

NEW BEGINNING

VOLUME 32 ISSUE 5

SEPTEMBER/OCTOBER 2019

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



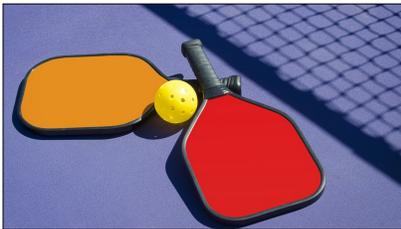
*Celebrating
National Senior
[Activity] Center Month!*

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Come get your groove on with DJ Mean Gene for an afternoon of Halloween dance fun at the Northern Senior Activity Center! Feel free to dress in costume!page 25



From the Director's Desk

By Lori Jennings-Harris, Director

The Department of Aging & Human Services actively promotes well-being for older adults and plans suitable activities. According to the National Institute of Senior Centers (NISC), this September's theme to celebrate National Senior Center Month is Senior Centers: The Key to Aging Well! "Senior centers are the key for individuals to age healthily, and also for communities to properly support older adults."

Our three senior activity centers – Northern, Garvey, and Loffler – offer the senior members of our community a wide variety of options to remain active and engaged. Not all centers have the same programs and provide all the same activities, so seniors are welcome to attend only their favorite center or all three! By this time next year, we will have settled into the new Garvey Senior Activity Center. We are enthusiastically looking forward to expanding our programs and meeting new center participants.

The Department of Aging & Human Services is committed to enhancing the lives of our county's older adult population. As we approach the fall season, we are also busily planning our October health fair – The Way to Wellness. This annual event offered free and open to the public, focuses on the advantages of remaining active and informed about the benefits of exercise and much more. We encourage your participation at this year's health fair.

The Department of Aging & Human Services is excited to present various activities and share in the upcoming events during the months of September and October at our senior activity centers. We hope you will join us.

On another note, I want to thank Taylor Gregg, the editor of our New Beginning, for his contribution to our newsletter over the past decade or so. Taylor is moving on to other adventures and we wish him well! Thanks Taylor!



NEW BEGINNING

The Commissioners of
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To receive a copy of this newsletter through the U.S. Mail, call 301-475-4200, ext. 71050.

Editorial submissions should be sent to:

St. Mary's County Department
of Aging & Human Services
P.O. Box 653

Leonardtown, 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.

So Long but not Goodbye: A Farewell from the Editor



Time to say “so long, but not goodbye,” as I leave New Beginning in the capable hands of your new Editor, Sarah Miller. In the more-than-a-decade since I became a Federal AmeriCorps Volunteer here as editor of New Beginning I have really enjoyed putting each issue together, with the added pleasure on a small publication of serving as the Graphic Designer as well.

Ever since the days way back in my high school journalism class I have been fortunate to be the editor of something. I started as a U.S. Navy Journalist on Guam, then community newspapers in Ohio, followed by freelancing for the Washington Post before moving on to Asia Editor at National Geographic and a stint as Editor of a peer-reviewed Bio-science Journal. So, a fun ride all the way, and so lucky for me. I will still see you around the Department of Aging & Human Services as I intend to take advantage of some of the great programs offered at the Senior Activity Centers each week.

Thank you,
Taylor Gregg

Protect your Identity!

Workshops, Shred Truck,
and Medication Disposal

Saturday, Sept. 28

9 a.m.-1 p.m.

Garvey Senior Activity Center

41780 Baldrige Street,

Leonardtwn, MD

Free and Open to the Community!

Learn about Scams, Frauds, and how to protect yourself against them!

Presentations:

Janine Robinson, Office of the Attorney General - 9:30 a.m.

Cpl. Kristi Nelson, St. Mary's County Sheriff's Office - 11:30 a.m.

For more information, contact Sarah Miller at 301-475-4200, ext. 71073

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





Nutrition Corner

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

A common question I am often asked is “What’s the best oil to use?” Olive oil, canola, coconut? The options are endless and there is a lot of confusing information out there. For years Americans were recommended to eat low fat but in the latest Dietary Guidelines for Americans 2015-2020 the emphasis is on the type of fat not the amounts. So, which are good and which are not? Saturated fats have been linked to elevated LDL cholesterol levels and increased risk of heart disease. Unsaturated fats (poly and mono-unsaturated) are considered the nutritious oils and are usually liquid at room temperature, coming mostly from plant or fish sources. These oils are combination of the unsaturated fats with the ratio varying amongst the various oils. The exception to this are coconut oil, palm oil and palm kernel oil which are mostly made of saturated fats. Animal and dairy are mostly saturated fats.



So, which of the liquid oils are best? Most liquid vegetable oils are preferred over solid fats so choose based on your budget and culinary needs. There are a lot of studies that compare the health benefits of different oils, but it is not practical to switch back and forth depending on a new study or trend. Extra virgin Olive oil (EVOO) is known for health benefits but has a low smoke point which makes it unacceptable for higher heat cooking. Peanut, canola, and grapeseed oils have much higher smoke points. Some oils have a very pronounced flavor like avocado, olive, and sesame oils. Canola oil is made from rapeseed (related to the mustard seed) but is often sprayed with a lot of pesticides so the organic version of this would be preferable.

It is important to banish hidden fats which tend to be partially hydrogenated and are in many of our processed foods. Man-made trans fatty acids have been shown to be detrimental to your health.

So, the best choice? Any of the unsaturated liquid oils that you like and are willing to substitute for the saturated fats in your diet. Remember, unsaturated fats lower bad cholesterol and triglyceride levels, reduce the risk of cardiovascular disease and are linked to an overall lower cause of death. It is worth it to evaluate your fat consumption and make changes if necessary.

If you need help with this or have any other nutritional issues in your diet, please feel free to contact me at 240-538-6539.

Nutrition Counseling & Presentation with Donna Taggert

Garvey Senior Activity Center

Monday, Sept. 16 & Oct. 21, Free

Counseling Sessions – 8:30 a.m. & 9:30 a.m., Presentation – 10:30 a.m.

Do you have questions about your diet that you would like answered? Donna Taggert, Certified Diabetes Educator and Registered Dietitian will be at the Garvey Senior Activity Center to answer those questions. Call Ms. Taggert directly to make your appointment: 240-528-6539. She has openings at 8:30 a.m. and 9:30 a.m. for counseling. In September, she will present on “Fruits & Veggies, More Matters Month” and, in October, her presentation will be on “How to Eat to Trim Belly Fat”. Registration is required. Call 301-475-4200, ext. 71050.



Home & Community Based Services

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

Caregiver Concerns: Dealing With Depression

Depression affects your ability to take care of yourself and others and affects your quality of life. Depression is the most common mental health issue faced by older adults. Additionally, studies show caregivers experience increased rates of depression as well. Specific studies include caregivers of those with dementia, end stage renal disease and stroke survivors.

What? Depression is recognized when normal feelings of “being blue” or “feeling down” do not end after a few weeks. Depression can develop into severe feelings of worthlessness and hopelessness. Those who suffer with depression cannot simply snap themselves out of it. They will need help from either medication, counseling, or both.

Why? People with chronic diseases experience higher rates of depressive symptoms.

Additional factors include losses of such things as finances, loved ones, friendships, social interactions, self-esteem, abilities, and freedoms. Many studies show a strong link between chronic pain and depression. If you or a loved one is experiencing chronic pain be aware of the symptoms and be responsive if they occur.

Symptoms? Seek professional attention if you notice changes in eating or sleeping patterns, weight loss or gain, increased agitation or irritability, feeling exhausted all the time, feelings of worthlessness, overbearing guilt, difficulty in concentrating or thinking things through, loss of interest in previously enjoyed activities, death talk or suicide talk. Certainly, if there is a suicide attempt you need immediate help, call 911.

Help? Be supportive, do not blame the person (or yourself). Encourage your loved one to talk about their feelings. If you are experiencing these feelings find a trusted person to talk with about your feelings. Understand that many people have these experiences and most who seek help recover within a few months.

Make an appointment with the primary care physician: Physicians can prescribe medications to help with depression. Be sure to inquire about side effects and interactions with current medications.

Make an appointment with a mental health care provider: Counselors or Therapists can use techniques to help you or your loved one deal with issues that may be causing depressed feelings.

Resources

The Friendship Line: 1-800- 971-0016

Maryland Crisis Hotline: 1-800-422-0009

Support Groups for Caregivers can help for your own depression, but also help with dealing with your loved one’s experiences. The website <https://thecaregiverspace.org> supports caregivers with information, testimonials and opportunity to connect with other caregivers.

Information from: http://www.nytimes.com/2014/05/25/travel/traveling-with-elderly-parents.html?_r=0
<https://caregiver.com/articles/caregiver-tips-for-traveling/>

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



MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

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 call or visit the Potomac Building. Jenny Beyer, Aging & Disability Resource Coordinator, will assist you.

For more information, contact:

Jenny Beyer

Aging & Disability Resource /Maryland Access Point Coordinator

23115 Leonard Hall Drive, Leonardtown, MD

301-475-4200, ext. 71057

Jennette.Beyer@stmarysmd.com

www.stmarysmd.com/aging/MAP.asp



Save The Date! **13th Annual** **Family Caregivers Breakfast** **November 15, 2019**

Breakfast is on us!

Family caregivers are invited to enjoy a hearty breakfast, an encouraging speaker, and inspirational music!

Contact *Daphne Bennear* for more information:

301 475 4200 ext. 71069

Daphne.bennear@stmarysmd.com

Living with Diabetes

Diabetes Self-Management Program Garvey Senior Activity Center

Tuesdays, Sept. 17 - Oct. 22, 1:30-4 p.m.

Living with diabetes is a full-time job. The Diabetes Self-Management classes give attendees tools needed to take control of their disease. Topics covered include nutrition, stress management, medication management and many more! Space in the class is limited. Register by calling 301-475-4200, ext. 71050. There is no fee to attend; however, attendance at all six sessions is highly recommended.

Walk Maryland Day Celebration

Walk a Million Miles July 1-Oct. 2

Join St. Mary's County Department of Aging & Human Services and seniors across the state of Maryland as we "Walk a Million Miles." Track your minutes, miles, or steps on the monthly log sheet available at the centers, through email, and on our website.

Turn your monthly sheet in at your local Senior Activity Center by the 5th of the following month for a chance to win a monthly prize drawing!



Walk Maryland Day 5K John V. Baggett Park at Laurel Grove Wednesday, Oct. 2, 10 a.m.-1 p.m. Check in starts at 9:30 a.m.

Governor Larry Hogan has declared this year's Walk Maryland Day to be Wednesday, Oct. 2. Finish your Walk a Million Miles campaign strong by joining us at our Walk Maryland Day 5K event at Baggett Park. Senior participants will receive a special gift for completing the 5K (3.1 miles). Lunch will be available for purchase from an on-site food truck. For more information contact Alice Allen at 301-475-4200, ext. 71063.

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EXPLORE THE WORLD THROUGH FOOD

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

Well, Southern Maryland has many American and Ethnic restaurants.

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 a variety of restaurants on the second Wednesday of the month at 11:30 a.m.

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

September 11, 2019

Beer Garten

Sandwiches

October 9, 2019

Silver Skewers

Persian

November 13, 2019

Tearrific

Asian

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

Teen Court Hosts Recognition Banquet

The Department of Aging & Human Services was proud to host the first Teen Court Volunteer Recognition Banquet since 2012, at Elks Lodge 2092 on June 27, 2019!

The St. Mary's County Teen Court program began in 2003 and, to date has, diverted nearly 900 teen offenders from the formal juvenile justice system. Teen Court is a partnership between the St. Mary's County Government, the Maryland Department of Juvenile Services, the State's Attorney's Office for St. Mary's County, the St. Mary's County Sheriff's Office and St. Mary's County Public Schools. It is a juvenile justice



Human Services Division Manager Cynthia Brown thanks the Teen Court Volunteers

diversion program offering the first-time misdemeanor offender, ages 11-17, and first-time traffic offenders under the age of 18, the opportunity to accept accountability for their minor crimes without having to incur a permanent criminal record or traffic court fines and points.

“Teen Court is a unique voluntary program that allows juvenile respondents to be judged by a jury of their peers. It is truly a program of ‘Teens Helping Teens,’” said Gregory Jones, Teen Court Coordinator. “The St. Mary's County Teen Court Program provides a unique opportunity for teens who make their first really bad decision that results in their getting arrested or charged with a traffic offense, with an opportunity to get a second chance in life. The teen jurors are incredibly insightful and absolutely fair to their fellow teens. It is a program that truly works and does make a difference on most of those offenders fortunate enough to have their case diverted to

Teen Court.”

Teen Court utilizes teen volunteers ages 11-17 to serve on the jury, hear details about the offense, and determine the appropriate “sanctions” imposed on the offender. Adult volunteers, ages 18+, are needed to serve as administrative aids, jury monitors, and community judges.

For additional information, the Teen Court website is located at www.stmarysmd.com/teencourt. Any adult or teen interested in volunteering with Teen Court should contact the Teen Court Coordinator Gregory Jones at 301-475-4200, ext. 71852, or email Gregory.Jones@stmarysmd.com.



Photos by Sarah Miller

Teen Court Volunteer Katherine Barnhouse receives her recognition from Circuit Court Judge Joseph M. Stanalonis, guest speaker at the banquet.



Brothers volunteer together



Greg Jones thanks Joe Stanalonis



Mother and son volunteers

Senior Information & Assistance

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

Christmas In April

Applications for the April 2020 program year are due by Tuesday, Oct. 15, and are available at all three Senior Activity Centers or by calling Christmas In April at 301-884-2905.



Medicare Part D Open Enrollment



Between Oct. 15-Dec. 7 Medicare beneficiaries who have or need to enroll in Medicare Part D should review their plan options for 2020.

For those already enrolled in Part D it is important review information received from their plan in September. The following are important questions to ask:

- √ Are my medications covered next year?
- √ Will I have a deductible to meet?
- √ Are my co-pays increasing?
- √ Has the premium increased?

If there are no concerns regarding your coverage in 2020 then no further action is required, and the policy will automatically renew in January. For those who have concerns about policy changes, now is the time to compare other coverage options. To do so, go to www.medicare.gov and follow the instructions to compare all available Part D plans. The Department has trained counselors available to provide comparison assistance. Appointments can be made by calling 301-475-4200, ext. 71050.

Fraud Alert

- 10 The Centers for Medicare and Medicaid Services has been alerted to a new DNA scam that is targeting Medicare beneficiaries through phone calls, health fairs, and various community events. The scammers are offering “free” DNA screenings, cancer screenings and hereditary testing by taking a cheek swab for testing in exchange for the persons Medicare number. These companies have their physicians sign off on the Medicare paperwork to declare that the test was medically necessary. These types of practices are fraudulent and are designed to bill Medicare for services that are unnecessary. If you need these types of tests speak to your doctor first and he/she can take the necessary steps to properly order the tests you require.

70+ Vendors
 Demonstrations
 Medication Collection
 Workshops

Hosted by:
St. Mary's County Department of Aging & Human Services
 at the
 Southern Maryland Higher Education Center
 Friday, October 18, 2019
 9 a.m.-3:30 p.m.

**Health Screenings, Demonstrations, and Presentations will be offered
 Free of Charge**

Skip the Line!
 Do you want to skip the registration line at the Health Fair? Attendees can register online at:
www.stmarysmd.com/aging/healthfair.asp.
 Online registrants will be eligible for a special prize!
 Online registration closes at 12 p.m. on Thursday, Oct. 17.

For more information, contact Sarah Miller
 Website: www.stmarysmd.com/aging/healthfair.asp
 Phone: 301-475-4200, ext. 71073
 Email: sarah.miller@stmarysmd.com.

Veterans Resource Day

Hosted by the
**St. Mary's County
 Department of Aging & Human Services**
 Friday, Nov. 8, 2019
 9 a.m. - 2 p.m.
**Southern Maryland Higher Education Center
 44219 Airport Road, California, MD**

Question and Answer Forum

One-on-One Counseling

Workshops

Informational Booths

For more information, contact Sarah Miller
 Phone: 301-475-4200, ext 71073
 Email: sarah.miller@stmarysmd.com
 Website: www.stmarysmd.com/veterans.asp

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

Fundraisers with the Garvey Council

Board and Brush Creative Studio
41665 Fenwick Street #15, Leonardtown, MD
Saturday, Oct. 26, 9:30 a.m. – 12:30 p.m.

Looking for a fun time with friends or family and all for a good cause? Board and Brush is a DIY wood sign workshop studio where participants are given the skills, tools and knowledge needed to create their own personalized wood sign. Select a wood project from the gallery. They provide all the materials and instruct you step-by-step to create a beautiful piece for your home or for a gift. Choose from a variety of paint and wood stain colors in the workshop. Cost for a workshop is \$68 for adults and pre-registration is required. Help us raise money for a great cause; 20 percent of all proceeds will go towards the Garvey Senior Activity Center Council, Inc.!



- Class starts promptly so please arrive 5 - 10 minutes before start time.
- Please note that all Pick Your Project classes are for guests age 16+.
- If you need any special accommodations, please inform us at the time of booking.
- Registration closes 72 hours before the class.

Register and select your project online at boardandbrush.com/leonardtown/.



Cash Blast Fundraiser

The Garvey Senior Activity Center Council, Inc. is holding a Cash Blast fundraiser raffle to support special events and activity supply needs at the Garvey Senior Activity Center. Tickets are available at the Garvey Senior Activity Center; cost is \$2 per ticket or 3 tickets for \$5. First prize is \$500, 2nd prize: \$250, 3rd prize: \$150, 4th prize: \$100. Drawing to be held Oct. 2; no need to be present to win.

For more information please call 301-475-4200, ext. 71050.

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Northern Senior Activity Center Library Expands Large Print Section

The Northern Senior Activity Center has received a significant donation of large print, hardback books to add to their library. This generous donation features a selection of styles with a focus on mystery stories that are sure to entertain. Be sure to stop by and check out this selection. The library has a selection of hardback books representing over 80 authors just in the fiction collection. Many thanks to Volunteer Librarian Gloria Fusco who manages and maintains this resource that benefits everyone. Reading is known to have a range of benefits, including: mental stimulation, memory improvement, knowledge building, and stress reduction. The Northern Senior Activity Center's staff hopes the library can provide visitors with a quality selection of fantastic stories!

Focus on Fitness

By Alice Allen, Division of Senior Center Operations Manager

Did you know that it's not too late to be physically active? If you were not physically active while growing up or earlier in your adult life, or have stopped being physically active, you can still gain many important health benefits by becoming more physically active now. A recent study by the National Institutes of Health's National Cancer Institute found that it's never too late to be physically active. The study shows that becoming physically active later in life can indeed provide important health benefits. You can reduce the risk of chronic illnesses and improve your chances of a longer, healthier life. And, being physically active is fun! Taking part in fitness classes at your local senior activity center gives you an opportunity to make friends and remain socially engaged. It helps reduce age-related movement problems by keeping your muscles strong and your joints functioning. It increases your energy level and helps you maintain or lose weight. Whatever your health and physical abilities, you can gain a lot by being more active¹.

The St. Mary's County Department of Aging & Human Services' senior activity centers are celebrating National Senior Center Month throughout the month of September. Join us as we offer EnhanceFitness free during the month of September. If you are new to the centers, please register with the receptionist before enjoying your first class. For more information, call Alice Allen at 301-475-4200, ext. 71063. For a complete list of available fitness opportunities at the centers, see pages 32-33 of this newsletter for locations and times.

1- (NIH Research Matters, March 23, 2015)

<https://www.nih.gov/news-events/nih-research-matters/physical-activity-may-reduce-age-related-movement-problems>



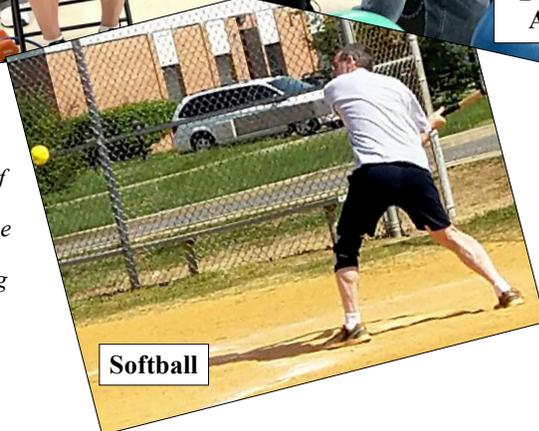
Strength Training



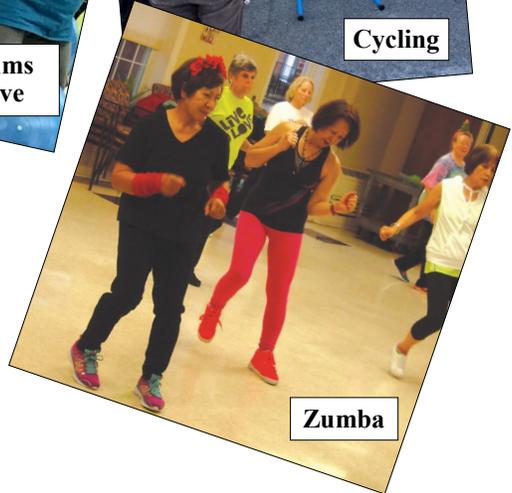
Drums Alive



Cycling



Softball



Zumba

Pictured are some of the activities available through the St. Mary's County Department of Aging & Human Services!

Garvey Senior Activity Center

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

Celebrate National Senior Center Month!

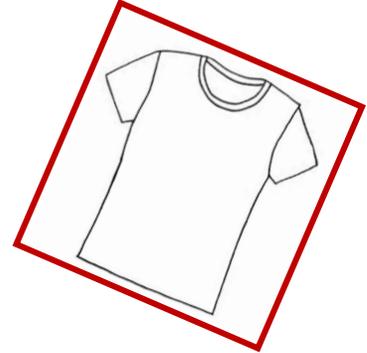
Calling all artists! The Garvey Senior Activity Center is creating a t-shirt and your design could be the winner!

T-Shirt Design Contest Rules:

- The design should be for the back of the t-shirt.
- The design must say: Garvey Senior Activity Center.
- The design must be in one color so it can be easily reproduced.
- Please submit files in PDF or JPEG format to Brandy.Tulley@stmarysmd.com. An email confirmation will be sent to you once your design has been received.
- All content submitted must be the artist's original creation. No copyrighted material may be submitted.
- All entries must be received by 5 p.m. on Friday, Sept. 27.

The winner will be chosen based on social media votes, Garvey Senior Activity Center member votes, and input of Department of Aging & Human Services staff. If your design is chosen you will receive a free shirt; for all others, shirts will be available for sale. The price is TBD.

To learn more call, 301-475-4200, ext. 71072.



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

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

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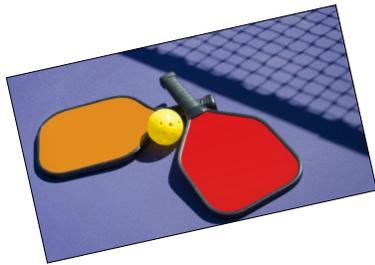
Water Color Pencil Art Garvey Senior Activity Center Monday, Sept. 9, 9:30 a.m.

Watercolor pencils are a unique medium for creating art. They combine drawing with painting in a manner that no other medium can replicate. Watercolor pencils are a medium that give the artist the best of both worlds of painting and drawing. They are similar to colored pencils but behave differently when water is added. This is because colored pencil pigment is held by a waxy or oil-based binder, while watercolor pencils have a water-soluble binder. If you have ever wanted to try water color and just aren't sure you're ready, this is the perfect class for you. Join us as we guide you through the process. This class is free! Be sure to sign up early as space is limited. Call 301-475-4200, ext. 71050, for more information.

**R&B Line Dancing
Garvey Senior Activity Center**

Mondays, Sept. 9-Oct. 21, 1:30 p.m., Cost: \$2 per class

If you have ever wanted to learn some of the line dances that are all the rage come and join us! We will be learning dances like the Cupid Shuffle and the Wobble. The cost is \$2 per class payable to Marie Bond. Call 301-475-4200, ext. 71050, for more information.



**Pickleball for Beginners
Leonard Hall Recreation Center**

Tuesdays, September 10-Oct.29, 8-10 a.m., Cost: \$32

In this class you will learn important aspects of the game including rules, scoring, basic shot techniques, court positioning and basic strategy. Equipment will be available to borrow.

Registration opens Sept. 3 at the Garvey Senior Activity Center. Space is limited. To learn more, call 301-475-4200, ext. 71050.

Pickleball for Experienced Players

Leonard Hall Recreation Center

Mondays, Sept. 9-Oct. 28, 8-10 a.m. (no play Oct. 14), Cost: \$28

Wednesdays, Sept. 11-Oct. 30, 8-10 a.m., Cost: \$32

Pickleball sessions are for those familiar with the game of Pickleball. Payment is due at the time of reservation. Registration opens Sept. 3 at the Garvey Senior Activity Center. Space is limited.

Book Discussion Group

Garvey Senior Activity Center

Wednesdays, Sept. 11 & Oct. 9, 10:30 a.m.

Join us at our September meeting for a discussion of “The Lilac Girls,” by Martha Hall Kelly. For the meeting in October, we will discuss “Nine Perfect Strangers,” by Liane Moriarty. Loaner books are available. To learn more, call 301-475-4200, ext. 71072.

Save the Date - Lunchtime Theatre!

Garvey Senior Activity Center

Wednesday, Sept. 18, 12 p.m., Cost: \$6

The Garvey Senior Activity Center’s Readers Theatre Group will be entertaining you with a lunchtime performance. Will it be comedy? Drama? Horror? Come find out! For more information, please call, 301-475-4200, ext. 71050.



Ceramics with Marti Cotterell

Garvey Senior Activity Center

Wednesday, Sept. 18, 10 a.m., Cost: \$10

The class will be doing a Halloween-themed piece of ceramics.

The cost is \$10 for each item painted. Payment is due at the time of sign up; checks may be made out to Marti Cotterell. For more information, please call 301-475-4200, ext. 71050.

**Mary Kay Makeover with Therese
Garvey Senior Activity Center**

Friday, Sept. 20, 10 a.m., Cost: \$5

Mary Kay expert Therese Simons will be here to show you what colors work best for you and the proper technique to apply make-up to enhance your best features. We will have a delicious selection of breakfast pastries, non-alcoholic mimosas and coffee. Space is limited. Cost for the class is \$5.; payment is due at the time of sign up. For more information please call 301-475-4200, ext. 71050.



**Hearing Screenings & Presentation:
“Q & A about Hearing Loss & Hearing Aids”
Garvey Senior Activity Center
Tuesday, Sept. 24, 10 a.m.-12 p.m.**

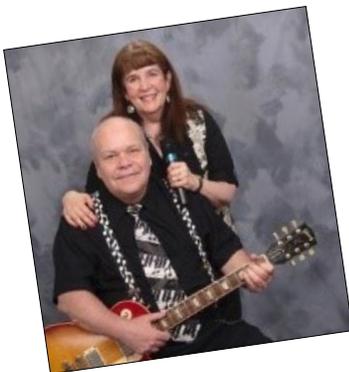
Dr. Pinno, with Jacobs Audiology, will be presenting at 10 a.m. on Tuesday, Sept. 24. The presentation will be a Q&A type format to answer any questions you may have about hearing loss and hearing aids. Hearing screenings will be available after the presentation. Dr. Pinno earned her Doctorate in Audiology from Towson University in May 2016 and is board certified in Audiology by the American Board of Audiology. Dr. Pinno's clinical interests include comprehensive audiological assessment as well as the fitting and programming of amplification devices. If you would like to sign up for a hearing screening and the presentation please call 301-475-4200, ext. 71050.

**Fall Risk Assessments
Garvey Senior Activity Center
Monday, Sept. 23, 1-4 p.m.**

On Sept. 23, the Garvey Senior Activity Center will recognize Fall Prevention Awareness Day with free fall risk assessments. Mike O’Brien, Doctor of Physical Therapy with Freedom Physical Therapy, will be on site to conduct fall risk assessments. If you are over the age of 65, you have a 25 percent chance of falling this year. Now is the time to be proactive to prevent possible injuries. Appointments are limited; call 301-475-4200, ext. 71050, to register.



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**Rearview Mirror Luncheon
Garvey Senior Activity Center
Wednesday, Sept. 25, 12 p.m.**

Join us for a performance by Rearview Mirror. Iris Hirsch and Glenn Bullion play a blend of rock & roll, R&B, pop, country, standards from the Great American Songbook, disco, Motown, and more. Not only does their performance include music, but also humor, music trivia, some dancing and fun for all. Rearview Mirror’s mission is to involve its audience with the music and to provide a good time for all! The menu will be turkey, bread stuffing, gravy, mashed potatoes, cranberry sauce, whole wheat dinner roll, apple juice and fruit cocktail. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. To make reservations, call 301-475-4200, ext. 71050.

Glass Etching
Garvey Senior Activity Center
Monday, Oct. 7, 1 p.m.

Karen Garner will show you how to create beautiful etched glassware. These make wonderful Christmas gifts so learn now and you will be ready to get ahead of your Christmas crafting. Bring your own glass vase or drinking glass, we'll provide everything else. Please note: everyone will create one etched glass piece. If time allows, class participants may create additional pieces. There is no fee for this class; however, space is limited so sign up early.

Call 301-475-4200, ext. 71050, to sign up.



9th Annual Barn Party
St. Mary's County Fairgrounds
Thursday, Oct. 10, 10 a.m.-2 p.m., Tickets: \$10

Kick off the autumn season with a good old fashion barn party planned by the Garvey Senior Activity Center. Enjoy country music and food in a country setting. Tap your feet while listening to live country music by True Blue Country, twirl your partner around the dance floor, and enjoy a catered meal. There will be a 50/50 raffle and door prizes! Tickets are available for purchase at all senior activity center locations beginning Sept. 3, while supplies last. Tickets must be purchased in advance; there will be no ticket sales at the door.

For more information, call 301-475-4200, ext. 71050.

Luncheon with Bruce Thomas
Garvey Senior Activity Center
Wednesday, Oct. 16, 12 p.m.

Guest vocalist Bruce Thomas will be at the Garvey Senior Activity Center. Bruce is a diverse performer who can effortlessly move through the musical categories of inspirational, swing, jazz, pop, and R&B. Please join us for his energetic and interactive performance while dining. The menu for lunch will be lasagna, tossed salad w/dressing, whole wheat dinner roll, spinach, canned plums and orange juice. A donation toward the cost of your meal is appreciated if you are 60 years of age or older. For those under 60 the cost of your meal is \$6.

To make reservations, call 301-475-4200, ext. 71050.

Spooktacular Lunchtime Theater
Garvey Senior Activity Center
Wednesday, Oct. 23, 12 p.m.

Save the date for our next Spooktacular Lunchtime Theatre on Wednesday, Oct. 23 at 12 p.m. Will it be a comedy of creepy characters or a haunting tale of terror? Don't miss out on this Halloween event. You may laugh so much your hair will stand on end! The menu for the day will be BBQ chicken, oven roasted red potatoes & onions, roasted carrots, WW dinner roll, baked apples & low sodium V8 juice. A donation toward the cost of your meal is appreciated if you are 60 years of age or older. For those under 60 the cost of your meal is \$6.

To make reservations, call 301-475-4200, ext. 71050.

Loffler Senior Activity Center

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

Art Classes by Jamie Naluai

Loffler Senior Activity Center

Tuesdays, Sept. 3, 10, 17, 24; Oct. 1, 8, 15, 22 (No Class Oct. 29)

Cost – \$85 each month, 10 a.m.-12 p.m.

In September, learn about abstract and impressionistic art; October classes will focus on pen & ink drawing techniques, including Zentangles. Art classes at Loffler are suitable for beginners as well as intermediate level. Cost will cover enough supplies to get you started. Payment may be made to instructor on the first day of class. Call 301-475-4200, ext. 71658, or stop by the reception desk to learn more.

Scripture Study

Loffler Senior Activity Center

Fridays, 10 a.m., Free

Solomon Olumese directs this Christian-based but non-denominational Scripture Study. The bible used is the Thomas Nelson King James Version Pew Bible, large print edition. There are several copies that are kept at Loffler for everyone's convenience. Spiritual growth is the focus for this scripture study. There is no need to sign up in advance, just stop in on a Friday morning. If you wish to stay for lunch, reserve a meal Thursday before noon by calling 301-475-4200, ext. 71657. Lunches are \$6 per person for those under 60 and by donation for those 60 or older.

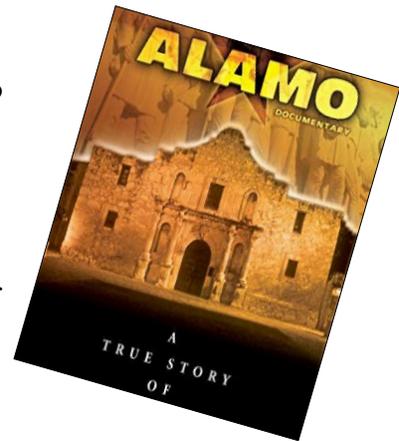
Educational Video Series: The Alamo: A True Story of Courage

Loffler Senior Activity Center

Wednesday, Sept. 11, 9:30 a.m., (127 min.), Free

This DVD discusses the history of the famous siege of the Alamo in light of recent historical scholarship. Because this feature is longer than our usual video, it will be started a half hour earlier than the usual time to accommodate those who wish to eat lunch at the center. If you wish to stay for lunch, reserve a meal when you sign up for the video by calling 301-475-4200, ext. 71657.

Lunches are \$6 per person for those under 60 and by donation for those 60 or older.



Scarf Up Your Style

Loffler Senior Activity Center

Tuesday, Sept. 17, 12:30 p.m., Free

There are so many shapes and sizes that there are endless ways to wear scarves - where does one begin? Fortunately for us, Joyce Blackwell has turned so many heads with her beautiful sense of scarf-style that friends have begged her to show them how she's created her many looks. So, for the past two years we held a workshop where she demonstrated some fun ways you can wear a scarf. Back by popular demand, she is repeating her magic. If you would like, bring a couple of scarves that challenge you or you can just sit back and watch. Sign up for this demonstration by calling 301-475-4200, ext. 71658, or stop by the Loffler reception desk.

**Health Watch Presents: Fall Prevention
Loffler Senior Activity Center
Thursday, Sept. 19, 10 a.m., Free**

Though the first day of Fall has been selected by the CDC as National Falls Prevention Day, Loffler will get a jump on the tradition by highlighting this crucial topic on Thursday, Sept. 19, at 10 a.m. when our volunteer Health Watch Coordinator, Linda Weintraub discusses strategies to stay steady. Handouts will include safety checklists, risk factor quizzes and other ‘goodies’ to help you stay on your feet and off the floor. Sign up by calling 301-475-4200, ext. 71658, or stop by the reception desk to secure your place at this fun and informative session.

**Learn About Real ID
Loffler Senior Activity Center
Friday, Sept. 20, 10 a.m., Free**

Effective Oct. 1, 2020, all Marylanders will be required to have a REAL ID license or ID card in order to board domestic flights and enter federal facilities. REAL ID is federal legislation that was created to establish security standards for all state drivers licenses and identification cards. To be considered REAL ID compliant, citizens must have the required documents on file with the MDOT MVA. In order to educate Marylanders about the requirements for federal REAL ID, the Maryland Department of Transportation Motor Vehicle Administration is offering free information sessions throughout the state. Be ready for this new federal requirement ahead of the game! Register for this session by calling 301-475-4200, ext. 71658, or stop by the reception desk.

Monthly Crafts

Loffler Senior Activity Center

**September: Scarecrow for Your Front Door – Friday, Sept. 13, 10 a.m.,
Bring Own Supplies**

October: Halloween Candy Bowl – Friday, Oct. 4, 10 a.m., Free

Get ready for the autumn season by making a scarecrow-inspired hanging for your front door. Bring in a toddler-sized pair of jeans and long sleeve shirt (thrift store finds or outgrown grandkid clothes are encouraged); we will supply everything else you need. October’s craft will be a multi-component scary bowl you can use for handing out treats on Halloween. Sign up for these projects on the first day of the previous month by calling 301-475-4200, ext. 71658, or by stopping by the reception desk. Class size is limited.



Our Perennial Garden: What Now?

Loffler Senior Activity Center

Wednesday, Sept. 25, 10 a.m., Free

Patricia Armstrong will discuss the latest in our perennial garden and give you some great garden tips before leading the class outside for some hands-on gardening which will include planting daffodils in preparation for the spring. No previous experience needed!

Call 301-475-4200, ext. 71658, or stop by the reception desk to sign up.



Educational Video Series: Hauntings in America

Loffler Senior Activity Center

Wednesday, Oct. 9, 9:30 a.m., 110 min., Free

Uncover some of America's most haunted, unusual, and eerie places in this special two-DVD documentary dedicated to the paranormal. Poltergeists, ghosts, things that go bump in the night and other apparitions of the unknown are explored and explained by noted para-psychologists and an intrepid crew. Seating is limited, reserve yours by calling 301-737-5670, ext. 71658, or stop by the reception desk.

AARP Safe Driving Class

Loffler Senior Activity Center

Wednesday, Oct. 16, 9 a.m.-2 p.m.

\$15 for AARP Members, \$20 for non-members

An AARP Safe-Driving course will be held at the Loffler Senior Activity Center on Wednesday, Oct. 16, from 9 a.m. to 2 p.m. (with an hour lunch break at 11:30). This program includes emphasis on roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seat belt and turn signal use. Pre-registration is required and can be accomplished by calling 301-475-4200, ext. 71658, or stop by the registration desk at Loffler. If you wish to order a lunch from the center, the cost is \$6 if you are under 60 and by donation for those 60+ years of age. Lunch can be ordered at the same time you register for the class.

Healthwatch Presents: Eye Health-Complications and Preventive Care

Loffler Senior Activity Center

Thursday, Oct. 17, 10 a.m., Free

Linda Weintraub, volunteer Healthwatch Instructor, will discuss maintaining the health of your eyes. There are many things you can do to keep them healthy and make sure you are seeing your best. Also, what should you do if complications arise? Let this discussion provide you with useful information. Call 301-475-4200, ext. 71658, or stop by the reception desk to sign up.

Looking Ahead:

The Annual Department of Aging & Human Services Christmas Party will be held at the Loffler Senior Activity Center on Friday, Dec. 13, from 10 a.m.-2 p.m. This year's theme will be Celebrate the Season. Tickets will go on sale at all 3 Senior Activity Centers on Friday, November 1. Many of your favorite party elements will be on board including DJ Mean Gene, door prizes, special raffles, hand-made centerpieces and party favors plus a delicious feast. Be on the lookout for more details in the November/December issue of New Beginning. A limited number of tickets will be sold, so get yours early!

Lunch Connection

Entertainment on Tuesday begins at 11:30; lunch is served at noon.
Reservations are required, preferably at least 2 weeks in advance.
Call 301-475-4200, ext. 71658.

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

Tuesday Sept. 10: Listen to the sweet sounds of Folk Salad as we serve Apple Juice, Beef Tips in Gravy, Buttered Egg Noodles, Honey Glazed Carrots, Whole Wheat Dinner Roll, Citrus Fruit Cup and Yellow Cake for dessert.



Thursday, Sept. 26: Come for entertainment with the Center Stage Seniors! Join us as we serve a delicious lunch of V-8 Juice, BBQ Chicken, Oven Roasted Red Potatoes & Onions, Roasted Carrots, Whole Wheat Dinner Roll, Baked Apples, and Vanilla Ice Cream for dessert.



Tuesday, Oct. 15: Enjoy a lunch of Applesauce with Cinnamon, Roast Pork, Gravy, Whipped Sweet Potatoes, California Blend, Whole Wheat Dinner Roll, Pudding, and a Brownie for dessert. While you dine, Paul Barber will entertain us!



Halloween Party Loffler Senior Activity Center Thursday, Oct. 31, 11 a.m.-1 p.m.

Ticket required: \$6 suggested donation

To dress up or not to dress up - that is the question. One thing that is not questionable: whether or not the Halloween Party at Loffler will be a good time! There will be tricks as well as treats so be a good sport if the laugh is on you. We'll do a bit of dancing, have a costume contest, and devour a gruesome lunch: Spicy Spider Cider, Coffin-Wrapped Monster with Sour Yellow Sauce, Dirt-Dabbled Orange Earth Apples, Green Leaves with Severed (Mandarin) Sections, Honeyed Toadstool, and for dessert: Smothered Burial Mounds (if you are too squeamish for this repast, you can be served the following instead - bratwurst & roll with mustard, seasoned oven-fried sweet potato, mandarin orange & spinach salad, honey baked apple, and a cupcake). Tickets will be available Sept. 3. Questions? Call 301-475-4200, ext. 71658.



Northern Senior Activity Center

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

Tai Chi for Arthritis

Northern Senior Activity Center

Tuesdays, Sept. 3-Nov. 19 (12 classes), 10-11 a.m., Free

Tai Chi for Arthritis and Fall Prevention were 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 the Tai Chi for Arthritis system in a 12-week cycle. Space is limited. Advanced sign up is required, no drop-in space is available. Call 301-475-4200, ext. 73103, to register.

R&B Line Dancing

Northern Senior Activity Center

Fridays, Sept. 6-Oct. 25 (6 sessions; No Class Sept. 27 and Oct. 18)

1-2 p.m., \$12/\$2 per class

Get ready to jam with Marie Bond and Catherine Bush during R&B Line Dancing. These ladies will guide you step-by-step as you learn some of today's trendiest line dances; including dances such as the Cupid Shuffle and the Wobble. Payment of \$12 for 6 classes/\$2 per class is made directly to instructors the day of class. To sign up for this 6-session class in advance, please visit the signup table or call 301-475-4200, ext. 73103.

Football: Favs, Fans & Fun Day

Northern Senior Activity Center

Friday, Sept. 6, 10 a.m.-12 p.m., \$3 for bingo

Show your spirit for the start of the football season and dress up in your favorite football team's jersey or colors for a day of football fun. Start the day off with a football themed bingo. The cost is \$3 and is due at sign up. Participate in our free football pool game for a chance to win prizes! The pool will follow Sunday night's game, Redskins vs. Eagles, and the winners will be contacted the next day. Reserve a



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cheeseburger lunch and some tailgate favorites before noon on Thursday, Sept. 5. Lunch is a donation for seniors 60 and older; \$6 for others made the day of the event. To sign up for bingo and lunch in advance, please visit the front desk or call 301-475-4200, ext. 73101.

Hands-On Genealogy Workshops

Northern Senior Activity Center

Tuesday, Sept. 10 & Thursday, Oct. 10, 9-10:30 a.m., Free

Are you working on a genealogy project and need help? This workshop provides you with direct assistance in searching your tree. Louise McDonald will guide with one-on-one instruction as well as facilitate small group discussions on strategies for successful searching. Participants should bring documents you are utilizing for your search as well as log in credentials should you have your family tree online. Space is limited. To sign up for this workshop in advance, please visit the signup table or call 301-475-4200, ext. 73103.

Breakfast Café

Northern Senior Activity Center

Wednesdays, Sept. 25 and Oct. 23, 9-10 a.m., \$2

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

Breakfast for Sept. 25 will be: *Sausage Gravy, Biscuit, Home Fries and Fruit*

Breakfast for Oct. 23 will be: *Scrambled Eggs, Ham, Fried Potatoes, Toast, and Fruit*

The cost is \$2 and is due at sign up. Space is limited.

To sign up and pay for breakfast in advance, visit the front desk.

Hearing Screenings with Freedom Hearing

Northern Senior Activity Center

Thursday, Sept. 12, 9:30-11:30 a.m.

An audiologist from Freedom Hearing will be available for 15-minute hearing screening appointments. Appointments are scheduled in advance at the signup table. To sign up for a free screening, please call 301-475-4200, ext. 73103.

Seated Tai Chi for Arthritis

Northern Senior Activity Center

Mondays, Sept. 16-30, Oct. 21-Nov. 4 (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 offer the maximum benefit. Registration is required, no drop-in space is available. To sign up for this series in advance, please visit the signup table or call 301-475-4200, ext. 73103.

Mood Disturbance Presentation

Northern Senior Activity Center

Wednesday, Sept. 18, 1-3 p.m., Free

Former LCSW-C Vickie Elsesser-Vu will give a presentation on mood disturbance/anger management. Learn the ABC theory of anger control, the mood disturbance scale, and about anger styles and cues or triggers. The goal is to help with self-regulation, thinking, and feeling congruence. She will also guide with tips on what to do to regulate your emotions for conflict resolution. Space is limited. To sign up for this free presentation, please visit the signup table or call 301-475-4200, ext. 73103.

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Fall Fashion Presentation

Northern Senior Activity Center

Thursday, Sept. 19, 10-11 a.m., Free

The calendar may say it's September, but Mother Nature keeps teasing us! Join Robbie Loker as she offers tips on how to incorporate fall themes into your wardrobe without breaking the bank. Space is limited. To sign up for this presentation in advance, please visit the signup table or call 301-475-4200, ext. 73103.

Real ID Presentation
Northern Senior Activity Center
Friday, Sept. 20, 2:30-3 p.m., Free

Did you know that after Oct. 1, 2020, all Marylanders will be required to have a REAL ID license or ID card to board domestic flights and enter federal facilities? A representative will be at the Northern Senior Activity Center on Friday, Sept. 20, to talk about the federal REAL ID process and answer specific questions from participants. To register, please visit the sign-up table or call 301-475-4200, ext. 73103.



Harvest Festival
Northern Senior Activity Center
Friday, Sept. 27, 10 a.m.-1 p.m., \$7

Fall is in the air and what better way to celebrate the season than with a harvest festival. Join us on Friday, Sept. 27, at the Northern Senior Activity Center as we celebrate fall with music, food, fun, and cute crafts. Dance to live music provided by P.M. Barber and enjoy lunch of Salisbury Steak with gravy, mashed potatoes, carrots, tossed salad with chick peas, whole wheat dinner roll, and a special dessert. Not much of a dancer? No problem! We have several crafting stations where you can make adorable fall crafts while supplies last. We will also have a money raffle and door prizes. The suggested donation for a ticket is \$7 and is due at sign up. Space is limited. To register please visit the front desk. For availability call 301-475-4200, ext. 73101.



Day of Pink Bingo
Northern Senior Activity Center
Friday, Oct. 4, 10-11:30 a.m., \$3 for two cards

October is Breast Cancer Awareness Month. In honor of our loved ones that have battled this disease, we are asking that members wear pink on this day to show their support. In addition, we will have a Day of Pink bingo with prizes celebrating women and the color pink. The cost is \$3 and is due at registration. We will also pull the winning ticket for the Day of Pink Crochet Blanket. To sign up and pay for this program in advance, please visit the front desk. For more information call 301-475-4200, ext. 73103.

Luncheon: Bruce Thomas Performance
Northern Senior Activity Center
Monday, Oct. 7, 11:30 a.m.-1 p.m., \$6 ticket

Relax and dine with us at the Northern Senior Activity Center as we enjoy the singing stylings of Bruce Thomas at a special luncheon event. Bruce is a smooth, charismatic baritone who is sure to delight singing jazz, pop, oldies, soul, contemporary, rhythm and blues, and even Broadway favorites. Lunch will be stuffed shells with tomato sauce, garlic bread, seasoned spinach, apple juice, and a special dessert. The suggested ticket donation is \$6, due at sign up. Space is limited. To sign up, visit the front desk. For availability call 301-475-4200, ext. 73101.



**Belly Dancing Basics
Northern Senior Activity Center**

Wednesdays, Oct. 9-30 (4 weeks), 10:30-11:30 a.m., Free

Learn the basics of this exciting style of dance that is popular with cultures around the world. Basic movements and steps include shimmies, hip thrusts, Arabic side basics and so much more. This class is open to all levels of dancers. Participants are advised to wear comfortable clothes and shoes that you can move in easily. Get great exercise and have fun while you do it! Space is limited. To sign up for this presentation in advance, please visit the signup table or call 301-475-4200, ext. 73103.



**CSM Wellness Clinic
Northern Senior Activity Center
Thursday, Oct. 10, 9-11:30 a.m., Free**

The College of Southern Maryland's Nursing Program will provide a free wellness clinic at the Northern Senior Activity Center. Presentations topics will include Thyroid and Aging, Chronic Kidney Disease, Mental Health and Aging, Changing Senses, Hypertension and Effects of Stress. Health checks include blood pressure, height and weight, and heart rate. Drop-ins are welcome; prior sign up is not required, so come on by!

**AARP Smart Driving Course
Northern Senior Activity Center**

Tuesday, Oct. 29, 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. Payment is required to sign up for the class. 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. For more information call 301-475-4200, ext. 73101.

**Monster Mash Mixer
Northern Senior Activity Center
Thursday, Oct. 31, 1-4 p.m., \$5 ticket**

Put on your Halloween Spirit, get together with your friends, and dance. Come get your groove on with DJ Mean Gene for an afternoon of Halloween dance fun. Feel free to dress in costume! The ticket cost is \$5 and supports the cost of the DJ. Refreshments will be provided as a courtesy of the Northern Senior Activity Center while supplies last. There will also be a money raffle for event participants. Payment is due at sign up. For more information call 301-475-4200, ext. 73103.



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Program Manager



Promoting Healthy Futures

Our RSVP Project focuses on “Healthy Futures” by engaging senior volunteers in service activities that contribute to the health and wellbeing of members of our community. Whether delivering meals to homebound persons, providing medical transportation to a senior who can no longer drive, or providing a refurbished wheelchair free of charge to someone recovering from surgery, RSVP volunteers are helping members of our community stay

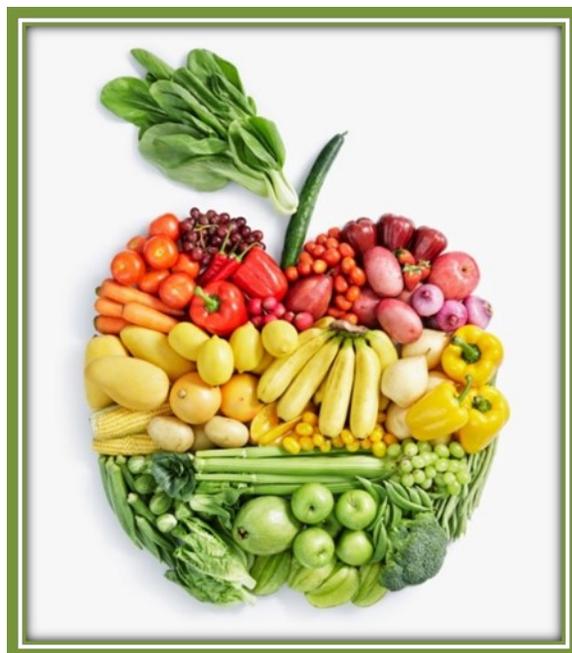
healthy and living independently in their own homes.

RSVP volunteers also contribute to healthy living by leading exercise classes at Senior Activity Centers, such as instructing seniors in Arthritis Foundation Exercise Program classes or by coaching seniors on fall prevention through the Matter of Balance Program. Another way RSVP volunteers promote healthy living in our local area is by supporting a large-scale Community Health Fair presented each year by the Department of Aging & Human Services that provides a wide array of health screenings, health information, and health resources to local citizens.

Taking a Holistic Approach to Health

At RSVP, we take a holistic approach to health and wellness by encouraging volunteers to lead activities that address not only physical health, but also a person’s emotional, social, and

intellectual health as well. Whether our volunteers are leading a craft project, a tour through the Learning Is ForEver Program, a woodcarving class, or a health presentation, RSVP volunteers are helping members of our community stay active, engaged, and invested in healthy lifestyles. Thanks, RSVP volunteers, for promoting health in our community!



Promoting Healthy Living

Community Health Fair Volunteers Needed

The Department of Aging & Human Services will sponsor a large-scale Community Health Fair on Friday, Oct. 18, at the Southern Maryland Higher Education Center. The Health Fair will feature local health programs, services, and resources available to the public. Flu shots and a variety of health screenings will also be offered.

More than 30 RSVP volunteers are needed to support this large-scale event, which last year drew more than 500 attendees. Volunteers are needed to staff screening stations, assist with parking, and help meet, greet, and direct visitors. Volunteers can serve either a four-hour or eight-hour shift.

To prepare for the event, a training and information session

will be held on Thursday, Oct. 10, 9 a.m.-12 p.m., at the Loffler Senior Activity Center on Chancellors Run Road.

If you'd like to serve as a Health Fair Volunteer, please contact RSVP. Free lunch is provided at the training and the Health Fair.

Senior Vibes Seeks Music Director & Other Music-Loving Volunteers

We are seeking a Music Director, accompanist, vocalists and instrumentalists to join the Senior Vibes, a friendly group of RSVP volunteers who bring musical entertainment and friendly visitation to residents of St.

Mary's Nursing & Rehabilitation Center, Cedar Lane Senior Housing Community, and other local community groups. If you love music, this is the place for you!



Senior Vibes practices once per month in Leonardtown followed by two community performances per month. No auditions are required, and you can attend one or more performances as your schedule allows. Their repertoire features many old-time favorites as well as folk, country, hymns, patriotic music, and more.



Contact RSVP to learn more about this opportunity to share the joy of music with others!



To learn about volunteer opportunities for seniors 55 years of age and above, call RSVP at 301-475-4200, ext. 71653, or e-mail Norine.Rowe@stmarysmd.com

Trips and Tours

75th Waterford Homes Tour and Crafts Exhibit

Saturday, October 5, 2019

Waterford, Virginia

Pick up time: Garvey Senior Activity Center 7:30 a.m.

Northern Senior Activity Center 8 a.m.

Return time: Northern Senior Activity Center 6 p.m.

Garvey Senior Activity Center 6:30 p.m.

Enter the National Historic Landmark Village of Waterford, Virginia, and step back in time. The Waterford Homes Tour and Crafts Exhibit is the oldest juried crafts fair in Virginia and four-time winner of the Loudoun Convention & Visitors Association Best Event of the Year. In addition to historic homes open for tour, 155 juried heritage craftspeople (many nationally known) provide hands-on demonstrations, entertainers provide continuous traditional music and dance, and Colonial and Civil War-era militia encamp and demonstrate. There really is something for everyone!

The Fair is held throughout the village on hilly streets and uneven ground, and the village is closed to automobile traffic. A good deal of walking is required, and most of the historic buildings and private houses on tour are not wheelchair accessible. The Fair goes on rain or shine.

Cost: \$60 per person, includes, motor coach bus transportation, bus driver's tip, snacks for return trip and ticket into the Fair (admission, tour houses and all exhibit buildings, all entertainment and re-enactments, and craft demonstrations). Registration can be done at any St. Mary's County Senior Activity Center. Payment is due at the time of reservation. To learn more, call 301-475-4200, ext. 71072.

Learning is ForEver (LIFE)

Get ready, get set, GO...to your local senior activity center to pick up the Fall 2019 LIFE booklet of classes. Registration opened Monday, Aug. 26, and is taken on a first-come, first-served basis either through the mail or walk-in at the senior activity centers. Tours and presentations fill quickly, so don't delay. Many exciting, interesting, educational tours and events are planned so be sure to pick up your booklet soon. Booklets are also available on-line at www.stmarysmd.com/aging. Call 301-475-4200, ext. 71063, with questions. And remember, learning is forever!



Ongoing Creative Expressions

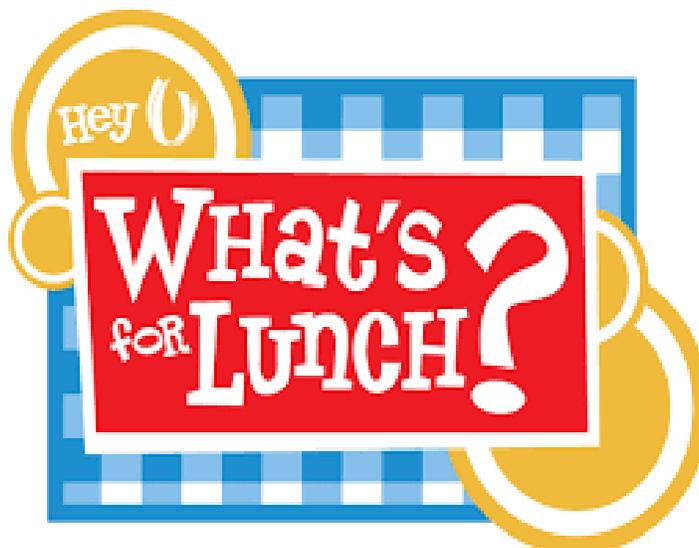
Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050	Quilting Bee	Louise Park	1st & 3rd Fridays	9:30 a.m.	Supplies
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Needle Crafters	Audrey Haynie	Mondays & Thursdays	10-11:30 a.m.	Free
	Open Studio Art	Chris Nelson-Sisk	Every Friday	10 a.m.	Supplies
	Sew-it-Alls	Judith Nelson	Monday	1 p.m.	Free
	Independent Art Classes	Chris Nelson-Sisk Jamie Naluai	Wednesdays Tuesdays	1 p.m., 10 a.m.-12	Bring materials \$85/4 wks
	Charity Crafters	Dee Poole	Thursdays	1 p.m.	Free
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.- noon	Free
	Project Linus Monthly Craft	Debbie Rumble Audrey Haynie	3rd Fridays 1st or 2nd Fridays	10 a.m. 10 a.m.	Free Fee
	Wood Carving	W. & M. Brown	Tuesdays	1 p.m.	Supplies
	Embroidery on Paper	Omega Taylor and Lilli Mellenberg	Mondays	1 p.m.	\$5 for starter kit
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	Simply Crafty	Self-directed	Daily	Open	Free
	Whimsie Works Pottery	Pam King	2nd & 4th Mondays	1:30-4:45 p.m.	Fee
	Quilting for Beginners	Gina Alexander	2nd & 4th Wednesdays	12:30-4:30 p.m.	Free
	Dynamic Ceramics	Nancy Norris	Wednesdays	9:30 a.m.- 1:30 p.m.	Fee
	Open Studio	Self-directed	Mon. & Fri.	8 a.m.- 4:45 p.m.	Free
	Diamond 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

Ongoing Social Events at the Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	“Bring Your Buddy” Billiards	Mondays before 1 p.m.. Wednesdays Thursdays, No Fridays, Tuesdays	Before 1 p.m. Before 1 p.m. After 3 p.m.	Free
	Hand & Foot	2nd & 4th Tuesday	12:30-4:30 p.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.-3:30 p.m.	Free
	Double Pinochle	Tuesdays Fridays	11 a.m.-4:30 p.m.	Free
	Breakfast Café	Varies (see pg. 23)	9-10 a.m.	\$2
	Western Mahjong	Wednesdays	1-4 p.m.	Free
	Eastern Mahjong	Mondays & Thursdays	1-4:30 p.m.	Free
	Bridge	Thursdays	10 a.m.-2 p.m.	Free
	Bingo	Fridays	10-11:45 a.m.	\$2
	Eat. Play. Fun. Pitch.	2nd and 4th Thursdays	12:30-3 p.m.	\$5
	S.W.A.G.= Seniors With Awesome Games	Tuesdays and Fridays	1-4:30 p.m.	Free
	Northern Stars Theater Group	Varies	1 p.m.	Free

Wanted: Older Adults Who Like to Eat!!

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



Ongoing Social Events at the Garvey and Loffler Senior Activity Centers

Location	Title	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050	Bingo	1st & 3rd Mondays	10 a.m.-noon	\$1-3
	Billiards (drop in)	Varies	Varies	Free
	Senior Vibes	1st Tuesday	10-Noon	Free
	Cribbage	2nd & 4th Mondays	10 a.m.-Noon	Free
	Bridge Club	Thursdays & 4th Wednesdays	10 a.m.-3 p.m. (call for info)	Free
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Pinochle	Mon., Wed. & Fri.	8 a.m.-12:30 p.m.	Free
	Canasta/Pitch Club	Tuesdays	9:30 a.m.-2 p.m.	Free
	Contract Bridge	Tuesdays	10 a.m.-noon	Free
	Bingo	Tuesdays, Sept. 3, 17, 24 Tuesdays, Oct. 1, 8, 23, 29	12:30-1:30 p.m.	\$1 (up to three cards)
	Bingo	Wednesdays, Sept. 11 and Oct. 16	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

Location	Title	Day(s)	Time	Cost
<p>Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050</p> <p>F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	Fitness Equipment	Daily	8 a.m.-5 p.m.	Free
	Men's Strength Training	Mondays & Thursdays	9:30-10:30 a.m.	F.C.
	EnhanceFitness	Mon., Wed., Fri.	10:45-11:45	F.C.
	Open Table Tennis	Tuesdays except 1st Thursdays	10 a.m.-noon 2:15 p.m.	Free
	Arthritis Foundation Exercise	Tuesdays, Thursdays, & Fridays	8:45-9:20 a.m.	Free
	Yoga For Everyone	Tuesdays & Fridays	1:05-2:05 p.m.	F.C.
	Line Dancing	Wednesdays	1:30-2:30 p.m.	Free
	Exercise for Parkinson's Disease	Thursdays	1:15-2 p.m.	Free
	Zumba	Thursdays	10:45-11:45 a.m.	F.C.
	Walk & Tone	Fridays	9:30-10:30 a.m.	F.C.
	Chair Yoga	Wednesdays	9:40-10:40 a.m.	F.C.
<p>Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658</p> <p>F.C. = Fitness Card, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.</p>	Fitness Equipment Available	Daily	8 a.m.-4:30 p.m.	Free
	Wii Sports	Daily	8 a.m.-4:30 p.m.	Free
	Zumba	Mondays	Noon	F.C.
	Walking Club	Mon., Wed. & Fri.	9 a.m.	Free
	Arthritis Foundation Exercise	Mondays & Fridays	1-2 p.m.	Free
	EnhanceFitness	Mondays & Fridays Wednesdays	2 p.m. 1 p.m.	F.C.
	Strength Training	Tuesdays Thursdays	10-11 a.m. 8:40-9:40 a.m.	F.C.
	Yoga	Mon., Wed., Thurs. & Fri.	9:40-11 a.m.	F.C.
	Line Dance	Fridays	11 a.m.	Free
	Tai Chi for Arthritis & Fall Prevention	Mondays, Thursdays by schedule; call.	11 a.m.	Free

Ongoing Physical Fitness Activities At The Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101 F.C. = Fitness Card , available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. 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	9-10 a.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Wednesdays & Thursdays	10-10:45 a.m.	Free
	EnhanceFitness	Tues. & Thurs., Occasional Saturdays	9-10 a.m. 9:30-10:30 a.m.	F.C.
	Line Dancing	Wednesdays	1-2:30 p.m.	Free
	Regular Bike Riding	Daily	Open	Free
	Regulation Horseshoes	Call	Call	
	Tai Chi for Arthritis	Tuesdays, Sept. 16-Nov. 4	10-11 a.m.	Free
	Seated Tai Chi	Mondays, Sept. 3-Nov. 19	10:15-11 a.m.	Free
	Chair Yoga	Fridays	9-10 a.m.	F.C.

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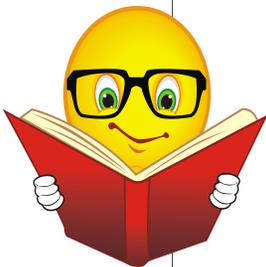
We'll Read to You

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

Thanks to volunteer readers Barbara Homan and Linda Wheeler, an audio version of this bi-monthly *New Beginning* newsletter is available on the Department of Aging & Human Services website. To have *New Beginning* read to you, visit www.stmarysmd/aging/NewBeginning. This will take you to previous newsletters, and you can click on the issue you want to read or click on the audio link for the monthly edition you want to have read to you.

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

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



Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtown 301-475-4200, ext. 71050	Book Discussion	Volunteer	2nd Wednesday	10:30 a.m.	Free
	Reader's Theater	Linda Lagle	2nd & 4th Wed.	11 a.m.	Free
Loffler Senior Activity Center Great Mills 301-475-4200, ext. 71658	Current Events	Paul Kelley	Mondays	10 a.m.	Free
	Scripture Study	Solomon Olumese	Every Friday	10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By appt.	Free
Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. 73101	Page Turners Book Club FULL	Gloria Fusco	3rd Tuesday	11-12:30 p.m.	Free
	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	TBD	1 p.m.	Free
	Book Chatter Book Club FULL	Martha Baker	4th Thursday	11-Noon	Free

Sign Up Online to Receive *New Beginning*

You can sign up to receive a notification when the newsletter is available online in PDF format via stmarysmd.com/citizen/signup.asp

This link will also allow you to sign up for news releases and emergency alerts. The newsletter can also be viewed on the Department of Aging & Human Services website - www.stmarysmd.com/aging/NewBeginning.

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

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

Lori Jennings-Harris, Director

MAP/I&A-Your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. Help for seniors in the form of services, benefits and assistance is provided. Access to information and referral services, options counseling, support for caregivers, and more, are provided. Call 301-475-4200, ext. 71050, for information.

Home and Community-Based Services (HCBS)-Consists of multiple programs providing the following services: Medicaid-funded community-based services, Long-Term Care Ombudsman, Senior Care Program, Respite Assistance, and Caregiver Support. To be assessed for services, contact the Aging & Disability Resource Center 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

Phone: 301-475-4200, ext. 71050

Fax: 301-475-4503

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

Senior Activity Centers:

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



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Human Services
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CHANGE SERVICE REQUESTED

***2019 Holiday Closings
(No Home-Delivered or Congregate Meals Served)***

Monday, Sept. 2 - Labor Day
Monday, Oct. 14 - Columbus Day

NEW BEGINNING