NEW BEGINNING
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A publication of the St. Mary’s County Department of Aging & Human Services

Your Personal Growth: Are You With It?
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From the Director’s Desk...

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

The theme for our March-April newsletter highlights personal growth and development for seniors and the Senior Magazine Online website (http://www.seniormag.com/) is a good start for information. According to this online magazine, although we stop growing physically around the age of 16, it is important to maintain inner personal growth throughout our lives. This may take many forms such as managing our stress, finding new ways to exercise and strengthen our bodies and minds, getting involved in our community or volunteering to help our older neighbors.

One of the website articles, Personal Power by Margaret Paul, Ph.D., describes personal power as “what it takes to make risky moves, to believe in yourself, to take on new jobs and new responsibilities and move forward.” And, “without an adequate supply of personal power, self-doubt, fear, malaise, and apathy can take over your life.”

According to Dr. Paul, loss of personal power can occur without notice or incrementally. When sudden, people tend to recover quickly. For example, if one’s house burns down and the homeowner’s insurance has lapsed, it can be devastating. “You’ve lost your personal power and you feel helpless and completely lost.” She adds, while devastating, such catastrophes can be the impetus to excel in ways unimaginable.

“People epitomize the phrase, when the going gets tough, the tough get going.” She goes on to explain, many people accomplish more right after a catastrophe event than at any other time.

The worst way to lose personal power is gradually and over time, she says. Those smaller, nagging, but worrisome things, always on our mind, and things which cannot seem to resolve themselves are issues that slowly deplete personal power. She adds, over the course of months or even years, these chronic situations take their toll.

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Dr. Paul claims,
“...You aren’t born with a sense of personal power, and neither do you ever obtain an endless supply. It is a well that you draw from, but it’s not a bottomless well and if you abuse it or don’t replenish it, personal power reserves are depleted. When that happens, managing daily events becomes almost impossible. Personal power is an inner strength that people often don’t even know exists until they need it. When they do need it, they often aren’t sure where to get it. Each person’s source of personal power can be slightly different, but there are many common denominators:
- Spiritual replenishment
- Time alone
- Time with a spouse or children
- Physical exercise
- Friends
- Laughter”

Paying attention to our reserve of personal power is another way of tending to our personal growth and development.

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**Supporting the Men and Women in Law Enforcement**

The community is invited to join Commissioners of St. Mary’s County, the Department of Aging & Human Services and the Triad/SALT Council to thank this year's Law Enforcement Officers of the Year and remember the men and women who gave their lives in service to their community.

Law Enforcement Appreciation (LEA) Day will be held on Tuesday, May 9, at 11:30 a.m. at the Southern Maryland Higher Education Center, located at 44219 Airport Road in California, MD.

The Officer of the Year from each agency will receive a citation from the Office of the Governor in addition to recognitions from the Maryland Senate and House of Delegates, as well as plaques and/or certificates of appreciation from the Commissioners of St. Mary’s County, the Department of Aging & Human Services, and the Triad/SALT Council.

The community is invited to congratulate the Law Enforcement Officers of the Year and join them for lunch, free of charge, following the ceremony.

To learn more contact Sarah Miller by calling 301-475-4200, ext. *1073, or email to sarah.miller@stmarysmd.com.
Nutrition Corner

Defining the specific nutritional needs of older persons

Older persons are particularly vulnerable to malnutrition. Moreover, attempts to provide adequate nutrition encounter many practical problems. First, their nutritional requirements are not well defined. Since both lean body mass and basal metabolic rate decline with age, an older person’s energy requirement per kilogram of body weight is also reduced.

The process of aging also affects other nutrient needs. For example, while requirements for some nutrients may be reduced, some data suggest that requirements for other essential nutrients may in fact rise later in life. There is thus an urgent need to review current recommended daily nutrient allowances for older persons. There is also an increasing demand worldwide for guidelines which competent authorities can use to address the nutritional needs of their growing elderly populations.

Malnutrition and older persons

Many of the diseases suffered by older persons are the result of dietary factors, some of which have been operating since infancy. These factors are then compounded by changes that naturally occur with the aging process.

Dietary fat seems to be associated with cancer of the colon, pancreas and prostate. Atherogenic risk factors such as increased blood pressure, blood lipids and glucose intolerance, all of which are significantly affected by dietary factors, play a significant role in the development of coronary heart disease.

Degenerative diseases such as cardiovascular and cerebrovascular disease, diabetes, osteoporosis and cancer, which are among the most common diseases affecting older persons, are all diet-affected. Increasingly in the diet/disease debate, the role that micronutrients play in promoting health and preventing noncommunicable disease is receiving considerable attention. Micronutrient deficiencies are often common in elderly people due to a number of factors such as their reduced food intake and a lack of variety in the foods they eat.

Another factor is the price of foods rich in micronutrients, which further discourages their consumption. Compounding this situation is the fact that older people often suffer from decreased immune function, which contributes to this group’s increased morbidity and mortality. Other significant age-related changes include the loss of cognitive function and deteriorating vision, all of which hinder good health and dietary habits as we reach old age.

Elevated serum cholesterol, a risk factor for coronary heart disease in both men and women, is common in older people and this relationship persists into very old age. As with younger people, drug therapy should be considered only after serious attempts have been made to modify diet. Intervention trials have shown that reduction of blood pressure by 6 mm Hg reduces the risk of stroke by 40% and of heart attack by 15%, and that a 10% reduction in blood cholesterol concentration will reduce the risk of coronary heart disease by 30%.

(Courtesy of WHO at: who.int/nutrition/topics/ageing/en/index1.html)
Living Well with Diabetes

Upcoming workshop -
Garvey Senior Activity Center
41780 Baldridge Street
Tuesdays, March 21-April 25
1:30-4 p.m.

Free of Charge
Registration is Required

To learn more or to register
for this program, call
301-475-4200, ext. *1063.

The Living Well with Diabetes
Workshop will discuss...

- Monitoring Blood Sugar
- Nutrition & Healthy Eating
- Prevention of Low Blood Sugar
  - Fitness & Exercise
  - Stress Management
- Skin & Foot Care, and much more...

Do you or a loved one struggle with controlling diabetes? Have you been recently diagnosed with diabetes and you want to know how to live a healthy lifestyle? This series is for you.

Living Well with Diabetes is a 6-week workshop that teaches participants to manage the symptoms of Diabetes by taking control of their health.

This workshop is free of charge and attendance at all 6 sessions is highly recommended for best results. Sessions fill up quickly, so register now!
Property Tax Credit Available To Eligible Homeowners

Each year the State of Maryland Department of Assessments and Taxation provides a credit for the real property tax bill for homeowners who qualify on the basis of gross household income. Previous applicants must submit a new application each year.

To have your application considered for a tax credit the dwelling for which application is being made must be your principal residence, where you reside or expect to reside for more than six months of the tax year; have a legal interest in the property; have a gross household income less than $60,000 and your net worth, excluding the value of the property for which application is being made, must not exceed $200,000 as of December 31, 2016. If these requirements are met, the amount of tax credit due, if any, will be calculated on the basis of the gross household income for the calendar year 2016 and the 2017 property tax bill. Income information must be reported for the resident homeowner(s), spouse or co-owner, and all other occupants of the dwelling unless these occupants can be claimed as dependents or unless they are paying reasonable fixed charges such as rent or room and board.

The deadline for filing a 2017 Homeowner’s Property Tax Credit is September 1, 2017. However, applicants are encouraged to file their applications prior to May 1, to receive a credit directly on their August property tax bill. Eligible applicants, who file their applications after May 1, will receive a tax credit certificate to be used toward payment of the tax bill or for a refund if the bill has already been paid.

Applications for this program are at each senior activity center. Assistance is available for those 60 and over by calling Debbie Barker at the Garvey Senior Activity Center at 301-475-4200, ext. *1064 or Melissa Craig at the Loffler/Northern Senior Activity Center at ext. *1654.

FREE Tax Preparation Services

AARP will be preparing taxes for low-moderate income families at the Church of the Ascension in Lexington Park, Mt. Zion Methodist Church in Mechanicsville, and possibly other locations to be determined. Appointments are required; call 240-466-1740.

Assistive Technology Loan Program

The Maryland Department of Disabilities maintains a library of assistive technology equipment designed to help people with disabilities live, work, learn, and play more independently. This is a free loan library available to Marylanders with disabilities and their families. Appointments are available to meet with a technology specialist for hands-on demonstrations of devices, or you can borrow devices directly from the library. Items are generally on loan for 1 to 4 weeks. Loans may be available to qualified borrowers who wish to purchase the equipment. For a complete listing of items available go to www.mdod.maryland.gov/mdtap. If you are seeking a specific device that you do not see on the website or to schedule a time to visit the library contact Denise Schuler at 410-554-9232 or dschuler@mdtap.org.

To inquire about a family caregiver scholarship for the 25th Annual Southern Maryland Caregivers Conference, please contact Daphne Bennear, HCBS Program Coordinator, St. Mary’s County Department of Aging & Human Services, by calling 301.475.4200, * 1069, or email daphne.bennear@stmarysmd.com.
Are you interested in self-improvement? It seems to be a popular topic with many books and articles written on the subject. Like most people, you may want to make some improvements in your life, be it to eat more nutritiously, learn a new hobby, live more healthfully, interact more frequently with others or be more physically active.

In fact, physical activity is incredibly important for everyone. A recent study of 1600 sedentary men and women, ages 70 to 89 who were at risk of becoming disabled showed that taking part in regular physical activity “significantly reduced the risk of major mobility disability by 18%.” Nih.gov/researchmatters/june2014. By taking part in ½ hour of physical activity 5 days a week involving aerobic, resistance, and flexibility training, people in the study showed marked improvement in avoiding mobility issues. They were “better able to maintain their ability to walk without assistance for about ¼ mile.” This study showed that everyone can benefit by taking part in regular physical activity.

Don’t worry if you’ve never been an exerciser or haven’t been physically active lately. The Department of Aging & Human Services offers a variety of fitness classes that are enjoyable and designed to meet your needs. Professionally certified fitness instructors are employed who know how to taper a class to all abilities, plus, you’ll meet some fantastic people who are taking classes as well. Classes are either free of charge or reasonably priced ($30 for a Fitness Card, good for 10 classes at any of the County’s three senior activity centers).

If a class setting is not your thing, each senior activity center has a fitness room with commercial grade equipment that you are welcomed to use free of charge. Please see staff for an orientation on the proper use of the fitness equipment.

So, hop on the self-improvement bandwagon by becoming more physically active. See page 32-33 in this newsletter for a complete listing of the opportunities available to you. Give physical activity a try; you’ll be glad you did.

Friday Morning Softball
Miedzinski Park, Leonardtown (field in front of Leonard Hall Recreation Center)
Fridays, beginning April 21, 10 a.m.
Spring is in the air and it’s time to dust off that bat and glove and head out to Miedzinski Park for a pick-up game of softball. Men and women ages 50 and above are welcome. Call the Garvey Senior Activity Center at 301-475-4200, ext. *1050 to learn more.

Social Security Updates
Social Security replacement cards can now be requested by creating a My Social Security Account on-line at www.ssa.gov. This feature is available to individuals who have a valid Maryland-issued driver’s license or ID card. Individuals who need to make changes to their Social Security card such as a name change or who do not have a Maryland ID are still required to visit the local office located at 30071 Business Center Drive, Charlotte Hall, Monday-Friday, 9 a.m.-4 p.m., except Wednesdays, 9 a.m.-12 p.m.
Update on the New Garvey Senior Activity Center

As you most likely know, plans are underway for the construction of a new Senior Activity Center in the Leonardtown area to replace the old, outgrown Garvey Senior Activity Center.

Combined with the new Leonardtown Library in the Leonard’s Grant neighborhood just before getting to Duke Elementary School, the senior activity center will enhance the lives of county residents who are 50 years of age and older. The new senior activity center will feature a state-of-the-art design with a wow factor that will result in a wonderful array of activities and opportunities for the independent senior designed to promote healthy body, mind and spirit.

Remaining physically active and socially engaged throughout life, and particularly as one gets older, is so important to good health and happiness. The new Garvey Senior Activity Center will be a flagship facility and will join the Loffler and Northern Senior Activity Centers in continuing to provide high quality, interesting, creative, enjoyable activities for the senior community in a facility with improved space to serve many more people than our current capacity.

St. Mary’s County is one of the fastest growing locales in the state and those baby-boomers are booming. Projected to open in approximately three years, the new Garvey Senior Activity Center will better meet the needs of our community, both now and in the future. Stay tuned for updates as progress continues toward the new Center!!

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

The LIFE program is gearing up for an awesome Spring semester with an array of trips planned that will surely pique your interest. Tours rich in history, culture and education are planned for your enjoyment. LIFE booklets are now available at the senior activity centers and on the Department’s webpage. Registration starts Monday, February 27 at 8 a.m. Spring tours are set to begin in late March. Space is sometimes limited, so register early. Sign-up to join us on an enriching tour and remember, learning is forever!!

Loffler Senior Activity Center phone numbers have changed!

To contact the Loffler Senior Activity Center or the Retired and Senior Volunteer Program (RSVP) call 301-475-4200 and dial the extensions below:

- Joyce Raum (Operations Manager)-ext. *1656
- Holly “Kim” Clarke (RSVP PT Office Specialist)-ext. *1650
- Melissa Craig (Senior Information & Assistance Caseworker)-*1654
- Shellie Graziano (Program Specialist)-ext. *1655
- (Senior Administrative Coordinator)-ext. *1658
- Norine Rowe (RSVP Division Manager)-ext. *1653
- Drema Russell (Food Service Technician)-ext. *1657
- Sandy Staples (AIM Database Specialist)-ext. *1663
- Reception Station-ext. *1652
GARVEY Senior Activity Center
In Leonardtown, 301-475-4200, ext. *1050

National Nutrition Month
Garvey Senior Activity Center, Wednesday, March 1-March 31
March is National Nutrition Month and to celebrate at the Garvey Senior Activity Center we invite you to dine with us throughout the month. The U.S. Department of Agriculture recommends that Americans eat a well balanced diet of protein, grains, dairy, fruit and vegetables. At Garvey, throughout the month we invite you to “travel” around the U.S. Department of Agriculture’s “My Plate” food guide. Each week during lunchtime you will be given fun tips and tricks for meeting the nutritional guidelines recommend for a healthy lifestyle, including easy recipes. Small gifts related to the weekly topic will be given when you eat lunch at the center a minimum of one day during each week of the month. Get your Nutrition Passport stamped each time you attend lunch. Rack up those stamps to be entered into the grand prize drawing at the end of the month!! See the receptionist desk to pick up your Nutrition Month Passport. To make a reservation for lunch, call 301-475-4200, ext. *1050.

Weekly Topics
March 1-3: Protein
March 6-10: Grains
March 13-17: Dairy
March 20-24: Fruits
March 27-31: Vegetables

Book Discussion Group
Garvey Senior Activity Center
Wednesdays, March 8 & April 12, 10:30 a.m.
On March 8 the group will discuss The Storyteller by Jodi Picoult and on April 12 the group will discuss The Boston Girl by Anita Diamant. To learn more or to borrow a copy of the book, call 301-475-4200, ext. *1050.

Kickboxing
Garvey Senior Activity Center
Wednesdays, March 15-April 26, 8:30-9:30 a.m.
Kickboxing tones muscles through punching and kicking using focus pads and target pads and mitts. Participants may notice an improvement in overall balance and flexibility. The aerobic moves of kickboxing have been shown to improve circulation and it offers a great stress relief. This specialized class is geared towards active men and women ages fifty and above and has great energy without the high impact exercises that are done during a mainstream kickboxing class. Instructor, Geno Rothback, is a registered nurse, a senior fitness instructor, has a black belt in Taekwondo and is a certified Martial Fusion and Kickboxing instructor. Cost is $30 payable to Geno Rothback. Payment is required at time of reservation. Call 301-475-4200, ext. *1050 to learn more.
AARP Smart Driver Course
Garvey Senior Activity Center
Tuesday, March 14, 10 a.m.-3 p.m., $15 for AARP members, $20 for nonmembers
As a result of evidence-based research findings, this course includes a focus on areas where older drivers could benefit from additional training, including: roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding, seatbelt and turn-signal use. The cost is $15 for AARP members, $20 for nonmembers, payable to AARP. Members must show their membership card to get the member rate. Advance sign up is required. Lunch is available at the Center; cost for lunch is a donation for ages 60 and above and $6 for those under the age of 60. Call 301-475-4200, ext. *1050 to register for the class and for the lunch menu and to make lunch reservations.

Wearin’ of the Green Bash at O’Garvey
Garvey Senior Activity Center
Friday, March 17, Lunch served at Noon
Music from 12:30-1:30 p.m.
For the luck of the Irish, join us at our Annual St. Patrick’s Day bash! Enjoy a traditional meal of Shepherd’s Pie, Irish Soda Bread, steamed cabbage and a yummy dessert. Irish tunes to be performed by John Pomerville, singer of traditional Irish pub tunes. Cost for lunch is by donation for those ages 60 and above and $6 for those under the age of 60. To make reservations, call 301-475-4200, ext. *1050. Remember to wear your lucky green!

Diabetes Self-Management Program
Garvey Senior Activity Center
Tuesdays, March 21-April 25, 1:30-4 p.m.
People with type 2 diabetes and their caregivers are invited to attend this 6-week workshop during which they will learn skills to better manage and cope with diabetes. Subjects covered include techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating; appropriate use of medication; and working more effectively with health care providers. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. This program was developed and tested by professionals at Stanford University School of Medicine and in the community. All materials used during the workshop have been reviewed by physicians, diabetes educators, dieticians, and other health professional. The workshop is facilitated by two trained leaders. Advance registration is required; space is limited. Attendance at all sessions is highly recommended. To learn more or to register, call 301-475-4200, ext. *1050.

Freedom Therapy Solutions Nutritional Presentation
Garvey Senior Activity Center, Wednesday, March 8, 1 p.m.
Physical Therapist Lisa Mesmer from Freedom Therapy Solutions will be here to do an informative presentation on nutrition for National Nutrition Month. Come join us and learn! Call the Garvey Senior Activity Center at 301-475-4200, ext. *1050 for more information and to reserve your spot.
Yellow Door Art Classes
Garvey Senior Activity Center
Mondays, March 20 & May 15, 1:30-3:30 p.m., Cost: $15
The Garvey Senior Activity Center is excited to continue to partner with Yellow Door Art Studios to offer high quality, low cost art instruction. Come join us and take home a beautiful piece of art! In March the theme will be “Springtime in Paris.” This is a colorful and elegant piece that centers on the Eiffel Tower. May’s painting theme will be Tea Time. The cost for each class is $15 a person. Call the Garvey Senior Activity Center at 301-475-4200, ext. *1050 for more information and to reserve your spot.

Pickleball for Experienced Players
Leonard Hall Recreation Center
Mondays, April 3-May 22, 8-10 a.m., $32, Wednesdays, April 5-May 24, 8-10 a.m., $32
The Monday/Wednesday sessions are for those players who are familiar with the rules of the game. Sign up for Mondays or Wednesdays, or both days. Payment is due at registration which opens March 6 and space is limited. To learn more, call 301-475-4200, ext. *1050.

Pickleball for Beginners
Leonard Hall Recreation Center, Tuesdays, April 4-May 23, 8-10 a.m., cost: $32
If you are new to the sport of Pickleball, it is highly suggested that you begin with this course. You will learn basic shot techniques, rules, scoring, court positioning and basic strategy. Over the eight-week period you will get plenty of court time to develop the confidence needed to compete against intermediate and advanced players. Your love for the game starts now! Payment is due at the time of reservation. Registration opens March 6. Space is limited. To learn more, call 301-475-4200, ext. *1050.

March Terra Cotta Animals with Deb
Garvey Senior Activity Center, Wednesday, March 22, 10 a.m., $2
Deb will show us how to create a rabbit out of Terra Cotta pots. These would be a great addition to your home to brighten it up after the cold months. The cost is $2 per person. Call the Garvey Senior Activity Center at 301-475-4200, ext. *1050 to learn more or reserve a place.

Yellow Door Intergenerational Art Class
Garvey Senior Activity Center
Monday, April 10, 1:30-3:30 p.m., $15
Spring break will be here before you know it for the grandkids and little ones! Start out their daytime week with some time with you. Yellow Door Art Studios is offering a special art class for the Garvey Senior Activity Center that encourages seniors to bring along a grandchild or a child close to you to join in on an intergenerational art project. The theme for the painting will be “April Showers Bring May Flowers”. Cost is $15 a person. Please call the Garvey Senior Activity Center at 301-475-4200, ext. *1050 for more information and to reserve your spot.
Cherry Blossom Canvas Art
Garvey Senior Activity Center
Wednesday, April 19, 10-11 a.m.
The cherry blossoms are a beautiful tradition in our area and will be opening up during this time in April. Come join us and help create a beautiful piece of art to hang on your wall for the spring or give as a gift to someone special. The cost for the class is $2. To register, call 301-475-4200, ext. *1050.

6th Annual Book Sale: New This Year… Super Sale Day!
Garvey Senior Activity Center, Tuesday, April 25 & Wednesday, April 26, 10 a.m.-3 p.m.
Donate your used books to the Garvey Senior Activity Center’s used book sale fundraiser. All funds raised will go towards special events and entertainment at center events. Books for all ages are welcome. Hardcovers, paperback, and books on CD in good condition are appreciated. Please, no encyclopedias, textbooks, outdated computer/software manuals, magazines or very worn books. To make a donation, drop off your items at the Garvey Senior Activity Center Monday-Friday, April 6-17 from 8 a.m.-4:30 p.m. The public is invited to shop the book sale on Tuesday, April 25 from 10 a.m.-3 p.m. Costs are $0.50 per paperback and $1 per hardback. On Wednesday, April 26, shop the super sale! Fill a grocery bag (we’ll provide) for $5! To learn more, call 301-475-4200, ext. *1050.

Council Sponsored Special Events
Yard Sale and Craft Fair (Save The Date)
Leonard Hall Recreation Center, Leonardtown, MD, Saturday, June 3, 2017, 8 a.m.-Noon
The Garvey Senior Activity Center Council, Inc., is sponsoring a Yard Sale and Craft Fair Fundraiser in support of the programs, activities and special events offered by the Garvey Senior Activity Center. Weather will not be a factor as it will be an indoor event at the Leonard Hall Recreation Center. Please let us know if you have any items you would like to donate. We can accept and store items the week before the event (May 29-June 2). So, when you do your spring cleaning or are preparing to move, think of those items you can donate to our yard sale. Vendors are welcome to participate and display their crafts for a $25 fee and must provide their own table/setup. We want to make this an annual fundraising event. Contact Margaret Forrest at 301-481-5850 or Beth Roth at 301-373-8129 to learn more and make arrangements to drop off items. Donations will only be accepted by appointment.

Dine and Paint Art Class Fundraiser
Garvey Senior Activity Center, Friday, March 24, 5:30-7:30 p.m., cost: $25
The Garvey Senior Activity Center Council, Inc., is sponsoring a “potluck” Dine and Paint Fundraiser in support of the programs, activities and special events offered at the Garvey Senior Activity Center. Bring a friend and enjoy an evening of fellowship and fun and learn how to paint a beautiful pre-sketch spring flower. The class is suitable for artists of all skill levels. Instructor Jamie Naluai teaches regular art classes throughout the community. Pre-registration and payment are required. The $25 cost includes supplies and pot luck dinner. Make checks payable to instructor Jamie Naluai; in advance. Call 301-475-4200, *1050 or stop by the reception desk to sign up and make your payment. Class is limited to 15 so RSVP.
Living Well with Chronic Conditions
Loffler Senior Activity Center
Thursdays March 2-April 6, 12:30-3 p.m., Free
Let early spring be the time you do something wonderful for yourself. Improve 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, as a workshop consisting of 6 sessions taught by trained lay-leaders and designed to teach sufferers skills that can be used to better manage symptoms and improve outlook. The St. Mary’s County Department of Aging & Human Services, in conjunction with Health Connections has been offering this workshop over the last seven years with updates to the program to make it even more effective. New sessions will begin at Loffler Senior Activity Center on March 2 and will continue through April 6. If you are serious about learning new ways to manage your symptoms, make daily tasks easier, communicate effectively with your doctors, lessen frustration, fight fatigue and get more out of life, then this is for you! If you have any questions, or to sign up call 301-475-4200, ext. *1658 (Must press the star key before ext.) or stop by the reception desk.

Art Classes by Jamie Naluai
Loffler Senior Activity Center
Tuesdays, 10 a.m.-Noon
March 7, 14, 21, 28; April 4, 18, 25, $85
Swing into spring with some art classes! Jamie’s classes are suitable for beginners as well as intermediate level students. She teaches drawing, painting and other mediums in four 2-hour sessions per month. Learn many drawing and painting techniques to create pieces of artwork for each session. Cost of these classes includes enough paint and supplies to get you started. Payment may be made to instructor on the first day of class. Call 301-475-4200, ext. *1658 (Must press the star key before ext.), to sign up or to learn more.

History and Educational Video Series: Accidental Inventions
Loffler Senior Activity Center
Wednesday, March 8, 10 a.m., Free
This 84-minute video tells the stories behind ten extraordinary inventions that came about as the result of accidents, including Teflon, Velcro, stainless steel, and dynamite. Register by calling 301-475-4200, ext. *1658 (Must press the star key), or stop by the reception desk to sign up. Seating is limited.
Health Presentation: *Leg Works*
Loffler Senior Activity Center
Thursday, March 9, 10 a.m., Free
The Center for Vein Restoration will present *Leg Works*, a one-hour program that discusses Venous Insufficiency, the cause of varicose veins and spider veins, which affects 50% of women over 50 and 30% of men over 50. Besides offering information and demonstrations on this hot topic, there will be an opportunity to ask questions of the staff from The Center for Vein Restoration. Register for this presentation by calling 301-475-4200, ext. *1658 (Must press the star key), or stop by the reception desk to sign up.

March Monthly Craft: Photo/Jar Luminary
Loffler Senior Activity Center
Friday, March 10, 10 a.m., Free
Print out a favorite photo on regular copy paper (no bigger than 3”x3” for best results) and bring it to the Loffler Senior Activity Center on Friday, March 10 at 10 a.m. Though you will bring the photo, we will supply the rest of the materials. Call 301-475-4200, ext. *1658 (Must press the star key), or stop by the reception desk to get in on the fun. Pre-registration is required.

Open Studio Art
Loffler Senior Activity Center
Friday, March 10 & 24; April 21, 10 a.m.-Noon., $5 Supply Fee
Jamie donates time on Fridays so that people can enjoy practicing art for little or no fee. These classes are opportunities to learn something new ($5 fee applies) or you can bring in a project you are working on. For questions call 301-475-4200, ext. *1658 (Must press the star key before ext.).

St. Patrick’s Day Celebration
Loffler Senior Activity Center
Friday, March 17
11 a.m.-1:30 p.m., Advance tickets required,
$7 Suggested Donation
Wear your green and enjoy an hour of live IRISH music by David Norris during the lunch hour. Lunch will feature *Shepherd’s Pie, Irish Soda Bread, Steamed Cabbage* and a yummy dessert. There may be a bit of Tom Foolery and shenanigans after the entertainment ends, so bring your sense of humor! Advance tickets are required, $7 suggested donation. A limited number of tickets will be sold, and ticket holders ONLY will be able to have lunch at Loffler on this day. To learn more call 301-475-4200, ext. *1658 (Must press the star key before ext.).
Loffler’s LUNCH CONNECTION
Tuesday, March 14 / Thursday, March 23 / Tuesday, April 11 / Thursday, April 27

Entertainment on Tuesday begins at 11:30 a.m., lunch is served at noon. Advance reservations are required, preferably at least 2 weeks in advance. Call 301-475-4200, ext. *1658 (Must touch STAR KEY before ext.). There will be an appreciation basket for our performers and a 50/50 raffle at each luncheon.

Tuesday March 14: By popular request, Rearview Mirror will entertain you as you feast on a lunch of Fruit Juice Blend, Spaghetti with Meat Sauce and Parmesan Cheese, Tossed Salad with Dressing, Italian Bread with Butter, Milk and Yellow Cake with White Icing for dessert.

Thursday, March 23: Join your friends as lunch is served! This meal will feature Fruit Juice Blend, Meatloaf, Gravy, Succotash, Seasoned Greens, Whole Wheat Dinner Roll with Butter, Orange Sections, Milk and a Chewy Brownie for dessert.

Tuesday, April 11: The soothing sounds of Coastline will fill the room as lunch is served this day. Enjoy a taste of Easter as you are served Baked Ham, Glazed Sweet Potatoes, Brussel Sprouts, Whole Wheat Dinner Roll with Butter, Tomato Wedge Salad, Yogurt and a Fresh Fruit Cup, Milk and an Easter-y Coconut Iced Cupcake for dessert.

Thursday, April 27: The menu for this day is Fruit Juice Blend, BBQ Chicken Leg, Oven Roasted Red Potatoes & Onions, Roasted Carrots, Whole Wheat Dinner Roll, Baked Apples, Milk and a Lemon Bar for dessert.
Walk with Ease
Loffler Senior Activity Center
Mondays, Wednesdays & Fridays, April 3-May 12, 9 a.m., Free
The Arthritis Foundation has developed a new program that uses walking to relieve the pain and stress of arthritis. This six-week program that is part classroom instruction and part walking has been shown to reduce the pain of arthritis and improve your overall health. This series is taught by Arthritis Foundation-trained lay leaders and is offered for free. Commitment to regular class attendance and follow up at home is required. Call 301-475-4200, ext. *1658 (Must press the star key before ext.) or stop by the reception desk to sign up. Class size is limited.

History and Educational Video Series 101 Gadgets That Changed the World
Loffler Senior Activity Center, Wednesday, April 5, 10 a.m., Free
Popular Mechanics magazine and The History Channel have assembled a panel of the world's most renowned tech gurus to generate the definitive list of 101 gadgets. What are they and how did they come about? (Originally broadcast on The History Channel - 86 minutes) Register for this video by calling 301-475-4200, ext. *1658 (Must press the star key before ext.), or stop by the reception desk to sign up. Seating is limited.

April Monthly Craft: Oh, You Beautiful Brick!
Loffler Senior Activity Center
Friday, April 7, 10 a.m., Free
What can you do with a simple brick? Why, you can make it beautiful and then it can serve as a doorstop, a bookend, or just something you enjoy seeing on your porch! Come to the Loffler Senior Activity Center on this day and make it happen - we will supply everything you need. Call 301-475-4200, ext. *1658 (Must press the star key before ext.), or stop by the reception desk to secure your place at this workshop.

Law Day
Loffler Senior Activity Center
Monday, May 1, By appointment, Free
Law Day is a day dedicated to celebrating the role of law and its contributions to the freedoms Americans enjoy. Held on May 1 every year, it is also intended to cultivate a deeper understanding of the legal profession. Here in St. Mary’s County, we are fortunate to have some attorneys who observe Law Day by offering a free service to our senior population. An attorney will be available to help you fill out an advance care directive (a document by which a person makes provision for health care decisions in the event that, in the future, he/she becomes unable to make those decisions) at no cost to you. To make your one-hour appointment call 301-475-4200, extension *1658 (Must press the star key) or stop by the Loffler reception desk.
Research Irish Roots
Northern Senior Activity Center
Tuesday, March 14, 9-11 a.m., Free
interested in learning more about your personal Irish heritage? Louise McDonald will lead a
class at the Northern Senior Activity Center about how to research your Irish roots. This class
will be taught in the computer lab and basic computer experience using an internet browser is
required. Space is limited. To sign up for this series in advance, please visit the signup table or
call 301-475-4200, ext. *3103.

Southern Maryland Wine & Design Painting Projects
Northern Senior Activity Center
Thursdays, March 16 & April 20
9:30-11:30 a.m., $25

Enjoy the fellowship of friends, food, and fun at our Southern Maryland Wine & Design
painting events. Learn to paint a beautiful work of art from professional instructors. Each picture
is pre-sketched to guide you during the painting process and is perfect for artists of all skill levels. All supplies are provided and refreshments are offered courtesy of the center. Leave with a 16x20 canvas of your acrylic painting and a sense of accomplishment. The March painting will be a modern bird silhouette on a chandelier and the April painting will have a spring theme. No alcohol is provided nor permitted. The cost is $25 and is made payable to Southern Maryland Wine & Design. To sign up with payment for each class in advance, please visit the front desk.

Fairy Glow Jar
Northern Senior Activity Center
Tuesday, March 21 10:30-11:30 a.m., $5
Spring is in the air and your garden will soon be in bloom. Embellish your garden with this adorable fairy jar. This jar is the perfect craft for beginners, is very fun to make, and would be ideal to recreate with your grandkids. The cost is $5 and is due at sign up. All supplies are provided and include a flameless candle to add a magical glow. Space is limited. To sign up with payment for this craft in advance, please visit the front desk.
Breakfast Café
Northern Senior Activity Center
Wednesdays, Mar. 15 & Apr. 19, 9-10 a.m., $2
What a wonderful way to start your day! Make your reservation for a delicious staff prepared breakfast with friends and let us do the cooking and clean up.
March 15: sausage gravy over biscuits, home fries, and fruit.
April 19: pancakes, sausage, and fruit.

The cost is $2 and is due at sign up. Space is limited. To sign up with payment for breakfast in advance, visit the front desk.

Upcoming Themed Bingos
Northern Senior Activity Center
Fridays, March 24 & April 21, 10-11:30 a.m., $3
Themed bingos are coming up at the Northern Senior Activity Center.
March 24: Maryland Day
April 21: Earth Day
Both of these bingos will have prizes that reflect the theme. The cost is $3 and is due at sign up. To sign up and pay for each bingo in advance, visit the front desk.

YES Cycling Events
Northern Senior Activity Center
Wednesdays
March 29, April 12 at 10 a.m.
April 26, 1 p.m., Free
The Northern Senior Activity Center will continue to have cycling events on the Three Notch Trail through the spring. Bring your own bike or trike and helmet for a causal, relaxed-pace ride stopping along the way to read the trail interpretive signs, observe wildlife, and admire scenery. Participants will also learn about trail rules and basic group riding tips. The trip is led by Dan Donahue, experienced cyclist and bicycle trip leader. Ride lengths begin at 6-10 miles and will progress to longer rides throughout the season. The Northern Senior Activity Center has three bicycles and one trike available to borrow for trips. Helmets are encouraged but not provided by the center. To sign up for the trip or to reserve one of the cycles in advance, visit the signup table or call 301-475-4200, ext. *3103.
Legs Work
Northern Senior Activity Center
Thursday, March 30, 11 a.m.-12 p.m., Free
The Center for Vein Restoration will lead a presentation on varicose and spider veins. These veins are the result of venous insufficiency and it affects 50% of women and 30% of men over age 50. To learn more about this topic through their presentation called Legs Work, sign up for this series in advance by visiting the signup table or by calling 301-475-4200, ext. *3103.

Living Well With Chronic Conditions
Northern Senior Activity Center
Mondays, April 3, 10, 17, 24, May 1, & 8 (6 sessions), 12:30-3 p.m., Free
Start doing something wonderful for yourself- Improving your life even while dealing with a chronic health condition! This is an evidence-based program developed by Stanford University to help people with chronic conditions take charge of their life by developing self-management skills, including dealing with depression and fatigue, pain, working with health care providers and more. St. Mary’s County Department of Aging & Human Services, in conjunction with Health Connections has been offering this periodically over the last seven years. If you have a chronic condition and are serious about improving the way you feel, this is the workshop for you. There is no charge for taking this class; however, a commitment to regular attendance is needed for good results. To sign up for this series in advance, visit the signup table or call 301-475-4200, ext. *3103.

CSM Wellness Clinic
Northern Senior Activity Center
Thursday, April 6, 9-11:30 a.m., Free
The College of Southern Maryland’s Nursing Program will provide a free wellness clinic at the Northern Senior Activity Center. Health checks include blood pressure, height and weight, heart rate, and memory assessment. Presentations include topics such as Bladder Health, Anxiety Disorders and Coping Mechanisms, Arthritis, and Allergies vs. Cold. Drop-ins are welcome; prior sign up is not required.
Eggstra Special Easter Arrangement
Northern Senior Activity Center
Friday, April 7, 10:30-11:30 a.m., $20
Get eggcited about this eggstra special Easter arrangement class at the Northern Senior Activity Center. Learn to make a fresh floral arrangement using wet floral foam in a wicker basket. The cost is $20 and is due at sign up. All materials including flowers and Easter embellishments are provided. Space is limited. To sign up with payment for this class in advance, visit front desk.

Organic Veggie Garden Presentation
Northern Senior Activity Center, Monday, April 17, 11-11:45 a.m., Free
The University of Maryland Extension-St. Mary’s Master Gardeners will have a presentation on organic veggie gardening and tips on how to get started. This presentation will go over the native plants that are ideal for planting in our area, when to plant, how to maintain, and the benefits of native plants. Space is limited. To sign up for this free presentation in advance, visit the signup table or call 301-475-4002, ext. *3101.

Spring Musical Event, Northern Senior Activity Center
Friday, Apr. 21, 11:30 a.m.-1 p.m., $5
Celebrate spring by coming to our luncheon and recital. Enjoy a delicious lunch of Meat Loaf, Mashed Potatoes and Gravy, Broccoli, Mandarin Oranges, Whole Wheat Dinner Roll and Chocolate Cake with Chocolate Icing for dessert. Meleah Backhaus Shrout and students will provide musical entertainment from noon to 1 p.m. Door prizes, special treats, and embellishments will be provided. Suggested donation is $5. To sign up with payment in advance, visit the front desk. Call 301-475-4200, ext. *3103.

Coloring Group
Northern Senior Activity Center
Monday March 6, 1-2 p.m., Free
Do you like to color in adult coloring books? Adult coloring books are a fun way to maintain a focused mind while relaxing and enjoying the nostalgia of coloring. The Northern Senior Activity Center will have its first coloring group meeting on Monday, March 6 at 1-2 p.m. in the Craft Room. Bring your colored pencils, markers, and coloring books/pages to enjoy working on your projects with friends. If you want to learn more about this opportunity call us at 301-475-4200, ext. *3103.
Donuts with the Sheriff

Loffler Senior Activity Center
21905 Chancellors Run Road, Great Mills

Friday, March 31, 2017
9 a.m.

Free of Charge!
Registration requested - call 301-475-4200, ext. *1073

The Triad/SALT Council invites you to have Donuts with the Sheriff! Are you interested in learning about the St. Mary’s County Sheriff’s Office? Do you want to know more about issues that affect you? This is an opportunity to ask Sheriff Timothy Cameron directly!

Brought to you by the Department of Aging & Human Services, the Triad/SALT Council, and the Commissioners of St. Mary’s County
Luncheon with the Bushmill Band
Garvey Senior Activity Center
Wednesday, April 19, Noon

Come join us and enjoy the musical stylings of the local Bushmill Band. They have performed all over the county from Cracker Barrel to last year’s Riverfest. Their music will get your toes tapping and your hands clapping! Lunch will be roast beef, mashed potatoes, stewed tomatoes, dinner roll, applesauce, orange juice and chocolate cake with buttercream icing. Cost for lunch is a donation for those ages 60 and above and $6 for those under 60. To make reservations, call 301-475-4200, ext. *1050. Seating is limited, so call soon.
Retired and Senior Volunteer Program
By Norine Rowe, RSVP Project Manager

NATIONAL WOMEN’S HISTORY MONTH
In recognition of National Women’s History Month in March, we want to honor all the women who serve as volunteers throughout the year with RSVP. Almost three-quarters of our RSVP volunteers are women, which reflects the significant impact senior women are making on the quality of life in our community.

RSVP women volunteers serve in many ways, whether providing direct services to persons in need, serving in leadership roles, or working behind the scenes to provide support services to local non-profits. Whatever their role, they are making very important and valuable contributions to our community. So let us take the time to thank the women in our lives for all they do to make our world a better place to live!

NATIONAL VOLUNTEER WEEK
April 23-29, 2017
In April, we celebrate National Volunteer Week and all the wonderful volunteers who are part of RSVP, both men and women. Where would we be without all of our senior volunteers who keep local non-profits running, our Senior Activity Centers humming with activity, our offices operating, our museums open? So much that happens in our community would not be possible without our senior volunteers. We thank you for your service!
Another Successful Year for RSVP Volunteers!

RSVP volunteers served more than 33,000 hours in 2016 valued at more than $900,000! Pictured here is Commissioner President Guy proudly displaying the large check we presented to him last year at our annual Volunteer Appreciation Ceremony and Awards Banquet. We look forward to presenting him with another big check this year, thanks to the substantial service contributions of all our RSVP volunteers!

Staff Photo

Remember the Date: Volunteer Appreciation Ceremony & Awards Banquet March 22

We want to remind all our volunteers who registered for our RSVP Volunteer Appreciation Ceremony & Awards Banquet that this year’s event is being held on Wednesday, March 22, at the Dr. James A. Forrest Career and Technology Center in Leonardtown, directly across from the county fairgrounds. Doors open at 10 a.m. for registration, the awards ceremony begins at 11 a.m., and the luncheon banquet follows directly afterward. We look forward to seeing you there!

Special Notice Regarding Parking at Awards Banquet

Our Volunteer Banquet takes place during the school day while students are still at the Tech Center and parked in the front parking lot. Awards Banquet attendees will need to park in the rear parking lot of the Tech Center. We will have directional signs and parking lot attendants to help direct attendees to our event parking location. A van staffed by Department of Aging & Human Services personnel will also be available to provide transportation from the parking area to the event entrance for those who need assistance.

Awards Banquet and Possible Wintry Weather

There is always a chance snow could affect our Volunteer Awards Banquet. If we do have a snow event and public schools are closed, our Banquet will have to be rescheduled. However, if there is a delay in public school openings, it’s possible our event can take place. In the case of snow, please check the Public Schools website for information. Also, you can visit our Department of Aging & Human Services website at www.stmarysmd.com/aging/ for event status, or you can call RSVP at 301-475-4200, ext. *1653, for a voice mail message with event information. Here’s hoping we have bright, sunny skies and we’re able to proceed as scheduled!

To learn about volunteer opportunities for seniors 55+, call RSVP at 301-475-4200, ext. *1653, or e-mail Norine.Rowe@stmarysmd.com

(Please note our new phone number)
25th Annual Southern Maryland
Caregivers Conference

Friday, April 21, 2017  8:00am—2:30pm

Southern Maryland Higher Education Center
California, Maryland in St. Mary’s County

To request a brochure and more information call:
301-475-4200 ext. *1050

Sponsored by
The Geriatrics and Gerontology Education and Research Program,
University of Maryland, Baltimore
St. Mary’s County Department of Aging & Human Services

Join Us For Sessions On:
• Community Services
• Medicare
• Medicaid
• Oral Health Care
• Family Dynamics and Caregiving
• Dementia Care at Home
• Medication Management
• Caregiver Stress
• Safe Caregiving at Home
• Sexuality and the Older Adult
• Helping People with Hearing and Sight Loss
• Health Care Decision Making at the End of Life
• Hospice Care
• Palliative Care
• Funeral Planning
• Mental Health Issues in Late Life
• Traumatic Brain Injury and Aging

Pre-registration required.
For more information call: 301-475-4200 ext. *1050
Law Day

Monday, May 1, 2017
9 a.m.-4 p.m.

Make an appointment with an attorney to fill out an Advance Healthcare Directive, completely FREE!

An Advance Health Care Directive will:
- Name your Health Care Agent, the person or persons who will make your health care decisions for you.
- Decide when your Agent’s power becomes effective.
- State your desires concerning the administration or withholding of life sustaining procedures if you are unable to give instructions regarding your care due to an end of life condition (incurable disease, terminal condition, persistent vegetative state, end stage condition, injury).
  This includes the choice(s) of artificial nutrition and hydration and/or all available interventions.
- Customize with your personal instructions and statements.
  - Choose pain relief to relieve pain and suffering.
  - State your wishes concerning organ donation or the donation of your body.
- State your desires and preferences regarding funeral and burial, cremation, memorial service, or other final instructions.

Registration required.

Call Community Programs & Outreach Manager Sarah Miller at 301-475-4200, ext. *1073, to schedule an hour-long appointment at your local Senior Activity Center.

Appointments will be available at the Loffler, Northern, and Garvey Senior Activity Centers. All attorneys are members of the St. Mary’s County Bar Association and are donating their time for Law Day to fill out Advance Care Directives ONLY. This is a free service.

Law Day is sponsored by the ELDR Law Section of the Maryland Bar Association

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

MARCH-A PrIL 2017
VOLUNTEERS NEEDED

In order to sustain the Senior Rides Program and the Home Delivered Meals Program, there is an ongoing effort to recruit Volunteers.

A great way to give back to your community

Senior Rides Volunteer Drivers:

Purpose of Position:
To enhance the lives of St. Mary’s County senior citizens by providing valuable transportation services.

Duties of Position:
Volunteer drivers will provide door to door transportation to St. Mary’s County residents 60 years of age and older who are unable to transport themselves or lack the ability to access other means of transportation services. Examples: medical appointments, grocery shopping, church, and other places.

Service Schedule:
Drivers are not required to volunteer a minimum number of hours per month. Emails sent out daily, volunteer driver choose trips when and if available.

Driver Qualifications and Requirements:
- Patience and a genuine love of helping others
- 21 years of age or older
- Own a personal vehicle
- Have an automobile insurance policy with a minimum personal liability limit of $100,000
- Pass a criminal background check
- Pass MVA driving record check
- Live in St. Mary’s County or neighboring
- Sign a volunteer driver release waiver
- Attend Driver Safety Course
- Participate in informal interview

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

Contact:
Julie Burch, Senior Rides Coordinator
301-475-4200, Ext. *1066
Julie.burch@stmarysmd.com

Home Delivered Meals:

Setting:
Volunteers pick up meals at one of three Senior Activity Centers in St. Mary’s County and deliver to homebound clients on a specified delivery route within the county.

Service Schedule:
Volunteers serve as determined by HDM Coordinator and volunteer consensus. Meals are delivered Monday through Friday, 11:15 a.m. through 1:30 p.m. No meals will be delivered on days that the Senior Activity Centers are closed.

Examples of Services Performed:
Pick up meals and pack into coolers provided. Drive the established route and deliver meals to homebound seniors. Inform HDM Coordinator of any customers who do not answer the door.

Driver Qualifications and Requirements:
- Valid Drivers License
- Access to reliable mode of transportation
- 21 year of age or older
- Attend training provided by HDM coordinator and experienced HDM driver

Volunteer Benefits:
- Mileage reimbursement or tax deduction.

Contact:
Monika Williams, Home Delivered Meals Coordinator
301-475-4200 Ext. *1060
Monika.williams@stmarysmd.com
<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Instructor</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garvey Senior Activity Center</td>
<td>Intermediate Quilting</td>
<td>Louise Park</td>
<td>1st &amp; 3rd Fridays</td>
<td>9:30 a.m.</td>
<td>Supplies</td>
</tr>
<tr>
<td>Loffler Senior Activity Center Great Mills</td>
<td>Needle Crafters</td>
<td>Audrey Hanie</td>
<td>Mondays &amp; Thursdays</td>
<td>10-11:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Open Studio Art</td>
<td>Jamie Naluai</td>
<td>2nd &amp; 4th Fridays</td>
<td>10 a.m.</td>
<td>Supplies</td>
</tr>
<tr>
<td></td>
<td>Appliquéd</td>
<td>Judith Nelson</td>
<td>Monday</td>
<td>1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Independent Art Art Classes</td>
<td>Self-directed</td>
<td>Wednesdays</td>
<td>1 p.m., 10 a.m.-noon</td>
<td>Bring materials $85/4 wks</td>
</tr>
<tr>
<td></td>
<td>Honey Bee Quilters</td>
<td>Jan Goings</td>
<td>1st &amp; 3rd Wednesdays</td>
<td>10 a.m.-noon</td>
<td>Free</td>
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<tr>
<td></td>
<td>Project Linus</td>
<td>Debbie Rumple</td>
<td>3rd Fridays</td>
<td>10 a.m.</td>
<td>Free</td>
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<tr>
<td></td>
<td>Monthly Craft</td>
<td>Audrey Haynie</td>
<td>1st or 2nd Fridays</td>
<td>10 a.m.</td>
<td>Fee</td>
</tr>
<tr>
<td></td>
<td>Wood Carving</td>
<td>W. &amp; M. Brown</td>
<td>Tuesdays</td>
<td>1 p.m.</td>
<td>Supplies</td>
</tr>
<tr>
<td></td>
<td>Form-A-Line Cards</td>
<td>Linda Wright</td>
<td>Mondays</td>
<td>1 p.m.</td>
<td>$5 for starter kit</td>
</tr>
<tr>
<td>Northern Senior Activity Center Charlotte Hall</td>
<td>Simply Crafty</td>
<td>Self-directed</td>
<td>Daily</td>
<td>Open</td>
<td>Free</td>
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<tr>
<td></td>
<td>Whimsie Works Pottery</td>
<td>Pam King</td>
<td>2nd &amp; 4th Mondays</td>
<td>1:30 p.m.</td>
<td>Fee</td>
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<tr>
<td></td>
<td>Quilting for Beginners</td>
<td>Gina Alexander</td>
<td>2nd &amp; 4th Wednesdays</td>
<td>12:30 p.m.</td>
<td>Free</td>
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<tr>
<td></td>
<td>Dynamic Ceramics</td>
<td>Nancy Norris</td>
<td>Wednesdays</td>
<td>9:30 a.m.-noon</td>
<td>Fee</td>
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<tr>
<td></td>
<td>Open Studio</td>
<td>Self-directed</td>
<td>Mondays &amp; Fridays</td>
<td>9 a.m.</td>
<td>Free</td>
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<tr>
<td></td>
<td>Northern Stars Theater Group</td>
<td>Rachel Mowatt</td>
<td>Varies</td>
<td>1 p.m.</td>
<td>Free</td>
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</table>
Ongoing Social Events at the Northern Senior Activity Center

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Senior Activity Center</td>
<td>“Bring Your Buddy” Billiards</td>
<td>Mondays, Wednesdays, Thursdays, No Fridays, Tuesdays</td>
<td>All day Before 1 p.m. After 3 p.m.</td>
<td>Free</td>
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<tr>
<td>Charlotte Hall</td>
<td>Hand &amp; Foot</td>
<td>2nd &amp; 4th Tuesday</td>
<td>12:30-4:30 p.m.</td>
<td>Free</td>
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<tr>
<td></td>
<td>“Oh, Heck”</td>
<td>Tuesdays and Fridays</td>
<td>9:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Double Pinochle</td>
<td>Tuesdays, Fridays</td>
<td>11 a.m., Noon</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Breakfast Café</td>
<td>Varies (see pg. 19)</td>
<td>9 a.m.</td>
<td>$2</td>
</tr>
<tr>
<td></td>
<td>Western Mahjong</td>
<td>Wednesdays</td>
<td>1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Eastern Mahjong</td>
<td>Thursdays</td>
<td>10 a.m., 1 p.m.</td>
<td>Free</td>
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<tr>
<td></td>
<td>Pitch Tournament</td>
<td>TBD 5 week sessions</td>
<td>12:30 p.m.</td>
<td>$10</td>
</tr>
<tr>
<td></td>
<td>Bridge</td>
<td>Thursdays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Bingo</td>
<td>Fridays</td>
<td>10 a.m.</td>
<td>$2</td>
</tr>
<tr>
<td></td>
<td>Eat. Play. Fun. Pitch.</td>
<td>2nd and 4th Thursdays</td>
<td>12:30 p.m.</td>
<td>$5</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garvey Senior Activity Center Leonartown 301-475-4200, ext. *1050</td>
<td>Bingo</td>
<td>1st &amp; 3rd Mondays</td>
<td>10 a.m.-noon</td>
<td>$1-3</td>
</tr>
<tr>
<td></td>
<td>Billiards</td>
<td>Call for availability</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
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<tr>
<td></td>
<td>Casual Contract Bridge</td>
<td>2nd &amp; 4th Fridays</td>
<td>10 a.m.-1 p.m. Beginning Dec.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Senior Vibes</td>
<td>1st Tuesday</td>
<td>9:30-11:30 a.m.</td>
<td>Free</td>
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<tr>
<td></td>
<td>Bridge Club</td>
<td>Thursdays</td>
<td>10 a.m.-3 p.m. (call for info)</td>
<td>Free</td>
</tr>
<tr>
<td>Loffler Senior Activity Center Great Mills 301-475-4200, ext. *1658</td>
<td>Pinochle</td>
<td>Mon., Wed. &amp; Fri.</td>
<td>8 a.m.-12:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Canasta/Pitch Club</td>
<td>Tuesdays</td>
<td>9:30 a.m.-2 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Contract Bridge</td>
<td>Tuesdays</td>
<td>10 a.m.-noon</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Bingo</td>
<td>Tuesdays-Mar. 7, 21,28 Apr. 4,18,25</td>
<td>12:30-1:30 p.m.</td>
<td>$1 (up to three cards)</td>
</tr>
<tr>
<td></td>
<td>Bingo</td>
<td>Wednesday, Mar. 15 Apr. 12</td>
<td>12:30-1:30 p.m.</td>
<td>$1 (up to three cards)</td>
</tr>
<tr>
<td></td>
<td>Canasta &amp; More</td>
<td>Wednesdays</td>
<td>1-4 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Puzzles</td>
<td>Daily</td>
<td>9-Noon</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Polish Poker &amp; Pitch</td>
<td>Wednesdays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Coloring Conquests</td>
<td>Daily</td>
<td>9 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Pitch</td>
<td>Thursdays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

**Our Extensions Have Changed**
Please be advised that the phone extensions for the Department of Aging & Human Services, Garvey, Northern, and Loffler Senior Activity Centers have changed. Please make sure to dial an asterisk (*) before these extensions.
# Ongoing Physical Fitness Activities At Garvey and Loffler Centers

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Garvey Senior Activity Center</strong></td>
<td>Fitness Equipment</td>
<td>Daily</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Leonardsown</td>
<td>Wii Sports</td>
<td>Call for availability</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Men’s Strength Training</td>
<td>Mondays &amp; Thursdays</td>
<td>9:30-10:30 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>EnhanceFitness</td>
<td>Mon., Wed., Fri.</td>
<td>10:45-11:45</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Open Table Tennis</td>
<td>Tuesdays except 1st.</td>
<td>10 a.m.-noon</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Thursdays</td>
<td>2:15 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Arthritis Foundation Exercise</td>
<td>Tuesdays &amp; Thursdays</td>
<td>8:45-9:20 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Yoga For Everyone</td>
<td>Tuesdays &amp; Fridays</td>
<td>1:05-2:05 p.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Line Dancing</td>
<td>Wednesdays</td>
<td>1:30-2:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Exercise for Parkinson’s Disease</td>
<td>Thursdays</td>
<td>1:15-2 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Zumba</td>
<td>Thursdays</td>
<td>10:45-11:45 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Walk Tone</td>
<td>Fridays</td>
<td>9:30-10:30 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Video Aerobics</td>
<td>Fridays</td>
<td>8:30-9:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Fitness Equipment Available</td>
<td>Daily</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td><strong>Loffler Senior Activity Center</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Great Mills</td>
<td>Wii Sports</td>
<td>Daily</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Zumba</td>
<td>Mondays</td>
<td>Noon</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Walking Club</td>
<td>Mon., Wed. &amp; Fri.</td>
<td>9 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Arthritis Foundation</td>
<td>Mondays &amp; Fridays</td>
<td>1-2 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>EnhanceFitness</td>
<td>Mondays &amp; Fridays</td>
<td>2 p.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wednesdays</td>
<td>1 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strength Training</td>
<td>Tuesdays, Thursdays</td>
<td>10-11 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Yoga</td>
<td>Mon., Wed., Thurs. &amp; Fri.</td>
<td>9:50-11 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Thursdays</td>
<td>8:50-9:50 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Line Dance</td>
<td>Fridays</td>
<td>11 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Tai Chi for Arthritis &amp; Fall Prevention</td>
<td>Mondays, Thursdays by schedule; call.</td>
<td>11 a.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. *3101</td>
<td>Fitness Equipment Available</td>
<td>Daily</td>
<td>8 a.m.-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Wii Sports</td>
<td>Daily</td>
<td>Noon-5 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Walking on Three Notch Trail</td>
<td>Daily</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Awakening Yoga</td>
<td>Mondays</td>
<td>9 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Zumba</td>
<td>Tuesdays</td>
<td>10-11 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Arthritis Foundation Exercise</td>
<td>Wednesdays &amp; Thursdays</td>
<td>10-10:45 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>EnhanceFitness</td>
<td>Tues. &amp; Thurs., Saturdays</td>
<td>9-10 a.m.</td>
<td>F.C.</td>
</tr>
<tr>
<td></td>
<td>Line Dancing</td>
<td>Wednesdays</td>
<td>1-2:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Regular Bike Riding</td>
<td>Daily</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>YES cycling</td>
<td>Appointment</td>
<td>Scheduled Times</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Regulation Horseshoes</td>
<td>(Call)</td>
<td>(Call)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tai Chi for Arthritis</td>
<td>Workshops Vary</td>
<td>(Call)</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Chair Yoga</td>
<td>1st &amp; 3rd Fridays &amp; Alternating Wednesdays</td>
<td>9-10 a.m.</td>
<td>F.C.</td>
</tr>
</tbody>
</table>

* 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

Thanks to volunteer reader, Barbara Homan, an audio version of this bi-monthly New Beginning newsletter is available on the Department of Aging & Human Services website. To have New Beginning read to you, go to the web page www.stmarysmd/aging. Click on Community Programs, or click on “Bi-monthly Newsletter” under “Quick Links.” This will take you to past newsletters, and you can click on the issue you want to read, or click on the speaker icon to the right of the monthly edition you want to have read to you.

Call 301-475-4200, ext. *1073 to learn more about this audio availability. Additional volunteer readers and those proficient in other languages are particularly welcome; the time commitment is approximately two hours on a bi-monthly basis.

You can also view the Senior Activity Center monthly calendars by going to www.stmarysmd.com/aging and clicking on the “Loffler Activities Calendar,” the “Northern Activities Calendar,” or the “Garvey Activities Calendar.”
Ongoing Education Classes

<table>
<thead>
<tr>
<th>Location</th>
<th>Title</th>
<th>Instructor</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garvey Senior Activity Center Leonardtown 301-475-4200, ext. *1050</td>
<td>Book Discussion</td>
<td></td>
<td>2nd Wednesday</td>
<td>10:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Loffler Senior Activity Center Great Mills 301-475-4200, ext. *1658</td>
<td>Current Events</td>
<td>Dave Spore</td>
<td>Mondays</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Scripture Study</td>
<td>Solomon Olumese</td>
<td>2nd &amp; 4th Fri.</td>
<td>10 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Computer Tutor</td>
<td>Volunteer</td>
<td>Daily</td>
<td>By appt.</td>
<td>Free</td>
</tr>
<tr>
<td>Northern Senior Activity Center Charlotte Hall 301-475-4200, ext. *3101</td>
<td>Page Turners Book Club</td>
<td>Gloria Fusco</td>
<td>4th Wednesday</td>
<td>1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Lyme Disease Support &amp; Discussion Group</td>
<td>MarieNoelle Lautieri</td>
<td>TBD</td>
<td>1 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>Book Chatter</td>
<td></td>
<td>4th Thursday</td>
<td>11 a.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

Sign Up Online to Receive New Beginning

You can sign up to receive a notification when the newsletter is available online in PDF format via stmarysmd.com/citizen/signup.asp. This link will also allow you to sign up for news releases and emergency alerts. The newsletter can also be viewed on the Department of Aging & Human Services website, stmarysmd.com/aging/.

If you choose to receive the newsletter via e-mail or view online rather than mailing, contact Community Programs and Outreach at 301-475-4200, ext. *1073.
St. Mary’s County Department of Aging & Human Services At A Glance
Lori Jennings-Harris, Director

MAP/I&A-Your link to health and support services providing older adults, persons with disabilities and caregivers with a single point of entry. Help for seniors in the form of services, benefits and assistance is provided. Access to information and referral services, options counseling, support for caregivers, and more, are provided. Call 301-475-4200, ext. *1050 for information.

Home and Community-Based Services (HCBS)-Consists of multiple programs providing the following services: Guardianship for individuals age 65 and over, Medicaid-funded community-based services, 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.

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

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

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

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

Human Services-Areas of responsibility of the Division of Human Services include: 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. Call 301-475-4200, ext.*1849.

Website: www.stmarysmd.com/aging
Phone: 301-475-4200, ext. *1050 Fax: 301-475-4503

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

Senior Activity Centers:
• Garvey Senior Activity Center, 301-475-4200, ext. *1050
  41780 Baldridge St., Leonardtown, MD, 20650
• Loffler Senior Activity Center, 301-475-4200, ext. *1658
  21905 Chancellor’s Run Rd., Great Mills, MD 20634
• Northern Senior Activity Center, 301-475-4002, ext. *3101
  29655 Charlotte Hall Rd., Charlotte Hall, MD, 20622
2017 Holiday Closings...
(Also, no Home-Delivered Meals)

Good Friday, Friday, April 14