

NEW BEGINNING

VOLUME 33 ISSUE 5

SEPTEMBER/OCTOBER 2020

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



*Celebrating National Senior
Activity Center Month!*

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From the Director's Desk

By Lori Jennings-Harris, Director

Rising to Challenges

Challenging times, like the ones our country is currently experiencing with the coronavirus, make us take notice of how we live our lives and how we may need to adjust. Through the COVID-19 pandemic, the Department of Aging & Human Services has made necessary changes that keep our staff poised to serve our community's older adults, children, and families. We have taken stock of how we will maintain as well as continue the development of vital programs and services. The Department of Aging & Human Services has made available recorded and virtual activities such as Tai Chi and craft classes, to name a few, allowing seniors options and the ability to remain engaged and active through their participation. These activities are found on our Department's Facebook page as well as on YouTube.

While we have a strong handle on the newly developed ways of providing many of our programs and services, we are still working on others. For example, this time of year we are usually finalizing the details of our in-person Way to Wellness: Community Health Fair. While we will not have our health fair this year, we are making plans for other events. Stay tuned for more information. Our Information & Assistance staff members are still available to assist older adults with their questions or concerns about property taxes, Medicare, Medicaid, as well as other health insurance and benefit plans. When calling our offices, feel free to leave a message and a caseworker or supervisor will return your call.

The coordination of in-home services for many individuals who require more assistance with day-to-day activities is ongoing through our Department. Providing needed home health-related supplies to eligible seniors has continued by our dedicated staff.

The Department of Aging & Human Services staff will meet the challenges ahead and continue to offer programs and services to an ever-growing senior population. In addition, we will remain mindful of the needs of other age groups and address them accordingly.

Helpful links:

<https://www.stmarysmd.com/aging/>

<https://www.facebook.com/SMCDAHS/>

<https://www.facebook.com/pg/SMCDAHS/videos/>

<https://www.youtube.com/user/StMarysCoMDGov>

NEW BEGINNING

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be sent to:

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

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

Our Mission

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

Welcome LaTae Reeves!



The Department of Aging & Human Services welcomes LaTae Reeves, Early Childhood Coordinator with the Division of Human Services! Reeves has a Bachelor's Degree in Human Development from the University of The District of Columbia and a decade of experience collaborating with teaching teams, serving families and children ages birth through five, and has held a variety of leadership roles in the field of early childhood education.

In her position with the Department, Reeves will be working with the St. Mary's County Early Childhood Advisory Council (ECAC), along with other ECAC members from Calvert and Charles Counties. The Southern Maryland ECAC coordinates many initiatives, with both Calvert and Charles Counties, to address the Statewide System Development Goals and provide resources for school readiness among early care and education programs.

"The foundation of all learning begins with our youngest learners," Reeves said. "A robust and intentional program sets the platform for life-long learning."

She will assist with the oversight of all initiatives that the Southern Maryland ECAC rolls out, allocation of grant funding, and will serve to ensure the ECAC stays on task, meets public needs, and remains transparent and honest.

In her personal life, Reeves is a simple woman.

"Wherever there's a good time with good food, you'll find me," she said.

Reeves is involved with her church and has a 16-year-old who is a rising senior. She is interested in athletics, having been an athlete in high school, where she played basketball, tennis, baseball, and ran track. She enjoys watching sports as much as she enjoys playing, especially if chips and guacamole are involved! Reeves never shies from a good adventure. Recent escapades include snorkeling, water-way excursions, and a good old-fashion family vacation!

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

Monday, September 24, 2020

1 p.m.

Garvey Senior Activity Center

23630 Hayden Farm Lane, Leonardtown, MD 20650

Monday, October 21, 2020

1 p.m.

Garvey Senior Activity Center

23630 Hayden Farm Lane, Leonardtown, MD 20650

The Commission on Aging is your voice to advise and assist the Commissioners of St. Mary's County concerning county programs and resources offered for the senior residents of our county.

Attend Meetings to:

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

For more information, contact Mercedes Jones at 301-475-4200, ext. 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

We all have heard “you are what you eat” but is that true? Yes! What we eat can play a huge role in the health of various areas of our body, including our hearts, brain and even our skin. Skin health starts from the inside and depends on how well we nourish it through our dietary choices. The environment hits our skin hard so it’s important to feed our skin well. Just a trip to the supermarket or farmers market can offer up a bounty of foods that can help improve our complexions as well as our overall health. So here are some ways to help improve our complexion:



- **Eat the rainbow.** Research has found that just three (3) servings a day of carotenoid rich fruits and veggies can have a beneficial impact on reducing skin discoloration. Carotenoids found in bright colored veggies and fruits act as potent antioxidants protecting our skin against environment stressors including the sun’s UV rays.

- **Ditch the standard American diet known as the “western diet”.** This diet is high in fats and sugars with a lot of fast foods and processed foods. These cause inflammation that can damage your skin. Instead try the Mediterranean diet which has been shown to lower the risk for skin cancers, especially melanoma and basal cell.

- **Go nuts over almonds.** A study out of the University of California suggests that a daily almond habit might improve measures of wrinkle width and severity. Just a handful is all that is needed.

- **Try some grapes.** A study by scientists in Spain has found that the flavonoids in grapes, especially the darker ones, can help keep premature skin aging at bay via some sunburn protective effects.

- **Try fermented foods.** Science has found that higher intakes of fermented foods such as kimchi, kefir, miso, and sauerkraut may reduce the risk of developing eczema.

- **Go fish for salmon.** Salmon of course is a great source of heart benefiting omega-3 fats, but it can help decrease photoaging. The pink pigment in this fish can accumulate in the skin where it protects against the harmful UV rays and helps decrease skin water loss that can contribute to wrinkles.

- **Eat some soy.** A study found that soy can help improve skin thickness and boost concentrations of collagen. Try tofu, tempeh, and edamame.

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 Bennear, HCBS Program Coordinator*

Loving on Empty: The Energy of Caregiving

by Mike Verano, LPC, LMFT, CCISM, CEAP, BC-TMH

“Through my practice as a psychotherapist and my role as a caregiver support group leader, I have met many people who describe an experience that I only recently have been able to name. This experience, which I witnessed first-hand as my wife and I found ourselves in supportive roles related to a chronic illness, has to do with two essential life forces operating at the same time.

I have named the experience exhaustlessness, being both exhausted and restless at the same time. I realize now that this is what I see on the faces of the caregivers who come to me for professional guidance. It is the look that says, “There’s so much to do and so little time to do it that the only thing I can do is to keep moving.” The physical manifestation is like taking a sleeping pill and an energy drink at the same time. The feeling of constant motion comes from the awareness that there always seems there is something else that can be done. The exhaustion comes from the exertion of, not just physical, but mental, emotional and spiritual energies.

In a purely physiological sense, this is a perfect storm; the collision of two powerful systems whose combined impact can feel like an emotional hurricane. The unleashing of this full-force gale of stress would, under different circumstances, leave one depleted and empty. Paradoxically, it also becomes the very fuel that gives one the wherewithal to make that trip to see the loved one despite eyes that are as heavy as the heart. It speeds up the thinking process that allows the multi-tasks of caregiving to be expertly juggled despite learning as you go. It fends off sleep as one sits bedside, ever watchful of a loved one’s every move.

The reason that exhaustlessness does not come with the Surgeon General’s warning of “Dangerous to health” is, I believe, due to the fact that it essentially arises out of a movement of profound love. Unrestricted caregiving runs the risk of burnout when the awareness of personal limits is ignored and exceeded. The heart-centered focus of exhaustlessness, on the other hand, provides a return on the investment of selfless compassion as the illusion of separation dissolves. The giver and receiver are one; we get what we give.

This is why it can be so hard to convince caregivers to slow down and why they often look sideways at anyone who tells them that they have to take care of themselves first. At a very deep level, the level where we are all connected, they are taking care of themselves as they move reflexively toward the needs of a loved one who is suffering. The well that feeds this force is unlimited, which is why many caregivers seem to perform miracles in their acts of service. It is the human body that has its limits and will, at times, need to drink from the same well. It is not surprising, then, that many of the caregivers I see are not looking for permission to slow down, but confirmation that it’s okay to continue on. Increasingly, I find myself leaning toward helping them see the forces at work within themselves and move in accord with their inner wisdom. Finally, I ask that they allow trusted others to shoulder some of the burdens that come while living in a state of exhaustlessness; a state that, like all others, will also pass in time.”

The St. Mary’s County Department of Aging & Human Services offers Respite Grants for family caregivers. Contact Daphne Bennear at 301-475-4200, ext. 1069, or Daphne.Bennear@stmarysmd.com to learn more.

Celebrating Caregivers

Attention Family Caregivers!
Keep an eye out for our
Virtual Celebration of Family Caregiver Month!
Coming in November 2020!!
4 weeks, 4 speakers, 4 gifts, 4 you!
Accessible on Facebook, YouTube, and local access Channel 95

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!*



Law Enforcement Appreciation Day Honoring 2020 Officers of the Year

The Department of Aging & Human Services was pleased to join the Commissioners of St. Mary's County to honor the Officers of the Year for the 20th Annual Law Enforcement Appreciation Day on August 18! We hope to welcome the community to join us in 2021 for the traditional celebration in May!



*St. Mary's County Sheriff's Office
Corrections
CFC Brianna M. Edelen
Serving since 2016*



*St. Mary's County Sheriff's Office
Corrections
Sergeant Jeffrey W. Knight
Serving since 2007*



*St. Mary's County Sheriff's Office
Deputy
Michael G. Graves, Jr.
Serving since 2014*



*Naval Air Station Patuxent River
Police Department
Corporal Thomas Carnobas
Serving since 2003*



*U.S. Coast Guard Station St. Inigoes
Second Class Boatswain Mate
Braxton Beaver
Serving since 2015*



*Maryland DNR
Natural Resource Police
Officer First Class David Helterbran
Serving since 2015*



*Maryland State Police: Barrack "T"
Trooper First Class
Marcus L. Manning
Serving since 2014*



*Office of the State's Attorney
Assistant State's Attorney
Laura Caspar
Serving since 2011*



*St. Mary's College of Maryland
Office of Public Safety
Patrol Officer Douglas Sprouse
Serving since 2018*



*Maryland State Police
Aviation Command: Trooper 7
Pilot
Stephen Ryan*



COVID-19

Information for Consumers — Shopping for Food



As grocery shopping remains a necessity during this pandemic, many people have questions about how to shop safely. We want to reassure consumers that there is currently no evidence of human or animal food or food packaging being associated with transmission of the coronavirus that causes COVID-19. This particular coronavirus causes respiratory illness and is spread from person-to-person, unlike foodborne gastrointestinal or GI viruses, such as norovirus and hepatitis A that often make people ill through contaminated food.

Although your grocery store may be temporarily out of certain products, there are no nationwide shortages of food. Food production and manufacturing are spread throughout the United States. During this pandemic, consumers are getting most of their food from grocery stores, and many stores have modified their operating hours to allow for more time to restock shelves and clean. In addition, many stores are providing special hours for seniors or other high-risk individuals to shop and are offering pick-up and delivery services. Check the store's website or call the store to learn more.

To help protect yourself, grocery store workers, and other shoppers, it is important to keep a few things in mind:

-  Prepare a shopping list in advance. Buy just 1 to 2 weeks-worth of groceries at a time. Buying more than you need can create unnecessary demand and temporary shortages.
-  Wear a face covering or mask while you are in the store. Some stores and localities may require it. Check your state, county, or city guidelines for any other requirements.
-  Carry your own wipes, or use one provided by the store to wipe down the handles of the shopping cart or basket. If you use reusable shopping bags, ensure they are cleaned or washed before each use.
-  Practice social distancing while shopping – keeping at least 6 feet between you, other shoppers, and store employees. Keep your hands away from your face.
-  Wash your hands with warm water and soap for at least 20 seconds when you return home and again after you put away your groceries.
-  Again, there is no evidence of food packaging being associated with the transmission of COVID-19. However, if you wish, you can wipe down product packaging and allow it to air dry, as an extra precaution.

As always, it is important to follow these food safety practices to help prevent foodborne illness:

-  Before eating, rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush. For canned goods, remember to clean lids before opening.
-  When unpacking groceries, refrigerate or freeze meat, poultry, eggs, seafood, and other perishables—like berries, lettuce, herbs, and mushrooms—within 2 hours of purchasing.
-  Regularly clean and sanitize kitchen counters using a commercially available disinfectant product or a DIY sanitizing solution with 5 tablespoons (1/3rd cup) unscented liquid chlorine bleach to 1 gallon of water or 4 teaspoons of bleach per quart of water. **WARNING:** Do not use this solution or other disinfecting products on food.
-  Always keep in mind the basic 4 food safety steps — Clean, Separate, Cook, and Chill.

Food is a source of comfort, as well as nourishment for you and your family – especially now – and we hope this advice will help you continue to buy groceries with care and confidence.

Senior Information & Assistance

By Debbie Barker, Senior I&A Division Manager

Christmas In April

Applications for the April 2021 program year are due by December 1, 2020, and are available at all Senior Activity Centers or by calling Christmas In April at 301-884-2905 or www.christmasinaprilsmc.org.

Medicare Part D Open Enrollment

Between October 15-December 7, Medicare beneficiaries who have or need to enroll in Medicare Part D should review their plan options for 2021. For those who are already enrolled in Part D it is important they take time to 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 2021 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 ww.medicare.gov and follow the instructions to compare all available Part D plans. The Department has trained counselors available to provide comparison assistance. As of the publication of this newsletter it is uncertain if in-person assistance will be available; however, if you need to speak with a counselor call 301-475-4200, ext. 1064.

Feeling Alone?

Throughout the current health pandemic you may be feeling alone more now than ever. The Institute on Aging offers a 24-hour toll-free **Friendship Line** that connects you with a friendly emotional support person to speak with to ensure you feel safe and valued. Give them a call at **1-800-971-0016**.

Volunteer Drivers Needed

****Flexible Schedule****

****Fuel Mileage Reimbursement****

****Rewarding Volunteer Opportunity****

Contact: Ir'Sha'Laun Bailey,
Senior Rides Program Coordinator
Department of Aging & Human Services
301-475-4200, ext. 1066



Sign up to receive email announcements from the Senior Activity Centers!

The senior activity centers have been busy creating virtual activities and want to be sure you have the most up to date information about what we have to offer, especially during this time of social distancing.

To be added to our senior activity center email list, email us at senioractivitycenters@stmarysmd.com. We will respond to your email confirming receipt of your email address.



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

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Autumn Decorating Ideas from Loffler



Heralding a change of season can be a morale booster. Since we've spent so much time at home lately, it might be refreshing to change your local scenery. You can do this simply by using items you may already have around the house or find on a nature walk. Here are some ideas:

For the front door/porch

- Hang a lightly decorated straw hat on the door instead of a wreath
- Fill a large basket or galvanized washtub with twigs, pinecones, firewood logs or other natural wonders from around your yard and place next to your front door. Add gourds, Indian corn and other autumn pretties as the season progresses. (After Thanksgiving, take out the autumn things, add fresh greenery from your yard and top with a Christmas bow)

On your table

- Make an organic centerpiece by putting pinecones or apples in a medium sized bowl.
- When the leaves change color, put a few small branches in a tall vase. After the leaves wither, set aside for Halloween, then drape some stretchable spiderweb material over them, maybe add some spiders; back on the table it goes!
- Table runners add color and excitement to the table without the bulky feel of a cloth. Often, they are long enough to drape over the sides- if so, fold them in half and use as a hot pad to protect your table. When food spills on it, flip it over to the clean side for the next meal. Have two on hand so that you have one to use while the other is being washed.

In the living/family room

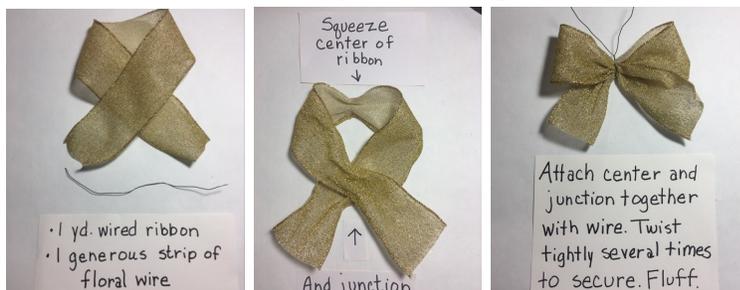
- Wrap autumn colored fabric, around the throw pillows you already have, then tie twine around them ending with a bow to secure the fabric in place
- Drape those cozy throws over the arms or back of your sofa and most comfortable chair
- Tie pinecones to a sturdy piece of twine, then attach to your curtain rod (or window with suction cup hooks) for an autumn garland. (In December, spray them with artificial snow and add a red bow to each side)

In the kitchen

- Put out some kitchen towels that are in autumn colors
- Hang a café curtain rod in your kitchen window; using clip rings, hang festive autumn kitchen towels for curtains

Make a simple bow using this technique:

The bow- a fabulous finishing touch! Don't be intimidated by bows that use 5 yards of fabric and have countless loops- all you need is 1 yard of wire-stiffened ribbon and a few inches of floral wire. (You can use yarn or string, but wire is easier to work with.) Form 2 loops by



making an x with the ends, about 6 inches from the bottom on each side. Squeeze the middle of the ribbon and the junction of the x together; wrap a piece of wire tightly around the squeezed section and twist in the back several times. Use the excess to attach to anything you want. Fluff.

Focus on Fitness

By Alice Allen, Senior Center Operations Division Manager

Are you missing the exercise classes offered at the Senior Activity Centers? Are you ready to come back to them when the centers reopen? Because of the COVID-19 virus, 2020 has certainly been challenging; we've had to totally change how we do things and how we interact with others.

When the senior activity centers reopen, we look forward to offering the same quality of programs and activities that you have come to know and love. Unfortunately, activities and programs may look different compared to pre-COVID days. One change is that for the time being, face coverings will be required to be worn when in a center. Wearing a cloth face covering is the Centers for Disease Control and Prevention's current recommendation to slow the spread of COVID-19 in public settings when it is difficult to maintain other social distancing measures.

So, you may be wondering if it is safe or possible to exercise while wearing a face covering. The answer is for most people, yes, but with precautions. A cloth face covering will reduce the amount of oxygen you are able to get into your lungs which may cause you to feel more fatigued while exercising. Other feelings to be aware of while exercising when wearing a cloth face covering are dizziness, lightheadedness and shortness of breath. If these symptoms occur, slow down your exercise intensity and/or stop until you feel better. If you have a pre-existing respiratory or cardiovascular condition such as COPD, asthma, chronic bronchitis or any other lung condition, consult your doctor before exercising while wearing a cloth face covering.

Just as your body needs to get used to changes in demands on it from exercise, it may take several workouts before you feel that you are at your normal exercise intensity when exercising while wearing a cloth face covering. And as always with exercise, start slow and build up from there. Allow your body time to adjust. Most people can perform their regular workouts while wearing a face covering, which will provide protection from virus spread for everyone.

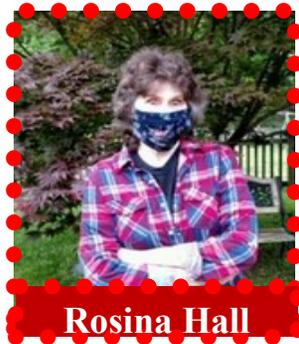
(Exercising with a Face Covering: Safety Do's and Don'ts. Cedric X. Bryant. Acefitness.org. June 15, 2020)

If the senior activity centers are not yet open or you don't feel ready to try an indoor class, check out the fitness videos the Department of Aging & Human Services has to offer; they are a great option for a workout too!

Find our fitness videos online at <https://www.facebook.com/SMCDAHS/videos> or <https://www.youtube.com/user/StMarysCoMDGov> in the Department of Aging & Human Services playlist.



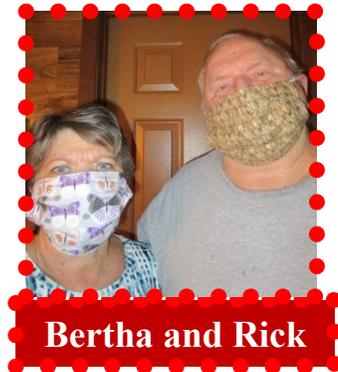
Alice Allen
Staff



Rosina Hall



Mercedes Jones
Staff



Bertha and Rick

*Our participants and staff have plenty of practice wearing masks!
We look forward to welcoming you back as soon as possible!*

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.

Garvey Senior Activity Center Council, Inc. Receives Grant Award!

Congratulations to the Garvey Center Activity Center Council, Inc. on their recent grant award from the St. Mary's Art Council. The Garvey Senior Activity Center Council, Inc. applied for the grant early in 2020 to implement a series of art classes at the Garvey Senior Activity Center in partnership with the College of Southern Maryland. Scheduling of the classes is dependent on the operational status of the Garvey Senior Activity Center and the College of Southern Maryland. Keep watch on the New Beginning for more information.

Arthritis Foundation Exercise with Kathy



We are excited to announce that Arthritis Foundation Exercise class with Kathy will be coming to you live on Zoom. The class will be 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. 71062. We look forward to seeing you!

Garvey Senior Activity Center Council, Inc. 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. Due to the COVID-19 Pandemic, tickets chances are being sold remotely. To purchase your chance to win, send a check made out to GSACC, Inc. to:

GSACC, Inc.

Cash Blast Raffle

39075 Cedarwood Ct.

Mechanicsville, MD 20659

Please include your phone number on your check. The cost per chance is \$2 or 3 chances for \$5. First prize is \$500, 2nd prize: \$250, 3rd prize: \$150, 4th prize: \$100. Drawing to be held October 7; no need to be present to win. Winners will be contacted via phone and announced on the Garvey Senior Activity Center Council Facebook page. For more information, please call Gail Murdock at 301-848-9458.

DIY Table Décor: Cork Pumpkin

The Garvey Senior Activity Center received a large donation of corks and found the perfect fall crafting project to put them to use. Follow the directions below using your own materials, or you can schedule curbside pickup of materials at the Garvey Senior Activity Center. Call 301-475-4200, ext. 1080, or email Kathleen.Creswell@stmarysmd.com for more information. There is no fee.

Materials

25 recycled wine corks
Orange acrylic paint
Green felt
Jute twine

Tools

Paintbrush
Hot glue gun
Craft Knife
Scissors



Directions:

Paint both ends of all but one cork. Set aside to dry.

Arrange the corks in rows (4 on the bottom, then 5, then 6, then 5 and 4 on the top row) and hot glue them together.

Take the one remaining, unpainted cork and cut off part of it with the craft knife. Hot glue it on top as the stem.

Cut leaf shapes from the green felt and hot glue them around the “stem.”

Tie a short length of twine around the stem to resemble the vine.

If you make this project at home, please send a photo to brandy.tulley@stmarysmd.com. We love to see your creations!

Final project measures approximately 5”H x 5”W x 3/4” D.

Inspiration provided by [mygourmetconnection](http://mygourmetconnection.com).



The Benefits of Music

By Kathy Creswell
Program Specialist, Garvey Senior Activity Center

Have you ever thought of how many experiences in our life involve music? You exercise and pump up that music and find yourself running or moving quicker. Why is that? Music in combination with exercise increases your endorphins which in turn increases your performance. Or maybe it's been a bad day at work and the first thing you do when you get in the car is turn on your favorite tunes and soon you start to feel the stress of the day slip away. The reason is music has been shown to increase the mood enhancing chemical dopamine in the brain thus making it a feasible for reducing stress and helping with anxiety or depression.

There are so many uses for music as it relates to medical or psychological concerns. What are some of the other benefits of music?

- Music reduces stress, depression, and anxiety.
- Music aids in decreasing pain.
- Music boosts your immune function.
- Music aids memory.
- Music lowers blood pressure and heart rate.
- Music improves sleep quality



One of the biggest concerns as it relates to the senior population is memory. Of those at least 65 years of age, there is an estimated 5 million adults with dementia in 2014 and projected to be nearly 14 million by 2060 (*"What is Dementia?"*, Retrieved from <https://www.cdc.gov/aging/dementia/index.html>). Music as well as art can enrich the lives of people with dementia. Both allow for self-expression and engagement, even after dementia has progressed. Music can be powerful. Studies have shown music may reduce agitation and improve behavioral issues that are common in those persons with dementia related symptoms.

Music and Memory

Because music is stored in many areas of the brain and is a basic part of what makes us human, using music associated with personal memories helps reach and engage the person with dementia even as memory fails. Using personalized music can help to decrease the instance of difficult behaviors, connect with loved ones at any stage of the disease, improve communication, and increase overall quality of life.

Music is often combined with important long-term memories that have significant meaning in our lives. If you want to engage those specific memories using those songs will bring forth those memories. A good example is someone's wedding song or a song they used to sing to their children. It is like a portal back in time.

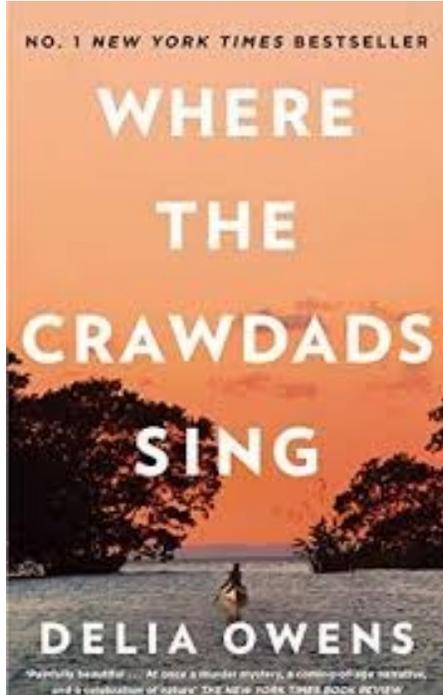
A great resource for greater understanding of how music works with people who may have memory related disease processes, i.e. Parkinson's, Alzheimer's, is the movie *"Alive Inside"* by filmmaker Michael Rossato-Bennett and featuring Dan Cohen, founder of the nonprofit organization Music & Memory. For more information on this movie please visit <http://www.aliveinside.us/#land>. This program, Music & Memory, uses iPods to bring music to those in nursing homes with Alzheimer's disease and dementia. They describe music as the wakening, and it is nothing short of that.

Music is the key to so many of life's many twists and turns. The next time you need a pick me up, need help falling asleep or find yourself in pain try turning on some music. It may be just what you need.

Kathy Creswell has a Bachelor's Degree in Music Therapy with a focus on dementia care.

Loffler Senior Activity Center

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



Loffler Book Club Chat Room

***Where the Crawdads Sing* by Delia Owens**

Meeting: Thursday, October 1 at 10 a.m.

There's no time like autumn to snuggle up with your favorite blanket and a great book. And what is more fun than discussing it afterwards with friends who have also read it? Can't meet in person at your favorite senior activity center? No worries- meet virtually in a Facebook Chat Room! *Where the Crawdads Sing*, written in 2018, topped The New York Times Fiction Best Sellers of 2019 and The New York Times Fiction Best Sellers of 2020 for a combined 30 non-consecutive weeks. The story follows two timelines that slowly intertwine. The first timeline describes the life and adventures of a young girl named Kya as she grows up isolated in the marsh of North Carolina from 1952–1969. The second timeline follows a murder investigation of Chase Andrews, a local celebrity of Barkley Cove, a fictional coastal town of North Carolina. Get yourself a copy of this book, read it, then meet up in the Loffler Book Club room. If you plan to be a part of this newly-formed group, contact Sheila.Graziano@stmarysmd.com

Fall Prevention: Got 5-10 minutes?

YouTube is loaded with free health and fitness videos! You really can improve your balance and strength in just minutes a day. One important key to improving your balance is to strengthen your muscles, especially those in your legs, back and core. Pay attention to improving your posture. All the videos below show you not only the exercises, but also ways to challenge yourself as you get stronger:



- Bonus- this young man has a wicked Aussie accent!
<https://www.youtube.com/watch?v=P9xsYEzYNrE>
- Tai Chi just about anyone can do! Leia Cohen has several modules. Try this module 1 for a few days, then advance as you wish.
<https://www.youtube.com/watch?v=cEOS2zoyQw4>
- Physical therapist shows you 4 exercises to do 3 times a week. One shows him doing bridges on the floor. If getting up from the floor is too much for you, try doing those on your bed before you even get up for the day!
<https://www.youtube.com/watch?v=yQ0G5x5hI28>

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Caregiver's Corner

In the July/August edition of *New Beginning*, we mentioned the many resources available through the Alzheimer's Foundation of America that provides help for caregivers as well as those affected by Alzheimer's. Perhaps you are caring for someone who does not have this particular disease -you could still benefit from the offerings here. Go to their website at <https://alzfdn.org/> and navigate the



opportunities available, including a memory test, media center, events calendar and more. Connecting with others is a vital part of the caregiving equation. However, with today's busy schedules, caregivers may not be able to find time to, or be comfortable with, attending an in-person group. AFA offers free weekly, telephone-based support groups, facilitated by AFA's licensed social workers, designed to give caregivers a place to connect and share with one another. Here is a list of available groups.

- Caregiver Support Group – Mondays, 7 p.m.-8 p.m. (ET)
- Caregiver Support Group – Thursdays, 7 p.m.-8 p.m. (ET)
- Support Group for Family Members Whose Loved Ones Reside in a Care Setting During COVID-19 – Tuesdays 3:30 p.m. – 4:30 p.m. (ET)
- Support Group for Family Members Whose Loved Ones Reside in a Care Setting During COVID-19 – Wednesdays 3:30 p.m. – 4:30 p.m. (ET)
- Family Interactions in the Time of COVID-19: How to Resolve Conflicts and Stressors- Fridays, 3:30 p.m. to 4:30 p.m. ET.

To register for a caregiver support group, please contact AFA's National Toll-Free Helpline at 866-232-8484 and speak with one of their licensed social workers.

If you are interested in forming a local group that would meet virtually, e-mail Sheila.Graziano@stmarysmd.com

Photo Contest: *Festive Fall Frontway*

Photo Submissions accepted between October 5 & 16

Public voting takes place on Department of Aging & Human Services

Facebook page October 19-23

Since we're talking about decorating for autumn (*see page 12*), why not put your efforts on display for all to enjoy? After you've beautified your front porch/external entryway, take a picture of it and e-mail it to Sheila.Graziano@stmarysmd.com anytime from October 5-16. In the e-mail, include your name and the date the photo was taken. Here are the rules:

Entrants must be 50+ years of age and reside in St. Mary's County, MD

- Each entrant may submit one photo
- Photo may be of entire front porch, a portion of it (door must be included) or front door and surrounding area (entryway)
 - Photo must be current, taken during the period of the contest
 - Photo must be of front entryway only– no people or pets
- Anyone on Facebook can vote, but voters must go to the original post to click 'like' or 'love'. Entrants can share the pictures on their own timeline or the timeline of friends but will need to direct friends to go to contest page for their vote to count.
 - Voters may vote for more than one photo
- Department of Aging & Human Services staff are ineligible to enter contest or vote

Paper on Glass Mosaic



You will need:

- A Picture frame with glass
- Rubbing alcohol and cotton ball
- Elmer's glue or any glue that dries clear
- An old or cheap paintbrush
- A simple drawing, design, letter, etc. printed out or hand drawn*
- Construction paper in several colors of your choice
- Black paper for backdrop

**Please note, you may need to reverse the image if your design needs to face a certain way because we will be working on the wrong side*

Start by choosing or drawing your design. For your first project, keep it very simple with few colors and details. In my picture, I chose sky, water, boat and clouds because they are easy to draw and imperfections don't matter.



Clean the glass of the frame on both sides using alcohol. This is going to be your canvas.

Place the glass over the design. I kept the glass in the frame because I looked at the underside from time to time- using the frame to lift the glass kept smudges from forming when I peeked. I like starting with the background. Choosing a small section at a time, paint glue on-

to the surface (I used the lid from a bottle of soda as a glue holder). Tear or cut small pieces of the background color and attach them where the glue was applied. The glue will dry clear.

If you get tired of working on the background, switch to another color and work on something else. Do what you want- if you want a quicker project, make the pieces bigger. If you want more depth or detail, make the pieces smaller, perhaps add variations of the color. Place the pieces close together but let there be enough space between the pieces for that mosaic look. I was planning to use a black background so that the pieces would be more noticeable, therefore I needed to make sure that the pieces were pretty close, otherwise dark spaces would dominate the picture.

When your picture is filled in, let the glue dry, then reassemble the picture frame with the smooth side of the glass on the outside. In my case, I found that there was not enough contrast between the sails of the boat and the sky, so I added more white pieces, breaking my own rule and allowing overlap on the sail pieces.

That's it! Enjoy your masterpiece!



Northern Senior Activity Center

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

Ride with Rachel

Northern Senior Activity Center

Thursdays, September 3 & October 1, 9-11 a.m., Free

Northern's own Program Specialist Rachel will lead cycling adventures down the Three Notch Trail on the first Thursday of the month. Bring your bike, trike, or call to see if one is available for loan. Helmets and cell phones are required for safety. Rides may be canceled for adverse weather conditions. Advance signup is required with phone number in case of cancellation. To sign up in advance for a ride, please email Rachel at Rachel.Mowatt@stmarysmd.com.

Fall Foliage Arrangement – Virtual Class

Northern Senior Activity Center

Thursday, September 24, 1-1:40 p.m.

Participant provides supplies/Free

Want to decorate for fall but can't get to a store? No worries! Join Northern's Program Specialist Rachel for a virtual fall foliage arrangement class using the platform Zoom. This class will show you how to make fresh fall arrangements using items such as free cuttings from your property or inexpensive grocery store finds. Best of all you can sign up and craft along with Rachel or just watch for some inspiration. To do this virtual class, you will need an email address. To sign up in advance, please email Rachel at Rachel.Mowatt@stmarysmd.com.

Scarecrow Contest

Northern Senior Activity Center

Thursday, October 1, 5 p.m., Participant provides supplies

Fall would not be complete without a scarecrow! Who doesn't love that straw and flannel

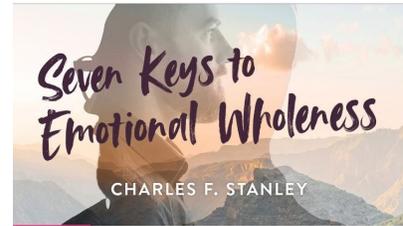


fellow? The Northern Senior Activity Center will have a Scarecrow Contest. Your scarecrow can be any size, male or female. Once you have made your scarecrow give them a name and create three (3) personality quirks for them. *For example: This is Chester. He enjoys eating the corn he is supposed to be protecting, singing "If I Only had a Brain" from the Wizard of Oz, and creating hoax crop circles.* Send this information along with a picture of your scarecrow and your contact information to Rachel.Mowatt@stmarysmd.com or mail a printed copy to:

*St. Mary's County Department of Aging & Human Services
Attn: Rachel Mowatt, Northern Senior Activity Center
P.O. 653
Leonardtown, MD 20650*

One submission per person will be accepted. All submissions are due by 5 p.m. on Thursday, October 1. Photos and descriptions will go on our department Facebook page for a people's vote. First prize will receive a fall crafters gift basket filled with autumnal and crafting supplies. Thank you so much for your participation!

Connect with the Word: Virtual Bible Study
Northern Senior Activity Center
4th Mondays, starting - September 28, 10-10:40 p.m.
Participant Downloads Free App



What's the Word is getting a reboot and is going virtual with Connect with the Word. This non-denominational Bible study will focus on assigned readings and topic driven discussions using the YouVersion Bible App. This app is free to use and allows participants access to any denominational version of the Bible as well as topic driven plans that focus on personal growth using the Bible as a resource. These plans are created by pastors and other educated theologians. The group will be facilitated by Program Specialist Rachel and will focus on the assigned topic. The first reading assignment will be *Seven Keys to Emotional Wholeness* by Dr. Charles F. Stanley to be read over 7 days; start reading no later than Monday, September 21. To sign up in advance or to learn how to access these free plans, please email Rachel at Rachel.Mowatt@stmarysmd.com.



Diamond Dazzle: COVID Diamond Paintings
Northern Senior Activity Center
3rd Tuesdays, 10:30 a.m.-2:30 p.m.
Participants provide material

Thank you so much to the ladies of Northern's Diamond Dazzle group for sharing your artwork! We are thrilled to see the projects you have completed during this time of social distancing.

Thank you especially to those who shared the works in this collage: Martha Baker, Carol Campbell, Janice Cockerille, Kathy Harris, Dawn Olson, Judy Pulvirenti, Colleen Tehansky, and Janet Workman.

Seasons of Change

By MarieNoelle Lautieri

In a strange way, it seems like time is standing still. While our Center is unoccupied and at rest right now, we also know that much is changing before us. Sometimes, daily it seems, in the world, or in our circles, in our hearts even. Change is not always comfortable, but it can be lovely. I think of how beautiful and picturesque the Center is as the seasons change. As with seasons, change brings things anew and some things familiar. We are looking for the same soon and imagine our doors re-opening and life transitioning once we make it further along in this journey. For now, may you cherish what's best of what this time offers. Some see Summer as a time for reward and fulfillment, so I hope you are finding ways to do that with family and friends safely. We'll next be at Fall which can be a time of survival and transition, then Winter for reflecting and planning so in the Spring you can apply what you've learned and be ready for even more opportunities. Enjoy the seasons of change and be certain that one thing won't change: we'll be right here waiting for you just like before.



DIY Fairy House

If you didn't see the video on the Department Facebook page, I encourage you to check out the video on the St. Mary's County MD Government YouTube page (www.youtube.com/user/StMarysCoMDGov) or the Department of Aging & Human Services Facebook page (www.facebook.com/SMCDAHS/videos) on how to make a DIY fairy house. Materials to be supplied by the participant.



Materials:

- Low temp glue gun and glue sticks
- Empty Soda bottle
(clear or translucent, any size is fine)
- Serrated knife/Bread knife
- Scissors
- Twigs
- Pebbles/Rocks (purchased or gathered)
- Flameless candle
- Additional embellishments as desired: craft moss, artificial flowers, pinecones, buttons, etc.

Instructions:

- Remove label, lid, and ring from soda bottle. Using serrated/bread knife, score the bottle to divide into thirds using sawing motion until slits are made in the plastic. Using scissors cut the slit until separated so that you have three pieces: the bottom, middle, and top of the bottle.
- Using the top of the bottle as a base, glue the bottom of the bottle to the mouthpiece to create a mushroom shape. The bottom of the bottle is now the roof of the house. The middle section plastic can be used to create embellishments or smooth transitions if additional bottles are used to make towers.
- Using the twigs cut or broken to desired size, create your doors and windows. Glue directly to plastic; no cutting of plastic necessary.
- Attach pebbles to plastic using low temp glue gun and glue sticks. The number of glue sticks and pebbles needed will depend on the size of your fairy house.
- Attach sticks to house roof using a cone pattern. (see sample photos)
- Add desired embellishments.
- Finish off with flameless candle for added character.

This house is ideal for a front porch display. While it can be in the elements, it will last longer in a covered area. Feel free to share your photos of your completed project to Rachel.Mowatt@stmarysmd.com.



A Different Kind of Senior Center Month Celebration

*By Alice Allen
Division of Senior Center Operations Manager*

Each September, we celebrate National Senior Center Month. However, 2020 looks to be quite different. For 6 months now, life has forced us into a new 'normal'. We've learned to wear face coverings and masks, go grocery shopping at the crack of dawn during 'senior hours,' cook too many meals at home, stay 6 feet away from anyone that you do share a household with, get drive-through carry-out food and communicate in new ways with family and friends. Have you visited with family members or them with you while at the window and sidewalk in front on the house? How many of you are now using Duo, FaceTime, GoogleMeets, ZOOM and other video platforms?

While we are still in the throes of the COVID-19 pandemic, life will be different at the senior activity centers too when we are able to reopen. You will most likely be required to wear a cloth face covering. Temperature and symptoms checks will be done at the door before entering. You'll need to stay at least 6 feet away from others. Spaces in classes and activities will be significantly limited and will require advance reservation. Use of fitness equipment will be time limited and by appointment only. Activities like bridge, pitch, and other card games that require close contact will not be planned. Lunch, when able to restart, will also look different. Only one person will be able to sit at a table, reservations will be required and there may be more than 1 seating in the dining room (think cruise ship). Other changes may be needed as well as this is a very flexible, dynamic situation.

Please know that we miss you at the senior activity centers just as you miss attending and being with your friends. Most important is that everyone is safe, and that is what we are cautiously working toward. We can't wait to reopen, particularly since the new Garvey Senior Activity Center is ready for you. That's something positive to celebrate during National Senior Center month.





A Letter from a Participant

Thank you again for checking on me today. I have always wanted to tell you how much the centers meant to me and others. When I first moved to St. Mary's County, I was amazed at how beautiful the Northern (Senior Activity) Center was. It looked like a country club to me. As my knowledge of the center evolved it seemed more like a combination of a university and a country club. Having volunteered to work in the office really gave me insight into how much was involved to provide such a center. There is so much thought and hard work involved in providing learning and activities to enrich the lives of us elders. I could not believe that there were actually three centers that everyone could attend. I have never imagined that such resources would be allocated for the lives of the elderly. Not only is it appreciated, but the effect is uplifting for all involved. For us to feel that we are important and worthwhile is an amazing gift at this stage of life.

Every conceivable desire to learn is addressed. There is an elegant library that is also used for yoga and discussions. There is a stage that opens to a large multipurpose room that is open to the lunchroom. There is a billiard room, card room, gym, art studio, and computer room. The facilities are stunning but that is only one part. The effort and care that has been taken to offer a multitude of classes and activities to create a better life for the aged in our county are phenomenal.

There are all kinds of ways to keep active; trails, walking clubs, bikes, classes in yoga, tai chi, strength training, cardio, arthritis exercise classes, ping pong, Parkinson's exercise classes, line dancing, Zumba, etc. There are activities to learn and share, woodcarving, quilting, needlecraft, sewing, drawing, pottery, painting, and an open art studio.

There are book clubs, bridge clubs, bingo, computers, and instruction. All these incredible regular offerings and special monthly classes in nutrition, fall prevention, dealing with chronic illness, etc.

On top of all of that, you add the wonderful staff and the elders and their millions of interactions the centers become an empowering life force.

I am excited about the bimonthly e-mail and online links to classes. I am sure we are all looking forward to returning. Thank you to you, [and Center staff] for keeping the home fires burning.

Stay Safe,
Diane



We love looking back on the good times we've had and look forward to making many, many more memories!



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Program Manager



A Unique Way to Celebrate our RSVP Volunteers

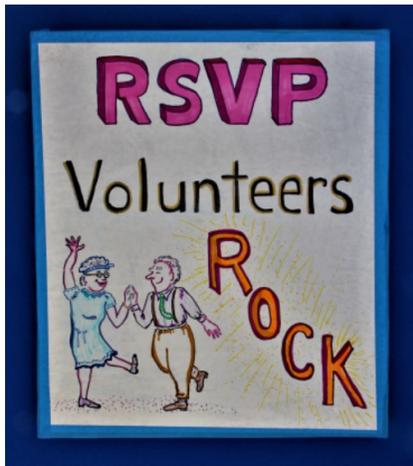
Our first-ever RSVP Drive-Through Thank-You Volunteer Appreciation Event was a fun, safe, and resounding success - despite COVID-19's best efforts to thwart our plans. This year's rescheduled volunteer

appreciation event was conducted on June 23 at the outdoors entrance to the Loffler Senior Activity Center. RSVP

volunteers lined up in their vehicles to receive their awards and volunteer appreciation gifts while RSVP and Department Staff, all wearing face coverings, cheered them on from the sidelines. Commissioner President Randy Guy (pictured right with RSVP Manager Norine Rowe) and Commissioner Eric Colvin stayed throughout the day to thank our volunteers for their significant achievements in 2019 that resulted in a record 39,807 hours valued at over \$1 million! Commissioner Todd Morgan even made a drive-through show of support.



RSVP Manager Norine Rowe presents Commissioner President Randy Guy with a check for more than \$1 Million!



RSVP Volunteer Art Instructor Chris Sisk contributed a wonderful selection of handmade signs for our event, like the one pictured here. Also, cloth face coverings made by RSVP volunteers were provided to attendees. A bubble machine, balloons, and staff cheerleaders with pom-poms added to the excitement. We

26 enjoyed the opportunity to see our volunteers and let all of you know how much we appreciate you. RSVP Volunteers truly do rock. Thanks for all you do!

To view more photos from our Drive-Through Volunteer Appreciation Event, visit our Department Facebook page at: <https://www.facebook.com/SMCDAHS/videos>. You do NOT need a Facebook account to access the Department Facebook page and its contents. Many thanks to Brandy Tulley, Garvey Senior Activity Center Operations Manager, for serving as our event photographer, to Department Staff for their support, and to Andrea Wilson, RSVP Senior Office Specialist, for her significant event planning and preparation efforts.



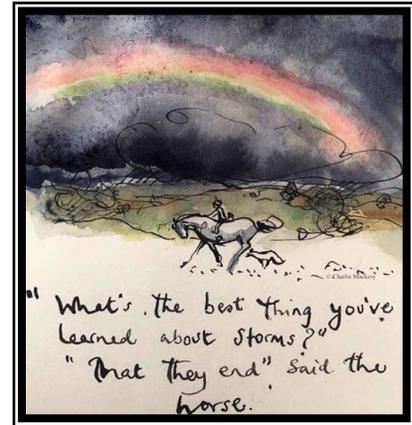
RSVP Presidential Lifetime Award Winner Sam Brown Displays Senatorial Citation

"Focus on what you can do instead of what you can't." - Anonymous

Senior Survival Stories Project

RSVP Volunteer Isabella McCracken submitted this quote to include in our Senior Survival Stories, Tips, Techniques, and Quotes. Isabella serves as a Tutor with the St. Mary's Adult Literacy Council and as a Volunteer at Historic Piney Point Lighthouse & Maritime Museum. Isabella also loves this drawing by illustrator Charlie Mackesy. Thank you, Isabella, for your submissions to our Senior Survival Stories Project.

We invite all RSVP volunteers to submit a personal story of survival, favorite quote, or survival tip that has helped you cope during COVID-19 or another of life's storms. Also, you can share what you're thankful for during this time to RSVP Project Gratitude. Please e-mail your submissions to RSVP@stmarysmd.com.



*"What's the best thing you've learned about storms?"
'That they end,' said the horse."*



RSVP Face Cover-Making Project Volunteer Team

In just a few short months, a group of highly dedicated RSVP volunteers have spent more than 1,000 hours making more than 2,000 face coverings that are being distributed for free to local community groups and individuals. Their colorful face coverings have gone to private citizens as well as local organizations such as Charlotte Hall Veterans Home, Three Oaks Center, the St. Mary's Transit System, and the Sheriff's Department Patrol Division.

Our hats are off to these talented seamstresses: Gina Alexander, Linda Barth, Deb Bellevou, Marilyn Grace, Chris Harris-Boatman, Valerie Jenkins, Phyllis McCauley, and Helen Shaughnessy. Thanks to each and every one of you for working so hard to help our community members stay safe and healthy!

RSVP Volunteer Patricia Armstrong Wins 2020 Woman-of-the-Year Award

Congratulations to RSVP Volunteer Patricia Armstrong for being selected as the 2020 St. Mary's County Woman of the Year. Patricia was recognized for her many contributions to our community, including serving as a founding member of the Garvey Council and her active role in helping to make the new Garvey Senior Activity Center a reality.

Patricia's gentle, humble spirit is eclipsed only by her extensive community service. As a Master Gardener, she does beautification projects at Hospice as well as Garvey and Loffler Senior Activity Centers, where she gives hands-on gardening instruction to seniors. She also serves on the MedStar St. Mary's Hospital Auxiliary, as President of her HOA, and on the Board of Cycling Without Age. Also, she was working at the Pentagon on 9/11 and through her calm actions helped guide a colleague to safety. Patricia, thanks for being our hero!



Travel Tips for Savvy Seniors

1. **Choose a hotel that meets your needs:** While most hotels can accommodate a guest's mobility, there are places that are off the beaten path or historical where updates haven't been made. This can mean falls hazards on stairs or uneven floors. Before booking a hotel, call ahead to make sure that the hotel has elevators and ask if the elevator is wheelchair accessible if you need it. If not, ask if they can accommodate a first-floor request.

2. **Don't publicize your trip on social media:** There are many reported cases of people using social media to target homes when the owner announces they're going on a long trip. You also might want to consider asking a trusted friend or family member to house sit while you're away.

3. **Know the TSA rules:** While you're trying to figure out where to pack your sunhat and flip flops, don't forget about your prescriptions. If you are one of the 8 in 10 older adults who takes at least one medication, always pack it in your carry-on where you can access it easily, and it can't be lost by an airline. If your medication is a liquid and requires that you also have syringes, pumps, freezer packs, or IV bags, the TSA will allow you to carry it all on the plane. Before you pack, check the TSA's rules, so you know how to pack them. Make sure to take a list of your medications, doctors, and the location of a pharmacy covered by your insurance (or Medicare) at your destination.

4. **Stay healthy on route to, and on, the plane:** Busy airports and tight spaces while getting on an airplane can be a fall risk. The airline will help if you call ahead and ask about priority boarding. You'll also want to talk with the airline if you have a chronic condition that has dietary restrictions, such as diabetes, high cholesterol, or hypertension, and you're taking a long flight that overlaps when you know you should eat. A representative can tell you if they can accommodate your dietary needs. If they can't, pack food for yourself. Pack anti-bacterial wipes in your carry-on so you can disinfect your seat, seatbelt, tray, and armrest.

5. **Don't be a target for theft:** Whether you're traveling alone or with a group, take precautions to protect yourself both inside and outside of your hotel room. Check with your hotel to see if it has a safe in your room for your passport, jewelry, or excess cash and double-check to make sure the code works before using it. Keep anything you consider valuable inside the safe. If you're traveling internationally, consider using cash for most purchases. Check with your bank to see if you can use your debit card to withdraw cash from ATMs at your destination. Some banks will even let you withdraw without additional fees. If you opt for the credit card route, call the credit card issuer before your trip to let them know where and when you're traveling. They can tell you if there is a foreign transaction fee for using your card abroad and how the conversion rate is applied to charges. Alerting the company allows it to more easily track potential fraudulent activity and issue a refund quickly if you get hit. Take a back-up card just in case.

6. **Keep important documents on hand:** Before leaving home, make copies of your important documents, like your passport, driver's license, Medicare card, and itinerary. Pack an extra set with you and make sure that you leave copies with people you trust at home (or have access to scanned versions). If you lose your ID or it's stolen, this will make it easier to get replacements. Also, always make sure to carry emergency contact information and identification on you while out and about. If something like a medical emergency happens, the people providing assistance will need to know your emergency contact and a health care provider at home.

Source: National Council on Aging, "Vacationing in Later Years: 6 Tips That Will Make You a Smarter Traveler," June 29, 2017, <https://www.ncoa.org/blog/6-savvy-travel-tips-seniors/>

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? 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. 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

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	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	
	Tai Chi for Arthritis	TBD	9-10 a.m.	Free
Seated Tai Chi for Arthritis	TBD	10:15-11 a.m.	Free	

We'll Read to You

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

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

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
	A HA! Book Discussion Group	Dan Donahue	3rd Wednesday Beginning in June 2020	1:30-2:30 p.m.	Free

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

Senior I&A-Help for seniors in the form of services, benefits and assistance is provided. Access to information and referral services, options counseling, support for caregivers, and more, are provided. Call 301-475-4200, ext. 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
Phone: 301-475-4200, ext. 1050

Facebook: www.facebook.com/SMCDAHS
Fax: 301-475-4503

Additional Locations

- **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
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CHANGE SERVICE REQUESTED

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

Monday, September 7 - Labor Day
Monday, October 12 - Columbus Day

NEW BEGINNING