

NEW BEGINNING

VOLUME 35 ISSUE 4

JULY/AUGUST 2022

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



**Celebrating Your
Independence!**

In This Issue...



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From the Director's Desk

By Lori Jennings-Harris, Director

How do YOU define Independence?

Independence may mean different things to different people. The definition of independence means freedom to many people. As our nation celebrates its freedom and independence, we have reason to pause and reflect on the importance of self-sufficiency. The ability to make our own choices about living independently is so important as we grow older. No matter how YOU define independence, the St. Mary's County Department of Aging & Human Services' mission is all about assisting the older adults of our county maintain, or even recapture greater independence. Having the ability to safely remain in one's own home, travel where one wants to go, have access to food and proper nutrition, social contact, and the ability to make one's own decisions all contribute to being independent. The Department of Aging & Human Services is the cornerstone for assisting older adults in this manner.



Helping seniors navigate their way to remaining as vital, experienced, and critical leaders of our county is the Department's bottom line. Charting a course of self-sufficiency and/or self-sustainability for generations to come is what makes the Department's role vitally important, especially as the older adult population continues to grow.

The Department of Aging & Human Services will continue moving toward the future in sync with the increasing demands and needs of older adults in a way that is conscientious and responsive. We will use our experience and expertise to our advantage in adapting to the evolving climate of our senior residents, all with the goal of helping seniors remain safely in the community, as independently as possible, for as long as possible.



NEW BEGINNING

The Commissioners of
St. Mary's County
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NEW BEGINNING

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Editorial submissions should
be sent to:

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

or visit the website at:

www.stmarysmd.com/aging

Our Mission

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

Learn Computer Basics at the Library!

The St. Mary's County Library is pleased to host summer computer classes at the Leonardtown Library, located at 23630 Hayden Farm Lane, Leonardtown, MD! Do you want to learn more about the programs available on your computer? Join them for their next class:

Introduction to Excel
July 15, 2022
10-11:30 a.m.

To reserve your seat for either of the computer classes, call 301-475-2846. or sign up online at <https://www.stmalib.org/>!



St. Mary's County Commission on Aging

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.

Upcoming Meetings:

Monday, July 25, 2022
1 p.m.

Monday, August 22, 2022
1 p.m.

*At the time of publication, meetings are open to the public to attend.
A call-in option is also available for members of the public to attend this meeting.*

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

In the 4th century BC, a Greek physician Hippocrates penned the famous oath, “Let food be thy medicine and medicine be thy food.” We now know that nutrients within foods can help prevent and manage disease. An early example of food being medicine was in the 1700s when it was found that sailors who ate citrus avoided getting a disease called scurvy (caused by a deficiency of Vitamin C). Did you even wonder why British sailors were called limeys? They made sure they had plenty of limes on board when they set sail!



Foods are not isolated substances as drugs or supplements are but are a variety of vitamins, minerals, and phytochemicals all working together that help fend off disease.

Numerous studies have identified dietary patterns that help decrease the risk for inflammation, cardiovascular disease and certain cancers. One such dietary pattern is high in fruits, vegetables, whole grains and other plant foods. An example of this pattern is the Mediterranean diet.



Various foods have been studied for their medicinal benefits like berries, nuts, broccoli, cinnamon, cranberries and many others.

Please join me in person during the month of August at the senior activity centers as I go into detail on many of these powerful foods. Finally, the latest research in nutrition has begun in mapping the human genome. This new field of nutrigenomics looks at the connection of our genes, the nutrients in foods, and our health. As more information

becomes available from this research we may move from “you are what you eat” to “how to eat for who you are”.

Upcoming Nutrition Education Presentations:

Getting Enough Protein?

Garvey - Monday, July 11, 11:30 a.m.

Loffler - Monday, July 11, 10 a.m.

Northern - Monday, July 18, 12 p.m.

Let Food Be Your Medicine

Garvey - Monday, August 1, 11 a.m.

Loffler - Monday, August 8, 10 a.m.

Northern - Monday, August 15, 12 p.m.



Home & Community-Based Services

Rebecca Kessler, HCBS Division Manager

Recognizing World Elder Abuse Awareness Day

On June 14, 2022, the Commissioners of St. Mary’s County, the Department of Aging & Human Services, and additional agencies gathered to recognize World Elder Abuse Awareness Day (WEAAD).

According to the National Center on Elder Abuse, “the purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.”

For more information about WEAAD, visit <https://ncea.acl.gov/WEAAD.aspx>.



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders



Ageing & 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, Ageing & Disability Resource Coordinator.

For more information, contact:

Jenny Beyer
Ageing & 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

6 Ways to Eat Well as You Get Older



1

Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](https://www.choosemyplate.gov)



2

Look for important nutrients

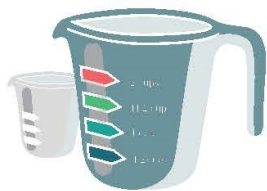
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



3

Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

Use recommended servings

Learn the recommended daily servings for adults aged 60+ at [heart.org](https://www.heart.org)



5

Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.



6

Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP)



Hosted by:
**St. Mary's County Department of
Aging & Human Services**

at the
University of Maryland - Southern Maryland
44219 Airport Rd, California, MD
Friday, October 14, 2022
9 a.m.-3:30 p.m.
Free Community Event

**A shred truck will be on site for document disposal from 9:30 a.m.-1:30 p.m.
Medication Collection services will be available all day!**

Health Screenings, Demonstrations, and Presentations will be offered.

For more information, contact Sarah Miller
Website: www.stmarysmd.com/aging/healthfair.asp
Phone: 301-475-4200, ext. 1073
Email: sarah.miller@stmarysmd.com.

Thanks to our generous sponsors!



Welcome, Danielle Manalansan!



*Welcome Danielle Manalansan,
the new Home-Delivered Meals
Program Coordinator!*

The St. Mary's County Department of Aging & Human Services is pleased to welcome Danielle Manalansan as the new Home-Delivered Meals Program Coordinator! Danielle grew up in Parkville, MD, and graduated from Townson University with a Bachelor of Science in Elementary Education. She taught elementary students in Prince George's County Public Schools for 21 years, then changed directions and began working in the nonprofit sector creating and implementing parent engagement workshops for pre-kindergarten through second grade parents. She began working with the Side by Side program in 2017 and was promoted to executive director in 2020. Danielle moved to St. Mary's County in 2020, where she continued non-profit work remotely during the pandemic. She also married the love of her life, a Navy veteran, in October 2020. Earlier this year, Danielle decided to look for another challenge.

"I chose to seek this opportunity to work with the Department of Aging & Human Services because it is a continuation of my commitment to serving the community. As a teacher, I served the needs of children and as a nonprofit leader I served the needs of school aged parents, and now I have the opportunity to serve the needs of the seniors in our community. My grandfather was the most amazing person I have had the experience of knowing in my life. Seeing how he cared for the needs of my chronically ill grandmother, while still being a role model to his children, grandchildren and community. When this opportunity presented itself, I knew in my soul that this is where I was meant to be to continue honoring his life and my career of service," Danielle said.

In her free time, Danielle enjoys hunting through thrift stores and flea markets to add to her collection of Vera Bradley bags and repurposed home decor. She has two sons, ages 16 and 19, and a pack of three dogs, including her service dog Nola. Aside from dogs, Danielle's favorite animals are sloths and giraffes.

Volunteers Needed

Are you looking for a volunteer opportunity? Consider Home-Delivered Meals!

The Home-Delivered Meals Program with the St. Mary's County Department of Aging & Human Services delivers well-balanced meals and a friendly visit to seniors who are homebound and cannot shop or cook for themselves.

Meals are delivered Monday -Friday, 11:15 a.m. -1:30 p.m.

No meals will be delivered on days that the Senior Activity Centers are closed.

Volunteers pick up meals at one of three Senior Activity Centers in St. Mary's County and deliver to homebound consumers.



Driver Qualifications and Requirements:

Valid Drivers License

Access to reliable mode of transportation

21 years of age or older

Participate in training provided by HDM coordinator

Mileage Reimbursement Available

For more information, contact Danielle Manalansan at:
301-475-4200, ext.1060 - Danielle.Manalansan@stmarysmc.com
www.stmarysmc.com/aging/homedeliveredmeals

Senior Information & Assistance

By Debbie Barker, Senior I&A Division Manager

Help Available for Electricity and Heating Expenses!

The Southern Maryland Tri-County Community Action Committee, Inc., Office of Home Energy will begin accepting applications for the 2023 program year July 1st. This program provides financial assistance to residents, who meet program requirements, with their electric and heating expenses.

Eligibility is determined by the gross household income for everyone living in the residence. Income criteria is based on the age of household residents. If all household members are under the age of 67 the maximum monthly income for one person is \$1,982, and \$2,670, for a two-person household. For households with at least one-member aged 67 or over the monthly income for one person is \$2,265, and \$3,052, for a two-person household. Higher income guidelines are available for households with three or more members.

Countable income is based on all income received within 30 days prior of making application including, Social Security, annuities, pensions, IRA distributions, wages, child support, etc. The value of assets such as bank accounts, real estate, IRAs, CDs, etc. are not considered to determine eligibility.

In addition to meeting income criteria, applicants must also be a Maryland resident, a U.S. citizen, or a qualified immigrant, have an electric account in their name, be able to provide proof of all household income received within the last 30 days, identification for the applicant, social security cards for all household members, and a copy of a rent receipt, if applicable.

Persons aged 60 or over and consumers with a disability may make an appointment for in-person assistance at the Senior Activity Center closest to you. Loffler (Great Mills) 301-475-4200, ext. 1654, Northern (Charlotte Hall) 301-475-4200, ext. 3104, Garvey (Leonardtown) 301-475-4200, ext. 1064. Persons under the age of 60 may contact Southern Maryland Tri-County Community Action Committee by calling 301-475-5574, ext. 200#, for application information.

Help For METCOM Water Bills Available!

If your METCOM services have been terminated or is in threat of being terminated or struggling to pay your bill you may be eligible for the new Maryland Low Income Water Assistance Program. Eligibility is based on the gross household income, residents who currently receive assistance through energy assistance, SNAP, SSI, etc. are automatically eligible but still need to apply. Income guidelines for a one-person household is \$3,121 and \$4,081 for a two-person household. Proof of income, residency, Social Security cards, photo ID will be required for everyone living in the household. Applications are available at the St. Mary's County Department of Social Services.

Legal Aid

The Legal Aid Bureau, Inc. has in-person appointments available at the Garvey Senior Activity Center. A representative will be available on Fridays, July 8 and August 12. Appointments are required and can be made by calling 301-475-4200, ext. 1064. Legal Aid can assist with landlord/tenant disputes, denial of public benefits, consumer and credit problems, and medical advance directives.

Senior Rides Seeking Drivers

Are you looking for a way to get involved in your community?
Become a volunteer driver for Senior Rides!

Volunteer Driver Recruitment/Benefits:

Drivers are not required to volunteer a minimum number of hours per month and are offered the following benefits:

- Mileage reimbursement
- Supplemental accident insurance
- CPR/First Aid Certification
- Volunteer Recognition
- Driver Safety Training

Driver Qualifications

- Patience and genuine love of helping others
- Be 21 years of age or older
- Own personal vehicle
- Have an automobile insurance policy with a minimum personal liability limit of \$100,000

Driver Requirements

- Completed Application & volunteer driver waiver release
- Participate in informal interview
- Pass criminal background check
- Pass annual MVA driving record check

For more information, contact Melissa Beauvais

301-475-4200, ext. 1066

Melissa.Beauvais@stmarysmd.com

For more information or to schedule a time to come in and talk about Medicare, contact:

Debbie Barker,
Division Manager
Senior Information & Assistance
Garvey Senior Activity Center
301-475-4200, ext. 1064
Debbie.Barker@stmarysmd.com

Melissa Craig
Caseworker
Senior Information & Assistance
Loffler Senior Activity Center
301-475-4200, ext. 1654
Melissa.Craig@stmarysmd.com

Summer Harvest Zumba!

Garvey Senior Activity Center
Thursday, July 14
12:30 p.m.
Cost: \$3.50

It's a Gold Zumba with Geno with a hit of Summer Harvest! It's time to use your imagination and creativity. Come to class dressed like your favorite fruit or vegetable! Look around your home for costume ideas and be creative. Life is short, let's shake it out, sweat it out and have a Super Fun Time together. Cost for the class is \$3.50 per person. You can now use the online registration at www.stmarysmd.com/aging and click "Online Senior Activities Centers Registration". Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.



ST. MARY'S
COUNTY
RECREATION
& PARKS

RECREATION & PARKS WELLNESS AND AQUATICS CENTER

- Aqua Aerobics
- Gentle Yoga
- Arthritis Aquatics
- Warm Water Therapy Pool
- AND MORE!

LOCATED ON
CSM'S LEONARDTOWN
CAMPUS



Focus on Fitness

By Brandy Tulley, Senior Center Operations Division Manager

It is not uncommon for people to spend a big chunk of time with their head and shoulders slumped forward. Reading, writing, crafting, and in recent years, time spent staring at a computer or smartphone screen make the neck's job even more difficult. Time spent in this forward slumped position creates tension in the muscles in the back of the neck and upper back. Over time, this tension can lead to painful changes like degenerative disc disease, as well as headaches, pinches nerves, and even shoulder pain.

The good news is that a simple stretch routine may be all you need to relieve or prevent neck pain. A study published in *Clinical Rehabilitation* found that when office workers with chronic neck and shoulder pain performed a simple stretching routine for four weeks, they experienced significant improvement in neck function.

Trying these four stretches everyday may give your hard-working neck the relief it needs:

1. Neck Retraction

How to do it:

- a. While sitting tall in a chair, place two fingers on your chin.
- b. Use your fingers to gently push your head straight back so you feel engagement in the front of your neck and a stretch in the back.
- c. Hold for three to four seconds and release. That's one rep.
- d. Do 10 reps total.

2. Seated Cervical Rotation

How to do it:

- a. While sitting tall in a chair, place your right fingers on the right side of your chin.
- b. Gently turn your head to your left shoulder.
- c. Hold for 5 seconds and release.
- d. Repeat in the opposite direction to complete one rep.
- e. Do 10 controlled reps.

3. Shoulder Squeeze

How to do it:

- a. Stand tall and pinch your shoulder blades together, allowing your chest to open up.
- b. Hold for three to four seconds and release. That's one rep.
- c. Repeat for 10 reps.

4. Shoulder Rolls

How to do it:

- a. Stand tall and slowly make circles with your shoulders.
- b. Complete 10 reps.
- c. Reverse the direction for another 10 reps.

Many of the fitness classes at the senior activity centers incorporate these and other exercises that may improve neck function. Talk with senior activity center staff regarding classes that may work for your individual fitness goals. As always, talk with your health care provider before starting any new exercise program.

**Information on stretches from SilverSneakers, 2022.*

Garvey Senior Activity Center

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



NEW!!! Scrapbooking Day

Garvey Senior Activity Center

Friday, July 1 & August 5

9 a.m.-3 p.m.

FREE

Do you enjoy scrapbooking? Do you like to socialize? Come join others who love to scrapbook and papercraft here at the Garvey Senior Activity Center every first Friday of the month. This is a FREE group and only requires that you bring your own supplies. The program will be held in the beautiful, bright Art Studio and does not require advance sign up. This is a self-facilitated program, however

if you would like to learn the art of scrapbooking, please call 301-475-4200, ext. 1072.

NEW!! Art Studio Hours

Garvey Senior Activity Center

Friday, July 8 & 22

Friday, August 12 & 26

12:30-3:30 p.m.; Free

Is there an art project you would like to work on, but don't have the space at home or would like to socialize with others? Come to the Garvey Senior Activity Center the 2nd & 4th Friday of the month. The Art Studio will be open to use at your leisure. Bring your own supplies. This is a self-directed opportunity; no instruction provided. No sign up is required; space is available on a first come first serve basis. Please call, 301-475-4200, ext. 1080, with any questions or for more information.



Bushmill Band Luncheon

Garvey Senior Activity Center

Friday, July 8

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Music: 12:30 p.m.

Come join us and enjoy the musical stylings of the local Bushmill Band. They have performed all over the county from Cracker Barrel to Riverfest. Their music will get your toe tapping and your hands clapping! Entertainment is sponsored by the Garvey Senior Activity Center Council, Inc.



Doors will open at 11:30 a.m. Cost for lunch is by donation for those ages 60 and above and \$6.00 for those under the age of 60. You can now use the online registration at www.stmarysmd.com/aging and click "Online Senior Activities Centers Registration". Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.



Watercolor with T.L. Ford
Garvey Senior Activity Center
Tuesday, July 12 & August 9
1:30-3:30 p.m.

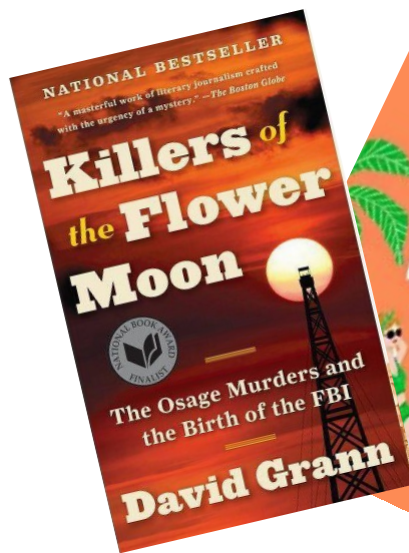
Cost: \$25

Come learn the basics of watercolor painting in a relaxing, informal setting. No experience or drawing skills are necessary and everything you need is provided. The theme of the painting for July will be *Beautiful Butterfly* and for August the theme of the painting will be *Summer Seascape*. The cost for each class will be \$25. You can now use the online registration at www.stmarysmd.com/aging and click “Online Senior Activities Centers Registration”. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.

Book Discussion Group
Garvey Senior Activity Center
Wednesday, July 13 & August 10
11 a.m.

FREE

We want you to join us. If you have a love for reading and are enthusiastic about sharing your thoughts about what you’ve read, this is the group for you. In July, the group will discuss *Killers of the Flower Moon* by David Grann which discusses the Osage Murders and the birth of the FBI. For August, the group will discuss *People We Meet on Vacation* by Emily Henry about two best friends, ten summer trips and one last chance to fall in love. To learn more please call 301-475-4200, ext. 1080.



Mini-Event at Board & Brush
Leonardtown Board & Brush
Wednesday, July 20
2 p.m.
Cost: \$10

Pick from a choice of several beautiful wood sign projects. Just bring your creativity and a willingness to learn at the hands-on private workshop that teaches you the techniques needed to create a custom piece. Walk away with a professional looking wood sign. Sponsored by St. Mary’s County Arts Council & Garvey Senior Activity Council. You can now use the online registration at www.stmarysmd.com/aging and click “Online Senior Activities Centers Registration”. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.

Senior Activities Centers Registration”. Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.



Greeting Card Workshop
Garvey Senior Activity Center
Thursday, July 14 & August 11
2 p.m.

Cost: \$4 per class

Join us in the Art Studio to make one-of-a-kind cards for your family and friends. This is a great way to interact with others while making cards for holidays, birthdays and more. Everything is included for you to make your cards. You will be given the opportunity to use rubber & clear stamps, die cutting and

embossing machines, cardstock, embellishments, and punches. Whether you are new to card making or want to learn a new skill, our Card Making Classes will give you the opportunity to show off your creativity and have fun! You can now use the online registration at www.stmarysmd.com/aging and click "Online Senior Activities Centers Registration". Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.

Hearing Screenings
Garvey Senior Activity Center
Wednesday, July 20
10 a.m.-1p.m.
FREE

Dr. Pinno, with Jacobs Audiology, will be at the Garvey Senior Activity Center from 10 a.m.-1 p.m. on Wednesday, July 20. They will be here to answer any questions you may have about hearing loss as well as offering hearing screenings. You can now use the online registration at www.stmarysmd.com/aging and click "Online Senior Activities Centers Registration". Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.



Floral Arranging with Sunnyside Florals
Garvey Senior Activity Center
Wednesday, July 27
1:30 p.m.

Cost: \$45

We are so excited to announce that the Garvey Senior Activity Center is collaborating with Sunnyside Florals! Shelley Russell, owner, and lead designer of Sunnyside Florals will be instructing the class. Shelley grows her own flowers and plants locally here in Southern MD. If you have been lucky enough to receive one of her designed floral arrangements, you know that every one of them is unique and beautiful. Freshly cut, locally grown flowers and foliage, provided by the instructor, will be identified along with suggestions for their application in this project. Shelley will provide pruners and a simple vase for each person. All you need to bring is something that you can transport your arrangement in for the ride home. Take home a beautiful, finished bouquet to display or give away! You can now use the online registration at www.stmarysmd.com/aging and click "Online Senior Activities Centers Registration". Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.



Luau Luncheon with Island Music

Garvey Senior Activity Center

Tuesday, August 9

Doors Open: 11:30 a.m.

Lunch Served: 12 p.m.

Music: 12:30 p.m.

Grab your best Hawaiian shirt and join us for a trip to the islands to enjoy Island Breeze Live Music with Meki Toalepai. Meki's Tamure Polynesian Arts Group, Inc, promotes Polynesian cultural arts through our programs of education, entertainment, and instruction. Whether they are holding a class at a local arts center, guest speaking at a university or putting on a luau festival for a community, they will be telling everyone about the islands of Fiji, Hawai'i, New Zealand, Samoa, Tahiti, and Tonga. Entertainment is sponsored by the Garvey Senior Activity Center Council, Inc. Cost for lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. You can now use the online registration at www.stmarysmd.com/aging and click "Online Senior Activities Centers Registration". Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.

Intergenerational Ice Cream Social

Garvey Senior Activity Center

Friday, August 19

2:30 p.m.-4 p.m.

Cost: \$4 per adult

Treat the grandkids to ice cream before school begins! Bring your grandchildren, children, and friends to take a break from the heat. Relax inside or enjoy the weather by taking advantage of our patio seating. Vanilla or chocolate ice cream in a cup will be served and toppings will be available. For this special event you do not have to be over 50 to attend. The cost is \$4/adult. Two free tickets for kids are included with each paid adult ticket. You can now use the online registration at www.stmarysmd.com/aging and click "Online Senior Activities Centers Registration". Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.



Basic Introduction to Leather Working with Sophie

Garvey Senior Activity Center

Tuesday, August 16

2 p.m.

Cost: \$25

Have you ever wanted to try leather working? Sophie Newbury, Senior Office Specialist, will be offering basic instruction on leather working. By the end of the program, you will have a small handbag that you've created using basic lacing, dyeing, and stamping techniques. No experience is necessary, and supplies will be provided. Registration for this class closes on Friday, August 5 at 4 p.m. You can now use the online registration at www.stmarysmd.com/aging and click "Online Senior Activities Centers Registration". Please call the Reservation Request Line at 301-475-4200, ext. 1075, if you need assistance with registration.

Loffler Senior Activity Center

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

Diamond Painting at Loffler

Loffler Senior Activity Center

Wednesdays July 6-27 (no meeting on July 13); August 3-24

2 p.m.

Cost: Supplies (Purchase kit from us for \$5 or bring your own)

Judy Mattingly will continue hosting four Wednesday sessions of this relaxing craft each month. Work on your project side-by-side with friends! You can purchase a kit for \$5 in advance from the receptionist desk or simply bring your own. Diamond painting is like cross-stitch and paint-by-numbers using an applicator to apply sparkling resin rhinestones, one-by-one, onto an adhesive color-coded canvas painting. The result is a shimmering work of art. Drop-ins welcome.

Nutrition Presentations by Donna Taggart

Loffler Senior Activity Center

Cost- FREE

Monday, July 11, 10 a.m. **Getting Enough Protein?**

Monday, August 8, 10 a.m. **Let Food Be Your Medicine**

Donna presents nutrition topics at the Loffler Senior Activity Center on the second Monday of each month at 10 a.m. Register for this talk by going to www.stmarysmd.com/Aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660. ADDITIONALLY- Donna will be offering free personal nutritional education at 11 a.m. on the days she is here if you make an appointment with her by text message or calling 240-538-6539.

Loffler Book Club

Loffler Senior Activity Center

2 p.m.

Free

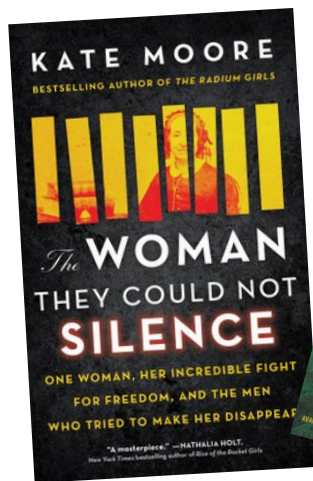
July 1 - *Run, Rose, Run* by Dolly Parton and James Patterson

From America's most beloved superstar and its greatest storyteller—a thriller about a young singer-songwriter on the rise and on the run; determined to do whatever it takes to survive. Every song tells a story.

August 5 - *The Woman They Could Not Silence* by Kate Moore

The true story of one woman, her incredible fight for freedom, and the men who tried to make her disappear- in an insane asylum.

Each month members of the book club read an assigned book and discuss it on the first Friday of the following month. The discussions are friendly and honest- everyone's thoughts are appreciated. Selections are determined and led by Round Robin Members' Choice. The Lexington Park Branch Library has been very helpful by holding several copies of the books for us. Email Sheila.Graziano@stmarysmd.com to learn more about joining this casual discussion group.



Art with Jamie

Loffler Senior Activity Center
Tuesdays, August- 9, 16, 23, 30
NO CLASSES IN JULY

10 a.m.-12 p.m.

Cost- \$25 per session

August- Jamie will again be offering her regular art classes on Tuesdays from 10 a.m. to 12 p.m. Beginner, intermediate and advanced level students will all benefit from these enjoyable classes learning different techniques and the use of various mediums. Each art session is \$25 and covers all materials needed to get your project started using the best quality tools. Advance registration and payment are required for this program and can be accomplished by going to www.stmarysmd.com/Aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660



Educational Video Series:

Voice of Freedom

Loffler Senior Activity Center

Thursday, July 14

10 a.m.

Free

Follow the story of singer Marian Anderson, whose talent broke down barriers around the world. Narrated by Renée Elise Goldsberry, *Voice of Freedom* interweaves Anderson's rich life story with this landmark moment in history, exploring fundamental

questions about talent, race, fame, democracy and the American soul. (appx. 100 minutes)

Register for this video by going to www.stmarysmd.com/Aging. If you do not have access to email and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660.

July Health Watch: Hearing Screening

Loffler Senior Activity Center

Thursday, July 21

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

Free

The audiologists from Freedom Hearing will be offering complimentary hearing screenings on this day. Register for your 15-minute appointment by going to www.stmarysmd.com/aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660.





Greeting Cards Workshop
Loffler Senior Activity Center
Third Thursday of each month beginning
July 21

10 a.m.
Cost \$4

Learn how to make lovely greeting cards using simple materials. Each month will have a different theme. We will supply everything you need to make up to 3 cards. Register by going to www.stmarysmd.com/Aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660.

Educational Video: *The Codebreaker: Wife, Mother,*
Secret American Hero

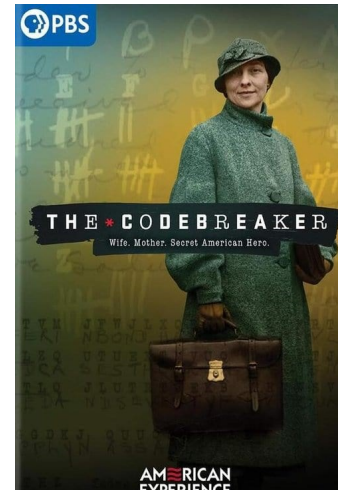
Loffler Senior Activity Center

Thursday, August 11

10 a.m. (54 min.)

Free

American Experience Presents the story of Elizabeth Smith Friedman, a suburban American wife whose work as a cryptanalyst sent gangsters to prison and brought down a Nazi spy ring in Argentina in World War II. Register for this video by going to www.stmarysmd.com/aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660. 16 seats available.



Encore Craft: Painting and Decorating
Shells

Loffler Senior Activity Center

Friday, August 19 & 26

10 a.m.

Free

Thanks to volunteer Beverly Martin, we had so much fun painting and decoupageing local oyster shells last February that folks are asking to do it again! Since we are now looking toward the end of summer and preparing for autumn, how about we have a sunflower/autumn approach to decorating these lovelies? This class will be held two Fridays in a row to give you a chance to finish any shells that need time to dry before moving on to the next step. Sign up for this craft by going to www.stmarysmd.com/aging. If you do not



have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660.

**Midsummer Celebration:
An Intergenerational Event**
Loffler Senior Activity Center
Wednesday, July 13

12:30-2 p.m.

Cost: \$5 per adult

Enjoy a party with your grandkids right here at the Loffler Senior Activity Center! This casual event



will give you a chance to

enjoy some treats, crafts and dancing with your youngsters to celebrate the middle of summer and the love of multiple generations within your family. You must pre-register for yourself and each grandchild you are bringing by going to www.stmarysmd.com/Aging. If you do not have access to e-mail and the internet, you can still leave a message on our reservation line at 301-475-4200, ext. 1660.



Cost is \$5 per adult; grandchildren are free.

Diabetes Self-Management Program

Loffler Senior Activity Center

Thursdays, August 25-September 29

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

Free

The Diabetes Self-Management Program is a community-based workshop to help people better manage their diabetes. This program is recommended for those who are managing Type 2 Diabetes or are Pre-Diabetic. Adult-age caregivers, family members, and other members of a support team are highly encouraged to attend as well. The Diabetes Self-Management Program is based on the Chronic Disease Self-Management Program (CDSMP) developed at the Stanford University Patient Education Research Center. Different subject matters are taught over the course of 6 weekly, 2-1/2 hour sessions all focused to help each participant manage their diabetes. This program covers both the physical and emotional aspect of managing diabetes but does not replace any existing programs or treatment for the participants. This program will be offered free of charge; however, regular attendance is encouraged, and seating is limited. To register, visit www.stmarysmd.com/aging. If you do not have access to e-mail or the internet, leave a message on the Loffler reservation line at 301-475-4200, ext. 1660.

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Northern Senior Activity Center

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



Mealtime Movie: *The Odd Couple*

Northern Senior Activity Center

Tuesday, July 5, 11:30 a.m.-1:15 p.m.

Free

Movies and food are a match made in heaven. This month, for our monthly Mealtime Movie, we are showing the classic 1968 buddy comedy *The Odd Couple* (G, 1hr 45min) starring Jack Lemmon and Walter Matthau. The movie will be shown in the dining room. Come ready to enjoy a good meal and share a laugh with others. Registration opens on June 20 at 8 a.m. for all July/August programs. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmc.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Freedom Rocks! Live with Jimi Simon

Northern Senior Activity Center

Wednesday, July 13, 11 a.m.-12:30 p.m.

Entertainment Free/Meal contribution required

One of our favorites, Jimi Simon, is here to provide his musical talents for a post-Independence Day celebration. Come out in your red, white, and blue and show us your best costume. The performance is sponsored so you will only be making a meal contribution on that day.

Registration opens on June 20 at 8 a.m. for all July/August programs. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at

www.stmarysmc.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.



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NovaCare[®]
REHABILITATION

Presentation:

Parkinson's, Balance & Mobility

Northern Senior Activity Center

Thursday, July 14, 2-3 p.m.

Free

NovaCare Rehabilitation of Leonardtown

is here to provide information on LSVT BIG[®] therapy, which is used for Parkinson's patients, as well as seniors who have balance, mobility, and gait issues. They will also discuss exercises that can be utilized by everyone. Registration opens on June 20 at 8 a.m. for all July/August programs. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmc.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.



Art Pottery: Garden Totems – Session 2

Northern Senior Activity Center

Friday, July 15 & 29, 10 a.m.-12 p.m.

\$10

Let's get clay creative! Art pottery projects have a real appeal for those looking to be hands-on and create from scratch. Create a stacked ceramic totem sculpture for your garden. We will discuss and design your sculpture, then begin creating the pieces to stack (2-3 pieces will be completed.) All materials are provided, such as clay and glaze, with firing fees also included. Participants of Session 1 are encouraged to add-on to their existing totem. Although this is Session 2, anyone is welcome to join for the first time. Registration opens on June 20 at 8 a.m. for all July/August programs. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be

made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Nutrition Education

Northern Senior Activity Center

Monday, July 18 & August 15, Noon-1 p.m.

Free

Join us for Nutrition Education with Donna Taggert, Certified Diabetes Educator and Registered Dietician. In July, Donna will explain the importance of protein in your daily diet. In August, the topic is "let food be your medicine," exploring the medicinal benefits of certain foods. Registration opens on June 20 at 8 a.m. for all July/August programs. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Game Show Showdown on Nintendo Wii:

Family Feud

Northern Senior Activity Center

Tuesday, July 19, 1-3 p.m.

Free

Survey says...let's play the Feud! "Wii" now have the *Family Feud* videogame at the Northern Senior Activity Center. If you're unfamiliar with this TV game show, here is a brief description: "...two families who compete to name the most popular answers to survey questions..." Registration opens on June 20 at 8 a.m. for all July/August programs. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.





Seasonal Well-being: 5 Element Qi Gong & Yoga Workshop

Northern Senior Activity Center

Monday, August 8, 1-3 p.m.

\$20

Judi Lyons and Paty Masson delightfully transform the 5 Element concepts into a lovely movement practice of Qi Gong and Yoga, to invite more radiant health - emotionally, physically, and spiritually. The Traditional Chinese Medicine 5 Elements represent what is in Nature, and we are part of it. Water flows down the mountains and becomes the trees - Wood. They reach up to the sky and absorb the sun - Fire. The sun awakens the life throughout the Earth, and

the earth condenses it into the precious Metals in the soil. The 5 Elements are associated with the Kidneys, Liver, Heart, Spleen, and Lungs, the emotions connected to these organs, and so much more. Registration opens on June 20 at 8 a.m. for all July/August programs. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Burgers & Bingo - Intergenerational Fun

Northern Senior Activity Center

Wednesday, August 10, 11:30 a.m.-1:30 p.m.

Meal contribution required

Let's celebrate the end of summer break with food, games, and family! Grandparents and their school-age grandchildren are invited to a kid-friendly hamburger lunch and a special game of Bingo afterwards. Bingo is free and lunch is by donation for those over 60 years of age, \$6 for those under. Registration opens on June 20 at 8 a.m. for all July/August programs. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.

Game Show Showdown on Nintendo Wii:

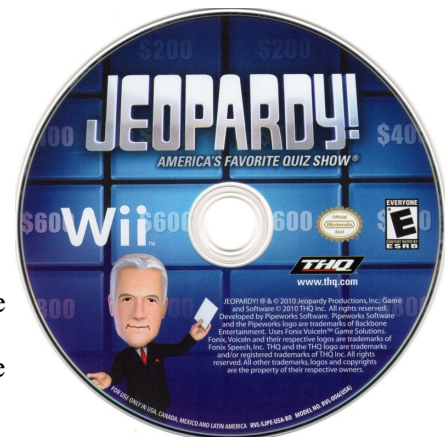
Jeopardy!

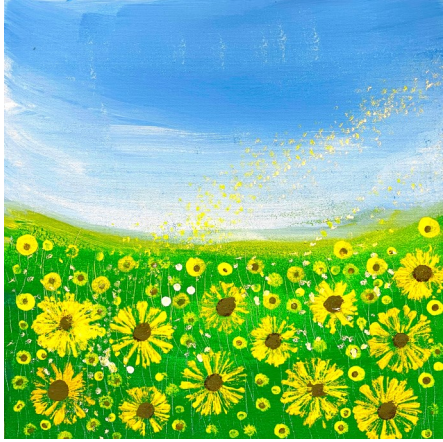
Northern Senior Activity Center

Tuesday, August 23, 1-3 p.m.

Free

What is... a good time at the Northern Senior Activity Center? Correct! "Wii" now have the Jeopardy! videogame. Join us for trivia fun based on the hit TV game show. If you're unfamiliar with how the game works, it's "...a classic gameshow with a twist. The answers are given first, and the contestants supply the questions." Registration opens on June 20 at 8 a.m. for all July/August programs. To sign up for this event, click on the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a message at 301-475-4200, ext. 3115.





**Canvas Crafting with Helene
Northern Senior Activity Center
Monday, August 29, 1-3 p.m.**

Free

Spend time with Northern’s favorite Office Specialist! Helene has a simple, yet beautiful, canvas painting craft planned for this month: a sunflower meadow created using mystery materials. Registration opens on June 20 at 8 a.m. for all July/August programs. To discover the secret behind the artwork, sign up for this event by clicking the "Online Senior Activities Centers Registration" button at www.stmarysmd.com/aging. Accommodations can be made for those requiring registration assistance by leaving a

message at 301-475-4200, ext. 3115.

**Summer Outdoor Games & Recreation
Northern Senior Activity Center**

If you love cornhole, we have a patio to play on! We also have bikes, including a trike, that you can borrow for use on Three Notch Trail. Have some fun outside on the patio or take a ride through the historic Charlotte Hall area! Please request cornhole somewhat in advance for setup. On rides, helmets are required, and cellphones recommended. Call Keilan Ruppert, Program Specialist, at 301-475-4200, ext. 3103, with any questions or to reserve a time.

Spring 2022 Rewind

Top row from left: Dear Mothers & Midday Melodies, Maryland Day, Art Pottery - Wind Chimes; Bottom row from left: Nutrition Education - Tea, Basket Weaving - Birdhouse Door.



Retired and Senior Volunteer Program

By : Monika Williams, RSVP Program Manager

I was told the theme for this newsletter is Senior Independence. Independence is something we have all sought after ever since we reached the age to drive. We enjoy being able to go wherever we like whenever we like to. We enjoy making our own decisions. We enjoy being able to care for ourselves. As the years go by, we begin to see impending threats to our independence. We endeavor to protect that independence as we age. Through it all, we must remember to be positive. We can share our independence through helping those who are in need. We can choose to be involved in our community instead of building a wall shutting out others.

Did you know social isolation is associated with 57 percent higher risk of dementia? Studies have found there are three attributes: happiness, positive emotions, and strong social ties that may compensate for age-related decline. RSVP volunteers are benefitting from all three of these attributes as a result of serving the community. Volunteering brings opportunity to help others and to make new friends. Volunteering also gives the positive feeling of self-worth. Thank you, RSVP volunteers, for choosing to make a difference in our community.



Volunteer Opportunities

We have been searching for ways to inform you of volunteering opportunities in a timely manner. RSVP has decided to create a monthly email correspondence to inform RSVP volunteers of new volunteer stations, volunteer requests, and program direction. The email correspondence is named "RSVP Corner". It will be posted on the email page and in an attachment in PDF form. The first RSVP Corner was emailed on May 26, 2020. Make sure to check your email trash and spam folders. Please contact the RSVP office if you are a RSVP volunteer and you haven't received RSVP Corner. Several stations have been requesting volunteers:

Historic Sotterley

- Tour Guide
- Museum Gift Shop
- Garden Attendant

Hospice of St. Mary's

- Patient Care
- House Patient Cook
- Office Help

ACTS

- Receiving and dispersing medical equipment
- Repairing Equipment

Patuxent River Naval Air Museum

- Tour Guide
- Flight Simulator Team
- Exhibit Team
- Organizing & Data Entry

Charlotte Hall Veterans Home

- Activity Assistant
- Gift Shop Attendant
- Technical Support

Habitat for Humanity Restore

- Customer Assistant
- Showroom Attendant

Exciting News!

We are excited to announce a new volunteer station! The St. Mary's Animal Adoption & Resource Center located in California, MD will open in the Fall. We will inform you of their volunteering opportunities soon. We are always seeking new avenues to offer volunteering opportunities. Please feel free to contact RSVP with any suggestions of potential stations.



RSVP Volunteer Appreciation Banquet

We will have an in-person RSVP Volunteer Appreciation Banquet on Friday, August 26, 2022. It will be held at the University System of Southern Maryland SMART building in California, MD (formerly known as the Higher Education Campus) from 11 a.m.-1 p.m. Registration will begin at 10 a.m. Invitations will be mailed. Reservations are required. So, make sure to reserve and come to enjoy yourself!



Seeking Tech-Savvy Seniors

Are there any seniors out there who easily navigate cell phones and emails? We are searching for volunteers to teach seniors how to navigate their cell phones and emails. Please contact the RSVP office 301-475-4200, ext. 1653 if you would like to help.

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Evidence-Based Community Falls Prevention Programs: **Saving Lives, Saving Money**

The Challenge: Older Adult Falls in the U.S.

- **1 in 4 Americans** age 65+ fall each year
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall



Falls Are Common



Falls Are Costly

Falls are the leading cause of traumatic brain injuries and account for more than 95% of all hip fractures

- Each year, more than **\$50 billion** is spent on the direct medical costs related to fall injuries (78% paid by Medicare and Medicaid)
- This total cost is projected to increase to over **\$101 billion** by 2030
- Even **falls without injury** can cause fear of falling, leading to physical decline, depression, and social isolation

The Solution: Proven Evidence-Based Falls Prevention Programs



A MATTER OF BALANCE

decreases total annual medical costs by **\$938**, reduces hospitalization costs by **\$517**, reduces skilled nursing facility costs by **\$237**, and reduces home health costs by **\$81** per participant



OTAGO EXERCISE PROGRAM

reduces falls by **35%** resulting in a **\$429** net benefit per participant and a **127%** return on investment



STEPPING ON

reduces falls by **30%** resulting in **\$134** net benefit per participant and a **64%** return on investment



TAI CHI MOVING FOR BETTER BALANCE

reduces falls by **55%** resulting in a **\$530** net benefit per participant and a **509%** return on investment



CAPABLE*

addresses home modifications to reduce falls risk factors resulting in more than **\$30,000** in savings in medical costs driven by reductions in health care expenditures



ENHANCEFITNESS

reduces falls by **26%**, resulting in an annual medical cost savings of **\$945** per participant

Learn more about these and other proven programs at ncoa.org/FallsPrevention

* Community Aging in Place-Advancing Better Living for Elders Program

Online Registration Now Available

We make it easy to register for activities with our **NEW online registration option!**

The senior activity centers offer many drop-in programs and activities, but for those programs requiring advance registration and payment you can now complete the entire process on-line from the convenience of your own home.

Online registration is as easy as 1-2-3!

We make it easy to register for activities with our NEW on-line registration option!

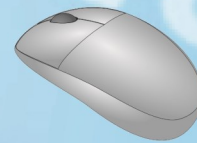
Go to www.stmarysmd.com/aging
Click on Online Registration
Use the following steps!

Step 1:
Create your Household Account

(You'll only do this once. If you already have a Household Account, skip to steps 2 and 3!)



Step 2:
Add activities to your cart and checkout



Step 3:
Receive email confirmation

No computer? No problem!

Use a computer at the Loffler or Northern Senior Activity Centers or at one of the three St. Mary's County Libraries.

For more information, contact your local Senior Activity Center

Note: Accommodations will be made for those requiring registration assistance. Call the Reservation Request Line at the hosting senior activity center and a member of our staff will return calls in the order received.

Garvey Senior Activity Center
301-475-4200, ext. 1075

Loffler Senior Activity Center
301-475-4200, ext. 1660

Northern Senior Activity Center
301-475-4200, ext. 3115

Register begins April 20 at 8 a.m. for programs held in May and June

Ongoing Activities - Garvey

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program (AFEP)	Tues. & Thurs. 9:45-10:30 a.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Billiards	Anytime the center is open.	Bring your own or use ours.	No	No
Bingo	Mondays 10-11:30 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	No
Book Discussion Group	2 nd Wednesdays, 11 a.m.	Loaner books provided by St. Mary's Public Library.	No	No
Bridge Club	Wed. & Thurs. 10 a.m.-2 p.m.	Best suited for experienced players.	Closed	No
Card Making	2 nd Thurs. of the month 2 p.m.	Using different machines and creative items cards are made with instruction.	Yes	\$4
Chair Yoga	Wed. 9:30-10:30 a.m.	Gentle Stretching and Yoga moves using a chair.	No	Fitness Card
Cornhole	Anytime the center is open.	2 boards, 8 bags	No	No
Diamond Dots	Thurs. 2 p.m. Except 2 nd Thurs. of the month.	Paint by color with diamonds. No experience needed. Bring your own supplies. Light boards provided.	Yes	No
Enhance Fitness	Mon., Wed., Fri. 11-12 p.m. Tues. 8:15 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Fitness Room	Anytime the center is open.	1 Elliptical Trainer; 1 Seated Elliptical. 3 Treadmills; 2 Recumbent Bikes; 1 Row machine.	No	No
Geri-Fit	Mon. & Wed. 2:15-3:00 p.m.	Helping to rebuild strength that has been lost.	No	No
Line Dancing	Tuesdays 11 a.m.	No experience necessary. Volunteer leads group in a variety of steps.	No	No
Lengthen & Strengthen	Wednesdays 12:30 p.m.	Focus on toning all the major muscle groups, while simultaneously stretching and lengthening the muscles.	No	Fitness Card
Men's Strength	Mon. 9:30-10:30 a.m.	Low impact strength training class.	No	Fitness Card
Pickleball Courts	Open	Pickleball courts are available daily, dawn to dusk. See staff during hours for access info.	No	No
Ping Pong	Anytime the center is open.	1 table, paddles and balls are available	No	No
Readers Theater	Meeting, 2 nd Tuesday 11 a.m.; rehearsals as needed	Readers Theater is a form of theater that involves minimal props and no line memorization.	Yes	No

Ongoing Activities - Garvey

CLASS/ ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
R&B Line Dancing	Mondays 12:30 p.m.	Line Dancing with specific instructions on popular line/party dance styles.	No	No
Walk & Tone	Fridays 9:30-10:30 a.m.	A low impact aerobic class. Strength training using bands, weights and balls is included.	No	Fitness Card
Walking Club	Mon., Wed. & Fri. 9 a.m.	Meet in the lobby of the Garvey Senior Activity Center and walk around surrounding facilities.	No	No
Watercolor with T.L. Ford	2 nd Tuesday 1:30 p.m.	Come learn the basics of watercolor painting in a relaxing & informal setting.	Yes	Yes
Yoga	Tues. & Fri. 12:30 p.m.	Improves muscle strength & tone. Reduces stress & increases relaxation.	No	Fitness Card
Zumba Gold	Thursdays 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Helpful Links:

St. Mary's County
Department of Aging & Human Services
www.stmarysmd.com/aging

Senior Information & Assistance Contacts
<https://www.stmarysmd.com/aging/SeniorIA-Contacts.asp>

Virtual Senior Activity Center
<https://www.stmarysmd.com/aging/virtual-senior-center/>

Department of Aging & Human Services Facebook Page
www.facebook.com/SMCDAHS

Department of Aging & Human Services YouTube Channel
<https://www.youtube.com/c/SMCAgingHumanServices>

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Art with Jamie	Tues. (4 sessions each month) 10 a.m.	Start up materials provided; instructor will notify of other items needed.	Yes	\$25 per class
Arthritis Foundation Exercise Program (AFEP)	Tues. & Thurs. 12:30-1:30 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	No	No
Bible Study	Fri. 10:30 a.m.	Non-denominational, Christian-based scripture group led by volunteer Phil Benedict.	No	No
Bingo	Wed. 12:30-1:30 p.m.	Game with volunteer bingo callers. Pantry items for prizes.	No	\$1 card/ up to 3 cards
Bio/History Series	1 st or 2 nd Thurs 10 a.m.	Educational films selected and shown by video.	Yes	No
Bridge	Tues. 10 a.m.	New & experienced players welcome.	No	No
Canasta & Pitch	Tues. 9 a.m.	New & experienced players welcome.	No	No
Charity Crafters	Tues. 1 p.m.	Make hats, mittens, scarves, baby blankets, and granny squares for various community outreach programs.	No	No
Contract Bridge Club	Wed. 10 a.m.	Best suited for experienced players.	Yes	No
Current Events	Mon. 10 a.m.	Volunteer led discussion group.	No	No
Embroidery on Paper	Mon. 12:30 p.m.	Supply kits will need to be purchased to get started with making embroidered cards and other crafts.	No	Yes
EnhanceFitness	Mon. 11a.m. Wed. 12:30 p.m. Fri. 12:30 p.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Exercise Equipment	Mon-Fri 8 a.m. -4 p.m.	2 treadmills, 2 seated ellipticals & a recumbent bike.	No	No
Health Watch Presentations	2 nd Wed. 10 a.m.	Volunteer led informational session on various health topics.	Yes	No
Honey Bee Quilters	1 st , 3 rd , & 5 th Wed. 10 a.m.	Bring your own quilting supplies. Sewing machines available at center if needed.	No	No
Line Dancing	Fri. 11 a.m.	Volunteer led group.	No	No
Needle Crafters	Mon. & Thurs. 10 a.m.	Knit & crochet group. Some yarn available at center or bring your own.	No	No
Nutrition Ed. with Donna Taggart	2 nd Mon. 10 a.m.	Nutrition presentations led by Licensed Dietician.	Yes	No
Open Art Studio	Fri. 9 a.m.	Drop in for guided art practice with volunteer Chris Sisk.	No	No

Ongoing Activities - Loffler

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Pinochle	Mon., Wed., & Fri. 9 a.m.	Experienced players welcome.	No	No
Polish Poker	Tues. & Thurs. 9 a.m.	Suitable for all levels of experience.	No	No
Project Linus	3 rd Fri., 10 a.m.	Make blankets for children and teenagers who are hospitalized or in shelters.	No	No
QiGong	Tues. & Thurs. Scheduled sessions 11 a.m.- 12 p.m.	An ancient Chinese exercise and healing technique that involves meditation, controlled breathing, and movement exercises. Suitable for all abilities.	Yes	No
Rummikub	Wed., 9 a.m.	Fun tabletop game for all levels of experience.	No	No
Sew-It-Alls	Mon., 12:30 p.m.	Bring own supplies.	No	No
Tai Chi/Arthritis & Fall Prevention	Tues.-Thurs. 11 a.m -12 p.m. (scheduled sessions)	Evidence based exercise program suitable for all abilities.	Yes	No
Walking Club	Mon., Wed., Fri. 9 a.m.	All are welcome, group walks laps around the park.	No	No
Wii Games	Mon. -Fri.- see staff	Open to new and experienced players.	No	No
Wood Carving	Tues., 1 p.m.	Will need to bring own supplies. Volunteer led group.	No	No
Yoga	Mon., Wed., Thurs., Fri., 9:30 a.m.	Gentle range of motion stretches and poses along with meditation.	No	Fitness Card
Zumba Gold	Mon., 12:30 p.m.	Dance based exercise program led by certified instructor.	No	Fitness Card

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Arthritis Foundation Exercise Program	Zoom Wednesdays 10 a.m. In-person Thursdays 1-2 p.m.	Gentle, range of motion, stretching and flexibility led by certified instructor.	Yes No	No No
Awakening Yoga	Mondays 9:30-10:30 a.m.	Gentle range of motion/ meditation.	No	Fitness Card
Basket Weaving	Periodically	Typically, two-part classes offered.	Yes	Varies; \$30
Billiards	Mondays Preferred	Bring your own or use ours.	Yes	No
Bingo	Wednesday OR Fridays 10-11:30 a.m.	Game with volunteer bingo callers. Pantry items for prizes.	Yes	\$2 to play two cards
Book Clubs Page Turners Book Chatter	4 th Wed; 1-2:30 p.m. 4 th Thu: 11 a.m.-Noon	Read & review new books each month. Different books for each club.	On Hold Full	No No
Bridge	Thu: 10 a.m.-2 p.m.	Best suited for experienced players.	Preferred	No
Coloring Group (two groups)	1 st & 3 rd Wednesdays 1-2:30 p.m.	Participants supply coloring utensils if possible; some are provided.	Yes, Full	No, workbook if desired

JULY/AUGUST 2022

Ongoing Activities - Northern

CLASS/ACTIVITY	Dates/Time	DESCRIPTIONS - Materials Needed	Advance Signup	Fee
Chair Yoga	Wednesdays, 9:30 – 10:30 a.m.	Chair Yoga is a type of yoga that has been modified to allow participants to safely perform positions with a chair incorporated for ease and stability.	No	Fitness Card
Crochet DIY	Mon. & Wed., 1-4 p.m.	Beginners or experienced.	No, drop-in	No
Cycling Program	Anytime	(2) traditional, (1) recumbent trike	No	No
Diamond Dazzle (two groups)	3 rd Monday 10 a.m.-Noon & 1- 3 p.m.	Diamond and associated bead crafts.	Yes, Full	Yes for kits
Double Pinochle	Tuesdays and Fridays 10 a.m.-4:30 p.m.	Moderately experienced players.	No	No
Drums Alive	TBD	Instructor-lead drum and dance class. Helps cognitive function. Program runs for 6-weeks at a time	Yes	\$12 for 6-week program
Dynamic Ceramics	Wednesdays 9:30 a.m.-12:30 p.m.	Variety bisque pieces available to purchase. Supplies provided.	Drop-in	Buy items, firing fees
EnhanceFitness	Tuesday & Thursdays 9:30-10:30 a.m.	Cardiovascular/weight training exercises to improve flexibility, strength, balance.	No	Fitness Card
Grief Support Group	2nd Thursday of the month, 10:30-11:30 a.m.	Led by Melinda Ruppert, LCPC.	Yes	No
Line Dancing	Wednesdays 1-2:30 p.m.	Volunteer leads group/variety of steps.	No	No
Lyme Discussion & Support Initiative	TBD ToolKits by pickup	Facilitator-led group with education and support for Lyme Disease.	Yes, all ages	No
Mahjong (Eastern)	Thurs 1-4:30 p.m.	Popular tile game involves skill, strategy & luck. Beginners welcome.	No	No
Mealtime Movie	Once per month (date/time varies)	A movie is played in the dining room during lunch.	No	No
OH HECK (Cards)	Tuesdays & Fridays 10 a.m. -2 p.m.	Experienced players and beginners welcome.	No	No
Quilting for Beginners	2 nd & 4 th Wednesday 12:30-4:30 p.m.	Instructor teaches basic skills and techniques. Individual Projects.	Preferred-Not required	TBD, Varies
R&B Line Dancing	Fridays 1-2 p.m.	Popular line/party dance styles.	No	No
Studio: Pottery and Ceramics	Monday & Fridays 8 a.m. -4:30 p.m.	Crafters continue work on individual pieces. Some Fridays are reserved for specific art pottery projects/classes.	Studio orientation	Fee for clay ceramics, fire, supplies
S.W.A.G. (Seniors Winning at Games)	Tuesdays & Fridays 1-4:30 p.m.	Various card games like SkipBo, Canasta, Rummy, etc.	No	No
Tech Rescue	Monday-Friday, after 2 p.m. By appointment only	15-30 appointments with Keilan Ruppert to work on specific needs with computers, smartphones, etc.	Yes	No
Wii Free Play	Fridays, 2-4 p.m.	Casual play on the Nintendo Wii; setup assistance from Keilan Ruppert.	No	No
Workout Room	Open	1 Bow Flex; 1 Standing Elliptical; 1 Seated Elliptical; 2 Pec/Fly; 2 Treadmills; 2 Recumbent Bikes.	No	No
Zumba Gold	Tuesdays 10:45 a.m. -11:45 a.m.	Latin music and dance fitness program.	No	Fitness Card

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

Lori Jennings-Harris, Director

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

Senior I&A-Help for seniors in the form of services, benefits and assistance is provided. Access to information and referral services, options counseling, support for caregivers, and more, are provided. Call 301-475-4200, ext. 1057, for information.

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

Senior Activity Centers-The three county senior activity centers are places where active adults age 50 and over can participate in activities, events, exercise programs, and group meal programs. Call the 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. The 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 301-475-4200, 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
YouTube: SMC Aging & Human Services
Phone: 301-475-4200, ext. 1050

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

LOCATIONS



Department of Aging & Human Services Building
301-475-4200, ext. 1050
*41780 Baldrige Street
Leonardtown, MD 20650*

Garvey Senior Activity Center
301-475-4200, ext. 1080
*23630 Hayden Farm Lane
Leonardtown MD, 20650*

Loffler Senior Activity Center
301-475-4200, ext. 1658
*21905 Chancellor's Run Road
Great Mills, MD 20634*

Northern Senior Activity Center
301-475-4200, ext. 3101
*29655 Charlotte Hall Road
Charlotte Hall, MD, 20622*

Human Services and MAP Site
301-475-4200, ext. 1057
*23115 Leonard Hall Drive
Leonardtown, MD, 20650*



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

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CHANGE SERVICE REQUESTED

***2022 Holiday Closings
(No Home-Delivered or Congregate Meals Served)***

Monday, July 4 - Independence Day

NEW BEGINNING