

The SCOOP

Charles County's Senior Center News



AUGUST 2020
www.CharlesCountyMD.gov

Give us a Call!

During such an unsettling time, we want you to know that we are in this together with you! We encourage you all to stay safe, stay home, and stay healthy. We are still working for you and are available if you need anything. Please give one of our senior centers a call and leave a detailed message if we don't answer. We can't wait for things to resume back to the way we were but remember you are not alone. Love, Charles County Senior Center Staff.

Richard R. Clark: 301-934-5423
Indian Head: 301-743-2125
Nanjemoy: 301-246-9612
Waldorf: 240-448-2814



Veterans Assistance

Are you a veteran, caregiver of a veteran, or family member seeking information on behalf of a veteran? The SHIP Office and VConnections, Inc are available to assist you virtually, over the telephone and by mail. Please contact 301-609-5712 and leave a detailed message with your name, telephone number, and nature of your call.

SMP SCAM WATCH CORONAVIRUS

Be on the lookout for scams that could arise from the coronavirus (COVID-19) pandemic.

As a reminder:

- Protect your Medicare number and only provide it to your doctor and Medicare providers.
- Be cautious of anyone going door to door to offer free coronavirus testing, supplies, or treatments.
- Don't fall for scare tactics or time-sensitive offers.

Contact the SMP for questions or to report Medicare fraud, errors, or abuse at 877.808.2468 or at smpresource.org.

Follow us on Facebook!

Did you know that Charles County Senior Centers have a Facebook page? Connect with us! Follow our page, **Charles County Seniors Centers**, to see what is offered, get up-to-date news, interact with us online and follow what is going on at our four Senior Centers.

Now, more than ever, with social distancing measures in place, we need to stay connected in other ways. We invite you to join us on Facebook to interact with us and stay connected while our centers are temporarily closed. Our Senior Center staff has been working hard creating new content to keep our seniors engaged! On Facebook you can join us for a work out, read funny jokes, interact with us on posts, send us messages to say hello and chat, get connected to online resources and events and even join us for our virtual hangouts so we can see your smiling faces!

We are providing daily content to keep us all engaged and connected. **We really miss you all and hope to connect to you on Facebook!** You must have a personal Facebook page in order to follow our Facebook page.

How to Follow Us on Facebook

While logged into your own personal Facebook page, do one of the following:

1. In the search bar, type in "Charles County Senior Centers". Click on our page and press the "follow" button.
2. Open a web page and type **www.facebook.com/CharlesCountySeniorCenters**. Press the "follow" button when our page appears.

Need help finding our Facebook page? No problem! Give one of our senior centers a call and our staff will try and assist you over the phone.



Backyard Birds in Maryland: Part II

By: Janice Hamby, Senior Center Coordinator

Did you have any luck finding Warblers and Chichadees in July? We hope you did! Read below about two more backyard birds we hope you can find in August!



American Robin

An American Robin is not really a robin. It is the largest of the Thrushes found in North America. This bird was named by the early English settlers who thought it looked very similar to the Robin of their homeland, with both birds having red breasts.

The adult Robin is 8 ½ inches in length and can be as large as 11 inches. The head is black to dark gray in color, with the male's head deep black in the spring mating season. The breast feathers are dull red- orange, with the female having a paler color. Juveniles have white spotted breasts until they molt into the adult plumage. White spots around the eyes give the appearance of broken eye rings. Wings are gray and the bills are thin and yellow. Males are slightly larger.

Robins are considered short distance, daytime migrants. You may not see them in your backyard in the fall or winter, but the birds are found at the local bottomland woods and/ or near berry- bearing trees. Robins come back into the backyards in early spring, as the soil warms up making insects and worms available as food.

American Robins eat different foods through out the year. In the spring and summer the diet is high in protein with insects and worms consisting of 40% of the bird's diet. Robins find earthworms by sight and hearing. It is quite common to see the birds running, stopping, cocking their head to hear their prey then tugging the worm out of the ground. These birds certainly help the farmer by eating ground beetles and weevils. They eat fruit year round, with favorites being cherry, dogwood, grape, red cedar, blackberry, holly, blueberry, elderberry, spicebush and viburnums.

Robins breed generally where lawns and other short grass areas are mixed with shrubs and trees. They will also breed in conifer areas where openings or grassy areas are nearby. The breeding season runs from April to August with the birds being capable of raising three broods a year.

Robins are monogamous with pair bonding taking place in early spring. The nest is located in trees or bushes about 5 to 15 feet off the ground. Males will help feed the young, but the female is the only one that sits on the nest. Once the young are on their own they join the males in the nighttime roosts. Once the female finishes raising her last brood, they will join the nighttime roost that can range from 20 to 200 robins. It is thought that nighttime roosts serve as protection from predators.

American Robins are one of the first birds to sing in the dawn and the last at night. Their song of "chirrup, cherry-up, cherry-up" or the loud "chup" is one of the most common wildlife sounds heard in the suburbs. Robins also have alarm calls to warn others of predators in the area.



American Goldfinch

A small songbird approximately 5" in size, the male in the summer time has a bright canary yellow body with black wings, forehead and tail. Female birds in the summer are a dull olive color, with black wings and noticeable wing bars. Both sexes have short conical bills. In winter, both sexes look like the summer female but with more a grayish tint and their legs are light brown. Immature birds are a pale yellow prior to their first molt. American Goldfinch are found year round in Maryland.

A Goldfinch makes a Canary like sound. When the bird flies its unique up and down flight, it often sings t—dee-di-di.

Their breeding habitat is old fields, woods edge, shrubs along ponds and streams and hedgerows. In winter, the birds become very wide spread, in weedy fields, hedgerows, and deciduous woods. In summer, they are found in patches of thistles, dandelions on lawns, weedy gardens and roadsides.

Goldfinch are primarily seed eaters and will also eat aphids and caterpillars in the summer.

The American Goldfinch is one of the last birds to breed in the summer, from late July to September. Goldfinches usually only produce one brood per season of four to six eggs. The female builds the nest, and incubates the eggs by herself. The eggs hatch in about 13 to 14 days, with the young staying in the nest another 14 days. The male does help the female in raising the young.

Nests are built in trees or shrubs 15 to 40 feet above the ground. These birds will not use old nests and will not use nesting boxes or platforms. Nests are often lined with thistle down and timing of breeding is based on the availability of thistle down. Share your backyard birds with us on Facebook!

Get a Property/Renters Tax Break

Did you know that the state of Maryland provides a tax credit for homeowners and renters who qualify on the basis of gross household income? Many seniors qualify for this tax credit, so don't let this opportunity pass you by. Applications will be available starting February 2020. Any person submitting this tax credit application will receive one of the following:

1. A credit directly on your July property tax bill if the application is completed and received before May 1, 2020.
2. A tax credit certificate to be used towards payment of the tax bill or for a refund if the bill has already been paid; or
3. A credit that is paid as a direct check to the applicant, if you are an eligible renter; or
4. A written letter of denial stating the reason for ineligibility.

Anyone who files after May 1, 2020, should not expect to receive the credit in time to take advantage of any discounts for early payment.

Senior Citizens age 60 and older, or disabled persons of any age, can obtain an application by calling the Department of Community Services, Aging and Human Services Programs at 301-609-5712 or 301-934-0118.

Creating a Walking Routine

Written by: Nate Schultz, Fitness Specialist

Walking is one of the best cardio exercises that you can do. You do not need a gym or any equipment. It is low impact and weight-bearing which is good for osteoporosis and the movement in the joints is beneficial for arthritis. Walking can reduce stiffness in joints and also increase range of motion. Like other cardio exercises, it can help with anxiety, blood pressure, body fat percentage, balance, and more.

When starting a walking routine it is a good idea to make a realistic goal and a plan to get there. If all you can walk is a minute at a time that is fine. Each week you can add a little bit more time per walk and maybe add another day. The time that you walk each day doesn't have to be consecutive either. For example you still get health benefits walking 10 minutes 3 times per day.

The recommended minimum amount of cardio to get per week is 30 minutes of moderate intensity on at least 5 days a week. Although walking everyday is fine, it is beneficial to give your body rest. So maybe take one day off, or reduce the amount of time you walk that day. You can see if you are working out at a moderate intensity by checking your heart rate. An easier way though would be to use the talk test. If you are able to talk but not sing, you are at moderate intensity.

How Much of a Marylander are You?

If you live in Maryland, chances are you are Maryland Proud! Maryland residents have a long time love for their state and are PROUD to be Marylanders! Answer the questions below to see how much of a Marylander you really are!?

1. Do you like Old Bay?
2. What is Maryland's state flower?
3. What is Maryland's state bird?
4. Are people from Maryland therefore from DC?
5. Do you know who Jimmy and Sally are?
6. What is the state sport?
7. Do you know what a snowball is?
8. How many brewers does the state have?
9. Where is "Miracle on 34th Street"?
10. Who or what is the poe toaster?
11. Are Marylanders considered southerners?
12. What makes Maryland like all of America combined?
13. National Bohemian Beer is _____



Pound Cake

With only four ingredients, this pound cake recipe makes a dense, moist and delicious dessert.

Ingredients:

- 1 cup butter, softened
 - 1 2/3 cup sugar
 - 5 eggs, room temperature
 - 2 cups flour
- Optional: Powdered sugar, to sprinkle on top

Directions:

1. Cream the butter. Add sugar and cream together for 2 minutes on medium speed.
2. Beat in eggs one at a time, beating each one for 3 minutes.
3. Add flour and gently mix in.
4. Pour into greased and floured bundt pan. Bake in preheated oven at 350° F for 45 minutes or until a toothpick comes out clean.
5. Let cool in pan for 30 minutes and then carefully remove. Let cool some more and sprinkle with powdered sugar.

What is SHIP?

State Health Insurance Assistance Program (SHIP) is a free counseling service provided by Charles County Government, Charles County Department of Community Services, Aging & Human Services Division, through a grant from Maryland Department of Aging, the Administration for Community Living and the Centers for Medicare & Medicaid Services. Every state and United States territory offers a SHIP program. SHIP provides free, impartial information to help consumers make decisions regarding their health care choices. We strive to help them be wise consumers and to get the most value for their health insurance dollars.

SHIP is staffed by paid individuals and trained volunteer counselors who are certified by the Maryland Department of Aging. Staff and volunteers receive regular training providing updates to keep them current with recent changes in Medicare and other healthcare insurance options. We can be reached at 301-609-5712 and 301-934-0118.

SHIP:

- Provides educational materials and brochures.
- Educates beneficiaries so that they can understand Medicare, organize their records, file claims, and appeal Medicare decisions.
- Teaches consumers to assess their needs so they can make informed decisions about their health insurance policies.
- Informs consumers of their rights as a Medicare beneficiary or health insurance policyholder.
- Shows consumers how to evaluate the available Medicare Part D and Supplemental insurance policies.
- Refers clients to appropriate agencies where they can get help with other needs.
- Assists clients with finding help to pay for their Part B Premium and prescriptions including manufacturers' patient assistance programs, and retail discounts.
- Provides speakers to make presentations to groups.

Taste of Charles County III

During the months of July and August we have been asking you, our senior community, to contribute recipes to be compiled into "The Taste of Charles County III," a cook book comprised of recipes submitted by participants of Charles County Senior Centers!

We want your favorite recipes, your tastiest ones, and especially those one with sentimental value! We even hope you'll share your secret ingredients with us.

Upon completion, cookbooks will be available via email to anyone who wants one. We also hope to have printed versions to eventually distribute in our centers.

Please check out the flyer below on a variety of ways you can submit recipes!

TASTE OF CHARLES COUNTY III

SHARE YOUR FAVORITE RECIPES WITH US TO BE COMPILED INTO A CHARLES COUNTY SENIOR CENTERS COOKBOOK!



- WEEK 1 - Grilled to Perfection
- WEEK 2 - Family Favorites
- WEEK 3 - Recipes Using Fresh Produce
- WEEK 4 - Sugar Free / Diabetes Friendly Desserts
- WEEK 5 - Miscellaneous

Recipe submissions can be done in a number of ways:

Please include your full name and phone number with each recipe submission in case we have any questions. If none of the below options are available to you, please call 301-609-5702 to discuss an alternative way of how to get your recipe submitted.

U.S Postal -
Clark Senior Center,
Attn: C. Savoy
1210 Charles St.,
La Plata MD 20646

Email -
savoyc@charlescountymd.gov

Facebook -
Facebook Message to
Charles County Senior Centers

Submission Deadline: Monday, Aug. 31

Breast Cancer Awareness Walk

Save the date! This year's Breast Cancer Awareness Walk is scheduled for Saturday, October 17, 2020 in Indian Head, MD. Sisters at Heart is still working on details for this year's walk. It may look a little different than previous years, but the cause is still the same! So mark your calendar to participate in this year's Breast Cancer Awareness Walk.



Who Am I?

Let us see how much you know about famous Marylanders. Once you think you have all the answers call one of the senior centers and give the answers. We will determine the winners by correct answer, date and time call received. Numbers to call are:

Richard R. Clark: 301-934-5423

Indian Head: 301-743-2125

Nanjemoy: 301-246-9612

Waldorf: 240-448-2814

Good Luck! Four winners will receive prizes!

1. I was born in the little Italian region of Baltimore. My father was an important Democrat leader in Baltimore. I have five children and have been married since 1963 to my husband Peter. I moved to California and at the age of 80 I hold one of the highest elected positions in the country. Who Am I?
2. I was also born in Baltimore with the given name of George. I signed a contract with the Baltimore Orioles at the age of nineteen. I was traded to two other teams before I ended my career. I have been inducted into the National Baseball Hall of Fame and an annual award has been named in my honor. Who Am I?
3. I was born in Dorchester County with the given name of Araminta. I was a cook, nurse, and a spy during one of the wars. I successfully conducted 13 rescue missions, helping over 70 people. Who Am I?
4. I was born in Baltimore in 1947, but spent most of my career living in Huntingtown, MD. I worked as an insurance broker before my first book made the New York Times best-seller list. Four of my books have been adapted into major films. Who Am I?
5. I was an American actress and singer born in Baltimore. My given name was Ellen. I had several number one hits on the music chart and I was in the movie "PufnStuf". Who Am I?
6. I am an American actress, singer/songwriter, comedian, screenwriter, and businesswoman. I was born in Baltimore. I married my husband, also an actor, at The Cloisters in Lutherville MD and we have two children together. I have acted in two sitcoms and had a role in "Doogie Howser, M.D.". Who Am I?

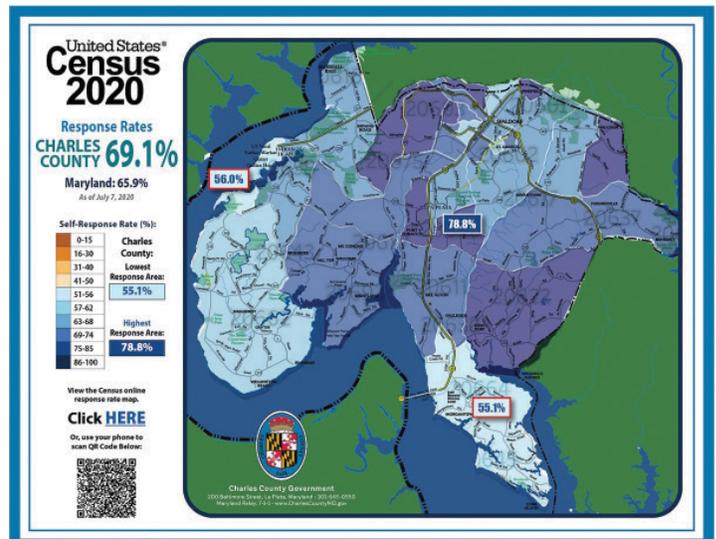
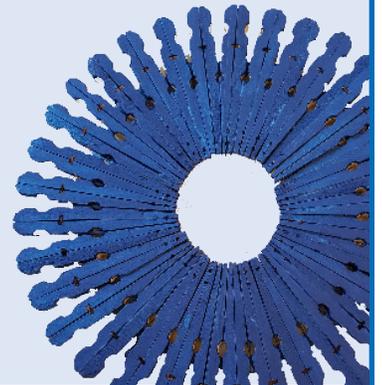


7. I was born in Bel Air, MD. I was an American stage actor, but people know me best from the escape route I took through Southern Maryland to avoid the law. Who Am I?
8. I was born in Silver Spring, MD. I was the prom queen at Gaithersburg High School. I have appeared in several music videos and was part of the gold medal winning team "Magnificent Seven". Who Am I?
9. I attended Aberdeen High School where I played soccer. I am known as Junior or Rip. Who Am I?
10. I am an American songwriter/singer, actress and pianist. I have been in two Broadway shows. I was born in Severn, MD and there is a story going around that I was discovered when singing while pumping gas. Who Am I?

Clothespin Trivet

Join Janice Hamby, Clark Senior Center Coordinator, on Thursday, August 13 at noon on our Charles County Senior Centers Facebook Page to do a Clothespin Trivet craft! Supplies for the trivet craft include:

- 33-36 clothes pins
- Hot Glue Gun
- Glue Sticks
- A small round object to keep the trivet's shape while working on it
- Paint or stain, for the finished product



Charles County Seniors Shine!

2020 has surely been a year for the books. It not only feels like the longest year ever, but some how time keeps flying by and we are already getting ready to wind summer down. During these unprecedented times, we have been able to connect to our seniors to check in and see how they were adapting to the ever-changing situation surrounding COVID-19. As we were all stuck at home, quarantining to stop the spread of the virus, some of our seniors adapted in really fun ways!

Hazel Isaacs shared, “we have goats, chickens, ducks... we just keep adding to the farm and having fun! The grandkids and I are having such a good time together.”

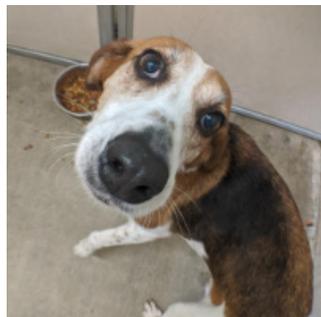
Naomi Cryer, sister Hattie Broome, along with spouse Frank Broome shared “we are all hunkering down together and staying busy doing projects and hobbies. We’ve all been doing our own thing but also coming together and reminiscing about past times, good times and enjoying each other’s company.”

Other seniors have been spending their time during quarantine doing:

- Gardening
- Taking more walks
- Cooking more (and eating more too!)
- Shopping during senior only hours
- Cleaning the house
- Sewing
- Mastering Zoom and Google Hangouts to connect virtually with family and friends
- Virtual book club
- Doing the fitness videos posted on Facebook by Nate and Debi
- Homeschooling the grand kids while they were off
- And multiple seniors adopted dogs!

Carl and Becky Capps adopted a dog and named her Suzie Q. “Her name is Suzie Q. She’s the sweetest dog.”

A lot of seniors have expressed to us that they can’t wait for our Senior Centers to reopen and we share that same sentiment! We miss you all tremendously and are working hard to keep connected to you all any way we can. Our Charles County seniors are resilient, and we are proud to be serving you and being a part of your lives!



Picture of Suzie Q

Loan Closet

The Aging & Senior Programs Division maintains a medical equipment loan closet to facilitate temporary provision of durable medical equipment to qualified persons. Supplies are limited to what is on hand at the time of the request, but generally consist of: walkers, canes, bath/shower benches, and transport wheelchairs.

In order to better meet individual needs and for more information about the loan closet, please call 1-855-843-9725 to check on availability and eligibility for loan closet items prior to coming to our facility. Appointment are required.

Have an item to donate to the loan closet? Please call 1-855-843-9725 to learn more about how a donation can be made.



ship state health insurance assistance programs

HOW TO SUBMIT MEDICARE ENROLLMENT PAPERWORK

- 1. CONTACT YOUR LOCAL SOCIAL SECURITY OFFICE**
Call your local office to learn about how to submit your enrollment paperwork.
Online field office locator: secure.ssa.gov/ICON/
- 2. GATHER PAPERWORK**
To enroll in Part B, first you should complete form CMS 40B, the application for Medicare enrollment. Forms are available online: www.cms.gov
- 3. MAIL YOUR PAPERWORK**
If you use certified mail, you get a receipt and delivery confirmation, which can be helpful in case there are any problems with your enrollment.
If you cannot get to the post office, you can access Priority Mail from home, which provides tracking information but no confirmation receipt.

This information was submitted in part, by guest number 104110001 and 10410001 from AOL

Contact your local SHIP Office at 301-934-0118.

Maryland Word Scramble

- 1. XAUNTTPE _____
- 2. KPSEAHEAEC _____
- 3. ENRESTA ORSHE _____
- 4. NAVAL AMACDYE _____
- 5. NESEPSARK _____
- 6. TAAAGSEUSE ESPNOI _____
- 7. LACBK EDYE USASN _____
- 8. DYRNAALM _____
- 9. ROOESLI _____
- 10. ABY _____
- 11. DOL YAB _____
- 12. AOLSWLM YBA _____
- 13. HESRO _____
- 14. NVRSEA _____
- 15. BLUE RACB _____
- 16. AOASLNNIP _____
- 17. TAPOMOC _____
- 18. NAOCE IYCT _____
- 19. OISNNTALA _____
- 20. NARPERTI _____
- 21. VREIR _____
- 22. IMYMJ & ALYLS _____
- 23. ATYNT HBO _____

Answer Key:

Patuxent Chesapeake Eastern Shore Naval Academy Preakness Assateague Ponies
Black Eyed Susan Maryland Orioles Bay
Old Bay Mallows Bay Shore Ravens Blue Crab Annapolis
Potomac Ocean City Nationals Terrapin River Jimmy & Sally Natty Boh



Betty Blue Crab's Trip to Baltimore

Maryland Mad Lib #MDinFocus

Betty the Blue Crab loves Baltimore almost as much as Baltimore loves blue crabs. She loved _____ VERB _____ along the water by the harbor, riding the water taxi to Pier Six to hear her favorite band _____ ADJECTIVE/NOUN _____ play a concert, and visiting her cousin _____ NAME _____ who lives in the National Aquarium.

Betty's favorite part of the aquarium was seeing the _____ ANIMAL _____, and she loved the view of the Blacktip Reef exhibit, but was _____ VERB _____ that the sharks thought she looked _____ ADJECTIVE _____. Betty was excited because she had tickets to the Orioles game after the Aquarium and was going with her friend _____ CELEBRITY _____.

At the game, Betty ate a _____ FOOD _____, two _____ FOODS _____ and a whole _____ FOOD _____ all by herself, but _____ CELEBRITY _____ beat that, and ate 14 _____ FOODS _____ and had a belly ache as big as a _____ NOUN _____. They met the Oriole Bird on Eutaw Street and did a _____ ADJECTIVE _____ dance. The Orioles beat the _____ TEAM NAME _____ and Betty bought a _____ ADJECTIVE/NOUN _____ as a souvenir.

The next day, Betty and _____ CELEBRITY _____ went to Fort McHenry where the National Anthem was written and took a selfie _____ VERB _____ on the wall of the fort. Next she went to Fells Point to sing karaoke. _____ SONG TITLE _____ was Betty's jam. After singing, she went to the Baltimore Museum of Art and her favorite paintings were _____ NAME _____ and _____ NAME _____. Afterwards they went shopping in Hampden and Betty bought the biggest _____ NOUN _____ you've ever seen!

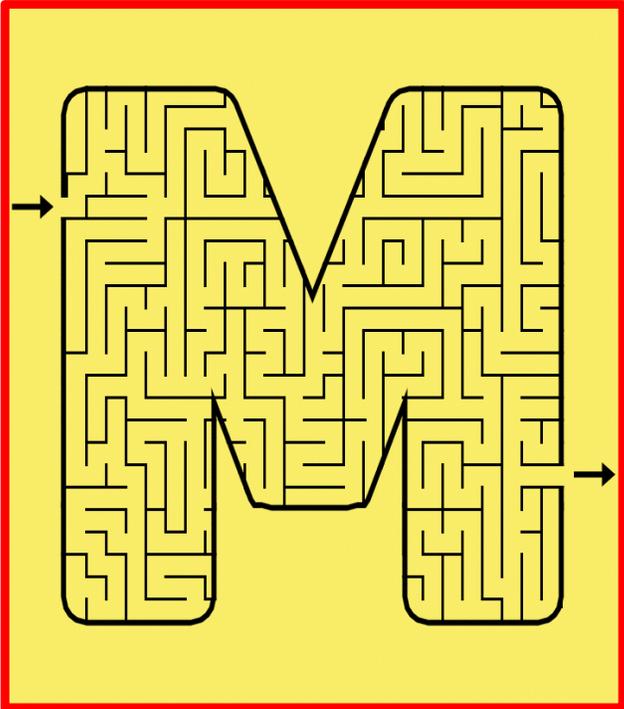
_____ CELEBRITY _____ was getting hungry, so they decided to get dinner. _____ CELEBRITY _____ asked Betty where to get a good crabcake. Betty didn't think that was very funny, but suggested _____ CELEBRITY _____ go to _____ NOUN _____ for dinner instead. It was a _____ ADVERB _____ great day!



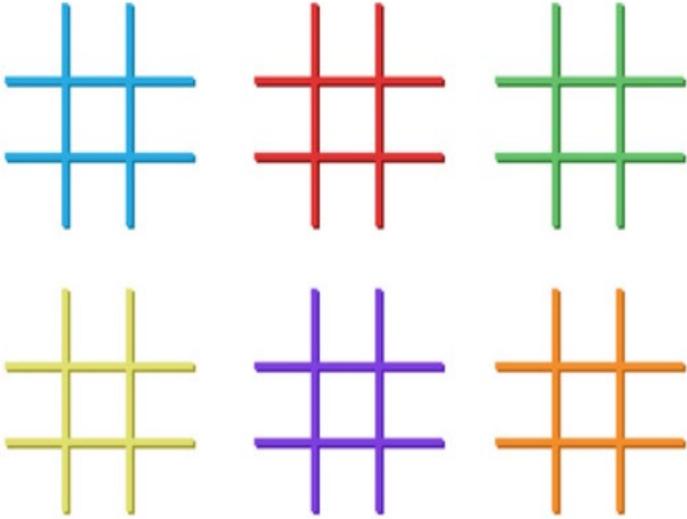
Maryland
VisitMaryland.org

A FEW FUN ACTIVITIES

Get your Latest SCOOP online!
Visit www.CharlesCountyMD.gov/CS

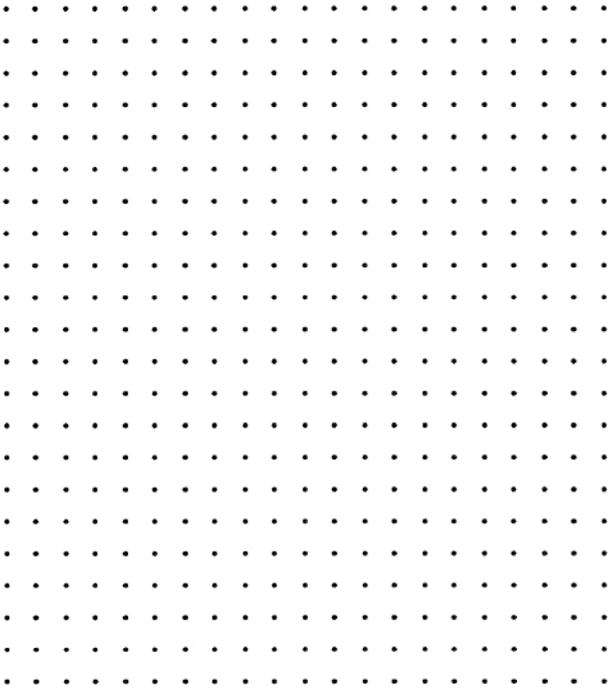


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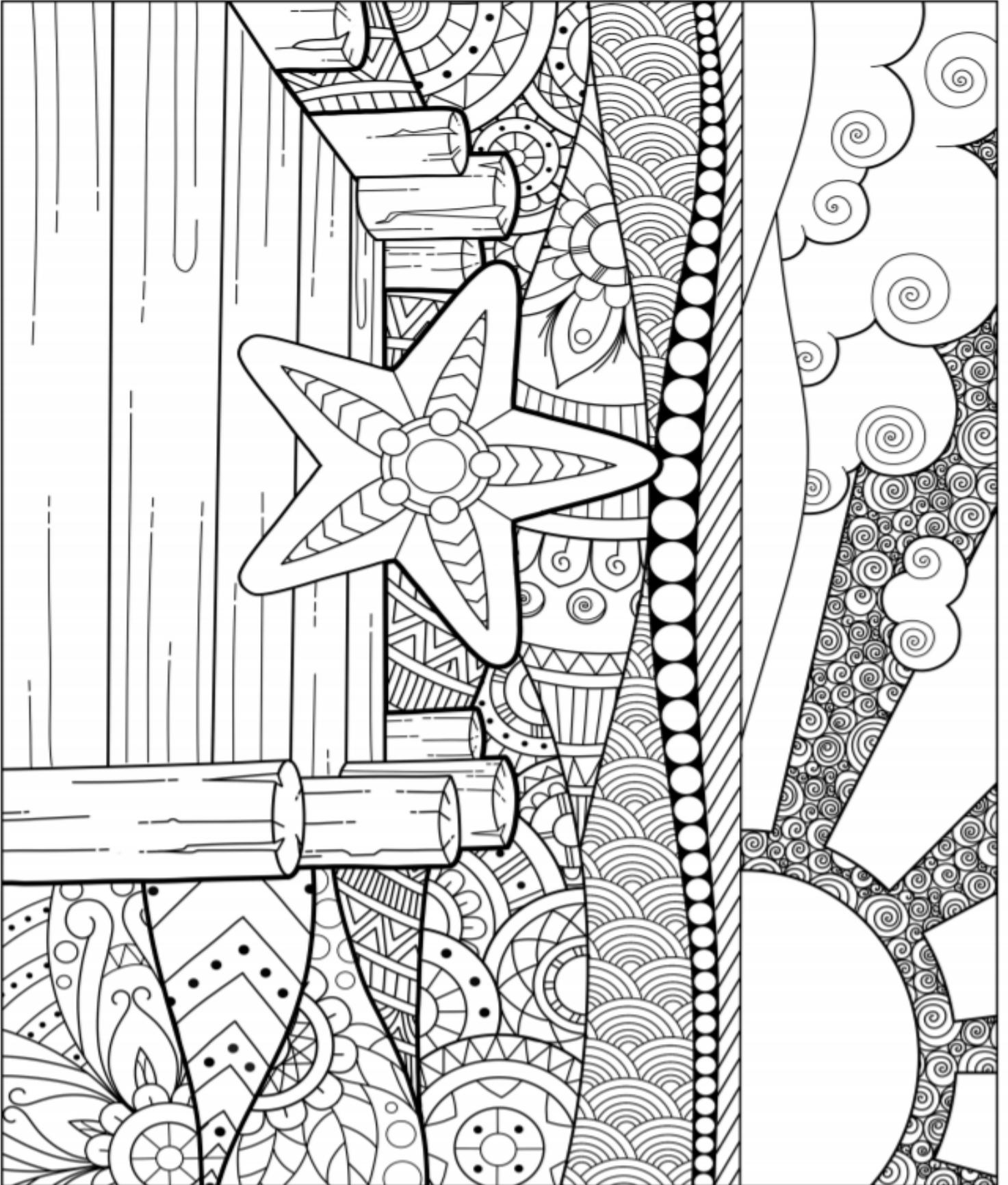


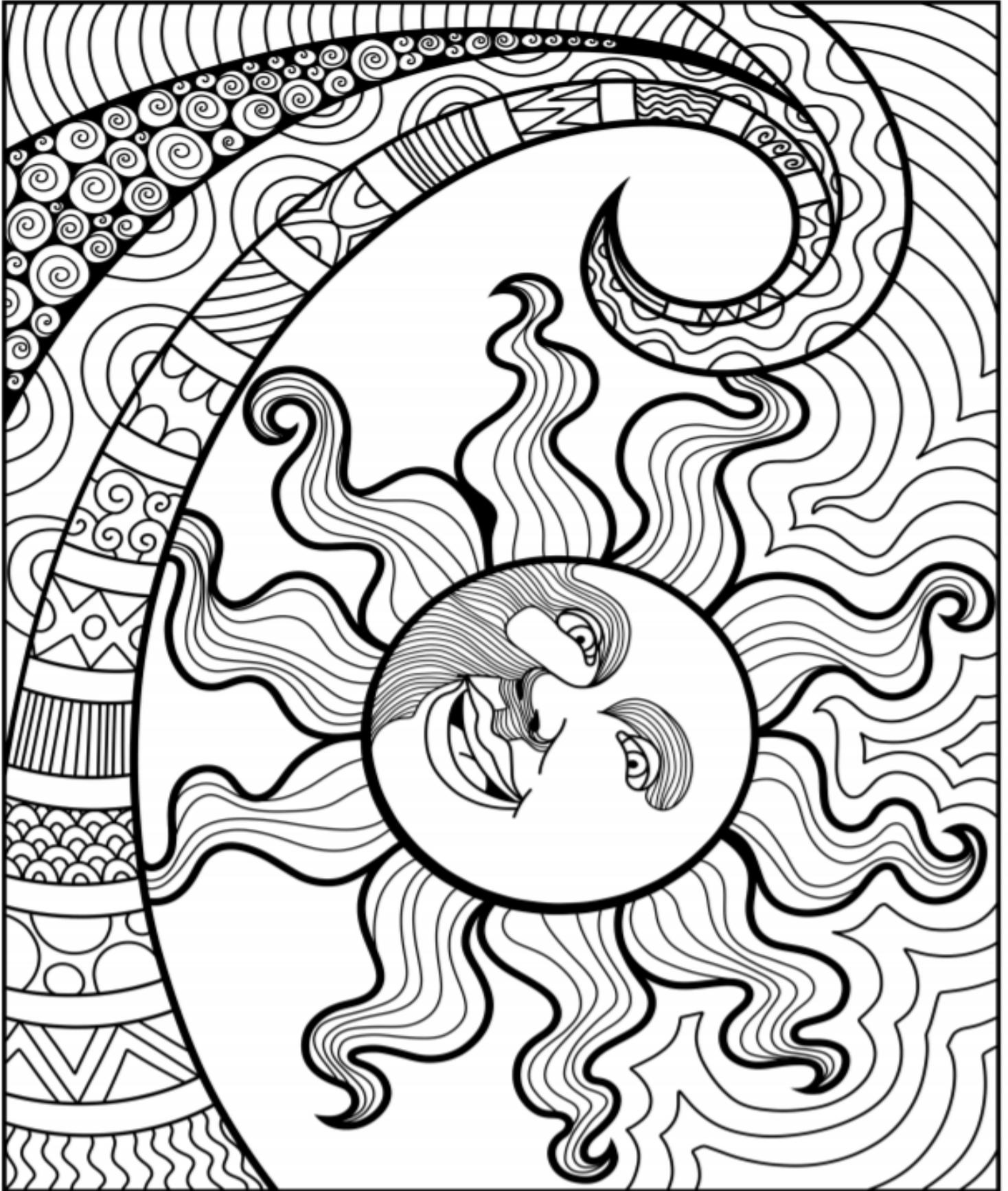
Connect the Dots

Each player takes a turn drawing one line. If that line completes a square, the player writes their initial in the square and draws another line. Play continues until all dots have been connected. The player with the most squares wins.



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CORONAVIRUS DISEASE 2019 OUTBREAK RESOURCES AND INFORMATION

COVID-19 Call Center

Charles County Department of Health Call Center:

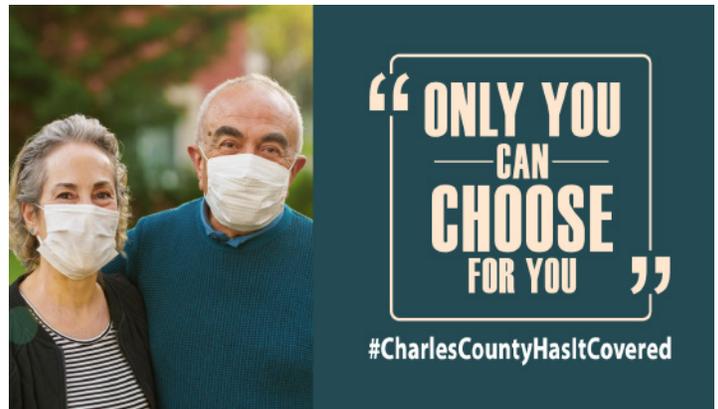
301-609-6717 or 301-609-6777

8:00 a.m. to 10:00 p.m. daily

This is a rapidly evolving situation and information will be updated as it becomes available.

Maryland Access Point: Connecting Seniors to Resources Available

We are available to help seniors during the COVID-19 pandemic. If you have questions about services and resources available to Charles County Seniors during this time, please contact the toll-free **Maryland Access Point Charles County at 1-855-843-9725 or email MDAccessPoint@CharlesCountyMD.gov.**



Roadmap to Recovery

For up-to-date information on Charles Counties efforts to reopen, please visit:

<https://www.charlescountymd.gov/services/health-and-human-services/covid-19>.

You may also visit the CDC website for reopening guidance at:

<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>.

For information on the state's efforts to reopen, please visit:

<https://governor.maryland.gov/recovery/>

Additional Resources

COVID-19 is a rapidly evolving catastrophic health emergency. For more information about this national pandemic, resources available, and other information, please visit the resources below:

CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Maryland Unites:

<https://governor.maryland.gov/marylandunites/>

Charles County Health Department:

<https://www.charlescountymd.gov/government/other-agencies/charles-county-department-of-health>

Charles County Sheriff's Office:

<https://www.ccsos.org/>

Charles County Public Libraries:

<https://www.ccplonline.org/>

Office of Governor Larry Hogan:

<https://governor.maryland.gov/>

University of Maryland Charles Regional Medical Center:

<https://www.umms.org/charles>



Walk With Ease *New Session*

Walk With Ease is proven to: reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence in your ability to be physically active and improve overall health.

Who should participate in the program? Walk With Ease is for adults with arthritis who want to be more physically active. The program is also for adults without arthritis, particularly those with diabetes, heart disease or other chronic conditions who wish to be more physically active. The only requirement is the ability to stand for at least 10 minutes without increased pain.

Participants walk at their own pace for 10 to 35 minutes.

Health education information:

All participants receive the Walk With Ease guidebook with information on how to get ready to walk, begin walking and stay motivated to continue walking.

Stretching and Strengthening Exercises:

Participants are encouraged to do stretching exercises before they walk and strengthening exercises twice a week. The Walk With Ease guidebook includes directions for stretching and strengthening exercises. Individuals can also access videos of these exercises on the Arthritis Foundation's Walk With Ease website.

Motivational Tips and Tools

The Walk With Ease guidebook includes self-tests, a six-week contract and walking diary forms. It helps participants identify their needs and interests, set goals and rewards and track progress. Each guidebook chapter also contains motivational tips.

What is the length/ timeframe of the program?

Walk With Ease is a six-week program. The Group program has three sessions per week for six weeks. Participants completing the Self-Directed and Self-Directed Enhanced formats are encouraged to walk at least three times per week.

New Class forming Monday, August 10th via Microsoft Teams.

Please call Debi Shanks @ 301-609-5711 for more information and to register.



Gardening is exercise!

By: Debi Shanks, Health Promotion and Physical Fitness Coordinator

Digging in the dirt is good for the mind and body! Container gardening is so easy and does not require tilling up the ground. All you need is a sunny spot and some containers, and you are set.

Bending, lifting, digging, stooping! Get inspired and use old bins, old drawers, mason jars... use your imagination. I drilled holes in my bins but you don't have to. I cleaned out my Kerig coffee cups and recycled them as starter cups for my seeds. I kept the coffee grounds and mixed it in with the soil! We can grow so many vegetables and herbs. Just watch out for those hungry rabbits!!

Get outside and grow something!

Stepping Up Your Nutrition Take control of YOUR health!

In this 2-part workshop, participants will understand the importance of balanced nutrition for falls prevention and identify key factors that contribute to malnutrition.

We will focus on how nutrition affects falls risk, the importance of muscles for strength, key nutrients for older adults and how to create an action plan to improve nutritional health.

Class via Microsoft Teams

Wednesday, August 12 at 9:00 am & Thursday, August 13 at 9:00am

Registration required by Monday, August 10th

Link and directions to connect will be provided after registration. Please call Debi Shanks at 301-609-5711 for more information and to register.

Fitness Move of the Month

Planks

Laying on your stomach, forearms on the floor. Keep your shoulders directly above your elbows. Begin to lift your abdominals off the floor by pressing in with your arms to hold you're your midsection up. Hold for 10 seconds, release and try again.

Progression: As you lift your abdominals off the floor, lift your whole core, pelvis and hips and hold. Add time.

Regression: Push into the floor with forearms and draw abdominals in as you were going to lift. This helps to build strength in your upper body.

Alternate Plank: On all fours with hands placed on the floor bring legs behind for support and hold this position.

AUGUST ACTIVITY CALENDAR

Get your Latest SCOOP online!

Visit www.CharlesCountyMD.gov/CS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Read a book. Set aside a few hours to curl up and get lost in the pages.</p>	<p>4</p> <p>Get 15 minutes of exercise in today! Join us at 10 a.m. for a new workout on Charles County Senior Centers Facebook page.</p>	<p>5</p> <p>Are you a die hard Marylander? Challenge your knowledge and see how many people you can guess on page 6. Call your Senior Center with your answers and a chance to win a prize!</p>	<p>6</p> <p>Write something. You can journal or write fiction, maybe even try your hand at poetry! No one has to see it if you don't want.</p>	<p>7</p> <p>Fitness Specialist, Nate Schultz, will be leading a group walk at Laurel Springs Park in La Plata at 9 AM. Group walks are every Monday and Friday.</p>
<p>10</p> <p>Don't forget to submit a recipe to be included in the Charles County Senior Center Cookbook, Taste of Charles County III! See page 5 for details.</p>	<p>11</p> <p>Enjoy a sunrise or sunset. They are beautiful and free, every single day. Soak in a moment of solitude, or spend those moments with someone you love.</p>	<p>12</p> <p>Do an Arthritis Foundation Exercise program work-out.</p>	<p>13</p> <p>Let's get crafting! Join us on the Charles County Senior Centers Facebook page for a new craft at Noon. A supply list can be found on pg. 6.</p>	<p>14</p> <p>Spending time in the kitchen doesn't have to be a chore. Try to create something new out of ingredients already in your home!</p>
<p>17</p> <p>Music changes everything. Listen to your very favorite album, or check out the new one. If you feel the urge to dance while you're queuing up those tunes... do it!</p>	<p>18</p> <p>Take some time to relax and color. No need to stay in the lines! See pg. 11 & 12 for coloring pages to print.</p>	<p>19</p> <p>Show us your Maryland PRIDE! Snap a picture of your Maryland gear and send it to us so we can show case all our Maryland spirit on Facebook!</p>	<p>20</p> <p>Stay active! Join us on the Charles County Senior Center Facebook page for a new workout at 10 a.m.</p>	<p>21</p> <p>Support a small business! Buy a meal for delivery or takeout, share a post on social media or simply write them a positive review.</p>
<p>24</p> <p>Take time to play! This can be as simple as breaking out the forgotten yo-yo in your junk drawer. Don't forget about board games, sudoku — even puzzles!</p>	<p>25</p> <p>Challenge yourself to complete this months Fitness Move of the Month! Look on page 14 for details on how to complete a plank.</p>	<p>26</p> <p>Get outside for a bit. Really observe the world around you — the plants growing through the cracks in the sidewalk; the birds chirping. Check out page 3 for birds in your backyard.</p>	<p>27</p> <p>Bake a yummy treat! You probably have flour, sugar, butter and eggs. You can make a delicious dessert with those four ingredients alone. See pg. 4 for the recipe.</p>	<p>28</p> <p>Gussy up! Play with eyeshadow, lipstick — even glitter! It doesn't matter if you've got nowhere to go. Getting fancy is just fun!</p>
<p>31</p> <p>Call someone you love! It can be a long-lost friend or someone you speak to every day. Set aside time to really have a nice conversation.</p>	<p><i>The month of August</i></p>			<p>Mark your calendars: Law Enforcement Run T-Shirts on Sale at Clark on September 9 starting at 10 a.m.</p>

The SCOOP

The information contained in this monthly publication has been brought to you as a public service by the Charles County Department of Community Services. For more information about news for Charles County senior citizens, please contact the Richard R. Clark Senior Center at 301-934-5423.



www.CharlesCountyMD.gov



Department of Community Services

8190 Port Tobacco Road, Port Tobacco, MD
301-934-9305 • MD Relay: 711 (Relay TDD: 1-800-735-2258)

About Charles County Government

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace. Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

It is the policy of Charles County to provide equal employment opportunity to all persons regardless of race, color, sex, age, national origin, religious or political affiliation or opinion, disability, marital status, sexual orientation, genetic information, gender identity or expression, or any other status protected by law.

AMERICANS WITH DISABILITIES – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations

Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Senior Center that has scheduled the program.

Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

So Many Places to see, Let's Travel

Trips sponsored by the 2N1 Club

November 17-18, 2020: Tropicana Casino Resort & Resorts Casino Atlantic City, NJ. One-night stay, \$30 slot play voucher at the Tropicana Casino, \$ 20 slot play voucher at the Resorts Casino, meal vouchers, matinee of The Motown Years Show.

Please contact Suzanne Carr at 301-645-5203, for reservations.

Trips sponsored by Action Travel Tours

A Message from Travel Leaders/Action Travel Tours: We hope this newsletter finds you safe and well during these unprecedented times of COVID-19. The health and safety of our clients and employees are most important. To ensure this, we have cancelled all our domestic trips through September to support and protect our community. If you have made a payment on any of these trips you will receive a full refund. It is our hope that life will resume sooner than later. We hope to be traveling together in October. Stay well and may God bless you and your family.

October 8-10, 2020: Sleepy Hollow and the Hudson River Valley. We head North to the Hudson Valley for the glorious Fall colors and the famous historic sights of this wonderful area. We visit the Rockefeller and Vanderbilt Mansions, have lunch at the Culinary Institute, enjoy a dramatic reading of the Legend of Sleepy Hollow at the Old Dutch Church, visit Washington Irving's home and see over 10,000 carved pumpkins at the Great Jack O Lantern Blaze.

October 17, 2020: A Fall Day in Hunt Country, VA. The foothills of the Blue Ridge will be in full Fall glory as we visit the Bluemont Vineyard for a tour and tasting, free time in Leesburg for shopping and lunch and a tour of Morven Park Mansion and Carriage Museum.

December 8-10, 2020: Rockettes' Christmas Spectacular in New York City. Join us for 2 nights in NYC when it is decked out in all its' holiday glamor. We stay in the heart of Times Square at The Edison Hotel, with center mez seats for the fabulous Rockettes at Radio City. This leaves plenty of time for sightseeing, shopping, dining and more.

Looking Towards 2021

April 18-28, 2021: Tulip Time on the Jewel of the Rhine Mayflower Tours. 11 Day River Cruise Holiday with Emerald Waterway. Netherlands, Germany, France, and Switzerland 2 Nights Lucerne and an overnight in Amsterdam. From \$4399pp double occupancy

May 19-26, 2021: Canyon Country Collette Vacations. 8 Days – 10 Meals Stand in awe of the natural beauty of the wonders our great West: Scottsdale, Sedona, Oak Creek Canyon, Grand Canyon, Kaibab National Forest, Lake Powell, Bryce Canyon, Zion National Park and Las Vegas From \$3499pp double occupancy

July 23 – Aug 1, 2021: Highlights of the Canadian Rockies Mayflower Tours – Calgary, Edmonton, Jasper, Banff

Amazing sights of Maligne Lake, Columbia Icefields, Chateau Lake Louise, Sulphur Mountain, Calgary Tower, Royal Tyrrell Museum and West Edmonton Mall. From \$3874 pp double occupancy

September 4-13, 2021 Shades of Ireland Collette Vacations. Experience Ireland in all its vibrant shades as you travel from the lively city of Dublin to the untamed natural beauty of Central and Southern Ireland. Your escort will be Ethel. She has made over 20+ trips to the Emerald Isle. From \$3849 pp double occupancy

For the above trips: Please contact Ethel or Leigh Ann at Travel Leaders/ Action Travel Tours at 301-645-1770 or admin@actiontraveltours.com

