

NEW BEGINNING

VOLUME 27 ISSUE 1

JANUARY-FEBRUARY 2014

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

We Can Help You...



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From the Director's Desk...

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

Healthy Futures – 2014

As people grow older they usually want to age with vim and vigor. Taking the challenges of aging by the horns while looking forward to a “carefree” lifestyle are the goals. “As we grow older, we experience an increasing number of major life changes, including career changes and retirement, children leaving home, the loss of loved ones, and physical changes. How we handle and grow from these changes is the key to staying healthy.”

There are a number of myths that contribute to fears some may experience associated with growing older. One common myth is “aging means declining health and/or disability.” In fact, “getting older does not automatically mean poor health. There are many older adults enjoying vigorous health, often better than many younger people.”

Another myth is “memory loss is an inevitable part of aging. Significant memory loss is not an inevitable result of aging.” Exercising the brain is just as important as exercising the body. And, it’s not too late to start.

A third myth, and just as damaging, is older adults are unable to learn new things. “...older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience.” There are many tips for staying healthy as we age:

Coping with change-

- Focus on the things you’re grateful for
- Acknowledge and express your feelings
- Take daily action to deal with life’s challenges

Finding meaning and joy-

- Learn something new (an instrument, a foreign language, a new game)
- Get involved in your community (volunteer or attend a local event)
- Take a class or join a club

Staying connected-

- Connect regularly with friends and family
- Make an effort to make new friends
- Volunteer

(Continued next page)

JANUARY-FEBRUARY 2014

NEW BEGINNING

The St. Mary's Board of County Commissioners
Francis Jack Russell, President;
Lawrence D. Jarboe;
Cynthia L. Jones;
Todd B. Morgan;
and Daniel L. Morris
Publisher: Lori Jennings-Harris,
Director, Department of Aging &
Human Services
Editor: Taylor Gregg

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Editorial submissions should be sent to:

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

Leonardtwn, MD 20650;

or visit the website at:

www.stmarysmd.com/aging.

Our Mission

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



(Continued from previous page)

Exercising as you age -

- Check with your doctor before starting any exercise program
- Find an activity you like and that motivates you to continue
- Walking is a wonderful way to start exercising

Keeping your mind sharp -

- Work something new in each day
- Take on a completely new subject

Retrieved from <http://helpguide.org/topics/aging-well.htm> on October 22, 2013.

Retrieved from http://helpguide.org/life/healthy_aging_seniors_aging_well.htm on October 22, 2013.



Amber Norris Joins Staff, Is New Office Manager

Amber is a graduate of Leonardtown High School. She began employment with the county government in 2000 as a Senior Human Resource Specialist in the Department of Human Resources and transferred to the Department of Land Use and Growth Management in 2007. Most recently, she has become Office Manager of the Human Services Division in the Department of Aging & Human Services. Amber has an associate's degree from the College of Southern Maryland and is currently pursuing a bachelor of science in business administration with Colorado Technical University.

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AARP Tax Assistance

Northern Senior Activity Center
Tuesdays 9-11 a.m.
Thursdays 1-3 p.m.

Garvey Senior Activity Center:
Tuesdays 8:30 a.m.-noon
Thursdays noon-4 p.m.

Loffler Senior Activity Center
Mondays noon-4 p.m.
Thursdays 8 a.m.-noon

To use this program to prepare your income tax returns, call Dana Davis, District Coordinator for the St. Mary's County AARP Tax-Aide Program at 301-863-2561 to schedule an appointment.

Nutrition Corner

By Barbara Hak, RD/LD

Don't forget the "N&Ns"

A new study, funded by the makers of N&N candies has shown that eating just a handful of N&Ns each day will prevent the development of chronic diseases and may assist in successful weight loss. Researches at Healthy University announced yesterday that the popular candy, N&Ns, has been shown to decrease blood sugar, blood cholesterol levels, and blood pressure.

They also seem to decrease inflammation often associated with osteoarthritis. **Really?** Can this be true? Can N&Ns be the one food needed to prevent chronic disease? Let's take a closer look at the study report. Have any other similar studies been conducted? No! Very rarely should the results from one study be enough proof that an individual should change their diet. How large was this study? This study was conducted on eighteen subjects for three months.

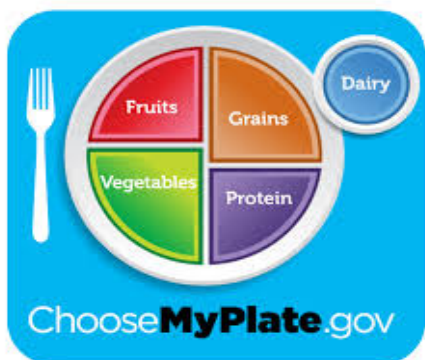
Larger studies usually provide more reliable information than small studies. This study says that the researchers used blood sugar, blood cholesterol levels and blood pressure as study measurements. The study however, was not long enough to determine if the N&N diet prevents the development of chronic diseases. Chronic diseases often take decades to develop. Was this study done on humans or research animals? It was done on Mice.

While research animals help us develop research ideas, the results do not mean the effects will be the same in humans. Who conducted and funded the research? The article does not identify or give the credentials of the researchers. The makers of N&Ns funded the research.

Study reports authored by researchers from well known institutions (not "Healthy University") usually are more credible. Research paid for by the company or trade organization associated with the food item being studied may overstate research results.

How did the news article end? The very last paragraph of the news article said that this is a preliminary report and that future study is needed. The News media, both in print, TV and the internet want to get your attention so often study results are overstated or sensationalized to get you to read/pay attention to a report. For this reason it is always important to consider the entire article.

So as you begin your journey down the path towards a Healthy 2014 hold on to all the great eating habits you have developed in 2013 and continue to make smart diet choices by taking a closer look at the 2014 new wonder foods. Ask the questions listed above or simply remember that anything that sounds like a quick fix or sounds too good to be true, probably is. ***Of course "N&Ns" are part of a joke news story making fun of the 'scientific claims' often made.**



Nutrition Education Presentations by Barbara Hak will be made the second Thursday of every month (Thursday, January 9 & February 13).

January Nutrition Education topic

Shopping and Cooking for One or Two

February Nutrition Education topic

Matters of the Heart: Update on Fats

Department News

Health Fair Draws Crowds



The annual St. Mary's County Health Fair in October was a great success, with over 700 people attending.



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Home & Community-Based Services

By Rebecca Kessler, Division Manager

Top 10 Scams Targeting Seniors

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts. Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

Health Care/Medicare/Health Insurance Fraud- In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.

Counterfeit Prescription Drugs- Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications.

Funeral & Cemetery Scams- In one approach, scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower. Claiming the deceased had an outstanding debt with them; scammers will try to extort money from relatives to settle the fake debts.

Fraudulent Anti-Aging Products- In a society bombarded with images of the young and beautiful, it's not surprising that some older people feel the need to conceal their age in order to participate more fully in social circles and the workplace. After all, 60 is the new 40, right?

Telemarketing- Perhaps the most common scheme is when scammers use fake telemarketing calls to prey on older people, who as a group make twice as many purchases over the phone than the national average.

Internet Fraud- While using the Internet is a great skill at any age, the slower speed of adoption among some older people makes them easier targets for automated Internet scams that are ubiquitous on the web and email programs.

Investment Schemes- Because many seniors find themselves planning for retirement and managing their savings once they finish working, a number of investment schemes have been targeted at seniors looking to safeguard their cash for their later years.

Homeowner/Reverse Mortgage Scams- Scammers like to take advantage of the fact that many people above a certain age own their homes, a valuable asset that increases the potential dollar value of a certain scam.

Sweepstakes & Lottery Scams- Here, scammers inform their mark that they have won a lottery or sweepstakes of some kind and need to make some sort of payment to unlock the supposed prize.

The Grandparent Scam- The Grandparent Scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts.

Scammers will place a call to an older person and when the victim picks up, they will say something along the lines of: “Hi Grandma, do you know who this is?” When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research.

(*This excerpted article is published with permission from the NCOA (National Council On Aging), online at <http://www.ncoa.org/> (and search “Scams”) to read the full version.

SAVE THE DATE!
22nd Annual
Southern Maryland Caregivers Conference
Friday, May 2, 2014
8 a.m.-2:30 p.m.

Southern Maryland Higher Education Center, California, MD

Whether you are assisting with the care of a frail spouse, parent, friend or other relative, caring for an older adult is a labor of love. Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich one’s knowledge and skills in caring for older people. The \$22 conference fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on the following topics:

- **Community Resources & Services For Caregiving Families**
- **Caring For Individuals With Dementia**
- **Medication Management**
- **Caregiver Coping Strategies**
- **Paying For Long-Term Care**
- **Managing Chronic Illnesses At Home**
- **Safe Caregiving; Techniques And Equipment Options**
- **Fitness And Caregiving**
- **Medical Orders For Life Sustaining Treatment**
- **Skin Tips: Bathing, Incontinence & Pressure Sores**
- **Preventing Identity Theft**

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The conference is sponsored by St. Mary’s County Department of Aging & Human Services, Calvert County Office on Aging, Charles County Department of Community Services; Aging and Senior Programs Division, and the Geriatrics and Gerontology Education and Research Program at the University of Maryland Baltimore. For additional information, please contact Rebecca Kessler at 301-475-4200 ext. 1061 or email <Rebecca.kessler@stmarysmd.com>.

If you are a family caregiver of someone 60 or older and wish to inquire about a Scholarship opportunity to attend this conference, contact Stacie Prinkey, HCBS Program Coordinator, St. Mary’s County Department of Aging & Human Services, by telephone at 301-475-4200, ext. 1056, or email <Stacie.Prinkey@stmarysmd.com>.

Focus On Fitness

By Alice Allen, Division Manager, Senior Center Operations

Here's to a Healthy You in 2014! As you are making those New Year's resolutions, particularly to improve your health, don't forget to start or continue your regular fitness program. The health benefits of regular physical activity and exercise are many. Your doctor might have even advised that you become more physically active. Being physically active and exercising regularly help improve your immune system, regulates blood sugar, reduces cholesterol and blood pressure, helps maintain weight, prevents falls and reduces the effects



of arthritis by keeping muscles strong and joints limber. It even helps lower your risk of dementia.

Regular physical activity and exercise do so many good things for you. So enjoy improved health in 2014 by taking part in the many fitness opportunities available to you at your local Senior Activity Center. See pages 32-33 of this newsletter for a complete listing of available classes. Cheers!!

Indoor Corn Hole Games Tournament

Northern Senior Activity Center

**Mondays, March 3, 10, 24, 31, April 7, 14, 28 & May 5,
9:30-11:30 a.m.**

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What a fun way to get some exercise while enjoying playing corn hole games with your friends. Regulation Corn Hole Tournament will start up again the first Monday in March. Registration and payment of \$5 per person is due by Friday, February 21, sign up at the front desk. Choose a team member or a partner will be selected for you. Practice time will be from 9-9:30 a.m. The winning team that reaches 21 points will go on to play the next team. Each team will play 2 rounds each day. Winners with the top three scores will get a monetary prize at the end of play on May 5.



Line Dancing

Garvey Senior Activity Center, Wednesdays, 1:30-2:30 p.m.

Get in your exercise while having fun and learning some of the latest line dances. This group is looking for new participants. This class is FREE. For more information, call 301-475-4200, Ext. 1050.

NEW BEGINNING

Zumba Gold “Golden Oldies” Party

Loffler Senior Activity Center: Monday, Jan. 13, noon-1 p.m.

Northern Senior Activity Center: Tuesday, Jan. 14, 10-11 a.m.

Garvey Senior Activity Center, Thursday, Jan. 16, 10:45-11:45 a.m.

Zumba Gold instructors Pat and Geno will have you movin’ and groovin’ at their “Golden Oldies” parties. Zumba Gold classes provide modified, low-impact moves for active older adults. Try your first Zumba Gold class for FREE. Then purchase a fitness card for \$30.00 good for 10 classes. Advance sign up is not required. For more information, call 301-475-4200, Ext. 1050.



Tai Chi for Arthritis: The Core Movements

Garvey Senior Activity Center

Fridays, January 10-February 14, 9:45-10:30 a.m.

The Arthritis Foundation Tai Chi Program developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. The Tai Chi program will help reduce stress, increase balance and flexibility, and improve your overall mind body and spirit. During the six weeks participants will learn warm-up and cool-down exercises, six basic core movements, and direction changes to add challenge. Advance sign up is required. To sign up or for more information, call 301-475-4200, Ext. 1050.

Senior Hoops

Margaret Brent Recreation Center

Fridays, January 10-February 28, 10 a.m.-noon

Pick-up basketball games will be held in the gymnasium during this eight-week session. Games are open to both males and females. Advance registration is required. Players may register at the Garvey Senior Activity Center in Leonardtown. Cost per player is \$16. To learn more call 301-475-4200, Ext. 1050.



Pickleball

Leonard Hall Recreation Center

Wednesdays, January 8-February 26, Noon-2 p.m.

Pickleball is the up and coming sport in the United States for older adults. The game has grown in popularity in St. Mary’s County over the past year and offers a great way to exercise while having fun. Equipment is available for use. The cost per player is \$32.00 payable in advance at the Garvey Senior Activity Center. Advance sign up is required. Register early because space is limited. To register or learn more, call 301-475-4200, Ext. 1050.

Special Events:

Easy Listening Lounge: 'Rearview Mirror' Duo Northern Senior Activity Center Monday, January 13, 10 a.m-Noon

This performance series showcases local artists in a social and casual atmosphere. Show admission tickets are \$4. A *Pork Roast* lunch is served after and lunch contributions are made separately. Request your favorites from our song list and enjoy a variety of music from this duo starting at 10 a.m. **Rearview Mirror** consists of vocalist Iris Hirsch and vocalist/guitarist Glenn Bullion. They perform popular music from the 50s, 60s, and 70s featuring songs from artists such as Elvis Presley, Neil Diamond, the Everly Brothers and Stevie Wonder. Rich harmonies and some of today's music technology give them a full band sound that is kept at a pleasant volume. Deadline for purchasing show tickets is Thursday, January 9 and for lunch reservations is Friday, January 10 at noon. Tickets will not be held at the door. Call 301-475-4002, Ext. 1001 to learn more.



Love Day at Loffler

Loffler Senior Activity Center

Tuesday, February 11, 10 a.m.-2 p.m., suggested donation is \$8

At Loffler love reigns and every February we set aside the 2nd Tuesday of the month to celebrate. We invite you to dance to the music of our favorite DJ- Mean Gene, participate in our lip synching contest (or just watch and vote), play the right-left game (prizes involved) and feast on a meal featuring Stuffed Shells with Meat Sauce. Add raffles and door prizes to this mix and we will have a Love Day to remember. **Advance tickets required**, and available at Loffler on January 2. To learn more call 301-737-5670, Ext. 1658.



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Lunch with Sheriff Cameron

Northern Senior Activity Center

Friday, January 31

11 a.m-1 p.m.

Join Sheriff Cameron for lunch at the Northern Senior Activity Center. He will brief us on matters of community interest and be available for Q&A as well. Make your lunch reservations before noon on Thursday, January 30 by calling 301-475-4002, Ext. 1001. The cost of lunch is a donation for those 60 and older, \$6 for others.



NEW BEGINNING

O'Loffler's Irish Pub on Tap for March

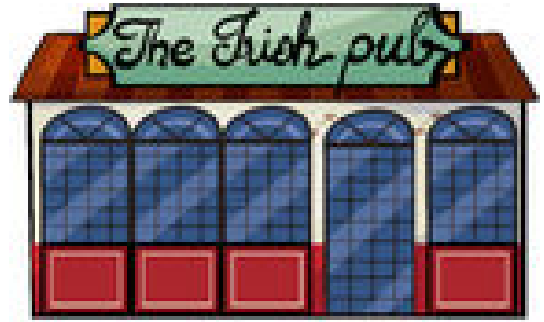
Loffler Senior Activity Center

Monday, March 17, 10 a.m.–2 p.m.

Suggested donation is \$8

On this day of the year, all the world is welcome to be Irish! 'Tis a wonderful thing indeed to be spending it with loved ones at O'Loffler's, a beloved little pub that exists just ONE DAY a year. For your thirst we offer O'Douls in a bottle and for your merriment we welcome Scarlet Plus Entertainment DJ and Karaoke. At

lunchtime we will serve *Leprechaun Punch, Pineapple Juice, Ham and Cabbage with Steamed Carrots and Potatoes, Irish Soda Bread with Butter and Watergate Salad for dessert*. The fun will continue after lunch with more music and dancing. Be prepared for some shenanigans and bring your sense of humor. **ADVANCE TICKETS ARE REQUIRED** and will be available Feb. 1. This is a popular event so get your tickets as soon as you can. Don't forget to wear green or you may risk getting a pinch! Call 301-737-5670, Ext. 1655 to learn more.



Pitch Card Party Tournaments

Northern Senior Activity Center



The five week tournament that began on October 28 and ended on December 9 was a big success. There were twenty eight people who jumped right in and played pitch for prize money. This is one of the most popular games in Southern Maryland. At the request of participants, the tournament will be repeated in January and continue for another five weeks. Anyone interested in playing can sign up for the upcoming tournaments or as a substitute. To learn more or to sign up call 301-475-4002, Ext. 1001.

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'Northern Stars' Theater Group Recruiting

The theater group is recruiting new cast members as actors or for working behind the scenes. Group meets every first Friday of the month at 10 a.m. and holds rehearsals closer to the performance time. Members must be 50 years or older, and registered with the Department. There is no cost for joining; call 301-475-4002, Ext. 1003.





Project Linus

Loffler Senior Activity Center

3rd Friday of each month

January 17, February 21, 10 a.m.

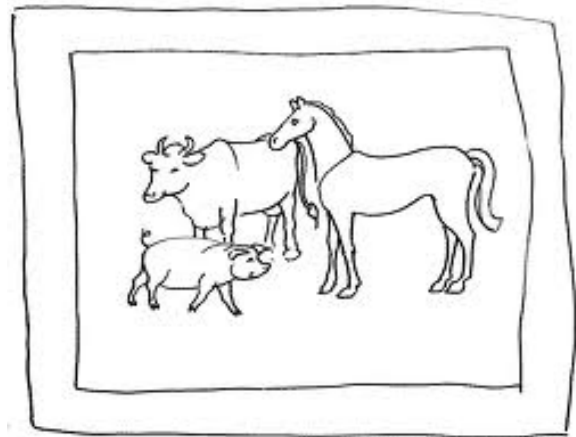
This group meets monthly under the direction of Debbie Rumble and creates blankets and quilts for ill children. Share your talents while creating something comforting for a child in need. For those who aren't able to come to Project Linus meetings but wish to contribute, finished blankets, quilts, afghans, etc. can be dropped off at Loffler any time. Call 301-737-5670, Ext. 1658 to learn more.

'Barnyard Animals' Sketching Classes

Northern Senior Activity Center

Mondays, February 3, 10, 9-11 a.m.

If you like chickens, pigs and bunny rabbits (to name a few), this is the class to take. If you think you can't draw - surprise yourself and start on Monday, February 3 by learning how to do 'Quick Draw' pencil sketching techniques to get the feel of working in that medium. On February 10, learn how to make the animals look 3-dimensional by adding shading and finer details. Test your artistic abilities and try something new! Resident artist and instructor, Wrenn Williams will teach the class and



give personal assistance when needed. Call 301-475-4002, Ext. 1003 to sign-up by Friday, January 31. If there is enough interest, classes will begin in March for watercolor painting different subject matters. Of course, you have to sketch them out first, so get ready!

B	I	N	G	O
affection	chocolates	fourteenth	heart	pink
beloved	Cupid	friend	hug	poem
bow and arrow	fall in love		kiss	red
boyfriend	February	girlfriend	love	romance
candy	flowers	greeting card	lovebirds	secret admirer

Valentine's Day Bingo

Northern Senior Activity Center

Friday, February 14

10 a.m.-Noon

Don't miss out on a special Valentine's Day Bingo event featuring surprisingly sweet treats and fun and fancy things in red and pink. Win something for yourself or as a gift for a special valentine. Ladies please wear something pretty in pink or red. Guys can dress up, too. Space is limited; reserve your seat by calling 301-475-4002, Ext. 1001 or visit the Center to sign up. The \$2 fee per person saves your seat.



Cozy Comforts
Northern Senior Activity Center
Monday, February 24
9:30 a.m.

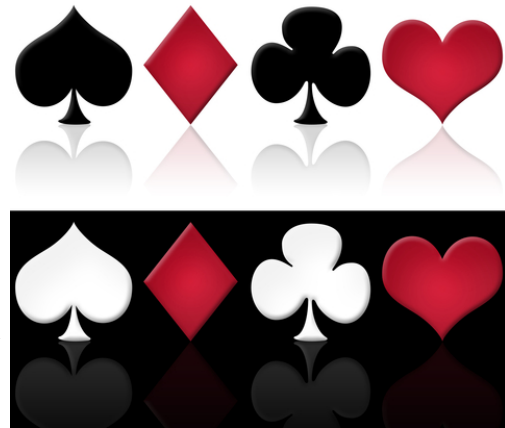
Is it snowing outside? There's a bit of a chill in the air. Stop by the parlor to enjoy the comforts of a warm fireplace, comfy couch and rocking chair with throws and blankets, while watching 'The Honeymooners' starting at 9:30 a.m. Watch the hilarious comedies of 'Christmas

Party' and 'Forgot to Register' with Jackie Gleason, Art Carney, Audrey Meadows and Joyce Randolph. Look for the upcoming menus for February, if interested in reserving lunch, call 301-475-4002, Ext. 1001 by noon Friday, February 21. After lunch, join us for an afternoon of fresh baked cookies with hot chocolate in the Great Room.

Pinochle

Loffler Senior Activity Center
Monday, Wednesday & Friday
8 a.m.-12 p.m.

Join the ongoing group of pinochle players and fill your mornings with fun & fellowship. This group plays together three mornings a week at Loffler, though participation is open and you can come when it suits your schedule. Sharpen your critical thinking skills, and learn a new game. Call 301-737-5670, Ext. 1658 to learn more.



Line Dance
Loffler Senior Activity Center
Fridays, 11 a.m., Free

Sometimes it really is true that the best things in life are free. Have more fun at your next party by learning the latest line dances as well as practicing the classics you may already know right here at Loffler. Stop in on Friday mornings wearing comfortable clothing and shoes; get your dance on! To learn more call 301-737-5670, Ext. 1658.

Having fun?

The fun begins when you join us...

Educational Opportunities

Book Discussion Group

Garvey Senior Activity Center

Wednesdays, January 8 & February 12, 10:30-11:30 a.m.

In January the group will discuss *Beautiful Ruins* by Jess Walter. The story begins in 1962. On the sun-drenched Italian coastline, a young innkeeper looks out over the incandescent waters of the Ligurian Sea and spies a tall, thin woman approaching him on a boat. She is an actress, an American starlet, and she is dying. The story begins again today when an elderly Italian man shows up on a movie studio's back lot, searching for the mysterious woman he last saw at his hotel decades earlier. In February the group will discuss *The Twelve Tribes of Hattie* by Ayana Mathis. This is the story of an African American family held together with a mother's grit and monumental courage. For more information or to join this discussion group, call 301-475-4200, Ext. 1072.



Keyboard/Piano Lessons

Loffler Senior Activity Center

Mondays or Tuesdays TBD, 1-2 p.m.

\$100 per 6 week session (includes instruction, texts and related cd) Optional web lab \$10

You need an inexpensive keyboard (\$50-100+ available at local stores and online)

These will be group lessons and a minimum of 3-4 students will be required to make a class.

Dr. Robert L. Jefferson, the author of the "*How to Play Gospel*" book series is experienced as a vocalist, songwriter, recording artist, pianist, teacher and is a leading expert in the study of Gospel Music performance. (Check out his website at www.jeffersonpresents.com). He will be offer-

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ing these lessons around mid-January at Loffler. He says anyone can learn to play and has proven this statement many times using his own techniques. If you are interested in participating or have questions call 301-737-5670, Ext. 1658. Must sign up by January 10. Indicate your interest and we will call you once firm dates are established.

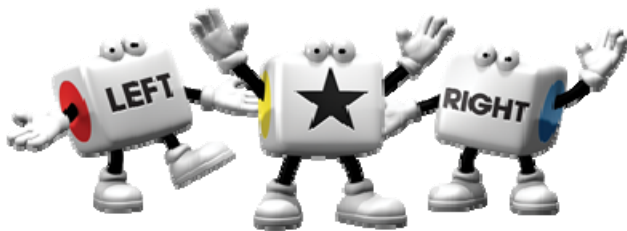


Famous Black Men in History
Northern Senior Activity Center
Friday, February 21, 12:30 p.m.

February is *Black History Month* and the Northern Senior Activity Center will feature a display of books and other visual materials in the Great Room display case. Last year featured famous black women and this year will highlight men who made history by breaking barriers in segregated conditions. Find out some little known facts about why these men were famous on Friday, February 21 at 12:30 p.m. in the social room.



THE ADDICTIVE DICE GAME
LeftCenterRight



Left, Center, Right Dice Game
Garvey Senior Activity Center
Fridays, January 10, 24 &
February 14, 28, at 10 a.m.

LCR is a contagious, fast-paced game for three or more players and features specially-designed LCR dice, which determine where the roller's chips will go. The number of L's rolled indicates the number of chips to be passed to the player on the left, the number of R's rolled indicates the number of chips to be passed to the player on the right, and the number of C's rolled indicates the number of chips to be placed in the center, or

"pot". (The dots are neutral and players do not pass any chips). The last player with chips left in the end wins the pot! There is no cost to play. Player at the end with the most chips will be awarded a prize! Sign up in advance by calling 301-475-4200, Ext.1050.

Loffler Community Sing
Loffler Senior Activity Center
Mondays or Tuesdays TBD, 2-3 p.m., \$25 per
person for 6 weeks, Minimum of 15 singers needed.

Dr. Jefferson will stay on at Loffler for another hour after teaching keyboard lessons to develop a community of singers. This is a chance to learn from a master. His kindness and enthusiasm are legendary and he tells us this will be aerobic singing! Don't let that scare you off; you can sing sitting down if need be. The point is learning more about music and how to

sing from your heart. If you are interested in participating or have questions call 301-737-5670, Ext. 1658 to sign up by January 10. We will call you when dates are established.



Retired and Senior Volunteer Program

By Norine Rowe, RSVP Project Manager

Healthy Aging

Youth is very forgiving, and we learn the truth of this as we age. We learn how our bodies over time become less resilient, less able to handle the excesses of youth, more susceptible to stress. We find that when we get sick or injure ourselves, we're not able to bounce back as quickly as we once were. And we learn that something we once took for granted, good health, is not a given any more, but something we must consciously work on if we want to maintain our health, strength, and independence as we age.



RSVP Focus on Health

It should not be surprising, then, that RSVP of St. Mary's County selected *Healthy Futures* as the primary focus area for our new, three-year federal grant. So much of our volunteer programming is centered around helping seniors maintain their health and independence. RSVP volunteers support the Meals on Wheels Program to help homebound seniors receive nutritious meals, enabling them to remain healthy and living independently in their own homes. RSVP volunteers also support the Senior Rides Program, providing homebound seniors with transportation services to the medical care they need so they can maintain their health and independence. Additionally, RSVP volunteers with *A Community That Shares* (ACTS) lend free medical equipment to seniors and those recovering from surgery, again making it possible for them to remain living independently in their own homes.

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RSVP Volunteers Promote Healthy Living

There are many other ways that RSVP volunteers promote healthy living. Trained and certified RSVP volunteers teach *Arthritis Foundation Exercise Program* (AFEP) classes, helping seniors with arthritis learn how to maintain their mobility, flexibility, strength, and balance. RSVP volunteers promote healthy social integration by leading group activities for seniors such as arts and crafts classes, choral and instrumental groups, and recreation activities. RSVP volunteers also promote intellectual health by providing stimulating learning experiences through the *Learning is ForEver* (LIFE) Program. These are just some of the many ways that RSVP volunteers are helping seniors in our community remain active, healthy, and engaged.

Volunteer Your Way to Health!

For information about volunteer opportunities for seniors 55 years of age and older, call RSVP at 301-737-5670, Ext. 1653, or e-mail Norine.Rowe@stmarysmd.com

Our Community is Healthier Thanks to RSVP Volunteers

More than 30 RSVP volunteers supported this year's annual Community Health Fair sponsored by the Department of Aging & Human Services, helping to promote healthy living for hundreds of community members who attended the event. Our volunteers attended a training session prior to the event. On the day of the Health Fair, they assisted with health screening stations and directed attendees to many of the event exhibitors where they could learn about a wide range of



local health resources and services. This event would not have been possible without the help of RSVP volunteers, so we extend our thanks to all those who gave their time to help make St. Mary's a healthier community.

Volunteering Promotes Health for Volunteers

Studies have shown that volunteering promotes health and that volunteers often have a longer lifespan. Just ask some of our volunteers, and they'll tell you how much better they feel after joining RSVP. Volunteering got them off the couch and out of the house, helping them become active and engaged in the life of our community.

They feel good that they're able to help others and be of service, and they enjoy feeling needed and appreciated. Volunteering is good for the body, mind, and spirit; our volunteers are proof that doing good for others is also good for oneself.

Kudos to NARFE Fundraising Volunteers

The National Active and Retired Federal Employees Association (NARFE), one of our RSVP Volunteer Stations, recently raised \$6,800 for the Alzheimer's Association and Hospice of St. Mary's. We offer a big thank-you to all those dedicated NARFE volunteers who helped collect funds for these local community organizations dedicated to such worthwhile causes.

RSVP Annual Volunteer Recognition Event

Be sure to save the date – **Thursday, March 27, 2014** – for our annual RSVP Volunteer Appreciation Banquet that will be held once again at the Dr. James A. Forrest Career and Technology Center in Leonardtown. As last year, the event begins at 3:15 p.m. with registration (after school buses leave the parking lot), followed by the Awards Program from 4-5 p.m., dinner from 5-6 p.m., and closing remarks/volunteer appreciation gift distribution from 6-6:30 p.m. Be on the lookout in February for your invitation in the mail, and please be sure to RSVP to RSVP!



Last Call for 2013 Volunteer Hours

We need all 2013 Volunteer Hours, including December, by the second week in January so that we can order Awards in time for our Volunteer Appreciation Banquet. You should have received an hours report in the mail so you could double-check what we have on file. If there are any questions or discrepancies, please give us a call.

**Best Wishes
To All Our RSVP Volunteers
For a Healthy and Happy New Year!**

Health and Wellness



Living Well with Chronic Conditions

(6 sessions), FREE

Loffler Senior Activity Center

Thursdays, Jan. 2-Feb. 6, 3:30 p.m.,

Garvey Senior Activity Center, Tuesdays,

February 4-March 11, 9:30 a.m.-noon

Start out the new year doing something wonderful for yourself; improving your life even while dealing with a chronic health condition!

While there are a very wide variety of chronic

health conditions, many of the symptoms and emotions experienced by the sufferers are the same; fatigue, pain, depression, frustration, etc. *Living Well with Chronic Conditions* is an evidence-based program developed by Stanford University. It is a workshop that consists of six sessions taught by trained lay-leaders and designed to teach skills that can be used to better manage symptoms and improve your outlook. We been offering this program periodically over the last five years, and new developments make this workshop even more effective. Sessions will begin again at the Loffler Senior Activity Center on Jan. 2 and continue through Feb. 6. Or you can take the workshop in Leonardtown at the Garvey Senior Activity Center beginning February 4 through March 11. If you are serious about learning new ways to manage your symptoms, make daily tasks easier, communicate effectively with doctors, lessen frustration, fight fatigue and get more out of life, then this is for you! In the “Living Well... take Charge of Your Health” Workshop, you will learn how to manage symptoms, how to communicate effectively with doctors, how to lessen frustration, how to fight fatigue, how to make daily tasks easier, and how to get more out of life. To ensure that you get the most out of the program, attendance is recommended at all six sessions. Registration is limited, so sign up now by calling 301-475-4200, Ext. 1050, or for Loffler call 301-737-5670, Ext. 1658.

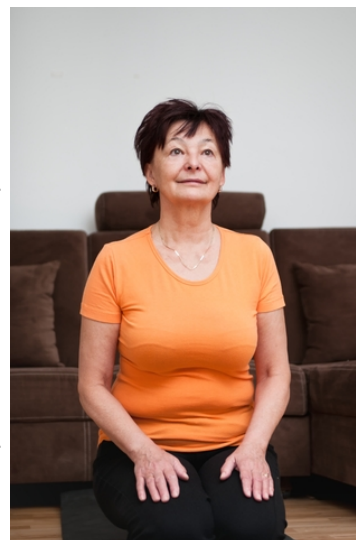
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Introduction to Meditation

Garvey Senior Activity Center

Tuesday, January 7, 10-11:30 a.m.

Meditation affects the health both physiologically and psychologically. During the 1.5 hour workshop, participants will learn the health benefits of regular meditation practice that include but are not limited to: stress reduction, lower blood pressure, increased immune function, and reduced anxiety. Scientific research will be reviewed that supports these claims, different meditation practices will be explained and you will learn the basics of how to create a personal meditation practice. Advance sign up is required; however, there is no fee for this workshop. To sign up, call 301-475-4200, Ext. 1050.



NEW BEGINNING

Massage Therapy
Garvey Senior Activity Center
Wednesdays, 10 a.m.-2 p.m.

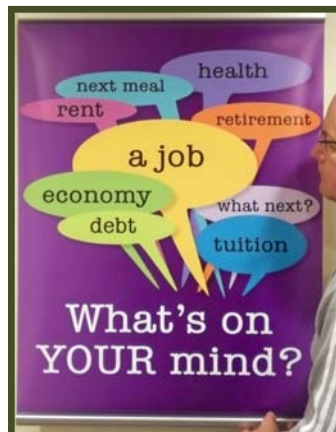
Therapeutic massage is excellent for increasing circulation and relieving tired, aching muscles. Massage therapy has been shown to increase energy, reduce or eliminate muscular knots, reduce headaches, back aches, and stiff necks, reduce stress, tension and anxiety, and much more! Licensed Massage Therapist, Sherry Zollinhofer, offers 1-hour sessions at the rate of \$45.00 per hour. To make your appointment, call 301-475-4200, Ext. 1050.



Massage Sessions

Northern Senior Activity Center, Mondays

Starting Monday, January 27, Sherry Zollinhofer, massage therapist from 'Studio 5' will be available to provide seated massages at the Northern Senior Activity Center. This is a great way to reduce stress and relax. Cost is \$25 for one half hour, which is a bargain reduced price for seniors. Sessions will begin at 10 a.m. and be held every Monday, unless there is a holiday or cancelation. Call 301-475-4002, Ext. 1001 to set up an appointment. We are excited to have Sherry start at the Northern Center and welcome her expertise.



“What’s on Your Mind?”

Northern Senior Activity Center
Tuesdays, 10:45-11:45 a.m.

On the first and third Tuesday of the month come share what’s on your mind. This casual, informal gathering will take the place of ‘Senior Matters’ discussion group. Topics are open from anything that interests you like current events or something in the community that affects you personally. Feel free to bring topics to the group or come and talk things out for a listening ear. Walk-ins are welcome.

Lyme Disease Support & Discussion Group
Northern Senior Activity Center
Thursday, January 9
1-4 p.m. (w/intermission)

Back by request is the award-winning documentary *Under Our Skin*. This film explores one of the most controversial and fastest growing health concerns today, Lyme disease. We will show the 104 minute movie, have an intermission, and also share some of the additional footage, interviews, and scenes. The film made the short list for an Academy Award as a Documentary Feature. Reserve your seat by contacting the Center at 301-475-4002, Ext. 1001.

LYME DISEASE
The hidden epidemic

Trips and Tours



Infinity Theater, Annapolis to see- ***HANK WILLIAMS: LOST HIGHWAY***

June 19, 2014

Travel to Infinity Theater in Annapolis for a fabulous lunch at the Broadneck Grill, followed by a musical about country music legend Hank Williams. *Lost Highway* by Randal Myler and Mark Harelik, traces Hank

Williams' rise from his beginnings on the Louisiana Hayride to his triumphs at the Grand Ole Opry to his eventual self-destruction at age 29. Along the way, the show features all of Williams' iconic hits: "Lovesick Blues," "I'm So Lonesome I Could Cry," "Move It on Over," "Hey, Good Lookin'," "Your Cheatin' Heart" and many others. Cost for this trip will be approximately \$85 and includes travel on a luxury motorcoach, lunch at the Broadneck Grill, a full length professional musical, all gratuities including the tip for the bus driver as well as snack and water on the bus. Departure times will be: Loffler 8 a.m.; Garvey 8:30 a.m. and 9 a.m. from Northern. Return will be at approximately 6 p.m. Your spot is guaranteed when you have made full payment which can be made at any of the centers or by mail. To learn more call Shellie Graziano at 301-737-5670, Ext. 1655 or email:

<Shellie.Graziano@stmarysmd.com>



Orioles Bus Trip to Camden Yard

Date & Cost TBA

Call 301-737-5670, Ext. 1656 after February 1, 2014

Major League Baseball fans, mark February 1 on your 2014 calendar and call Joyce Raum at 301-737-5670, Ext. 1656 after that date for details on our annual trip. Once baseball's 2014 schedule is set, we will choose a mid-week afternoon game and order tickets for our crowd. Seating is under cover, and the fee will include bus trip, snacks and water both ways on the bus, bus driver tip and your ticket to the game. Lunch is on your own at Camden Yard.

Northern Council 2014 Plans and Trips

The Northern Council is responding to the interest of Southern Maryland residents for more trips in 2014. We are currently in the process of identifying trip destinations for the year but they will most likely be casino and theater excursions which are the most popular requests. Please contact the front desk at the Northern Senior Activity Center to check on specifics as they become available, or call 301-475-4002, Ext. 1001.

Staff Prepared Meals

January “Cookin” & “Minute to Win It” Challenge

Garvey Senior Activity Center

Wednesday, January 15, noon-1:30 p.m.

If you're like us, now that the holidays are over, you're ready for spring and summer. Instead of a summer cookout, we're having a gettin' ready for summer “cookin,” but with all your summer favorites. The menu will feature *Cheeseburgers, Cole Slaw, Onion/tomato/lettuce, black bean and corn salad, Mandarin Oranges and an Ice Cream Sundae* for dessert.

Following lunch, there will be a “Minute to Win It” challenge. Sign up to compete or as a spectator, either way you are guaranteed some laughs. Prizes will be awarded to successful competitors. To sign up for this event, call 301-475-4200, Ext. 1050. Indicate whether you will be a “Minute to Win It” competitor or a spectator.



February Comfort Food & Jazz Piano

Garvey Senior Activity Center

Wednesday, February 12, noon-1:30 p.m.

Follow your nose to the savory smell of home-style comfort food. At this luncheon you will enjoy a meal of *Fried Chicken, Corn Bread, Creamy Macaroni and Cheese, Kick'n Collard Greens, Okra and Tomatoes, Cornbread, Blackeyed Peas and Sweet Potato Pie*. Following the meal, enjoy jazz music by solo pianist, Meleah Backhaus.

Ms. Backhaus is a classically trained pianist and composer and performs regularly. To sign up for this event, call 301-475-4200, Ext. 1050.

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Join Your Senior Activity Centers Today...

Lunch Connection at Loffler Senior Activity Center

Tuesday, January 14; Thursday, January 23

Tuesday, February 11; Thursday, February 27

Entertainment (Tuesdays) begins at 11:30 a.m., lunch is served at noon.

Lunch Connection at Loffler has changed a bit. The food is now prepared by different cooks but the fun crowd and people pleasing entertainment remain the same. As always, advance reservations are required, preferably two weeks in advance. Call 301-737-5670, Ext. 1658. There will be an appreciation basket for our entertainment and a 50/50 raffle at each luncheon.



Tuesday, January 14: After their October performance, you asked for them again, so Mickey Ramos and the BAR DOGS will be returning to Loffler. Enjoy the band from 11:30 a.m. - 12:30 p.m. Lunch will be served to you at noon: *Apple Juice, Tossed Salad, Stuffed Chicken Breast, Broccoli, Mashed Potatoes with Gravy, Whole Wheat Dinner Roll and Lemon Meringue Pie.*

Thursday, January 23: Go casual today with a *Meatball Sub* for lunch! Your sub will be topped with *Provolone Cheese and Sauce*, served alongside *Cole Slaw, Red Grapes with a half-cup of Orange Juice.* For dessert, enjoy *Pineapple Upside Down Cake.*



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Tuesday, Feb. 11: LOVE DAY at LOFFLER, tickets are required. The red & white meal for this party is: *Cranberry Juice, Stuffed Shells with Meat Sauce, Zucchini, Garlic Bread, Spiced Apple Slices and Cherry Pie with Whipped Topping.*

Thursday, Feb. 27: It is a good time for a hot meal, in the cold of winter that we usually get in late February. Start your meal with a *Tossed Salad with Dressing*, then let *Hearty Lasagna* warm you through. *Garlic Bread and Seasoned Kale* will round out your meal, leaving just enough room to enjoy *Vanilla Ice Cream with mandarin orange slices on top.*



NEW BEGINNING

Breakfast Café



Northern Senior Activity Center

Let us do the cooking and cleanup in the morning while you enjoy a great start to your day and good conversation with others. Breakfast is homemade by Ginger, and served with complimentary beverages. Cost is only \$2 per person, and signup and payment are due by 9 a.m. the day before. Enjoy these morning comforts ...



January 8 Wednesday—
*Pancakes, Scrambled Eggs,
Bacon*



January 29 Wednesday—
*Sausage, Scrambled Eggs,
Home Fries, Toast*

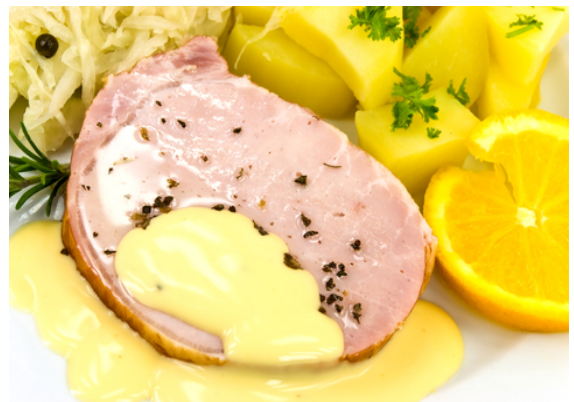
February 19, Wednesday—
*French Toast, Ham,
Peaches*



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Special Lunch by Ginger Northern Senior Activity Center Friday, January 17, Noon

Enjoy some comfort food homemade by Ginger for a fun Friday. Don't miss a fun group gathering to play Oh Heck in the morning, or take a seat at Bingo at 10 a.m. if you prefer. Both break at lunchtime for *Ham, Cabbage, Boiled Potatoes, Carrots, Biscuit and Apple Cake*. Beverages include *milk, juice, coffee, and tea* will be available.



Creative Expressions

Living, Loving and Laughter Photo Contest Results



Sand Bar by William Sweet

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The Northern Senior Activity Center congratulates all the winners of the 2013 photo contest and thanks to everyone who participated. A full list of winners can be obtained from the Center with samples of the winning entries. Category winners include Karen Allen, Barbara Bridgett, Kathleen Logan, William Sweet and Will Williams, with the best overall distinction going to William Sweet for “Sand Bar.”

The winner was chosen for its personal and meaningful representation as well as its overall focus and clarity of the photo elements. Special thanks to judge April Ramey, Starrella Photography, a Lifestyle, Portrait & Wedding Photographer and Southern Maryland Natural Light Photographer. Her advice is “don’t be afraid to experiment and take photos regularly. The more you photograph, the better the quality of your image will be.”

‘Melon Basket’ Weaving Class

Northern Senior Activity Center

Tuesday, February 11 &

Thursday, February 13

1-4 p.m.

Learn to make a rib basket on wooden hoops, including easy God's Eye weaving pattern. Create a smooth shape and uniform weave. You can make it in natural colors or add some colored weavers. Size is about 8" in diameter. Class includes two sessions, the cost for the kit and instruction is \$35. Payment must be made at time of sign up, no later than Friday, February 7 at the front desk. Make your reservation soon as space is limited.



Cards for Our Troops

Garvey Senior Activity Center

Tuesdays, January 21 &

February 18, 1:30 p.m.

This group lead by volunteer card designer Susan Peters, makes hand-crafted greeting cards for our troops stationed abroad to send home to their family and friends. All handmade cards will be donated to Cards for Soldiers, a non-profit organization that provides homemade greeting cards to service members to send home to family while away from home. To sign up to help cut, stamp and assemble cards, call 301-475-4200, Ext. 1050. No card making experience necessary.

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Clay Owl Pin

Garvey Senior Activity Center

Tuesday, January 28, 10 a.m.

Shape a clay owl pin on Tuesday and then paint on Wednesday. These adorable pins are perfect for any season and will add character and charm to any outfit. Cost per person is \$3.00 payable in advance. For more information, call 301-475-4200, Ext. 1050.



Quilting

Garvey Senior Activity Center

1st & 3rd Friday of each month

Fridays, January 3 & 17, February 7 & 21

9 a.m. Cost: Supplies

A beginner/intermediate level quilting group meets at the Garvey Senior Activity Center twice a month. The group works on quilting projects under the instruction and guidance of Louise Park. Quilters supply their own sewing machines and materials. For more information, call 301-475-4200, Ext. 1050.



Beginner's Woodcarving Class

Loffler Senior Activity Center

Tuesdays 1 p.m., Cost: Supplies

Do you like working with wood or would you like to learn how to do this art form? This class is taught by Warren Brown on Tuesdays. Emphasis is on safety and the importance of using the correct tools. Mr. Brown will start you off with a simple project after he has gone over with you the specific tools you will need (including a quality carving glove) as well as the techniques you will

need to learn. Please bring a notebook and a number 2 pencil to the first class you attend. To sign up or for more information call 301-737-5670, Ext. 1655



Start Your Own Spider Plant

Garvey Senior Activity Center

Wednesday, February 5, 10 a.m.

We have baby spider plants looking for a good home. Decorate a clay pot and plant your spider plant. Spider plants are one of a few house plants that have actually been shown to improve air quality in a home. The cost is \$3.00 per plant, payable in advance. To learn more, call 301-475-4200, Ext. 1050.



Ongoing Arts and Crafts Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301-475-4200, Ext. 1050	Beginner & Intermediate Quilting	Louise Park	First & Third Friday	9:30 a.m.	Supplies
	Cards for the Troops	Susan Peters	January 21, & February 18	1:30 p.m.	Free
Loffler Senior Activity Center Great Mills 301-737-5670, Ext. 1658	Needle Crafters	Liliane Jarboe	Mondays & Thursdays	10-11:30 a.m.	Free
	Decorating Committee	Shellie Graziano	1 st & 3 rd Mondays	2 p.m.	Free
	Appliqué Tutor	Kit Spalding	Mondays	1 p.m.	Free
	Art Guild	Shonne Farrell	Tuesdays (Full)	9 a.m.-noon	Supplies
	Art Class	Shonne Farrell	Fridays	10 a.m.-noon	Supplies
	Honey Bee Quilters	Jan Goings	1st & 3rd Wednesdays	10 a.m.-noon	Free
	Needle & Thread	Self-Directed	Thursdays	9 a.m.-noon	Free
	Project Linus	Debbie Rumble	3rd Fridays	10 a.m.	Free
	One-on-One Tutoring	Toni Axtel	Call 301-737-5670	By Appointment	Free
	Wood Carving	W. & M. Brown	Tuesdays	1 p.m.	Supplies
	Form-A-Line Cards	Linda Wright	Mondays	1 p.m.	\$4
Northern Senior Activity Center Charlotte Hall 301-475-4002, Ext. 1001	Simply Crafty	Self-Directed	Daily	Open	Free
	Open Art Studio	Wrenn Williams	Mondays	9 a.m.-noon	Free
	Whimsie Works Pottery	Pam King	2nd & 4th Tuesdays	11 a.m.	Fee
	Scrapbook Marathon	Barbara Sterling & Linda Brock	3 rd Thursday	9:30 a.m.	Free
	Quilting	Gina Alexander	2nd & 4th Wed.	12:30 p.m.	Free
	Dynamic Ceramics	Nancy Norris	Wednesdays	9:30 a.m.-noon	Fee
	Northern Stars Theater Group	Wrenn Williams	1 st Friday	10 a.m.	Varies

Ongoing Social Events at the Northern Senior Activity Center

Location	Title	Day(s)	Time	Cost
Northern Senior Activity Center Charlotte Hall 301-475-4002, Ext. 1001	“Bring Your Buddy” Billiards	Mondays	Open	Free
	Hand & Foot	4th Tuesday	12:30 p.m.	Free
	“Oh, Heck”	Tuesdays and Fridays	9:30 a.m.	Free
	Double Pinochle	Tuesdays Fridays	11 a.m. Noon	Free
	Breakfast Café	1st Wed. (see pg. 25)	9 a.m.	\$2
	Western Mahjong	Wednesdays	1 p.m.	Free
	Bridge	Thursdays	10 a.m.	Free
	Eastern Mahjong	Thursdays	1 p.m.	Free
	Bingo	Fridays	10 a.m.	\$1.50

Learning is ForEver (L.I.F.E.)

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Get ready, get set, GO...to your local Senior Activity Center after February 3 to pick up the Spring 2014 LIFE booklet of classes. Registration opens on Tuesday, February 18, and is on a first-come, first-served basis either through the mail or walk-in at the Senior Activity Centers. Classes fill quickly, so don't delay. Many exciting, interesting educational events are planned, such as a tour of the Naval Academy, Fort McHenry, U.S. Botanical Garden, Geppi's Entertainment Museum in Baltimore and Orioles Park at Camden Yard, plus educational tours in the tri-county area. Be sure to pick up your booklet as booklets are no longer mailed. Booklets are also available on-line at <http://www.stmarysmd.com/aging>. Call 301-475-4200, Ext. 1063 with questions. And remember, learning is forever!

NEW BEGINNING

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. 1050	Bingo	1 st & 3 rd Mondays	10 a.m.-noon	\$1-3
	Pitch	Mon., Wed. & Fri.	10 a.m.-noon	Free
	Senior Vibes	1 st Tuesday	9:30-11:30 a.m.	Free
	Pokeno	3 rd Wednesday	10:30 a.m.	Pennies
	Bridge Club	Thursdays	10 a.m.-3 p.m. (call for info)	Free
Loffler Senior Activity Center Great Mills 301-737-5670, 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	Tuesdays except 2nd. Tuesdays Jan. 15, Feb. 12	12:30-1:30 p.m. 10:30	\$1.00 per card to 3
	Canasta	2 nd & 4 th Weds.	1-4 p.m.	Free
	Puzzles	Daily	9-Noon	Free
	Polish Poker & Pitch	Wednesdays	10 a.m.	Free

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Blood Pressure Screenings:

Fridays, January 24 & February 28

Free Blood Pressure checks are available at all Senior Activity Centers. Anyone wishing to have their blood pressure checked is welcome to stop by. No appointment necessary.

Times and locations are as follows:



Garvey Senior Activity Center
Loffler Senior Activity Center
Northern Senior Activity Center

9:30 - 10:30 a.m.
11 - Noon
1 - 2 p.m.

JANUARY-FEBRUARY 2014

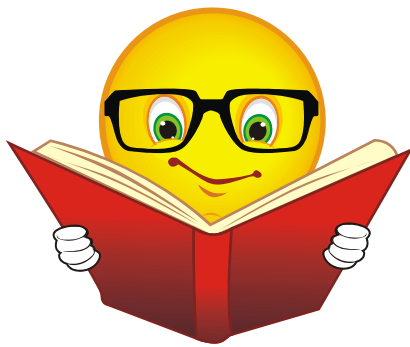
Ongoing Physical Fitness Activities At Garvey and Loffler Centers

Location	Title	Day(s)	Time	Cost
<p>Garvey Senior Activity Center Leonardtown 301-475-4200, Ext. 1050</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
	Wii Sports	Call for availability	8 a.m.-5 p.m.	Free
	Low Impact Aerobics	Mondays	8:30-9:30 a.m.	F.C.
	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	9-9:30 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
	Clogging	Wednesdays	2:30-3:30 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.
Video Aerobics	Fridays	8:30-9:30 a.m.	Free	
<p>Loffler Senior Activity Center Great Mills 301-737-5670, Ext. 1658</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.-5 p.m.	Free
	Wii Sports	Daily	8 a.m.-5 p.m.	Free
	Zumba	Mondays	Noon	F.C.
	Walking Club	Mon., Wed., & Fri.	10 a.m.	Free
	Arthritis Foundation	Mondays & Fridays	1-2 p.m.	Free
	EnhanceFitness	Monday-Friday Wednesday	2 p.m. 1 p.m.	F.C.
	Strength Training	Tues. & Thursdays	10-11 a.m.	F.C.
	Yoga	Weds. & Fridays	10-11 a.m.	F.C.
	Core & Abs	Wednesdays	2-3 p.m.	F.C.
	Line Dance	Fridays	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 301-475-4002, Ext. 1001	Fitness Equipment Available	Daily	8 a.m.-5 p.m.	Free
	Wii Sports	Daily	Noon-5 p.m.	Free
	Walking on Three Notch Trail	Daily	Open	Free
	Regulation Horseshoes	This Spring		Free
	Yoga for Everyone	Mondays & Fridays	Mondays, 9:30 a.m. Fridays, 8 a.m.	F.C.
	Total Body Strength: Circuit Training	Mondays & Fridays	2-3 p.m.	F.C.
	Zumba	Tuesdays	10-11 a.m.	F.C.
	Arthritis Foundation Exercise	Tuesdays & Thursdays	10-10:45a.m.	Free
	EnhanceFitness	Tues., Thurs., & Saturdays	Tues. & Thurs., 9 a.m., Sat. 10 a.m.	F.C.
	Indoor Bowling	Wednesdays	9:30-10:30 a.m.	Free
	Line Dancing	Wednesdays	1-2:30 p.m.	Free

* F.C. = **Fitness Card**, available at all Senior Activity Centers. The first session of activities is a free trial, with F.C. required thereafter.



We'll Read to You; Audio Version of the *New Beginning* Newsletter and Calendars are Online

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Thanks to volunteer reader, Barbara Homan, an audio version of this bi-monthly *New Beginning* newsletter is available on the Department of Aging website. To have *New Beginning* read to you, go online to "Older Adult Programs" under "Residents" on the county web page www.stmarysmd.com/aging. Click on "Forms and Publications" in the left sidebar. This will take you to past newsletters, and a "speaker" icon. Click on the speaker icon to the left of the monthly edition you want to hear.

Call 301-475-4200, Ext. 1073 for more information 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.

You can also view the Senior Activity Center monthly calendars by going to www.stmarysmd.com/aging and clicking on "Activities & Programs."

Ongoing Education Classes

Location	Title	Instructor	Day(s)	Time	Cost
Garvey Senior Activity Center Leonardtwn 301-475-4200, Ext. 1050	Coin Appraisals	John Hankla	1 st Tuesday	9 a.m.-noon	Free
	Book Discussion	Kathy Mather	2 nd Wednesday	10 a.m.	Free
Loffler Senior Activity Center Great Mills 301-737-5670, Ext. 1658	Current Events	Dave Spore	Mondays	10 a.m.	Free
	Health Watch	Varies	(not scheduled this time period)	9 a.m.-noon.	Free
	Nutrition Education	Barbara Hak	2nd Tuesday	12:45 p.m.	Free
	Scripture Study	Solomon Olumese		10 a.m.	Free
	Computer Tutor	Volunteer	Daily	By apt.	Free
	Computer Tutoring	Volunteers	By appointment	TBD	Free
Northern Senior Activity Center Charlotte Hall 301-475-4002, Ext. 1001	Lyme Disease Support & Discussion Group	MarieNoelle Lautieri	Quarterly Thursday January 9	1 p.m.	Free
	Diabetes Support Group	Tina Leap	Quarterly: Thursday January 16	1 p.m.	Free
	Book Chatter	Joyce Summers	4 th Thursday	11 a.m.	Free
	What On Your Mind?	Wrenn Williams	1 st & 3 rd Tuesdays	10:45 a.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 <http://www.co.saint-marys.md.us/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 website, <http://www.co.saint-marys.md.us/aging/>. If you choose to receive the newsletter via e-mail or view online rather than mailing, please contact Jennifer Hunt, Community Programs and Outreach Manager at 301-475-4200, Ext. 1073.

NEW BEGINNING

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

Lori Jennings-Harris, Director

Senior Information and Assistance (Senior I&A) - Provides important updated information as it relates to senior services, benefits, and assistance programs. You may reach Debbie Barker, Program Manager, at 301-475-4200, Ext. 1064 or Melissa Meatyard at 301-475-4002, Ext. 1004, or 301-737-5670, Ext. 1654.

Home and Community-Based Services (HCBS) - Consists of six programs providing the following services: Guardianship for individuals age 65 and over, Medicaid Waiver for Older Adults Program, Long-Term Care Ombudsman, Senior Care Program, Respite Assistance and Caregiver Support. Call Rebecca Kessler, Division Manager, at 301-475-4200, Ext. 1061.

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

Meals On Wheels - 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. Bridget Maddox, Program Coordinator, 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 301-737-5670, 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: services provided to citizens with mental health needs; substance abuse treatment and prevention options including outpatient and residential options; supportive services for children and youth; and social, educational, and recreational activities to children and families. This division facilitates an integrated network of services to improve conditions for people in need. The division brings together local agencies, providers, consumers of services, other public and private entities, and other community representatives in order to empower local stakeholders in addressing the needs of, and setting priorities for, St. Mary's County.

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Website: www.stmarysmd.com/aging

Fax: 301-475-4503

Phone: 301-475-4200, Ext. 1050

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, Tel. 301-475-4200, Ext. 1050

41780 Baldrige St., Leonardtown, MD, 20650

Loffler Senior Activity Center, Tel. 301-737-5670, Ext. 1658

21905 Chancellor's Run Rd., Great Mills, MD 20634

Northern Senior Activity Center, Tel. 301-475-4002, Ext. 1001

29655 Charlotte Hall, MD, 20622



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

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20650
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CHANGE SERVICE REQUESTED

Holiday Closings...
(Also, no Meals On Wheels)

New Years Day, Wednesday, January 1, 2014
Dr. Martin Luther King, Jr.'s Birthday, Monday, January 20, 2014
Presidents Day, Monday, February 17, 2014

NEW BEGINNING