you wish to order a lunch from the center, the cost is \$6 if you are under 60 and by donation for those 60+ years of age. Lunch can be ordered at the same time you register for the class.

January Health Watch Presentation: *Healthy Weight Management*

Loffler Senior Activity Center

Wednesday, January 19, 10 a.m.; Free

The start of a new year is a great time to focus on your well-being! Let's talk about healthy ways to manage weight gain/loss and share tips with each other. Bring several copies of your favorite healthy recipe to share with the group and get even more ideas from Health Watch Coordinator Mary Tennyson. Call 301-475-4200, ext. 1660, to sign up for this talk. Limited seating available.



Educational Video Series- *Black Patriots: Heroes of the Revolution*

Loffler Senior Activity Center

Thursday, February 10, 10 a.m.; approximately 43 min.; Free

From the initial sparks of revolution in Boston to the climactic Siege of Yorktown and beyond, hear the story of the war within the Revolutionary War through the eyes of some of the most significant African-American figures of our country's foundation, including Crispus Attucks, Peter Salem, Phillis Wheatley, and James Armistead Lafayette. Executive produced and narrated by NBA legend, best-selling author, and respected activist Kareem Abdul-Jabbar, this program features interviews with

esteemed historians Erica Armstrong Dunbar and Graham Hodges, among others, to shed light on some unsung heroes who were integral to this country's independence. Register to see this video by leaving a message beginning at 8 a.m., January 20 on our reservation line: 301-475-4200, ext. 1660. Seating is limited to 16.

Book Talk: Carol McCabe Booker, author of *Cove Point on the Chesapeake - The Beacon, the Bay and the Dream*

Loffler Senior Activity Center

Friday, Feb. 25, 10 a.m.

We are happy to again welcome author Carole McCabe Booker to discuss another book! This time she will discuss her latest triumph, *Cove Point on the Chesapeake: The Beacon, the Bay, and the Dream*. In this narrative, Mrs. Booker tells the story of how nature and human desire define a singular place along storied waters. In its pages are tales of exploration and heroism, sports and tragedies, heroes and scoundrels as well as the families who populated this tiny waterfront community, once known mainly for shipwrecks and treacherous riptides, that became a World War II training ground, the locale for hunting buried treasure, and later a cog in the global energy trade with a natural gas plant. To sign up for this talk leave a message on our reservation line 301-475-4200, ext. 1660, beginning January 20 at 8 a.m.



Craft Project: Painting and Decorating Shells

Loffler Senior Activity Center

Friday, February 4 & 11, 10 a.m.; Free

With Valentine's Day right around the corner, how about making unique little gifts for all the loves in your life? Better yet, make them using shells found on the local beaches of St. Mary's County! These lovely gems have countless possibilities, are easy and fun to do, and cost almost nothing. What have you got to lose? This class will be held two Fridays in a row to give you a chance to finish any shells that need time to dry before moving on to the next step. Sign up for this craft date beginning January 20 at 8 a.m. by calling 301-475-4200, ext. 1660, and leave a message.



Northern Senior Activity Center

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



Nimble Hands, Stable Feet Workshop Northern Senior Activity Center Monday, January 31, 12:45 p.m.-2:15 p.m. Cost: \$15

Did you know that half of our body's bones are in the hands and feet? And that they are among the first body parts to experience diminished function, strength, agility, and stability as we age? Do cranky fingers and hands make it difficult to fasten buttons or grip a jar lid firmly? Are you steady on your feet when you place them on the floor first thing each

morning? Have you lost feeling or sensation in your hands and/or feet? In this workshop, Judi Lyons will show you a simple, but effective, daily routine designed to relieve stiffness and regain function, stability, strength, flexibility, and sensation in the body parts we rely on most, our amazing hands and feet. Judi Lyons/Mindful Motions Md., is YACEP®, E-RYT® 200, EMYoga® Certified, RYT® 500 Therapeutic Focus. Reservations are required and payment is needed in advance. To request a reservation for class, please make a request on the reservation line starting on December 20 at 8 a.m. by calling 301-475-4200, ext. 3115.

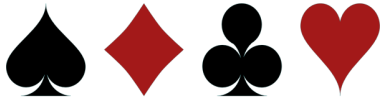
Open Studio: Pottery Northern Senior Activity Center Mondays & Fridays, 8 a.m.-4 p.m. Fees may apply

This is a good opportunity if you are looking to continue working on projects on your own, have what you need and are familiar with the pottery program. If you are new to pottery, there are options for getting started. Please talk to staff about orientation opportunities. There is also a refresher binder in the room for important reminders once oriented or for those returning to the program. (*Pottery will offer occasional pottery projects and the next one will be in the Spring.*) For Pay-for-Clay pottery where you work on your own, materials are provided and can be purchased onsite (\$8 for 3lb block of clay to start.) Firing is done with staff oversight and those fees are assessed and due each time a piece is fired in the kiln.



Dynamic Ceramics Northern Senior Activity Center Wednesdays, 9:30 a.m.-12:30 p.m.; Fees may apply

Ceramics class is held Wednesdays from 9:30 a.m.-12:30 p.m. The group leader can provide an orientation if you are new to ceramics. Many materials are provided like brushes and paints to use with the opportunity to buy ceramics off-the-shelf, as available. Firing is done with staff oversight and fees are assessed and due each time a piece is fired in the kiln.

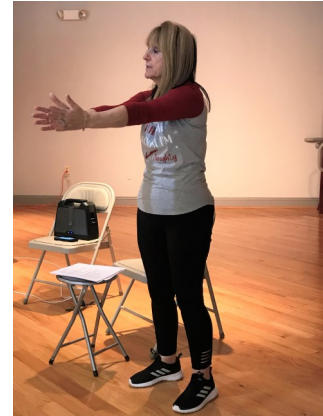


Bridge Players Needed
Northern Senior Activity Center
Thursdays, 10 a.m.-2 p.m.

This weekly program is looking for experienced bridge players for their party bridge program played in the Game Room.

ZOOM Arthritis Exercise with Debbie B.
Wednesdays, 10 a.m.-11 a.m. via Zoom; Free

Your workout is free and easy from the comfort of your home. Join us virtually via Zoom to get real results for promoting gentle range of motion and flexibility while focusing on breathing, strength, and relaxation. Those who participate love Debbie’s “bubbly personality” and say they love Zoom because it can fit in even if working. “It’s also nice because I don’t have to drive anywhere, I can work out from my home or school without spending time on the road.” If you are more home-based or have concerns with getting out, this is a great opportunity if you have Internet and a device to join online. If interested, please email MarieNoelle.Lautieri@stmarysmd.com.



Arthritis Exercise with Debbie B.
Northern Senior Activity Center
Thursdays, 1 p.m.-2 p.m.; Free

If you like an in-person workout, join the group in working out together to feel better. Those who participate, love Debbie’s commitment to making you feel more comfortable and better able to get things done. Currently, class is available on a drop-in basis, but room maximums do apply for everyone’s safety and space. If you have any questions, contact the Center’s front desk at 301-475-4200, ext. 3101.

Hearing Screenings
Northern Senior Activity Center
Monday, January 24, 8:30-2:30 p.m.

Audiologist Becky Guy with Freedom Audiology will be visiting the Center and able to take 15-minute hearing screening appointments. Limited spots are available. Appointments are required and scheduled in advance. To request an appointment, please make a request on the reservation line starting on December 20 at 8 a.m. by calling 301-475-4200, ext. 3115.



Valentine’s Breakfast Special
Northern Senior Activity Center
Monday, February 14, 8:30 a.m.; Free

Come enjoy a special breakfast featuring ‘heart’y comforts and sweet treats on Valentine’s Day. To request a reservation, please make a request on the reservation line starting on January 20 at 8 a.m. by calling 301-475-4200, ext. 3115.

Online Registration Coming Soon

**We're going digital!
Online registration for programs
and activities at the Senior Activity
Centers is coming this Spring.
More information to be provided in
the March/April edition of
New Beginning.**

Volunteers Needed

Are you looking for a volunteer opportunity? Consider Home-Delivered Meals!
The Home-Delivered Meals Program with the St. Mary's County Department of Aging & Human Services
delivers well-balanced meals and a friendly visit to seniors who are homebound
and cannot shop or cook for themselves.

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Meals are delivered Monday -Friday, 11:15 a.m. -1:30 p.m.

No meals will be delivered on days
that the Senior Activity Centers are closed.

Volunteers pick up meals at one of three
Senior Activity Centers in St. Mary's County
and deliver to homebound consumers.



Driver Qualifications and Requirements:

Valid Drivers License

Access to reliable mode of transportation

21 years of age or older

Participate in training provided by HDM coordinator



Mileage Reimbursement Available

For more information, contact Monika Williams at:

301-475-4200, ext. 1060

monikaw@stmarysmd.com

www.stmarysmd.com/aging/homedeliveredmeals.asp



Farewell, Norine!

After 10 years of dedicated service, Retired & Senior Volunteer Program (RSVP) Manager Norine Rowe will say goodbye to the Department of Aging & Human Services and retire on Feb. 1, 2022. Norine has been a powerhouse of a woman when it comes to promoting the RSVP program, recruiting senior volunteers, and finding community non-profit organizations to include as volunteer stations. Before the COVID-19 pandemic, she finally hit a long-time goal - senior volunteers in St. Mary's County donated more than \$1 million worth of volunteer time in the county!

In addition to her tireless work with the RSVP program, Norine has always been ready and willing to answer the call to action and assist at countless Department events, including holiday parties at Loffler Senior Activity Center and the annual Community Health & Wellness Fair. Norine is a fantastic photographer and has helped capture and create many, many memories. Her constant upbeat manner makes Norine a fantastic person to work with and she will be sorely missed!

Best of luck Norine, in everything coming next!



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Program Manager

New Year Brings New National Brand Name



AmeriCorps Seniors

Our RSVP Project's federal funding agency - known as the Corporation for National & Community Service, or CNCS - has undergone a rebranding initiative to bring all of its national service programs under a single, easily recognizable name. They decided to rebrand all of their programs under AmeriCorps, their best-known national service program. This change also features the rebranding of Senior Corps, the three national service programs designed specifically for senior volunteers that includes the Retired & Senior Volunteer Program (RSVP), the Foster Grandparent Program (FGP), and the Senior Companion Program (SCP). All three programs have been brought under the AmeriCorps umbrella and will now be known as AmeriCorps Seniors, and those serving in these programs as AmeriCorps Seniors volunteers.

Same RSVP Name, Same Wonderful Program

RSVP

The good news is that despite this national rebranding, our RSVP Project will remain the same wonderful program it has always been. Our program participants will still be RSVP volunteers, and we will continue using the RSVP name and logo on program materials. We will, however, begin using the new AmeriCorps Seniors name

and logo on program materials in place of the Senior Corps name and logo. Also, the Corporation for National & Community Service (CNCS) will only appear on official, legal documents. Our local program remains the same, and we will still be known as RSVP of St. Mary's County.

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New Project Manager, Same Wonderful RSVP Program

As I write this, it is still early December. We are just now starting to gear up for the holidays, and we are making plans for the new year. In preparation for my retirement at the end of January, the RSVP Project Manager position was advertised and interviews are scheduled for the second week in December. We look forward to selecting a new RSVP Project Manager soon. If all goes well, this new person will be able to start work sometime in January. I'm sure the new RSVP Project Manager will be up to the challenge and eager to lead our program with enthusiasm, energy, creativity, and dedication. I wish them much success and blessings as they lead our great team of RSVP volunteers into the New Year!



NEW BEGINNING



RSVP Volunteer Hours Round-Up Last Call for 2021 Volunteer Hours

This is our last call to RSVP volunteers to submit all of your 2021 hours on or before January 15th so we can tally year-end totals and order volunteer awards. Every volunteer with 2021 hours is being mailed a letter listing the total number of 2021 hours we have on record for you. If any hours are missing, or if you have additional hours to report, please let us know by January 15 so we can credit you with all the volunteer hours you served in 2021. Thank you for your service!



New Beginnings for the New Year An Exciting Time to Try a New RSVP Volunteer Service Activity, or Two!

The New Year presents new opportunities for personal growth, new horizons, and new ways to serve, and we have many exciting RSVP Volunteer Service Opportunities that may be just your ticket to a fresh new start. As you look at new ways to enliven your life, consider exploring one of these opportunities: Teen Court Program, Courtroom or Office Assistant; A Community That Shares (ACTS) Volunteer to help distribute assistive medical equipment; Tax Aide Program Volunteer to prepare free tax filings; Virtual Host for Senior Activity Center online activities; Home-Delivered Meals Volunteer; or Senior Rides Volunteer Driver.



**For information on these and other exciting
RSVP Senior Volunteer Opportunities in St. Mary's County,
email RSVP@stmarysmd.com or call 301-475-4200, ext. 1650.**

Welcome to the Department of Aging & Human Services

Melissa Beauvais



*Melissa Beauvais
Senior Rides Coordinator*

Hi, my name is Melissa Beauvais. I am the Senior Rides Coordinator for the Department of Aging & Human Services. I am brand new to the county government and took this position in early September. I find it a privilege to work directly with those in our community and provide a much-needed service to those who are unable to get to where they need to go on their own.

While my background is predominantly within the arts, I also have experience in the federal government and logistics management. For 20 years, I was the Assistant Artistic Director at a dance studio in Charles County. I worked directly with children of all ages. I love people and listening to their stories and where they're at in life.

I am the wife of a Pastor and Chaplain in the Army National Guard. We have three children, 17, 14, and 10, and a dog named Barrett. I am typically doing schoolwork, leading Bible studies or ministry groups, reading, and enjoying being with my family and friends in my spare time. We love to travel when we get the opportunity to do so and be outdoors.

I am excited to be a part of the St. Mary's County Government, specifically the Department of Aging & Human Services.

Lillie Clark

Hello, my name is Lillie Clark. I am originally from San Antonio, TX. I have two sons who are now grown and so my husband and I are empty nesters. My oldest son is an English teacher and Weightlifting coach in San Antonio, TX. My youngest son completed 6 years of Active Duty in the United States Navy and is currently working for the Department of the Navy in the Information Technology field in Norfolk, VA. I enjoy rock painting and bird watching as well as quiet evenings reading a good book.

I enjoy working for St. Mary's Department of Aging and Human Services, Garvey Senior Activity Center because I enjoy interacting with people and especially making them feel welcomed. It brings me great pleasure to see them smile and feel that we at the Garvey Senior Activity Center have made a difference in their lives, whether it's a simple "Hello" or giving them information.



*Lillie Clark
Office Specialist
Garvey Senior Activity Center*

Welcome to the Department of Aging & Human Services

Nina Reed

Greetings, I am Nina Reed. Most folks know me as a mother of two funny, crazy, and cute kids! Most people do not know that I am a black belt in Karate and Taekwondo. I love running, playing the viola and piano, and my gigantic morning cup of hot coffee! They are my escape from everyday stressors.

I started working at the St. Mary's Department of Aging & Human Services in August 2021 as the Local Care Team Coordinator. The Local Care Team (LCT) is a forum for interagency discussion, problem solving and possible services. I coordinate services for children in need of residential placement and support families with children who have emotional and behavioral needs.

My undergraduate studies were at Virginia Tech and I received my Bachelor's in Human Services. Additionally, I have a Master's in Forensics Science. Before joining the St. Mary's Department of Aging & Human Services, I was blessed to be a stay-at-home mom for 5 years. Prior to that I worked in the Human Services and Social Services field. I worked with younger and older adults with developmental and intellectual disabilities. I also worked with children with emotional, behavioral, and mental health illnesses.

It has been such a pleasure working at the St. Mary's Department of Aging & Human Services. Making the transition from a stay-at-home mom to a working mom is quite challenging, but very rewarding!



*Nina Reed
Coordinator II (LCT)*

Angel Willer



*Angel Willer
Operations Manager
Garvey Senior Activity Center*

My name is Angel Willer and I am the new Operations Manager at the Garvey Senior Activity Center. I come to the Department with a background in the Human Services field. I have over 20 years of experience coordinating programs and services for the seniors of St. Mary's County. Before joining the Department, I worked at Charlotte Hall Veterans Home and Cedar Lane Senior Living Community. I have always enjoyed serving the Senior population. They have an abundance of knowledge and experiences to share.

I have two children that I am very proud of and two fur babies. I serve our community by Volunteering for the Mechanicsville Volunteer Rescue Squad Auxiliary and as a Foster mom with Second Hope Rescue. In my spare time I love all things crafty!

I look forward to working for the Department of Aging & Human Services to provide our Seniors with Fitness, Educational, Social Programs and so much more!

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.

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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**



Ongoing Activities - Garvey

CLASS/ ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Tues. & Thurs. 9:45-10:30 a.m. Fri. Zoom 9:45-10:30 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Billiards	Anytime the center is open.	Bring your own or use ours.	No	No
Bingo	Mon. 10-11:30 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Preferred, not re-quired	\$3 to play two cards
Book Discussion Group	2 nd Weds. 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Weds. & Thurs. 10 a.m.-2 p.m.	Best suited for experienced players.	Full; can be added to sub list	No
Chair Yoga	Weds. 9:30-10:30 a.m.	Gentle Stretching and Yoga moves using a chair.	No	Fitness Card
EnhanceFitness	Mon., Weds., Fri. 11-12 p.m. Tues. 8:15-9:15 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	Open	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine.	No	No
Geri-Fit	Mon. & Weds. 2:15-3:00 p.m.	Helping to rebuild strength that has been lost through the aging process.	No	No
Line Dancing	Tues. 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
Men's Strength	Mon. 9:30-10:30 a.m. Thurs. 11 a.m.-12 p.m.	Low impact strength training class.	No	Fitness Card
Pickleball Courts	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No
Ping Pong	Open	1 table, paddles and balls are available.	No	No
Readers Theater	Meeting, 2 nd Tues. 11 a.m.; rehearsals as needed	Readers Theater is a form of theater that involves minimal props and no line memorization.	Yes	No
R&B Line Dancing	Mon. 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
Walk & Tone	Fri. 9:30-10:30 a.m.	A low impact aerobic class. Strength training using bands, weights and balls is included.	No	Fitness Card
Yoga	Tues. & Fri. 12:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Zumba Gold	Thurs. 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Art with Jamie	Tues. (4 sessions each month) 10 a.m.	Start up materials provided; instructor will notify of other items needed.	Yes	Yes-paid to instructor
Arthritis Foundation Exercise Program (AFEP)	Tues. & Thurs. 12:30-1:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Bingo	Wed. 12:30-1:30 p.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	\$1 card/ up to 3 cards
Bio/History Series	1 st or 2 nd Thurs 10 a.m.	Educational films selected and shown by video.	Yes	No
Bridge	2 nd & 4 th Tues 10 a.m.	New & experienced players welcome.	No	No
Canasta & Pitch	Tues. 9 a.m.	New & experienced players welcome.	No	No
Charity Crafters	Tues. 1 p.m.	Make hats, mittens, scarves, baby blankets, and granny squares for various community outreach programs.	No	No
Contract Bridge Club	Wed. 10 a.m.	Best suited for experienced players	Yes	No
Current Events	Mon. 10 a.m.	Volunteer led discussion group.	No	No
Embroidery on Paper	Mon. 1 p.m.	Supply kits will need to be purchased to get started with making embroidered cards and other crafts.	No	Yes
EnhanceFitness	Mon.-11a.m.-Noon Wed. -12:30-1:30p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Exercise Equipment	Mon-Fri 8 a.m. -4 p.m.	2 treadmills, 2 seated ellipticals & a recumbent bike.	No	No
Health Watch Presentations	2 nd Wed. 10 a.m.	Volunteer led informational session on various health topics.	Yes	No
Honey Bee Quilters	1 st , 3 rd , & 5 th Wed. 10 a.m.	Bring your own quilting supplies. Sewing machines available at center if needed.	No	No
Line Dancing	Fri. 11 a.m.	Volunteer led group.	No	No
Monthly Craft	2 nd Fri. 10 a.m.	Various craft projects, supplies usually provided.	Yes	Sometimes
Needle Crafters	Mon. & Thurs. 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No
Nutrition Ed. with Donna Taggart	2 nd Mon. 10 a.m.	Nutrition presentations led by Licensed Dietician.	Yes	No
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Polish Poker & Pitch	Tues. 9 a.m.	Suitable for all levels of experience.	No	No

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Project Linus	3 rd Fri. 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
QiGong	Tues. & Thurs. Scheduled sessions 11 a.m.- 12 p.m.	An ancient Chinese exercise and healing technique that involves meditation, controlled breathing, and movement exercises. Suitable for all abilities.	No	No
Rummikub	Wed. 9 a.m.	Fun tabletop game for all levels of experience.	No	No
Sew-It-Alls	Mon. 12:30 p.m.	Bring own supplies.	No	No
Strength Training	Tues. 9:30 a.m.	Weight training exercises taught by certified fitness instructor.	No	Fitness Card
Tai Chi/Arthritis & Fall Prevention	Tues.-Thurs. 11 a.m -12 p.m. (scheduled sessions)	Evidence based exercise program suitable for all abilities.	Yes	No
Walking Club	Mon., Wed., Fri. 9 a.m.	All are welcome, group walks laps around the park.	No	No
Wii Games	Mon. -Fri.- see staff	Open to new and experienced players.	No	No
Wood Carving	Tues. 1 p.m.	Will need to bring own supplies. Volunteer led group.	No	No
Yoga	Mon., Wed., Thurs., Fri. 9:30 a.m.	Gentle range of motion stretches and poses along with meditation.	No	Fitness Card
Zumba Gold	Mon. 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Zoom Wednesdays 10 a.m. In-person Thursdays 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	Yes No	No No
Awakening Yoga	Mondays 9:30-10:30 a.m.	Gentle range of motion/ meditation.	No	Fitness Card
Basket Weaving	Periodically	Typically, two-part classes offered.	Yes	\$30
Billiards	Varies	Bring your own or use ours.	Yes	No
Bingo	Wednesday OR Fridays 10-11:30 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Yes	\$2 to play two cards
Book Clubs Page Turners Book Chatter	4 th Wed; 1-2:30 p.m. 4 th Thu: 11 a.m.-Noon	Read & review new books each month. Different books for each club.	On Hold Full	No No

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Bridge	Thu: 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Coloring Group (two groups)	1 st & 3 rd Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Yes, Full	No, workbook if desired
Crochet DIY	Mondays 1-4 p.m.	Beginners or experienced.	No, drop-in	No
Diamond Dazzle (two groups)	3 rd Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Yes, Full	Yes for kits
Double Pinochle	Tuesdays and Fridays 10 a.m.-4 p.m.	Moderately experienced players.	No	No
Dynamic Ceramics	Wednesdays 9:30 a.m.-1:30 p.m.	Variety bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tuesday & Thursdays 9:30-10:30 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Line Dancing	Wednesdays 1-2:30 p.m.	Volunteer leads group/variety of steps.	No	No
Lyme Discussion & Support Initiative	TBD ToolKits by pickup	Facilitator-led group with education and support for Lyme Disease.	Yes, all ages	No
Mahjong (Eastern)	Thurs 1-4:30 p.m.	Popular tile game involves skill, strategy & luck. Beginners welcome.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
Quilting for Beginners	2 nd & 4 th Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual Projects.	Preferred- not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 pm	Popular line/party dance styles.	No	No
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Studio: Pottery and Ceramics	Monday & Fridays 8 a.m. -4:45 p.m.	Crafters continue work on I individual pieces. Some Fridays are reserved for specific art pottery projects/classes.	Studio orientation	Fee for clay ceramics, fire, supplies
Cycling Program Walking Group on Three Notch Trail	Anytime Fridays 9 a.m.	(2)traditional, (1) recumbent trike Volunteer led group for walking	No No	No No
Workout Room	Open	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45-11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

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 the 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 Building 41780 Baldrige Street
Leonardtown, MD 20650
301-475-4200, ext. 1050

Garvey Senior Activity Center 23630 Hayden Farm Lane
Leonardtown MD, 20650

Loffler Senior Activity Center 21905 Chancellor's Run Road
Great Mills, MD 20634

Northern Senior Activity Center 29655 Charlotte Hall Road
Charlotte Hall, MD, 20622

Human Services and MAP Site 23115 Leonard Hall Drive
Leonardtown, MD, 20650



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

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CHANGE SERVICE REQUESTED

***2022 Holiday Closings
(No Home-Delivered or Congregate Meals Served)***

Monday, January 17- Dr. Martin Luther King Jr. Day

Monday, February 21 - Presidents' Day

NEW BEGINNING