

NEW BEGINNING

VOLUME 33 ISSUE 2

MARCH/APRIL 2020

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 Month 2020

The benefits of volunteering are far more than we can measure!

When I think back to my childhood, I am reminded of all the wonderful examples of “volunteering” I had around me, in my community, my neighborhood, but especially in my own home. Both parents were involved with helping neighbors who were in need. They looked after a few seniors who either had no family to support them or who had no one who cared enough to support them. Although it was not evident to me at the time, my parents set the stage for me to follow in their footsteps. Volunteering in my personal life is rewarding, but having the opportunity and pleasure of working, in my professional life, with many volunteers who give so willingly of their time and talents is just as rewarding. I know the benefits our volunteers bring to those in need. I also know the rewards and feeling of fulfillment our volunteers receive in return, just by giving of themselves, is gratifying to them and without expecting anything in return.

April is National Volunteer Month. April became National Volunteer Month as part of President George H. W. Bush's 1000 Points of Light campaign in 1991.

Volunteer Recognition Day will be celebrated on April 20, 2020. It honors all volunteers who are working on behalf of others without being motivated by financial or material gain. You can celebrate Volunteer Recognition Day by thanking volunteers for their work, involving yourself in a volunteer activity, or by donating to a volunteer group. (www.cute-calendar.com, retrieved January 13, 2020.)

A few ways in which to acknowledge or celebrate National Volunteer Month 2020 are:

Thank a volunteer! Many volunteers will tell you it is a rewarding experience. You don't have to have a ton of time. Do you have a special talent or skill that may benefit a charity or organization? Offer your services or ask how you can be of help. Use #NationalVolunteerMonth to share on social media. (<https://nationaldaycalendar.com/national-volunteer-month-april/>, retrieved January 13, 2020.)

Other ways include:

1. Recruit the kids or grandkids

Teach the value of volunteering to youngsters—or simply

Volunteer Month
Continued on page 4

NEW BEGINNING

The Commissioners of
St. Mary's County
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To receive a copy of this newsletter through the U.S. Mail, call 301-475-4200, ext. 71050. Editorial submissions should be sent to:

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

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

Our Mission

To provide an array of programs and services that foster continued physical and mental good health, and promote healthy aging within the senior community.

Volunteer Month

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make your volunteer project a fun family affair—by enlisting children, grandchildren and other kids in the community.

2. Help seniors in your community

Not all of us are lucky enough to have a house full of family or the health to get out of the house and socialize. Reach out and show an elderly or lonely neighbor they aren't alone.

3. Do good from home

It's easy to make a difference from the comfort of your own home.

4. Spend time with furry friends

Pets without homes need attention and care – especially during the colder months. Donate your time and love to abandoned or abused animals.

5. Give to veterans and military families

It's not easy being left behind while a loved one is off serving our country. You can help military families deal with the hardships they face each day, whether it's getting settled in a new town or finding extra rides or childcare for young ones. (<https://www.few.org/national-volunteer-month/>, retrieved January 13, 2020.)

The Department of Aging & Human Services celebrates all the contributions of the volunteers who support our Department and beyond. Thank you for all you do!

St. Mary's County Commission on Aging

Upcoming Meetings:

Monday, March 23, 2020

1 p.m.

Cedar Lane Senior Living Community
22680 Cedar Lane Court, Leonardtown, MD

Monday, April 20, 2020

1 p.m.

New Towne Village
22810 Dorsey Street, Leonardtown, MD

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.

Attend Meetings to:

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

For more information, contact Mercedez Jones at 301-475-4200, ext. 71051, or Mercedez.Jones@stmarysmd.com.
Visit the Commission on Aging website at <https://www.stmarysmd.com/boards/groups/default.aspx?board=11>



Nutrition Corner

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

There has been a lot in the news lately about fermented foods, but in actuality these foods have been around for thousands of years. Fermentation is the slow, controlled decomposition of organic substances by microorganisms or enzymes. It converts sugar into acids, alcohols, and carbon dioxides that are useful for food preservation and health benefits.



There are thousands of food/microbe combinations that result in various fermented foods and beverages with unique tastes and textures. Some examples are kimchi (Korean fermented vegetables),



sauerkraut, yogurt, kefir, kombucha (fermented tea), pickles, miso, tempeh (fermented soybeans), and some cheeses.

There is evidence that some fermented foods are associated with healthier blood lipid profiles, improved glucose tolerance, improved digestive function, and, in the case of yogurt, improved lactose tolerance.

Fermented foods with live cultures may contribute to the health of the gut microbiota but some fermented foods don't retain live cultures after being processed.

This is a common myth that all fermented foods are the same as probiotics. Probiotics are defined as live microorganisms which, in adequate amounts, can confer a health benefit on the host. Not all fermented foods do this, depending on processing.

So, what do you look for at the store? Yogurts and kefir should have live and active cultures on their labels. These cultures have been added after pasteurization. Pickles found on shelves are not fermented but made with vinegar. Look for lactic acid fermented pickles on the label; most often refrigerated pickles are fermented. Look for sauerkraut in the refrigerated section.



To learn more about probiotics and prebiotics visit <http://isappscience.org>.

Nutrition Presentations with Dietitian Donna Taggert

Northern Senior Activity Center
Mondays, March 9 and April 27, 11 a.m.

Loffler Senior Activity Center
Mondays, March 16 and April 13, 10 a.m.

***Garvey Senior Activity Center**
Mondays, March 23 and April 27, 11 a.m.

***Please note - the April Nutrition Presentation will be held at the NEW Garvey Senior Activity Center, located at 23630 Hayden Farm Lane, Leonardtown MD**

Do you have questions about your diet that you would like answered? Ms. Taggert will be at the local senior activity centers to help answer those questions. Call to make a one-on-one nutrition counseling appointment - 240-538-6539.

In March, the title of her presentation will be "What About Sugar." In April, the topic of her presentation will be "Dealing with Plateaus in Weight Loss."



Home & Community-Based Services

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

Caregiver Concerns

Communication is important in every relationship. A person living with dementia may have a compromised ability to understand what you are saying as well as difficulty expressing themselves. This can create frustration for both parties. The National Institute on Aging and “A Place for Mom” has provided some guidance.

Remember:

- People living with dementia often feel out of control and afraid.
- People living with dementia are not learning new information. So, reasoning with and correcting them does not work.
- Understand that your loved one may say things that seem untrue because they don't know what is true and their brain is trying to fill in the gaps.

So what can we do?

- Make eye contact.
- Be patient.
- Speak calmly, be encouraging and reassuring.
- Speak directly with one step directions and be positive.

Use a respectful adult tone (not “baby talk”)

- Change the subject if the topic is too complicated or heated. (“I know you want to go home now, but let's take a walk first.”)

- Refrain from asking vague or complex questions. Instead of “What do you want?” ask “Do you want some water?”.

- Refrain from arguments and accusations. A St. Mary's County caregiver said, “When dealing with someone with Alzheimer's, please remember that you (the caregiver) are who they think you are.”

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Your loved one may be confused about facts and events, but they completely understand how they feel during their interaction with you. A local caregiver offered, “when caring for a person with dementia, don't quiz them on what they can remember, especially if you already know the answer. That makes them feel bad.”

More information and a few great videos about communication and about Alzheimer's can be found at: <https://www.nia.nih.gov/health/alzheimers-caregiving-changes-communication-skills> and <https://www.aplaceformom.com/blog/2013-02-08-dealing-with-dementia-behavior/>

The St. Mary's County Department of Aging & Human Services offers Respite Grants for family caregivers. Contact Daphne Bennear (301-475-4200, ext. 71069) to request an application.

Welcome Melissa Hartmann!



The Home & Community-Based Services Division is pleased to welcome Melissa Hartmann as the new Long-Term Care Ombudsman to the Department of Aging & Human Services!

Hartmann grew up in San Diego, CA, and moved to Maryland with her husband, who serves in the United States Navy.

“Home is always going to be on the west coast, but I love St. Mary’s County,” she said.

Hartmann has her Bachelor’s Degree in Health Care Administration from Purdue University Global and a Master’s Degree from National University.

Hartmann always wanted to be a local advocate for people who are underserved in the community to guide them to programs and services and give them a sense of empowerment. She works to show individuals what they are capable of, which can go far beyond what they believe about themselves. Hartmann enjoys the moment “when the lightbulb comes on” and she knows the person she is working with made a connection. Hartmann wants to help make the world a better place one person at a time. She strives to consistently give back to her community. “That’s where my heart is,” she said.

When not at work, Hartmann spends time with her husband and three daughters. She enjoys hiking and camping and continues to find ways to be involved in her community. She crochets baby blankets for the Navy/Marine Corps Relief Society.

Law Enforcement Appreciation Day

Tuesday, May 12

11:30 a.m.

5 South Event Center

21030 Point Lookout Road, Callaway, MD

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

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

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



*For more information, contact Sarah Miller at:
301-475-4200, ext. 71073, or sarah.miller@stmarysmc.com*



Celebrating Centenarians

*Do you know someone living in St. Mary's County who celebrates their
100th (or older) birthday this year?*

We want to honor them!

The second annual

*Department of Aging & Human Services
Centenarian Luncheon*

will be held

*Friday, April 24, 2020
11 a.m.-1 p.m.*

at the

*James A. Forrest Career and Technology Center
24005 Point Lookout Road
Leonardtown, MD 20650*

*Family, Companions, and Caregivers welcome!
Due to space constraints, honorees are limited to three guests.*

RSVP Required by Friday, March 27, 2020

*For more information, contact Sarah Miller at:
301-475-4200, ext. 71073 or Sarah.Miller@stmarysmd.com*

EXPLORE THE WORLD THROUGH FOOD

Do you want to explore the world, but your budget is limited?

Well, Southern Maryland has a wide variety of cuisine!

Maybe you have wanted to visit these restaurants, but didn't want to dine alone?

Well, here's your chance! Join Deb Johnstone as she samples food from around the world!

We will visit restaurants on the second Wednesday of the month at 11:30 a.m.

[Please call 301-475-4200, ext. 71050, to make a reservation.](tel:301-475-4200)

March 11, 2020

Callaway Mexican (Callaway, MD)

Mexican

April 8, 2020

Dat Jerk (Waldorf, MD)

Jamaican

May 13, 2020

Okada (California, MD)

Japanese

Senior Activity Center programs are available to those 50 years of age and older,
unless otherwise noted. Please call 301-475-4200, ext. 71050, for participation criteria.

Law Day

Do you have an Advance Health Care Directive completed? If not, this is your chance to make sure you do!

Law Day will be held on Friday, May 1, 2020, from 9 a.m.-4:30 p.m. at all three Senior Activity Centers. Make an appointment with an attorney to fill out an Advance Healthcare Directive, completely FREE!

An Advance Health Care Directive will:

- Name your Health Care Agent, the person or persons who will make your health care decisions for you.
- Decide when your Agent's power becomes effective. State your desires concerning the administration or withholding of life sustaining procedures if you are unable to give instructions regarding your care due to an end of life condition (incurable disease, terminal condition, persistent vegetative state, end stage condition, injury, etc...). This includes the choice(s) of artificial nutrition and hydration and/or all available interventions.
- Customize with your personal instructions and statements.
- Choose pain relief.
- State your wishes concerning organ donation or the donation of your body.
- State your desires and preferences regarding funeral and burial, cremation, memorial service, or other final instructions.

Appointments are available at the Northern, Garvey, and Loffler Senior Activity Centers and registration is required. For more information, contact Sarah Miller, Community Programs & Outreach Manager, at 301-475-4200, ext. 71073, or email Sarah.Miller@stmarysmd.com.

Protect your Identity!

Workshops, Shred Trucks, and Medication Disposal

Saturday, May 2

9 a.m.-1 p.m.

**St. Mary's County Department of Aging & Human Services
(the former Garvey Senior Activity Center location)**

41780 Baldrige Street

Leonardtown, MD

Free and Open to the Community!

Learn about Scams, Frauds, and

how to protect yourself against them!

For more information, contact Sarah Miller at:

301-475-4200, ext. 71073, or Sarah.Miller@stmarysmd.com



Brought to you by the Commissioners of St. Mary's County, The Department of Aging & Human Services, The Department of Public Works and Transportation, and the St. Mary's County Sheriff's Office

MARCH/APRIL

Senior Information & Assistance

By Debbie Barker, Senior I&A Division Manager

St. Mary's County Senior Property Tax Credits

The St. Mary's County Treasurer's Office offers three Senior Property Tax Credits. Tax credits must be applied for each year. Approved applications received before May 1st are eligible to have their credit show on their tax bill. Listed below is an explanation of each credit and their qualification criteria:

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 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 percent 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 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.

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 70 years old or older as of July 1st of the tax year in which the application is submitted.

The Treasurer's Office is responsible for determining which credit will be most beneficial to the homeowner. Applications will be mailed to those who have previously applied and are also available at www.starysmd.com/treasurer, the Treasurer's Office and the Loffler, Garvey, and Northern Senior Activity Centers.

10 Questions regarding the tax credit programs can be directed to the Treasurers' Office at 301-475-4200, ext. 3300, or the Department of Aging & Human Services at 301-475-4200, ext. 71050.

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 on the basis of gross household income, net worth, and property tax liability. A new application is required every year.

The tax credit is only applicable on the homeowners' primary residence, where they 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 have a net worth, excluding the value of the property for which application is being made, must

not exceed \$200,000 as of December 31, 2019. A person's 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 2020 property tax bill; i.e., a household with a gross 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 those occupants can be claimed as dependents or are paying reasonable fixed charges such as rent or room and board.

The deadline for filing a 2020 Homeowner's Property Tax Credit is September 1, 2020. However, applicants are encouraged to file their applications early to have the tax credit applied to their 2020 property tax bill.

Applications for this program are available at each senior activity center. Assistance is available for those 60 and over by calling Debbie Barker at the Garvey Senior Activity Center at 301-475-4200, ext. 71064, Melissa Craig at the Loffler Senior Activity Center at 301-475-4200, ext. 71064, or Helana Shokry at the Northern Senior Activity Center at 301-475-4200, ext. 73104.

FREE Tax Preparation Services

AARP will be preparing free income tax returns for low-moderate income families at the Church of the Ascension in Lexington Park and various locations throughout St. Mary's County. Appointments are required by calling 240-466-1740.

Welcome To Medicare

All are welcome to attend a Medicare seminar to be held Wednesday, March 11, at 5:30 p.m. at the Chesapeake Building, located at 41770 Baldrige Street in Leonardtown, MD. Attendees will learn about the basics of the program, supplemental insurance, Part D, and much more. To RSVP call 301-475-4200, ext. 71050.

Volunteer Drivers Needed



*****Flexible Schedule*****

*****Fuel Mileage Reimbursement*****

*****Rewarding Volunteer Opportunity*****

**Contact: Ir'Sha'Laun Bailey,
Senior Rides Program Coordinator
Department of Aging & Human Services
301-475-4200, ext. 71066**

Fun with the Garvey Senior Activity Center Council!

The Garvey Senior Activity Center Council, Inc., will be hosting two fundraisers to support programs and activities at the Garvey Senior Activity Center!



Buffet at Kevin's Corner Café
24059 Point Lookout Road, Leonardtown,
MD

Wednesday, March 25, 3-9 p.m.

Cost: \$30

The buffet menu will consist of fried fish, fried and steamed shrimp, top round, fried chicken, macaroni & cheese, parsley potatoes, corn and green beans. Call 301-997-1260 to make reservations.

Escape Rooms Southern Maryland
22715 Washington St #204, Leonardtown, MD
Friday, March 27

Cost: \$27 per person or \$150 per private room

Are you ready for some Fundraising FUN? Escape Rooms Southern Maryland will be hosting a fundraiser on Friday, March 27, with proceeds being donated to the Garvey Senior Activity Center Council, Inc.



What is an escape room?

An escape room is a fun, safe, hour long adventure game in which players solve a mystery to escape a themed room. The rooms provide hands on opportunities to crack codes, discover clues, and solve puzzles – all in 60 minutes or less!

How to register:

- 1) Go to www.escaperoomsomd.com
- 2) Book to play any room on **Friday, March 27**, and a percentage of booking proceeds will go to the Garvey Senior Activity Center Council, Inc.
- 3) Show up at your designated time and be prepared to have fun. It's that easy!

Garvey To Offer New Evening Class

The Garvey Senior Activity Center will soon be offering evening classes! We are pleased to offer expanded hours with the opening of the new Garvey Senior Activity Center, located at 23630 Hayden Farm Lane, Leonardtown, MD. The first of our evening classes will be EnhanceFitness, offered on Tuesdays and Thursdays from 5:30-6:30 p.m. starting Tuesday, April 28.

This class will require use of a fitness card. If you need a fitness card, visit the receptionist at any of our three Senior Activity Centers to purchase one for \$35.

For more information, visit ww.stmarysmd.com/aging, call 301-475-4200, ext. 71073, or visit our Facebook page at www.facebook.com/SMCDAHS.

Focus on Fitness

By Alice Allen, Senior Center Operations Division Manager

As warmer weather approaches, perhaps you are thinking about getting outside more and doing more. Being physically active is a good thing, not just for your body, but also for your brain. Recent studies published by Harvard Medical School and *Scientific American* point to the effects that regular aerobic activity has in improving brain function, particularly memory and thinking skills, especially as one ages. Exercise helps to reduce insulin resistance and inflammation, it releases chemicals in the brain that help keep brain cells healthy and encourages new blood vessels to grow in the brain. Exercise, particularly of the aerobic type, improves mood and sleep and helps to reduce stress and anxiety, all of which help combat cognitive decline. (*Harvard Health Publishing. Regular exercise changes the brain to improve memory, thinking skill. Harvard Health Blog. April 9, 2014*)

Studies show that portions of the brain (the hippocampus and prefrontal cortex) become larger as a result of regular aerobic exercise. These parts of the brain are responsible for memory, decision-making and multitasking, all skills that tend to decline during the aging process. (www.scientificamerican.com/article/why-your-brain-needs-exercise/)

So, get out there and be active. Any activity that raises your heart and breathing rates is what you want. That's aerobic activity. The recommended amount of moderate aerobic physical activity is at least ½ hour most days of the week to receive these (and many more) health benefits. Commit to exercising regularly, you'll slow the aging process and protect, and possibly improve your brain function.

The County's Senior Activity Centers offer a variety of ways to help you be physically Active (*see page 32*) of this newsletter for a complete listing of available classes at the senior activity centers. A new Garvey Senior Activity Center is set to open on April 21. This new, state-of-the-art facility has wonderful amenities and expanded fitness offerings for your use and enjoyment. Limited evening hours are planned at the new Center so more seniors, particularly those who may work during the day, can attend.

I hope to see you there!

Additional Fitness Classes at Northern

The Northern Senior Activity Center is pleased to add two fitness classes to their regular lineup!

Awakening Yoga

Thursdays, 10:30-11:30 a.m.

Judi Lyons will offer Awakening Yoga on Thursdays from 10:30-11:30 a.m. Check-in starts at 10 a.m. Space is limited, early check-in is encouraged.

Enhance Fitness

Saturdays, 9:30-10:30

EnhanceFitness instructor Cheryl Hiller is back teaching regularly on Saturdays at the Northern Senior Activity Center starting in February.

Both fitness classes require a fitness card which can be purchased at the front desk for \$35 for 10 classes. If you have never tried either class, the first time is free! For more information about these classes please call 301-475-4200, ext. 73103.

Garvey Senior Activity Center

In Leonardtown, 301-475-4200, ext. 71050

R&B Line Dance

Garvey Senior Activity Center

Mondays, March 2-30, 1:30 p.m., Cost: \$2

A NEW session is starting for this fun class on Monday, March 2-30, at 1:30 p.m. If you have ever wanted to learn some of the line dances that are all the rage right now, come join us! We will be taking it step by step and learning dances like the Cupid Shuffle or The Wobble. The cost per class is \$2 per class, payable to Marie Bond; payment is due at time of the class. For more information please call, 301-475-4200, ext.71050

Brain.e.ology

Garvey Senior Activity Center

Tuesdays, March 3-31, 1:30 p.m.

This class will be held on Tuesdays, March 3-31, at 1:30 p.m. at the Garvey Senior Activity Center. Losing memory or cognitive ability is a common 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

According to the Brain.e.ology website (<http://seniorcenterdepot.com/products/>), more than 90 percent of participants report feeling like they have more control over future memory loss after taking this program! There is no fee for this program. Class size is limited so register early. To make reservations call 301-475-4200, ext. 71050.



Pickleball for Beginners

Leonard Hall Recreation Center

Tuesdays, March 10 – April 28, 8-10 a.m., Cost: \$32

Learn the rules and strategy of the game of Pickleball. A volunteer instructor will guide beginners through learning the rules and strategy of the game of Pickleball. Registration opens February 20 at 8 a.m. at the Garvey Senior Activity Center. To learn more, call 301-475-4200, ext. 71050.

Pickleball for Experienced Players

Leonard Hall Recreation Center

Mondays, March 9 – April 27, 8-10 a.m., Cost: \$ 32

Wednesdays, March 11 – April 29, 8-10 a.m., Cost: \$32

Experienced pickleball sessions are for those who are familiar with the game of Pickleball, rules and scoring. Registration opens February 20 at 8 a.m. at the Garvey Senior Activity Center. To learn more, call 301-475-4200, ext. 71050.

NEW BEGINNING

Ceramics with Marti
Garvey Senior Activity Center
Wednesday, March 4, 10 a.m., Cost: \$10

If you enjoy painting and creating personalized gifts or decorations for the home this is the class for you! Marti Cotterell will teach the class and offer instruction on painting techniques. This class will be working on projects for Easter. The cost of the class is \$10 for each item painted and includes the firing of the item. For more information please call, 301-475-4200, ext. 71050.

Lunchtime Theatre with Drama Speaks
Garvey Senior Activity Center
Wednesday, March 11, 12 p.m.

The Reader's Theater will entertain us with a production of *Reunion Round-Up*, an original script by Debs Szymkowiak. In the performance, classmates gather for a 50th high school reunion held at a dude ranch. From horses to hi-jacks, the reunion is filled with surprises and a few memories for the friends and classmates.

Lunch is served during the performance. The menu is cranberry juice, BBQ chicken, baked beans, dilled carrots w/ snow peas, WW dinner roll, and fruited jello. Lunch cost is \$6 for those ages 50-59 and a donation for those ages 60 and above. Reservations are required and can be made by calling 301-475-4200, ext. 71050.

Book Discussion Group
Garvey Senior Activity Center
Wednesdays, March 11 & May 13, 10:30 a.m.

The group will discuss *The Immortalist* by Chloe Benjamin on March 11. Please note there will not be a book discussion meeting in April. On May 13, the group will discuss *I Miss You When I Blink*, by Mary Laura Philpott. Loaner books for the May discussion will be distributed at the meeting on March 11. For more information please call, 301-475-4200, ext. 71050.

Annual Wearin' of the Green Bash at O'Garvey
Garvey Senior Activity Center
Tuesday, March 17, 12 p.m.

Cost: Under age 60, \$6; Age 60+ Donations Welcome

For the luck of the Irish, join us at our Annual St. Patrick's Day bash! Enjoy a traditional meal of corned beef, cabbage, boiled new potatoes, fruited lime Jell-O, and Irish soda bread. Irish tunes to be performed by John Pomerville, singer of traditional Irish pub tunes. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. To make reservations, call 301-475-4200, ext. 71050. Remember to wear your lucky green!

Nutrition Education with a Registered Dietitian
Garvey Senior Activity Center
What's in Your Refrigerator??: Monday, March 23, 11 a.m.
Dealing with Plateaus in Weight Loss: Monday, April 27, 11 a.m.

There is no cost to attend; however, advance sign up is required. Please note - the Nutrition Education in April will be held at the new Garvey Senior Activity Center, located at 23630 Hayden Farm Lane in Leonardtown, MD. Register by calling 301-475-4200, ext. 71050.

**Nutrition Counseling
Garvey Senior Activity Center**

Mondays, March 23 & April 27, appointments beginning at 9 a.m.

Free, individualized, nutrition counseling appointments are available with Donna Taggart, Certified Diabetes Educator and Registered Dietitian. Please note - the Nutrition Counselling in April will be held at the new Garvey Senior Activity Center, located at 23630 Hayden Farm Lane in Leonardtown, MD. Call Ms. Taggart directly to make your appointment: 240-538-6539.



**Thanks for the Memories!
Garvey Senior Activity Center
Friday, April 3, 3-4 p.m.**

Our community will have a brand-new Garvey Senior Activity Center on April 21, 2020! We're saying 'so long' to our current senior activity center building and moving senior activity center programming to 23630 Hayden Farm Lane, Leonardtown, MD.

In celebration of the upcoming move, we invite you to reflect on the memories shared in the current location and share our excitement for what's to come. Light refreshments will be available as you view a slideshow of photos that pay tribute to all the wonderful memories at the old location. At 3:45 p.m., we'll share in a toast to the past and the excitement of all the memories yet to be made. RSVP by calling 301-475-4200, ext. 71050, or stop by the receptionist desk.

**Reverse Canvas "Home Sweet Home" Sign
NEW Garvey Senior Activity Center
23630 Hayden Farm Lane, Leonardtown, MD
Thursday, April 30, 10 a.m.-12 p.m.**

Cost: \$7, payable in advance

Reverse canvas is a popular technique used by crafters to create unique signs using a basic wrapped canvas. In this workshop, crafters will create a sign using the reverse canvas technique and applying pre-cut heat transfer vinyl. Registration for this class opens April 21. Class size is limited; reservations and payment can be done at the receptionist desk. To RSVP or for more information, call 301-475-4200, ext. 71050, after April 21.



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**Friday Morning Softball
Miedzinski Park, Leonardtown
Fridays, beginning April 24, 10 a.m.**

Cost: Free

Spring is in the air and it's time to dust off that bat and glove and head out to Miedzinski Park for a pick-up game of softball! Men and women ages 50 and above are welcome. Call the Garvey Senior Activity Center at 301-475-4200, ext. 71050, for more information.

We're Moving!

The current Garvey Senior Activity Center, located in the governmental complex, will officially close on **Friday, April 3, at 5 p.m.** For two weeks, we will be moving into the brand new Garvey Senior Activity Center to prepare it for use!

The new

Garvey Senior Activity Center

will be re-open on:

Tuesday, April 21 at 8 a.m.

at:

23630 Hayden Farm Lane

Leonardtown, MD

We are excited to invite the public to join the Department of Aging & Human Services and local and state dignitaries, including the Commissioners of St. Mary's County and Yumi Hogan, First Lady of Maryland, for the official ribbon cutting at **11 a.m. on Tuesday, April 28!**

Tour the center and learn about all we have to offer!

For more information, call 301-475-4200, ext. 71050, visit our website at www.stmarysmc.com/aging, or visit us on Facebook - www.facebook.com/SMCDAHS.

While we prepare our new Senior Activity Center for the grand opening, we welcome participants to visit one of our other locations!

Loffler Senior Activity Center

21905 Chancellors Run Road

Great Mills, MD

301-475-4200, ext. 71658



Northern Senior Activity Center

29655 Charlotte Hall Road

Charlotte Hall, MD

301-475-4200, ext. 73101



Loffler Senior Activity Center

In Great Mills, 301-475-4200, ext. 71658

Independent Art

Loffler Senior Activity Center

Wednesdays, 1 p.m., Cost: Free or minimal supply fee if doing a project

Independent Art on Wednesdays is available to anyone who wants to work on a current project or would like to start something new. Chris Sisk will be on hand to guide you. For questions call 301-475-4200, ext. 71658.

Art Classes by Jamie Naluai

Loffler Senior Activity Center

Tuesdays, March 3, 10, 17, 24, 31, 10 a.m.-12 p.m.

April 7, 14, 21, 28, 10 a.m.-12 p.m. , Cost: \$85 per month

March will be the month of having fun with color theory which will include exploring color through different mediums. Fun will continue in April as students learn about the art of abstract. Jamie's classes are suitable for beginners as well as intermediate level. She teaches drawing, painting and other mediums in four 2-hour sessions per month. Cost of these classes includes enough paint and supplies to get you started. Payment may be made to instructor on the first day of class. Call 301-475-4200, ext. 71658, to sign up or to learn more.

Kitchen Kaizen Food Safety Course

Loffler Senior Activity Center

Wednesday, March 4, 10 a.m. – 12 p.m.

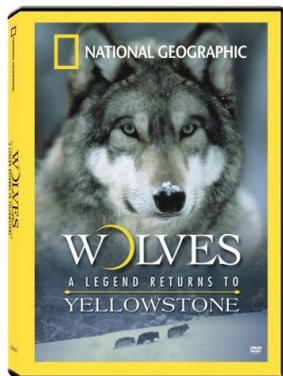
Cost: Free

Have you ever second-guessed yourself if food has gone bad or wondered if your chicken is cooked enough? What about the old wives tale about putting hot food in a refrigerator? Join Erin Jewell from the University of Maryland Extension and learn ways to improve your meals, no matter how long you have been preparing food. This workshop will let you get your hands dirty and clean! Return home with the tools (give-a-ways for all participants), confidence, and knowledge to avoid a kitchen calamity. Never be satisfied, because change (kai) is good (zen). The University of Maryland Extension is an equal opportunity provider. To sign up call 301-475-4200, ext. 71658.

UNIVERSITY OF
MARYLAND
EXTENSION



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Educational Video Series:

Wolves: A Legend Returns to Yellowstone

Loffler Senior Activity Center

Wednesday, March 11, 10 a.m. 55 min., Cost: Free

This classic and beloved National Geographic special, four years in the making, invites you to run with the pack for a wolf's-eye-view. Witness the unfolding saga of hardships and affection, losses and triumphs, and the controversy surrounding the decision to reintroduce wolves back into the heart of the West. Register to see this movie by calling 301-475-4200, ext. 71658, or stop by the reception desk to sign up.

March Health Watch: Wise Up On Meds

Loffler Senior Activity Center

Wednesday, March 11, 10 a.m., Cost: Free

Nearly half of the U.S. population takes at least one prescription drug, while more than one-third of adults 45 or older are on three or more prescriptions. AARP has developed a “program in a box” designed to help you effectively manage prescriptions, reduce complications and achieve maximal health benefits. Health Watch Coordinator Mary Tennyson will offer this presentation on March 11 at 10 a.m. To sign up call 301-475-4200, ext. 71658, or stop by the reception desk.

Nutrition Education and Counseling for March

Loffler Senior Activity Center

Monday, March 16, 9 & 11 a.m. (Counseling), 10 a.m. (Education Topic)

Cost: Free

On March 16, Dietitian, Donna Taggart will present *What About Sugar?* at 10 a.m. On the same day, she will offer free personal nutritional counseling at 9 a.m. and 11 a.m. if you make an appointment with her by texting or calling 240-538-6539. To sign up for the *What About Sugar?* presentation call 301-475-4200, ext. 71658 or stop by the reception desk at Loffler.

March Monthly Craft: Acrylic Pour

Loffler Senior Activity Center

Friday, March 20, 10 a.m., Cost: \$8

What’s all the fuss about Acrylic Pour? In fact, what is it? It’s a way to make a random, unique design on canvas using paint and a cool tilting technique. Payment in advance required. Class size is limited to 8. Call 301-475-4200, ext. 71658, or stop by the reception desk to sign up.

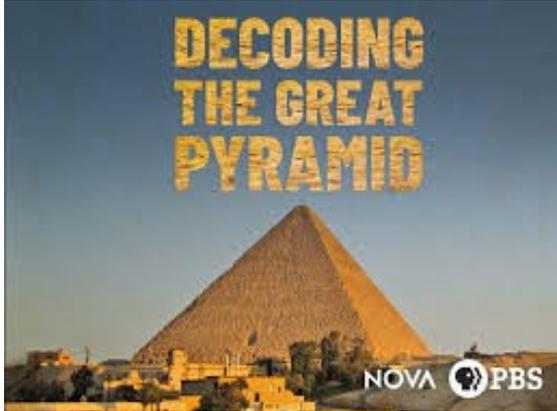
Chopticon Dance Troup Performance

Loffler Senior Activity Center

Thursday, March 26, 12:45 p.m., Cost: Free

The Chopticon High School Performance Troupe will come to the Loffler Senior Activity Center on Thursday, March 26, at 12:45 p.m. to provide a free performance. You can look forward to 45 minutes of pure fun watching and listening to this group of spirited young men and women. This performance takes place on the same day as a Lunch Connection, but you can watch it even if you have not reserved a place at the luncheon. For more information call 301-475-4200, ext. 71658.





Educational Video Series: Decoding the Great Pyramid

Loffler Senior Activity Center

Wednesday, April 8, 10 a.m., 60 min.

Cost: Free

How did the Egyptians engineer the Great Pyramid of Giza so precisely, and who were the thousands of laborers who raised the stones? New archaeological evidence, including a logbook of a labor team leader, provides new insights into these age-old questions. NOVA delves into these

construction secrets to trace how mobilizing labor

and resources on such a massive scale transformed ancient Egypt. Register to watch this video by calling 301-475-4200, ext. 71658, or stop by the reception desk to sign up. Seating is limited.

April Health Watch: You Don't Need Another Stroke

Loffler Senior Activity Center

Wednesday, April 8, 10 a.m., Cost: Free

Have you or someone close to you had a stroke recently and you want to prevent it from happening again? There are things you can do to decrease the chances. Health Watch Coordinator Mary Tennyson will discuss this on April 8 at 10 a.m. To sign up call 301-475-4200, ext. 71658, or stop by the reception desk.

Nutrition Education and Counseling for April

Loffler Senior Activity Center

Monday, April 13, 9 a.m. & 11 a.m. (Counseling), 10 a.m. (Education Topic)

Cost: Free

On April 13, Dietitian Donna Taggart will present *Dealing with Plateaus in Weight Loss* at 10 a.m. On that same day, she will offer free personal nutritional counseling at 9 a.m. and 11 a.m. if you make an appointment with her by texting or calling 240-538-6539. To sign up for the Dealing with Plateaus in Weight Loss presentation call 301-475-4200, ext. 71658, or stop by the reception desk at Loffler.

AARP Safe Driving Class

Loffler Senior Activity Center

Wednesday, April 15, 9 a.m.-2 p.m.

Cost: \$15 for AARP Members

\$20 for non-members

An AARP Safe-Driving course will be held at the Loffler Senior Activity Center on Wednesday, April 15, from 9 a.m.-2 p.m. (with an hour lunch break at 11:30 a.m.). This

program includes emphasis on roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seat belt and turn signal use.

Pre-registration is required and can be accomplished by calling 301-475-4200, ext. 71658, or stop by the registration desk at Loffler. If you wish to order a lunch from the center, the cost is \$6 if you are under 60 and by donation for those 60+ years of age.



Lunch Connection

Entertainment on Tuesday begins at 11:30 and lunch is served at noon. Reservations are required, a \$3 (non-refundable) activity voucher must be purchased in advance when you sign up for the Tuesday Lunch Connection. Call 301-475-4200, ext. 71658

There will be a 50/50 raffle at each luncheon.

Tuesday, March 10: Join us for lunch as we are entertained by Paul Barber. On the menu for the day will be chicken parmesan with tomato sauce and spaghetti noodles, green beans, Italian bread, fresh orange slices and a brownie for dessert.

Thursday, March 26: The Center Stage Seniors will be performing for us on this day as you enjoy a pulled pork sandwich on a deli roll, coleslaw, corn, seasonal fruit, and pineapple upside down cake for dessert.

Tuesday, April 14: Rearview Mirror will be performing as you enjoy a spring inspired meal of pineapple juice, chicken salad, whole wheat bread, peaches, marinated cucumbers & onions and a frosted vanilla cupcake for dessert.

Mental Health and Older Adults

Loffler Senior Activity Center

Thursday, April 30, 10 a.m., Cost: Free

Join us as Birgit Locklear, MSW, LCSW-C, CCTP, Clinical Director at Pathways Inc., discusses grief and depression and what these feelings and emotions may look like in older adults, what is considered normal, and what signs and symptoms to look for when you or someone you love may need to seek additional help. To sign up for this presentation call 301-475-4200, ext. 71658, or stop by the reception desk.

Spring Diggity!

Loffler Senior Activity Center

Thursday, April 23, 10 a.m.- 2 p.m., Cost: \$8

It's been a long time since we've had a party so let's change that! DJ Mean Gene will be spinning our music. On the menu is: cranberry juice, BBQ chicken, baked beans, dilled carrots w/snow peas, whole wheat dinner roll, fruited jello, and a slice of lemon meringue pie for dessert. Ticket sales are limited to 100, and the suggested donation is \$8 per person. Tickets go on sale March 2, 2020. Tickets will only be sold at Loffler; don't miss out on the fun!

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Learn to use your Smartphone!

We will soon have smartphone classes for those who have questions about their smart phone! A team of students from St. Mary's College of Maryland will come to the Loffler Senior Activity Center once a week for a series of classes that will start with basics like making calls and developing a contact list, texting, and retrieving voice mail messages. Over the course of the sessions, students will show how to use your phone for other things like social media, keeping notes, using a calendar, and much more. Be on the lookout for more information about this opportunity in the weeks to come! For more information, call 301-475-4200, ext. 71658.

Northern Senior Activity Center

In Charlotte Hall, 301-475-4200, ext. 73101

Living Well with Chronic Conditions Northern Senior Activity Center

Wednesdays, March 11-April 15 (6 sessions), 12:30-3 p.m.

Cost: Free

Start doing something wonderful for yourself by taking steps to improve your life even while dealing with a chronic health condition! We will follow an evidence-based program that was developed by Stanford

University to help people with chronic conditions take charge of their life by developing self-management skills, including dealing with depression and fatigue, pain management, working with health care providers and more. If you have a chronic condition and are serious about improving the way you feel, this is the workshop for you. There is no charge for taking this class; however, a commitment to regular attendance is needed for positive results. To sign up for this workshop series in advance, please visit the signup table or call 301-475-4200, ext. 73102.



Living well

Take Charge of your Health

Fall Risk Assessments with Dr. Mike

Northern Senior Activity Center

Monday, March 9, 1-4 p.m., Cost: Free

Dr. Mike O'Brien with Freedom Physical Therapy will be at the Northern Senior Activity Center on Monday, March 9, to conduct 15-minute fall risk assessments. Be proactive about your health and get assessed for free. Appointments are limited. To sign up for this free assessment in advance, please visit the signup table or call 301-475-4200, ext. 73103.

Body Imbalance

Northern Senior Activity Center

Tuesday, March 10, 1-2:30 p.m., Cost: \$15

Learn how to bring your body back into balance to relieve tension, increase mobility, and reduce potential injury. Fitness instructor, Judi Lyons, will lead you on a 90-minute journey to improve your body balance. The cost is \$15 and is due at sign up. Space is limited. To sign up and pay for this class in advance, please visit the front desk. For more information call 301-475-4200, ext. 73101.

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CSM Wellness Clinic

Northern Senior Activity Center

Thursday, March 12, 9-11:30 a.m., Cost: Free

The College of Southern Maryland's Nursing Program will provide a free wellness clinic at the Northern Senior Activity Center. Health checks include blood pressure, height and weight, heart rate, and vision. Presentations include topics such as: Food Allergies on the Rise: Which ones and why?; What to know about Vertigo; Sit On It: How Harmful is a Sedentary Lifestyle?; Inflammation Nation: The

Dangers of Inflammation; and, Sick and Tired of Being Sick and Tired: Foods that Boost Energy and Immunity. Drop-ins are welcome; prior sign up is not required.

Breakfast Café

Northern Senior Activity Center
Wednesdays, March 18 and April 22
9-10 a.m., \$3

Start your day with a delicious breakfast made by Ginger! Make your reservation today to have breakfast with friends and let us do the cooking and clean up.

Breakfast for March 18 will be: *sausage gravy, biscuit, home fries and fruit*

Breakfast for April 22 will be: *french toast casserole, sausage, and fruit*



The cost is \$3 and is due at sign up. Space is limited.
To sign up and pay for breakfast in advance, visit the front desk.

Chair Massage

Northern Senior Activity Center

Thursday, March 12, 9-11:30 a.m., Cost: \$15/15 minutes

Licensed massage therapists will be available on Thursday, March 15, from 9-11:30 a.m. This is an excellent way to finish an exercise class or to enjoy during our CSM Wellness Clinic. Appointments are recommended. Walk-in services will be provided on a first-come, first-served basis. To schedule your appointment and pay in advance, please visit the front desk. For more information call 301-475-4200, ext. 73101.

Women's Self Defense

Northern Senior Activity Center

Thursday, March 12, 12:30-1:30 p.m., Cost: \$10

Empower yourself with knowledge at our Women's Self Defense demo. Dave Scheible, a martial arts black belt instructor, will demonstrate escape moves and teach avoidance tactics that you can use in case of a predatory situation. To sign up and pay in advance, please visit the front desk. For more information call 301-475-4200, ext. 73101.



**Enhancing Evening Relaxation and Sleep Workshop
Northern Senior Activity Center**

Friday, March 13, 10:30 a.m.-12 p.m., Cost: \$8

World Sleep Day is March 13, so what better way to end our Week of Wellness than with a relaxation workshop? The Northern Senior Activity Center will have a relaxation workshop designed to increase relaxation and improve the quality of sleep. Go beyond the typical insomnia advice and learn about other options that enhance relaxation and sleep. Dive deeper into choices that calm and still the mind, relax the body and soul, and support a better night's sleep. This workshop informs about alternative sleep therapies that are drug-free like breathing techniques, reflexology points, stress-relieving stretches and Eden Energy Medicine. To sign up and pay in advance, please visit the front desk. For more information, call 301-475-4200, ext. 73103.

**Maryland Day Basket Raffle
Northern Senior Activity Center**

Wednesday, March 25, 12 p.m.

Cost: \$1 for 1 ticket / \$5 for 8 tickets

Celebrate your love of all things Maryland and get your tickets now for Northern's Maryland Day Basket Raffle. This basket features all sorts of Maryland goodies including food, Maryland swag, and nautical items. The cost is 1 ticket for \$1 or 8 tickets for \$5. Tickets will be available during March and the winner will be pulled on Maryland Day at noon. For more information call 301-475-4200, ext. 73103.



**Fishtail Braid Bracelet
Northern Senior Activity Center
Monday, March 23, 1-4 p.m., Cost: \$23**

Learn to make a stunning fishtail braid bracelet using glass beads, crystals, and a decorative magnetic clasp. This class is led by Deb Sams, an experienced jewelry designer and artist. The cost is \$23 and is due at sign up. Space is limited. To sign up and pay for this class in advance, please visit the front desk. For more information call 301-475-4200, ext. 73101.

**Disappearing Nine-Patch Quilt
Northern Senior Activity Center
Thursdays, April 9 & 16, 9-11 a.m.**

Cost: Free – Participant Supplies Required

Experienced quilter Teresa Andrasik will lead a two-session class to show you how to make a disappearing nine-patch quilt. Sewing experience advised. Participants will need to purchase and bring their own fabric to class. Participants will also need to bring their own sewing machine, thread, and personal tools. Mats, cutters, and irons provided. Instruction is free and space is limited. To sign up for this two-part class in advance, please visit the sign-up table or call 301-475-4200, ext. 73103.



**Fabulous Fabric Handle Tote Basket
Northern Senior Activity Center**

Monday, April 20, 10 a.m.-3:30 p.m., Cost: \$35

Learn to weave this beautiful tote basket. This small basket features a wooden bottom for stability and some fabulous choice fabric handles for on the go use. Class will be led by experienced basketry instructor Pam King. Participants are encouraged to bring a lunch so they can continue the project to completion. The cost is \$35 and includes all materials and instruction. Space is limited and advance sign up is required. To sign up and pay in advance, please visit the front desk. For more information, call 301-475-4200, ext. 73101.



**Movements for Memory, Mood, & Immunities
Northern Senior Activity Center**

Monday, April 20, 12 p.m.-2 p.m., Cost: \$15 + optional \$5 instruction manual

Fitness instructor, Judi Lyons, will teach a class that focuses on specific types of movement that have been shown to sharpen cognitive function, stabilize and lighten mood, and improve immune response. These simple movements can be done anywhere, by anyone, without yoga experience. The workshop also addresses focus and concentration, stress, anxiety and sadness, as well as immune system integrity. The cost is \$15 and is due at sign up. An instruction manual can be purchased for an additional \$5 to participants to guide them on how to continue to use these movements at home. Space is limited. To sign up and pay for this class in advance, please visit the front desk. For more information call 301-475-4200, ext. 73101.

Spring Fling

Northern Senior Activity Center

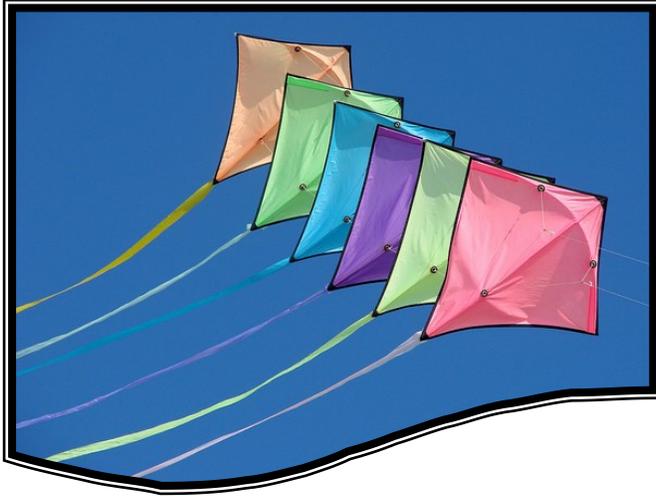
Wednesday, April 29, 1 p.m.-4 p.m., Cost: \$5

Celebrate the coming of spring by cutting loose on the dance floor. Bring back your florals, pastels, and your groove with DJ Mean Gene. The ticket is \$5 and supports the cost of the DJ. Refreshments will be provided as a courtesy of the Northern Senior Activity Center while supplies last. Lounge seating will be provided for catching your breath and catching up with your pals. There will also be a money raffle for event participants. Payment is due at sign up. To sign up and pay for your ticket in advance, please visit the front desk. For more information call 301-475-4200, ext. 73103.



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Program Manager



Soaring to New Heights of Personal Growth

Springtime ushers in a vibrant season of new growth and new beginnings. It also offers us the opportunity to shake off the old, stale way of doing things and embrace something new. Learning new things can be a great way to stay excited about life.

We're never too old to learn, to dream, to grow. So maybe it's time to soar to new heights this spring by trying something new that will stretch your life and your imagination. This newsletter is full of opportunities to spread your wings. So

don't put off your springtime explorations. Get out there, try something new, and start volunteering. There's no time like now to begin a New Beginning!



LIFE: Learning is ForEver

A popular program made possible by RSVP volunteers is the Learning Is ForEver Program (LIFE) which embrace learning as a

life-long endeavor that keeps us young in heart and mind.

Through the LIFE Program, RSVP volunteers offer educational outreach tours and presentations for seniors. Besides exploring Southern Maryland to learn about life in our own backyard, LIFE volunteers plan exciting day trips beyond our local borders. Offered every spring and fall, these tours show seniors just how much fun it can be to learn and grow—especially when in good company.

National Volunteer Week

In celebration of National Volunteer Week, we thank all our RSVP volunteers who help keep local non-profits running, Senior Activity Centers humming, and county programs continuing to meet the needs of local citizens. We thank you for your time, talents, and dedication as you transform lives and inspire others!



National Volunteer Week
April 19 — 25, 2020

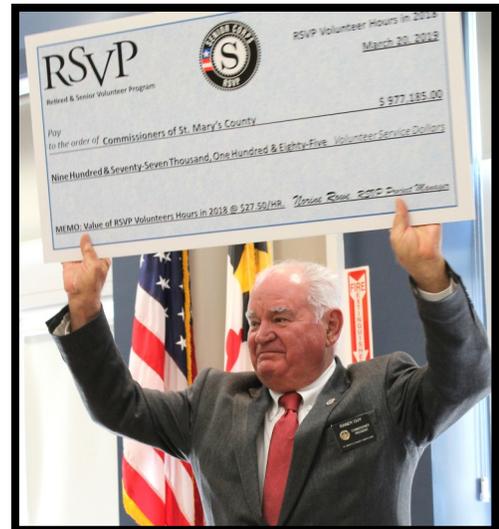


Reminder: RSVP Volunteer Banquet Wednesday, March 18

Our RSVP Volunteer Banquet will be held on Wednesday, March 18, at the Dr. James A. Forrest Career & Technology Center. Volunteer registration begins at 10 a.m. followed by the Awards Ceremony at 11 a.m. and then lunch. The event concludes by 2 p.m. All RSVP volunteers who served hours in 2019 were mailed an invitation. Reservations are required, but if you didn't register and would like to attend, please call us at 301-475-4200, ext. 71650, as we may have a few more openings.

A Million Dollar Banner Year for RSVP!

RSVP volunteers served more than 36,000 hours of service in 2019 valued at more than \$1,000,000 - a record for our program! Pictured here is Commissioner President Guy displaying a large check presented to him at last year's banquet. We look forward to presenting him with an even bigger check this year. Thanks to all our RSVP volunteers who have made our program such a super success!



Special Banquet Parking

Banquet attendees are asked to park in the rear lot of the Forrest Technology Center as the front parking lot is reserved for students. Parking attendants will help direct attendees to the rear parking location. A Department of Aging & Human Services van will also be available to provide transportation from the rear parking area to the event side entrance for all attendees.



Awards Banquet and Possible Wintry Weather

We are hoping for bright, sunny skies on the day of our RSVP Volunteer Banquet. However, due to the time of year, it's possible wintry weather could cause the public schools to close or have a two-hour delay. If either happens, our Volunteer Banquet will have to be canceled and awards will be mailed to volunteers. In case of inclement weather, please check the Public Schools website for closing information. You can also visit the Department of Aging & Human Services website for event updates at www.stmarysmd.com/aging/.

RSVP offers a wide variety of volunteer opportunities for seniors 55+ years of age. For information on senior volunteer service opportunities, call 301-475-4200, ext. 71650, or e-mail RSVP@stmarysmd.com.

Trips and Tours

Baseball Bus Trip



**Baseball Bus Trip:
Washington Nationals vs. Los Angeles Dodgers
Thursday, April 23
Cost: \$78
Bus Departs Garvey at 10:15 a.m.
Bus Departs Northern at 10:45 a.m.**



Gather your pals, pile on the bus, and spend your Thursday with the home team! The Department of Aging & Human Services is leading a bus trip to Washington National's Stadium to see the 2019 World Series Champions take on the Los Angeles Dodgers. The cost of this trip is \$78 and includes game ticket, transportation on a spacious motor coach, driver gratuity, and snacks to and from the game. Lunch refreshments can be purchased separately at the stadium. The trip is held rain or shine, but don't worry, the seats are under cover. The bus will depart from the Garvey Senior Activity Center at 10:15 a.m. and the Northern Senior Activity Center at 10:45 a.m. The return bus will depart the stadium no later than 5 p.m. Please note the game starts at 1:35 p.m. and if it should go into extra innings, we will still leave the stadium no later than 5 p.m. Payment and completed trip waiver are due at sign up to secure your spot for the trip. Please let staff know at sign up if you need any accommodations. For more information contact Rachel Mowatt by phone at 301-475-4200, ext. 73103, or by email at Rahel.Mowatt@stmarysmd.com.

Murder Mystery Dinner Cruise

**Murder Mystery Dinner Cruise
Saturday, May 30
Cost: \$121
Bus Departs Northern at 10 a.m.**

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Enjoy a surf and turf feast while solving a "who done it" mystery on the scenic Choptank river. The Department of Aging & Human Services is leading a trip on a murder mystery dinner cruise that is sure to start your summer off right. The riverboat is out of the Choptank River Boat Company and the food is provided by the Suicide Bridge Restaurant. The cost of this trip is \$121 and includes transportation on a spacious motor coach, dinner cruise meal and riverboat adventure, driver gratuity, and morning bus ride snacks. The menu includes prime rib or lemon chicken, crab cake, potato of the day, green vegetable, garden salad, non-alcoholic beverage, and dessert. A cash bar is also available on the cruise. The bus will depart from the Northern Senior Activity Center at 10 a.m. and will return around 6:45 p.m. The murder mystery dinner cruise is from 1-4 p.m. Payment is due at sign up to secure your spot for the trip. A waiver must be completed the day of the trip prior to boarding the bus. Please let staff know at sign up if you need any accommodations. For more information contact Rachel Mowatt by phone at 301-475-4200, ext. 73103, or by email at Rahel.Mowatt@stmarysmd.com.

Ongoing Creative Expressions

Location	Title	Instructor	Day(s)	Time	Cost
*Garvey Senior Activity Center Leonardtwn 301-475-4200, ext. 71050	Quilting Bee	Louise Park	1st & 3rd Fridays	9:30 a.m.	Supplies

Location	Title	Instructor	Day(s)	Time	Cost
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Needle Crafters	Audrey Haynie	Mondays & Thursdays	10-11:30 a.m.	Free
	Open Studio Art	Chris Nelson-Sisk	Every Friday	10 a.m.	Supplies
	Sew-it-Alls	Judith Nelson	Monday	1 p.m.	Free
	Independent Art Classes	Chris Nelson-Sisk Jamie Naluai	Wednesdays Tuesdays	1 p.m. 10 a.m.-12 p.m.	Bring materials \$85/month
	Charity Crafters	Dee Poole	Thursdays	1 p.m.	Free
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.- 2 p.m.	Free
	Project Linus	Debbie Ruple	3rd Fridays	10 a.m.	Free
	Monthly Craft	Audrey Haynie	1st or 2nd Fridays	10 a.m.	Fee
	Wood Carving	W. & M. Brown	Tuesdays	1 p.m.	Supplies
	Embroidery on Paper	Omega Taylor and Lilli Mellenberg	Mondays	1 p.m.	\$5 for starter kit

Location	Title	Instructor	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	Simply Crafty	Self-directed	Daily	Open	Free
	Whimsie Works Pottery	Pam King	2nd & 4th Mondays	1:30-4:45 p.m.	Fee
	Quilting for Beginners	Gina Alexander	2nd & 4th Wednesdays	12:30-4:30 p.m.	Free
	Dynamic Ceramics	Nancy Norris	Wednesdays	9:30 a.m.– 1:30 p.m.	Fee
	Open Studio	Self-directed	Mon. & Fri.	8 a.m.- 4:45 p.m.	Free
	Diamond Dazzle	Martha Baker	3rd Tuesdays	10:30 a.m.-2:30 p.m.	Free
	Coloring Group/FULL	Martha Baker	1st & 3rd Wednesdays	1-3 p.m.	Supply Donation

***Please note - the Garvey Senior Activity Center will be closed from April 4-21**

MARCH/APRIL

Ongoing Social Events at the Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	“Bring Your Buddy” Billiards	Mondays Wednesdays Thursdays	Before 1 p.m. Before 1 p.m. After 3 p.m.	Free
	Hand & Foot	2nd & 4th Tuesdays	12:30-4:30 p.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.-3:30 p.m.	Free
	Double Pinochle	Tuesdays Fridays	11 a.m.-4:30 p.m.	Free
	Breakfast Café	Varies (see pg. 23)	9-10 a.m.	\$2
	Western Mahjong	Wednesdays	1-4 p.m.	Free
	Eastern Mahjong	Mondays & Thursdays	1-4:30 p.m.	Free
	Bridge	Thursdays	10 a.m.-2 p.m.	Free
	Bingo	Fridays	10-11:45 a.m.	\$2
	Eat. Play. Fun. Pitch.	2nd & 4th Thursdays	12:30-3 p.m.	\$5
	S.W.A.G.= Seniors With Awesome Games	Tuesdays & Fridays	1-4:30 p.m.	Free
	Northern Stars Theater Group	Varies	1 p.m.	Free

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Wanted: Older Adults Who Like to Eat!!

Did you know St. Mary’s County has three senior activity centers open to independent older adults Monday-Friday where lunch is served? Adults age 60 and over can enjoy lunch among friends, and monetary donations are accepted. Continued social involvement and good nutrition are key to healthy, independent aging. By joining your friends for lunch at the Garvey, Loffler, or Northern Senior Activity Centers, you are taking a positive step, and enjoying these benefits. Try lunch at your local senior activity center. Call the centers by noon the day before to make a reservation. The monthly menu is available at the centers or on-line at www.stmarysmd.com/docs/menu.pdf.



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. 71050	Bingo	1st & 3rd Mondays	10 a.m.-noon	\$1-3
	Billiards (drop in)	Varies	Varies	Free
	Senior Vibes	1st Tuesday	10-Noon	Free
	Bridge Club	Thursdays & 4th Wednesdays	10 a.m.-3 p.m. (call for info)	Free

Location	Title	Day(s)	Time	Cost
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Pinochle	Mon., Wed. & Fri.	8 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.-12 p.m.	Free
	Bingo	Tuesdays, March 3, 17, 24, 31 Tuesdays, April 7, 21, 28	12:30-1:30 p.m.	\$1 (up to three cards)
	Bingo	Wednesdays, March 11 and April 15	12:30-1:30 p.m.	\$1 (up to three cards)
	Canasta & More	Wednesdays	1-4 p.m.	Free
	Puzzles	Daily	9-12 p.m.	Free
	Polish Poker & Pitch	Weds. & Thurs.	9:30 a.m.	Free
	Coloring Conquests	Daily	9 a.m.	Free
	Rummikub	Tuesdays	9:30 a.m.	Free

***Please note - the Garvey Senior Activity Center will be closed from April 4-21**

Ongoing Physical Fitness Activities At Garvey and Loffler Centers

Location	Title	Day(s)	Time	Cost
*Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050 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
	Men's Strength Training	Mondays & Thursdays	9:30-10:30 a.m.	F.C.
	EnhanceFitness	Mon., Wed., Fri.	10:45-11:45	F.C.
	Open Table Tennis	Tuesdays 1st Tuesdays ONLY	10 a.m.-12 p.m. 2:15 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays, Thursdays, & Fridays	8:45-9:20 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
	Exercise for Parkinson's Disease	Thursdays	1:15-2 p.m.	Free
	Zumba	Thursdays	10:45-11:45 a.m.	F.C.
	Walk & Tone	Fridays	9:30-10:30 a.m.	F.C.
	Chair Yoga	Wednesdays	9:40-10:40 a.m.	F.C.
	Indoor Gym Walking	Tuesdays & Thursdays	12:15-1:15 p.m.	Free

Location	Title	Day(s)	Time	Cost
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658 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.-4:30 p.m.	Free
	Wii Sports	Daily	8 a.m.-4:30 p.m.	Free
	Zumba	Mondays	Noon	F.C.
	Walking Club	Mon., Wed. & Fri.	9 a.m.	Free
	Arthritis Foundation Exercise	Mondays & Fridays	1-2 p.m.	Free
	EnhanceFitness	Mondays & Fridays Wednesdays	2 p.m. 1 p.m.	F.C.
	Strength Training	Tuesdays	10-11 a.m.	F.C.
	Yoga	Mon., Wed., Thurs. & Fri.	9:40-11 a.m.	F.C.
	Line Dance	Fridays	11 a.m.	Free
	Tai Chi for Arthritis & Fall Prevention	Mondays, Thursdays by schedule; call.	11 a.m.	Free

***Please note - the Garvey Senior Activity Center will be closed from April 4-21**

Ongoing Physical Fitness Activities At The Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101 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.-4:45 p.m.	Free
	Wii Sports	Call	Call	Free
	Walking on Three Notch Trail	Daily	Open	Free
	Awakening Yoga	Mondays Thursdays	9-10 a.m. 10:30-11:30 a.m.	F.C.
	Chair Yoga	Fridays	9-10 a.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Wednesdays & Thursdays	10-10:45 a.m.	Free
	EnhanceFitness	Tuesdays & Thursdays Saturdays	9-10 a.m. 9:30-10:30 a.m.	F.C.
	Line Dancing	Wednesdays	1-2:30 p.m.	Free
	Regular Bike Riding	Daily	Open	Free
	Regulation Horseshoes	Call	Call	
	Tai Chi for Arthritis	May 19-August 4	10-11 a.m.	Free

We'll Read to You

Audio Version of the *New Beginning* Newsletter and Calendars are Online

Thanks to volunteer readers Barbara Homan and Linda Wheeler, an audio version of this bi-monthly *New Beginning* newsletter is available on the Department of Aging & Human Services website. To have *New Beginning* read to you, visit

www.stmarysmd/aging/NewBeginning.

This will take you to previous newsletters, and you can click on the issue you want to read or click on the audio link for the monthly edition you want to have read to you.

Call 301-475-4200, ext. 71073, to learn more 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.



Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
*Garvey Senior Activity Center Leonardtwn 301-475-4200, ext. 71050	Let's Talk Discussion Group	Taylor Gregg	Tuesdays	1-2:30 p.m.	Free
	Book Discussion	Volunteer	2nd Wednesday	10 a.m.	Free
	Reader's Theater	Linda Lagle	2nd & 4th Wed.	11 a.m.	Free

Location	Title	Instructor	Day(s)	Time	Cost
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Current Events	Paul Kelley	Mondays	10 a.m.	Free
	Scripture Study	Solomon Olumese	Fridays	10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By appt.	Free

Location	Title	Instructor	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	Page Turners Book Club FULL	Gloria Fusco	3rd Tuesday	11-12:30 p.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	Call center for next meeting date	1 p.m.	Free
	Book Chatter Book Club FULL	Martha Baker	4th Thursday	11-Noon	Free

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***Please note - the Garvey Senior Activity Center will be closed from April 4-21**

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. 71073, or Sarah.Miller@stmarysmd.com.

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
41780 Baldrige Street, P.O. Box 653, Leonardtown, MD, 20650
(Please send donations and correspondence to the Post Office Box)

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. 71057, 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. 71057.

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. 71063.

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. 71060.

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. 71653.

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. 71066 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. 71073.

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. 71849.

Website: www.stmarysm.com/aging

Facebook: www.facebook.com/SMCDAHS

Phone: 301-475-4200, ext. 71050

Fax: 301-475-4503

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Additional Locations

- **Garvey Senior Activity Center, 301-475-4200, ext. 71050**
41780 Baldrige Street, Leonardtown, MD, 20650
New Address Effective April 21 - 23630 Hayden Farm Lane, Leonardtown MD
- **Loffler Senior Activity Center, 301-475-4200, ext. 71658**
21905 Chancellor's Run Road, Great Mills, MD 20634
- **Northern Senior Activity Center, 301-475-4200, ext. 73101**
29655 Charlotte Hall Road, Charlotte Hall, MD, 20622
- **Human Services Division and Maryland Access Point (MAP), 301-475-4200, ext. 71050**
23115 Leonard Hall Drive, Leonardtown, MD, 20650



St. Mary's County Department of Aging &
Human Services
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CHANGE SERVICE REQUESTED

***2020 Holiday Closings
(No Home-Delivered or Congregate Meals Served)***

Friday, April 10 - Good Friday
Monday, May 25 - Memorial Day

NEW BEGINNING