

NEW BEGINNING

VOLUME 34 ISSUE 2

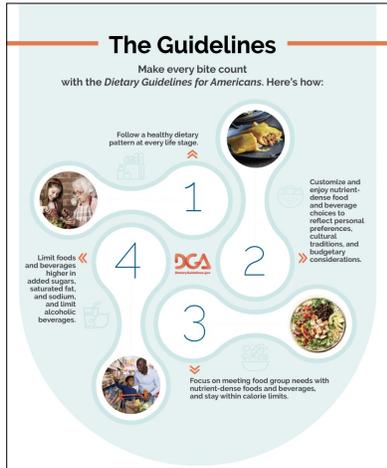
MARCH / APRIL 2021

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



*Celebrating National
Volunteer Month!*

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From the Director's Desk

By Lori Jennings-Harris, Director

National Volunteer Week April 18-24, 2021

According to the Points of Light website, National Volunteer Week is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world.

Each year, we shine a light on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities.

National Volunteer Week was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week. Today, as people strive to lead lives that reflect their values, the expression of civic life has evolved. Whether online, at the office, or the local food bank; whether with a vote, a voice, or a wallet – doing good comes in many forms, and we recognize and celebrate them all.

Who would have imagined a year ago that we would still be amid a pandemic? Volunteering is presented with challenges during this time, but there are ways in which we can continue to help others. One way you can help is to make calls to people who live alone and who may be lonely. Another way is to read a book to a family member or friend who has difficulty reading due to blindness or visual impairment. Get creative. The Department of Aging & Human Services staff members have discovered creativity well beyond what we ever anticipated we would have a need to explore.

And so, let's hope we are in a position a year from now to continue with all the virtual/remote activities and programs we have developed because we choose those options and not because we must work in that manner. Similarly, volunteering in-person may become part of our daily routines again.

More to come. Stay tuned!

Reference: <https://www.pointsoflight.org/nvw/> retrieved 1-22-2021



NEW BEGINNING

The Commissioners of
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NEW BEGINNING

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Editorial submissions should
be sent to:

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

or visit the website at:
www.stmarysmd.com/aging

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 22, 2021

1 p.m.

Monday, April 26, 2021

1 p.m.

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

Attend Meetings to:

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

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



Nutrition Corner

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

The new 2020-2025 Dietary Guidelines for Americans was published in January 2021 and for the first time since its inception in 1980 the guidelines address the various stages of life. Why is this so important? As an older adult, our nutritional requirements are different than when younger. Adults ages 60+ are at higher risk for chronic diseases like heart disease, diabetes, and bone and muscle mass loss. The section for older adults addresses protein needs, vitamin B12, calcium and other nutrients. A chart can be printed out to guide daily consumption of the various food groups.

The updated 2020-2025 guideline's theme is Make Every Bite Count; very important since 85 percent of what we eat needs to be a nutrient dense food in order to meet our needs to stay healthy. A few key principles from the guidelines are:

1. You need to meet your nutrient needs from foods and beverages. A supplement cannot fix a crappy diet.
2. You should choose a variety of foods within each food group.
3. You need to pay attention to portion sizes.

To learn more about the dietary guidelines, go to www.Dietaryguidelines.gov where you can download the whole booklet or request a copy. Also, to get started on applying those recommendations try visiting www.choosemyplate.gov. Take the quiz on the home page and it will provide personal recommendations to help improve your diet. You can also sign up for Start Simple with the MyPlate app that helps you set daily food goals and tracks your progress in real time.

The most important take away is that it is never too late to make changes in your diet. Even a small change can make a big difference. If ever you feel you need additional help, please contact me at 240-538-6639 for an in-person virtual or telephone consultation.

*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.*

The Guidelines

Make every bite count
with the Dietary Guidelines for Americans. Here's how:



Helpful Links:

St. Mary's County Department of Aging & Human Services
www.stmarysmd.com/aging
Virtual Senior Activity Center -
<https://www.stmarysmd.com/aging/virtual-senior-center/>



Home & Community-Based Services

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

COPING WITH CAREGIVER ANGER

By Daphne Bennear, HCBS Program Coordinator

Caregivers often experience anger followed by shame based on the angry feelings.

If you find yourself angry with your care receiver or others in your life know that this is a common and normal feeling and you do not have to feel shame over this.

There are a variety of types of anger that you may experience:

- **Reactive Anger:** This is the almost automatic outburst. Think cursing, yelling, striking out or crying over something that happens. “Road rage” is another example of this type of anger.
- **Volcanic Anger:** This is the built-up pressure of overlooked or unresolved issues that “blows” like a violent volcano all over everyone in your vicinity.
- **Passive-Aggressive Anger:** Anger over an issue you didn’t confront directly. Resentful feelings can lead to this type of anger. A backhanded compliment would be an example of passive- aggressive anger being expressed.
- **Projected Anger:** This is anger resulting from one source but taken out on (or projected onto) another source. Anger with a spouse over something resulting in snapping at your mother demonstrates projected anger.

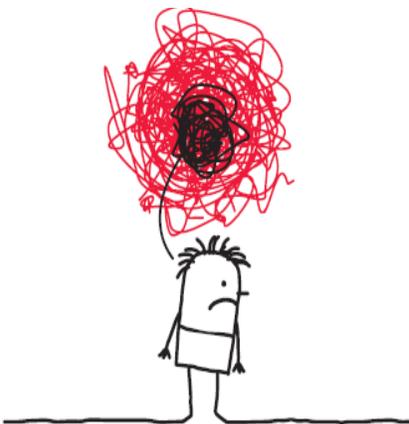


How do I deal with anger?

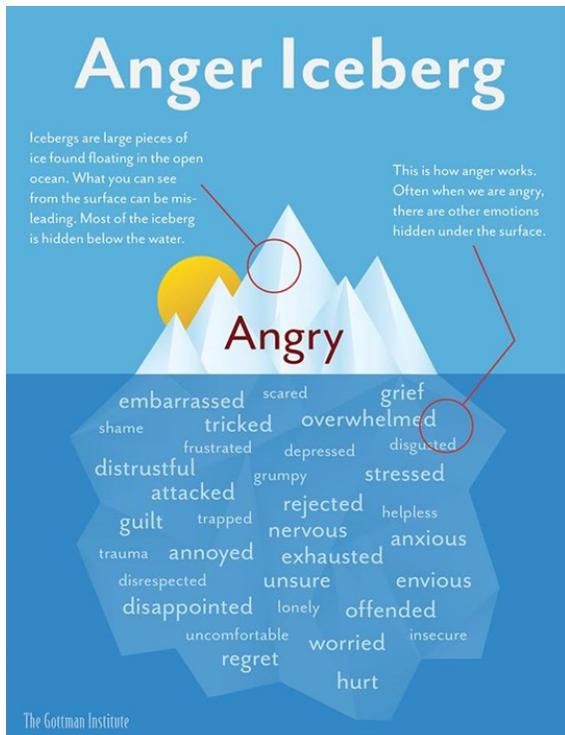
The very first thing to understand about anger is that it is normal. And there is nothing wrong with anger. It is not a “bad” feeling to have. Do not try to tell yourself that you “should” or “should not” feel a certain way. Accept the fact that you feel what you feel; take the time to recognize it, allow yourself to feel it, decide what to do with it and move on.

Next, it is important to recognize that anger is a “Secondary Emotion”; meaning it is a result of another emotion and masking some other feelings. You could be angry at someone because something they may have said hurt your feelings. In this example, anger is the *secondary*

emotion that masks the pain of what was said. Someone may be angry because a promise was broken. Anger is the emotion that is felt because there is a feeling of disappointment or a feeling of betrayal.



CONTINUED ON PAGE 7



Anger can be visualized as an iceberg: this graphic shows how other emotions are hiding below the surface when we see or feel anger.

Anger can be managed but it takes practice to change your responses and habits. So remember to be patient with yourself through your progress.

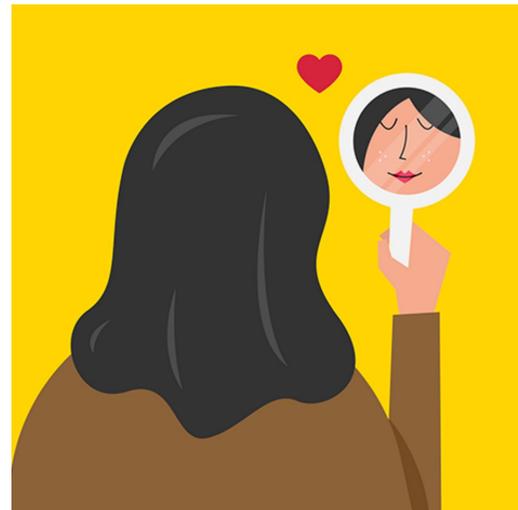
A few things you can do to manage your anger response include:

- Count to 10, 15 or 20 before you respond. Take note of your hidden feelings (those under the anger iceberg)
- Address issues honestly and in a calm manner. Be clear, calm, and concise about how you feel and what specific things are causing your feelings. Also communicate any consequences that must occur because of the event.
- Practice. If you find you are too upset to be clear and calm about the issue write out your talking points, take some deep breaths and rehearse your response before you confronting the person.

- If the person who angered you has dementia or other cognitive impairment, they may not be able to help you resolve the issue. In this situation, it can be therapeutic to practice your conversation in private. You may feel better just getting it off your chest. An option could be to write their former selves a letter about your experience and feelings.

- Give yourself some love. Many caregivers will feel shame over the anger that surfaces over feelings about their role and situation. You are allowed to feel angry. Use daily affirmations and small successes to remind yourself you are doing a good job!! Here are some examples of caregiver affirmations:

- * **“I am in control of my emotions and responses.”**
- * **“I am privileged to have this caregiving relationship with my loved one.”**
- * **“I am able to do hard things and overcome hurtles.”**
- * **“I need and deserve time to refresh myself.”**



- Get help. If you find your anger is too overwhelming or you are responding in ways that are harmful to you or others, reach out to a therapist or counselor to work on emotional regulation and get some support.

The information provided was derived from the following sources:
<https://www.agingcare.com/articles/coping-with-caregiver-anger-151863.htm>, [The Anger Iceberg \(gottman.com\)](http://The Anger Iceberg (gottman.com))

10 ways to safely help your community during COVID-19

1. donate to nonprofits



2. donate or volunteer safely with
food banks and pantries

3. deliver meals and groceries to
vulnerable seniors



4. help a local school

5. donate blood



6. become a medical
volunteer

7. donate medical supplies
or equipment



8. stay in touch

9. serve in your community



10. volunteer at home



Celebrate Maryland Day!

Maryland Day commemorates the formal founding of the colony of Maryland, when new English colonists disembarked from two small ships at St. Clements Island on March 25, 1634.

Marylanders began observing Maryland Day in 1903, when the State Board of Education designated it as a day to be devoted to the study of Maryland history. In 1916, the General Assembly authorized the celebration of Maryland Day as a legal state holiday.

The 2021 Maryland Day Celebration theme is “*Better Together: Diversity, Equity, and Inclusion*” and will feature in-person and virtual experiences beginning Saturday, March 20. Here are a few Maryland Day events that everyone can participate in:



- **March 20- In- Person Event:** Annapolis Maritime Museum welcomes you to join their winter Build-a-Boat program graduates for a boat building challenge. Build your own boat and test its seaworthiness. This is a FREE event. More information can be found at <https://www.amaritime.org/>.
- **March 20-Virtual Event:** Meet Verda Welcome: A Person of Principle. Meet Maryland State Senator Verda Freeman Welcome, the second black woman to be elected to a state senate in the early 1950’s through this FREE virtual event, hosted by Anne Arundel County Public Library. More information can be found here: <https://aacpl.librarycalendar.com/events/verda-welcome-person-principle>
- **March 20 & March 21:** In-Person and Virtual Event: Celebrate the 50th anniversary of London Town being open to the public with \$1 admission all weekend long. During Maryland Day weekend, enjoy free or reduced admission to a variety of sites across the Four Rivers Heritage Area. A virtual walking tour is also available! Learn more at <http://www.marylandday.org>
- **March 25-Virtual Event:** Northern Senior Activity Center’s *Key To The Chesapeake Basket* Drawing: Have you entered your name into the drawing on the Department Facebook page? You still have time! For more information, contact MarieNoelle at MarieNoelle.Lautieri@stmarysmd.com or call 301-475-4200, ext. 3102.
- **March 25- In-Person Event:** Maryland Day at St. Clement’s Island Museum, 10 a.m.–5 p.m. FREE admission to the museum ALL day, FREE water taxi rides, ceremony (2-3 p.m.) featuring guest speakers and program, and more. Commemorative Mass on St. Clement’s Island will occur at 10 a.m. A food truck will also be on site all day!
- **March 25- Virtual Event:** Join Historic St. Mary’s City (HSMC) for an online celebration featuring dignitaries, honored guests, and an unveiling of a new archaeological find. This is a FREE event. More information can be found here: <https://www.hsmcdigshistory.org/events/maryland-day/>

Be sure to check out the official Maryland Day Celebration website, www.marylandday.org, as more virtual events are being added to the celebration calendar each day.

Senior Information & Assistance

By Debbie Barker, Senior I&A Division Manager

State Homeowners' Property Tax Credit

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, 2020. Your net worth includes the value of other properties owned, CDs, investments, etc. The credit also takes into consideration the gross income in comparison to the 2021 property tax bill; i.e., a household income of \$30,000 will need to 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 2021 Homeowner's Property Tax Credit is **September 1, 2021**. 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 online at www.dat.maryland.gov/Pages/sdatforms.aspx or can be filed online. As of this publication, all senior activity centers are still closed to the public. Applications can be mailed to consumers and direct assistance will be limited. For more information call 301-475-4200, ext. 1654, 3104 or 1064.

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 2020. 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 2020 can apply for the Senior Tax Credit which freezes the County portion of the tax bill from increasing each year.

Lastly, persons age 70 and over who qualify to receive a Maryland Homeowners' Property Tax Credit (see above article) may also receive a matching credit from St. Mary's County, equal to the amount provided by the State. To apply for each of the tax credits complete the application on **page 11 of this newsletter**. The Treasurer's Office will determine which credit is most beneficial. Previous applicants will receive an application by mail or can apply online at www.stmarysmd.com/treasurer. The deadline to apply is **May 1, 2021**.

Income Tax Preparation

AARP will be providing free income tax preparation services by appointment only. To schedule an appointment call 240-466-1740.



ST. MARY'S COUNTY, MARYLAND

Christine L. Kelly, Treasurer
P.O. Box 642, Leonardtown, MD 20650
(301) 475-4200 extension 3300
www.stmarysmd.com/treasurer
christy.kelly@stmarysmd.com

TAX YEAR 2021

SENIOR TAX CREDIT APPLICATION

DUE DATE 5/1/2021

Approved applications received after May 1st but before the due date of September 1st may be eligible for a credit.

Office Located at: 23150 Leonard Hall Drive, Leonardtown, MD

Form with fields: Last Name, First Name, Middle Initial, Date of Birth & Age; Last Name (Spouse), First Name (Spouse), Middle Initial (Spouse), Date of Birth & Age; Mailing Address, City, State, Zip Code; Tax Account Number, Home Phone, Cell Phone, Email, Alternate Name(s)

ATTENTION SENIORS: Answer all 9 questions below and submit the required documentation.

St. Mary's County offers three SENIOR TAX CREDIT programs. The Treasurer's Office will evaluate each application and determine the most valuable credit available based on your answers and the required documentation. Once approved only one of the credits will be applied to your account.

Form with 9 questions and a table for 'For Office Use Only' containing fields like TXID, AGE, INCOME \$, BASE YR, CTY TX \$, 10% \$, STC AMOUNT, HTC AMOUNT, SENIOR MATCH, CORR BILL, SCAN/MEMO, ADD CREDIT, COMPLETED BY, APPROVED, DENIED.

Required Documentation: (Attach only the documents that pertain to you and your spouse.)
- Proof of income: A copy of your 2020 Maryland Income Tax Return or your 2020 Federal Income Tax Return.
- Proof of age: Copy of your driver's license, birth certificate or state ID card.
- Proof of Military Retirement: Copy of your DD214 stating you are retired and military ID.

OWNER(S) ACKNOWLEDGEMENT: I declare under penalties of perjury, pursuant to Sec. 1-201 of the Maryland Tax Property Code Ann., that this application (including any accompanying forms and statements) has been examined by me and the information contained herein, to the best of my knowledge and belief, is true, correct and complete...

Signature lines for Applicant's Signature and Spouse's Signature, each with a Date field.

APPLICATION MUST BE SUBMITTED ANNUALLY

By signing this application, you agree to receive the most valuable one of three St. Mary's County Senior Tax Credits.

*Information on the Maryland Homeowner's Tax Credit and the application can be found at https://onestop.md.gov/tags/5d28c76eb7039400faf44adb
You can also contact the Department of Aging at 301-475-4200 ext. 1064.

Rev. 01/2021

St. Mary's County Cares about our Seniors



ST. MARY'S COUNTY SENIOR MATCHING TAX CREDIT: St. Mary's County will match the credit you receive from the state. To qualify you must receive the **Maryland State Homeowners' Tax Credit** and you must be a Senior Citizen 70 years old or older as of July 1st of the tax year in which the application is submitted. For more information on how to apply for the **Maryland State Homeowners' Tax Credit** please visit: <https://dat.maryland.gov/realproperty/Pages/Homeowners%27-Property-Tax-Credit-Program.aspx>

ST. MARY'S COUNTY SENIOR "CAP" TAX CREDIT: St. Mary's County will freeze your **County Tax Liability** at the same amount from the year you turn 70 years old *or* the first year you apply for the credit after the age of 70. This is considered your "base year". To qualify you must be a Senior Citizen 70 years old or older as of July 1st of the tax year in which the application is submitted, have your principal residence in St. Mary's County and have a taxable net income equal to or less than \$80,000. The deadline is September 1, each tax year.

ST. MARY'S COUNTY 65-10 SENIOR TAX CREDIT: St. Mary's County offers a 10% credit off your **County Tax Liability** for up to 5 years with annual submission of application. To qualify you must be at least 65 years of age as of July 1st, have your principal residence in St. Mary's County with an assessed value less than \$400,000, have a taxable net income equal to or less than \$80,000 and be a retired active duty military member *or* have had your name on the deed to the residence for at least 40 years as of July 1st. The deadline is September 1, each tax year.

APPLICATION FOR A CREDIT MUST BE SUBMITTED ANNUALLY

Applications are available online at www.stmarysmd.com/treasurer

Assistance with these applications is available at St. Mary's County Department of Aging & Human Services 301-475-4200 ext. 1064

Only one Senior Tax Credit is applied to an account each tax year

Frequently Asked Question: I have been given the Credit. Does this mean my tax bill will not increase? The short answer is no. Each tax bill is comprised of fees and taxes for County, State, and Emergency Services. These credits may apply to only your County Tax Liability.

Approved applications received before May 1st are eligible to have their Senior Tax Credit show on their tax bill.
Those applications received after May 1st and before September 1st may be eligible for a credit.

Rev. 1/21

NEW BEGINNING

Focus on Fitness

By Alice Allen, Senior Center Operations Division Manager

March 13 marks one year since the senior activity centers have been closed as a result of the COVID-19 pandemic. I'm sure you have missed attending all the fun activities and programs that are offered and are looking forward to returning. We've missed you and all the activity that usually goes on at the centers.

Perhaps you've never been to a senior activity center to which I encourage you to give it a try. The staff is wonderful, participants are friendly, and the activities and programs are fun, interesting, engaging and sometimes challenging.



While the centers are still closed at the time this is written, we are awaiting the day when we will be able to reopen. Every one of you who gets the COVID-19 vaccine puts us that much closer to once again opening our doors!!



In the meantime, increase your chances of staying healthy by being physically active. The weather is getting nicer, get out to walk everyday that you can. Engaging in physical activity like walking on a regular basis is so important to good health. It improves your immune system and who doesn't want an immune system that's working as best as possible these days?

And while the senior activity centers have not been able to open, plenty has been going on virtually.

Check out the Department's virtual senior center at <https://www.stmarysmd.com/aging/virtual-senior-center/> or on the SMC Aging & Human Services YouTube Channel for video recordings of a variety of fitness programs led by the instructors that you know and love.

Stay well. We look forward to seeing you soon.



Garvey Senior Activity Center

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

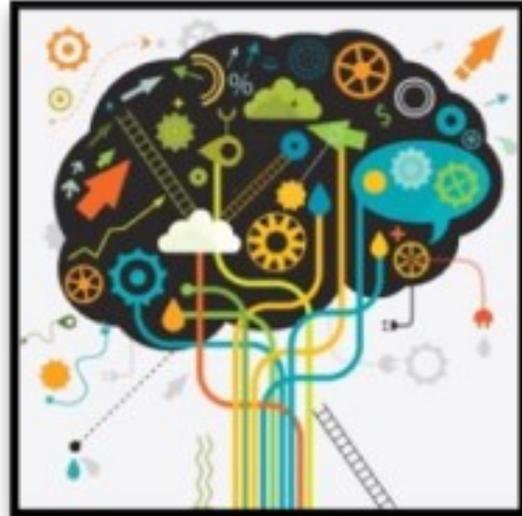
Brain.e.ology via Zoom **Garvey Senior Activity Center** **Tuesdays, 1:30 p.m.** **March 9- April 20**

This class is each Tuesday, beginning March 9- April 20, at 1:30 p.m. 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 participating in this program! There is no fee for this program. Class size is limited so register early. To make reservations, call 301-475-4200, ext. 1080. Supplies will be distributed on March 4 from 10-2 p.m.



Drums Alive Via Zoom **Wednesdays March 10-April 14** **11:30 a.m.**

Golden Beats stimulates people whether they are young or old, healthy or ill. When we drum and dance, we are having FUN! This releases endorphins and negative feelings. The rhythmical patterns of the drum increase synchronization of brain wave activity which 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 the Garvey Senior Activity Center, for a virtual class via Zoom.

Drums Alive® This class will be offered for 6 weeks beginning Wednesday, March 10-April 14 from 11:30 a.m.-12:30 p.m. Please let the instructor know if you haven't taken this class in person before. Supplies required for the class will be available to students on loan for the 6 weeks with a refundable deposit of \$45. This fee covers lost or damaged items if not returned. Students will be given a list of items and where they can be purchased should they want to do so. To sign up for the class or to get more information, please call 301-475-4200, ext.1062.



**Awakening (Mat) Yoga with Judi via Zoom
Thursdays, March 11 – April 29
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. This class will be 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. Priority registration will be given to St. Mary's County residents. There is no fee to participate; funding for this program is provided by the Maryland Department of Aging Senior Center Operating Funds Grant. To pre-register, call 301-475-4200, ext. 1080.

**Chair Pilates with Sherry via Zoom
Tuesdays, March 16 – May 4,
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. This class will be 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. Priority registration will be given to St. Mary's County residents. There is no fee to participate; funding for this program is provided by the Maryland Department of Aging Senior Center Operating Funds Grant. To pre-register, call 301-475-4200, ext. 1080.



**Intermediate Pouring Paint Class via Zoom
Friday, March 26, 11:30 a.m.**

Have you taken some of our previous pouring paint classes and want to try some different techniques? This class will offer different techniques and education on different paints. Acrylic pouring is a fun and easy way to create one-of-a-kind works of art. We will demonstrate how to create a bottle pour piece of art using spring colors. The result will give you a beautifully unique flower appearance. To sign up, you must have participated in at least one of our **beginners** pouring paint classes. For more

information please call, 301-475-4200, ext.1062.

Senior Strength on Zoom
Garvey Senior Activity Center
Mondays & Wednesdays, April 5 – June 23, 2:30 p.m.-3:15 p.m.

Senior Strength is a 45-minute strength building class that will focus on the following:

- Increase muscular strength throughout the body
- Improve balance and coordination
- Improve flexibility
- Improve gait
- Increase motor skills and improve reaction time
- Increase range of motion and improve activities of daily living



This class will focus on all muscle groups through a variety of strengthening and conditioning exercises. Class movements tone upper and lower body using resistance like hand weights, exercise bands, and your own body weight. Proper form and modifications are demonstrated throughout the class.

Participant Criteria:

- Participants should be able to walk freely with or without the use of a cane or walker. Those in a wheelchair may participate but will need to modify and substitute some of the exercises
- Participants must have a computer with a webcam and microphone, and highspeed internet access. An active email account is also required
- A sturdy, armless chair, hand weights (2-3lbs) and exercise band (the exercise band will be provided) are needed for participation.
- Commitment to the entire 12-week session is highly suggested

Workouts will be held via Zoom, Mondays and Wednesdays, beginning April 5–June 23 from 2:30-3:15 p.m. and are facilitated by senior activity center staff who have been trained in senior fitness. If the senior activity centers reopen during this period, the classes will likely transition to in person at the Garvey Senior Activity Center. Space is limited and advance registration is required. Call 301-475-4200, ext. 1080 to register.

Sign Up Online to Receive *New Beginning*

You can sign up to receive a notification when the newsletter is available online in PDF format via www.stmarysmd.com/it/citizen/signup.asp. This link will also allow you to sign up for news releases and emergency alerts. The newsletter can also be viewed on the Department of Aging & Human Services website - www.stmarysmd.com/aging/NewBeginning. For more information about New Beginning delivery options, contact Community Programs and Outreach Manager Sarah Miller at 301-475-4200, ext. 1073, or Sarah.Miller@stmarysmd.com.



**Chair Assisted Yoga via Zoom
Tuesdays and Fridays, March 9 – April 30, 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. Attendees must have an active email address, high speed internet and a computer or tablet enabled with a webcam and microphone. Space is limited; St. Mary's County residents will be given priority. Funding for this program is provided by the Maryland Department of Aging Senior Center Operating Funds Grant. Registration opens February 26; priority will be given to St. Mary's County residents. To register, call 301-475-4200, ext. 1080. This program is supported by funding from the Maryland Department of Aging Senior Operating Funds Grant.

**Are you looking for a workout
with one of your favorite instructors?
Do you want guided exercises available 24/7?
We have what you're looking for!
Join Sherry Reed, Judi Lyons,
Geno Rothback, and Joan Willy for
Fitness Fridays!**

*New workout videos are posted on the
St. Mary's County Department of Aging & Human Services
YouTube Channel and Facebook page
every Friday at 8:30 a.m.!*



Loffler Senior Activity Center

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

10 Ways to Lift Your Spirits

By Shellie Graziano, Program Specialist

We all get down hearted at times, but little changes can help interrupt the cycle that inevitably brings us down!



1. Get up and move around. Sometimes, getting out of bed seems like the hardest thing to do, especially if you're having pain or the day ahead of you seems overwhelming. Dawdling makes it worse, so take a breath and just do it! Go to the bathroom, walk into the kitchen and get yourself a nice cup of coffee or tea. Moving around improves your mood, lubricates your joints and works out some of that stiffness.

2. Get dressed. Yes, it's tempting to stay in those comfy jammies, but lying around in sleep clothes can make it seem like you're having a sick day and that's the last feeling you need when you're trying to pick yourself up. Put on comfortable clothes that don't have an association with being sick or sleepy. Bonus- you can look forward to putting them back on at nighttime.



3. Make your bed. This simple task takes just a few minutes and changes the whole look and feeling of your bedroom, even if the rest of the room is messy. Plus, your sheets will be nice and smooth when you climb back in later- something else to look forward to! Now you've accomplished 3 things already and you moved around some more.

4. Let the daylight in. Open those blinds and curtains to let natural light fill your home. If it's a dark or overcast kind of day, turn on the brightest lamps of whatever room you're going to be spending time in. You've just chased some dimness out of your day.



5. Eat something you like. Breakfast doesn't have to be a big production nor does it have to be traditional. Sometimes it's fun to eat dinner leftovers in the morning (We're looking at you, pizza!).

Continued on Page 19

6. Find the humor. There's a reason people say laughter is the best medicine. It truly is good for you! Among many other benefits, laughter reduces stress hormones while stimulating feel-good ones. Search your memory for events that made you laugh, find some funny stories on the internet or watch a show that cracks you up.



7. Call a friend. These days we are more isolated than ever because it's important to practice safe and social distancing. Maybe a simple phone call can help with that loneliness. It might reduce someone else's feelings of isolation, too.



8. Help someone else. Helping others can take our mind off our own situation. Plus, there's therapeutic value in having improved someone else's day. Everyone wins!

9. Act cheerful and smile even if you don't feel like it at first. We know that the way we feel impacts how we act, but the reverse is also true! Sometimes we find ourselves having to put on a happy face when we aren't particularly pleased about something. But those 'fake' smiles and pleasant words can trigger our brain to release endorphins and other feel-good chemicals so that we find ourselves

feeling the way we are acting. You have also helped to create a positive environment!

10. Make sure you have something to look forward to at the end of the day. It can be something as simple as a cup of your favorite herbal tea (avoid caffeine at this hour!). Put on those comfy jammies (aren't you glad you changed this morning?) and relax with a favorite tv program or jigsaw puzzle. Choose a show you didn't watch during the day when you were looking for humor- you want something you've held in check for this very special end of your day. Now it's time to slip back into that comfy bed with the smooth sheets!



Caregiver's Corner: . Free Training for Family Member Caregivers

Sometimes a family member unexpectedly becomes the caregiver for a loved one. Depending on the level of care needed, many aspects of this new role may require doing tasks or working with special equipment that are totally foreign to the new caregiver. These responsibilities are often taken on with a "learn as we go" strategy. In truth, the family member needs actual training, just as a hired caregiver is required to acquire training. Fortunately, there are tons of free resources available online, including the AARP Public Policy Institute Initiatives, which has partnered with several other organizations to develop the Home Alone AllianceSM Family Caregiving How-To Video Series. These videos direct family caregivers through specific medical/nursing tasks – including preparing special diets, managing incontinence, wound care, mobility, and managing medications. This series is available free of charge. Additionally, there are resource guides on this site for even further guidance. Here is the link for this wealth of information:

<https://www.aarp.org/ppi/initiatives/home-alone-alliance/family-caregiving-videos/>

March Monthly Craft: Spring Blossom Branches Friday, March 19, 11 a.m., Zoom

Just in time for Easter, these simple branches are easy and inexpensive to make but are gorgeous! You will need the following supplies:

- Bare branches or sticks from your yard
- Green painter's tape
- Pastel or white wrapping tissue
- A jar, can or vase to put them in
- Small stones, glass marbles or other material to anchor the vessel and hold branches in place

Contact Shellie at Sheila.Graziano@stmarysmd.com to sign up. A link will be sent to you the day before class.



Scattergories- it's back with a new day and time!

Fridays: March 12, 26; April 9, 23

1 p.m., Zoom

Candice and Shellie are back to host Scattergories twice a month, but NOW on 2nd and 4th Fridays at 1 p.m. This game requires paper, pencil and computer or smart phone to connect with us on ZOOM. The rules are easy, but the categories can be challenging. If you like thinking up things that start with a specific letter while competing against a timer and other players, then this is for you! To get in on the game, e-mail Candice.Nelson@stmarysmd.com. She will e-mail you the link on the morning of play. Players will be admitted starting at 12:50 p.m. so that the game can begin on time.



Independent Project Clubs News Sewing Club and (New) Garden Club Curbside Reveal Days: Wednesdays, March 10; April 14, 1-3 p.m.

This year The Loffler Senior Activity Center launched a new series called Independent Project Clubs. We started with the Independent Project Sewing Club. Members were assigned to make an apron. A Curbside Reveal Day was scheduled for Wednesday, February 10 where members could drive up to the front door at the Loffler Senior Activity Center and show off

their finished product. Credit was given to the member and the next project was assigned: something made with scraps- must have at least 3 different fabric patterns. Curbside Project Reveal Day for this is scheduled for Wednesday, March 10. We are looking forward to seeing these creations!

Now we are branching out to add an additional Club- Independent Project Garden Club. The first project for this club will be announced on March 10. Garden Club members will follow the same procedures on Reveal Day. Pictures of the member and project will be posted on the department Facebook page. This series of programs is designed for anyone to participate whether or not there is access to a smart phone or computer.

Contact Shellie at Sheila.Graziano@stmarysmd.com if you would like to join one of these clubs or if you would like more information.





Tai Chi for Arthritis & Fall Prevention I and II

Tuesdays & Thursdays on ZOOM, March 9-30; April 13-May 4 (7 sessions each)

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

This popular and evidence-based program will meet on Tuesdays and Thursdays beginning March 9. Level 1 for beginners at 11 a.m.; Level 2 at 12 p.m. In the beginner class we will learn to do some core movements on each side in a graceful routine while applying basic Tai Chi

principles. The Level 2 classes will continue to practice the core movements while learning extended movements. You will need reliable internet, a smart phone or computer and a Zoom account (Email Shellie for assistance at Sheila.Graziano@stmarysmd.com). There is no fee for this class, but a commitment to attendance and practice is necessary for success. Pre-registration is required.

Current Events

March 15 and 29; April 12 and 26, 10 a.m. Zoom

We are bringing this popular program back- we know you've missed your Monday morning discussions! At this time, we will be offering it twice a month instead of every Monday. Of course, it will need to be in a virtual platform, but many of you are getting used to that by now. For those of you that wish to participate but don't have experience with Zoom yet, we can help.

Contact Shellie at Sheila.Graziano@stmarysmd.com

for assistance and/or to sign up. We will send you the link and schedule so you can join in.

Remember- if you have an email account, you can use Zoom. Let us help you enter the room!



April Monthly Craft- Dots and Dashes Friday, April 16, 11 a.m., Zoom

Learn this simple technique for creating stunning designs with strategically placed dots and some dashes using acrylic paint, cardstock (black and white work best) and a few household items. We will also experiment with color, which looks best against black cardstock. You will need the following supplies:

- Several sheets of black and white cardstock, 8 1/2 x 11, cut into fourths
- Craft acrylic paint, black and white, plus two colors of your choice

- Different sized round items to use for dabbing paint: pencil erasers, paintbrush tips, nail heads

- Toothpicks

Contact Shellie at Sheila.Graziano@stmarysmd.com to sign up. A link will be sent to you the day before class.

Northern Senior Activity Center

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

Group Leaders Go Virtual & Beyond

A year ago now, we were suddenly challenged with new ways to reach members. With the help of some volunteer group leaders, a few programs started up virtually to provide a connection and continuity during time. Some activities became ongoing and video-based requiring a lot of effort using technology, while emails and phone calls encouraged at-home projects and helped keep spirits up. As we celebrate all volunteers this month, there's special recognition to those who showed their usual support, selflessness and generosity in unprecedented ways. They helped our Center and staff more than ever and did something that's never been done before. Thank you to *all* of them from *all* of us.



Martha Baker

MB

Book Club – Regular phone contact and monthly reading suggestions for 12 group members. Her Coloring Group received regular phone contact and she supported the Coloring Drive-up and Annual Coloring Day outreach with her donation of basket materials to use while at home, for 15 group members. The Diamond Dotz has been a great project to do at home for another 15 members project photos were used in collages.

Debbie Buckler

DB

Arthritis Exercise – Three videos were prepared for Facebook (900 views) and she facilitated 26 ongoing weekly Zoom classes for members who participated 164 times. She also helped us test out Zoom in the early months.

Colleen Tehansky

CT

Line Dancing – Facilitated 30 ongoing Zoom classes, with seasonal music selection, for two dozen various members who participated 172 times. This was the first group to go virtual and a recording of their gathering has garnered nearly 1,000 views online.

Phyllis McCauley

PM

5th District Homemakers – Ongoing community outreach projects continued with the most significant production of thousands (and counting) of masks shared within the community, courtesy of a half dozen zealous and talented Homemakers and friends.

Deb & Donna



Deb Bellevou was there to check-in on the Scarlet Ladies & Homemakers and Donna Sigler helped with details of the Crochet Club including the yarn drive-through & pick-up.

(Data: March-Dec. 2020. Pictured: Debbie Buckler, Martha Baker, Colleen Tehansky with Anna Girard)



Virtual Basketry Classes

Fridays, March 19 (sanitizer) and April 23 (jar)

10 a.m.-2 p.m.

Free

This is a great project if you like to use your hands! We're so pleased Pam King is holding two basket weaving classes online. These projects are designed for those with a beginner to intermediate skill level. Reasonable hand dexterity is needed if you are trying this for the first time. The Hand Sanitizer Basket is small basket woven around a hand sanitizer bottle

(shape adjusted as needed - 2 samples shown but only 1 basket is produced). The Fancy Jar Basket is a small basket woven around a small jar with dyed embellishments. Complete kit includes-jar, wooden base, pre-cut basketry reed in several sizes for weaving, and printed instructions assembled in a zip lock bag. Complete kit includes pre-cut basketry reed in several sizes for weaving, printed instructions assembled in a zip lock bag. Both classes are held on Zoom and can accommodate 8 – 10 participants. An internet connection is required. Supply kits are available by pickup at the Center in contactless manner.

For more information or to register in advance, contact Helene Hunter at Helene.Hunter@stmarysmd.com or 301-475-4200, ext. 3101.



Kindness & Caring all Year Long

Now is a perfect time for random acts of kindness! Even if you're staying safe at home during this pandemic, there are things you can do from home. Random Acts of Kindness Day was in February but let's use all of 2021 for the same spirit and positivity.

- Post to someone directly on social media --tell them what you love or like about them
- Thank your postal carrier or delivery person with a note, bottled water or packaged snack
- Pay it forward and pay for someone's coffee or food at the drive through behind you

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- Tell the clerk or cashier what a nice job they're doing and how it made you smile
- Send an email about a positive experience with an employee and copy their supervisor
- Leave a business recommendation, testimony or review online -- positive words only!
- Text someone on your phone you haven't talked to in a year
- Call a family member that is alone or more isolated and listen to their stories or memories
- Send or even create a thinking-of-you note or card
- Leave a flower or plant on someone's doorstep or driveway for them to find
- Order something online and have it shipped directly to a friend or loved one
- Praise someone for an everyday, simple but important quality
- Share some seed or leftover breadcrumbs with our feathered friends

~ Warmest wishes from Helene & MarieNoelle ~

WORD FIND

WE LOVE OUR VOLUNTEERS!

A	P	P	R	E	C	I	A	T	I	O	N	W	S	M	Y	S	W	J	X	T
S	N	T	C	R	E	A	T	I	V	I	T	Y	O	C	E	M	K	S	S	I
N	S	O	C	R	H	L	O	F	F	L	E	R	C	C	T	D	J	E	G	N
V	O	E	R	O	O	P	P	O	R	T	U	N	I	T	I	E	S	X	R	V
O	H	I	L	T	M	L	M	W	C	G	L	V	A	S	D	D	C	P	A	O
L	E	Z	T	F	H	M	S	P	V	Y	R	G	L	E	I	I	O	E	T	L
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N	U	I	U	R	R	E	R	T	S	T	K	O	Z	V	C	A	M	I	F	E
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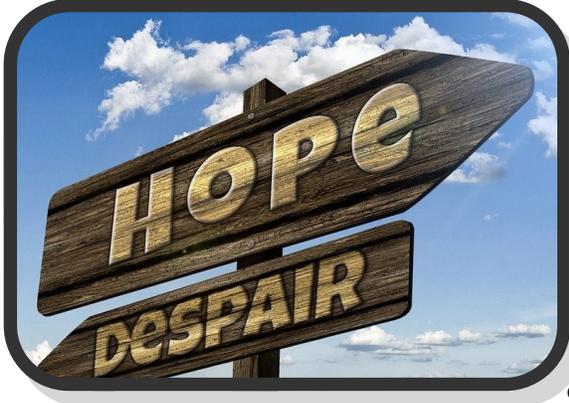
EXPERIENCE
LOFFLER
NORTHERN
GARVEY
APPRECIATION
DISCOVERY
EXPLORATION
GROWTH
OPPORTUNITIES
FULFILLMENT
COMMUNITY
VOLUNTEER

DEDICATION
GENEROSITY
CREATIVITY
SERVICES
SOCIALIZATION
INVOLVEMENT
GRATIFYING
COMMITMENT
SUPPORT
SERVICES
PURPOSE
SELFLESS

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Retired and Senior Volunteer Program

By Norine Rowe, RSVP Program Manager



The Challenge of COVID-19

The prolonged COVID-19 pandemic has been challenging for all of us. For RSVP, many of our volunteers have been unable to serve during this time. We're not getting to celebrate special occasions together, we're having to keep physically distant, we're unable to engage in many of the social and community service activities so important to us, and we're missing out on the caring, connection, and support that comes from being with one another.

Hope on the COVID-19 Horizon

As vaccines are being rolled out, we look forward to the day when COVID-19 is behind us and we can resume our normal lives and volunteer service. While we may not forget the challenges and losses we've experienced during COVID-19, we can move forward with a renewed sense of appreciation, joy, and gratitude for the blessings in our lives.



Learning from COVID-19

If we are able to learn anything from our COVID-19 experiences, perhaps we can incorporate the lessons it has taught us into our lives and move forward somewhat wiser and better able to handle future life challenges with increased compassion for ourselves and for one another.

Reflecting on my own experiences during this time, I've learned the value of true friendships. I've learned how to ask for and

receive help when I need it. I've learned that real connections can be maintained over the phone and Internet, but nothing can replace physical contact. I've learned that my real needs are few, and much joy can be found in simplicity. I've learned that we are all connected, that we are all truly in this together, and that to successfully emerge from the COVID-19 crisis, we will need to support one another through the healing process in the days, weeks, and months ahead. In unity will be our strength.



RSVP Senior Survival Stories

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

Surviving Via Garden and Fish Therapy

“Digging in the dirt is what keeps me sane,” said Juanita Nether, an RSVP Health Fair Volunteer and former Chair of the Commission on Aging. With 3.5 acres of land, Juanita and her husband Carl have kept busy during COVID-19 with outdoor projects. At the beginning of the pandemic, they built a fish pond with a brick walkway around it and a bench where they can sit and enjoy watching their colorful Goldfish and Koi. Juanita said she even talks to her fish and finds it a soothing way to relax, especially because they don’t talk back!

Couples Therapy—the “Gambler Way”

Surviving COVID-19 as a couple spending lots of time together has presented some challenges. “You’ve got to know when to hold ‘em, know when to fold ‘em, and know when to walk away,” said Juanita, quoting “The Gambler” hit song made famous by Kenny Rogers. Always working on multiple projects together, Juanita said she and Carl sometimes get on each other’s nerves. When that happens, they’ve learned to stop, walk away, and come back later once they’ve cooled down. She said this method has worked well for them during their 54 years of marriage, explaining, “We kind of have it down pat now.” Juanita said she also works daily on having compassion for herself and her husband, realizing that the COVID-19 pandemic is affecting both of them in different ways as they adjust to its unique demands.



Juanita Nether and her husband Carl pose in their garden arbor.

Exercise, Healthy Eating, & Play—Staying Fit in Body, Mind, & Spirit

Early in the pandemic, Juanita said her daughter, a health professional, insisted that she and Carl eat healthy and exercise daily. Their daughter encouraged them to eat whole foods and get rid of the junk food in their house. She also provided exercise equipment for them to use in their home gym. They now exercise daily, but at different times. “When he goes downstairs, I go upstairs,” said Juanita. Giving each other their own time and space has allowed them to carve out time for themselves so they can enjoy each other’s company later.

Taking Zoom EnhanceFitness classes is another way Juanita is coping during COVID-19. Besides helping her stay physically fit, Juanita said the exercise classes help her stay mentally fit. The discipline of exercising three times per week provides a regular schedule that helps her keep focused, positive, and upbeat. Also, she and Carl work on puzzles and build large Lego sets together, using “play therapy” to keep the fun in their togetherness.

Hop into Spring

M
 A R B
 P A P U
 I R I S A T
 B I N L E N T
 Y L L B M I E S E
 T O V O P A L D Y R
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 C S E E D L I N G Y R Y S N G A B R U
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WORD LIST:

APRIL	DUCK	MARCH	RAIN CLOUD
BASEBALL	EGGS	MAY	RAINCOAT
BEETLE	FLOWERS	MELTING	ROBIN
BIRDS	FLOWERS	MIGRATE	SEEDLING
BIRTH	FROG	MUSHROOM	SEEDS
BLOOM	GARDEN	NECTAR	SHAMROCK
BOATING	GRASS	NEST	SHOVEL
BUGS	GRASSHOPPER	PANSY	SPROUT
BUMBLE BEE	IRIS	PICNIC	SUNSHINE
BUNNY	KITE	PLANTING	SUNSHINE
BUTTERFLIES	LADYBUG	POLLYWOG	SWAN
CATERPILLAR	LAMB	PUDDLE JUMPERS	THUNDER
CHICK	LILAC	PUDDLES	TULIPS
CHICKS	LILY	RAIN	WINDY
DAFFODIL	LILYPAD	RAINBOW	WREN

Sudoku

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

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

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

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

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NEW BEGINNING

Puzzle Solutions

WE LOVE OUR VOLUNTEERS!

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

EXPERIENCE
 LOFFLER
 NORTHERN
 GARVEY
 APPRECIATION
 DISCOVERY
 EXPLORATION
 GROWTH
 OPPORTUNITIES
 FULFILLMENT
 COMMUNITY
 VOLUNTEER

DEDICATION
 GENEROSITY
 CREATIVITY
 SERVICES
 SOCIALIZATION
 INVOLVEMENT
 GRATIFYING
 COMMITMENT
 SUPPORT
 SERVICES
 PURPOSE
 SELFLESS

Created with Word Search Creator from: WordSearchCreator.org

Puzzle Solutions

Word Scramble – Springtime at the Center - ANSWERS -

We know how much you miss the backyard and Springtime is a fun time to view it from the Great Room and dining room. Can you unscramble these to reveal some of what you can see?

-----	erowlfs (flowers)
-----	sheinnus (sunshine)
-----	berh ganrde (herb garden)
-----	desh (shed)
-----	reap stree (pear trees)
-----	sudroibhe (birdhouse)
-----	hiswing lew1 (wishing well)
-----	toipa (patio)
-----	lirqrues (squirrel)
-----	drib deefer (bird feeder)
-----	mothmeeterr (thermometer)
-----	chneb (bench)

Puzzle Solutions

SOLUTIONS: Printable Sudoku Puzzles - Medium #4

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

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

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

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

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

Lori Jennings-Harris, Director

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

Senior I&A-Help for seniors in the form of services, benefits and assistance is provided. Access to information and referral services, options counseling, support for caregivers, and more, are provided. Call 301-475-4200, ext. 1057, for information.

Home and Community-Based Services (HCBS)/Maryland Access Point (MAP)- MAP is your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. Consists of multiple programs providing the following services: Medicaid-funded community-based services, Long-Term Care Ombudsman, Senior Care Program, Respite Assistance, and Caregiver Support. To be assessed for services, contact MAP at 301-475-4200, ext. 1057.

Senior Activity Centers-The three county senior activity centers are places where active adults age 50 and over can participate in activities, events, exercise programs, and group meal programs. Call Alice Allen, Division Manager, at 301-475-4200, ext. 1063.

Home Delivered Meals-A service for seniors 60 and over who are homebound and have a moderate to severe disability which prevents them from shopping or cooking for themselves, and who have no one to prepare meals. Program Coordinator, Monika Williams, can be reached at 301-475-4200, ext. 1060.

Retired and Senior Volunteer Program (RSVP)-Offering persons 55 years of age or older an opportunity to donate their time, talents, enthusiasm, and expertise in the local community. Call 301-475-4200, ext. 1653.

Senior Rides Program-A program which connects individuals who meet certain criteria and need transportation to important events and appointments with pre-screened, trained volunteer drivers. Call 301-475-4200, ext. 1066, for more information.

Community Programs & Outreach-Communicates timely and topical information to the senior community through a bi-monthly newsletter, website updates, local and state-wide events, and local media. To receive the bi-monthly newsletter, call 301-475-4200, ext. 1073.

Human Services-Areas of responsibility of the Division of Human Services include: community development, homelessness, supportive services for children and youth, and social, educational and recreational activities for children and families. Call 301-475-4200, ext. 1849.

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

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

LOCATIONS

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

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

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

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

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



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

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PAID
Leonardtown, MD
20650
PERMIT NO. 102

CHANGE SERVICE REQUESTED

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

April 2- Good Friday

NEW BEGINNING