

NEW BEGINNING

VOLUME 33 ISSUE 6

NOVEMBER/DECEMBER 2020

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



Giving Thanks!

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From the Director's Desk

By Lori Jennings-Harris, Director

Giving Thanks Year-Round

Home is where one usually feels safest and most comfortable. The Department of Aging & Human Services provides a wide variety of programs and services to the county's senior residents. Activities range from social and recreational programs to the direct support of essential services, such as nutrition, health, and in-home services. The Department of Aging & Human Services continues to provide older adults with ways to remain active and continue living independently, even in the midst of a pandemic.

There are times when our community's older adults require the assistance of a caregiver for their daily needs, whether formal or informal. Caregivers are important for the well-being and support of many individuals in our community.

November is National Family Caregivers Month. There is no better way to recognize the love and support of informal caregivers – family, friends, neighbors, co-workers, church members, etc. – than to enthusiastically say Thank You for all you do to help your loved ones with their daily needs. Caregivers provide transportation to medical appointments, run errands, give hands-on support with personal care needs, prepare meals, or pays bills, just to name a few.

Caregivers often go unnoticed for the amount and type of support they give daily, sometimes around the clock. Even though they provide support and compassion without reward or fanfare, it's nice to let them know how much they are appreciated. As Thanksgiving approaches, it is fitting at this time of year to acknowledge the contributions made by so many caregivers. So, thank you for all you do today and every day!

My staff members and I are ever-mindful of the Department's mission and seeing that the people we serve receive the best possible attention. Their level of compassion, dedication and commitment is remarkable. I am proud of this Department's staff and want to simply say Thank You to all my staff members for their enthusiasm and hard work.

NEW BEGINNING

The Commissioners of
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**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.



Aging & Disability Resource Center

Where do I begin to access needed services & resources?

The ADRC/MAP is a free information and referral service. It is open to the public and to individuals of all income levels. If you or a loved one needs assistance, please contact Jenny Beyer, Aging & Disability Resource Coordinator.

For more information, contact:

Jenny Beyer

Aging & Disability Resource /Maryland Access Point Coordinator

23115 Leonard Hall Drive, Leonardtown, MD

301-475-4200, ext. 1057

Jennette.Beyer@stmarysmd.com

www.stmarysmd.com/aging/MAP.asp



St. Mary's County Commission on Aging

Upcoming Meetings:

Monday, November 26, 2020

1 p.m.

Potomac Building - Room 14

23115 Leonard Hall Drive, Leonardtown, MD 20650

No Commission on Aging Meeting in December

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. 1051, or Mercedes.Jones@stmarysmd.com.

Visit the Commission on Aging website at <https://www.stmarysmd.com/boards/groups/default.aspx?board=11>

Call-in option - dial 301-579-7236. Enter the participant pin 985097 when prompted.



Nutrition Corner

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

I hope as you are reading this article you are well. I hope one day to see all of you in person at the centers for my presentations. But in the meantime, I want to provide some information on how to keep your immune system strong throughout this pandemic. In the 4th century BC, the Greek physician Hippocrates said, “Let food be thy medicine and medicine be thy food”. We now know that to be true. In fact, one of the earliest confirmations of food as medicine was in the 1700s when it was observed that sailors who ate citrus never developed scurvy. That led to the discovery of vitamin C some 200 years later.



Foods contain a symphony of vitamins, minerals, and phytochemicals that interact to help fend off disease. Numerous studies have identified dietary patterns that consistently decrease our risk for chronic disease. For example, diets high in fruits, vegetables, whole grains and other plant foods are associated with a reduced risk of inflammation, cardiovascular disease, and certain cancers. While many plant foods have been linked to health, certain specific foods have shown a lot of promise in fighting disease and should be included in your diet. To name a few- berries, broccoli, cinnamon, cranberries, fish, fermented foods, garlic, ginger and turmeric, green tea, shiitake mushrooms and nuts.

Unfortunately, studies have shown that many Americans fall short in meeting their needs for several important nutrients. There are 4 essential nutrients likely to be insufficient in your diet, according to the National Health and Nutrition Examination Survey. Number 1 is potassium, which helps promote blood pressure control. It helps counteract the harmful effects of sodium which most get too much of in their diets. You can boost potassium by adding more fruits, vegetables, and beans.

Number 2 is fiber. This helps prevent constipation and lowers the risk of several chronic diseases. Boost intake by replacing most refined grains with whole grains and increase fruits, vegetables, and bean intake.

Number 3 is Vitamin D. Less than 5% of Americans have sufficient dietary vitamin D intake. Adults 70 or older should get 800 IU daily. Vitamin D has been shown to help protect against some cancers and other chronic diseases. Boost your intake with fortified milk and include fish (salmon, sardines, and tuna).

Finally, the 4th nutrient most fall short of is calcium. It plays an essential part in bone health and can lower the risk for colon cancer. Adults need 1200 mg a day and many people try to meet this with a calcium supplement but the body can usually absorb only 500 mg at a time, so it is important to spread the dose out. Foods that can help are dairy or fortified nondairy foods. Dark greens can provide calcium, but it is less easily absorbed.

Making even a few dietary changes can help make up some nutrient shortfalls and help decrease the risk of many chronic diseases. Taking a supplement to try to make up for deficiencies does not afford the same protection- whole foods do it best. By consuming a diet of more whole foods and less processed ones, you can make a difference in your health.

Do you have nutrition related questions?

Contact Donna at 240-538-6539, she'll be happy to answer them.

If you are diabetic and have concerns about your diet, Donna is a wonderful source of information. She is a Registered, Licensed Dietitian and a Certified Diabetes Educator.



Home & Community-Based Services

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

St. Mary's County Department of Aging & Human Services Announces

The Family Caregivers Virtual Symposium November 2020

An online event for family caregivers.

4 weekly installments of online speakers and resources.

**Register with Daphne.Benneer@stmarysmd.com
to receive a support packet.**

Event access at:

www.stmarysmd.com/aging

YouTube - SMC Aging & Human Services

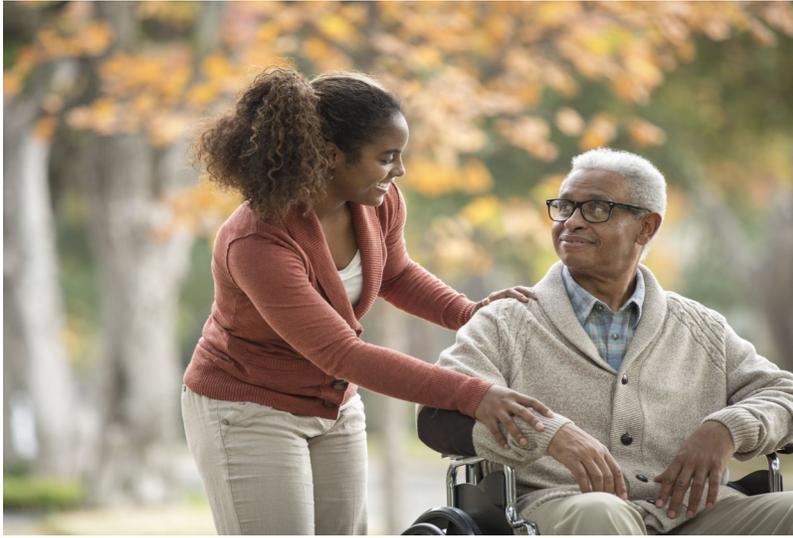
www.facebook.com/SMCDAHS/

Just Say “No” during the Holidays:

- Say, “No” to too many activities.
- Say, “No” to too many people.
- Say, “No” to cooking meals for others.
- Say, “No” to a bad timing.
- Say, “No” to too many gifts.
- Say, “Yes” to communication with family and friends.
- Say, “Yes” to help from others.
- Say, “Yes” to simplifying traditions.

Contact Daphne Benneer to receive a brochure about Coping with the Holidays. Caregivers need a break (Respite) and the Holiday Season is one time when you may need a little extra time away from caregiving. Contact the Department of Aging & Human Services Caregiver Support Program to learn about grants to help pay for respite care.
Daphne Benneer 301-475-4200, ext. 71069.

November is National Family Caregivers Month



President Bill Clinton signed the first National Family Caregiver Month Presidential Proclamation in 1997, recognizing and honoring family caregivers each November. Caregiver advocacy networks nationwide highlight this month to encourage all Americans to honor and recognize those providing for the health and wellbeing of family members, friends and neighbors.

Before the COVID-19 pandemic, family caregivers were finding ways to manage

health emergencies, juggle priorities, but now they face even more unique challenges as we are learning how to navigate the “new normal”. The Department of Aging & Human Services would like to remind our community family caregivers to also take care of yourself. It’s important to keep yourself healthy and happy so that you can do your best for your loved one.

Adapted from the book, *CareGiving: Helping an Aging Loved One* (1985), by Jo Horne, is the Caregiver Bill of Rights as a reminder of self-care:

I have the right:

- To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my loved one.
- To seek help from others even though my loved ones may object. I recognize the limits of my own endurance and strength.
- To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.
- To get angry, be depressed, and express other difficult feelings occasionally.
- To reject any attempts by my loved one (either conscious or unconscious) to manipulate me through guilt, and/or depression.
- To receive consideration, affection, forgiveness, and acceptance for what I do, from my loved ones, for as long as I offer these qualities in return.
- To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.
- To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer needs my full-time help.
- To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

Sources used - <https://caregiveraction.org/national-family-caregivers-month-background>.

Upcycled Jar Christmas Scene Lantern

These beautiful crafts served as the centerpieces for the 2019 Department of Aging & Human Services Christmas Party!



You will need

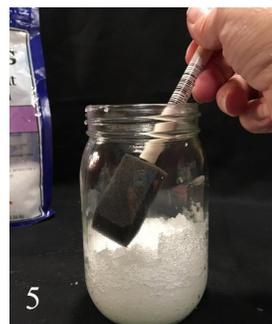
- A cleaned-out jar (labels removed) with lid (pint-sized works well)
 - Rubbing alcohol and cotton ball
 - Small foam brush for spot cleaning
 - White glue that dries clear (Elmer's, school glue, etc.)
 - Epsom Salt
 - A little bit of water
 - White or pearlescent glitter (optional)
 - Christmas miniatures that will fit in jar (3-4 pieces)
- Small, flat, battery-operated headlamp w/pushbutton on/off button (Remove straps if attached)
 - Liquid nails, hot glue gun or gorilla glue
 - One yard of Christmas ribbon (wire-edged works best) and floral wire

Directions

Arrange your pieces how you would like them to be displayed.

Make sure they will fit nicely in the jar. Set aside.

- 1 - Clean the jar inside and out using the alcohol and cotton ball. Let dry.
- 2 - Fill the jar almost halfway with Epsom salt. For extra sparkle add glitter if desired.
- 3/4 - Add just enough water to dampen the salt so they will clump and harden when dry. Stir.
- 5 - Spot clean the jar with foam brush and alcohol as needed. (You will need to do this a few times as you go along.)



Continued on Page 9 - Christmas Scene Lantern

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6 - Choose which side you wish to be the front of your jar- it should be smooth with no designs.
7 - Put a dab of white glue on the bottom of one of your miniature pieces and place it in the jar where desired. Push it down into the salt a little to anchor. Continue with other pieces until you are pleased with the arrangement.

8 - Spot clean jar as needed. Let dry overnight with the lid off. If your lid has writing or a logo on it, cover it with acrylic paint, decorative duct tape or decoupage with holiday fabric.

9 - Remove battery-saving tab from the headlamp and make sure it lights up when you turn it on.

10/11 - Attach flat side to the inside of the lid using liquid nails, gorilla glue or hot glue gun. Let dry.

12 - Finish it up by making a simple bow with the Christmas ribbon and floral wire. Attach to top of lid with liquid nails, gorilla glue or hot glue gun. Let dry. Fluff bow to cover up glue. Turn light on and screw lid onto jar. Enjoy the magic!



Senior Information & Assistance

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

Don't Forget Your Flu Shot

Healthcare providers are encouraging everyone to get a flu shot this year. The shot is available at most healthcare offices and pharmacies. If you have Medicare Part B the cost of the shot will be covered at 100% with many other health insurance companies offering 100% coverage as well.



Medicare May Be Calling You

Representatives from Medicare will be conducting a Medicare Current Beneficiary survey by phone. Beneficiaries who are chosen to participate in the survey will receive a letter from the Centers for Medicare and Medicaid Services with further instructions. To validate the legitimacy of the letter recipients may call 1-800-633-4227 to speak with a Medicare customer service representative who has been provided a list of beneficiaries to be surveyed.

Turkey Basket Giveaway

HOPE of Southern Maryland will be distributing turkey baskets on Saturday, November 21 between 9 a.m. – 11 a.m. at the Church of the Ascension located at 21641 Great Mills Road, Lexington Park. This is a drive up, one day, first come, first served event. HOPE will not accept advanced reservations.



Part D Open Enrollment

is Underway!

Don't forget to review your Medicare Part D prescription drug plan options for 2021. The deadline is Monday, December 7, 2020. A list of the 2021 plans is available at www.Medicare.gov. This website will allow you to enter your list of medications and see the premiums, deductibles, and co-pays for all drug plans. Currently, there are 27 plan options available ranging in price from \$7.30 - \$97.50. Unfortunately, Medicare Advantage plans are NOT available in St. Mary's County in 2021.



LOCAL HELP FOR PEOPLE WITH MEDICARE

New in 2021 is the Senior Savings Program, which will provide major cost savings for specified insulins. This joint venture between drug manufacturers and drug plans will allow beneficiaries to spend no more than \$35 a month on certain insulins with participating Part D drug plans. As always, there are Federal and State programs available to qualifying individuals who meet income and asset criteria. If you require assistance with your plan option please call 301-475-4200, ext. 1050, to schedule a phone appointment with a counselor in your area.

TALKING WITH YOUR DOCTOR

[TIPS FOR SENIORS]



You only have
18 seconds –
that's the average time a
doctor waits before
interrupting a patient.

As a patient, it is important you are able
to **obtain, communicate,**
process, and understand
basic health information.



Be prepared for your visit:

- ✓ Make a list of concerns in order of their importance to you.
- ✓ Write down all your medications, vitamins, and supplements.
- ✓ Note all health and life changes since your last visit.

Use these tips, and learn more about talking with your doctor at www.nia.nih.gov/doc-patient-communication.



for Maryland Residents 65 +

FREE



Senior Call Check

Call 1-866-50-CHECK
or Register Online
aging.maryland.gov

*A daily automated call to
verify your well-being, at
a time scheduled at your
convenience.*

*Register today or tell a
loved one about this
program!*



Focus on Fitness

By Alice Allen, Senior Center Operations Division Manager

At the time of writing this article, the senior activity centers are still waiting for the word from Governor Hogan that they may re-open. While the centers have been closed, virtual programming has been developed and continues to expand. A focus of virtual programming is, you guessed it, fitness programs. Since keeping physically active and fit is so important, a number of fitness videos have been made where you can follow along at home with your favorite instructor.

The centers are also working on expanding live virtual fitness classes, look for Enhance Fitness, yoga, strength training and other classes soon with instructors that you know. Tai Chi for Arthritis and Arthritis Foundation Exercise have been offered in a live virtual format for some time now. Yes, it's different. And yes, you need a computer, tablet or some electronic device to access a platform like Zoom, but it's not too bad, once you get used to it. If you are unfamiliar with Zoom or other virtual platforms, several staff members are available to help you learn.

We are getting through this pandemic together and we look forward to being with you again when the centers can reopen. In the meantime, try to remain as physically active as possible. Check out the videos that are available on the Department of Aging & Human Services webpage. They provide a good opportunity for exercise until you are able to return to the centers.

Videos can be found at:

<https://www.stmarysmd.com/aging/virtual-senior-center/fitness/>
www.facebook.com/smedahs/videos
www.youtube.com - SMC Aging & Human Services

Stay well, stay active and see you soon!



Garvey Senior Activity Center

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



AARP Driver Safety

AARP has made the difficult decision to cancel all in-person events and activities for the remainder of 2020, which includes AARP Driver Safety

events. If you are eligible to receive a car insurance discount from participation in the Smart Driver course, there is an online course offering. AARP is offering a special 25% off discount through December 31, 2020. To access the online course, visit: www.aarpdriversafety.org. The promotion code for a 25% discount is: DRIVINGSKILLS.

Arthritis Foundation Exercise with Kathy Creswell

We are excited to announce that Arthritis Foundation Exercise class with Kathy comes to you live on Zoom. The class is on Tuesdays and Thursdays at 9:45 a.m. If you are interested in participating in this class, please send your email to Kathy Creswell at kathleen.creswell@stmarysmd.com. She will then send you a link in your email to access the class as well as a list of exercise equipment you might need. If you have any questions please call 301-475-4200, ext. 1062. We look forward to seeing you!



NEW!!! E-Letter

The senior activity centers now have an E-Newsletter going out via email every 2 weeks. If you are interested in receiving the E-News, please send your email address to senioractivitycenters@stmarysmd.com. If you have received this email and do not wish to subscribe, please email to be taken off the list. Please call us at 301-475-4200, ext. 1080, with any questions or concerns.

Drums Alive Virtual Class

Golden Beats stimulates people whether they are young or old, healthy or ill. When we drum and dance, we are having FUN! This in return releases endorphins and releases negative feelings. The rhythmical patterns of the drum increase synchronization of brain wave activity which in turn provides feelings of euphoria and improved mental awareness and self-acceptance. Golden Beats is specially designed for the senior population. Join Kathy Creswell, Program Specialist at Garvey Senior Activity Center, for a virtual class via Zoom. This class will be offered for 6 weeks. If you haven't taken this class in person before we recommend that you let the instructor know.

The class will begin on Wednesday, November 11 through December 16 at 11:30 a.m. The supplies required for the class will be available to students on loan for the 6 weeks with a refundable deposit of \$45, this covers lost or damaged items if not returned.

Students will be given a list of items and where they can purchase them should they want to do so. Please call 301-475-4200, ext. 1062, with questions or to sign up for the class.



Drums Alive®

Virtual Holiday Scavenger Hunt

Join Kathy Creswell via Google Meets as she presents you with a list of items from around the house to scavenger for! The first 3 people to complete the list will receive wonderful prizes. The program will be on Friday, November 6 at 9:45 a.m., followed by the announcement of the winners at 1:30 p.m. Everyone will have 3 hours to complete the list after directions are given. Please send an email to kcstmaryscounty@gmail.com if you are interested in participating or if you have any questions.

Remote EnhanceFitness via Zoom!

The senior activity centers are excited to begin remote delivery of Enhance Fitness via Zoom. The popular evidence-based group fitness class will be taught by our certified fitness instructors following the newly established guidelines for remote delivery provided by the licensing agency, Sound Generations. See below for more information on participation requirements, registration instructions and schedule information. We expect the class to fill quickly so be sure to call and reserve your spot soon. These classes are offered FREE of charge with funding provided by the Maryland Department of Aging.

What are the requirements for participation?

- Age 50 or above and complete Department of Aging & Human Services Registration and Waiver documents.
- Complete a fitness check, conducted via Zoom by one of our trained senior activity center staff.
- Participate in a Zoom “Zero Session” to meet the instructor (s), get acquainted with Zoom, etc.
- Commit to a 4-week, 3-days per week class schedule.
- Have an active email address, high speed internet connection and a webcam enabled device.

How do I register?

Call the Garvey Senior Activity Center at 301-475-4200, ext. 1080, and leave a voicemail, including your name and phone number. We will return your call with next step instructions.

Class Schedule: Registration opens November 16!

- Zoom Zero Session: Monday, Nov. 23, 10 a.m.
- Zoom Enhance Fitness Class: M/W/F, Nov. 30 – Dec. 23, 9-10 a.m.



Decorating for the Holidays

By Kathy Creswell, Program Specialist

Thanksgiving Ideas



Are you looking for new ideas for decorating this year? With all the events of the year, the holidays will give us a bright spot to focus on. A wreath is a thoughtful and uplifting idea to do with friends and family. Give each person a few cut out leaves and ask them to write down what they are thankful for. You can hang it on your door or on the wall for the holiday.

If you are looking for decorations but you aren't looking to spend a lot, make sure you shop the stores like Dollar General, CVS, Big Lots, Hobby Lobby, or Home Goods. You can mix and match items to make a unique setting for your tables. If you

are an online shopper, keep an eye out on those Facebook yard sale groups in your community! Sometimes you can score décor for FREE! Who doesn't like things for free?!



There are times when you do not have the time to shop and are looking to just use the items you have in your home. In this photo the decorator used simple items such as an ornamental picture frames, a simple white vase, painted pumpkins, some books, a lamp, and an old window frame to dress up their mantle. Try not to overthink it!

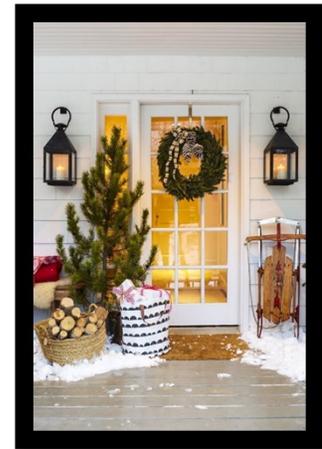
Need a cute center piece for the table? Mason jars with flowers keeps it simple while adding a touch of color to your Thanksgiving dinner table.

Source: <https://homebnc.com/best-thanksgiving-decor-ideas/>

Christmas Ideas

Trees can be the most fun to decorate but can also be the most difficult. If you are looking for new ideas for your tree this year look no further! Pick your favorite holiday word and add it to the tree along with your tree decorations. You can often find the letters, either wood or tin, at Michaels or Hobby Lobby. Leave them the color they come in or paint them to match the color of your tree decorations.

A rustic look for your front porch and door is a refreshing change from the norm. This design isn't overly ornamental, but it really makes it feel inviting. Even if you don't have a woodburning fireplace, the basket of wood just adds to the ambience of the doorway.



If you are like me, you have a collection of old ball jars and maybe a few Christmas balls that you don't use anymore. This is a cute idea for a mantle, a side table or even your guest's bedroom when they come to visit. If you want to spice it up a bit, go grab yourself some of those battery powered candles or string lights to put in the jars!

However you decorate or celebrate this year we hope that this year finds you and your family well!

Source: <https://www.goodhousekeeping.com/holidays/christmas-ideas/g29124481/rustic-christmas-decorations/>



Senior Activity Center BINGO

B	I	N	G	O
List 3 things: you love about your favorite TV show or movie.	Complete: 20 arm curls 20 knee lifts 20 ankle circles	Take a Walk Or Get some sun	Take 3 deep breaths! - In through your nose, count 1, 2,3 - Hold, count 1,2,3 - Out through your mouth, count 1,2,3	Clean out your junk drawer. What weird stuff did you find?
List 3 things: That you are grateful for today.	Call: A senior center friend or a family member.	Clean out your pantry/cupboards. How many expired items do you have?	Share: An easy recipe on our Facebook page on November 17.	Name all 50 states.
Drink 64 oz. of fluid in one day. Source: Mayo Clinic	Stimulate your mind! Complete one crossword, word search, Sudoku or other puzzle.		Reminisce! Look through old photos.	Listen to music that makes you happy.
Take a selfie and send to a friend.	Write about: A positive and memorable time in your life.	How many words can you come up with in two minutes using the letters: CORONAVIRUS	Mail: a friend or family member a letter.	Play a Card Game!
Make something creative. (ex. Cooking, drawing, craft, etc.)	Pay it forward. Give someone a compliment.	List 3 things: You love about your local senior center.	Write: A piece of advice you would give to younger generations.	Purge! Go through your phone/computer and clean out apps/files/pictures you no longer use/want.

HOW TO PLAY:

Complete all of the activities in a row vertically, horizontally or diagonally. Let us know when you have achieved a BINGO and we will enter one ticket into our raffle with your name on it!

Contact us via email: brandy.tulley@stmarysmd.com.

Entries must be received by **December 4**.

Three baskets filled with practical, household items will be awarded, each valued at \$20.

FIVE BINGO MAXIMUM = 5 RAFFLE TICKET MAXIMUM

Loffler Senior Activity Center

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

Gratitude Exercise

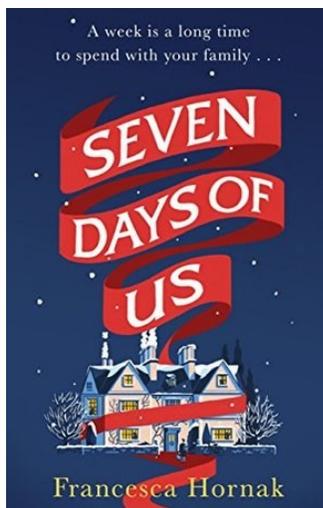
Taking time to acknowledge things you are grateful for can boost your mood and nourish the brain. We tend to take things for granted, missing opportunities to get psyched up about all the blessings we have. Try making a gratitude list based on each letter of the alphabet. If you can't think of one for every letter, don't worry. The goal is to get yourself to pay attention to the good; it's not about completing this exercise.

Some Suggestions: Consider things, people, places, events, activities. Think about your spiritual, physical, emotional, and social aspects. (pyschedpro.com)

I'm Grateful For....

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

18



Loffler Book Club Chat Room:

The Seven Days of Us

Read this book in November, then we'll discuss on Friday, December 4, at 10 a.m. What happens when a scattered family finally must come together for the first time in years and ends up forced to spend a week together in quarantine over the holidays? For the next seven days, the Birches are locked down, cut off from the rest of humanity and even decent wi-fi at Weyfield Hall, their family's aging country estate.

Amazingly enough, this book was written 2 years before our own quarantine experience! If you want to be a part of this, contact Shellie at Sheila.Graziano@stmarysmd.com for instructions and details. Some copies may be available on hold for us at the St. Mary's County Library - Lexington Park Branch.



Caregiver's Corner

For those of you caring for someone with a condition, whether a family member or as hired assistance, you are fully engaged and so much is required of you- physically, emotionally and mentally. Don't forget that you are deserving of care, too. Find time for yourself. Here are some simple ways to avoid becoming overwhelmed:

(Taken from Today's Caregiver magazine- 5-25-17)

- Laugh about something everyday.
- Take care of yourself physically.
- Eat a well-balanced diet.
- Talk with someone every day.
- Let family and friends help. Give them printed material on memory disorders so they can better understand your relative. Give them a chance.
- Give yourself permission to have a good cry. Tears aren't a weakness, they reduce tension.
- Exercise. A brisk walk counts.
- Get adequate rest.
- Try a bowl of Cheerios and milk before bed to promote sleep.
- Avoid noisy and/or tension-filled movies at night. The late news itself can add to stress. Skip it.
- Reduce daily caffeine intake.
- Get professional help if you feel your support system isn't adequate or if you feel overwhelmed.
- Take a break every day, even if it's only 10 minutes alone in the backyard.
- Explore community resources and connect yourself with them.
- Listen to music.
- Learn relaxation techniques.
- Regularly attend one or more support groups and education workshops.
- Give yourself a treat at least once a month: an ice cream cone; a new shirt or dress; a night out with friends; a flowering plant.
- Know your limitations.



Beginning Tai Chi for Arthritis and Fall Prevention Virtual Class on Zoom

Tuesdays & Thursdays November 17 – December 15 (8 sessions)

11 a.m., FREE

Beginner classes for Tai Chi for Arthritis and Fall Prevention will meet on Tuesdays and Thursdays at 11 a.m. beginning November 17. In this class we will learn to do some core movements on each side in a graceful routine while applying basic Tai Chi principles. There is no fee for this class, but a commitment to attendance and practice is necessary for success. Pre-registration is required. You will need reliable internet, a smart phone or computer and a Zoom account (Help is available by e-mailing Shellie- address below). We can only accept 10 students this time so only those who have never taken this course may register. However, if enough former students are interested, refresher classes will be offered in another time slot. For more information or to register e-mail Sheila.Graziano@stmarysmc.com

For our veterans- thank you for your service!

As we are not able to host our annual Veterans Circle Celebration, we want to at least take a moment to thank you beloved veterans for the years you spent in service to our nation. Every time we've thanked a veteran, the response has always been, "It was an honor!" Well, VETERANS, we are the ones who are honored by YOU! Here's a look back at some of our Veterans Circle Celebrations in years past.



Celebrate Anyway!

We are very sad that we won't be having our annual Department of Aging & Human Services Christmas Party this year. That doesn't mean the Christmas spirit isn't with us, though. Enjoy a modified holiday season- there's still plenty to celebrate! In the meantime, here are some great memories of our Christmas parties from previous years.



2020 Christmas

It's the season of Christmas in COVID-19
Places have closed, entertainment is lean
Programs are virtual if we have them at all
Visits with loved ones are made by phone call
The people are worried, and questions are asked
Few answers forthcoming, so no one's unmasked.
Events in the world are creating great fear
For besides the pandemic, infighting dwells here
Friends turn on each other, their love is forgot
While out there a stranger is stirring the pot!

Out of the blue a kind voice will ring out,
"Be still for a moment, don't continue to shout!
Dear friends, take a rest, you are tired and tense
I understand all of you've suffered offense.
But pause now dear loved ones, let your hearts rest
Christmas is coming, please heed this request".

For a moment, the world stills, each person is shocked
"Who dares to question us, who wants us stopped?"
"I do" and "I do" and "I do" is heard
From millions of voices all over the world
And there in the quiet, calm reason sets in
"Yes, Christmas is coming, no matter who wins.
Our children are watching us with worried eyes
Let's give this a rest and give them a surprise".

How nice it would be if it happens this way
If we just learn to listen, and watch what we say
To let loving kindness guide us in our tasks
To look to the future but learn from the past.
Season of love, season of giving
Dwell in the hearts of all who are living
Please help us to put our hard feelings aside
To reach out to each other and in peace abide.

-Shellie Graziano



Northern Senior Activity Center

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



Maryland Day Basket WINNER!! Northern Senior Activity Center Wanda Delozier

Congratulations to Ms. Wanda Delozier for winning the Maryland Day Basket raffle and a special thanks to everyone who participated. Tickets were sold at the beginning of 2020 to celebrate Maryland Day on March 25. The drawing was held during the COVID-19 social distancing protocol and Ms. Delozier was chosen as the winner. The basket contains a treasure trove of Maryland-themed apparel, magnets, servingware, activity items and other state-pride decor. Congratulations again to Ms. Delozier!

Senior Matters: Series

Thursdays, November 5 - December 17, Free

12:30 - 2 p.m. (six sessions)

With Elizabeth Holdsworth, MSW, LCSW-C

Held via Zoom

Internet/data connection required

Advance Registration Required

This is an opportunity where you get to talk through what's on your mind and in your heart and hear from others in a small group setting. It will start off with an icebreaker/introduction week to discover questions and goals for group topics that are relevant to you. Areas each week will focus on relevant issues and can include COVID-19 related concerns in the areas of: Mental Health, Physical Wellness, Social Wellness, Chronic Illness/Management, and Expression/Creativity.

Now is the time to offer your opinion on development of these topics, so we want to hear your feelings on these questions or get your thoughts on matters that stand out to you.

What topic do you think needs the most attention?

What has been your biggest challenge during COVID?

Do you feel like people don't understand what you need or want?

What are your holiday sentiments this year and how do you feel about your holiday plans?

If interested in registering, or sharing your thoughts/responses, contact MarieNoelle Lautieri at MarieNoelle.Lautieri@stmarysmd.com or 301-475-4200, ext. 3102.

Journaling and/or drawing supplies will be provided complimentary upon series completion





**Fresh Evergreen Wreath –
Virtual Class**

**Northern Senior Activity
Center**

Monday, December 7

10-11 a.m.,

Participants provide supplies

Make your very own fresh evergreen wreath using the greenery around your property! Join Northern for a virtual fresh evergreen wreath making class using the platform Zoom. This class will show you how to bundle and attach greenery and share ideas on how to embellish your wreath to make it extra special. To participate you will need cut greens, a metal wreath form and

floral wire, as well as any ribbon or decorations you would like to add. You can sign up and craft along with the instructor or just watch for some inspiration. To do this virtual class, you will need an email address and internet access. To sign up in advance, please email MarieNoelle at MarieNoelle.Lautieri@stmarysmd.com

**Creatively Crafted
Virtual Studio**

**Northern Senior
Activity Center**

2nd & 4th Fridays

Reoccurring

10-10:40 a.m.

One of the benefits of using the senior activity centers is to socialize with friends. Whether you're a potter, painter, like to color, or create, Creatively Crafted Virtual Studio is a place for creative minds to meet and enjoy fellowship with one another as they practice their craft. The virtual studio is open for fellowship at 10 a.m. on the 2nd and 4th Friday of the month.



This group uses the platform Zoom. Participants will need internet access, a smart device (phone, tablet, laptop), and an email address. To sign up for the group please email MarieNoelle at MarieNoelle.Lautieri@stmarysmd.com.

Special Thanksgiving Connection – Social Distancing Style Northern Senior Activity Center

Thursday, November 19, 11-11:40 a.m., Participants supply their meal

As the holiday season approaches, we are reminded of all of the great times we've shared at Northern. During the season with social distancing, we are looking to reunite and reconnect with some personal connection using the virtual platform Zoom. Sign up to be a part of our Thanksgiving Connection to share mealtime with friends and staff! To participate in this virtual event, you will need an email address and internet access. To sign up in advance, contact Helene at Helene.Hunter@stmarysmd.com

Here are some of our favorite memories from past Thanksgiving celebrations!



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Farewell Rachel!

While we say goodbye, we also say good luck and thanks! Rachel made many contributions to the activities and programs offered at the Northern Senior Activity Center and the Department of Aging & Human Services over the last five years. She is well known for her beautiful voice and tributes to our veterans, law enforcement and members, as well as crafty flower arranging classes and for being a masterful instructor for Tai Chi for Arthritis, just to name a few. While Rachel's enthusiasm and energy will be missed, she is moving onward to new adventures. Here's a few memories of our good times together.



Annual Coloring Day

Many thanks to Martha Baker, our coloring group volunteer and leader, for always thinking of others. The Annual Coloring Day tribute has become an ongoing event each year and was acknowledged recently in a contactless way. Members received their coloring day gift baskets and a collection of supplies so they many continue to enjoy the benefits of coloring.



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Program Manager

Giving Thanks in Times of Trouble — An Antidote to Discouragement

It can be easy to be thankful when everything is going our way, when life is good, when horizons are bright. But what about when times are tough, and the going is rough? What then? Can we offer thanks in the very midst of this COVID-19 storm? In many ways, that's the challenge we now face.

During the trials of life, giving thanks is often the last thing we feel like doing. But during such times, giving thanks is more important than ever. We all have an important choice to make during difficult times: whether to allow ourselves to fall into discouragement, negativity, and depression, or to choose to rise above such feelings by intentionally reaching for higher ground and seeking out the good. We're called to choose the high road by offering gratitude for the good we find and for the blessings we discover in the very midst of trying times.



"In the middle of a difficulty lies opportunity." — Albert Einstein



Challenging times provide us with a unique and valuable opportunity to find something to be grateful for each and every day as we seek to find the good in the midst of the not-so-good. If we are to survive during COVID-19 and rise above circumstances, we need to challenge ourselves to find good things to be thankful for. We are also challenged to magnify the good we find, to express our appreciation for it, and to find ways to add to it by helping and encouraging one another as we journey along this

rocky, bumpy road together. If we do that, we will not only survive COVID-19, but we will come out on the other side wiser, stronger, and more grateful than ever.

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously.” — Ralph Waldo Emerson

**“Porch-Traits” of RSVP Senior Survival Stories
How Our Volunteers are Coping, Surviving, & Even Thriving During COVID-19**



Catherine Hayden loads up her walker with gallon jugs of water for her vegetable garden.

At more than 91 years of age, RSVP Senior Vibes Volunteer Catherine Hayden has been living on the same 286-acre family farm in Hollywood since she was 18 years old. During those 70-plus years, she has lived through many trials and tribulations. Farm life was hard at times, especially after the loss of her husband following illness. Early on, with young children to raise, she was able to make it thanks to a neighbor who stepped in to help her teenage son bring in the tobacco crop. Over the years, a strong spirit of determination, perseverance, and hard work has carried her through.



Catherine tends to a large cauliflower plant in her vegetable garden.

In more recent years, Catherine has enjoyed going to the Garvey Senior Activity Center for exercise classes. In 2010, a friend there, Regina Abell, talked her into joining the Senior Vibes, a group of RSVP senior volunteers who share their love of music with those living in nursing homes and other senior living facilities.

Catherine found a happy home among the Senior Vibes members who she found to be friendly and welcoming.

“I enjoyed every minute of it, singing with the Vibes, everyone was so happy,” Catherine said. “I always looked forward to it.”

Since COVID-19, Catherine has managed to stay active tending to a large vegetable garden with peppers, tomatoes, cucumbers, zucchini squash, and cauliflower. Three times every day during the summer, she loaded up her walker with four, one-gallon jugs of water that she would cart down the road to water her garden. As evidence of her hard labor, she proudly shows off the muscles in her arms and legs. She also cares daily for her rescued kitty cat, “Baby,” who provides her with love and affection. Staying positive and busy in the great outdoors has helped Catherine thrive during COVID-19 and throughout life.



Catherine’s rescued kitty-cat “Baby” provides her with loving, daily companionship.

5 Facts about Malnutrition

FACT 1: Malnourished individuals can come in all sizes

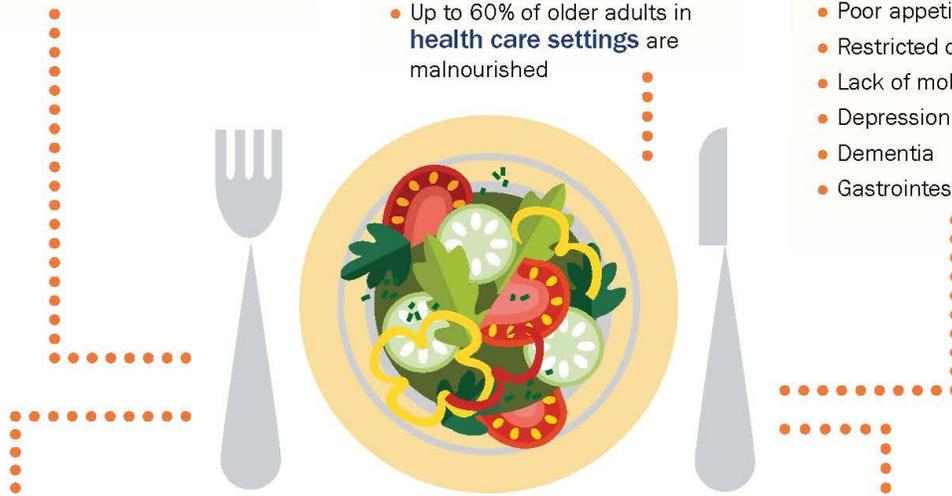
- 715,000 U.S. adults aged 65+ are **underweight**
- 1 in 3 U.S. adults aged 65+ are **overweight**
- You can be underweight or overweight and still malnourished

FACT 2: Malnutrition affects all groups of people

- 9 million older adults **can't afford nutritious food**
- 1 in 4 adults aged 65+ either reduces meal sizes or **skips meals**
- 16% of independent older adults are **at high risk** for malnutrition
- Up to 60% of older adults in **health care settings** are malnourished

FACT 3: Malnutrition can come from a number of factors

- Chronic conditions
- Limited income
- Trouble swallowing/chewing
- Poor dental health
- Changing taste buds
- Living alone
- Medication side effects
- Poor appetite
- Restricted diets
- Lack of mobility
- Depression
- Dementia
- Gastrointestinal disorders



FACT 4: You can't always prevent or treat malnutrition by just eating more

- **Adjust your diet** to get all the nutrients your body needs
- **Exercise** to build muscle and improve strength
- **Consult** a Registered Dietitian Nutritionist
- Consider using an **oral nutritional supplement**

FACT 5: Malnutrition has many warning signs

- Muscle weakness
- Fatigue
- Increased illness or infection
- Feeling irritable or depressed
- Unplanned weight loss
- Decreased appetite

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. 1080	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. 1658	Needle Crafters	Audrey Haynie	Mondays & Thursdays	10-11:30 a.m.	Free
	Open Studio Art	Chris Nelson-Sisk	Every Friday	10 a.m.	Supplies
	Sew-it-Alls	Judith Nelson	Monday	1 p.m.	Free
	Independent Art Classes	Chris Nelson-Sisk Jamie Naluai	Wednesdays Tuesdays	1 p.m. 10 a.m.-12 p.m.	Bring materials \$85/month
	Charity Crafters	Dee Poole	Thursdays	1 p.m.	Free
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.- 2 p.m.	Free
	Project Linus	Debbie Ruple	3rd Fridays	10 a.m.	Free
	Monthly Craft	Audrey Haynie	1st or 2nd Fridays	10 a.m.	Fee
	Wood Carving	W. & M. Brown	Tuesdays	1 p.m.	Supplies
	Embroidery on Paper	Omega Taylor and Lilli Mellenberg	Mondays	1 p.m.	\$5 for starter kit
Location	Title	Instructor	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 3101	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

Ongoing Social Events at the Northern Senior Activity Center

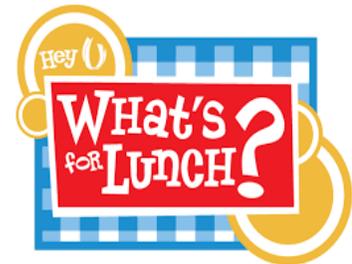
Please be advised - activities listed below are subject to rescheduling or cancellation.

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 3101	“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? 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.



When centers re-open following the COVID-19 emergency, adults age 60 and over will be able to enjoy lunch among friends, and monetary donations are accepted.

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. 1080	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 & 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. 1658	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. 1080 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 a.m.	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. 1658 F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.	Fitness Equipment Available	Daily	8 a.m.-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. 3101 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	

We'll Read to You

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

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

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

Call 301-475-4200, ext. 71073, to learn more about this audio availability.

Additional volunteer readers and those proficient in other languages are particularly welcome; the time commitment is approximately two hours on a bi-monthly basis.



Ongoing Education Classes

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

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301-475-4200, ext. 1080	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. 1658	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. 3101	Page Turners Book Club FULL	Gloria Fusco	3rd Tuesday	11-12:30 p.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	TBD	12:30-1:30 p.m.	Free
	Book Chatter Book Club FULL	Martha Baker	4th Thursday	11-Noon	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.stmarysm.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.stmarysm.com/aging/NewBeginning.

For more information about New Beginning delivery options, contact Community Programs and Outreach Manager Sarah Miller at 301-475-4200, ext. 1073, or Sarah.Miller@stmarysm.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
P.O. Box 653, Leonardtown, MD, 20650**

Senior I&A-Help for seniors in the form of services, benefits and assistance is provided.

Access to information and referral services, options counseling, support for caregivers, and more, are provided. Call 301-475-4200, ext. 1057, for information.

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

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

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

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

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

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

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

Website: www.stmarysmd.com/aging

Facebook: www.facebook.com/SMCDAHS

YouTube: SMC Aging & Human Services

Fax: 301-475-4503

Phone: 301-475-4200, ext. 1050

Locations

- Department of Aging & Human Services Administrative Building, 301-475-4200, ext. 1050

41780 Baldrige St, Leonardtown, MD 20650

- Garvey Senior Activity Center, 301-475-4200, ext. 1080

23630 Hayden Farm Lane, Leonardtown MD, 20650

- Loffler Senior Activity Center, 301-475-4200, ext. 1658

21905 Chancellor's Run Road, Great Mills, MD 20634

- Northern Senior Activity Center, 301-475-4200, ext. 3101

29655 Charlotte Hall Road, Charlotte Hall, MD, 20622

- Human Services and MAP Site, 301-475-4200, ext. 1050

23115 Leonard Hall Drive, Leonardtown, MD, 20650





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

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CHANGE SERVICE REQUESTED

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

Thursday, November 26 - Thanksgiving Day
Friday, November 27 - Thanksgiving Holiday
Friday, December 25 - Christmas Day
Friday, January 1 - New Year's Day

NEW BEGINNING