

# NEW BEGINNING

**VOLUME 33 ISSUE 3**

**MAY/JUNE 2020**

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



*Celebrating Older  
Americans Month!*

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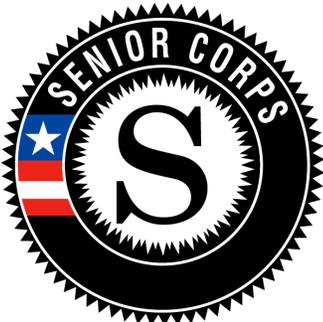
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# From the Director's Desk

By Lori Jennings-Harris, Director

## Older American Month is Every Month to Us

The theme for this year's celebration of Older Americans Month is Make Your Mark.

As many of you know the Garvey Senior Center is experiencing growing pains, growing into a new building. The new Garvey Senior Activity Center has been completed and the programming is awaiting everyone's return! The Garvey Center serves as the location of programs and activities that help keep our community's older adults engaged and vibrant and is centrally located within St. Mary's County. While the new physical space is exciting for everyone, we will carry on with activities, old and new. The building has lots to offer with larger spaces for exercise, dining, billiards, art and more. It's a place where seniors can make their mark!

Even in the midst of the COVID-19 pandemic the Department of Aging & Human Services staff continue to keep things ready for all our regular senior attendees and we look forward to welcoming a wave of new visitors and participants.

We are excited about the changes and possibilities for growth of the center. The staff members for the Department of Aging & Human Services look forward to sharing with the "seniors" of St. Mary's County the potential that awaits.

Thank you for your patience during the process of building the new Garvey Senior Activity Center. Welcome!



*Our brand new Garvey Senior Activity Center is ready!  
We look forward to seeing all of you there soon!*

## NEW BEGINNING

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

or visit the website at:  
[www.stmarysmd.com/aging](http://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.

# Welcome Brittney Lee!



The St. Mary's County Department of Aging & Human Services Community Programs & Outreach Division is pleased to welcome Brittney Lee as an Outreach Specialist!

Brittney hails from Charlotte, NC but made her way to the DMV area to pursue her Masters in Public Health at The George Washington University in 2011. She is familiar with St. Mary's County as she met her husband when he was stationed at NAS Pax River during that time (Navy). Brittney and her family have just relocated back to St. Mary's County from their nearly three year overseas station in Iwakuni, Japan. Brittney has always had a passion for advocating for underserved populations, including migrant farmworkers, adolescents living with life threatening illnesses (such as HIV & Cancer) and seniors living independently in rural areas. Her love for public health and disseminating critical information has allowed her to find creative ways to connect with the local community! She feels this is her way of giving back to those who make the community better.

When she is not working, Brittney is busy keeping up with her two-year-old son and organizing events with other military spouses. She enjoys exploring new cultures through her international travels as well as creating "off the beaten path" travel itineraries for her friends and family.

## St. Mary's County Commission on Aging Upcoming Meetings:

**Monday, May 18, 2020**

1 p.m.

21895 Pegg Road, Lexington Park Senior Apartments  
Lexington Park, MD 20653

**Monday, June 22, 2020**

1 p.m.

Garvey Senior Activity Center  
23630 Hayden Farm Lane, Leonardtown, MD 20650

**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 Mercedes Jones at 301-475-4200, ext. 71051, or Mercedes.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](mailto:dtaggert26@hotmail.com)



Did you know that May is National Osteoporosis Awareness and Prevention Month? Osteoporosis is a condition where bone strength weakens and is susceptible to fractures. It is often symptomless until that first fracture occurs. There are numerous risk factors such as aging, smoking, excessive alcohol intake, prolonged bed rest and other medical conditions. While there is no cure, the

recommended treatment is designed to slow or stop bone loss and to increase bone density. Some obvious non-nutrition measures to lessen the effects of osteoporosis are to address smoking, excessive alcohol, and to begin a weight bearing exercise program, if needed. But what can we do with our diet?

A major risk for osteoporosis is not having enough calcium in our diet to help build and protect our bones, as well as enough vitamin D which helps absorb the calcium. How much calcium do we need a day? If you are a woman age 51- 70 then you need 1200 mg calcium and 400-800 IU of vitamin D. A man aged 51-70 needs 1000 mg of calcium and 400-800 IU of vitamin D. Both men and women over the age of 70 need 1200 mg of calcium and 800 IU of vitamin D. It is best to get calcium from natural food sources like milk, yogurt, kefir, cheeses, kale, broccoli, and fish with soft bones. Food sources of vitamin D are scarcer; cheese, butter, fortified milk, fish and fortified cereals. Of course, 20 minutes in the sun, without sunscreen, can meet your vitamin D needs but is often difficult in the winter months or if you have had skin cancer. Often you will need a vitamin D supplement as well as a calcium supplement if you are unable to meet your needs through the foods listed above. You would need to discuss adding any supplements with your physician.

Finally, recent scientific evidence has shown that prunes can play a significant role in prevention and reversal of osteoporosis. Numerous studies found that a daily consumption of 100 grams of prunes (9-10 dried prunes) has been shown to slow down the turnover rate of bone and the effectiveness can be compared with osteoporosis meds without the side effects. Further studies have shown comparable results with only 50 grams (5-6 prunes). So, a daily consumption of prunes along with adequate levels of calcium from natural sources plus vitamins D and K, as well as other healthy habits can help decrease your risk of developing osteoporosis. If your doctor has prescribed medication, perhaps have a discussion with them about a trial of prunes first. A DEXA scan can show if there has been any improvement.

*For further reading on these studies...Osteoporosis International 27(7) Feb 2016*

### Nutrition Presentations with Donna Taggert

Due to the unexpected cancellations of activities and the statewide closures of Senior Activity Centers in the wake of the COVID-19 pandemic, topics and presentations not covered in March and April will be done in May and June. Please check in at your local Senior Activity Center for updated information for Nutrition Presentations with Donna Taggert!



## Home & Community-Based Services

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

The last few months have been very challenging as we face the coronavirus and work to try to keep ourselves and the ones we love safe. The information we have been receiving is sometimes confusing and the frequent updates from officials can be alarming.

This new stress can add a pretty heavy layer to the burden caregivers are already bearing. There are some things you can do and some resources that may help you manage these stressful times:

1. Stay with your routine. This will help not only you as a caregiver but will also help the loved one you are caring for. Keeping the same sleeping, eating and activity habits can help provide a sense of stability and calm.

2. Breathe Deeply. Diaphragmatic breathing or Belly Breathing has been shown to reduce anxiety and the stress in the body. A couple YouTube videos that demonstrate and guide you through this exercise are described below

a. Be the Change Yoga has developed a YouTube video called How to Relieve Stress in 60 Seconds; Deep Breathing Exercises demonstrating this technique and can be found at <https://www.youtube.com/watch?v=mH7EmmgSZQE>.

3. Be aware of your limits and hold your boundaries. This includes saying ‘No’ to others but also includes accepting yourself and your efforts and letting go of perfectionism.

4. Connect with other caregivers and friends. Social media and other technology is a great way to connect with others. Beside your cell phone, Facebook and Skype, here are a few resources that may help you connect with caregivers and caregiver resources:

a. The Caregiver Space is an online support group for caregivers providing opportunities to connect with other caregivers, read articles, post your story, ask questions and be honest. Access this resource at [thecaregiverspace.org](http://thecaregiverspace.org).

b. Engage@HOME is a YouTube Channel offered by Montgomery County’s Caregiver Support program. New episodes are uploaded daily to support wellness and provide trusted updates. Engage@HOME features: topical interviews, stories about quality resources, and opportunities to connect with others - all while maintaining resilience.

5. Smile. An article by Sarah Stevenson <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201206/there-s-magic-in-your-smile> explains that a smile releases neurotransmitters in your brain that have pain relieving, anti-depressant and stress relieving effects. This includes lowering your heart rate and blood pressure. We also know that smiles are contagious, and they can make your loved one feel better about the day and about you as their caregiver. Find things to smile about but even if you can’t, a great big relaxed smile on your face can have the same effects in your body. Try it!

The St. Mary’s County Department of Aging & Human Services  
offers Respite Grants for family caregivers.  
Contact Daphne Bennear at 301-475-4200, ext. 71069,  
or [Daphne.Bennear@stmarysmd.com](mailto:Daphne.Bennear@stmarysmd.com) to get an application.

# Let's Take A Walk

By: Brittney Lee, Outreach Specialist



The outbreak of COVID-19 may be stressful for people and communities and it is natural to feel stress, anxiety, grief, and worry during and after such an event. Taking care of your emotional health during this time will help you think clearly and react to the temporary constraints we are currently practicing. One way you can manage your emotional health is to get out and go for a walk! Research has shown that the benefits of exercise go beyond just physical well-being. Exercise, like walking, helps support your emotional and mental health, in addition to your physical health.

Here are some steps that the Health in Aging Foundation suggests when beginning your walking routine:

## Join a walking program or walk with a buddy

Chances are you'll stick with a walking program if you have someone to walk with. This can still be achieved if you are keeping a safe distance, according to the CDC mandates. You can also share your walking progress through social media. Another fun idea would be to challenge your family to walk each day and to report their progress at the end of each day. What a way to keep

engaged with your loved ones despite being possibly separated.

## Wear the right shoes

Comfortable sneakers work well for most people. If you have foot problems, you may want to look into orthopedic shoes or talk to your healthcare provider about how you can continue your walking program.

## Don't let a cane or walker stop you!

It's OK to use your cane or walker if you already have one. These can improve your balance and help take the load off painful joints.

## Aim for the right pace

Try to walk as fast as you can, but still be able to chat with a friend while walking. Aim for working as hard as you do when you climb up the stairs.

Look out on our Facebook page for more fun tips for walking! We'd also love to hear from you about how you're walking to keep healthy during this time.

Source: <https://www.healthinaging.org/tools-and-tips/walking-tips-older-adults>

# June is Men's Health Month

Officially recognized by Congress and the White House in 1994, Men's Health Month is celebrated across the United States with screenings, health fairs, media appearances, and other health education and outreach activities during the month of June. This national observance is used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and overall mental and emotional wellness.

According to Health.gov, here are ways you can encourage the men in your life to take charge of their health:

**Encourage him to get a physical.** Most of the factors that contribute to men's shorter, less healthy lives are preventable and prevention starts with seeing a healthcare provider on a regular basis. Be sure to encourage annual screenings for blood pressure, cholesterol, weight, and PSA (a screening test for prostate cancer risk) and monitor with the physician how the results change over time. This will enable the physician to catch potentially dangerous conditions early, when they're still treatable.

**Encourage him to get physical.** We are all aware of the positive benefits of physical activity on health outcomes, but many people find it difficult to get motivated for physical activity on their own. Rather than simply telling the men in your life to exercise and then hoping that he will, do it with him. Join a recreation league at one of our Senior Activity Centers, sign up for group personal training sessions to get fit together, or simply make a routine out of regular walks.

For more resources for ways to encourage healthy lifestyle changes, visit St. Mary's County Department of Health's calendar of events at: <http://www.smchd.org/mens-health/>.

We also encourage you to attend our first annual Men's Health Day: A Blueprint for Wellness! This event will explore a diverse range of men's health topics including physical health, mental health, and everything in between! Please visit [www.stmarysmd.com/aging/menshealth/](http://www.stmarysmd.com/aging/menshealth/) to register for this FREE event.

*Source: <https://health.gov/news-archive/blog-bayw/2018/06/june-is-mens-health-month/index.html>*

## EXPLORE THE WORLD THROUGH FOOD

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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.

***This program is on hiatus for the duration of the COVID-19 emergency.***

***We look forward to trying new places again soon!***

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.

# A Blueprint for Wellness

## Save the Date!

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

## Men's Health Day: A Blueprint for Wellness!

**Garvey Senior Activity Center**

**23630 Hayden Farm Lane**

**Leonardtwn, MD**

**Saturday, June 6, 2020**

**9 a.m.-12:30 p.m.**

**Registration begins at 8:30 a.m.**

*Pre-Registration is recommended.*

*Visit us at [www.stmarysmd.com/aging/MensHealth](http://www.stmarysmd.com/aging/MensHealth)*

*For more information, contact Sarah Miller:  
301-475-4200, ext. 71073 or [Sarah.Miller@stmarysmd.com](mailto:Sarah.Miller@stmarysmd.com)*

# Senior Information & Assistance

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

## Medicare Seminar

The Department is currently scheduled to host a “Welcome to Medicare” seminar on Friday, May 8, from 10 a.m.-12 p.m., at the Garvey Senior Activity Center located at 23630 Hayden Farm Lane in Leonardtown. Attendees will receive information about Medigap policies, Part D, financial assistance, and an overview of what Medicare covers. RSVP is required. Please call 301-475-4200, ext. 71050, for more information.

## COVID-19 Scams

*Reprinted from the SMP Resource Center*

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults are at greater risk for serious illness from COVID-19, they may target older populations.

There is currently no FDA-approved vaccine for COVID-19 and although there may be treatments for symptoms, there is no “cure.” However, scammers often use fear-based tactics to convince people that a vaccine or cure is now being offered.

It’s also important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:

Contact your own doctor if you are experiencing potential symptoms of COVID-19.

Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.

Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, or treatments.

Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren’t received.

Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.

Contact your local SMP for help. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. If you think you have become a victim of a COVID-19 scam, call us today at 301-475-4200, ext. 71064.

# Senior Tech: Cyber Security

Northern Senior Activity Center  
Friday, June 12, 10-11:30 a.m.,  
Cost: Free

With all the talk about identity theft, robocalls, and scams, it's hard to know what precautions to take in a technological world that seems to change every day. Take action and learn about cyber security measures to help protect your information. 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 for this presentation and advance sign up is required. To sign up for this class, please visit the signup table or call 301-475-4200, ext. 73103.



## 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**



# SENIOR CALL CHECK

## PEACE OF MIND FOR THOSE HOME ALONE



**1 (866) 502-0560**  
**aging.maryland.gov**

### How The Program Works

This **free service** will place an automated daily call to you at a regularly scheduled time. If the call is not picked up after **three attempts**, the service will call an **alternate person** on your behalf to check on you.

### Do I Qualify?

All you need to qualify for this free service is:

- Be a Maryland resident aged **sixty-five plus**.
- Have an **active** landline phone or cell phone.

### How to Sign Up

To sign up **online**, go to: [aging.maryland.gov](http://aging.maryland.gov)

To sign up **over the phone**, call: **1 (866) 502-0560**

### Questions?

Call 1 (866) 502-0560  
Monday to Friday 8:30 AM to 5 PM *(excluding holidays)*

Or:  
[aging.maryland.gov/Pages/senior-call-check.aspx](http://aging.maryland.gov/Pages/senior-call-check.aspx)



Larry Hogan  
Governor

Boyd K. Rutherford  
Lt. Governor

Rona E. Kramer  
Secretary

# Focus on Fitness

By Alice Allen, Senior Center Operations Division Manager

Happy Spring, and happy May in a pandemic!! Who would have thought that our lives would have changed so much? By now, we have been “social distancing” for two months and have been told by Governor Hogan to remain in our homes for the past 6 weeks. Are you a bit stir-crazy? But life goes on and I hope this finds you doing well, staying healthy and remaining active.

Life can be very challenging, even in good times, much less in the middle of a pandemic and that’s all the more reason for you to be as physically active as possible. Physical activity and exercise are so important for so many reasons. Did you know that physical activity and exercise give your immune system a boost, and who doesn’t need that right now? Physical activity and exercise also improve your mood and help combat depression, along with so many other great benefits to your physical and mental health.

Even though you may not be able to attend your favorite fitness class at the senior activity centers, there is plenty that you can do at home. Use that treadmill or exercise bike you’ve stashed in the corner or hung your laundry on, clean out those closets, plant a vegetable garden, walk the dog, wash windows when the pollen slacks off, find an on-line fitness video to do! Some videos can be found on the Department’s Facebook page ([www.Facebook.com/SMCDAHS/videos](http://www.Facebook.com/SMCDAHS/videos)), or on the St. Mary’s County YouTube Channel (<https://www.youtube.com/user/StMarysCoMDGov>). There’s still plenty to do. What’s most important is that you continue to be as physically active as possible. Stay strong and healthy.

When the senior activity centers reopen, we want to see you there, happy and healthy, ready to see old friends and make new ones. The new Garvey Senior Activity Center will be opening then as well. Programs and activities at all of the centers will ramp back up. And, depending on when the centers are able to reopen, during the first full month of operation, EnhanceFitness will be offered free of charge.

So, in the meantime, stay physically active, stay healthy, wash your hands frequently and we will see you soon. We miss you!



# Garvey Senior Activity Center

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

*Please be advised - activities listed below are subject to rescheduling or cancellation. While the Department of Aging & Human Services and the Senior Activity Centers hope to resume operations as soon as possible, the decision will ultimately be made by state and local legislators to reopen with consideration made for the safety of all citizens. Your continued patience is appreciated and we look forward to seeing you soon!*

## Weekly Bingo

**Garvey Senior Activity Center**  
**Mondays, 10:30 a.m.-11:45 a.m.**

**Cost: \$1 a card up to 3 cards**

You asked and we listened! We have added bingo on Mondays at 10:30-11:45 a.m. Every third Monday will be a special themed bingo. For more information please call 301-475-4200, ext. 71050.



## Nutrition Counseling & Presentation with Donna Taggart

**Garvey Senior Activity Center**  
**Mondays, May 18 and June 15**  
**9 & 10 a.m. Counseling Sessions**  
**11 a.m.: Presentations**

In May, the title of her presentation will be “What About Sugar.” In June, the topic of her presentation will be “Dealing with Plateaus in Weight Loss .”

## Spring Flower Gardening

**Garvey Senior Activity Center**  
**Wednesday, May 27, 10 a.m.**

How do your flowers grow? Come to an informative discussion on flower gardening presented by Master Gardener Patricia Armstrong. Take home free planted flower seeds in cups to start your summer gardening fun. Call 301-475-4200, ext. 71050, to learn more or to sign up.

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## Mat Pilates

**Garvey Senior Activity Center**  
**Tuesdays, June 16-August 4, 2:30 p.m., Cost: \$40**

Mat Pilates class is designed to challenge the beginner and the practicing Pilates student. Mat classes are a great way to learn the fundamental principles of the Pilates method. It is a full body-conditioning program comprised of a series of movements performed both standing and on the mat with a band. Pilates improves strength, flexibility, balance, control and muscular symmetry. The rhythmic exercises promote balance, toned muscles, and develop abdomen, lower back and buttocks strength, and create a strong body core. Payment is due at the time of sign up payable to Sherry Reed.

**NEW BEGINNING**



**Bird House Door Basket Class  
Garvey Senior Activity Center  
Monday, June 8, 10 a.m.-2 p.m.**

**Cost: \$30 (payable to Pamela King)**

The corner of a picture frame makes a beautiful roof for this Bird House Basket to hang on the door or wall, that will hold spring flowers or the day's mail. It is woven on a wooden handle and some choice of roof and colored weavers will be available, as desired. The cost for all materials and instruction is \$30 payable to Pamela King. Bring a bagged lunch or order lunch at the center by 12 p.m. the day before. Call 301-475-4200, ext. 71050, to learn more or to sign up.

**Kickboxing**

**Garvey Senior Activity Center**

**Wednesdays, June 10-July 15, 8:30 a.m., Cost: \$35**

Kickboxing tones muscles through punching and kicking using focus pads and 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 towards 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. Reservations can be made beginning Thursday, May 21. Call 301-475-4200, ext. 71050, to learn more.

**Drums Alive**

**Garvey Senior Activity Center**

**Friday, June 5-August 7**

**(no class June 12 & July 3)**

**8:45 a.m., Cost: \$16 for 8 weeks**

Using rhythm as the source of inspiration to

discover a new group fitness experience Drums Alive® Golden Beats combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.

Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially! Golden Beats stimulates people whether they are young or old, healthy or ill. When we drum and dance, we are having FUN! This releases endorphins and negative feelings. The rhythmical patterns of the drum increases synchronization of brain wave activity which results in feelings of euphoria and improved mental awareness. Golden Beats® is specially designed for the senior population. Kathy Creswell, Program Specialist at Garvey Senior Activity Center, is the instructor for this new program and will demonstrate different levels of participation that best meet the class's physical needs. You do not need any prior experience in drumming or music!!! The cost for this class is \$16 for 8 weeks. Attendance at all classes is mandatory.

Please make sure to arrive 15 minutes before class to set up your drumming station. For more information or to sign up, call 301-475-4200, ext. 71050.



## Belly Dancing

### Garvey Senior Activity Center

**Mondays, July 6-July 27, 5:30 p.m.-6:30 p.m., Cost: \$40**

Interested in learning belly dancing? Join Geno on Mondays in July at 5:30-6:30 p.m. The cost of the 4 classes will be \$40 and payment is required at the time you sign up to hold your spot. Don't wait to sign up as the class will be limited! Sign up for the class will begin at 8 a.m. on June 18. (Make checks payable to Geno Rothback).

## Rock Steady Boxing: Fight Back Against Parkinson's!

### Garvey Senior Activity Center

**Assessments to be completed throughout June,**

**Class dates in July to be Announced**

**Cost: \$108**

The Garvey Senior Activity Center is excited to offer this popular fitness program designed specifically for people with Parkinson's Disease. During this fun hands-on program, people with Parkinson's Disease will participate in a non-contact boxing-based fitness curriculum. You do not need to be a boxer to participate! Actually, most Rock Steady Boxers never boxed prior to participating in Rock Steady. Rock Steady Boxing gives people with Parkinson's disease hope by working on agility, speed, muscular endurance, accuracy, balance, hand-eye coordination, footwork and over-all strength. A 60-90-minute fitness evaluation is required prior to participation. There is a \$20 fitness evaluation fee, which may be applied to the cost of a class registration. Fitness Assessments will be completed in June and classes begin in July. A 6-week session includes two 90-minute classes each week with a fee of \$108. Space is limited. Requests for assessment appointments will be taken beginning May 18. To learn more or to request an assessment, call 301-475-4200, ext. 71072.

## Springtime in Southern Maryland

B	E	P	O	T	O	M	A	C	A	C	A	O	M
C	H	E	S	A	P	E	A	K	E	T	N	A	E
G	F	L	A	T	S	U	A	T	T	E	E	G	N
N	L	T	B	N	E	T	E	C	O	S	L	N	N
I	O	O	E	O	D	A	X	D	B	N	E	I	O
H	W	L	E	N	A	I	N	E	A	U	F	L	N
S	E	B	A	N	S	R	H	E	C	S	A	I	I
I	R	S	S	P	I	N	D	R	C	S	M	A	T
F	S	B	E	E	S	H	S	W	O	X	I	S	E
C	R	A	B	S	E	A	S	A	A	I	L	S	M
O	K	P	A	T	U	X	E	N	T	L	Y	E	U
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FISHING  
PATUXENT  
CHESAPEAKE  
TOBACCO  
OLD BAY  
BEES  
DEER  
FLOWERS

# A Letter to Our Community

Hello to All of Our Friends,

I hope this message finds you well. As you know the three county Senior Activity Centers are closed following the Governor's order effective March 13 to help reduce the spread of COVID-19. During the closure, senior activity center staff have kept busy with helping cover Home Delivered Meal routes, rescheduling and postponing activities and connecting seniors in our community to needed resources. In accordance with social distancing guidelines, staff are now teleworking, continuing to keep in touch with our consumers and finding creative ways to reach our members during this time of social distancing. This change in operations has certainly been an adjustment for us all.

This closing comes at a particularly challenging time for the Garvey Senior Activity Center as we were preparing to close our doors at our current location on April 3 and transition programming to the new, highly anticipated facility co-located with the Leonardtown Library. Packing and coordinating the move while implementing social distancing guidelines has posed some challenges; however, with the strong staff team we have, everything is ready for the move. Once the county government Pandemic Level allows it, staff will begin unpacking and preparing the new facility for use.

This is certainly not how we expected our final days at the old Garvey Senior Activity Center to play out and most definitely not the timeline we had planned for opening the doors of the new Garvey Senior Activity Center. However, keeping everything in perspective, the health and safety of our senior members, staff and community are the first priority. We miss you and look forward to celebrating with you as soon as possible.

Thank you for your support. We wish you and your family health and safety.

Sincerely,

Brandy Tulley  
Operations Manager  
Garvey Senior Activity Center



*Garvey Senior Activity Center and Senior Information & Assistance staff have been busy packing and preparing to move into the brand new Garvey Senior Activity Center!*

# Loffler Senior Activity Center

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

*Please be advised - activities listed below are subject to rescheduling or cancellation. While the Department of Aging & Human Services and the Senior Activity Centers hope to resume operations as soon as possible, the decision will ultimately be made by state and local legislators to reopen with consideration made for the safety of all citizens. Your continued patience is appreciated and we look forward to seeing you soon!*

## 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 through it or offer a simple take-home project, whichever you prefer.

## Nutrition Education and Counseling for June

### Loffler Senior Activity Center

Monday, June 8, 10 a.m. (Education Topic) and 9 & 11 a.m. (Counseling)

**Cost: Free**

Due to the temporary closures of the Senior Activity Centers, the topic for June is to be decided. Make an appointment for a counseling session with Donna Taggert, text or call 240-538-6539. To sign up for the presentation call 301-475-4200, ext. 71658, or stop by the reception desk at Loffler.



## June Health Watch: Caregivers, Unite!

### Loffler Senior Activity Center

Wednesday, June 10, 9 a.m.-12 p.m.

**Free**

Caring for a loved one during an illness or condition is often a very rewarding experience. It requires a lot of dedication as so much is riding on the caregiver's shoulders. But the caregiver needs some extra support and encouragement from time to time. If you are responsible for the well-being of another who requires assistance on a regular basis, set this date

aside so you can meet with others in your position to share ideas, find encouragement, learn about resources available to you, and more. Be prepared to enjoy a bit of fun and feel refreshed at this workshop. To sign up call 301-475-4200, ext. 71658, or stop by the reception desk.

## **Lunch Connection**

**Entertainment on Tuesday begins at 11:30, 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, June 9:** The Bushmill Band will be back to entertain us with their folk, old-time country, and bluegrass tunes as we enjoy a meal of Pineapple Juice, Hamburger with all the fixins, Baked Beans, Coleslaw, and Seedless Watermelon.

### **Educational Video Series: *June 10- The Americans on D-Day***

#### **Loffler Senior Activity Center**

**Wednesday, June 10, 10 a.m., 44 min., Free**

Join battlefield historian Ellwood von Seibold in his 1943 Dodge Command car as he takes us on a tour of the American D-Day landings in real time. Listen to the men who were there, land in Ste. Mère Eglise with the 92nd Airborne, scale the cliffs at La Pointe du Hoc with the Rangers, wade through the surf on Omaha Beach with the 29th Infantry Division and take the guns at Brecourt manor with Easy Company of the 506th Parachute Infantry Regiment. Register to see this video by calling 301-475-4200, ext. 71658, or stop by the reception desk to sign up. Seating is limited.

### **June Monthly Craft: Potting Shed**

#### **Loffler Senior Activity Center**

**Friday, June 12, 10 a.m., Free**

This has become a beloved tradition at the Loffler Senior Activity Center: put together a flower basket to beautify your porch/stoop while visiting with friends! Bring your favorite flower container (No bigger than 8" diameter) and at least 2 or 3 six-packs of flowers to share. Class size is limited.

### **Donuts for Dads**

#### **Loffler Senior Activity Center**

**Friday, June 19, All Day, Free**

The staff at the Loffler Senior Activity Center will kick off the Father's Day weekend by greeting all dads who walk through the door on Friday, June 19 with a special "tie" and a donut offering. Fuss free fun for our dads this year! No reservations required!

## **Looking Ahead**

July brings popular ticketed events to Loffler - The Mid-Summer Celebration and The Loffler Luau! Tickets will go on sale for both on June 1.

The Mid-Summer "Bring your Grandchildren" event is scheduled from 12:30-2 p.m. on Wednesday, July 15 and the Loffler Luau featuring DJ Mean Gene, will be held from 10 a.m.-2 p.m. on Thursday, July 23. Complete details for both of these fun events will be forthcoming, so mark your calendars now!

# A Note from Loffler: We've Missed You!

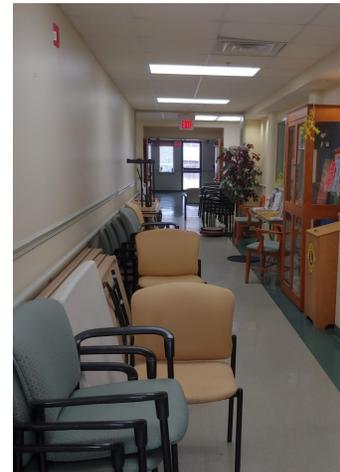


Our staff has missed seeing everyone at the Loffler Senior Activity Center as things just aren't the same without our wonderful participants! Even though the center has been closed, we've still been hard at work each day making sure things are ready for your return. Building Services was able to strip, wash, and wax all of the floors at the Loffler Senior Activity Center, which provided a much-needed face lift throughout the building. This

process took two weeks to complete and was something that would have not been as feasible to do with the building occupied during the evenings and weekends most of the time.

Loffler staff also took time to do some deep cleaning of closets and other storage spaces that we may not normally be able to tend to on a regular basis and catch up on some paperwork. Our wonderful kitchen staff have ensured that our homebound seniors still received their home delivered meals, which has been especially important during this trying time. And sometimes, we took short walks outside for a brain break while practicing our social distancing!

We hope that everyone is staying safe and we can't wait to see your smiling faces again soon!



# Connecting while Social Distancing

By: Brittney Lee, Outreach Specialist

While most of us are hunkering down due to the widespread national mandates to socially distance in the midst of the COVID-19 crisis, it can be tricky to sustain your social life. Suddenly that lunch or coffee with friends you were looking forward to has been canceled, and your usual hangout spots are most likely closed out of precaution, like our Senior Activity Centers. It's clear that maintaining personal and public health and safety is the most important thing but the good news is that, compared to past pandemics, there's new technology that helps keep us together even when we must be apart.

Here are a few digital platforms you can use to keep up with your social life and connect with loved ones:

**Zoom:** Do you miss your monthly book club meetings or need to find a way to continue a class series you began before the pandemic? Zoom is a FREE, easy to use teleconference platform that allows you to meet "face to face" with your friends and associates. Zoom's features include video conferencing, where you can actually see your friends who are participating; recording of your sessions, a handy feature for sharing the meeting with people who may have missed it or for reviewing what was said; and of course some fun features like customizing your video background (for our tech savvy friends). It's even been in the news lately that people are getting creative and using Zoom to host lunch parties and happy hours. The only trick with Zoom is that it needs to be downloaded by all participants first before you begin the session. If you want to host small meetings of friends, you will need to sign-up for Zoom's free plan and create a password. Zoom is best used on your tablet or desktop. To learn more about Zoom, visit their site here: <https://zoom.us/>.

**Facebook and Facebook Messenger:** Many organizations are continuing to use Facebook to connect with its community. The Department of Aging & Human Services will continue to engage with our beloved members by posting fitness videos recorded by our wonderful fitness instructors. You will also see familiar faces hosting our virtual BINGO games and more to come! Most organizations want to hear from you about how you'd like to stay connected, so feel free to post suggestions on their Facebook pages. Facebook is also a great way to check in with family and friends who are completely isolated. While you may not be able to run a grocery errand for them, for example, Facebook can allow you to connect them with other people or organizations who can assist during this time. Facebook Messenger has a video call feature for you to connect with your family and friends and can work on ALL smart phones, tablets and desktops. To learn more about how Facebook is helpful during this time, visit <https://about.fb.com/news/2020/03/coronavirus/>.

**WhatsApp:** Missing your grandchild's sweet smile or just want to check in with your family members that may be stationed overseas? WhatsApp is a FREE app for families to communicate, share pictures and video call. It is easy to use and has a secure encrypted server meaning none of your messages can be accessed or read by anyone other than the intended receiver. WhatsApp uses your phone's cell service provider or a Wi-Fi connection to make and receive messages and calls. Unlike FaceTime, WhatsApp is available on nearly any platform, whether that be iPhone, Android, Windows or Mac. This means no family members will be left out of the conversation

# Northern Senior Activity Center

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

*Please be advised - activities listed below are subject to rescheduling or cancellation. While the Department of Aging & Human Services and the Senior Activity Centers hope to resume operations as soon as possible, the decision will ultimately be made by state and local legislators to reopen with consideration made for the safety of all citizens. Your continued patience is appreciated and we look forward to seeing you soon!*

## **Living Well with Diabetes**

**Northern Senior Activity Center**

**Mondays, June 1-July 13, 1-3:30 p.m., Free**

Health Connections with MedStar St. Mary's Hospital will lead Living Well with Diabetes at the Northern Senior Activity Center. This 7-week evidence-based program was developed by Stanford University to teach self-management tools for managing your diabetes. Take charge of your health and carry out an action plan that fits your life. This series is free, but your committed attendance is required. To sign up for this series, please register with Health Connections by calling 301-475-6019.

## **Ride with Rachel**

**Northern Senior Activity Center**

**Tuesdays, June 2, 9-11 a.m., Free**

Northern's own Program Specialist Rachel will lead Cycling adventures down the Three Notch Trail on the first Tuesday of the month. Bring your bike, trike, or feel free to reserve one of ours. Helmets and cell phones are required for safety. Rides may be canceled for adverse weather conditions. Advance signup is required with phone number in case of cancellation. To sign up for a ride, please visit the signup table or call Rachel at 301-475-4200, ext. 73103.



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## **Tai Chi for Arthritis – Complete Series**

**Northern Senior Activity Center**

**Wednesdays, June 3-August 26 (12 classes), 9-10 a.m., Free**

Tai Chi for Arthritis and Fall Prevention was developed by Dr. Paul Lam with the Tai Chi for Health Institute as a safe and effective exercise program for those with Arthritis to improve balance, build strength, and promote total-body wellness. In this class series, participants will learn both the original and Part 2 movements in a complete 12-week cycle. Class will not be held on July 1. Space is limited. Advanced sign up is required, no drop in space is available. To sign up for this 12-week series in advance, please visit the signup table or call 301-475-4200, ext. 73103.

# Breakfast Café

Northern Senior Activity Center

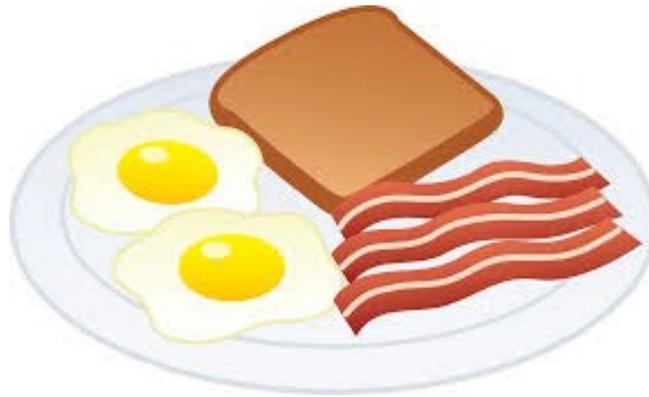
Wednesday, June 17

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 June 17 will be:** *bacon, scrambled eggs, pancakes, 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.



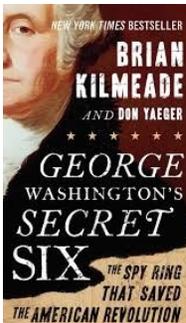
## Seated Tai Chi for Arthritis

Northern Senior Activity Center

**Mondays, June 8-July 20 (6 classes), 10:15-11 a.m., Free**

Tai Chi for Arthritis is an evidence-based program that is designed to help reduce pain, improve balance, and promote total body wellness. The seated version of this class is ideal for those interested in the health benefits of Tai Chi while utilizing the safety and security of a chair. Classes are progressive and attending all will help participants get the maximum benefit. Classes are held Mondays, June 8-July 20 with no class on June 29. Space is limited. Advanced sign up is required, no drop-in space is available.

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## A HA! Book Discussion Group (Adventure, History, Action)

Northern Senior Activity Center

**Wednesday, June 17, 1:30-2:30 p.m., Bring Book**

A new book discussion group has emerged! With books following the theme of Adventure, History, and Action, A HA! is ideal for readers looking for bold, fascinating content. The first session will be Wednesday, June 17, from 1:30-2:30 p.m. The book will be *Washington's Secret Six* by Brian Kilmeade and Don Yaeger. For more information call 301-475-4200, ext. 73103.

## **Rain Boot Fresh Floral Arrangement**

**Northern Senior Activity Center**

**Friday, June 19, 9:30-11 a.m., \$25**

Learn to make an adorable fresh floral centerpiece in a pair of children's rainboots. This arrangement is perfect for baby showers, birthdays, or just to celebrate spring. Flower selection and boot colors may vary. The cost is \$25 and is due at sign up. Space is limited. For more information or to sign up and pay in advance for your spot, please visit the front desk or call 301-475-4200, ext. 73103.



## **Fathers of Fitness**

**Northern Senior Activity Center**

**Monday, June 22, 12:30-1:30 p.m., Free**

Whether you are honored by being a father and a man of fitness or interested in becoming more fit, the Fathers of Fitness exercise class is just for you. This men's only exercise class is designed to use weight and resistance training to provide a total body workout and improve balance. Maximize your exercising efforts with this custom routine created by certified personal trainer, Dave Scheible, while enjoying the fellowship of a group class. Class will be held on Monday, Jun. 22 from 12:30-1:30 p.m. This class is being sponsored by the Northern Senior Activity Center so that members can participate for free. To sign up for this class in advance, please visit the front desk at the Northern Senior Activity Center to pick up your voucher.

## **More Energy, Better Memory Workshop**

**Northern Senior Activity Center**

**Tuesday, June 23, 12:30-2 p.m., \$10**

If you'd like more energy instantly and a sharper mental focus regularly, then this is the workshop for you. Instructor Judi Lyons will guide you on how to activate wakefulness, motivation, and quick memory recall in just minutes using research-proven techniques and a variety of fun, yet gentle body-brain teasers. The cost of this workshop is \$10 and due at sign up. Space is limited. To sign up and pay in advance, please visit the front desk. For information on availability, call 301-475-4200, ext. 73101.

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## **AARP Smart Driving Course**

**Northern Senior Activity Center**

**Monday, June 30, 9 a.m.-2 p.m., \$15 AARP members, \$20 non-members**

This course includes proven safety strategies that older drivers can use to compensate for changes as they age and allow them to drive more safely and confidently for as long as possible. The fee is \$15 for AARP members and \$20 for non-members with cash or check made payable to AARP. Class is 4 hours with a break for lunch at 11:30 a.m. Lunch is a donation from seniors 60 and older; \$6 for others made the day of the class. To sign up and pay for this class in advance and to sign up for lunch, please visit the front desk or call 301-475-4200, ext. 73101.



# Connecting with you at Northern

Greetings to all our members~

As I'm writing this, we are currently not together but very much thinking of each other I can assure you - from my viewpoint and from what I'm hearing from others. Since we had to close our doors for the time being, we have been making outreach calls to make sure you have what you need and are doing ok. We are also hearing that people like to hear that "familiar" voice and some have been reaching out to us. That works too! Currently we are teleworking but had a few weeks in the building after closing the doors. During that time, staff continued to work hard scrubbing, sanitizing, organizing, and frankly, cleaning and going through areas we never have the time for. Such deep cleanings will make our home sparkling and welcoming when we reunite our Center family and congregation.

Until then, distancing is important while challenging. I personally think it should be called "physical" distancing. We are still, and will always be, social and connected. It's the nature of what we do and who we are. That said, we are finding new ways of staying connected these days, with use of media and phone calling. We've heard that people miss...each other... us... the building... and are trying to keep busy with at home activities like coloring, Diamond Dotz, crochet, and arthritis exercises. And for connection, people are calling each other, and being kind and compassionate and it's brought out the best of us in that way. But I know it's been hard. There has been some worry and anxiety for you, and us. Your health and wellbeing is paramount. We also struggle with not seeing and spending time with you. We are eager to get back too.

I want to thank the Center staff who was flexible and generous with their time and did everything from site deep cleanings to delivering meals to homebound seniors. We couldn't find better people to team up to lead the Center along and care so well for our members.

For now, we're all in this together, and we'll be getting out of it together. And some day, hopefully by the time you read this, we are close to, or able to, BE back together.

I am grateful for our many blessings and wish that you take care of yourself and each other, stay safe and know we're always here for you.



*Mari-Ann Santieri*



# Retired and Senior Volunteer Program

By Norine Rowe, RSVP Program Manager

## Older Americans Make Their Mark as RSVP Volunteers

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. This year, the theme "Make Your Mark" was selected to encourage and celebrate countless contributions that older adults make to our communities. RSVP volunteers provide a great example of how seniors can make a considerable mark on our community by donating their time,



experience, and talents to benefits others. With almost 40,000 hours of service in 2019 valued at more than \$1 million, RSVP volunteers are making an incredible, indelible mark on our community. By their selfless actions and considerable contributions, RSVP volunteers are helping to make St. Mary's County the wonderful, caring place it is!

## New Opportunities to Make Your Mark as an RSVP Volunteer



### *Flight Simulation Volunteers Needed at Patuxent River Naval Air Museum*

Do you have experience in aviation, engineering, or computers? Do you have what it takes to be a Flight Simulator Volunteer? Seniors with a background in aviation, engineering, or computer simulation are invited to explore this unique and exciting opportunity to guide visitors in the Flight Simulators at Patuxent River Naval Air Museum. Training is provided for qualified candidates. So if helping others soar is your special skill, give us a call.

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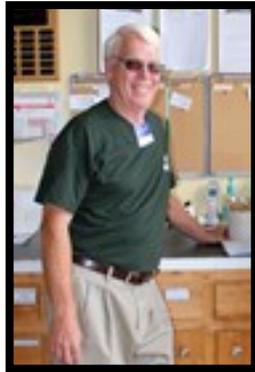
### *Hospitality Coffee-Cart Volunteers Needed at New Veterans Outpatient Clinic*

If you have a welcoming personality, we have an opportunity for volunteers to staff a hospitality coffee cart at the new Veterans Outpatient Clinic on Great Mills Road. The American Red Cross provides all the supplies; volunteers prepare and offer coffee to persons in the clinic's waiting room. Two-hour morning shifts are available 5 days per week. If this sounds like your cup of coffee, then give us a call!



**We Invite Senior Volunteers 55+ to Make Your Mark!**  
**For more information, call RSVP at 301-475-4200, ext. 71650**  
**or email [RSVP@stmarysmd.com](mailto:RSVP@stmarysmd.com).**

## **Sam Brown Makes His Mark Lifetime Achievement Award Winner**



Sam Brown, President of A Community that Shares (ACTS), was honored this year by receiving the RSVP Lifetime Achievement Award for more than 4,000 hours of service as an RSVP volunteer. Sam started with RSVP in 2002 and over the years has served in multiple roles, including as a volunteer with St. Mary's Adult Medical Day Care, Commission on Aging, Garvey Council, and the Home-Delivered Meals Program.

Among his accomplishments, Sam has received the Outstanding Maryland Rural Health Volunteer Award for his leadership of ACTS, where he heads up a team of more than 20 dedicated volunteers who loan out thousands of pieces of assistive equipment each year to persons in need. Sam spearheaded a fundraising campaign that raised \$80,000 and doubled the ACTS warehouse space from 1,500 to 3,000 square feet. On receiving the award, Sam said, "We should all be helping and serving our neighbors." Sam credits the support of local community members and ACTS volunteers for the program's success, saying, "There is no more caring community in the country than right here in St. Mary's County."

## **Jess Davis Makes His Mark Lifetime Achievement Award Winner**

RSVP Volunteer Jess Davis was also honored this year by receiving the RSVP Lifetime Achievement Award for more than 4,000 hours of service as an RSVP volunteer. Jess has been a member of RSVP since 2009 during which time he has volunteered with the Home-Delivered Meals Program, the H.O.P.E. Food Pantry, and the AARP Tax Aide Program.

Throughout this time, Jess has dedicated himself to helping members of our community in any way he can. "I just enjoy giving back," said Jess, who explained that for many years he simply didn't have the time to volunteer. As a Home-Delivered Meals Volunteer, Jess said he really enjoyed meeting the people on his route and the sense of accomplishment that comes from getting to know people and truly helping them. As a Tax Aide Volunteer, Jess said he enjoys meeting people face-to-face and helping them save money on the cost of tax preparation. He also takes great pride in the quality of work that he and the other certified Tax Aide volunteers offer. As a former self-described "city boy," he said he gets much joy out of his volunteer work that exemplifies the spirit of "Neighbors Helping Neighbors."



# Trips and Tours

## Exploring from Home

By: Brittney Lee, Outreach Specialist

The events of 2020 have presented a new challenge for many of us who enjoy being out and about: how to entertain ourselves from home! If you've found yourself struggling with ways to fill your time at home, check out the list below:

### Entertainment and Culture

**Library Services:** With your St. Mary's County library card, you can continue to borrow digital resources like e-books, audiobooks, music, tv shows, movies, and more.

Your library card gives you access to RB Digital, an app that allows you to browse and borrow magazines, eBooks and audiobooks for up to 21 days.

You also have access to Maryland's Digital eLibrary Consortium which provides downloadable eBooks, audiobooks, and magazines for adults, young adults, and children from many different publishers, compatible with iOS, Android, and Kindle devices, along with many eReaders.

Read more about what you're St. Mary's County library card can do for you here:

[www.stmalib.org/read-listen-watch/digital-content/](http://www.stmalib.org/read-listen-watch/digital-content/).

**Culture:** Have a virtual travel adventure today by viewing thousands of paintings, sculptures, installations and new work in museums online, both here in the U.S. and internationally. Participating museums include the J Paul Getty Museum in Los Angeles, the Vatican Museums in Rome, the National Gallery in London, and the Museu de Arte de São Paulo in Brazil.

([www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours](http://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours))

### Try New Foods

We are quite lucky that our local restaurants and grocers have accommodated their services for our senior community! Most restaurants will allow you to call and place an order for delivery. But now is a great time to experiment with services like UberEats, DoorDash, and GrubHub, which allow you to order food from the local restaurants online. Try a new cuisine you've been curious about or pair your meal with the host country of the museum you're going to explore online!

## Looking Forward

The Department of Aging & Human Services appreciates the patience and understanding our community has shown in the face of uncertainty. We look forward to resuming our LIFE trips as soon as possible!



**NEW BEGINNING**

## Ongoing Creative Expressions

*Please be advised - activities listed below are subject to rescheduling or cancellation.*

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
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 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
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
	Crochet Club	Donna Sigler	Mondays	9-11:30 a.m.	Bring Materials

**MAY/JUNE**

## Ongoing Social Events at the Northern Senior Activity Center

*Please be advised - activities listed below are subject to rescheduling or cancellation.*

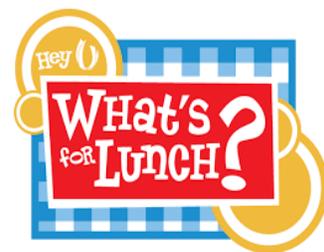
Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	“Bring Your Buddy” Billiards	Mondays Wednesdays Thursdays	Before 1 p.m. Before 1 p.m. After 3 p.m.	Free
	Hand & Foot	2nd & 4th Tuesdays	12:30-4:30 p.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.-3:30 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	9:30-11 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 Performance 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](http://www.stmarysmd.com/docs/menu.pdf).



## Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

*Please be advised - activities listed below are subject to rescheduling or cancellation.*

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301-475-4200, ext. 71050	Bingo	Mondays	10:30 -11:45 a.m.	\$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.-noon	Free
	Bingo	TBD - Call Center for Dates	12:30-1:30 p.m.	\$1 (up to three cards)
	Bingo	TBD - Call Center for Dates	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

## Ongoing Physical Fitness Activities At Garvey and Loffler Centers

*Please be advised - activities listed below are subject to rescheduling or cancellation.*

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 Thursdays	10 a.m.-12 p.m. 2:15 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays & Thursdays	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
	EnhanceFitness	Tuesdays & Thursdays	5:30-6:30 p.m.	F.C.
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

## Ongoing Physical Fitness Activities At The Northern Senior Activity Center

*Please be advised - activities listed below are subject to rescheduling or cancellation.*

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 13-August 5	9-10 a.m.	Free
	Seated Tai Chi for Arthritis	June 8-July 20	10:15-11 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](http://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

*Please be advised - activities listed below are subject to rescheduling or cancellation.*

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 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	Wednesday, May 27	12:30-1:30 p.m.	Free
	Book Chatter Book Club FULL	Martha Baker	4th Thursday	11-Noon	Free
	A HA! Book Discussion Group	Dan Donahue	3rd Wednesday Beginning in June 2020	1:30-2:30 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 [www.stmarysmd.com/it/citizen/signup.asp](http://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](http://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](mailto: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.stmarysmd.com/aging](http://www.stmarysmd.com/aging) **Facebook:** [www.facebook.com/SMCDAHS](http://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**  
**23630 Hayden Farm Lane, Leonardtown MD, 20650**
- **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 and MAP Site, 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)***

May 25, 2020 - Memorial Day  
July 3, 2020 - Independence Day (observed)

**NEW BEGINNING**