

NEW BEGINNING

VOLUME 32 ISSUE 3

MAY-JUNE 2019



Older Americans Month

“Connect, Create, Contribute”

In This Issue...



Loffler Operations Manager Joyce Raum To Retire; on her upcoming retirement from the Department of Aging & Human Services.....page 4



Tips on Traveling with Seniors
Traveling with a loved one who has care needs can be challenging but also a great experience!..... page 6



Do you struggle with diabetes, heart disease high cholesterol, arthritis, or osteoporosis? Are you looking for a way to stop and/or reverse the steady decrease in physical strength and function that occurs as you get older?page 13



Loffler's LUNCH CONNECTION
Come out to enjoy these delicious lunches on Tuesday, May 14; Thursday, May 23; Tuesday, June 11; Thursday, June 27.....page 21



Diamond Dazzle Drop-Ins
Working on your Diamond Dotz® or similar diamond art kit project? Bring your current project and even a completed project to showcase.....25

From the Director's Desk...

By Lori Jennings-Harris

Connect, Create, Contribute

In light of the recognition of the contributions of our community's older adults, the Administration for Community Living establishes the theme for Older Americans Month annually during the month of May. This year's theme is Connect, Create, Contribute, encouraging older adults to:

Connect with friends, family, and services that support participation.

Create by engaging in activities that promote learning, health, and personal enrichment.

Contribute time, talent, and life experience to benefit others.

“Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.”

(from <https://acl.gov/news-and-events>)

announcements/older-americans-month-2019-theme

The contributions of the older adults in our community and beyond are invaluable. Their wisdom, stories of the past and life experiences have contributed to our present which help to shape and guide our future.

The Department of Aging & Human Services epitomizes the attention to and support of the senior members of St. Mary's County and beyond. We embrace the importance of assisting older adults to remain in their own homes for as long as possible; we provide vibrant, creative and active programs that engage older adults physically, socially and mentally. The Department looks forward to continuing to serve in this role as we have for over 35 years. Together, we will Connect, Create and Contribute!



MAY-JUNE 2019

NEW BEGINNING

The Commissioners of
St. Mary's County
James R. Guy, President
Eric Colvin

Michael L. Hewitt

Todd B. Morgan

John E. O'Connor

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

Editor: Taylor Gregg

301-475-4200, ext. 71074

NEW BEGINNING is

published bi-monthly by the
St. Mary's County Department of
Aging & Human Services.

Articles may be reprinted from
this newsletter but must be
attributed to the "SMCDAHS,
New Beginning."

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.

Joyce Raum, Operations Manager of Loffler Senior Activity Center Retires

Congratulations to Joyce Raum on her upcoming retirement from the Department of Aging & Human Services. Joyce is set to retire on June 1 following 13 ½ years of dedicated employment. Joyce began working with the Department as the Program Specialist at the Garvey Senior Activity Center in January 2006. In July of 2006, Joyce was promoted to Operations Manager at the Loffler Senior Activity Center. Through Joyce's leadership, hard work and caring attitude, the Center has grown as a community activity center for those 50 years of age and older who desire to remain active and involved with others. Today, the Loffler Senior Activity Center is a vibrant facility that encourages healthful aging through social engagement, creativity, continued learning and physical activity.

Joyce brought many positive attributes to her work at the Department of Aging & Human Services' Loffler Senior Activity Center. Her friendly, welcoming attitude and contagious enthusiasm will be missed most of all. We thank you Joyce for your hard work and dedication and wish you a happy, healthful retirement.



LIFE Program Addition-Preregistration required

Bird Walk at Patuxent River Naval Air Station

**Friday, May 17, Tour Limit: 14, Tour Leaders: Bettie Broadhurst & Dean Newman
7:30 a.m.-12:30 p.m., Fee: \$22**

Join bird-photographer, Dean Newman, for a morning of avian fun as we view the Spring migration of birds passing through the Naval Air Station to breeding territories further north. At this time of the year, birds are at their most colorful stage and easiest to see. This outing will have very little walking or physical exertion other than getting in and out of the van multiple times. It's really important that you bring binoculars as most birds will be high in the trees and difficult to fully appreciate with the naked eye. The tour concludes with lunch at the Rivers Edge restaurant on the base. Preregister at any of the senior activity centers.

Van departs promptly from the Loffler Senior Activity Center at 7:30 a.m.

Arrive by 7:15 a.m. to check-in. To learn more call 301-475-4200, ext. 71063



Nutrition Corner

by Donna Taggert, RD/LD/CDE

Email: dtaggert26@hotmail.com

Do you notice food just doesn't taste the way it used to? Aging can impact how we taste and ultimately enjoy our foods. This can lead to a significant impact on one's

quality of life. We have thousands of taste buds but as we age their sensitivity to flavors and their ability to regenerate declines, beginning in our 50s. Along with this loss is the loss of smell. Often there is compensation with an excessive use of salt or sugars which can play havoc on your diet.

While aging is the most common cause of loss of taste and smell sensitivity, medications such as some chemo treatments, antihistamines, antidepressants, inhalers and blood pressure meds can also interfere. As many as 45% of adults 60 or older have a zinc deficiency which can also affect the ability to taste. Den-

dental problems and smoking can compound the problem.

So what can we do? Try to add more color to your plate to help boost your appetite. Learn to use fresh herbs and spices to add flavor. Mustard, hot pepper, onions, garlic and lime juice can provide a zing of flavor. If it worsens, see your doctor, for loss of taste can also be a sign of disease.

If you would like to consult with a registered dietitian to evaluate your diet, I will be at the various centers to provide individual counseling and presentations on current nutrition topics.

Nutrition Presentations by Donna Taggert, RD, CDE

Nutrition counseling by a Registered and Licensed Dietician and Certified Diabetes Educator is available at St. Mary's County Senior Activity Centers to help address your nutrition needs and questions. Services are provided at no cost to you. Call Ms. Taggert at 240-538-6539 to schedule an appointment.

Nutrition and Your Gut: Northern Senior Activity Center, May 6, 11 a.m.
Garvey Senior Activity Center, May 13, 11 a.m.
Loffler Senior Activity Center, May 20, 10 a.m.

Hot Topics: Keto Diet, GMOs and Organic:

Garvey Senior Activity Center, June 17, 11 a.m.
Loffler Senior Activity Center, June 24, 10 a.m.
Northern Senior Activity Center, June 24, 1 p.m.

Call in advance to register:

Garvey Senior Activity Center: 301-475-4200, ext. 71050
Loffler Senior Activity Center: 301-475-4200, ext. 71658
Northern Senior Activity Center: 301-475-4200, ext. 73101



Caregiver Concerns

by Daphne Bennear

Some Tips For Traveling With Care

Warm weather brings on outings and even vacations. Traveling with a loved one who has care needs can be challenging but also a great experience. Some tips to a better experience:

Tip 1: Plan ahead- Call ahead to see if the accommodations and attractions are accessible to people using walkers, wheel chairs or if there are benches for frequent resting. Inquire with the hotel about wheel chair rentals. If attractions are outdoors you may want to locate a nearby area that is air conditioned and can be accessed if the heat or humidity becomes a problem. You may need to know how to access the public transportation where you are going or get a taxi that is accessible. Prepare a list of medications and schedule of dosages. Also, make sure any medication allergies are listed. This can be helpful in case your loved one needs medical attention while you are on the road. Additionally you will want to take insurance cards, physicians contact number and an emergency contact person that is not you.

Tip 2: Keep it Simple- Don't try to do too much. Plan only one activity per day allowing time to rest. If you have never traveled as a caregiver you may want to do a day trip or weekend first to see how the outing goes. This will give you some information about what your needs will be for a longer trip.

Don't take on too much responsibility...let someone else do the driving or fly to your destination. When traveling with people who have care needs you can pre-board and it is suggested to carry a letter from the primary care physician justifying special accommodations for your loved one.

Tip 3: Snacks and Naps- If you are traveling with someone who has dementia try to build your days around their usual sleeping, eating and activity routines. This provides some stability for them and will help keep anxiety and confusion to a minimum. You may have to be willing to sit out some activities in order to provide that stability or rest time for your loved one. Being prepared ahead of time for this can help keep emotions in check and create an enjoyable experience for everyone. Prepare some snacks to carry with you. Your loved one may need a boost of protein or sugars at regular intervals. And don't forget water. Dehydration can ruin your day!

Tip 4: Bathroom Matters- You will want to make sure any attractions you visit have accessible bathrooms for your loved one. You will want large stalls or family bathrooms so you can accompany your loved one and assist if needed. This can be scoped out with a phone call.

If you need an accessible bathroom in your hotel room request this ahead of time when you book your reservation. Letting the staff know what that means for you is important. You may need only grab bars at the toilet side or you may need a roll in shower. Letting them know prevents hassles during check in. If you are driving a long distance make sure you stop frequently to use the restroom, carry incontinence supplies and a full change of clothing. It is also suggested to bring an "occupied" sign to place on the bathroom door in case you need a lengthy visit.

Tip 5: Enjoy the Journey- Be flexible with what activities and when you do them. The best laid plans get all out of whack sometimes. It is okay. This is more about the time and emotions you experience with your loved ones than it is about checking off a list of activities.

Take photos to share with your loved one later. If you are traveling with someone experiencing dementia they may not remember the trip well. However they will remember how they felt about you during the trip. Make some smiles.

Val Grubb, a writer and contributor to the NY Times blog *Travel With Aging Parents* enjoys traveling with her mother.

SAVE THE DATE!

27th Annual Southern Maryland Caregivers' Conference Friday, May 3, 2019

**Southern Pines Senior Center
20 Appeal Lane
Lusby, MD**

Registration Cost: \$35

**Sponsor & Exhibitor opportunities
available!**

**For more information please contact:
Calvert County Office on Aging
410-535-4606**

Whether you are assisting with the care of a spouse, parent, friend, or other relative, caring for someone is a labor of love. Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich one's knowledge and skills in caring for people. The \$35 conference fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions.

7

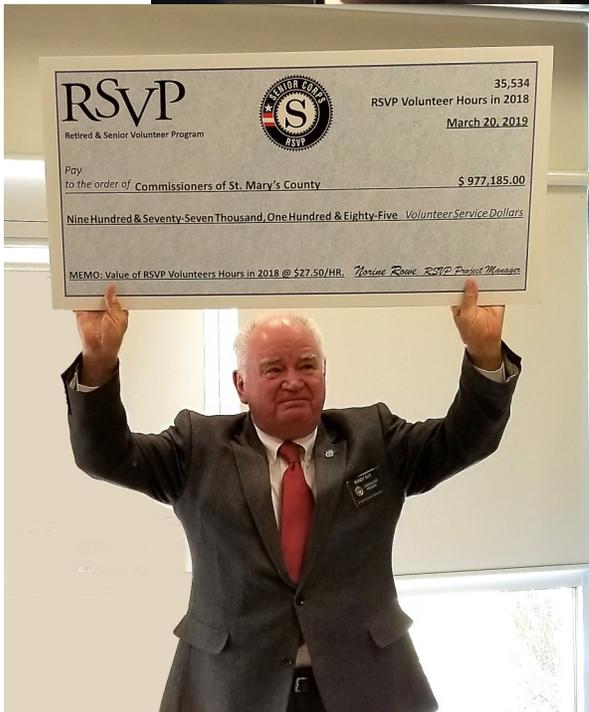
Senior Farmer's Market Nutrition Program (SFMNP) Check Distribution

The Senior Farmer's Market Nutrition Program checks will be distributed to eligible seniors on a first come, first serve basis on Wednesday, July 10 from 8:30-11:30 a.m. in the Chesapeake Building Meeting Room, 41770 Baldrige Street, Leonardtown, MD 20650. Eligibility information will be posted in Senior Activity Centers when available. To learn more, call 301-475-4200, ext. 71072.

RSVP Luncheon

Staff Photographs by Sarah Miller & Taylor Gregg





Senior Information & Assistance

By Debbie Barker, Senior I & A Manager

Legal Assistance Available

The Legal Aid Bureau, Inc. will be providing free legal services at the Garvey Senior Activity Center in Leonardtown on Fridays, May 10 and June 14. Legal Services are available in the following areas:

- Landlord/Tenant Disputes
- Denial of Public Benefits
- Bankruptcy/Credit Problems
- Advance Directives

- Expungement of allowable criminal charges

Simple will preparation may be available to single households with a gross annual income of less than \$12,490 or \$16,910 for a married couple. Wills will be prepared by a pro-bono attorney working with the Legal Aid Bureau, Inc.

Appointments are required by calling 301-475-4200, ext. 71064.

Medicare Seminar

The Department will host a “Welcome to Medicare” seminar on Friday, May 10 from 10 a.m.-noon at the Chesapeake Building in Leonardtown. Attendees will receive information about Medigap policies, Part D, financial assistance, and an overview of what Medicare covers. RSVP is required by calling 301-475-4200, ext. 71050.

Social Security Fraud Calls

(Reprinted from the Social Security Administration website.)

The Office of the Inspector General (OIG) continues to receive reports from across the country about fraudulent phone calls from people claiming to be from the Social Security Administration (SSA). Recent reports have indicated that unknown callers are using increasingly threatening language in these calls. The callers state, due to improper or illegal activity with a citizen’s Social Security number (SSN) or account, a citizen will be arrested or face other legal action if they fail to call a provided phone number to address the issue. This is a scam; citizens should not engage with these calls or provide any personal information.

SSA employees do contact citizens, generally those who have ongoing business with SSA, by telephone for customer-service purposes. However, SSA employees will never threaten you for information; they will not state that you face potential arrest or other legal action if you fail to provide information. In those cases, the call is fraudulent, and you should just hang up.

10

Unfortunately, scammers will try anything to mislead and harm innocent people, including scaring them into thinking that something is wrong with their Social Security account and they might be arrested. Everyone is encouraged to remain watchful of these schemes and to alert family members and friends of their prevalence. Efforts will continue to track these scams and warn citizens, so that they can stay several steps ahead of these thieves.

The OIG recently warned that some of these impersonation calls have “spoofed” SSA’s national customer service phone number, displaying 1-800-772-1213 as the incoming number on caller ID.

The Acting Inspector General urges citizens to be extremely cautious, and to avoid providing information such as your SSN or bank account numbers to unknown persons over the phone or internet unless you are certain of who is receiving it. If you receive a suspicious call from someone alleging to be from SSA, you should report that information to the OIG at 1-800-269-0271 or online at <https://oig.ssa.gov/report>. For more information, please visit <https://oig.ssa.gov/newsroom/scam-awareness>.

Celebrating Centenarians

*Do you know someone living in St. Mary's County who will be
100 years of age or older this year?*

We want to honor them!

*The first annual
Department of Aging & Human Services
Centenarian Luncheon
will be held*

Wednesday, May 22, 2019

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 Wednesday, May 15, 2019

For more information, contact Sarah Miller at:

301-475-4200, ext. 71073

Sarah.Miller@stmarysmd.com



*Brought to you by the Commissioners of St. Mary's County and the
Department of Aging & Human Services*



Law Enforcement Appreciation Day

Tuesday, May 14

11:30 a.m.

5 South Event Center
21030 Point Lookout Rd, Callaway, MD

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

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

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

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

1



Brought to you by the Commissioners of St. Mary's County,
The Department of Aging & Human Services, and the Triad/SALT Council

NEW BEGINNING

Focus On Fitness

by Alice Allen, Division Manager, Senior Center Operations

Do you struggle with diabetes, heart disease, high cholesterol, arthritis, or osteoporosis? Are you looking for a way to stop and/or reverse the steady decrease in physical strength and function that occurs as you get older? Are you looking for a way to remain as independent and active as possible?

Just for you, the Department of Aging & Human Services has the answer to each of these questions and that is strength training. Now don't be scared and give up reading quite yet... learn the facts about strength training, and you too can be on the road to maintaining and improving your physical functioning and health.

According to a recent article published by Harvard Health Publications, entitled *Strength and Power Training at any Age*, strength training is “the most effective way to slow and possibly reverse” much of the decline in muscle tissue, bone density, and strength that happens as one gets older.

Strength training helps the heart work easier by boosting good cholesterol (HDL) and lowering body fat. It improves blood sugar levels, thereby combating diabetes. It builds muscles that help protect joints from injury. Strength training helps to ease the stiffness and pain from arthritis while improving range of motion. Strength training is the “only exercise that targets the very sites most likely to sustain fractures from osteoporosis-

the bones on the hips, spine, and arms.” (Harvard Health Publications, *Strength and Power Training at any Age*.)

There's more good news...it's never too late to start strength training. According to the same article, “studies have shown that just 10 weeks of weight workouts can dramatically improve strength, mobility, and agility in men and women in their 70s and 80s.” Give strength training a try and you too will find that almost any activity becomes easier to do and perhaps you can start some activities that you have given up or have become afraid to continue.

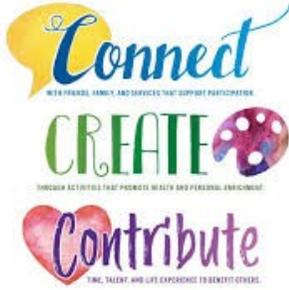
When taking part in strength training, it is important to use proper form in order to avoid injury. It is recommended that you train two to three times a week, with 48 hours between sessions. I would encourage you to complete 12-16 weeks of regular strength training in order to feel more energetic and confident. You can take part in strength training at the Garvey and Loffler Senior Activity Centers where classes are led by certified fitness instructors at a reasonable cost. See page 32 of this newsletter for the times and locations of Strength Training classes. A “men's only” class is offered at the Garvey Senior Activity Center. All other classes are co-ed.

EnhanceFitness classes also include a good strength training workout along with balance, cardio, and flexibility components. And, in honor of May's Older Americans Month celebration, EnhanceFitness classes are offered for free. You can attend as many classes as you would like during the month of May without punching your fitness card. Please still use the touch screen when you arrive so that we know you've attended. Have a great workout, stay strong, stay healthy!!



GARVEY Senior Activity Center

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



Older Americans Month

Garvey Senior Activity Center

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. We are pleased to announce the 2019 theme, Connect, Create, Contribute, which encourages older adults and their communities to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger!

By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and

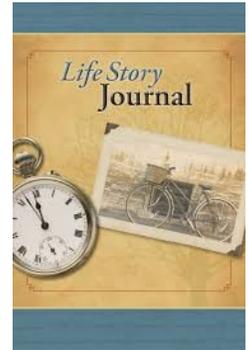
lives. To encourage participation, the Garvey Senior Activity Center is offering special programs through the month of May focusing on the theme for this year.

Contribute Your Life Experiences

LifeBio 101: An 8-week Life Story Writing Group

Fridays & Mondays, May 3-May 31, (no class May 27), 1:30-2:30 p.m.

This interactive class is designed to provide a structure to introduce the power of life stories and to kick start participants' efforts to capture memories, experiences, and values. Interesting exercises prime the pump of memories and lead to opportunities to listen and learn from each others' life journey. No prior writing experience is necessary. Participants will need to bring a spiral bound notebook to class. There is no cost to attend; attendance for all class sessions is highly encouraged. Space is limited. To register, call 301-475-4200, ext. 71050.



Connect with Garvey Staff & Special Programs, Tuesday, May 14, 8:45 a.m.

Join the Garvey staff as they describe the programs offered, discuss happenings in relation to the center and discuss the services provided. There will be a delicious continental breakfast provided and wonderful door prizes awarded. Space is limited so make sure to sign up early!

Create an Inspirational Quote, Monday, May 20, 1:30 p.m.

You can create artwork to be used in decorating the NEW Garvey Senior Activity Center. Join us in creating colorful inspirational quotes for us to frame and use in the new Garvey Senior Activity Center. We will provide all supplies needed. Register in advance by calling 301-475-4200, ext. 71050.

14

Wild Men! The Dawn of Rock'n'Roll

Performance with Story, Art and Song by Phil McKenney

Garvey Senior Activity Center

Wednesday, May 1 (Lunch served at 12:30 p.m.; performance begins at 1:30 p.m.)

During this 1 hour show, Mr. McKenney will present his pen and ink portraits of the 20 or so performers who created a musical shockwave in the mid 50s. The pictures are brought to life as he tells the story of the rapid rise and fall of these fascinating musicians and sings many of their well-known hits in this unique and entertaining show. Prior to the show, a meal of *Apple Juice, Pork Roast, Gravy, Mashed Sweet Potatoes, Broccoli, Whole Wheat Dinner Roll, Pineapple and Ice Cream*. Advance reservations are required; space is limited. To make reservations, call 301-475-4200, ext. 71050.

Handmade Stepping Stones with Deb

Garvey Senior Activity Center, Friday, May 3, 10 a.m., Cost: \$5

Come join Deb's crafting class as she shows you how to create beautiful stepping stones for your summer garden or to give as a Mother's Day gift. Create your personal design! The cost per person for the class is \$5. To register, call 301-475-4200, ext.71050.

Uncle Sam Craft

Garvey Senior Activity Center

Monday, May 6 & Wednesday, May 8, 10 a.m., Cost: \$10

Just in time for the patriotic holidays! Join us as we create an Uncle Sam decorative piece on a tall piece of reclaimed wood. The volunteers will instruct you on the proper techniques over the course of 2 classes. The cost for the class is \$10. Space is limited so be sure you sign up early!



Book Discussion Group

Garvey Senior Activity Center

Wednesdays, May 8 & June 12, 10:30 a.m.

In May the group will discuss *Love and Ruin* by Paula McLain and in June the group will discuss *The Jefferson Key* by Steve Berry. Loaner book copies are available. The group welcomes new members. To learn more or to reserve a copy of the book, call 301-475-4200, ext. 71050.

Walk with Ease

Leonard Hall, Mondays, Tues., Thurs., May 13-June 20, 1:30 p.m.

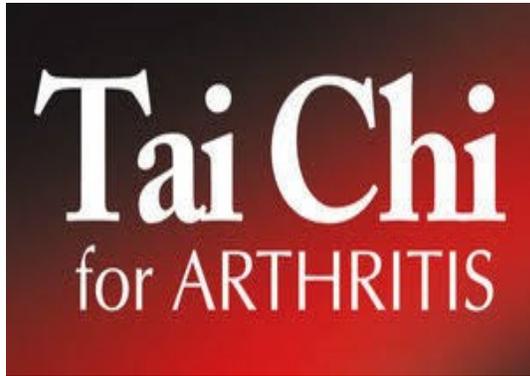
This six-week series, an evidence-based health program developed by The Arthritis Foundation, uses walking to relieve the pain and stress of arthritis. Each session has two components: there is classroom instruction followed by a period of warming up and then walking. Walking has been shown to reduce the pain of arthritis and improve your overall health. This series, facilitated by Debbie Brown, a trained Walk with Ease Coach, is FREE. Commitment to regular class attendance and follow up at home is required. Call 301-475-4200, ext. 71050.

Luncheon with Folk Salad

Garvey Senior Activity Center, Wednesday, May 15, Noon

Join us for Folk Salad an eclectic, acoustic band performing folk, light rock, oldies and originals! They have performed all over St. Mary's County including the Port of Leonardtown Winery, Lotus Kitchen and the Loffler Senior Activity Center. Come enjoy a delicious lunch and a great performance with Folk Salad. The menu for the day is barbecued chicken leg, baked potato wedges, dilled carrots, WW dinner roll, chilled pears and orange juice. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. Call 301-475-4200, ext. 71050 to learn more or to make reservations.





Tai Chi for Arthritis
Garvey Senior Activity Center
Monday, June 3-July 8, 8:30 a.m.

The Arthritis Foundation Tai Chi program developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. The Tai Chi program helps reduce stress, increase balance and flexibility, and improves your overall mind, body and spirit. During the six weeks, participants learn warm-up and cool-down exercises, six basic core movements, and direction changes to add chal-

lenge. Due to the nature of this class, attendance at all sessions is highly recommended and no walk-ins are accepted; advance sign-up is required. To register, call 301-475-4200, ext.71050.

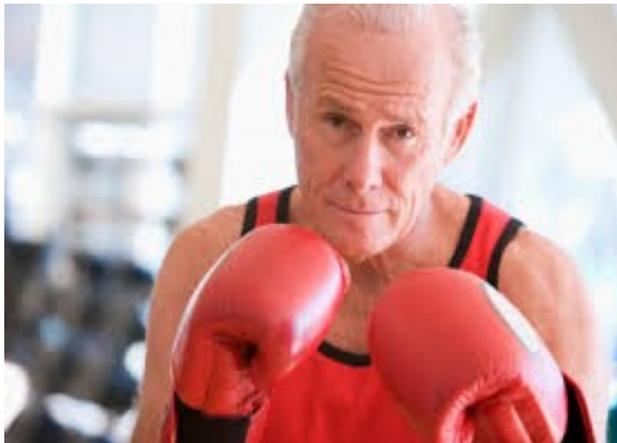
AARP Safe Driver Course
Garvey Senior Activity Center, Tuesday, June 4,
10 a.m.-3 p.m.

Topics covered in this course include, but are not limited to: roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seatbelt and turn-signal use. The cost is \$15 for AARP members, \$20 for nonmembers, payable to AARP. Members must show their membership card to get the member rate. Advance sign up is required. Lunch is available at the Center; cost is \$6 for those under the age of 60 and a donation for those ages 60 and above. Call 301-475-4200, ext. 71050 to register for the class. Make lunch reservations when registering.



Kickboxing
Garvey Senior Activity Center
Wednesdays, June 5-July 17 , 8:30 a.m., Cost: \$35

Kickboxing tones muscles through punching and kicking using focus pads, target pads and mitts. Participants may notice an improvement in overall balance and flexibility. The aerobic moves of kickboxing have been shown to improve circulation and it offers a great stress relief. This specialized class is geared toward active men and women ages fifty and above and has great energy without the high impact exercises that are done during a mainstream kickboxing class. The instructor, Geno Rothback, is a registered nurse, a senior fitness instructor, and is a black belt in Taekwondo and certified Martial Fusion and Kickboxing instructor. Cost is \$35 payable to Geno Rothback. Payment required at time of reservation. Call 301-475-4200, ext. 71050 to learn more.



Hearing Screenings & Presentation: “Hearing Aids”

by Jacobs Audiology, Garvey Senior Activity Center, Tuesday, June 11, 9:30-11:30 a.m.

Dr. Pinno earned her Doctorate in Audiology from Towson University in May 2016 and is board certified in Audiology by the American Board of Audiology. Dr. Pinno's clinical interests include comprehensive audiological assessment as well as the fitting and programming of amplification devices. She will be offering hearing screenings before and after the presentation. Dr. Pinno will offer a presentation concerning hearing aids and answer questions that you may have. If you would like to sign up for a hearing screening and the presentation please call 301-475-4200, ext. 71050.



Luncheon with the Bushmill Band Garvey Senior Activity Center Wednesday, June 19, noon

Come join us at the Garvey Senior Activity Center and enjoy the musical stylings of the local Bushmill Band. The Bushmill Band has performed all over the county including at Cracker Barrel and Riverfests. Their music will get your toes tapping and your hands clapping! The lunch menu is roast turkey, gravy, stuffing, mashed potatoes, carrots, seasonal fruit and orange juice. 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

Garvey Senior Activity Center Council, Inc. News! Cash Blast Fundraiser

The Garvey Senior Activity Center Council, Inc. is holding a Cash Blast fundraiser raffle to support special events and activity supply needs at the Garvey Senior Activity Center. Tickets are available at the Garvey Senior Activity Center beginning May 1; cost is \$2 per ticket or 3 tickets for \$5. First prize is \$500, 2nd prize: \$250, 3rd prize: \$150, 4th prize: \$100. Drawing to be held October 2; no need to be present to win. For more information please call 301-475-4200, ext. 71050.

THE NEW GARVEY SENIOR ACTIVITY CENTER IS ON THE WAY!!!

We have answers! The Garvey Council is sponsoring a continental breakfast on Tuesday, June 18, 2019 at 9 a.m. in the current Garvey's Senior Activity Center Club Room. We want to explain the Council's purpose, how we got to where we are today, and how the Council was instrumental in getting the new Garvey Senior Activity Center building. We will give a presentation which will include a building update, design, floor layout and timeline for expected opening. We will show a video of the new Library/Garvey Senior Activity Center after our update/presentation for those who have not had the opportunity to review it. RSVP by 3 p.m., on June 14 by calling 301-475- 4200, ext. 71050 as seating is limited.

LOFFLER Senior Activity Center

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



Art Classes by Jamie Naluai: Loffler Senior Activity Center Tuesdays, 10 a.m.-12 p.m. \$85 each month (4 classes)

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 the instructor on the first day of class. Call 301-475-4200, ext. 71658 to sign up or to learn more.

Educational Video Series: *The Last Outlaws: Butch Cassidy and the Sundance Kid* Loffler Senior Activity Center, Wed. May 8, 10 a.m., Free, (60 min.)

A film by American Experience. Long before Paul Newman and Robert Redford immortalized them on screen, Butch Cassidy and the Sundance Kid captivated Americans from coast to coast. In the 1890s, their exploits included robbing banks and trains in the West, and then seemingly vanishing into thin air. Register to see this video by calling 301-475-4200, ext. 71658, or stop by the reception desk to sign up. Seating is limited.



Health Watch presents: *What's Up with Strokes?* Loffler Senior Activity Center Thursday, May 9, 10 a.m., Free

What is a stroke and what causes it? Can it be prevented? And if it does happen, what are my options for treatment? Linda Weintraub will offer this free health presentation as part of Loffler's monthly Health Watch Program. To sign up call 301-475-4200, ext. 71658, or stop by the reception desk.

18

Mom's Morning Out Loffler Senior Activity Center

Friday, May 10 9:30 a.m. - 10:30 a.m., Free
Mother's Day is May 12, and we're inviting all mothers to a new twist on a popular event, honoring you, the heart of the family! Reservations are required for our Mom's Morning Out which will be held on Friday, May 10 at 9:30 a.m. You'll be served a few tasty treats and will enjoy outstanding harmonies provided by Southern Maryland Sound Barbershop Quartet. Seating is limited to 50 so make your reservations early. Call 301-475-4200, ext. 71658 or stop by the reception desk to sign up by May 3.



Learning to Sew Simple Projects
Loffler Senior Activity Center
Thursday, May 16, 30, June 6, 20, 10 a.m.

Cost: Supplies needed
(Note: there are some supplies available at the center including 6 sewing machines, fabric, thread and other notions)
Have you always wanted to sew but never thought to take a lesson? Or maybe you learned to sew a long time ago but it's been so long, you're not even sure how to go about it? Here are 4 lessons designed to get you started! If this appeals to you, let us know at 301-475-4200, ext. 71658 or stop by the reception desk. There is limited space available but we will try to accommodate as many as possible.



Independent Art
Loffler Senior Activity Center
Wednesdays, 1 p.m., 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 through it or offer a simple take-home project, whichever you prefer. For questions call 301-475-4200, ext. 71658.

May Monthly Craft: Potting Shed
Loffler Senior Activity Center
Friday, May 17, 10 a.m., Free

Put together a flower basket to beautify your porch/stoop while visiting with friends! Simply bring your favorite flower container (No bigger than 8" diameter) and at least 2 or 3 six-packs of flowers to share. The dirt's on us! Sign up for this project by calling 301-475-4200, ext. 71658 or by stopping by the reception desk. Class size is limited.

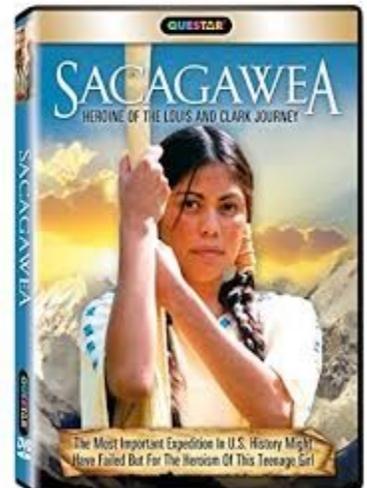


Balancing Act
Loffler Senior Activity Center
Tuesdays June 4, 11, 18 and 25, 9 a.m., \$25 for 4 sessions

Developed and taught by Dave Scheible, this three-session workshop series is ideal for anyone who has balance challenges. The basic exercises in this class are designed to improve stability and balance. The \$25 fee is payable to Dave on the first day of class. Call 301-475-4200, ext. 71658 to sign up or stop by the reception desk.

Educational Video Series: Sacagawea:
Heroine of the Lewis and Clark Journey, Free
Loffler Senior Activity Center, Wednesday June 5, 10 a.m., 80 min.

In this film, produced by Encounter Video, Incorporated, Sacagawea not only makes history as the heroine of the country's most important journey of westward expansion, but she shares the unique experience in her own words. There are 16 seats available, reserve yours by calling 301-737-5670, ext. 71658 or stop by the reception desk.





June Monthly Craft: *Glass Etching*

Loffler Senior Activity Center

Friday, June 7, 10 a.m., Free, Bring a Glass

Hand-etched designs are simply beautiful on a glass! Karen Garner will show you just how fun and easy it can be! Bring a simple wine glass or clear, glass vase with you to Loffler. You can sign up for this project by calling 301-475-4200, ext. 71658 or by stopping by the reception desk. Limited space available.

Healthwatch presents: *Communicating with Your Health Care Provider*

Loffler Senior Activity Center

Thursday, June 13, 10 a.m., Free

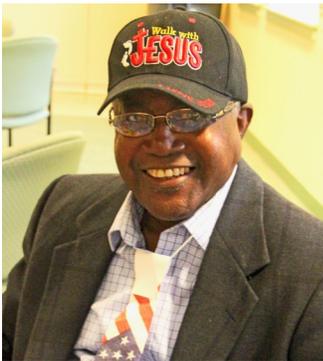
It is very important to take an active part in your health care- you and your provider are partners in your well-being so it's crucial that communication is as clear as possible. Linda Weintraub will be using role play to describe effective methods you can employ to ease communication. Call 301-475-4200, ext. 71658, or stop by the reception desk to sign up.

Summer Bocce Ball

Loffler Senior Activity Center

2nd & 4th Thursdays in June, July and August, 9, 10 a.m., Free

Loffler Senior Activity Center will be hosting a season of Bocce Ball on the second and fourth Thursday of each month at 9:30 a.m. starting Jun. 13 and continuing through Aug. 22. If you would like to be a part of it, call 301-737-5670, ext. 71658 to sign up or learn more. There is no cost to participate.



Donuts for Dads

Loffler Senior Activity Center

Friday, June 14, Free

This year the staff at Loffler will kick off the Father's Day weekend by greeting all dads who walk through the door on Friday, June 14 with a special "tie" and a donut offering. Fuss free fun for our dads this year! No reservations required!

Therapeutic Massage:

Loffler Senior Activity Center \$45 for one hour massage (plus gratuity if you like), Mondays, Thursdays & Fridays, by appointment only

Enjoy the benefits of an hour long therapeutic massage by certified massage therapist Joanna Graves. Stop by the front office at Loffler; get the number to call and leave a message to schedule your massage with Joanna. Your body will thank you!



Loffler's LUNCH CONNECTION

Tuesday, May 14; Thursday, May 23; Tuesday, June 11; Thursday, June 27. Entertainment on Tuesday begins at 11:30 a.m., lunch is served at noon. Advance reservations are required, preferably at least 2 weeks in advance. Call 301-475-4200, ext. 71658. There will be an appreciation basket for our performers and a 50/50 raffle at each luncheon.

Tuesday, May 14- *Coastline* will bring their smooth harmonies to soothe your soul as they entertain during lunch. Enjoy a meal of *Low-Sodium V-8 Juice, Meatloaf, Gravy, Mashed Potatoes, Broccoli, Lima Beans, Whole Wheat Dinner Roll, Baked Spiced Apples and a Brownie* for dessert.



Thursday, May 23- *The Center Stage Seniors* will delight you with a variety of skits and songs, then enjoy a lunch of *Grape Juice, Chicken Salad, Lettuce, Tomato Slices, 3 Bean Salad, Whole Wheat Bread, Cantaloupe and Lemon Meringue Pie* for dessert.

Tuesday, June 11- *Folk Salad* will start the music at 11:30, and you will be served a lunch of *Fruit Juice Blend, Fish Patty on a Deli Roll, Green Beans, Banana and a Popsicle* for dessert.



Thursday, June 27- Gather before July starts and enjoy a menu of *Orange Juice, Seafood Salad, Pickled Beets, Corn, Whole Wheat Dinner Roll and Apple Crisp* for dessert.

Looking Ahead: July brings popular ticketed events to Loffler;

The Mid-Summer Celebration and The Loffler Luau!

Tickets go on sale June 3 for the Mid-Summer "Bring your Grandchildren" event, scheduled from 12:30-2 p.m. on Wednesday, July 17.

21

Loffler Luau, Loffler Senior Activity Center, Thursday, July 25

Greetings, Cousins! The Loffler Luau, one of our most memorable summer traditions, is coming up! Tickets go on sale June 3. Dance to the music of favorite DJ Mean Gene; enjoy a feast fit for a tropical island party! Personalized Touch Catering will prepare the feast: Huli Huli Chicken; Spanish Rice with Onions, Peas, Carrots Corn & Egg; Garden Salad with Mandarin Oranges, Almonds and Raspberry Dressing; Fruit Salad with Pineapple, Mandarin Oranges, Cherries and Grapes in a light Vanilla Sauce and Pineapple Upside Down Cake for dessert. We will have a tropical toast with mixed fruit juices to kick off the event. 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. Suggested donation is \$10 per ticket. Questions? Call 301-475-4200, ext. 71658.

NORTHERN Senior Activity Center

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

Diamond Dotz ®

Northern Senior Activity Center, Tuesday, May 7, 10 a.m.-1 p.m., \$20

Diamond Dotz are the latest crafting craze! Learn how to complete this beautiful, multi-faceted, jeweled work of art. Class will be led by experienced crafter, Martha Baker who will guide you on how to complete the kit and frame your work. If additional time is needed to complete this project, another session will be held. The cost is \$20 and includes all materials and frame. Payment is due at sign up. Space is limited. To sign up and pay for this class in advance, visit the front desk. For more information call 301-475-4200, ext. 73101.



Mother's Day Comedy Fun

Northern Senior Activity Center, Wednesday, May 8, 10:30 a.m.-12:30 p.m., \$5

Celebrate Mother's Day at the Northern Senior Activity Center with live entertainment by the Charles County Show Troupe in their performance of "Comedy Central." This variety show



features singing, dancing, comedy, and more. After the show, enjoy a refreshing lunch of *chicken salad platter with hard-boiled egg, croissant, lettuce, tomato, three-bean salad, watermelon, and vanilla coconut cake for dessert*. This event will also feature door prizes and a money raffle collected at the door. Suggested donation for a ticket is \$5. Performance to start at 10:30 a.m., the room will open for seating at 10 a.m. To sign up and pay in advance for your ticket, visit the front desk. For more information regarding this event call 301-475-4200, ext. 73103.

Bitter or Better~*Finding Emotional Balance in the Midst of Chronic Disease*

Northern Senior Activity Center, Tuesday, May 14 at 4 p.m.

Chronic disease is just as destructive to your spirit as it is damaging to your body. Since chronic struggles for health and healing are constant, so too is the burden on lives and relationships, as well as how we view the world and our future. Dealing with negative emotions is common and learning how to manage them is not easy, but it makes a difference. Come join in a presentation about searching for positivity and purpose while dealing with illness and adversity. Led by Lyme Disease Support and Discussion Facilitator MarieNoelle Lautieri, this session is intended to offer inspirational and motivational insight from an insider's journey and perspective. Advance sign-ups are required by calling 301-475-4200, ext. 73102.

22



DNA Genealogy Workshop

Northern Senior Activity Center

Wednesday, May 15, 9-11 a.m., Free

The Northern Senior Activity Center will have a genealogy class that focuses on using DNA to build your family tree, identify the tests available, where you can find them, and how to read the results. This class will be taught by Louise McDonald in the computer lab. Space is limited. To sign up for this session in advance, visit the signup table or call 301-475-4200, ext. 73103.

NEW BEGINNING

Breakfast Café

Northern Senior Activity Center
Wednesdays, May 22 & June 19
9-10 a.m., cost \$2

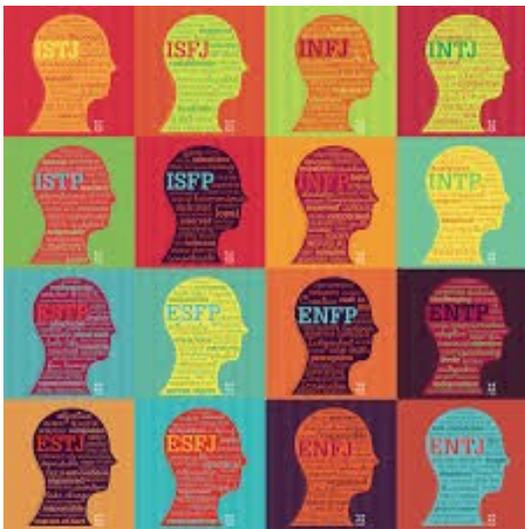
Start your day off right with a delicious breakfast made by Ginger! Make your reservation today to have breakfast with friends and let us do the cooking and clean up.

Breakfast on May 22 will be *Bacon, Egg, and Cheese on an English Muffin, Potato Cake, and Fruit.*

Breakfast for June 19 will be *French Toast Casserole, Ham, and Fruit.*



The cost is \$2 due at signup. Space is limited. To sign up and pay for breakfast in advance, visit the front desk. For availability call 301-475-4200, ext. 73101.



Myers-Briggs Assessment **Northern Senior Activity Center**

Wednesday, May 15, 1-2 p.m. & May 29, 1-3 p.m., Free

The Myers-Briggs Assessment or Type Indicator is an introspective self-report questionnaire used to identify different psychological types. Understanding these differing types helps shed light on how different people perceive situations/information and make decisions. Understanding your type is a great tool for recognizing your personal strengths and weaknesses. This two-part workshop will not only allow you to take this test to identify your type but also discuss your type so you have a better understanding of the lens through which you see the world. This workshop will be led by clinical social worker Vickie Elsesser-Vu. Space is limited. To sign up for this assessment in advance, please visit the signup table or call 301-475-4200, ext. 73103.

Hearts Desire Creations Painting Classes

Northern Senior Activity Center
Thursday, May 16 & Tuesday, June 11, 1:30-3:30 p.m., \$8

Showcase your inner artist and create a beautiful impressionist painting using canvas and acrylic paint. Lorrie Johnston's designs for the May and June classes will be on display at the Northern Senior Activity Center. Projects are suitable for artists of all skill levels. Please be sure to dress ready to paint. The \$8 fee includes all materials and instruction and is required at the time of sign-up. Space is limited. For more information, call 301-475-4200, ext. 73103.

Fall Prevention with Dr. Mike the PT

Northern Senior Activity Center

Thursday, May 30, 11 a.m.-12 p.m., Free

Learn fall prevention tactics and tips from Physical Therapist, Dr. Michael O'Brien. This discussion will cover medication, gait, how to get up from the floor, and more. Space is limited. To sign up for this presentation in advance, please visit the signup table or call 301-475-4200, ext. 73103.



Summer BBQ & Band

Northern Senior Activity Center, Friday, May 31, 11:30 a.m.-2 p.m., \$6

Nothing says summertime like BBQ and live music at the Northern Senior Activity Center. Start off with a delicious BBQ lunch with a *pulled pork sandwich on a deli roll, coleslaw, corn, cantaloupe, and a brownie for dessert*. Entertainment will be provided by Joe and Joyce. This musical duo plays a variety of music on the guitar and harmonica. They also have a rich familial history with unplugged stories of their parents who played with greats like Eddie Fisher and Bob Dylan. Suggested donation for a ticket is \$6. Lunch to start at 11:30 a.m., the room will open for seating at 11 a.m. To sign up and pay in advance for your ticket, please visit the front desk. For more information regarding this event, please call 301-475-4200, ext. 73103.



Sea Glass Craft

Northern Senior Activity Center, Monday

June 3, 1-3:30 p.m., \$5

Embrace the summer by making a craft using sea glass. Local artist and crafter, Barbara Ferrante will guide you as you decorate your sea glass with nautical embellishments. The cost is \$5 and includes all materials. Space is limited and payment is due at the time of signup. To sign up and pay for this craft in advance, please visit the front desk. For more information call 301-475-4200, ext. 73103.

National Eyewear Day

Northern Senior Activity Center, Thursday, June 6, Free

In honor of National Eyewear Day, the Northern Senior Activity Center will be giving away free readers and sunglasses while supplies last. Stop by our Social Room and select one free pair of glasses of your choice. Put your readers to the test and check out a book from our library while you visit.

24

Father's Day Rock-n-Roll Fun

Northern Senior Activity Center, Friday, June 14, 11:30 a.m.-1 p.m., \$6

Come get your groove on for Father's Day at the Northern Senior Activity Center with a luncheon and live performance. Start off with a hearty lunch of *sliced turkey with gravy, baked potato with sour cream, carrots, applesauce, whole wheat bread and turtle cheesecake for dessert*. Entertainment will be provided by the very talented Jimi Simon. Jimi showcases music from rock and roll's greatest stars and he will have you dancing in the aisles. This event will also feature door prizes and a money raffle collected at the door. Suggested donation for a ticket is \$6. Lunch to start at 11:30 a.m., the room will open for seating at 11 a.m. To sign up and pay in advance for your ticket, please visit the front desk. For more information regarding this event, please call 301-475-4200, ext. 73103.

Safety for Seniors

Northern Senior Activity Center

Thursday, June 20, 10-11:30 a.m., Free

Do you have a personal safety plan? Whether it is your physical safety while you're out and about or your cyber safety while in your own home, it is important to know how to limit your risk and what to do in case an incident occurs. Come to the Northern Senior Activity Center and participate in our Safety for Seniors presentation. The presentation will be led by Harold Tafe who has been involved in law enforcement and private/corporate security for 45 years. Space is limited and advance sign up is required. To sign up for this class, please visit the signup table or call 301-475-4200, ext. 73103.

Line Dancing with Geneva

Northern Senior Activity Center

Wednesday, June 26, 1-2:30 p.m., Free

Experienced line dancing instructor, Geneva Leon, will be visiting during our line dancing program time to teach new dances. This class is ideal for everyone, whether you are a seasoned dancer or new to line dancing. Seasoned dancers can learn new moves to practice with their friends and new dancers can meet a whole crew of fun-loving dancers. To sign up in advance, please visit our sign up table. For more information call 301-475-4200, ext. 73103.



Intergenerational Bingo & Burgers

Northern Senior Activity Center

Friday, June 28, 10-11:30 a.m., \$2 for two cards

The Northern Senior Activity Center will have intergenerational bingo on Friday, June 22 from 10-11:30 a.m. This is sure to be a fun bonding time with your school-aged grandchildren. Cost is \$2 for two cards per person and there will be both adult and kid-friendly prizes. Refreshments will be available. Advance signup is required for both bingo and lunch. A kid-friendly lunch will also be provided that day of a *hamburger with cheese on a deli roll, lettuce, tomato, onion, baked beans, coleslaw, seedless watermelon, and dessert*. Lunch is a donation from seniors 60 and older; \$6 for

others made the day of the event. Lunch may be reserved for school-aged grandchildren. To sign up and pay for this event in advance, visit the front desk.

Diamond Dazzle Drop-Ins

Northern Senior Activity Center

Third Tuesdays, 10:30 a.m.-2:30 p.m.

Participants bring kits

Working on your Diamond Dotz® or similar diamond art kit project? Bring your current project to work on and even a completed project to showcase. This group loves all types of diamond art kits. If you are looking for space and enthusiastic people to craft with, then this is the group for you. They meet on the third Tuesday of the month. For more information call 301-475-4200, ext. 73103.



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager



RSVP and Older Americans Month

As we celebrate Older Americans Month in May, I reflect on the many ways RSVP volunteers demonstrate just how much seniors have to offer our community and those they serve. In both big and small ways, our volunteers offer a shining example that age is no barrier to service. Our volunteers range in age from 55 to 90+, and they continue to amaze me by their commitment and dedication.

RSVP Volunteers Connect

RSVP Volunteers connect with our community by reaching out to those in need, by sharing their kindness and caring, and by bridging the gap between community needs and community services. By donating their time and talents to local nonprofits, county agencies, and persons in need, RSVP volunteers show that seniors play an important role in the life of St. Mary's County. They help to paint the picture of a community where we care about, serve, and help our neighbors.

RSVP Volunteers Create

RSVP volunteers create a climate of caring through a wide range of service activities, such as delivering meals to home-bound persons, driving seniors to doctor's appointments, or delivering medical equipment free of charge to persons in need. RSVP volunteers also use their creative talents to teach arts and crafts classes, lead group activities, arrange educational outreach tours, and decorate senior activity centers. Their creative, giving spirit provides inspiration to others who are seeking ways that they might serve our community.

RSVP Volunteers Contribute

RSVP volunteers contribute their time, talents, expertise, and life experiences to making our corner of the world in St. Mary's County a better place. You, too, could contribute to our team of active seniors engaged in volunteer service. Come join us in this worthy endeavor!

To Connect, Create, and Contribute through Senior Volunteer Service, call RSVP at 301-475-4200, ext. 71653, or e-mail Norine.Rowe@stmarysmd.com.

RSVP Celebrates Volunteer Contributions

At our RSVP Volunteer Awards Banquet in March, we celebrated the 298 RSVP volunteers who exemplified an amazing spirit of community service in 2018. During the past year, these RSVP volunteers contributed 35,534 hours of service valued at \$977,185. Their dedication is testament to the power of senior volunteers to make a difference in our community.

Presidential Lifetime Achievement Awards

We paid tribute during our Awards Banquet to a record number of RSVP volunteers who earned the Presidential Lifetime Achievement Award. This award is bestowed on volunteers who serve 4,000 or more hours of lifetime service with RSVP. The five volunteers we honored for reaching this lofty goal were Marilyn Grace, Nancy Norris, Betty Robbins, James Stanley, and Linda Talton. Each of them was honored with the Presidential Lifetime Achievement Award that included a certificate and signed letter from the President of the United States. Congratulations to all for a volunteer job well done!



Presidential Awardee James Tanley



Presidential Awardee Linda Talton



Woman of The Year Margaret Forrest

Norris, Betty Robbins, James Stanley, and Linda Talton. Each of them was honored with the Presidential Lifetime Achievement Award that included a certificate and signed letter from the President of the United States. Congratulations to all for a volunteer job well done!

St. Mary's County Woman of the Year

At our awards banquet, tribute was also paid to RSVP Volunteer Margaret Forrest, St. Mary's County Woman of the Year. She was honored at the 2019 Women's History Month Banquet presented by the St. Mary's County Commission for Women. At the March event, Margaret was recognized for her many contributions as Vice-President of the Garvey Council and her efforts on behalf of the current and new Garvey Senior Activity Center. She also serves as a member of the Commission on Aging, helping to advocate for the seniors of St. Mary's County. She was honored for her tireless service, dedication, and commitment to others.



Presidential Awardee Marilyn Grace



Presidential Awardee Nancy Norris



Presidential Awardee Betty Robbins

Law Day



Wednesday, May 1, 2019

9 a.m.-4:30 p.m.

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).
 - 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 to relieve pain and suffering.
 - 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.

Registration required.

Call Community Programs & Outreach Manager Sarah Miller at 301-475-4200, ext. 71073, to schedule an appointment at your local Senior Activity Center.

Appointments will be available at the Loffler, Northern, and Garvey Senior Activity Centers. All attorneys are members of the St. Mary's County Bar Association and are donating their time for Law Day to fill out Advance Care Directives ONLY. This is a free service.



Law Day is sponsored by the ELDR Law Section of the Maryland Bar Association

Brought to you by the Commissioners of St. Mary's County and the Department of Aging & Human Services



Ongoing Creative Expressions

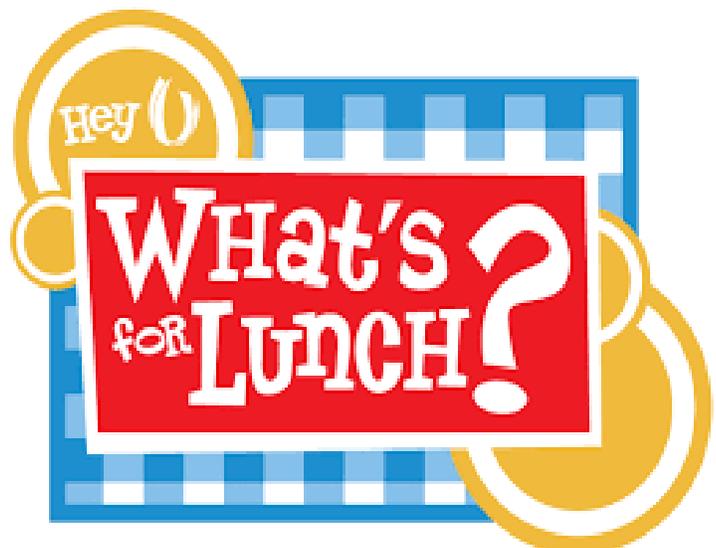
Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050	Quilting Bee	Louise Park	1st & 3rd Fridays	9:30 a.m.	Supplies
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Needle Crafters	Audrey Haynie	Mondays & Thursdays	10-11:30 a.m.	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	Chris Nelson-Sisk	Wednesdays	1 p.m.,	Bring materials
	Art Classes	Jamie Naluai	Tuesdays	10 a.m.-12	\$85/4 wks
	Charity Crafters	Dee Poole	Thursdays	1 p.m.	Free
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.-noon	Free
	Project Linus	Debbie Rumble	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	
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 Dotz Group	Rachel Mowatt	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

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 before 1 p.m.. Wednesdays Thursdays, No Fridays, Tuesdays	Before 1 p.m. Before 1 p.m. After 3 p.m.	Free
	Hand & Foot	2nd & 4th Tuesday	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. 19)	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 and 4th Thursdays	12:30-3 p.m.	\$5
	S.W.A.G.= Seniors With Awesome Games	Tuesdays and Fridays	1-4:30 p.m.	Free
	Northern Stars Theater Group	Varies	1 p.m.	Free

Wanted: Older Adults Who Like to Eat!!

Did you know that St. Mary’s County has three senior activity centers open to independent older adults Monday through 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
	Cribbage	2nd & 4th Mondays	10 a.m.-Noon	Free
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.-noon	Free
	Bingo	Tuesdays-	12:30-1:30 p.m.	\$1 (up to three cards)
	Bingo	Wednesdays:	12:30-1:30 p.m.	\$1 (up to three cards)
	Canasta & More	Wednesdays	1-4 p.m.	Free
	Puzzles	Daily	9-Noon	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	

***Mamma Mia* at Toby's Dinner Theater**

Wednesday, August 7, Adults \$98

Mamma Mia, here we go again! Fall in love with this feel good story of a mother, a daughter, and three possible dads! This delightful musical features the timeless hits by ABBA and is sure to have you dancing in the aisles. The cost of this trip is \$98 and covers ticket to the show, lunch buffet, and transportation on a spacious motor coach, driver gratuity, and snacks for the return trip. The bus will depart from the Northern Senior Activity Center at 8:45 a.m. and will return at approximately 5:15 p.m. Payment is due at sign up to secure your spot for the trip. Please let staff know at sign up if you need any seating or special accommodations. For more information contact Rachel Mowatt by phone at 301-475-4200, ext. 73103 or by email at rachel.mowatt@stmarysmd.com.

Ongoing Physical Fitness Activities At Garvey and Loffler Centers

Location	Title	Day(s)	Time	Cost
<p>Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050</p> <p>F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	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 except 1st Thursdays	10 a.m.-noon 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.
<p>Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658</p> <p>F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	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 Thursdays	10-11 a.m. 8:40-9:40 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

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. re- quired 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	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	Tues. & Thurs., 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	Tuesdays, May 21-August 6	10-11 a.m.	Free
	Seated Tai Chi	Mondays, May 6-June 17	10:15-11 a.m.	Free
	Chair Yoga	Fridays	9-10 a.m.	F.C.

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, go to the web page www.stmarysmd/aging. Click on Community Programs, or click on “Bi-monthly Newsletter” under “Quick Links.” This will take you to previous newsletters, and you can click on the issue you want to read, or click on the sound icon (🔊) to the right of 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 Leonardtown 301-475-4200, ext. 71050	Book Discussion	Volunteer	2nd Wednesday	10:30 a.m.	Free
	Diabetes Discussion	Margaret Forrest	3rd Wednesday	12:30 p.m.	Free
	Reader's Theater	Linda Lagle	2nd & 4th Wed.	11 a.m.	Free
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Current Events	Paul Kelley	Mondays	10 a.m.	Free
	Scripture Study	Solomon Olumese	Every Friday	10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By appt.	Free
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	TBD	1 p.m.	Free
	Book Chatter Book Club FULL	Martha Baker	4th Thursday	11-Noon	Free
	What's The Word Bible Study	Karen Beck	1st Tuesday	10-11:30 a.m.	Free
	Senior Matters	On hold at this time	Thursdays	12:30-1:30 p.m.	Free

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 stmarysmd.com/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- stmarysmd.com/aging/.

If you choose to receive the newsletter via e-mail or view online rather than mailing, contact Community Programs and Outreach at 301-475-4200, ext. 71073.

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

Lori Jennings-Harris, Director

MAP/I&A-Your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. 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. 71050 for information.

Home and Community-Based Services (HCBS)-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. Call Rebecca Kessler, Division Manager, at 301-475-4200, ext. 71061.

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.stmarysmd.com/aging

Phone: 301-475-4200, ext. 71050

Fax: 301-475-4503

35

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, 301-475-4200, ext. 71050**
41780 Baldrige St., Leonardtown, MD, 20650
- **Loffler Senior Activity Center, 301-475-4200, ext. 71658**
21905 Chancellor's Run Rd., Great Mills, MD 20634
- **Northern Senior Activity Center, 301-475-4200, ext. 73101**
29655 Charlotte Hall Rd., Charlotte Hall, MD, 20622



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

PRSR STD
US POSTAGE
PAID
Leonardtown, MD
20650
PERMIT NO. 102

CHANGE SERVICE REQUESTED

2019 Holiday Closings... *(Also no Home-Delivered Meals)*

Monday, May 27—Memorial Day
Thursday, July 4—Independence Day

NEW BEGINNING