

NEW BEGINNING

VOLUME 35 ISSUE 2

MARCH/APRIL 2022

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



Spring Renewal!

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Retired and Senior Volunteer Program
of St. Mary's County

From the Director's Desk

By Lori Jennings-Harris, Director

The start of the spring season brings about renewal and growth. What better time for a renewed sense of focus and personal growth?

As we begin to experience slightly warmer temperatures; longer days; and a chance to shed our heavier coats, hats and gloves, the Department of Aging & Human Services is eager to reinvigorate the people we serve through the senior activity centers, within our home and community-based services division, with our community programs, by helping seniors prepare for Medicare, finding creative ways for retired seniors to give back to the community by volunteering, and assisting families prepare their children for a bright and productive future.



If there is anything the Department can do to help make the lives of our older adults, children, youth, and families more enjoyable and fulfilling, we are positioned to do just that. If we do not directly provide what you need, we will try connecting our consumers with the available resources in our community.

Take time to explore what our three senior activity centers have to offer and discover a new activity or program as the spring renewal process begins! Springtime is just around the corner, so once spring has sprung, let us spring into action!

Side note, it was counter-intuitive writing this piece in the middle of a winter storm and as heavy snow fell, which beautifully blanketed the area with a fluffy layer of one-of-a-kind ice crystals, but spring, nonetheless arrives before we know it!



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, March 28, 2022

1 p.m.

Monday, April 25, 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 Mercedez Jones at 301-475-4200, ext. 1051, or Mercedez.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 age, our brain health becomes more and more important as we focus on the ways we can reduce the risks to our brains so that we are able to function well in later life. I will briefly discuss some general brain health tips, but I'll focus mainly on the nutrition strategies for brain health.

As little as five minutes a day of exercise can offer brain health benefits, but it is recommended to try to get 150 minutes per week. Tip #2 is to stay hydrated as our brain is 75% water and studies show a decline in cognitive abilities can begin in as little as 2 hours when dehydrated. Tip #3 is to have a lifelong pursuit of learning as that is

crucial for our brains. Tip # 4 is to be restful. This includes 7-9 hours of sleep nightly, but also meditation and mindfulness daily. Finally, Tip #5 is following the MIND diet.

A growing body of research is showing the Mediterranean- Intervention for Neurodegenerative Delay (MIND) diet to be a powerful protective tool against cognitive decline and the development of Alzheimer's dementia. Moderate to strict adherence has shown decreased Alzheimer's risk by 35-53% respectively. It is a blend of the two diets, Mediterranean and DASH, but focuses on brain supporting nutrients including vitamin E, lutein, choline, and omega-3 fatty acids.



The foods encouraged are leafy greens, berries, nuts, olive oil, whole grains, fish, beans, and poultry. One is encouraged to decrease consumption of added fats and sugars by limiting red meat, butter, margarine, full-fat cheeses, sweets, fried and fast foods.

The MIND diet has been shown to slow brain aging by 7.5 years in some studies. It is not a magic bullet but holds promise for the more than 46 million adults in the U.S. now age 65 and older. Please join me in April for a more detailed presentation of the MIND diet. Check with your senior activity center for date and times.

Upcoming Nutrition Education Presentations:

The Benefits of Tea

- Garvey** - Monday, March 7 at 11 a.m.
- Loffler** - Monday, March 14 at 10 a.m.
- Northern** - Monday, March 21 at 12 p.m.

The MIND Diet for Brain Health

- Garvey** - Monday, April 4 at 11 a.m.
- Loffler** - Monday, April 11 at 10 a.m.
- Northern** - Monday, April 18 at 12 p.m.

DRUG TAKEBACK DAY

**SATURDAY
APRIL 9, 2022
9 AM-1 PM**



DROP-OFF LOCATION:

St. Mary's County
Government Campus
41770 Baldrige Street
Leonardtown, MD

**SHREDDING SERVICES
also available!**

**For more information, visit: smchd.org/disposal
Or call: 301-475-4200, ext. 1073**



ST. MARY'S COUNTY
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NEW BEGINNING

A Blueprint for Wellness

Save the Date!

The Department of Aging
& Human Services
is pleased to offer the first annual

Men's Health Day: A Blueprint for Wellness!

Garvey Senior Activity Center

23630 Hayden Farm Lane

Leonardtwn, MD

Saturday, June 4, 2022

9 a.m.-1 p.m.

Doors open at 8:30 a.m.

Pre-Registration is required

Visit us at www.stmarysmd.com/aging/MensHealth

*For more information, contact Sarah Miller:
301-475-4200, ext. 1073, or Sarah.Miller@stmarysmd.com*

Springtime Renewal: 5 Ways to Promote Your Health and Happiness

By *Brittney Lee, Outreach Specialist*



Spring is the season of hope, transformation, and revitalization in cultures around the world. As more older adults get vaccinated and outdoor activities reopen, find hope and renewal this spring by spending time in nature, doing yoga or tai chi in the fresh air, and reflecting on your resilience. There's also just something about spring that makes you want to celebrate. After a long winter, we all expect warmer days ahead beginning Sunday, March 20— the vernal equinox and first day of Spring. It's no surprise that the first day of spring also marks the International Day of Happiness. Here are some ways you can spring into happiness and find hope, transformation, and renewal this season:

1. Soak Up Some Sun: After a long winter, spring is a time of rejuvenation, so make a point of stepping outside to soak up the sunshine. Go for a walk or simply sit outside, appreciate nature, and get some fresh air. After being cooped up indoors all winter, it will feel great! Aside from feeling good, the sun has many healing elements. When you're exposed to direct sunlight, you produce endorphins - also known as happiness hormones. Take a sun break once a day and let happiness shine upon you! Some other benefits of sunshine include sleep improvement; stress reduction and fights depression; maintains strong bones; and strengthens the immune system.



For those of us who aren't as mobile, simply sitting by a sunny window is a comfortable way to soak up some rays. Colorful birds also appear when the weather starts to warm up. Try placing a window bird feeder near a large window to bird-watch throughout the day.

(Source: www.health.harvard.edu/mind-and-mood/a-20-minute-nature-break-relieves-stress)

Spring Clean

your



2. Refresh Your Diet: The change of season is a perfect time to rethink old eating habits and make a fresh start. Give your diet a once over, asking yourself how you might be padding it with empty nutrients like extra fat, sugar, or salt. Think about reducing refined starches and upping your intake of immune boosting superfoods. This is the perfect time to join one of the in-person nutrition presentations with our dietician, Donna, at your local senior activity center. You can also watch her presentations on the Department YouTube channel for ideas on how to incorporate healthy and nutritious diet changes.



3. Spring Clean Your Mind: Cleaning and decluttering are so ingrained in us this time of year - the clouds part, the sun comes out, and it's time to wash the windows and clean the rugs. But the concept isn't limited to your home. Now is also great time to rid your mind of all that weighs it down. Spend some time meditating to identify the negative thoughts that might be limiting you and commit to a mental spring cleaning. The simplest way to super charge your mood is to set a positive intention for the day. For example, start

your day with an affirmation:

*"I embrace challenges as opportunities for growth; I roll with life's changes."
Or "You are loved just for being who you are, just for existing."*

These simple mantras will jumpstart your day with vitality and a commitment to happiness.

4. Plant An Indoor Garden: Having plants around your home brings a little piece of nature indoors. Spring is a perfect time to start an herb garden, grow a trio of flowers, or get a miniature bonsai tree. Plants can purify our indoor air, reduce stress and anxiety, and even improve memory and concentration. Additionally, those of us who have mobility issues may find it easier to take care of plants in the comfort of our own home. (Houseplants are also easier to keep alive as most of the aspects of their growing environment can be controlled, including temperature. Check out the gardening club at one of the senior activity centers to learn more about planting your indoor garden. The Department of Aging & Human Services YouTube channel also has a few gardening videos available for you to watch at your leisure! (Source: <https://simplyhelping.com.au/4-benefits-of-indoor-plants-for-the-elderly/>)



5. Revitalize and reconnect with outdoor visits: With the lovely spring weather, embrace opportunities to visit more often and for longer periods with family and friends outside for a walk or festive picnic lunch at a safe physical distance. Socializing boosts feelings of well-being, according to a study published by the University of Toronto. Face-to-face social interactions have an even greater positive impact than video or phone calls, especially among older adults, according to Psychology Today ([https://www.psychologytoday.com/us/blog/living-mild-](https://www.psychologytoday.com/us/blog/living-mild-cognitive-impairment/201606/the-health-benefits-socializing)

[cognitive-impairment/201606/the-health-benefits-socializing](https://www.psychologytoday.com/us/blog/living-mild-cognitive-impairment/201606/the-health-benefits-socializing)). St. Mary's county has several beautiful trails and safe outdoor locations to enjoy socializing outdoors!

Senior Information & Assistance

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

Maryland Homeowner Assistance Fund

Homeowners who have experienced financial hardship as a result of COVID-19 and are 3 months behind on their mortgage payment, or require emergency home repairs, such as loss of heat/air conditioning, structural problems, plumbing, etc. may apply for assistance through the Maryland Department of Housing and Community Development. Assistance may be in the form of a grant or loan depending upon financial eligibility.



Funds may also be used to assist with property taxes or homeowners' insurance expenses. To determine your eligibility and apply go to homeownerassistance.maryland.gov and click on "Check Eligibility" under "Get Started." For assistance in applying or navigating the application portal, call 833-676-0119, Monday through Friday between 8 a.m. and 7 p.m. or Saturday between 9 a.m. and 4 p.m.

State Homeowners' Property Tax Credit



TAX CREDIT PROGRAMS

The State of Maryland Department of Assessments and Taxation provides a credit towards the property tax bill for homeowners who qualify based on gross household income, net worth, and their property tax liability. Previous applicants must submit a new application each year.

To have your application considered for a tax credit the home must be your principal residence, where you reside or expect to reside for more than six months of the tax year; have a legal interest in the property; have a gross household income (including Social Security) less than \$60,000 and your net worth, excluding the value of the property for which application is being made, must not exceed \$200,000 as of December 31, 2021. Your net worth includes the value of other properties owned, CD's, investments, etc. The credit also takes into consideration the gross income in comparison to the 2022 property tax bill, i.e., a household income of \$30,000 must have a tax bill over \$1,680 to be eligible for the credit.

Income information must be reported for the resident homeowner(s), spouse or co-owner, and all other occupants of the dwelling unless these occupants can be claimed as dependents or unless they are paying reasonable fixed charges such as rent or room and board.

The deadline for filing a 2022 Homeowner's Property Tax Credit is **October 1, 2022**. However, applicants are encouraged to file their applications prior to May 1, to receive a credit directly on their July property tax bill.

Applications are available to download on-line at www.dat.maryland.gov/Pages/sdatforms.aspx or can be filed on-line. Applications are available at the senior activity centers. For assistance with the application process call 301-475-4200,

St. Mary's County Property Tax Credits

St. Mary's County offers property tax credits for residents starting at age 65. To qualify for a tax credit at age 65 you must have lived on your current property for at least 40 years or have received an honorable retirement from military service and have an adjusted gross income of less than \$80,000 for tax year 2021. This credit provides a 10% reduction towards the County portion of the tax bill.

Residents over the age of 70 who have an adjusted gross income of less than \$80,000 for tax year 2021 can apply for the Senior Tax Credit which freezes the County portion of the tax bill from increasing each year.

Finally, for persons aged 70 and over who qualify to receive a Maryland Homeowners' Property Tax Credit (see above article) may also receive a matching credit from St. Marys County equal to the amount provided by the State. The Treasurer's Office will determine which credit is most beneficial. Previous applicants will receive an application by mail, can apply on-line at www.stmarysmd.com/treasurer, or pick up an application at the Treasurer's Office or one of the Senior Activity Centers. The deadline to apply is **May 1, 2022**.



TAX CREDIT PROGRAMS



Legal Aid

Attorneys from the Legal Aid Bureau are available at the Garvey Senior Activity Center once a month by appointment. The types of cases they can assist with are eviction, landlord/tenant disputes, credit problems, consumer complaints, denial of public benefits, and Advance Directives. To schedule an appointment call 301-475-4200, ext. 1064.

Income Tax Preparation

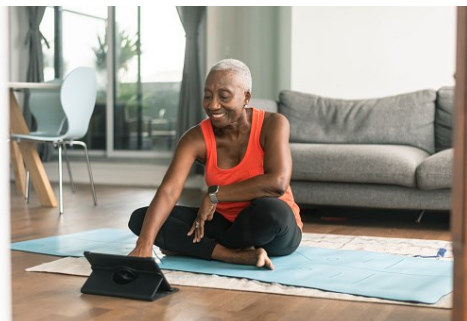
As of the publication of this newsletter it is unknown at this time where the AARP tax aide service will be providing free income tax preparation services. To schedule an appointment call 240-466-1740.

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

Debbie Barker,
Division Manager
Senior Information & Assistance
Garvey Senior Activity Center
301-475-4200, ext. 1064
Debbie.Barker@stmarysmd.com

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

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 and Older Americans Act funding. To pre-register beginning February 20, call 301-475-4200, ext. 1075. Leave a message with your name, telephone

number, and name of the class(es) you wish to attend. A member of our staff will return your call.

Awakening (Mat) Yoga with Judi via Zoom

Thursdays, March 10 – April 28 (no class April 7), 10:45 a.m.-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, March 8 – April 26, 3 p.m. -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, March 8 – April 29, 10 a.m. -11 a.m. (no class April 15)

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, March 7 – April 27, 9 a.m. -10 a.m.

OR Tuesdays and Thursdays, March 8 – April 28, 8:30 a.m. – 9:30 a.m.

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. Please sign up for the Monday/Wednesday session *or* the Tuesday/Thursday session.

Focus on Nutrition

By Brandy Tulley, Senior Center Operations Division Manager

This column traditionally provides information relative to being active; however, this month, we will *Focus on Nutrition*, and for very good reason.

Since 1972, the national Senior Nutrition Program has supported nutrition programs for older adults across the country. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing.

The Administration for Community Living has chosen "Celebrate. Innovate. Educate." as the theme for the Senior Nutrition Program's 50th anniversary. With this theme, we celebrate the many accomplishments of the national and local programs; we acknowledge innovative approaches used to support seniors; and we look at how education can help communities understand and use nutrition services.



SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE

Senior Nutrition Program in St. Mary's County

The St. Mary's County Department of Aging & Human Services serves as the Senior Nutrition Program provider for our community. We are proud of the services we offer older adults through the congregate meals program and nutrition education seminars at the senior activity centers, and the Home Delivered Meals program.

Our senior activity centers offer daily, dietician approved meals in welcoming, social environments. Meals are available to those ages 50 and above. For those ages 60 and above donations are appreciated; the cost of the meal for those ages under 60 is \$6. Additionally, the senior activity centers offer free monthly presentations given by a Registered Dietician on topics of relevance to healthy, nutritious eating for older adults.

The Home Delivered Meals program provides well-balanced meals and a friendly visit to adults 60 and above who are homebound and cannot shop or cook for themselves. Home Delivered Meal recipients are not charged for the delivered meals; however, donations are always appreciated.

We hope you will join us in celebrating the 50th anniversary of the national Senior Nutrition Program by joining for a meal at one of our senior activity centers or by sharing information about our Home Delivered Meals program with a family member, friend, or neighbor if the need presents itself.

To make a lunch reservation at one of our senior activity centers, call at least 24-hours in advance:

Garvey Senior Activity Center	301-475-4200, ext. 1080
Loffler Senior Activity Center	301-475-4200, ext. 1657
Northern Senior Activity Center	301-475-4200, ext. 3105

To learn more about the Home Delivered Meals program, call the Program Coordinator at 301-475-4200, ext. 1060.

Garvey Senior Activity Center

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



Nutrition Presentation & Counseling with Donna Taggert

Garvey Senior Activity Center
Monday, March 7 & April 4
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 topic in March is The Benefits of Tea (bring your favorite teacup) and in April The MIND Diet for Brain Health. There is no cost to attend; however, advance sign up is required. Register for the presentations by calling 301-475-4200, ext. 1075, beginning the 20th of the prior month (February 20 for the March presentation, March 20 for the April presentation).

Book Discussion Group

Garvey Senior Activity Center
Wednesday, March 9 & April 13; 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 March the group will discuss *The Invisible Life of Addie LaRue* by Victoria Schwab and *The Midnight Library* by Matt Haig in April. To learn more, call 301-475-4200, ext. 1080.



Card Making Class

Garvey Senior Activity Center
Thursday, March 10 & April 8
2 p.m.

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

Join us in the Art Studio 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 cards. You will be given the opportunity to use rubber & clear stamps, die cutting and embossing machines, cardstock,

embellishments, and punches. Whether you are new to card making or want to learn a new skill, our Card Making Classes will give you the opportunity to show off your creativity and have fun! You will have the opportunity to make a variety of cards in different themes for each month (i.e., Birthday, get well, holiday, thank you). The cost for the class is \$5 to attend and \$1 per card and payment is required in advance. Call 301-475-4200, ext. 1075, to make reservations, beginning February 20 for the March class and March 20 for the April class.



Taking Care of Your Mental Health

Garvey Senior Activity Center

Tuesdays, March 15 & April 19

12:30 p.m.; Suggested Donation: \$5 per session

As we age life's events can often become overwhelming, both physically and mentally. Especially during this time, it is 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 March will be "Financial Concerns" and April the topic will be "Ways to Enjoy Life". Advance sign up and a suggested donation of \$5 for each series is required. Call 301-475-4200, ext. 1075, to register beginning February 20 at 8 a.m. for the March session and March 20 for the April session. Payments are due at the time of registration or within 5 business days from the time of sign up.

Hearing Screenings with Jacobs Audiology

Garvey Senior Activity Center

Wednesday, March 16

10 a.m.-1p.m.; FREE

Dr. Pinno, with Jacobs Audiology, will be at the Garvey Senior Activity Center from 10 a.m.-1 p.m. on Wednesday, March 16.

Dr. Pinno will answer any questions you may have about

hearing loss as well as offer hearing screenings. Appointments for hearing screenings are required. Call 301-475-4200, ext. 1075 to make your appointment.



Annual Wearin' of the Green Bash at O'Garvey

Garvey Senior Activity Center

Thursday, March 17

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Music: 12:30 p.m.

For the luck of the Irish, join us at our Annual St. Patrick's Day bash! Enjoy a traditional Irish meal. Irish tunes to be

performed by John Pomerville, singer of traditional Irish pub tunes. Cost for lunch is by donation for those ages 60 and above and \$6.00 for those under the age of 60. To make reservations, call 301-475-4200, ext.1075. Remember to wear your lucky green!

Play with Watercolors with T.L. Ford

Garvey Senior Activity Center

Tuesday, March 8 "Fantastic Skies"

Tuesday, April 12 "Happy Cat"

1:30 p.m.

Cost: \$25 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 \$25. You can secure your spot in class by calling the reservation line on February 20 starting at 8 a.m. for March and March 20 at 8 a.m. for April. Please call, 301-475-4200, ext. 1075, to register. Payments are due within 5 business days from the time of sign up.



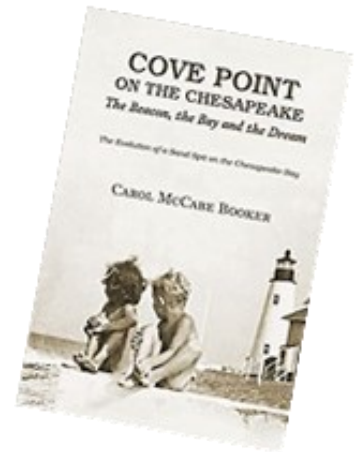


Nimble Hands, Stable Feet
Garvey Senior Activity Center
Thursday, March 10
1:30-3 p.m.; Cost: \$15

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 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. Cost for the class is \$15 per person. Call 301-475-4200, ext. 1075, to register beginning February 20 at 8 a.m. Payments are due at the time of registration or within a weeks' time of sign up.

Presentation with Author Carol McCabe Booker
Garvey Senior Activity Center
Friday, April 8
1:30 p.m.; FREE

Journalist Carol Booker will be at the Garvey Senior Activity Center to present her newest book *Cove Point on the Chesapeake: The Beacon, The Bay and the Dream*. She was recently spotlighted in the Calvert County Times. Carol Booker is a Georgetown Law grad, environmental and international broadcasting entities. She has savored the shores of Cove Point for the past 40 years, absorbing the wonders of the Chesapeake in all its glory. During her presentation she will discuss her newest book and take questions afterwards. Call 301-475-4200, ext. 1075, to register beginning March 20 at 8 a.m.



Floral Arranging with Sunnyside Florals
Wednesday, April 13
1:30 p.m. ; Cost: \$45



Would you like a beautiful handmade arrangement for your table or to give to a loved one for Easter? We are so excited to announce that the Garvey Senior Activity Center is collaborating with the local community florist Sunnyside Florals! Shelley Russel, owner, and lead designer of Sunnyside Florals will be instructing the class. Shelley grows her own flowers and plants locally here in Southern MD. If you have been lucky enough to receive one of her designed floral

arrangements, you know that every one of them is unique and beautiful. Explore the basics of floral arrangement and design in this hands-on session with Shelley. Freshly cut, locally grown flowers and foliage, provided by the instructor, will be identified along with suggestions for their application in this project. Shelley will provide pruners and a simple vase for each person. All you need to bring is something that you can transport your arrangement in for the ride home. Take home a beautiful, finished bouquet to display or give away! Cost for the class is \$45 per person and includes all supplies as well as instructions. Call 301-475-4200, ext. 1075, to register beginning March 20 at 8 a.m. Payments are due at the time of registration or within a weeks' time of sign up.

Cherry Blossom Canvas Art

Garvey Senior Activity Center

Wednesday, April 13

10 a.m.; Cost: \$10

The cherry blossoms are a beautiful tradition in the Washington D.C. area. What better time to create a lovely piece of art to hang in your home for the springtime? Come join Kathy Creswell, Program Specialist, as she helps the class create a beautiful piece of art. No painting experience is needed for this class and all supplies will be provided. The cost for the class is \$10 per piece of art. To register, call 301-475-4200, ext. 1075. Payments are due within 5 business days from the time of sign up.

More Energy, Better Memory

Garvey Senior Activity Center

Thursday, April 14

1:30-3 p.m.; Cost: \$15

If you'd like more energy instantly and a sharper mental focus regularly, then this workshop is for you! Learn how to activate wakefulness, motivation and quick memory recall any time of day – in just minutes – with simple, gentle, research-proven techniques, mindful movements, and a variety of fun body-brain teasers. Cost for the class is \$15 per person. Call 301-475-4200, ext. 1075, to register beginning March 20 at 8 a.m. Payments are due at the time of registration or within a weeks' time of sign up.



Drums Alive

Garvey Senior Activity Center

Fridays, April 22-May 27

2 p.m.; Cost: \$12

Golden Beats® stimulates people whether they are young or young at heart! 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. Join Kathy Creswell, Program Specialist at Garvey Senior Activity Center. Call 301-475-4200, ext. 1075, to register beginning March 20 at 8 a.m. The cost for the 6-week class is \$12. Payments are due at the time of registration or within 5 business days from the time of sign up.

Luncheon with Folk Salad

Garvey Senior Activity Center

Friday, April 29

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Music: 12:30 p.m.

Join us for *Folk Salad* on Friday, April 29, at the Garvey Senior Activity Center. *Folk Salad* is an eclectic, acoustic band performing folk, light rock, oldies & originals! They have performed all over St. Mary's County including places like Port of Leonardtown Winery, Lotus Kitchen, and Town of Leonardtown events. Come enjoy a delicious lunch and a great performance by *Folk Salad*. Please call for the event's menu. Cost for lunch is by donation for those ages 60 and above and \$6.00 for those under the age of 60. Call 301-475-4200, ext. 1075, beginning March 20 to learn more or to make reservations.



Loffler Senior Activity Center

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

NUTRITION EDUCATION



Nutrition Presentations by Donna Taggart
Loffler Senior Activity Center
Monday, March 14 at 10 a.m. : **The Benefits of Tea**
(Bring your favorite teacup!)

Monday, April 11 at 10 a.m. : **The MIND Diet for Brain Health**

Cost: FREE

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,

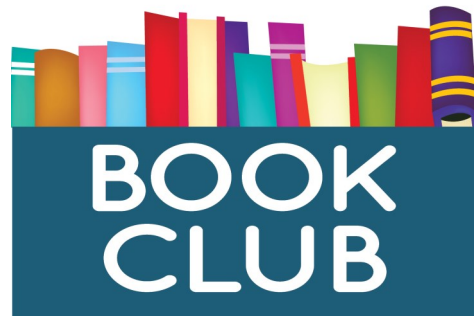
ext. 1660 beginning 8 a.m. the 20th of each previous month (Feb 20 for March programs; March 20 for April programs). Additionally, Donna offers free personal nutritional counseling at 11 a.m. on the days she is here if you make an appointment with her by text message or calling 240-538-6539.

Loffler Book Club

Loffler Senior Activity Center ; 2 p.m.; Cost: FREE

March 4- Discuss *The Time Traveler's Wife* by Audrey Niffenegger. A funny, often poignant tale of boy meets girl with a twist: what if one of them couldn't stop slipping in and out of time? Leader: Kim Crow

April 1- Discuss *The Four Winds* by Kristen Hannah. A deeply moving, powerful story about the strength and resilience of women and the bond between mother and daughter. Leader: Diane Thomas



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 determined and led 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 to learn more about joining this casual discussion group.

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Bible Study with Phil

Loffler Senior Activity Center
Fridays at 10:30 a.m.

This non-denominational, Christian-based scripture group is led by Phil Benedict. The Gospel of John has been the focus of study since January and will continue to be so throughout March, April and beyond. Even if you have not attended previous sessions, drop ins are welcome- there is plenty to be learned whenever you start coming. A portion of each meeting is dedicated to

prayer. For more information call 301-475-4200, ext. 1658.

Project Linus

Loffler Senior Activity Center
Friday, March 18 and April 8
10 a.m.

The mission of Project Linus is twofold:

FIRST: To provide love, a sense of security, warmth and

comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new handmade blankets, quilts, and afghans, lovingly created by volunteer "blanketeers" and

SECOND: To provide a rewarding and fun service opportunity for interested individuals and groups in local communities, for the benefit of children.

Project Linus

Calvert & St Mary's County, MD Chapter

We are fortunate to have a local chapter right here in St. Mary's County! Led by Southern Maryland Coordinator Ginger Barnes, this group usually meets the third Friday of each month at 10 a.m. unless the 3rd Friday falls on a day the center is closed as happens in April. Do you wish to be a blanketeer? Contact Sheila.Graziano@stmarysmd.com or call 301-475-4200, ext. 1655.



Art with Jamie

Loffler Senior Activity Center

Tuesdays 10 a.m.-12 p.m..

Cost: \$25 per session

March 1, 8, 15, 22, 29

April 5, 19, 26- (No class on the 12th)

Put some Art in your Spring by taking classes with Jamie.

Jamie's classes are suitable for beginners as well as intermediate and advanced level. Each art session is \$25 and covers all materials needed to get your project started using the best quality tools. Call 301-475-4200, ext. 1660, beginning at 8 a.m. on the 20th of the previous month to register for the new month (February 20 for March classes;

March 20 for April.) Call 301-475-4200, ext. 1658, if you have questions.

Educational Video Series:

Agatha Christie

Loffler Senior Activity Center

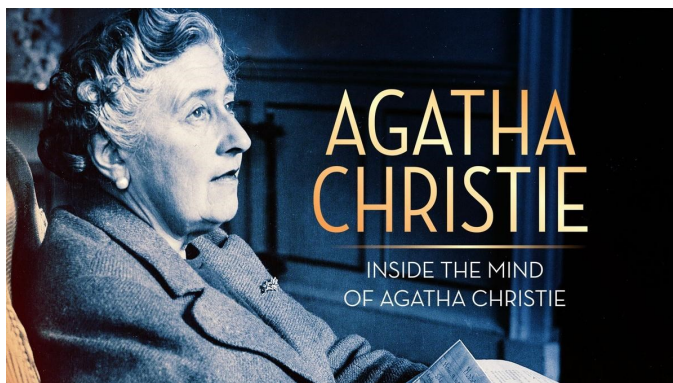
Thursday, March 10 at 10 a.m. (90 min.)

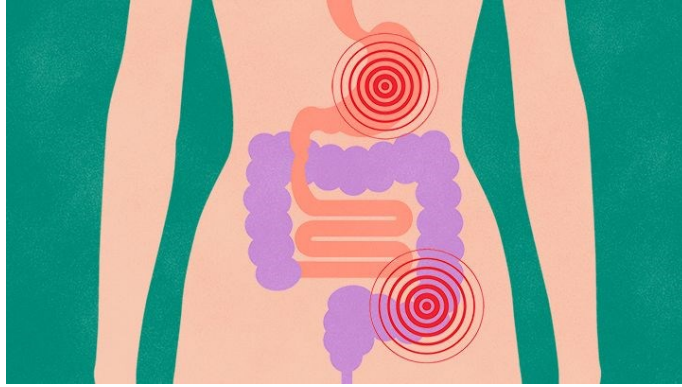
Cost: FREE

Inside The Mind of Agatha Christie:

Agatha Christie ranks as one of the most successful writers of all time. Combining rare access to Christie's family and her personal archive, the show gives viewers a never-before-seen look into the late crime writer's fascinating life story. *Agatha Christie's England* Retraces the celebrated English

writer's footsteps across England. With access to both her family and those who lived with her and knew her best. Register to see this video by leaving a message on our reservation line: 301-475-4200, ext. 1660, Seating is limited to 16.





**March Health Watch
Presentation:
IBS, Oh What a Plight!
Loffler Senior Activity Center
Wednesday, March 16 at 10 a.m.
Cost: FREE**

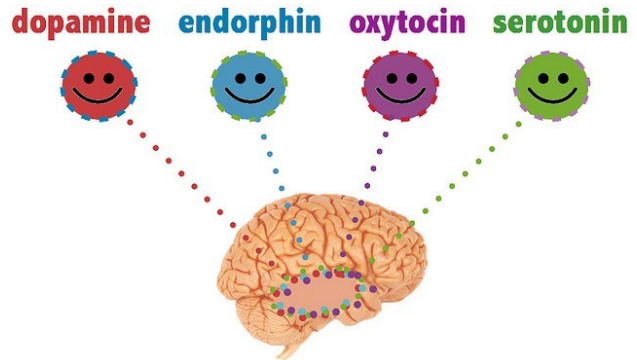
When it comes to irritable bowel syndrome, there are so many symptoms with too many solutions. For example: dietary fiber may lessen constipation in people with IBS, but it may not help with

lowering pain; fiber helps keep stool soft so it moves smoothly through the colon and The Academy of Nutrition and Dietetics recommends consuming 20 to 35 grams of fiber a day for adults- yet fiber may cause gas and trigger symptoms in some people with IBS. Increasing fiber intake by 2 to 3 grams per day may help reduce the risk of increased gas and bloating. WHAT?!?! We really need to talk about this with Health Watch Coordinator Mary Tennyson. Call 301-475-4200, ext. 1660, to sign up for this talk. Limited seating available.

**April Health Watch:
Happy Chemicals Your Body Makes
Loffler Senior Activity Center
Wednesday, April 20 at 10 a.m.
Cost: FREE**

When it comes to feeling happy you can rely on The Fantastic Four: dopamine, oxytocin, serotonin, and endorphins (sometimes referred to as D.O.S.E.) These sound like prescription drugs, but they are actually made by your body! What is the function of each one and

how do we activate them? Let Mary Tennyson tell you about it! Call 301-475-4200, ext. 1660, beginning March 20 at 8 a.m. to sign up for this talk. Limited seating available.

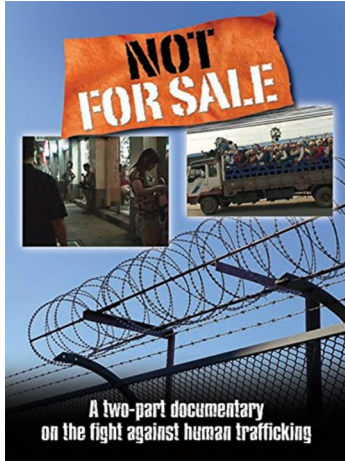


**St Patrick's Day
Luncheon & Shenanigans
Loffler Senior Activity Center
Thursday, March 17
10 a.m. – 1 p.m.
Cost: Lunch Donation**

Bring the luck of the Irish with you to the Loffler Senior Activity Center on St. Paddy's Day for some blarney, dancing, lunch and maybe a bit of mischief. Wear some lucky green and don't forget to bring your sense of

humor (you must be a good sport on this day- for we may be pulling on your leg a bit!). A piece of gold will be the reward for the most impressive Irish garb. You may be pressed into service as our King or Queen of the Blarney Rite, an auspicious ceremony that will take place during the festivities. On the menu that day will be: Corned beef, cabbage, parsley potatoes, green fruited jello, Irish soda bread, and juice. Call 301-475-4200, ext. 1660, beginning February 20 at 8 a.m. to sign up for this foolishness. Limited seating available.



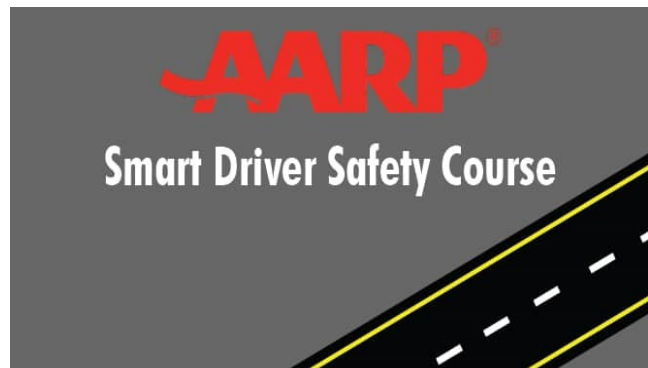


**Educational Video Series:
Not for Sale: A Two-Part Documentary on
the Fight Against Human Trafficking
Loffler Senior Activity Center
Thursday, April 14 at 10 a.m., Approximately 117 min.
Cost: FREE**

Based on the book Not for Sale by David Batstone, this documentary covers what modern-day abolitionists are doing to fight the rampant terrors of human trafficking in the U.S. and abroad. Tens of millions of people are slaves today. Despite this tragic figure, there are modern day abolitionists who battle human trafficking. Register to see this video by leaving a message on our reservation line beginning 8 a.m. on March 20: 301-475-4200, ext. 1660. Seating is limited to 16.

**AARP Safe Driving Class
Loffler Senior Activity Center
Thursday, April 21
9 a.m.-2 p.m.
Cost:\$20 for AARP Members
\$25 for non-members**

An AARP Safe-Driving course will be held at the Loffler Senior Activity Center on Thursday, April 21, from 9 a.m.-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, beginning March 20. 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.



Volunteer Instructors Needed

Song Leader

If you have some experience directing choral groups and would be interested in helping us start a singing program, we could really use your help at the Loffler Senior Activity Center! Please contact Shellie at Sheila.Graziano@stmarysmc.com or call 301-475-4200, ext. 1655, if this opportunity appeals to you.

Share What You Know

Do you have a skill, some knowledge, a craft, or anything that would appeal to people who like to try new things? Guest instructors and presenters are highly prized at the Loffler Senior Activity Center. If you care to share, we want to hear from you! Contact Shellie at Sheila.Graziano@stmarysmc.com or call 301-475-4200, ext. 1655.



Northern Senior Activity Center

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

Tech Tutoring

Northern Senior Activity Center

By appointment, Free

Are you having trouble with your smartphone, laptop, or other devices? It's okay! Learning new technology can be a challenge to keep up with. We are offering individual "tech tutoring" sessions with Program Specialist, Keilan Ruppert. These 15-30 minute appointments focus on one of your devices per session. When scheduling, please provide your device information (brand & model) and questions/concerns so Keilan can curate personalized instruction materials. If interested, please email your request to Keilan.Ruppert@stmarysmd.com (preferred) or call 301-475-4200, ext. 3103.



NEW: Grief Support Group with Melinda Ruppert, LCPC

Northern Senior Activity Center

Thursdays, March 10 & April 14, 10:30-11:30 a.m., Free

Everyone has experienced grief in some way. It can be very difficult to go through, especially on your own. Our grief support group, led by Mechanicsville-based grief counselor Melinda Ruppert, LCPC, is a great place to connect with a network of people who are experiencing similar struggles. As her website explains, Melinda works with individuals, couples, and families, around aspects of grief and transition. Her approach is one of companioning, walking alongside someone experiencing grief;

not treating them like they have a disorder that needs to be resolved or fixed.

To request a reservation for the group, please leave a message on the reservation request line at 301-475-4200, ext. 3115, starting February 20 (for March) and March 20 (for April) at 8 a.m., and your call will be returned. Space is limited.

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Nutrition Education

Northern Senior Activity Center

Mondays, March 21 & April 18, 12 p.m., Free

Do you want to learn more about nutritional health? Join us for Nutrition Education with Donna Taggert, Certified Diabetes Educator and Registered Dietician.

In March, Donna will cover the benefits of tea so make sure to bring your favorite mug or teacup! In April, Donna will explain the MIND diet for brain health.

To request a reservation for these sessions, please leave a message on the reservation request line at

301-475-4200, ext. 3115, starting February 20 at 8 a.m., and your call will be returned.





Radiant Energy: Chakra Balancing through Movement, Mantra, & Meditation

Northern Senior Activity Center

Monday, March 21, 2022, 1:30-3:30 p.m., \$20

Don't miss this special session with Judi Lyons & Paty Masson and delve into the fascinating world of Chakras, energy centers that dwell within our body and aura. The seven major chakras represent certain points in which energy flows through our physical body, organs, systems, and energy fields. Discover each of the body's seven chakras, what each one governs, and potential personal blockages. Learn how to clear and realign your chakras

through Asanas/yoga poses, as well as guided meditations. Balancing your energy system brings more harmony to your mind, vitality to your body, and the motivation to embrace life's changes. Judi Lyons/Mindful Motions Md., is YACEP®, E-RYT® 200, EMYoga® Certified, RYT® 500 Therapeutic Focus. Reservations are required and payment is needed within a week of your confirmed reservation. To request a reservation for the class, please leave a message on the reservation request line at 301-475-4200, ext. 3115, starting February 20 at 8 a.m., and your call will be returned. Space is limited.

Drums Alive® - Golden Beats

Northern Senior Activity Center

Mondays, April 4-May 9, 2 p.m., \$12 for 6-week class

This is a new program at the Center facilitated by Program Specialist Keilan Ruppert. Golden Beats stimulates individuals of any age. 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. To request a reservation for class, please leave a message on the reservation request line at 301-475-4200, ext. 3115, starting March 20 at 8 a.m., and your call will be returned. Space is limited.



Art Pottery Wind Chimes

Northern Senior Activity Center

Fridays, April 8 and 22, 10 a.m. – 12 p.m., \$10

Get creative in this two-part class! Art pottery projects have a real appeal for those looking to craft something unique. Enjoy making art pottery forms (you have a choice of shapes) that will build your custom wind chime all under the direction of our volunteer, Pam King. All materials are provided, such as clay and glaze, with firing fees also included. Finished art will be available for pick up on the afternoon of Tuesday, April 26. Reservations are required and payment is needed within a week of your confirmed reservation. To request a reservation for this two-part class, please leave a message on the reservation request line at 301-475-4200, ext. 3115,



starting March 20 at 8 a.m., and your call will be returned. Space is limited.

**In-person Chair Yoga Returns!
Northern Senior Activity Center
Wednesdays starting February 16,
9:30-10:30 a.m., Fitness Card**

We are excited to announce that in-person chair yoga will be returning to Northern Senior Activity Center on a weekly basis. Come meet our new instructor, Paty Masson, on the first day of class on Wednesday, February 16. Chair Yoga has been modified to allow participants to safely perform all the positions. This class uses modified yoga positions which incorporate a chair either prominently for a “seated” experience and/or as an aid for ease and stability. This class will be open on a drop-in basis with a maximum. A \$35 fitness card purchase gives you 10 classes but the first chair yoga class can be taken for free on a trial basis.



**Spring Goes the Bingo's
Northern Senior Activity Center
Wednesdays or Fridays throughout
March and April**

Cost: \$2 weekly

Enjoy Springtime themes in March such as St. Patrick's Day inspired prizes and early April bingos will enjoy April Fool's day prizes. To request a reservation for either Wednesday or Friday bingo (you must select one, not both) for the month, please leave a message on the reservation request line at 301-475-4200, ext. 3115,

starting at 8 a.m. on February 20 (for March) and March 20 (for April), and your call will be returned.

**Card Group Updates:
Bridge & Double Pinochle
Northern Senior Activity Center**

Both card groups are recruiting experienced players. Feel free to drop in and observe the group, spend a little time getting a refresher if you haven't played in a while, and/or get any of your questions answered about the program. The (Party) Bridge program meets on Thursdays from 10 a.m.-2 p.m. and (Double) Pinochle meets Tuesdays and Fridays from 10 a.m. - 4:30 p.m. Both card groups utilize our Game Room.



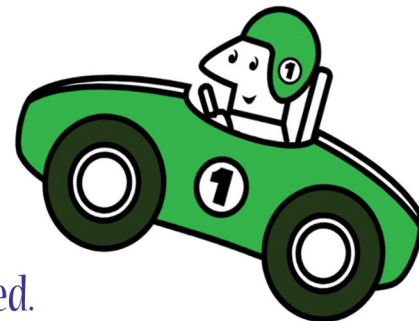
Volunteers Needed

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.

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 Brandy Tulley at:

301-475-4200, ext. 1063

brandy.tulley@stmarysmd.com

www.stmarysmd.com/aging/homedeliveredmeals



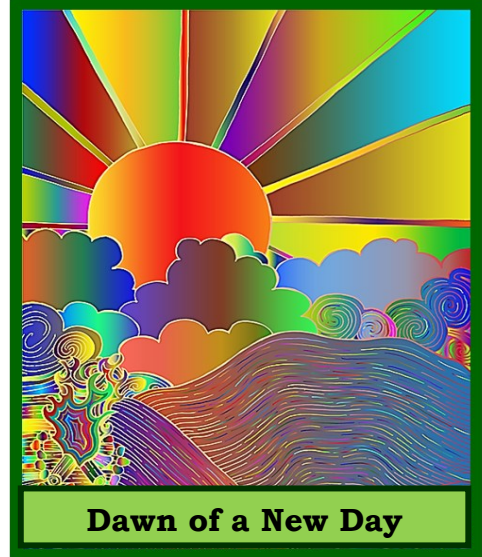
Retired and Senior Volunteer Program

By Norine Rowe, Former RSVP Program Manager

Spring Renewal Brings New Beginnings

As I write this, it is early January and we just had a major snowstorm. It's hard to imagine Springtime and the renewal that it brings, but it's something I look forward to with great anticipation every year. Just about the time we've had it with the cold, gray, dreary days of winter, springtime unfolds. Crocuses start to appear, the weather begins to get warmer, and we enjoy more and more sunlight each day. Soon, our spirits start to lift and we feel a renewed sense of hope and joyful anticipation.

Springtime heralds a season of new growth and new beginnings. It can literally feel like the dawn of a new day. We all need a new start, and Springtime offers us the chance to renew ourselves in heart, mind, and spirit.



As the New Season Unfolds, Unfurl Your Dreams

Since I am writing this in January, I am still serving as RSVP Project Manager and am preparing for retirement at the end of the month. As I close out my almost 11 years of service, I am sorry to leave behind all of the wonderful RSVP volunteers I have come to know and cherish. But I am also looking toward the future, to a new chapter in life, and a new season of hope. I encourage all of you to do the same, to use Springtime as a springboard to new opportunities and a chance to begin again.

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Let Your Imagination Soar to New Heights

Springtime is no time to put limits on yourself. It's a time to allow your imagination to take flight, to consider new possibilities, to explore new ways of expressing yourself. It may even be a time to seek out new ways to serve - perhaps by tapping into hidden talents, pursuing special interests, or fulfilling a calling that is tugging at your heart. Whatever dreams you've kept inside during the long winter months, it's time to bring them out into the light of day and allow your special gifts and unique abilities to shine. I'm sharing this message not only with you, but also myself. Let's soar to new heights this spring!



We Celebrate RSVP Volunteers During National Volunteer Week

April 17-23: Shining a Light on Our Dedicated, Inspiring RSVP Volunteers!

National Volunteer Week was established in 1974 and has grown exponentially each year. Today, as people strive to lead lives that reflect their values, volunteer service has evolved and changed. Doing good comes in many forms, and we recognize and celebrate them all.

During National Volunteer Week, we want to take this opportunity to recognize our many RSVP volunteers, the impact of their service, and the power they display in meeting our county's greatest needs. Our senior volunteers provide an impressive, positive force for change as they help to make our community a stronger, better place. Our volunteers help to transform our community—one volunteer at a time, one service activity at a time, meeting the needs of local citizens with a kind and caring spirit. We want to shine a light on our many RSVP volunteers who inspire us by their dedication and commitment to service. Thank you for lending your time, talents, and skills to making a difference in our community!

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”

— Barack Obama, 44th President of the United States —

Volunteer Beginnings & Renewals for Spring

A Great Time to Try a New RSVP Volunteer Service Activity!



Springtime 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 into 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; Virtual Host for Senior Activity Center online activities; Home-Delivered Meals Volunteer; Senior Rides Volunteer Driver; or one of the many other senior volunteer opportunities that come available. Don't be a late bloomer—enroll now and volunteer with RSVP this Spring!



**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

Keilan Ruppert



*Keilan Ruppert
Program Specialist*

Hey! My name is Keilan Ruppert. I am the new Program Specialist for the Northern Senior Activity Center. This is my first position with the St. Mary's County Department of Aging & Human Services. Prior to joining the team, I was an Activity Aide at Charlotte Hall Veterans Home. There I discovered how much I enjoy serving the senior population and working in the activity field.

I have lived in St. Mary's County for most of my life. I graduated from Chopticon High School in 2015 and shortly after graduated from the College of Southern Maryland. My background is in Audiovisual (AV) with technician experience at the Maryland Hall in Annapolis and Encore in Baltimore.

Outside of work, I create my own music and have training with The Sheffield Institute for the Recording Arts. I also enjoy filming and editing videos. I can't wait

to get to know all of you and facilitate classes, programs, and events!



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

Law Enforcement Appreciation Day

Tuesday, May 3

11:30 a.m.

The White Rose

21030 Point Lookout Rd, Callaway, MD

The community is invited to join the Commissioners of St. Mary's County, the Department of Aging & Human Services, and the Triad/SALT Council to honor this year's Law Enforcement Officers of the Year and remember the men and women who gave their lives in service to their community.

The Officer of the Year from each agency will receive citations from the Office of the Governor, the Maryland Senate and House of Delegates, as well as plaques and/or certificates of appreciation from the Commissioners of St. Mary's County, the Department of Aging & Human Services, and the Triad/SALT Council.

The community is invited to congratulate the Law Enforcement Officers of the Year and join them for lunch, free of charge, following the ceremony.

For more information, contact Sarah Miller at 301-475-4200, ext. 1073, or email sarah.miller@stmarysmd

Online Registration Coming Soon

We're going digital!

Online registration for programs and activities at the Senior Activity Centers is coming this summer.

More information to be provided in the next edition of New Beginning, e-news, and at the Senior Activity Centers.

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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

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 required	\$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

MARCH/ APRIL 2022

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	\$25 per class
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
Bible Study	Fri. 10:30 a.m.	Non-denominational, Christian-based scripture group led by volunteer Phil Benedict.	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	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. 12:30 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. Wed. 12:30 p.m. Fri. 12:30 p.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
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
Open Art Studio	Fri. 9 a.m.	Drop in for guided art practice with volunteer Chris Sisk.	No	No

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Polish Poker	Tues. & Thurs. 9 a.m.	Suitable for all levels of experience.	No	No
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.	Yes	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
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

MARCH/ APRIL 2022

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
Chair Yoga	Wednesdays, 9:30 – 10:30 a.m	Chair Yoga is a type of yoga that has been modified to allow participants to safely perform positions with a chair incorporated for ease and stability.	No	Fitness Card
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.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	Mondays, April 4 – May 9	Instructor-lead drum and dance class. Helps cognitive function. Program runs for 6-weeks at a time	Yes	\$12 for 6- week pro- gram
Dynamic Ceramics	Wednesdays 9:30 a.m.-12:30 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 p.m.	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 individual pieces. Some Fridays are reserved for specific art pottery projects/classes.	Studio ori- entation	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 a.m. -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. The Program Coordinator can be reached at 301-475-4200, ext. 1060.

Retired and Senior Volunteer Program (RSVP)-Offering persons 55 years of age or older an opportunity to donate their time, talents, enthusiasm, and expertise in the local community. Call 301-475-4200, 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)***

Friday, April 15- Good Friday

NEW BEGINNING