

The SCOOP

Charles County's Senior Center News



OCTOBER 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 • Nanjemoy: 301-246-9612
Indian Head: 301-743-2125 • Waldorf: 240-448-2814



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.

Breast Cancer Awareness Walk

This year's Breast Cancer Awareness Walk is scheduled for Saturday, October 17, 2020 in Indian Head, MD. It may look a little different than previous years, but the cause is still the same! For more information on this year's walk, please visit the Sisters at Heart Facebook page at <https://www.facebook.com/sistersatheartsonmd/>.

Happy Birthday, Welcome to Medicare!

It is a mile stone to celebrate as you turn 65! This means you may be eligible for Medicare Part A, Part B, Part D, Part C and Supplemental Insurance. You may also qualify for Medicare Savings Programs to help with Medicare cost. Are you confused with the telephone calls and excessive mailings? Do not worry if you need help through this process or need more accurate information please contact the State Health Insurance Program Office (SHIP) at 301-934-0118 for FREE HELP. This is one of many benefits available to you as you turn 65.

Energy Assistance

Do you need help paying your electric & heating bills?

The Office of Home Energy (OHEP) helps eligible Maryland residents pay their utility bills, minimize the strain when the cold weather sets in, and make energy costs more affordable by providing grants under the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP).

****Applicants must reapply every year after July 1 for their benefits to continue.****

Seniors age 60+ can receive application assistance, obtain information or schedule an appointment to apply by contacting our Aging and Disability Resource Center staff at 1-855-843-9725 or 301-609-5712.

Volunteer Tax Preparers Needed

Please consider helping out... Volunteer tax preparers are needed to provide this beneficial service. FREE training is provided and will be held Mondays, Wednesdays, and Fridays beginning January 2021. Upon completion of the program persons must then pass a test before receiving certification.

Learn More: Individuals wishing to enroll in the AARP Income Tax Training Program for 2021 should contact Barbara Joy, Senior Information & Assistance Program Assistant at 301-609-5712 or JoyB@charlescountymd.gov. Pending re-opening of the Senior Activity Centers, planning will be forthcoming for necessary health precautions.

Medicare D Open Enrollment

Open enrollment (October 15- December 7) is the time for Medicare beneficiaries to review their Medicare Prescription Drug Plans and make any necessary changes. New beneficiaries can select a plan and learn how the plan works and existing enrollees can change and update their plans. Senior Health Insurance counselors (SHIP) will be available to assist you during this enrollment period, **301-609-5712** or **1-855-843-9725**.

What questions should I ask before enrolling in a Part D plan?

When you are choosing among Part D plans, here are some questions to keep in mind. Before you start looking at plans, make sure you know:

- The prescriptions you take, including their dosages and usual costs (you may want to ask your doctor for help creating a list)
- The pharmacies you regularly use

Drug coverage

- Are my prescriptions on the plan’s formulary?
- Does the plan impose any **coverage restrictions**, such as prior authorization or step therapy?
- If the plan does not cover a medication I take, does it cover one that will work for me? (Ask your doctor.)

Costs

- How much will I pay at the pharmacy (copayments or coinsurance) for each drug I need?
- How much will I pay for monthly premiums and the annual deductible?
- How much will I have to pay for brand-name drugs? How much for generic drugs?
- What will I pay for my drugs during the **coverage gap**?
- Here If a drug I take has a very high coinsurance, is there a drug I can take that will cost less? (Ask your doctor.)



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 in the 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.

Senior Medicare Patrol

Senior Medicare Patrol (SMP) is working to aid seniors with protecting themselves from Fraud and Abuse.

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers with protecting the personal information that can stop fraud before it starts.

Prevent: 1. Don’t give out your Medicare number to anyone who calls or comes to your door 2. Don’t give your Medicare number for a “free” service 3. Treat your Medicare card as you would a credit card.

Detect: 1. Keep a calendar or journal of doctor’s visits, tests, hospitalizations, etc. 2. Read all Medicare Summary Notices (MSNs) or insurance statements and use a calendar or journal to check for the accuracy of claims. 3. Keep files secure and shred them when they are no longer needed and report health care fraud, errors, and abuse.

Report: 1. If a discrepancy is found, contact the provider. Errors can be made; most providers are honest and will correct mistakes 2. If you can’t get the problem solved, contact the SMP for help at 301-934-0118.

SMPs are grant-funded projects that seek the assistance of volunteers who are willing to do the following:

1. Conduct Outreach and Education through group presentations, exhibits and work one-on-one with Medicare beneficiaries.
2. Engaging Volunteers on how to teach older persons’ on how to protect the health, finances, and medical identity while saving precious Medicare dollars.
3. Receive Beneficiary Complaints when Medicare beneficiaries, caregivers, and family members bring their complaints to the SMP. The SMP makes a determination about whether or not fraud, errors, or abuse is suspected. When fraud or abuse is suspected, they make referrals to the appropriate state and federal agencies for further investigation.

If you are interested in becoming an SMP volunteer, please contact the Charles County SMP at 301-934-0118 to learn more and become a part of our SMP family.

How to Vote by Mail

Due to the COVID-19 pandemic, voting in the upcoming Presidential Election in a traditional manner (standing in a long line and possibly in a large crowd) may not appeal to you. You may want to consider voting by mail this year. There are three ways you can request a mail-in-ballot:

1. Online – if you have a Maryland’s driver’s license or MVA -issued ID card. To start the online process, please visit: <https://voterservices.elections.maryland.gov/onlinemailrequest/InstructionsStep1>
2. Complete and return the form “Mail-in ballot application for 2020 elections” found at <https://www.elections.maryland.gov/voting/absentee.html>
3. Go to your local board of elections and fill out and turn in the form. For Charles County residents, please visit:
201 East Charles Street, La Plata, MD 20646
Mailing Address: P.O. Box 908, La Plata MD 20646-0908
Phone: 301-934-8972; Fax: 301-934-6487
www.CharlesCounty.org/boe/
Email Address: elections@charlescountymd.gov

Your request must be received (not just mailed) by Tuesday, October 20, 2020.



Resident’s Rights Month

Residents’ Rights Month is an annual event designated by the Consumer Voice and is celebrated in October to honor residents living in all long-term care facilities and consumers receiving services in their home or community.



It is a time for celebration and recognition offering an opportunity for every facility to focus on and celebrate awareness of dignity, respect and the value of each individual resident.

This year’s theme is “Connection Matters.” The theme emphasizes connections – to family, to friends, and to the community – as an essential component of good health and quality of life for residents. The months of restrictions on visitation in long-term care facilities and the inability of residents, families, and friends to be together during the coronavirus pandemic has emphasized the importance of connection, of relationships, and the impact they have on all of our well-being. During this crisis, many creative ways of staying connected were shared that can be replicated and built upon in all communities.

It’s time to re-register!

Each October it is a requirement that all senior center participants complete a new registration form to remain active members of the Charles County Senior Centers. Keeping these forms updated is incredibly important to maintain our records and ensure we have a working emergency contact number for every participant. The number of completed forms also directly impacts the funding we receive for senior programming. This year, more than ever, it is extremely important for you to re-register. Registering for senior centers is free for Charles County residents, but donations are appreciated. Any donations received are placed back into programs to benefit your Centers. To register, you must live in Charles County, and you or your spouse must be 60 years of age or older. Please complete a registration form (see pages 5 & 6) and return it at any of the following events:

- 2021 Registration Drive-Thru Events
- Senior Center Farmers Markets
- Senior Chat and Chews
- Senior Walking Programs
- Other in person programs

Mail In/Drop Box Completed forms can be mailed or left in the secure drop box located at the Department of Community Services headquarters.

Department of Community Services

Attn: Senior Centers
8190 Port Tobacco Rd. • Port Tobacco, MD 20677

2021 Registration Drive-Thru Lunch

Turn in your completed 2021 registration form and enjoy a delicious boxed lunch! Rain or Shine. *To reserve your *free* lunch, please call the appropriate center below. Leave your name and phone #.

Waldorf Senior & Recreational Center:

Call Melanie Maggi at 240-448-2814.
Tuesday, October 13, 11:30 AM-1PM. Registration deadline: 9/28.
Tuesday, November 17, 11:30 AM-1PM. Registration deadline: 11/2.

Richard R. Clark Senior Center:

Call Janice Hamby at 301-934-5423.
Tuesday, October 20, 11:30 AM-1 PM. Registration deadline: 10/5.

Nanjemoy Senior Center:

Call Donna Adebahr at 301-246-9612.
Thursday, October 22, 11:30 AM – 1 PM. Registration deadline: 10/7
Friday, November 20, 11:30 AM – 1 PM. Registration deadline: 11/5.

Indian Head Pavilion:

Call Cynthia Simmons at 301-743-2125.
Wednesday, October 28, 11:30 AM – 1PM. Registration deadline: 10/13.



FY2021 CHARLES COUNTY DEPARTMENT OF COMMUNITY SERVICES FY2021

Aging and Senior Programs Division

Registration Period October 1, 2020 through September 30, 2021

This is required for all who attend or use Senior Centers. Please read and sign the back.

Senior center activities are reserved for Charles County residents who are at least 60 years of age and their spouses.

1. Do you currently live or own property in Charles County? Yes or No 2. What is your current age?

NAME: _____ DATE OF BIRTH: _____ - _____ - _____

Home Phone _____ Cell Phone _____ Work Phone _____

Please circle the best number to reach you at.

EMAIL Address: _____

HOME Address: _____

Street Apt # City Zip

MAILING Address: _____

Street Apt# City Zip

EMERGENCY CONTACT NAME _____ (RELATIONSHIP)

Emergency (Home) _____ (Cell) _____ (Work) _____

In order to report requested statistics to the state and federal government, please provide the following confidential information; however, completion is not required to receive services or attend a senior center.

SOCIAL SECURITY #: _____

(For identification purposes only)

RACE

- _____ White
- _____ African American
- _____ Hispanic
- _____ Native American/Alaskan
- _____ Asian
- _____ Native Hawaiian/Pacific Islander
- _____ 2 or more of the above

CHECK ONE

- _____ Hispanic
- _____ Non-Hispanic

MARITAL STATUS

- _____ Divorced
- _____ Married
- _____ Single
- _____ Widowed

GENDER

- _____ Female
- _____ Male

NUMBER IN HOUSEHOLD _____

MILITARY SERVICE? Yes or No

LIVING ARRANGEMENT

- _____ Alone
- _____ With Others

MONTHLY INCOME

- _____ Below \$1,063/month for Individual
- _____ Below \$1,437/month for Couple
- _____ Income higher than above levels



**CHARLES COUNTY DEPARTMENT OF COMMUNITY SERVICES
AGING & SENIOR PROGRAMS DIVISION**

FY2021 WAIVER AND RELEASE

I volunteer to participate in physical fitness classes, programs, activities, and/or trips sponsored by the Charles County Department of Community Services (DCS), upon understanding/conditions that:

I acknowledge that there are always certain risks involved in physical fitness programs. I understand those risks, declare myself physically healthy, and have medical approval to participate in these programs.

I recognize the risks of illness and injury inherent in physical fitness programs and am participating in the DCS classes, programs, activities, and/or trips with the express agreement and understanding that I am hereby waiving and releasing the Charles County Government, its officers, directors, employees, and agents from any and all claims, costs, liabilities, expenses, and judgments, including attorney's fees and court costs (herein collectively "claims") arising out of my participation in the aforesaid activities or any illness or injury resulting there from, and hereby agree to indemnify and hold harmless the Charles County Government, its officers, directors, employees, and agents from and against all claims.

I also authorize the Charles County Government to take photographs of me for promotional and/or educational purposes.

I hereby execute this Waiver, Consent and Release Form and induce the DCS to permit me to participate in its physical fitness classes, programs, activities, and/or trips.

INFORMED CONSENT

The information provided on this form will be used to (1) help improve programs for seniors, or (2) find out if you qualify for a program. The Department of Community Services (DCS) may share this information with the Maryland Department of Aging (MDoA) as necessary to prepare local, state and federal reports as required to secure funding for senior programs.

The DCS, MDoA and their contractors will not voluntarily share any facts that identify you with anyone except people working for them who need the facts to perform their jobs. Facts that identify you include your name, social security number, address, and telephone number.

You may refuse to provide any or all of the information requested on this form. However, if a program is only for people who meet certain qualifications (such as age, income or health condition) and you do not share the facts that show you qualify, then you will not be able to take part in that program. Department of Community Services Aging Staff can tell you exactly which facts are needed to show you qualify for a program.

You may look at a record that identifies you. You may do this to make sure the facts are right. To look at such a record, you must write to Charles County Department of Community Services at 8190 Port Tobacco Road, Port Tobacco, MD 20677, or at MDoA's office at 301 West Preston Street, Suite 1007, Baltimore, MD 21201. DCS and MDoA will allow you to inspect your personal information as soon as possible, but no later than 30 days from the date of your request. You must provide proof of your identity at the time of your inspection.

INFORMED CONSENT

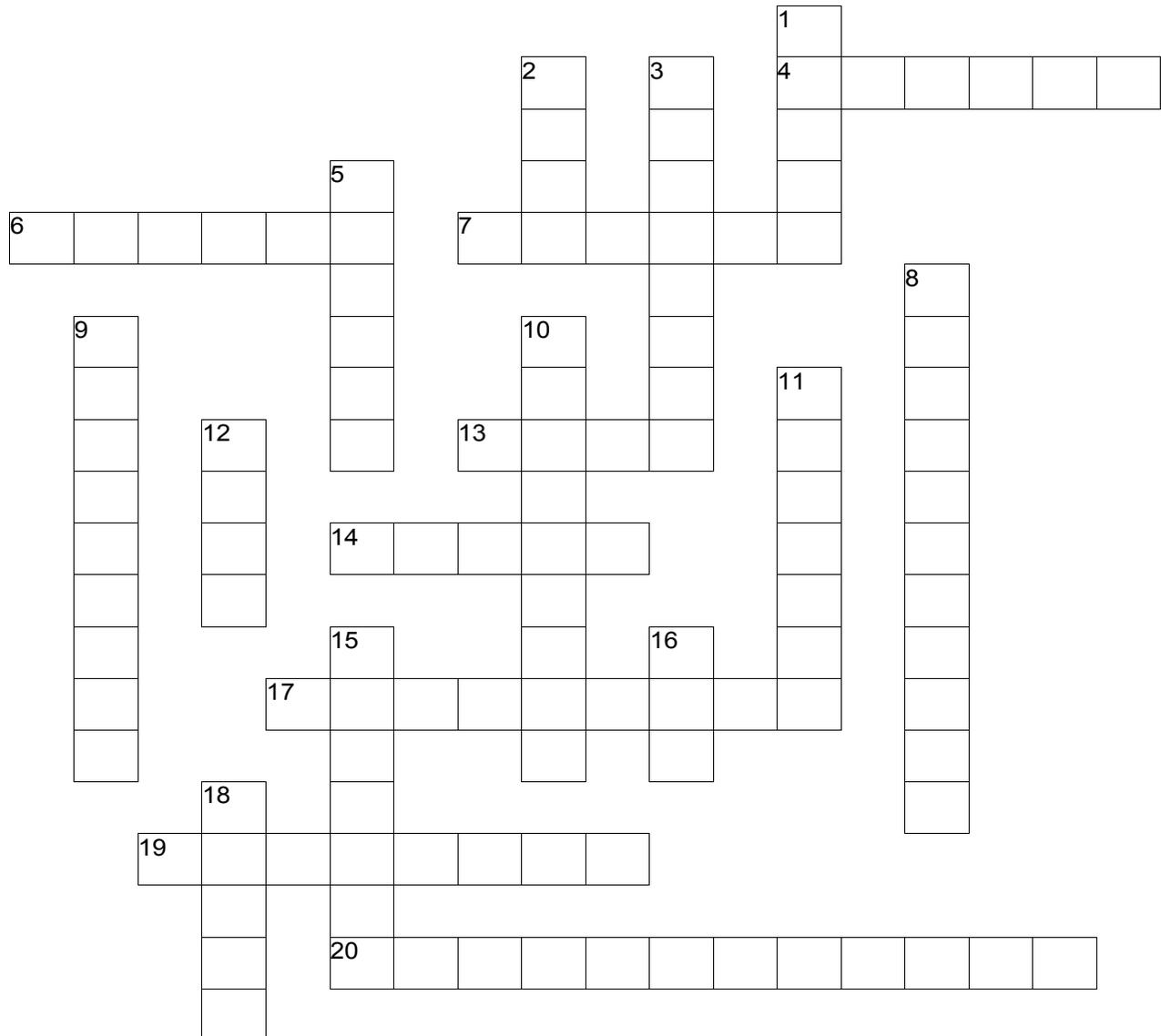
In the event of a widespread community emergency or natural disaster, I give DCS permission to share my personal information with First Responders/Emergency Services personnel to assist them in the performance of disaster prevention, evacuation, or rescue/recovery duties.

PRINTED Name of Participant

Participant Signature

Today's Date

Autumn Knowledge



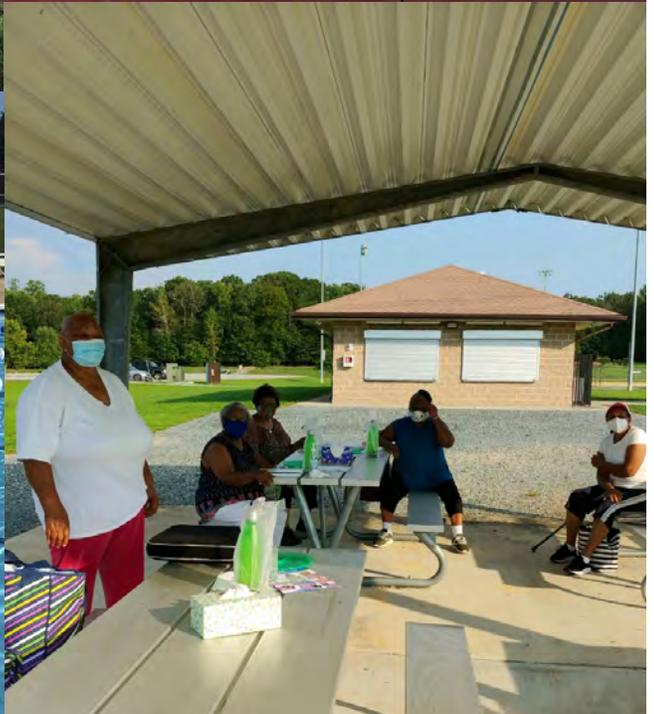
Across

- 4. Wide brim hat
- 6. Vegetable with many eyes
- 7. Decorative corn
- 13. Another name for Autumn
- 14. Autumn beverage served hot or cold
- 17. "All Saint's Eve"
- 19. A pine trees seed protection
- 20. Feast of Autumn 1621

Down

- 1. Nut from an oak tree
- 2. Leaf scorch
- 3. Nut hoarding animal
- 5. Name for a baby turkey
- 8. Busiest shopping day
- 9. First Month of Autumn
- 10. Ray Bolger "Hunk"
- 11. _____ Spice Latte
- 12. A collection of paths with one entrance and one goal
- 15. To gather a crop
- 16. The color of a maple leaf
- 18. Tree with white, papery bark





COVID-19 Call Center

Charles County Department of Health Call Center:

Monday through Friday: 9:00 a.m. to 5:00 p.m.

Call 301-609-6717 or 301-609-6777.

Saturday and Sunday:

10:00 a.m. to 3:00 p.m. Call 301-609-6717.

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

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/>

VanGO

You may have seen VanGO buses on the road throughout this crisis. That is because VanGO has been operating all through the pandemic. You may be wondering what we are doing to keep our drivers and passengers safe. Here are some of the safety precautions we are taking:

- Each time a bus return to the yard they are wiped and misted with a hospital grade disinfectant.
- Passengers and drivers must wear facemasks. Passengers can be provided a face mask if they do not have one.
- The first two rows of seats are blocked to provide distance between passengers and drivers.
- Bus shelters at the Waldorf transfer point are misted every night with disinfectant.

Riders are encouraged to only make necessary trips but we are operating full service and ADA eligible clients can schedule trips just like they normally do.

DON'T FORGET TO VOTE!!! Election Day is November 3rd!!

If you are worried how you are going to get to the polls on election day, even though Charles County Government will be closed, VanGO will be operating full service. Fixed route services, polling places, and ADA service is available all day to any certified residents.

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 resources below:

CDC:

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

Charles County Health Department:

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

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>

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.

Drive-Through (VEIP) Testing Information

Vehicle Emissions Inspection Program (VEIP)

28 Henry Ford Cir #2787, Waldorf, MD 20602

Tuesday and Thursday from 8:00 a.m. to 12:00 p.m.

Schedule an appointment online at coronavirus.maryland.gov.

Appoints are required. No doctor's order needed.

Follow steps below to schedule appointment.

Step 1- Go to coronavirus.maryland.gov

Step 2- Click the "Testing" tab

Step 3- Click the "Getting a COVID-19 Test" tab

Step 4- Schedule an appointment at the Waldorf VEIP testing site using the yellow box



As we continue to expand our outdoor senior programming, we encourage you all to be safe and consider what is best for you.

If you feel comfortable joining us in person, great! We can't wait to see you. If you're not ready to make that step, that's okay too!

We will continue to provide a variety of virtual programs as well as live-stream some of our outdoor programs so you can join us from the safety and comfort of your home.



Special Events

Halloween Dance Party – Virtual

It would not be Halloween without fun costumes and grooving to Monster Mash! Join Debi Shanks and the center coordinators on Facebook Live for a fun 30 minutes of movement. Costumes and camera use encouraged!

Friday, October 30, 1 PM, FB LIVE

Registration Drive-Thru Lunch

See pg. 4 for details.

Senior Fitness

Tai Chi with Cynthia Simmons

Indian Head Senior Center Coordinator, Cynthia Simmons will lead this hour-long class around Indian Head's Village Green fountain. Tai Chi is an evidence-based class that focuses on muscle control, stability, balance, and flexibility. Bring your own water.

Mondays and Wednesday, 8:30 AM, Indian Head Pavilion

This class is currently at capacity. Call 301-743-2125 to be placed on a wait list. If you get directed to voicemail, please leave your name and phone number.

Group Warm Up & Walk

These morning walks are led by Senior Fitness and Promotions Coordinator, Debi Shanks on Mondays, and Senior Fitness Specialist, Nate Schultz on Fridays. This program consists of a 10-minute warm up followed by 30-minute walk, at your own pace. Bring your own water.

Participants should meet in the first parking lot to the right, just as you pull in.

Mondays and Fridays, 8:30 AM, Laurel Springs Park

Walk with Ease

Stay in walking shape with stretches and strengthening moves from the Arthritis Foundation. Led by Rural Center Coordinator, Donna Adebhar.

Tuesdays, 7:30 AM, Pisgah Park

Total Body Conditioning – Virtual

Total Body Conditioning is a cardiovascular system workout designed to target all muscle groups. This exercise uses a combination of chair exercises, bands, weight and stretching for a well-rounded workout. This class is led by fitness instructor, Sabrina McCrae via the virtual platform, ZOOM.

The information below will be used each class day to begin your workout.

<https://www.zoom.us/join>

Meeting ID: 528 975 5657

Password: 123Fit

Tuesdays and Thursdays, 9:30 AM, via ZOOM

Fitness Move of the Week - Virtual

Senior Fitness Specialist, Nate Schultz, will demonstrate a new fitness move each week. These moves are designed to enhance your exercise regimen and help you meet your fitness goals.

Tuesdays, 2 PM, FB LIVE

Yoga w/ Debi Shanks

Led by Senior Fitness and Promotions Coordinator, this class offers gentle poses that are held with a focus on breathing. Yoga is an excellent way to reduce stress, as well as work on balance, strength & flexibility. Participants must bring their own mat, towel, and a bottle of water.

Wednesdays, 8:30 AM, Laurel Springs Park

Tai Chi with Nate Schultz

Senior Fitness Specialist, Nate Schultz, will lead this hour-long class in a shady spot at Tilghman Lake Park. Tai Chi is an evidence-based class that focuses on muscle control, stability, balance, and flexibility. Bring your own water.



Thursdays, 8:30 AM, Tilghman Lake Park

Arthritis Foundation Exercise Program (AFEP)

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength.

Tuesdays, 1 PM, Laurel Springs Park

Fridays, 2 PM, FB LIVE

Walk Maryland – Oct. 7

See pg. 14 for details.

Facebook Workout – Virtual

Workout formats vary but include Yoga, Flex & Stretch, Full Body Strength, Drums Alive and more! Led by Debi Shanks and Nate Schultz. If you cannot participate in a workout as it premieres, check out the Senior Workouts/ Exercises Playlist located under the Videos tab to complete any workout at your convenience.

Days/Time Vary, FB Live – see calendar on pg. 13

SOCIAL DISTANCING GUIDELINES

ARE BEING FOLLOWED AT ALL CHARLES COUNTY SENIOR



CENTER PROGRAMS. IN-PERSON EVENTS REQUIRE A MASK ANY TIME YOU ARE WITHIN 6 FT OF ANOTHER PARTICIPANT. WE ALSO ENCOURAGE YOU TO BRING WATER TO ENSURE YOU STAY HYDRATED AT THESE OUTDOOR VENUES.

All programs are free unless otherwise noted. To Register: Call 301-934-5423, leave a message with your name, phone # and program you wish to attend.

CHARLES COUNTY SENIOR CENTERS

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

Services

Living Well with a Chronic Condition

This is a free six-week workshop designed for people and/or caregivers with chronic conditions, such as diabetes, heart problems, lung disease or any condition that keeps you from living your life to the fullest.

Each session builds upon the last to help you set goals, make action plans, and improve your life. It is a motivational experience.

Topics Include:

- How to manage your fatigue and pain
- How to communicate better with your doctors
- How to decrease your frustration
- Methods to improve healthy eating
- Regaining control of your life
- Putting changes into action

Thursdays, October 1 - November 5,
9 AM - NOON Tilghman Lake Park

Pre-registration required for this class. Call 301-609-6931 to register.

Informational

Chat & Chew

Join the Senior Centers' staff and some of your friends at the park for conversation and informational discussions. A light snack will be provided, or you are welcome to bring your own! Pre-registration is encouraged.

Mondays, 10 AM, Indian Head Lawn
Led by Cynthia Simmons

Wednesdays, 9:30 AM,
Laurel Springs Park Pavilion
Led by Janice Hamby

Thursdays, 9 AM, Pisgah Park
Led by Donna Adebhar

Thursdays, 9:30 AM,
Tilghman Lake Park Pavilion
Led by Melanie Maggi



CCPL Book Club - Virtual

Virtual book clubs are a place where adults 60+ can enjoy a lively and informational discussion of classical or contemporary literature. This program is being offered virtually. Registered participants will receive an email with details the day before the program.

Registration information is as follows:

"The Island of Sea Women" by Lisa See
Thursday, October 1, 1 PM
<https://ccplonline.libnet.info/event/4252653>

"After the Flood," by Cassandra Montag
Wednesday, October 21, 1 PM
<https://ccplonline.libnet.info/event/4553446>

Widow to Widow

Women's group focusing on grief.

Friday, October 23, 9:30 AM,
Laurel Springs Park
Pre-Registration is encouraged!

Arts/Crafts

Scrapbooking

Tuesday, October 6, 9:30 AM,
Laurel Springs Park
Pre-Registration is required!

Jewelry Club

Come learn how to make beautiful, beaded jewelry pieces. Hosted by Charles County Staff.

Wednesday, October 7 & 21, 9:30 AM,
Laurel Springs Park
Pre-Registration is required!

Wine Glass Painting

Create your very own personalized wine glass, using glass paint. All supplies provided.

Friday, October 9, 9:30 AM, Laurel Springs Park
Pre-Registration is required!

Bow Making with Janice

Meet us at the park and learn how to create a beautiful bow made from ribbon. All supplies will be provided, but you are welcome to bring your own ribbon.

Wednesday, October 14, 9:30 AM,
Laurel Springs Park



"Mystery" Art in the Park:

This art project will be a Mystery? Come out and be surprised! We will provide all the supplies; you supply the creativity! Led by Janice Hamby and Melanie Maggi.

Friday, October 23, 9:30 AM, Laurel Springs Park. Pre-Registration is required!

Pumpkin Carving

Celebrate Halloween with some Pumpkin Carving. Costumes encouraged, but not required. All supplies will be provided.

Friday, October 30, 9:30 AM, Laurel Springs Park
Pre-Registration is required!

Hanging Paper Hearts Craft – FB Live

Supply List: 6 - sheets – 8 ½" x 11" Card Stock or Construction Paper in 6 different colors; Scissors; Ruler; Stapler; String or ¼ " Ribbon for Hanging

Tuesday, October 13, NOON, FB Live

Hanging Paper Pumpkin Craft – FB Live

Supply List: 1 sheet – 8 ½" x 11" Orange Card Stock or Construction Paper; 1 sheet – 8 ½" x 11" Green Card Stock or Construction Paper; Scissors; Ruler; Stapler; String or ¼ " Ribbon for Hanging

Tuesday, October 27, NOON, FB Live

Program Locations

Indian Head Pavilion

100 Walter Thomas Rd, Indian Head, MD

Laurel Springs Park

5940 Radio Station Rd, La Plata, MD
(Pavilion closest to restrooms)

Tilghman Lake Park

10598 Box Elder Rd, La Plata, MD

Pisgah Park

6645 Mason Springs Rd, Indian Head, MD

Richard R. Clark Senior Center

1210 Charles St, La Plata, MD

Waldorf Senior & Recreational Center

90 Post Office Rd, Waldorf, MD

FB Live – a Facebook account is not necessary to view the content on this page <https://www.facebook.com/CharlesCountySeniorCenters>

*** All outdoor program venues have open restrooms.**

***Outdoor programs will be canceled in cases of inclement weather.**

Social distancing guidelines are being followed at all Charles County Senior Center programs. In-person events require a mask any time you are within 6 ft of another participant. We also encourage you to bring water to ensure you stay well hydrated at these outdoor venues.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>The month of October</i>				
			1 Tai Chi w/ Nate.....8:30 Nanjemoy Chat & Chew.....9:00 Chronic Disease Self-Management 9:00 Total Body Conditioning.....9:30 Waldorf Chat & Chew.....9:30 Virtual Book Club 1:00	2 Warm Up & Walk 8:30 Facebook Workout 11:00 AFEP FB Live.....2:00
5 Warm Up & Walk 8:30 Tai Chi w/ Cynthia 8:30 Indian Head Chat & Chew . . 10:00 Clark Center Farmer's Market 11:30 Facebook Workout 1:30	6 Walk with Ease 7:30 Total Body Conditioning.....9:30 Scrapbooking 9:30 AFEP w/ Debi 1:00 AFEP FB Live.....1:00 Fitness Move of the Week FB LIVE 2:00	7 Tai Chi w/ Cynthia 8:30 Yoga w/ Debi 8:30 Clark Chat & Chew 9:30 Jewelry Club 9:30 Walk Maryland 9:30 Walk Maryland 11:30 Walk Maryland 1:00	8 Tai Chi w/ Nate.....8:30 Nanjemoy Chat & Chew.....9:00 Chronic Disease Self-Management 9:00 Total Body Conditioning.....9:30 Waldorf Chat & Chew.....9:30	9 Warm Up & Walk 8:30 Wine Glass Painting 9:30 AFEP FB Live.....2:00
12 CLOSED FOR COLUMBUS DAY 	13 Walk with Ease 7:30 Total Body Conditioning.....9:30 Waldorf Registration Drive-Thru Lunch 11:30 Hanging Paper Heart Craft FB Live NOON AFEP w/ Debi 1:00 Fitness Move of the Week FB LIVE 2:00	14 Tai Chi w/ Cynthia 8:30 Yoga w/ Debi 8:30 Clark Chat & Chew 9:30 Bow Making Craft 9:30 Facebook Workout 1:30	15 Tai Chi w/ Nate.....8:30 Nanjemoy Chat & Chew.....9:00 Chronic Disease Self-Management 9:00 Total Body Conditioning.....9:30 Waldorf Chat & Chew.....9:30	16 Warm Up & Walk 8:30 AFEP FB Live.....2:00
19 Warm Up & Walk 8:30 Tai Chi w/ Cynthia 8:30 Indian Head Chat & Chew . . 10:00	20 Walk with Ease 7:30 Total Body Conditioning.....9:30 Mental Health Talk 11:00 Clark Registration Drive-Thru Lunch 11:30 AFEP w/ Debi 1:00 Fitness Move of the Week FB LIVE 2:00	21 Tai Chi w/ Cynthia 8:30 Yoga w/ Debi 8:30 Yoga FB Live 8:30 Clark Chat & Chew 9:30 Jewelry Club 9:30 Virtual Book Club 1:00	22 Tai Chi w/ Nate.....8:30 Nanjemoy Chat & Chew.....9:00 Chronic Disease Self-Management 9:00 Total Body Conditioning.....9:30 Waldorf Chat & Chew. 9:30 Facebook Workout 11:00 Nanjemoy Registration Drive-Thru Lunch & Farmer's Market 11:30	23 Warm Up & Walk 8:30 "Mystery" Art in the Park . . 9:30 Widow to Widow 9:30 AFEP FB Live.....2:00
26 Warm Up & Walk 8:30 Tai Chi w/ Cynthia 8:30 Indian Head Chat & Chew . . 10:00 Waldorf Farmer's Market 11:30	27 Walk with Ease 7:30 Total Body Conditioning.....9:30 Facebook Workout 10:30 Hanging Paper Pumpkin Craft FB Live NOON AFEB w/Debi 1:00 Fitness Move of the Week FB LIVE 2:00	28 Tai Chi w/ Cynthia 8:30 Yoga w/ Debi 8:30 Clark Chat & Chew 9:30 Indian Head Registration Drive-Thru Lunch 11:30	29 Tai Chi w/ Nate.....8:30 Nanjemoy Chat & Chew.....9:00 Chronic Disease Self-Management 9:00 Total Body Conditioning.....9:30 Waldorf Chat & Chew.....9:30	30 Warm Up & Walk 8:30 Pumpkin Carving.....9:30 Halloween Dance Party FB Live 1:00 AFEP FB Live.....2:00



Have you heard about the new programs?

Tell A Friend?

As we continue in-person programs we need your help spreading the word. If we all call one friend, together we can reach so many!

***New Session:
Walk With Ease begins
Wednesday, October 7th!!**

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.

Please call Debi Shanks @ 301-609-5711 for more information and to register. All classes are run through Microsoft Teams.

Registration Deadline is Monday, October 5th



**WALK Maryland
Walking Towards Wellness**

Did you know that the official state exercise is—walking? Walk Maryland is a day to promote awareness about regular walking all year round for physical activity and improved health, engaging Marylanders with walks of all sizes and shapes.

Charles County will "Walk Towards Wellness" by taking time on that day to participate in some type of physical activity (ex., walking). Even though Oct. 7th will be our official celebration, we want to encourage everyone to go walking all year round. The point is to get up, get out, and get active every day!

You can either join us this day for a fun group walk OR walk on your own and call in your minutes! To register for the group walk or to register to walk on your own, please call Debi Shanks 301-609-5711. Must be registered to be eligible for prizes!!

Wednesday, October 7th

@ Laurel Spring Park 9:30 am

@ Indian Head Pavilion 11:30am

@ Indian Head Rail Trail (White Plains) 1:00pm

Emotional Health

Working on our emotional health is just as important as taking care of our physical well-being. Let's talk. Join in for a MS Teams meeting to discuss ways we can ALL benefit by keeping our emotional self-healthy and learn:

- Resilience to stress shows that emotional distress makes you more vulnerable to physical illness by impacting your immune system.
- Deeper relationships. When you're equipped with the skills to manage your emotions, it's easier for you to connect with others and show more empathy and compassion. You're also better able to hold arguments and talk through your feelings.
- Higher self-esteem. Your thoughts, feelings, and experiences influence the way you feel about yourself. Good emotional health helps you see the best in yourself despite challenges.
- More energy. Having a positive outlook makes you feel more energized and helps you focus and think more clearly, whereas poor emotional health depletes your mental resources and leads to exhaustion.

Register by calling 301-609-5711 or email shanksd@charlescountymd.gov to get link to attend.

Meeting:

Tuesday, October 20th @ 11:00 through Microsoft Teams

Caregivers Corner

The Importance of Exercise

Exercise has many benefits for both the aging client and caregiver including improving mood, reducing stress, improving physical abilities for everyday tasks, reducing depression, improving heart health, slowing mental decline, improving sleep and reducing sundowning symptoms.

Ideas for Exercise Activities for Seniors with Dementia are:

- 1) Walking
- 2) Practice sitting in a chair and moving to a standing position
- 3) Try sitting away from the back of the chair
- 4) Stretch while lying in bed
- 5) Gardening
- 6) Light household chores
- 7) Dancing
- 8) Try a virtual exercise class

Many caregivers find it difficult to encourage an individual with dementia to get up and exercise. Here are some suggestions to help get everyone up and moving!

- Do not call it exercise, just treat it as a task.
- Participate in the exercise with them.
- Make exercise a part of everyday routine.
- Have a light exercise option on days that are difficult, just 15 minutes can help!
- Be patient and keep trying!

Information for this article provided by dailycaring.com

Halloween Dance Party

Friday, October 30th @ 1:00

It's a virtual dance party coming to you right in your living room! Dance with us as we go LIVE playing music and dancing it up! Call 301-609-5711 for information on how to join in! If your following us on Facebook, join the LIVE dance party at www.facebook.com/charlescountyseniorcenters

Want to join us in person to dance? Come out and dance with us at Laurel Springs Park! We will be dancing at the pavilion at the end of the first gravel parking lot. RSVP with Debi at 301-609-5711.

Fitness Classes on Charles County Government TV

Did you know that Charles County Government TV (CCGTV) broadcasts great workouts for our senior community every day? CCG cable access channel is available on Comcast: 95 and Verizon FIOS: 10. Using the link below, check out the Broadcast Schedule and tune in for a workout today!

<https://www.charlescountymd.gov/services/media-services/charles-county-government-television>

Flexibility and Functional Fitness

By: Nate Schultz, Fitness Specialist

Natural balance starts to go as people age. This is why it is important to learn ways to reduce the risk of falls. The Arthritis Foundation Exercise Program (AFEP), Tai Chi, and Yoga incorporate functional fitness and flexibility into their classes to help improve your balance.

Arthritis can reduce joint mobility which in turn reduces balance. Regular stretching should reduce the loss. Flexibility training that focuses on range of motion around your joints can improve balance. It is recommended to stretch for a minimum of two days a week for 10 minutes each session but stretching daily will benefit you further. Do not stretch to the point of pain or discomfort and hold each position for 30 to 60 seconds.

Functional fitness, also known as neuromotor training, is essential to maintaining balance, agility, coordination, and body awareness. This training helps the body to respond more rapidly to demands faced in everyday life. This system coordinates every motor task completed throughout the day. Most of the time these movements are done with no conscious effort. An example of a functional fitness training progression for walking would be to start to walk normally. When you are comfortable, progress to having one-foot cross in front and behind another. Finally, you can try walking backward.

World Osteoporosis Day: October 20

World Osteoporosis Day (WOD), on October 20 each year, marks a year-long campaign dedicated to raising global awareness of the prevention, diagnosis and treatment of osteoporosis. Key messages for World Osteoporosis Day include:

- Osteoporosis is the underlying cause of painful, debilitating and life-threatening broken bones – known as fragility fractures.
- Osteoporosis is a growing global problem: worldwide, fractures affect one in three women and one in five men over the age of 50.
- Osteoporosis affects families – family members often bear the burden of care.
- If one of your parents had osteoporosis or hip fracture, this may increase your own risk of developing the disease.
- At risk? Be sure to request a bone health assessment – take early action for prevention!
- Bone health concerns the entire family – ensure your family maintains a bone healthy lifestyle.

Information provided by <http://worldosteoporosisday.org/>.

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.

Experience Adventure, Let's Travel in 2021

Trips sponsored by the 2N1 Club

Wednesday, April 7, 2021: One day trip to Sight and Sound in Lancaster, PA to see Queen Esther. Trip also includes a Chalk Talk presentation and a Family Style meal before the show. Cost is \$160 per

Wednesday and Thursday, April 21-22, 2021 - Overnight trip to Mount Airy Casino for some gambling, eating, and Sam Cooke Tribute Show. There is an indoor swimming pool, spa, and more. Cost is \$260 (single), \$200 per person (double), or \$200 per person (triple).

Please call Suzanne Carr at 301.645.5203 for more information and reservation.

Trips sponsored by Action Travel Tours

A Message from Travel Leaders/Action Travel Tours: We hope this newsletter finds you well and turning your thoughts towards travel once again. The health and safety of our clients and employees are most important. To ensure this, we have moved our remaining 2020 trips to 2021 to support and protect our community. We have some wonderful itineraries for you to consider for 2021. **Several have 2020 deposit dates to ensure FREE airfare!!** Dates are subject to change based on vendor confirmation. We hope to be traveling together very soon. ****2N1 Sponsored Trip**

****April 14-22, 2021: Springtime Tulip River Cruise on the Rhine Collette Vacations.**

9 Day River Cruise Holiday on the MS Amadeus. Cruise the Netherlands and Belgium while in resplendent color with an overnight in Amsterdam. From \$3799pp double occupancy. **FREE airfare and hometown transfers if deposited by September 30, 2020, full payment is December 1, 2020.**

****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, Kalibab National Forest, Lake Powell, Bryce Canyon, Zion National Park and Las Vegas From \$3499pp double occupancy including **FREE airfare if booked by November 6, 2020.**

May 23, 2021: Kennedy Center Memorial Day Choral Concert and Lunch. – Music Celebration by the American Veterans Center and the US Air Force Band present a Memorial Day Choral Festival honoring veterans past and present who have sacrificed so much. Prior to the 3pm concert we will enjoy a delicious lunch at the Alexandria Fish Market.

June 14–18, 2021: Action Travel Tours' 35th Annual Mystery Trip, Take II. – Add a little adventure to your life... Sign up for the original Southern Maryland Mystery Trip and travel with Action Travel Tours to a destination unknown. Help us celebrate 35 years of Mystery Itineraries, Friendships and Memories!! First Clue: No repeat of 2019's Mystery Destination of Salem, Rockport and Gloucester, MA.

****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 including air.

September 29 – Oct. 4, 2021: Music City USA – Nashville, TN – We will explore the history and sounds of country music as we travel to the country music capital of Nashville. We will overnight in Bristol TN on our journey down and in Asheville, NC on our return. No trip to Nashville is complete without staying at Opryland, enjoying the Grand Ole Opry, the Johnny Cash museum, the General Jackson and so much more

