

NEW BEGINNING

VOLUME 26 ISSUE 4

JULY–AUGUST 2013

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



***We Celebrate
Your Independence !***



In This Issue...



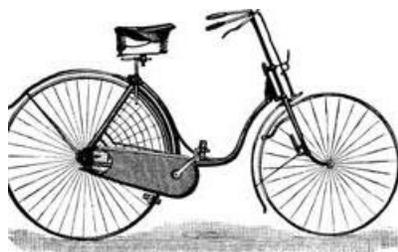
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From the Director's Desk...

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

Independence Means Freedom

Independence carries different meanings for different people. For the Department of Aging and Human Services, independence means offering options for our county's older adults and families that allow them to enjoy freedom from dependence!

Providing or coordinating programs and services that reach every segment of our community including seniors, children and families, and individuals coping with substance abuse, as well as those who are dealing with homelessness and mental illness is what our Department is all about. The variety of programs and services we offer is extensive. Whether you are interested in getting involved with one or more of our exercise classes, learning about proper nutrition from our dietician, meeting up with friends at one of our senior activity centers for a meal and a game of cards, becoming involved as a volunteer, receiving in-home assistance with meals or personal care, or seeking help for a family member in need of mental health support, to name a few, our Department can address your needs and questions. If we do not directly provide the program or service, we will connect you with the right person or organization that may be able to help.

Our mission is to help the people we serve remain independent and active for as long as possible, all while upholding their dignity. Recognizing the importance of maintaining physical independence is more obvious. Preserving our cognitive, mental, and emotional independence are just as significant and worth nurturing for overall good health.

As you review our July-August *New Beginning* newsletter, take note of all the things being provided to you over the summer and into the fall months. Though we may tend to have a greater focus on independence during the month of July, our "freedom from dependence" should be celebrated throughout the year!



JULY – AUGUST 2013

NEW BEGINNING

The St. Mary's Board of County Commissioners
Francis Jack Russell, President;
Lawrence D. Jarboe;
Cynthia L. Jones;
Todd B. Morgan;
and Daniel L. Morris

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

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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.

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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.

COVER: Flickr Photo by
SalFalko (top), Wikimedia
Commons photo by Ian Kluff



Law Enforcement Appreciation Day

The St. Mary's County Department of Aging & Human Services, The TRIAD/S.A.L.T. (Seniors and Law Enforcement Together) Council, and the Board of County Commissioners for St. Mary's County sponsored the 13th Annual Law Enforcement Appreciation Day Ceremony on May 14 at the Southern Maryland Higher Education Center in California, Maryland.

4 This event during National Police Memorial Week pays tribute to law officers who have perished in the line of duty, as well as honoring the "Officer of the Year" selected from each county law enforcement agency, based on outstanding service to the community.



(Photo above) Commissioner President Francis Jack Russell serves as emcee for Law Enforcement Appreciation Day 2013, while members of the Sheriff's Department present the colors.

(Photo Left) At the LEA Day ceremony in May, Director of the Department of Aging & Human Services, Lori Jennings-Harris, joins in congratulating the Officers of the Year from the seven St. Mary's County law enforcement agencies.

NEW BEGINNING

Introducing A New Department Logo



By Jennifer Hunt, Community Programs and Outreach Division Manager

The latest sign that things are moving forward at the Department of Aging & Human Services is the unveiling of our new logo! We wanted a look that is 'fresh and clean,' but prominently reflects our goals. The vibrant colors shown in our logo represent the energy channeled by dedicated staff to ensure the vitality of the community we serve, the varied population of St. Mary's County. The logo symbolizes the diversity within our recently expanded Department. Human Services has joined the Department of Aging as the seventh division, bringing programs and services not just to older adults, but to families and children. The merging of Departments enables us to work together to ensure continued support of our community through all stages of life as stated in our logo; "Working Together ~ Caring About You." The Human Services Division is responsible for the coordination of supportive services to people with mental illness, substance abuse treatment and prevention, supportive services to children and families, and the Teen Court program, to name a few. The Department of Aging & Human Services offers programs and services that help many different populations; a great benefit to the community.

We chose a tree to visually convey our mission; to provide a wide variety of programs and services to the county's senior residents, as well as other segments of the population. The Department serves as the 'roots' supporting our divisions. The 'branches' represent our divisions extending far into the community with programs and services that are wide and varied. Our seven divisions are Community Programs & Outreach, Home and Community-Based Services, Human Services, Senior Center Operations, Senior Information & Assistance, Finance, and the Retired and Senior Volunteer Program. Our Department's Divisions are "Working Together ~ Caring About You."

Senior Information & Assistance

By Debbie Barker, Senior Information & Assistance Division Manager

Help Available for Skyrocketing Electricity and Heating Expenses!

The “Southern Maryland Tri-County Community Action Committee, Inc., Office of Home Energy” will begin accepting applications for the 2014 program year on July 1, 2013. This program provides financial assistance to residents who meet the program requirements regarding their electric and heating expenses.

Eligibility is determined by the gross household income for everyone living in the residence, and is based on 175% of the federal poverty level. Income levels vary depending upon the number of individuals residing at the property with a one person household maximum of \$1,675.62 per month and \$2,261.87 for two people. Any income received within 30 days



prior to making application is considered. Social Security, annuities, pensions, IRA distributions, wages, child support, etc. are all considered as countable income. The value of assets such as bank accounts, real estate, IRA’s, CD’s, are not considered in determining eligibility.

In addition to meeting income criteria, applicants must also be a Maryland resident, a U.S. citizen or a qualified immigrant, have an electric company account in their name, be able to provide proof of all household income received within the last 30 days, provide identification for the applicant, have social security cards for all household members, and a copy of a rent receipt, if applicable.

Individuals over the age of 60 may apply at the Northern, Garvey, or Loffler Senior Activity Centers by calling 301-475-4200, ext. 1050 for an appointment. Persons under the age of 60 may apply through the Southern Maryland Tri-County Community Action Committee by calling 301-475-5574, ext. 200 for an appointment.

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Photo by Tony Jones, St. Mary's County Public Information Officer

Representatives from various divisions within the St. Mary's County Department of Aging and Human Services pose with commissioners following the National Older Americans Month proclamation ceremony. Additional photos can be found on the County's new and improved Flickr photostream at <http://nyurl.com/9cu7rx4>.

NEW BEGINNING



Senior Bullying

A SENIOR SAFETY SEMINAR

**Presented by Laura Webb, Walden Sierra
Resource Engagement Coordinator**

The Triad/SALT (Seniors & Law Enforcement Together) council cordially invites you to attend a presentation on “Senior Bullying”, Tuesday, August 27, 12:30 p.m. at the Villages of Wildewood, 23154 Wetstone Lane, California, MD 20619. The presentation engages participants with a working definition of what bullying behaviors are, gives examples of how these behaviors appear in senior living communities, offers strategies for bystanders and those experiencing bullying to address these behaviors, and also encourages a dialogue about why bullying might be happening.

The presenter, Ms. Laura Webb, is the Resource Engagement Coordinator for Walden Sierra, a not-for-profit behavioral health organization serving Southern Maryland with crisis, mental health, and substance use disorder treatment services. Laura has a Masters Degree in Adult and Community Education and is also a certified instructor of ‘Recovery Coach Academy (CCAR)’ and ‘Mental Health First Aid USA.’

To sign-up for this presentation call 301-475-4200, ext. 1073.

Triad is a partnership of three organizations; law enforcement, senior citizens, and community groups. The purpose of Triad is to promote senior safety and to reduce the unwarranted fear of crime that seniors often experience. We are actively seeking members. To learn more call 301-475-4200, ext. 1073.

7th Annual Photo Contest

Northern Senior Activity Center

Entries are being accepted for the annual photo contest celebrating Living, Love and Laughter! Contact the Northern Senior Activity Center for a full description such as rules, categories, deadlines and award dates. Contest is open to amateur photographers; entry deadline is Thursday, August 29. Awards will be given in each category as well as a best overall award. The photo judged Best Overall will have the added distinction of being framed and displayed permanently on the ‘Wall of Fame’ at the Northern Senior Activity Center. Call 301-475-4002, ext. 1002 to learn more.



Home & Community-Based Services

By Rebecca Kessler, Division Manager

New Volunteer Joins Ombudsman Program



Peggy Reardon

The St. Mary's County Department of Aging & Human Services is pleased to announce the addition of Ms. Peggy

Reardon as a volunteer with the Ombudsman Program. Ms. Reardon began working as a volunteer ombudsman in March 2013. She also volunteers her time with the Commission on Aging, Triad/SALT, and the senior activity centers, participating in activities that help others. As a volunteer ombudsman, Ms. Reardon is dedicating her time to residents of long-term care facilities who need a friendly visitor.

There are now three individuals who volunteer their time to serve the residents of the county's long-term care facilities. Under the supervision of the staff ombudsman, these volunteers visit nursing homes and assisted living facilities routinely, talking to residents and monitoring conditions. Volunteers help the Ombudsman Program maintain an independent presence in the facilities, while advocating for resident rights, helping residents maintain their legal rights, ability to control their own lives, and retain their personal dignity. To learn more about the Ombudsman Program, call Kathy Goodspeed at 301-475-4200, ext. 1055.

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Home Health 101

Northern Senior Activity Center

Wednesday, July 10, 2013, 1:00 p.m.

Learn everything you ever wanted to know about licensed Home Health Agencies. Gain knowledge of what Home Health Agencies provide, what is covered by insurance, and what is not, and specifically what you may receive as a service and what it may cost you out-of-pocket. This session will assist you in planning for the future.

Presenters: Lee Ann Stedman, Executive Director, Circle of Care, LLC and Rebecca Kessler, HCBS Division Manager, St. Mary's County Department of Aging & Human Services. To sign up, contact the Northern Senior Activity Center by calling: 301-475-4002, ext. 1003.



NEW BEGINNING

3rd Annual Long-Term Care Awareness Conference

Friday, October 11, 2013

Dr. James A. Forrest Career & Technology Center, Leonardtown, MD

The St. Mary's County Department of Aging & Human Services is hosting the 3rd Annual Long-Term Care Awareness Conference on Friday, October 11, 2013. This year's theme is "A Focus on Services & Supports in Long Term Care Facilities."



Guest speakers will address important long-term care topics including medical benefits for residents in long-term care, understanding the needs of those with dementia-related illnesses, Medicare updates, legal documents essential for long-term planning, alternative choices for long-term care, and psychosocial benefits of activities and recreation.

Register Now!! Advance registration required.

- Conference begins at 9 a.m., with registration opening at 8:15 a.m. Registration fee is \$22. The conference will be held at Dr. James A. Forrest Career and Technology Center, 24005 Point Lookout Road, Leonardtown, Maryland.
- To learn more or request a registration form, contact Mindy Carter or Kathy Goodspeed at 301-475-4200, ext. 1055, or email <kathleen.goodspeed@stmarysmd.com>.

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So Long, Farewell... Donna Taggart

By Alice Allen, Division Manager, Senior Center Operations

We in the Department of Aging & Human Services wish Dietitian, Donna Taggart all the best in her future endeavors. Donna has worked with the Department as a contractual dietitian for a number of years, sharing her nutrition knowledge and expertise through monthly nutrition education programs at the Senior Activity Centers, articles in the *New Beginning* newsletter, nutrition counseling, and menu consultation. Donna will remain busy with her career at St. Mary's Hospital and with her family. Be sure to wish Donna well. She will be with the Department through August.

Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

As Americans, we celebrate independence each July 4 with parades, fireworks, family and community gatherings, and cookouts. It's an important national holiday and a big deal. As individuals, independence is also incredibly important. For most people, maintaining independence while aging is one of the most important goals of life. We want to age well and healthfully so as not to be a burden on others, to be self-reliant and self-sufficient.

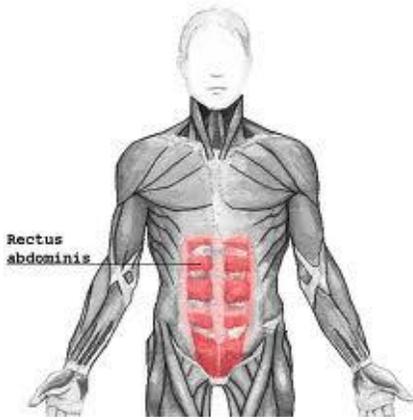
Regular exercise or physical activity is an important ingredient in aging healthfully and maintaining independence. According to the National Institutes of Health (NIH), older adults who want to stay healthy and independent should take part in four types of exercises:

- **Strength exercises** build muscles, keep your bones strong, and increase your metabolism. This helps to keep your weight and blood sugar in check.
- **Balance exercises** help prevent falls by building leg muscles. Falls are often quite disabling, resulting in reduced independence and mobility. Even the fear of falling can reduce independence.
- **Stretching exercises** improve ease of movement, which helps you be more active as you age.
- **Endurance exercises** are any activities that increase your heart rate and breathing for an extended period of time. Examples of endurance exercises include walking, jogging, biking, and swimming.

Taking part in regular physical activity will improve your quality of life. Regular physical activity helps you live better and longer. It helps you maintain your independence.

Your nearby senior activity center offers a variety of options for physical activity. From exercise equipment available for you to use on your own, to structured fitness classes, to dance classes, to walking clubs, to bike riding, to softball, to yoga, to tai chi, the options are many. If you've been inactive for some time, check with your doctor and start slowly. But give it a true, honest try. In two to three weeks you will have developed a healthful habit, one that helps protect your independence. Pages 32-33 of this newsletter have a complete listing of the physical activities offered at the senior activity centers. To learn more call Alice Allen at 301-475-4200, ext. 1063. Protect your independence, keep moving.





Core and Abs

Loffler Senior Activity Center

Wednesdays, 2 p.m., Fitness Card Required

Dave Scheible teaches this casual and effective class on Wednesday afternoons. Small weights and some floor work are employed to help improve your fitness level by increasing strength in that all-important section of your body- the core. Try the first class for free, and then keep the fitness fire burning with a fitness card. To learn more call 301-737-5670, ext. 1658.

Strength Training

Loffler Senior Activity Center

Tuesdays & Thursdays, 10 a.m., Fitness Card Required

This class is designed to increase your strength level in small, safe increments. Studies have shown that strength training helps to increase bone mass, lowers risk of many diseases, and decreases likelihood of injury by improving balance and stability. Try this class for free and if you like it, bring your fitness card to the next class. To learn more call 301-737-5670, ext. 1658.



Bicycling on the Three Notch Trail

Northern Senior Activity Center

Regular bikes and a 'Terra Trike' recumbent bike are available on a daily basis at the Northern Senior Activity Center. Just stop in at the front desk to check out a bike and hit the trail. See staff for orientation regarding riding the trike bike.

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Friday Morning Softball

Miedzinski Park, Leonardtown

(field in front of Leonard Hall Recreation Center)

Fridays, 10:00 a.m.

Pick-up softball games continue at Miedzinski Park. Men and women ages 50 and above are welcome. Bring your glove and wooden bat, if you have one. Call the Garvey Senior Activity Center at 301-475-4200, ext. 1050 to learn more.



Nutrition Corner

By Donna Taggert, RD/LD/CDE

Many of us have come to rely on frozen meals. Gone are the foil trays we used to call TV dinners our mothers would allow us to have once in a while. Now they can range from typical comfort foods of the past to sophisticated gourmet meals. Many people think of frozen meals as being ultra-processed as well as high in sodium and fats. The fact is most of the frozen foods are made of quality ingredients, by real people and are not so different than home prepared meals. As far as sodium, most single serve frozen meals have less sodium than the average American meal. For example, a frozen spaghetti & meat sauce that was investigated had 766 mg sodium as compared to 1004 mg sodium in a similar home prepared recipe. Furthermore, since frozen meals are portion controlled, it is much easier to manage your calorie and sodium intake. No second helpings unless you zap another meal in the microwave. A study found that providing frozen meals at breakfast, lunch, and dinner with self-selected fruits, vegetables and dairy throughout the day allowed for greater compliance and enhanced weight loss.

Another study of 35 people who normally ate cafeteria or restaurant lunches were given a “Healthy Choice” frozen lunch for 30 days instead of their usual fare. No changes were made to the day’s meals nor was there any exercise intervention. The results were that the calorie deficit averaged 350/day. They lost an average of 2.8 lbs. and saved an average of \$4/day.

It is important to choose wisely amongst the numerous frozen meal choices. Learn to read the food labels and ingredients list. Choose meals with short ingredient lists and no added sugars. Select a meal with 350-500 calories in order to provide the necessary energy and other nutrients needed from a meal. Don’t be tempted to choose a lower amount; you’ll be more tempted to overeat later. Try to choose a meal with no more than 600 mg of sodium. Check the type of fat added and try to find meals with no more than 2 grams of saturated fat and no trans fats.

There are a lot of good choices out there so don’t give up on frozen meals. They are improving every year.



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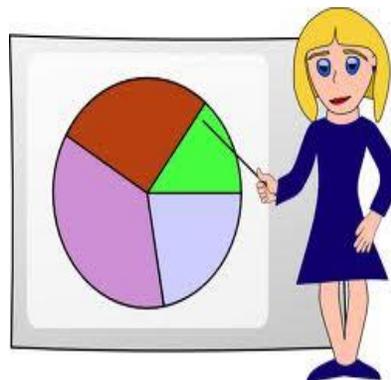
Nutrition Education Presentations by Donna Taggert

July’s topic will be ‘Healthier Frozen Foods’ and since July is ‘National Ice Cream Month,’ there will be an ice cream social following the presentation for those attending.

**Northern Senior Activity Center, 10:45 a.m.
Wednesday, July 3**

**Garvey Senior Activity Center, 10:45 a.m.
Wednesday, July 10**

**Loffler Senior Activity Center, 10:45 a.m.
Wednesday, July 24**



NEW BEGINNING

Special Events:



Ice Cream Social Fundraiser

Garvey Senior Activity Center, Friday, July 12, 1-3 p.m.

Need to cool off this summer? Take a break from the heat and help raise funds for entertainment and special events at the Garvey Senior Activity Center. In celebration of the invention of the ice cream cone in July of 1904, the Garvey Senior Activity Center will serve ice cream on your choice of cone; waffle, sugar, or wafer. Cost per cone: \$2.00. Also available will be ice cream sundaes for \$3.00 and brownie sundaes for \$4.00. To learn more-call 301-475-4200, ext. 1050.

Cards for the Troops

Garvey Senior Activity Center

Tuesday, July 16 & August 20, 1:30-4:30 p.m.

This group makes homemade greeting cards for our troops stationed abroad to send home to their family and friends. All handmade cards will be donated to Cards for Soldiers, a non-profit organization that provides homemade greeting cards to service members to send home to family while away from home. To sign up to help cut, stamp and assemble cards, call 301-475-4200, ext. 1050. No previous experience needed.



beslag.blogspot.com/2012/09/american-flag.



Celebrate National Hot Dog Month

Garvey Senior Activity Center, Thursday, July 18, Noon

In celebration of National Hot Dog Month the Garvey Senior Activity Center will be grilling hot dogs! In addition to hot dogs, the menu includes baked beans, cole slaw, fresh fruit salad, and brownies and ice cream. Entertainment will be provided at 12:30 p.m. by bluegrass pickers Rupert Dalrymple and Terry Brown.

Sign up in advance by calling, 301-475-4200, ext. 1050. The cost of lunch is a donation for those 60 years of age and older; \$5.50 for others.

Loffler Luau

Loffler Senior Activity Center, Thursday, July 25; 10 a.m.–2 p.m.,

Ticket required: \$8 donation suggested

Great news, cousins; The Loffler Luau is coming up! Tickets are now on sale. Let's learn the Hukilau, and dance to the music of our favorite DJ, Mean Gene. We shall feast on *Huli Huli Chicken, Rice Pilaf, Pineapple Chunks, Sesame Cabbage Salad, and Cucumber Salad*. Be sure to save room for *Key Lime Pie*. Wear your favorite tropical garb (we'll supply the lei) and bring your best party mood! A limited number of tickets will be available on a first come, first served basis. Stop by the reception desk during regular hours to get your ticket on or after June 3. To learn more call 301.737.5670, ext. 1658.



JULY – AUGUST 2013



‘Showstopping Sensation’

Northern Senior Activity Center

Monday, July 29, 10:30 a.m. to 12:30 p.m.

Terry Marsh will entertain by performing Big Band and Broadway songs in the styles of Lena Horne, Billie Holiday and Judy Garland, along with Patsy Cline, light jazz, swing music and some tunes from the 50’s. A special pork roast lunch will follow the hour long show. There is a \$4 special event fee. *Sign up for the show and reserve a seat before noon on Friday, July 26 at the Northern Senior Activity Center.* Cost of lunch is a donation for seniors 60 and older; \$5.50 for others.

Shoe Swap

Northern Senior Activity Center, Friday, August 9, 12:30 to 2 p.m.

The annual shoe swap event returns. Enjoy trading in quality, clean, hardly-worn shoes, for a credit to get another pair of shoes at no charge. This is a ladies dream. You'll find a place for those special event shoes or something you paid good money for but never got to wear. For each trade in, you'll get a ticket so that you can redeem it for a different pair. You can use your voucher or ‘gift it’ to someone else. Shoe screening will be very selective; only very good quality shoes (no slippers or beachwear) without any or much wear will be accepted. Donations are due to the Operations Manager by noon on Monday, August 5. To learn more call 301-475-4002, ext. 1002. The Shoe Swap follows a ‘Pizza Party’ lunch with *Pizza, Salad and Wings*. Make your lunch reservations before noon on Thursday, August 8 by calling 301-475-4002, ext. 1001.



The cost of lunch is a donation for seniors 60 and older; \$5.50 for others.

“Team Trivia” Night Out at Fitzie’s

Fitzie’s Marina and Pub, Leonardtown

Thursday, August 15, 5:30-9:30 p.m.

The Department of Aging and Human Services, Division of Senior Center Operations, will present a Team Trivia night on Thursday, August 15. Team Trivia is a live hosted trivia game played in teams. Guests will register teams upon arrival. Teams will then be given time to respond to trivia questions selected by the host. Prizes will be awarded. The event location is Fitzie’s Marina at 21540 Joe Hazel Road, Leonardtown, MD 20650. Enjoy a night of trivia, good food, and prizes. Tickets are \$20.00 and includes *Party Appetizers, a Cheese/Cracker/*

Veggie Platter, Crab Ball Platter, Shrimp Cocktail Platter, Chicken Wings, Chicken Tenders, Meatballs, Tea, Soda, Water and cash bar. Tickets can be purchased at any St. Mary’s County Senior Activity Center through August 5. Enjoy ‘darn good food and darn good music while having darn good fun.’ To learn more call 301-475-4200, ext. 1050.





Celebrate Lucille Ball!

Garvey Senior Activity Center

Thursday, August 15, Noon

Celebrate the life of Lucille Ball during her birthday month. A lunch featuring one of Lucy's favorite meals, Goulash, will be served. Following the lunch, participate in a Lucille Ball Trivia Challenge. Come dressed as your favorite *I Love Lucy* character for a Lucy/Ricky/Ethel/Fred look-a-like contest. Prizes will be awarded. To make reservations, call 301.475.4200, ext. 1050. Cost of lunch is by donation for those 60 years of age and older; \$5.50 for those under 60. The Lucille Ball Celebration will be followed by a Department of Aging and Human Services "Road Show" presentation. See page 17 for more details.

50's Sock Hop & Antique Car Show

Northern Senior Activity Center

Friday, August 23, 10 a.m. to 2 p.m.

Enjoy a fun time boogeying around the dance floor with 1950's Sock Hop music by our favorite DJ, Mean Gene. You won't want to miss getting into the mix dancing with him and everyone else! There is plenty of time to check out the numerous varieties of antique cars shown in the parking lot before or after lunch. An old fashioned *Drive-In Diner Cheeseburger Lunch with Lettuce, Tomato, Onion and Sweet Pickles Fixings, Oven-cooked Fries, Baked Beans and Soda Pops* will be served at noon. Purchase your ticket before noon on Thursday, August 22 at the Northern Senior Activity Center. The cost is a suggested donation of \$8 which will cover your meal, dancing, door prize drawing, and the Antique Car Show. Door prizes and lottery raffle too!



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Puzzles and Table Games

Loffler Senior Activity Center

Monday-Friday 9 a.m. to 4:30 p.m.

Sometimes it's nice to just hang out, enjoy a cup of coffee and work on a puzzle or play a game. We have many puzzles and games available at Loffler. Generally we like to have three people to a puzzle and there is quite a selection. Do you like to play Scrabble or Dominoes? Pull a favorite game out of the closet; someone there is likely to play if you invite him/her.

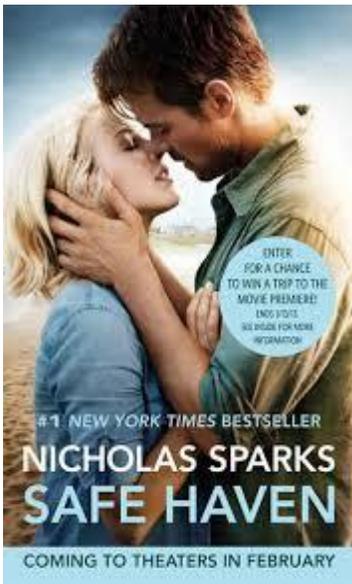
Educational Opportunities

Learn Pinterest and Become a “Pinner”: Pinterest 101

Garvey Senior Activity Center

Tuesday, July 9, 10:30 a.m.

Pinterest is a visual online pinboard or scrapbook that can organize your favorite hobbies or topics visually in categories of your choice. For example, you might create a “pinboard” called “gardening” and include images of flowers you would like you to add to your garden, or tips & tricks. In this class we will go over the basics of Pinterest. Some examples of our topics are: What is Pinterest?, How to create a board, How to pin to your board, and How to follow others. This class will be structured as a ‘watch and learn.’ The instructor will go through the steps on the computer for you to follow on the screen. Space is limited; sign up by calling 301-475-4200, ext. 1050.



Book Discussion Group

Garvey Senior Activity Center

Wednesdays, July 10 & August 14, 10:30 a.m.

In July, the group will discuss “Safe Haven” by Nicholas Sparks. The protagonist, Katie, struggles with a dark secret that haunts and terrifies her. Katie eventually realizes that she must choose between a life of transient safety or one of riskier rewards ... and that in the darkest hour, love is the only safe haven.

In August, the group will discuss “Shell Seekers” by Rosamunde Pilcher. At the end of a long and useful life, Penelope Keeling's prized possession is *The Shell Seekers*, painted by her father, and symbolizing her unconventional life, from bohemian childhood to wartime romance. When her grown children learn their grandfather's work is now worth a fortune, each has an idea as to what Penelope should do. But as she recalls the passions, tragedies, and secrets of her life, she knows there is only one answer...and it lies

in her heart. To learn more about joining the discussion group call 301-475-4200, ext. 1072.

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Loffler Book Club

Loffler Senior Activity Center

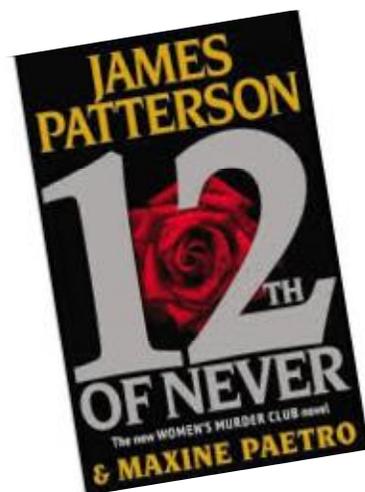
Second Thursday, 12:30 p.m.

July 11- “12th of Never” by James Patterson

August 8- “Life of Pi” by Yann Martle

Each month this group reads a different book from varying genres. The selections above are entirely different from each other yet are equally as fascinating (based on the Amazon.com reviews).

Make new friends and have an interesting discussion with others who have read the same book. To learn more call 301-737-5670, ext. 1658.



NEW BEGINNING

Scripture Study

Loffler Senior Activity Center

Alternate Fridays, July 12, 26; August 9, 23, 10 a.m., FREE

This class is open to anyone who wants to find comfort, guidance, happiness and an improved prayer life through the use of the bible. Though Christian-based, this class does not lean toward any particular denomination; all are welcome! There is no need to sign up, just stop in. The group meets twice a month at Loffler. Bibles are available for your use. To learn more call 301-737-5670, ext. 1658.



‘Treasure Troves’

Northern Senior Activity Center

Thursday, July 18, 10:45 a.m.

Whatever it is that you treasure; share the history behind it and find out what the hidden story is behind others’ ‘treasure troves.’ It may be a collection that you have and would never want to part with, favorite photos, a family heirloom, or a gift from someone special. Meet in the social room/library for a cozy get together and share your experiences and tell the story about why your treasure trove is so important to you.

The Department of Aging & Human Services’ “Road Show”

Garvey Senior Activity Center

Thursday, August 15, 1:00 p.m.

The Department of Aging and Human Services provides a wide variety of programs and services to the county’s senior residents, as well as other segments of the population in need of services. In this 30 minute comprehensive presentation we will take a look at all of the programs and services offered by the Department of Aging & Human Services. Our programs include, but are not limited to, home and community-based services such as home delivered and congregate meals, in-home services, ombudsman services, and caregiver support, information and assistance, social and recreational programs, health promotion, community outreach, and volunteer opportunities. The Human Services Division is responsible for the coordination of supportive services to people with mental illness, substance abuse treatment and prevention, supportive services to families and children, and the Teen Court program, to name a few. A question and answer session will follow the presentation. Call 301-475-4200, ext. 1050 to sign up in advance.



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager

Celebrating Independence

Most of us prize our independence and consider it one of the great benefits of living in the land of the free and the home of the brave. All too often, however, we take our independence for granted. We celebrate our nation's independence on the Fourth of July, but we often take it for granted the rest of the year. Sometimes it is only when our nation's independence is threatened that we realize how important our freedoms are to us.

The same can happen on a personal level. When facing a health crisis, we keenly sense how much our health and independence mean to us. We may even get serious about tending to health concerns. For some of us, the challenge is to learn how to celebrate our health and independence while we've still got it. For others, the challenge is to learn how to restore our health and independence and then work on keeping it. As RSVP moves forward into a new three-year grant period, we selected "Healthy Futures" as the priority focus for our volunteer programming. So let us all work together now to do what we can to remain healthy and independent!

To Remain Healthy and Independent, Volunteer!

RSVP is all about helping seniors maintain their health and independence. Volunteering helps our volunteers remain active and independent, engaged in our community, connected with others, and

giving of their talents and abilities. Studies have shown that volunteers often have improved physical health, lower mortality rates, greater functional ability, and lower rates of depression. To put it simply, volunteering improves both physical and mental health. Just ask some of our RSVP volunteers and they'll tell you, "If you want to remain healthy and independent, volunteer!"

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To Promote Health and Independence in Others, Volunteer!

Many of our RSVP volunteers help others maintain their health and independence. Our Meals on Wheels volunteers help homebound seniors get the daily nutrition they need to stay healthy. Our Senior Rides volunteers help homebound seniors get to the medical appointments they need. Our volunteers with ACTS, A Community That Shares, lend out free medical devices and assistive equipment to help individuals maintain mobility and independence. Volunteers in our Senior Activity Centers promote health and independence by leading some fitness classes, teaching computer skills, and providing social engagement activities. In these and many other ways, RSVP volunteers are helping others remain healthy and independent.

To Honor Those Who Fought For Our Independence, Volunteer!

At the annual Volunteer Appreciation Banquet at Charlotte Hall Veterans Home, I received a Certificate Appreciation on behalf of all the RSVP volunteers who support the Veterans there. RSVP Senior Vibes volunteers perform at the Veterans Home on a monthly basis, bringing much joy to the Veterans who enjoy listening to their favorite old tunes and patriotic songs. These much-anticipated visits provide a musical bright spot in their day. We have an RSVP volunteer who puts in many hours each week helping out in the Photo Lab at the Veterans Home, helping to provide Veterans with a visual creative outlet. Another RSVP volunteer uses his woodworking skills to build computer work stations and CD racks for the Veterans. He also crafted wood-work for the Oral History Room so Veterans could record their memories and personal histories in a beautiful setting.



Through these varied service contributions, RSVP volunteers show how much they value what our Veterans have done for us in securing our freedoms and independence. Perhaps you would like to join their ranks by serving as an RSVP Volunteer at the Veterans Home. They need Friendly Visitation Volunteers to visit with Veterans on a weekly basis, talking with them, reading to them, and accompanying them to special activities. Or perhaps you would like to help collect needed items for Veterans or assist with fundraising activities to support programs and services for Veterans. If so, contact us and let’s explore how your skills, talents, and interests can serve the needs of those who have served us.

Are You on Our RSVP Volunteer E-Mail List?

To receive up-to-date information on our most current and immediate volunteer requests, we need your e-mail address so we can send you an “E-Mail Blast” whenever a request comes in. About two-thirds of our current RSVP volunteers have given us their e-mail addresses, but we still need e-mail addresses for about 100 of you. If you don’t want to miss out on the latest and greatest RSVP news, including recent volunteer requests, then please send us your new or updated e-mail address information.



*Celebrate Your Independence by
Becoming an RSVP Volunteer!*

For more information on volunteer opportunities for seniors 55 years of age and above, call RSVP at 301-737-5670, ext. 1653 or e-mail Norine.Rowe@stmarysmd.com

Trips and Tours

Visit Shirley Plantation on the James River & Charles City Tavern Thursday, September 26, 2013

Shirley Plantation in Charles City, Virginia is Virginia's first plantation, established in 1613. It is one of America's oldest family owned businesses and is still lived in by direct descendants of the same family since 1738. The mansion holds original family furnishings and portraits and the grounds have many authentic buildings. While visiting Shirley, take a guided tour of the mansion, take part in a special program hosted by a direct descendant of Shirley Plantation, and take the opportunity to do a self-guided tour of the grounds.



After leaving Shirley Plantation, enjoy lunch at Charles City Tavern. The Tavern is located in the heart of Virginia Plantation Country and is housed in a circa 1889 farmhouse that sits on a 2,000 acre working farm. Motor coach transportation will be provided. Cost: \$76.00 per person, includes transportation, entrance to the plantation and tours, lunch at Charles City Tavern, snacks, and gratuities. Call 301-475-4200, ext. 1062 to make reservations.



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Catoclin Colorfest in Thurmont, MD, Sunday, October 13, 2013

Take a walk on the artsy, crafty side as we ride up to this famous, juried arts & crafts show that features 300 well-known and respected artists from across the United States. Recognized as one of the largest of its kind on the east coast, and beautifully situated at the base of the Catoclin Mountains in Frederick County, this event is also known for its artistic demonstrations and delicious variety of food. What better way to spend an autumn Sunday? The cost of this trip is \$50 and includes travel on a luxury motor coach, water and snack on the bus and bus driver tip. Lunch is on your own at any of the tempting spots located at the fest. We will depart from Garvey Senior Activity Center at 7 a.m. Return time will be approximately 8 p.m. Your spot is guaranteed when you have made full payment which can be made at any of the senior activity centers. To learn more call Shellie Graziano at 301-737-5670 ext. 1655 or e-mail <Sheila.graziano@stmarysmd.com>



Grand Illumination, Williamsburg, VA

December 7-9, 2013

Kick start your Christmas season with a three-day and two night trip to Colonial Williamsburg for Christmas sights and sounds. Cost is \$610 per person, based on double occupancy. The bus leaves from Garvey Senior Activity Center Saturday morning, at approximately 9 a.m. (exact time TBD). Arrive in Williamsburg and enjoy lunch in a Colonial Tavern in the heart of historic Colonial Williamsburg. This trip will include a tasting visit to the Williamsburg Winery and an evening at Christmas Town; a Busch Gardens Celebration. Sunday, you can choose to start your day with Mass at St. Bede Catholic Church, or with coffee at a local coffee shop. Later, there will be a Guided Tour of Colonial Williamsburg, starting with the film *“The Story of a Patriot.”* Later, spend free time on your own visiting your choice of other buildings and museums included with your ticket, or shopping in Merchant’s Square. The evening celebration in Colonial Williamsburg, The Grand Illumination, includes fireworks, musical entertainment, dancing, caroling, and dramatic presentations. All activities subject to availability and change at time of reservation. Tour includes: Deluxe motor coach transportation, two

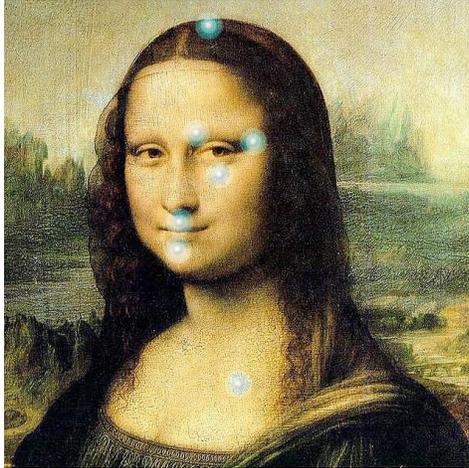
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nights accommodations, baggage handling, two deluxe continental breakfasts, one lunch, two dinners, all admissions and guide services, taxes and tips. Cost per person, double occupancy is \$610. Call Joyce Raum at 301-737-5670, ext. 1656 to learn more. **NOTE: This trip includes activities which require considerable mobility, as the grounds in Williamsburg are often unpaved, and there is lots of walking all three days of this trip.**

JULY –AUGUST 2013

Health and Wellness



Limitations-No More

(Emotional Freedom Technique Clinic)

Loffler Senior Activity Center

2nd and 4th Tuesday- July 9, 23; August 13, 27

10 a.m.-2 p.m., \$45 for 1 hour session

Richele McLeod, RN, is the EFT practitioner at Loffler who has been providing so much help to her clients. She has been continuing to advance her studies in this method of self-help that, though simple and gentle, has brought dramatic results to people seeking help with fears, anxieties, pain, and more. Richele particularly likes to help clients who need relief from pain, allergies, weight, limiting beliefs, procrastination, anxiety, stress

and more. Frequently a person can find relief from one session after which, he/she can continue to practice the technique by him/herself for further improvement. Other problems may require more sessions. To learn more about emotional freedom technique visit eftuniverse.com or simply type in 'eft' on the address bar of any search engine. If you would like to make an appointment with Richele call 240-925-4309.

Maryland Department of Agriculture's Senior Farmer's Market Coupon Distribution

Garvey Senior Activity Center

Wednesday, July 10, 10 a.m.

Distribution of 2013 Senior Farmers Market coupon booklets for St. Mary's County will take place at the Garvey Senior Activity Center in Leonardtown, Maryland on Wednesday, July 10 from 10 a.m. until all coupon booklets are distributed. The number of coupon booklets received this year was once



again reduced compared to last year. In order to be eligible for the farmers market coupons you must be 60 years of age or older and able to provide proof of age. Financial qualification is based on the **income of your entire household**. Income from all individuals in a household **must** be considered. For a one person household the monthly income must be below \$1,772.00 per month, two person household monthly income must be \$2,392.00 or less combined. Call for income eligibility guidelines for larger households. Individuals receiving checks **must sign a Federal Affidavit** indicating that they meet the qualifications. Intentionally making a false statement can result in civil or criminal prosecution under State and Federal law. To learn more call 301-475-4200, ext. 1050.



Health Connections Screenings:

Friday, July 26 & August 23

MedStar St. Mary's Hospital Health Connections will be traveling to each senior activity center to offer information and services concerning many health related issues. Free Blood Pressure checks are also available during this time at all Senior Activity Centers. Anyone wishing to have their blood pressure checked is welcome to stop by. No appointment necessary.

July 26 Hemocue (Iron Level Testing)

August 23 (Bone Density Screening)

Times and locations are as follows:

Garvey Senior Activity Center	9-10 a.m.
Loffler Senior Activity Center	11 a.m.-Noon
Northern Senior Activity Center	1-2 p.m.

Living Well... Take Charge of Your Health

Garvey Senior Activity Center

Tuesdays, August 20-September 24

9:30 a.m.-Noon

This program is an evidence-based Chronic Disease Self-Management Workshop developed by Stanford University. The workshop is for any person who has one or more chronic conditions and who wants to learn to live more healthfully. It helps people learn everyday skills to manage chronic health symptoms and get the most out of life. Caregivers of a person with a chronic condition are also invited to attend. In the "Living Well... take Charge of Your Health Workshop," you will learn how to manage symptoms, how to communicate effectively with doctors, how to lessen frustration, how to fight fatigue, how to make daily tasks easier, and how to get more out of life. To ensure that

you get the most out of the program, attendance is recommended at all six sessions. Registration is limited, so sign up now by calling, 301-475-4200, ext. 1050.



Staff Prepared Meals

Lunch Connection and Open Mic at Loffler Senior Activity Center

Arrive by 11:15 a.m. On Tuesdays, entertainment starts at 11:30 and lunch is served at noon.

On Thursdays, lunch is served promptly at 11:30 a.m. Reservations are required at least 2 weeks in advance. Space is limited, so call 301-737-5670, ext. 1658 or stop by the front desk to sign up. The cost of lunch is a donation for those 60 years of age and older, \$5.50 for others. An appreciation basket will be passed for our entertainers. A 50/50 raffle will be held at each luncheon.



Tuesday, July 9: Folk Salad Trio will harmonize their way into your hearts from 11:30 a.m. until 12:30, and lunch will be served at noon. On the menu: *Pork Chops, stuffed with Cornbread/Apple Stuffing, Broccoli Salad, Three Bean Salad and Vanilla Ice Cream with Mandarin Oranges* for dessert.



Thursday, July 25: Loffler Luau

Advance tickets required. The traditional Luau menu will be served: *Huli Huli Chicken, Rice Pilaf, Pineapple Chunks, Sesame Cabbage Salad, and Cucumber Salad.* *Key Lime Pie* will be served for dessert.



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Tuesday, August 13: Arrive in time to relax and sing along as Ben Connelly fills the room with familiar tunes. At noon, enjoy a relaxed luncheon featuring *Grilled Hot Dogs, Baked Beans, Cole Slaw, Fruit Cup and Popsicles* for dessert.



Thursday, August 22: Lunch today will be *Pulled Pork Sandwiches on a Bun served with Cole Slaw, Carrot & Raisin Salad, Tomatoes & Cucumbers, and Brownies* for dessert.



Breakfast Cafe

Northern Senior Activity Center

Let us do the cooking and cleanup in the morning while you enjoy a great start to your day and good conversation with others. Breakfast is homemade and served with complimentary beverages. Come meet Food Service Technician Ginger, who will be whipping up a special breakfast just for you! Cost is only \$2 per person with sign up and payment due by noon the day before. Call 301-475-4002, ext. 1001 with any questions.



Wednesday, July 3:
-Pancakes and Summer Fruit



Wednesday, August 7:
-Bacon, Scrambled Eggs and Toast



Shrimp Salad

Friday, July 12

Northern Senior Activity Center, Noon

Beat the heat with a refreshing lunch of *Shrimp Salad, Potato Salad and Fresh Fruit*. Complimentary beverages of *Iced Tea and Lemonade* will be on hand. Make your lunch reservations before noon on Thursday, July 11 by calling 301-475-4002, ext. 1001. The cost of lunch is a donation for seniors 60 and older; \$5.50 for others.

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Pizza & Wings

Northern Senior Activity Center, Friday, August 9, Noon

It's Pizza time! Enjoy a refreshing *Salad with Pizza and Wings*. It's a great time to hang out with friends playing 'Oh, Heck' and 'Pitch' card games or hit the billiards table and shoot some pool with a pal. Complimentary beverages of *Iced Tea and Lemonade* will be on hand. Make your lunch reservations before noon on Thursday, August 8 by calling 301-475-4002, ext. 1001. The cost of lunch is a donation for seniors 60 and older; \$5.50 for others.



Creative Expressions



Beginner's Woodworking Class

Loffler Senior Activity Center, Tuesdays 1 p.m.,

Cost: Supplies

Mr. Warren Brown is an accomplished and award-winning wood carver in our local area who has begun teaching this art form at Loffler. Emphasizing safety and the importance of using the correct tools, Mr. Brown will start you off with a simple project. He will also review with you the specific tools you will need (including a quality carving glove) as well as the

techniques needed to learn. Please bring a notebook and a "Number 2" pencil to the first class you attend. To sign up or learn more call 301-737-5670, ext. 1658.

Quilting

Garvey Senior Activity Center

1st & 3rd Friday of each month, 9:30-Noon

(Fridays, July 5 & 19, August 2 & 16)

A beginner/intermediate level quilting group meets at the Garvey Senior Activity Center twice a month. The group works on quilting projects under the instruction and guidance of Louise Park. For more information, call 301-475-4200, ext. 1050.



Introduction to Decorative Painting

Northern Senior Activity Center

Mondays, July 8, 15, 22 & 29, 1 to 4 p.m.

Introductory classes are free with the purchase of a \$25 supply starter kit, which includes everything you need to get started. Projects are designed to put into practice the basic strokes and techniques learned. Come away with a completed project that you will be proud to display. Stop by the front desk at the Northern Senior Activity Center to sign up by Wednesday, July 3, as space is limited for this

four-part beginner's course. Classes will be taught by Debbie Williams, an accomplished decorative painting designer and teacher who brings many years of skill and training as an instructor. Payment is due at time of sign up (one week prior to start of class), make checks out to Debbie Williams. With a purchased starter kit and introductory strokes learned, follow up with other projects listed below that incorporate the strokes and techniques learned. Cost is \$25 per project. Call 301-475-4002, ext. 1003 for more information.

Cattails & Butterflies

Mon. Aug. 5, 12

1- 4 p.m.

The Birds & The Bees

Mon. Aug. 19, 26

1-4 p.m.



Needle Crafters at Loffler

Loffler Senior Activity Center

Mondays and Thursdays, 10 a.m., Free

Recently known as Knit and Crochet Too, our ever-expanding needle (and hook) lovers are branching out yet again. More fun with more activities than ever, Needle Crafters, while continuing to enjoy the pleasures of knitting and crocheting now welcomes the joy of embroidery, cross stitch and needlepoint. If you are new to any of these arts, tutoring is available at no charge. Stop in and see what the buzz is all about. To learn more call 301-737-5670, ext. 1658.

Terra Cotta Lighthouse

Garvey Senior Activity Center

Wednesday, July 17, 10:00 a.m.

Make a decorative lighthouse using stacked terra cotta pots and paint. This lighthouse can be used as either an indoor decoration or a patio decoration. Cost: \$8.00 per lighthouse, payable at time of reservation. For more information, call 301-475-4200, ext. 1050.



Project Linus

Loffler Senior Activity Center

3rd Friday of each month

July 18 & August 16, 10 a.m.

This group meets monthly under the direction of Debbie Rumble and creates blankets and quilts for ill children. Share your talents while creating something comforting for a child in need. Call 301-737-5670, ext. 1655 to learn more.

Monthly Craft

Loffler Senior Activity Center

Friday, July 19, 10:30 a.m. "Plastic Bottle Herb Garden" Cost \$5

Friday, August 16, 10:30 a.m. "Dry Erase Board" Cost \$4

In July we will be recycling soda bottles by turning them into herb gardens. With just a few herbs, you can enhance your cooking and medicine cabinet all year long. All it takes is just a little ongoing care and some water. Sounds like a bargain! In August we will help you save paper by making a dry erase board using simple, everyday materials. The best part? It's your own design! To sign up for these classes or to learn more call 301-737-5670, ext. 1658.





Loffler Senior Art Show

Loffler Senior Activity Center, August 2013

Loffler will become an art gallery for the entire month of August when the work of students will be on display along the halls of the center. The Loffler Art program began 3 years ago when Shonne Farrell, a professional graphic artist, volunteered to share her talents by teaching classes. Besides showcasing art, a feature of this exhibit will be to show the progress that has been made

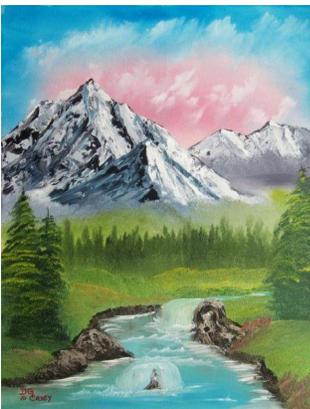
in three years by some of our original students. Along with being able to view the artwork, visitors to Loffler will be invited to write their thoughts down on a provided impression sheet. Written comments will be compiled for each artist and presented to him/her at the artist recognition ceremony, which will take place during the August 22 Lunch Connection.

‘Picnic Basket’ Weaving Classes

Northern Senior Activity Center

Thursday, August 1 & 8, 1-4 p.m.

Make an attractive as well as practical ‘Picnic Basket’ at the Northern Senior Activity Center. This two part class is taught by Pam King an experienced weaver who volunteers at the center. This unique basket features a wooden handle and a cloth lid; measures 10” x 17” by 8” high. Cost for kit is \$40 and includes all basket weaving materials and instruction. Payment must be received at time of sign up by Friday, July 26 to reserve a spot in the class, as space is limited. Make checks payable to Pam King.



Wrenn’s Wrendition of a Mountain Stream

Northern Senior Activity Center

Saturday, August 10, 12:30-6 p.m.

This is a great opportunity to get out the oil paints and brushes! ‘Mountain Stream’ will be ‘Wrenn’s Wrendition’ of a featured Bob Ross painting. Resident Instructor Wrenn Williams will teach mixing colors, basic strokes, and palette knife techniques for painting. Step-by-step instructions are given so that you end up with a finished painting to be proud of. Set up time is 12:30 to 1 p.m., with painting class beginning promptly at 1 p.m. Cost for class is free, but you must provide your own supplies. Sign up by Wednesday, August 7, by calling 301-475-4002, ext. 1001 and get a supply list.

Sea Glass Wind Chime

Garvey Senior Activity Center, Wednesday, August 21, 10:00 a.m.

Make your own beautiful wind chimes using pieces of sea glass. Class participants are invited to bring their own collection of sea glass or use the sea glass provided. Cost: \$5.00 per wind chime, payable at time of reservation. To learn more call 301-475-4200, ext. 1050.



Ongoing Arts and Crafts Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050	Beginner & Intermediate Quilting	Louise Park	First & Third Friday	9:30 a.m.-noon	Supplies
	Cards for the Troops	Susan Peters	July 16, August 20	1:30 p.m.	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658	Needle Crafters	Linda Graham	Mondays & Thursdays	10-11:30 a.m.	Free
	Decorating Committee	Shellie Graziano	1 st & 3 rd Mondays	2 p.m.	Free
	Appliqué Tutor	Kit Spalding	Mondays	1 p.m.	Free
	Art Guild	Shonne Farrell	Tuesdays (Full) Fridays	9 a.m.-noon 10 a.m.-noon	Supplies
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.-noon	Free
	Monthly Craft	Toni Axtel	Fridays July 19, August 16	10:30 a.m.	Varies
	Needle & Thread	Self-Directed	Thursdays	9 a.m.-noon	Free
	Project Linus	Debbie Rumble	3rd Fridays	10 a.m.	Free
	One-on-One Tutoring	Toni Axtel	Call 301.737.5670	By Appointment	Free
	Wood Carving	W. & M. Brown	Tuesdays	1 p.m.	Free
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	Simply Crafty	Self-Directed	Daily	Open	Free
	Open Art Studio	Wrenn Williams	Mondays & Fridays	9 a.m.-noon	Fee
	Open Painting Studio	Wrenn Williams	Mondays	9 a.m.-noon	Free
	Whimsie Works Pottery	Pam King	2nd & 4th Tuesdays	11 a.m.	Fee
	Scrapbook Marathon	Barbara Sterling & Linda Brock	3 rd Thursday	9:30 a.m.	Free
	Quilting	Gina Alexander	2nd & 4th Wed.	12:30 p.m.	Free
	Dynamic Ceramics	Libby Gray	Wednesdays	9:30 a.m.-noon	Fee
	Northern Stars Theater Group	Wrenn Williams	1 st Friday	10 a.m.	Varies

Ongoing Social Events at the Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	“Beat Your Buddy” Billiards	Mondays	Open	Free
	Hand & Foot	4th Tuesday	12:30 p.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.	Free
	Double Pinochle	Tuesdays Fridays	11 a.m. Noon	Free
	Breakfast Café	1st Wed. (see pg. 25)	9 a.m.	\$2
	Western Mahjong	Wednesdays	1 p.m.	Free
	Bridge	Thursdays	10 a.m.	Free
	Eastern Mahjong	Thursdays	1 p.m.	Free
	Bingo	Fridays	10 a.m.	\$1.50

“Learning is ForEver (LIFE)”

Get ready, get set, GO...to your local senior activity center after August 5 to pick up the Fall 2013 LIFE booklet of classes. Registration opens on Monday, August 19, and is taken on a first-come, first-served basis either through the mail or walk-in at the senior activity centers. Classes fill quickly, so don't delay. Many exciting, interesting, educational events are planned such as a tour of the Leonardtown Winery, Pentagon, Maryland Statehouse in Annapolis, Nobella Alpaca farm, the *Constellation* in Baltimore's Inner Harbor, Pt. Lookout Ghost tour, tour of the War Museums in D.C., Christmas at the 1676 Statehouse, and more!! Be sure to pick up your booklet as booklets are no longer mailed. Booklets are also available on-line at <http://www.stmarysmd.com/aging>. Call 301-475-4200, ext. 1063 with questions. And remember, learning is forever!



Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050	Bingo	1 st & 3 rd Mondays	10 a.m.-noon	\$1-3
	Pitch	Weds. & Fridays, 2nd & 4th Mondays	10 a.m.-noon	Free
	Senior Vibes	1 st Tuesday	9:30-11:30 a.m.	Free
	Pokeno	3 rd Wednesday	10:30 a.m.	Pennies
	Bridge Club	Thursdays	10 a.m.-3 p.m. (call for info)	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658	Pinochle	Monday, Wednesday & Friday	9 a.m.-12:30 p.m.	Free
	Canasta /Pitch Club	Tuesdays	9:30 a.m.-2 p.m.	Free
	Contract Bridge	Tuesdays	10 a.m.-noon	Free
	Bingo	Tuesdays except 2nd., Wednesdays– July 10 & Aug. 14	12:30-1:30 p.m. 10:30-11:30	\$1.00 per card to 3
	Canasta	2 nd & 4 th Wednesdays	1-4 p.m.	Free
	Puzzles	Daily	9-Noon	Free
	Cribbage	Fridays	1 p.m.	Free
	Polish Poker & Pitch	Wednesdays	10 a.m.	Free

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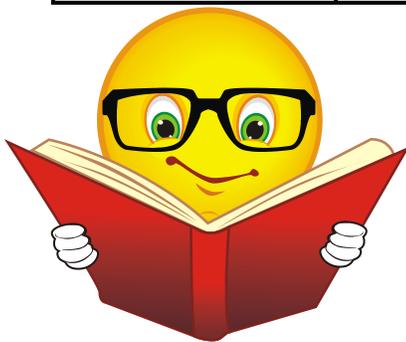
Triad/SALT is actively seeking council members. Call 301-475-4200, ext. 1073 to learn more or for meeting location.

Ongoing Physical Fitness Activities At Garvey and Loffler Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050 *F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.	Fitness Equipment	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Call for availability	8 a.m.-5 p.m.	Free
	Low Impact Aerobics	Mondays	8:30-9:30 a.m.	F.C.
	Men's Strength Training	Mondays & Thursdays	9:30-10:30 a.m.	F.C.
	EnhanceFitness	(no classes Jul./Aug.)		F.C.
	Open Table Tennis	Tuesdays except 1st. Thursdays	10 a.m.-noon 2:15 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays & Thursdays	9-9:30 a.m.	Free
	Yoga For Everyone	Tuesdays & Fridays	1:05-2:05 p.m.	F.C.
	Line Dancing	Wednesdays	1:30-2:30 p.m.	Free
	Clogging	Wednesdays	2:30-3:30 p.m.	Free
	Exercise for Parkinson's Disease Video	Thursdays	1:15-2 p.m.	Free
	Zumba	Thursdays	10:45-11:45 a.m.	F.C.
	Video Aerobics	Fridays	8:30-9:30 a.m.	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658 * F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.	Fitness Equipment Available	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Daily	8 a.m.-5 p.m.	Free
	Zumba	Mondays	Noon	F.C.
	Walking Club	Mon., Wed., & Fri.	10 a.m.	Free
	Arthritis Foundation	Mondays & Fridays	1-2 p.m.	Free
	EnhanceFitness	Mondays & Fridays	2-3 p.m.	F.C.
	Strength Training	Tues. & Thursdays	10-11 a.m.	F.C.
	Yoga	Weds. & Fridays	10-11 a.m.	F.C.
	Core & Abs	Wednesdays	2-3 p.m.	F.C.
Line Dance	Fridays	11 a.m.	Free	

Ongoing Physical Fitness Activities At The Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001 * F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.	Fitness Equipment Available	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Daily	Noon-5 p.m.	Free
	Walking on Three Notch Trail	Daily	Open	Free
	Regulation Horseshoes	Daily	9 a.m.-4 p.m.	Free
	Yoga for Everyone	Mondays & Fridays	Mondays, 9:30 a.m. Fridays, 8 a.m.	F.C.
	Total Body Strength	Mondays & Thursdays	3:30-4:30 p.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Tuesdays & Thursdays	10-10:45a.m.	Free
	EnhanceFitness	Tues., Thurs., & Saturdays	Tues. & Thurs., 9 a.m., Sat. 10 a.m.	F.C.
	Indoor Bowling	Wednesdays	9:30-10:30 a.m.	Free
	Line Dancing	Wednesdays	1-2:30 p.m.	Free
	YES Cycling Program	On Summer Break	TBD	Free
	Trike & Regular Bikes	Open	Ck. in at Front Desk	Free



We'll Read to You; Audio Version of the *New Beginning* Newsletter And Calendars Are Online

Thanks to volunteer reader, Barbara Homan, an audio version of this bi-monthly *New Beginning* newsletter is available on the Department of Aging website. To have *New Beginning* read to you, go online to "Older Adult Programs" under "Residents" on the county web page www.stmarysmd/aging. Click on "Forms and Publications" in the left sidebar. This will take you to past newsletters, and a "speaker" icon. Click on the speaker icon to the left of the monthly edition you want to hear.

Call 301-475-4200, ext. 1073 for more information about this audio availability. Additional volunteer readers and those proficient in other languages are particularly welcome; the time commitment is approximately two hours on a bi-monthly basis.

You can also view the Senior Activity Center monthly calendars by going to www.stmarysmd.com/aging and clicking on "Activities & Programs."

Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 1050	Computer Tutoring	Volunteer	Daily	By appt.	\$5
	Coin Appraisals	John Hankla	1 st Tuesday	9 a.m.-noon	Free
	Book Discussion	Kathy Mather	2 nd Wednesday	10 a.m.	Free
	Nutrition Education	Donna Taggert	2 nd Wednesday	11 a.m.	Free
Loffler Senior Activity Center Great Mills 301-737-5670, ext. 1658	Current Events	Dave Spore	Mondays	10 a.m.	Free
	Health Watch	Varies	(not scheduled this time period)	9 a.m.- Noon.	Free
	Nutrition Education	Donna Taggert	3 rd Wednesday	10:45 a.m.	Free
	Scripture Study	Solomon Olumese	Fridays, July 5, 19, Aug. 2,, 16	10 a.m.	Free
	Fun w/E Readers	Linda Graham	Thursdays	9-10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By apt.	\$5
Northern Senior Activity Center Charlotte Hall 301-475-4002, ext. 1001	Computer Tutoring	Volunteers	By appointment		Free
	Nutrition Education	St. Mary's Hospital Outreach	1 st Wednesday	10:45 a.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	Quarterly Thursday July 11	1 p.m.	Free
	Diabetes Support Group	Wrenn Williams	Quarterly: Thursday	1 p.m.	Free
	Book Chatter	Joyce Summers	4 th Thursday	11 a.m.	Free
	"Senior Matters"	Elizabeth Holdsworth	1 st & 3 rd Tuesdays	10:45 a.m.	Free

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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 <http://www.co.saint-marys.md.us/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 website, <http://www.co.saint-marys.md.us/aging/>. If you choose to receive the newsletter via e-mail or view online rather than mailing, please contact Jennifer Hunt, Community Programs and Outreach Manager at 301-475-4200, ext. 1073.

NEW BEGINNING

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

Lori Jennings-Harris, Director

Senior Information and Assistance (Senior I&A) - Provides important updated information as it relates to senior services, benefits, and assistance programs. You may reach Debbie Barker, Program Manager, at 301-475-4200, ext. 1064 or Melissa Meatyard at 301-475-4002, ext. 1004, or 301-737-5670, ext. 1654.

Home and Community-Based Services (HCBS) - Consists of six programs providing the following services: Guardianship for individuals age 65 and over, Medicaid Waiver for Older Adults Program, Long-Term Care Ombudsman, Senior Care Program, Respite Assistance and Caregiver Support. Call Rebecca Kessler, Division Manager, at 301-475-4200, ext. 1061.

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

Meals On Wheels - A service for seniors 60 and over who are home bound and have a moderate to severe disability which prevents them from shopping or cooking for themselves, and who have no one to prepare meals. Bridget Maddox, Program Coordinator, can be reached at 301-475-4200, ext. 1060.

Retired Senior and 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 301-737-5670, 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: services provided to citizens with mental health needs; substance abuse treatment and prevention options including outpatient and residential options; supportive services for children and youth; and social, educational, and recreational activities to children and families. This division facilitates an integrated network of services to improve conditions for people in need. The division brings together local agencies, providers, consumers of services, other public and private entities, and other community representatives in order to empower local stakeholders in addressing the needs of and setting priorities for St. Mary's County.

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Website: www.stmarysmd.com/aging

Fax: 301-475-4503

Phone: 301-475-4200, ext. 1050

Address: 41780 Baldrige Street, P.O. Box 653, Leonardtown, MD 20650

(Please send donations and correspondence to the Post Office Box.)

Senior Activity Centers:

Garvey Senior Activity Center, Tel. 301-475-4200, ext. 1050

41780 Baldrige St., Leonardtown, MD, 20650

Loffler Senior Activity Center, Tel. 301-737-5670, ext. 1658

21905 Chancellor's Run Rd., Great Mills, MD 20634

Northern Senior Activity Center, Tel. 301-475-4002, ext. 1001

29655 Charlotte Hall, MD, 20622



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

Holiday Closings...
(Also, no Meals On Wheels)

Independence Day, Thursday, July 4, 2013

NEW BEGINNING