

The SCOOP

Charles County's Senior Center News



MAY 2020

www.CharlesCountyMD.gov

Message to Our Seniors

Hello, our beloved seniors! We can't begin to describe how much we miss seeing your smiling faces in our centers every week. Being apart has been a huge adjustment and we are thinking about you all constantly. 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 they 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

Fitness move of the month:

From the ground up.... Heel & Toe Raises.

Ankle movement is key to help with balance and walking. Here we start from the very bottom to gain range of motion. Stand behind a chair or facing a wall or counter, lifting up on your toes, raising the heels off the ground. Lower your body and rock back on the heels and lift the toes off the floor. Repeat 12 times. Do one set daily.

****Regression: Do this in a chair.**

****Progression: Do one leg at a time.**



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.

28th Annual Southern Maryland Caregivers Conference

Cancellation Announcement

CANCELLED

As we continue to respond to the many challenges presented by the coronavirus (COVID-19) pandemic, the Charles County Department of Community Services, Aging and Human Services Division regrettably has made the decision to cancel the 2020 Southern Maryland Caregivers Conference. Much went into the planning of the conference to secure a wide array of presentations and excellent speakers in order to bring a wonderful program to the Southern Maryland community. As this has been an annual event for the last 27 years, it is hard to skip a year, but it just makes our comeback that much sweeter! Our plans are to present nearly the same (if not the same) agenda to you in the spring of 2021 at the Richard R. Clark Senior Center in La Plata and hope that all of our speakers will make themselves available to us.

We remain committed to assisting family caregivers during this difficult time and are grateful for the offers of help from our county citizens and businesses for our seniors in need. We hope to see you at the conference next year. Stay strong, be well, and keep the faith.

Want to know about the upcoming events at the Senior Centers?

Sign up for eNews and have the SCOOP delivered directly to your inbox.

Step 1. www.charlescountymd.gov/getconnected

Step 2. Click this.
(Say "YES" to leaving the Charles County Government website.)



Step 3. Complete this simple form, and you are done!



Charles County
Department of
Community
Services

A screenshot of the 'Charles County's eNews Registration' form. The form includes fields for 'First Name', 'Last Name', 'Address', 'City', 'State/Province', 'Email Address', and 'Phone Number'. There are checkboxes for 'I am interested in receiving eNews from the Charles County Department of Community Services' and 'I would like to receive the SCOOP newsletter'. A yellow 'sample' watermark is overlaid on the form.

8190 Port Tobacco Rd, Port Tobacco, MD 20677 • 301-934-9305 • 301-870-3388
301-932-6004 • MD Relay: 711 Relay TDD: 1-800-735-2258 • www.CharlesCountyMD.gov

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 workout, 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! Call one of our senior centers and a staff member will try and assist you over the phone. Once we re-open, you can stop by a senior center and a staff person can assist you.

Gratitude Check-In

In a world full of abundant uncertainty, it is very easy to become stressed, overwhelmed, and have a negative outlook on life. It is not easy to see through hard times, but choosing to be grateful has positive impacts on your life that will help you through hard times. Benefits of being grateful include:

- Having better health and being emotionally healthier
- You become more compassionate and optimistic
- You are more productive and relaxed
- You are more joyful and resilient

We challenge you to write down five things you are grateful for every day. Try to find the silver linings in your life. Share what you are grateful for with us on our Facebook page!

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.

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse hands well under clean, running water.

Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH CLEAN HANDS

www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOUJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

CDC

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.

DID YOU KNOW?

Responding to the Census

The 2020 Census is happening now. You can complete your questionnaire online, by phone, or by mail.

Your Invitation to Respond

The time is now. Help shape your future, and your community's future, by responding to the 2020 Census. Homes will begin receiving their invitation to respond to the 2020 Census between March 12-20. The official Census Bureau mailings will include detailed information and a Census ID for completing the Census online. During this time frame, some homes will receive a paper questionnaire. Please complete your form online, by phone, or by mail when your invitation to respond arrives.

How to Respond

The 2020 Census will ask a few simple questions about you and everyone who is or will be living with you on April 1, 2020. For the first time, you can choose to complete the census online, by phone, or by mail. Please note that if you are responding online, you must complete the census in one sitting, as you don't have the ability to save your progress.

Who Should Respond?

The 2020 Census counts everyone living in the United States and its five territories (Puerto Rico, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, and the U.S. Virgin Islands). One person should respond for each home. That person must be at least 15 years old. They should live in the home or place of residence themselves and know general information about each person living there.

Who Should be Counted and Where?

You should be counted where you are living and sleeping most of the time as of April 1, 2020. If you are responding for your home, count everyone who lives and sleeps there most of the time as of April 1, 2020. This includes young children, foster children, roommates, and any family members or friends who are living with you, even temporarily.

Article provided by 2020census.gov

Everyone Counts!

Shape
your future
START HERE >

United States
Census
2020

Older Americans Month

Every May, the Administration for Community Living (ACL) leads our nation's observance of Older Americans Month. We are pleased to announce the 2020 theme: Make Your Mark. ACL selected this theme to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference everyone can make – in the lives of older adults, in support of caregivers, and to strengthen communities. Older Americans Month info provided by acl.gov.

Join us in the Celebration!

We invite you to celebrate Older Americans Month and Make Your Mark in May! Join us on Facebook for an entire month of programs and posts celebrating YOU!

During the month of May, we are encouraging our seniors to post to their own Facebook pages on how they are making their marks! Tag Charles County Senior Centers in your post and use the hashtags #MakeYourMark #CharlesCountySeniorsShine and #OlderAmericansMonth. We will then repost these posts to our page celebrating our seniors the entire month or May!! For those of you that do not have Facebook but want to do join us in celebrating Older Americans Month, please email a short message and a picture of the senior you are celebrating to Elizabeth Phipps, Senior Center Supervisor at phippse@charlescountymd.gov.

Please check our Facebook daily for new programs and interactive posts for you to enjoy!

National Senior Health & Fitness Day is May 27th

Whether in a lecture, class or handing out information, your health is important to us. Check out the fitness videos being posted weekly on our Charles County Senior Center Facebook page!

Fitness is the ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure time activities and meeting emergency demands. It is the ability to endure, bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue and is a major basis for good health and well-being. Source: www.fitness.gov

With fitness classes and health presentations being offered at all our county senior centers, we encourage you to get involved and be proactive over your health and fitness, once we re-open to seniors.

Senior Call Check Program

Maryland is the first state in the country to start a free, opt-in, telephonic service to check on Maryland's older residents, all across the state.

HOW DOES IT WORK?

Every day a telephone call will be placed to a participant at a regularly scheduled time. These calls will take place between 8 a.m. and 4 p.m. as close as possible to the one-hour time block pre-selected by the participant. If the participant does not answer their first call, they will be tried two more times. If those calls go unanswered, additional calls will be made to notify an alternative person who is selected by the participant during program enrollment. This could be an adult child, a neighbor, or another loved one. The alternate will then be encouraged to check on the older adult program participant. The failure of the participant and alternate to answer will result in a call to your local non-emergency service.

ATTENTION IN RESPONSE TO THE COVID-19 PANDEMIC

We recommend all seniors use the program as a resource during the COVID-19 global pandemic. Senior Call Check phone lines are open M-F 8 am-5 pm and Saturday 9 am-3 pm. During these hours, seniors can call toll-free 1-866-50-CHECK (1-866-502-0560).

As mentioned below, there are three ways to apply. The fastest way to apply is online using the "REGISTER NOW" button at <https://aging.maryland.gov/Pages/senior-call-check.aspx>. The two application options that use the mail take longer. However, we have established a special application process during the COVID-19 emergency. During the COVID-19 emergency, if you cannot apply online and call in to apply, the Program can begin daily calls to you within 24 to 48 hours, if you wish. The Program will do this during the emergency even though your official enrollment will not be finalized and still be in process.

- We will provide messages and updates regarding the COVID-19 outbreak, as well as resources you can reach out to, as part of the daily phone call recording you will receive.

HOW TO APPLY?

Three options available to apply:

1. Click on REGISTER NOW button at <https://aging.maryland.gov/Pages/senior-call-check.aspx>. OR
2. Go to RESOURCES on the website listed above; download & print Maryland Senior Call Check Paper Application to mail in. OR
3. Call toll-free (866)-502-0560 and ask to have a hard copy application mailed to your home.

Pen Pal Program: Let's Connect!

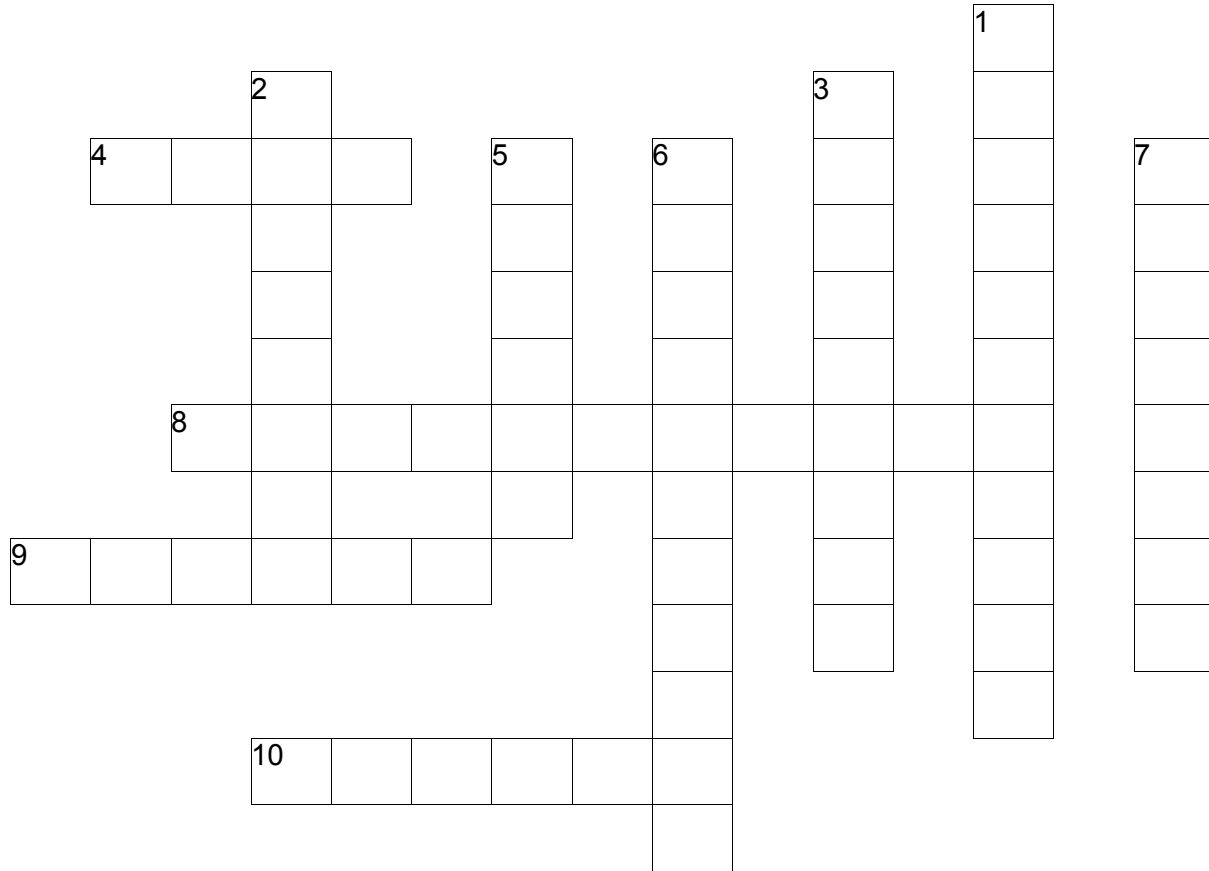
With today's fast-paced digital communications, filled with the instant gratification of emails and text messages, it's easy to forget what an important role letters and physical mail once played in the life of an entire generation. The anticipation, the extra effort of going to the mailbox or post office, the surprise of a handwritten letter arriving, and the excitement of what could be inside, were all a part of life for many seniors.

Charles County's Department of Community Services, Aging Division is creating a pen pal program. Be on the lookout for more information and how you can sign up and get a pen pal!

BINGO

Do Some Exercise	Take A Walk or Get Some Sun	Dance In Your Living Room	Eat Something Sweet	Phone A Friend
Take A Virtual Tour	Look Through Old Photos	Listen To Your Favorite Song	Cook A Favorite Dish	Smile At A Stranger
Drink 64 oz of water today!	Clean Out Your Cupboards	<u>FREE</u>	Complete A Crossword Puzzle	"Like" A Facebook Post
Wish Someone Happy Birthday	Send A Card To A Friend	Read A Book	Play A Card Game	Watch A New TV Show
Start A Gratitude Journal	Give Someone A Compliment	Make Something Creative	Change Your Bed Sheets	Wash Your Hands

HAND WASHING



Across

4. Hands should be washed in ____ water
8. An area often missed with hurried handwashing
9. Wash for at least ____ seconds
10. I should make the soap ____

Down

1. The best way to prevent the spread of germs
2. The most important part of handwashing
3. If you can't wash your hands, ____ can be used, as long as your hands aren't visibly soiled
5. It is still necessary to wash after removing these
6. Turn off faucet with ____ paper towel (3 wds)
7. I wash my hands to prevent the spread of ____

Charles County Senior Centers

T J Y F I M A N U H Y W W A L K W I T H E A S E
I D N U T R I T I O N G A T H G M J X C J E W E
Y D Y O M E J N A N R L O A W P O E P A R T Y H
B N S K C E H C S S E N L L E W B R W O G N I B
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F L I J B T O L B I I H E U R C L T L U A D N P
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E V I L A S M U R D N W L L A B E L K C I P E E
J O D I Y M E A L S O N W H E E L S T C E S S D

AARP
Acey Deucey
AFEP
Aging
Aqua Aerobics
Art
Billiards
Bingo
Book Club
Center Council
Ceramics
Charles County
Crafts
Drums Alive

Family
Fitness
Friends
Health
Indian Head La Plata
Line Dance
Meals On Wheels
Mobile Library
Nanjemoy
Nutrition
Party
Pickleball
Pinochle
Reflexology

SCOOP
Scrapbooking
Senior Center Plus
Sewing
Show Troupe
Support
Tai Chi
Trips
Waldorf
Walk With Ease
Walking
Welcome
Wellness Checks
Workshops

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



As COVID-19 Crisis Escalates in Capital Region, Governor Hogan Issues Stay at Home Order

As the COVID-19 crisis escalates in the National Capital Region, Governor Larry Hogan issued a Stay at Home order to protect public health and safety. The order, which took effect at 8:00 p.m. on Monday, March 30, states that no Maryland resident should leave their home unless it is for an essential job or for an essential reason, such as obtaining food or medicine, seeking urgent medical attention, or for other necessary purposes.

For more details about the stay at home order please visit Governor Larry Hogan's website at **<https://governor.maryland.gov/>**.



Fraud Alert: COVID-19 Social Security Benefit Suspension Scam

The Inspector General of Social Security, Gail S. Ennis, is warning the public about fraudulent letters threatening suspension of Social Security benefits due to COVID-19 or coronavirus-related office closures. The Social Security Administration (SSA) will not suspend or discontinue benefits because their offices are closed.

The Social Security Office of the Inspector General has received reports that Social Security beneficiaries have received letters through the U.S. Mail stating their payment will be suspended or discontinued unless they call a phone number referenced in the letter. Scammers may then mislead beneficiaries into providing personal information or payment via retail gift cards, wire transfers, internet currency, or by mailing cash, to maintain regular benefit payments during this period of COVID-19 office closures.

Social Security will not suspend or decrease Social Security benefit payments or Supplemental Security Income payments due to the current COVID-19 pandemic. Any communication you receive that says SSA will do is a scam, whether you receive it by letter, text, email, or phone call.

Social Security will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee;
- Promise a benefit increase or other assistance in exchange for payment;
- Require payment by retail gift card, cash, wire fraud, internet currency, or prepaid debit card;
- Demand secrecy from you in handling a Social Security-related problem;
- Send official letters or reports containing personally identifiable information via email.

If you receive a letter, text, call, or email that you believe to be suspicious, about an alleged problem with your Social Security number, account, or payments, hang up or do not respond. We encourage you to report Social Security scams using our dedicated online form, at <https://oig.ssa.gov>.

Grandparents Scams in the Age of Coronavirus

“Grandma: I’m in the hospital, sick, please wire money right away.” “Grandpa: I’m stuck overseas, please send money.” Grandparent scams can take a new twist – and a new sense of urgency – in these days of Coronavirus. Here’s what to keep in mind.

In grandparent scams, scammers pose as panicked grandchildren in trouble, calling or sending messages urging you to wire money immediately. They’ll say they need cash to help with an emergency – like paying a hospital bill or needing to leave a foreign country. They pull at your heartstrings so they can trick you into sending money before you realize it’s a scam. In these days of Coronavirus concerns, their lies can be particularly compelling. But we all need to save our money for the real family emergencies.

So, how can we avoid grandparent scams or family emergency scams? If someone calls or sends a message claiming to be a grandchild, other family member or friend desperate for money:

Resist the urge to act immediately – no matter how dramatic the story is.

Verify the caller’s identity. Ask questions that a stranger couldn’t possibly answer. Call a phone number for your family member or friend that you know to be genuine. Check the story out with someone else in your family or circle of friends, even if you’ve been told to keep it a secret.

Don’t send cash, gift cards, or money transfers – once the scammer gets the money, it’s gone!

For more information, read [Family Emergency Scams](#). And if you get a scam call, report it to the FTC at ftc.gov/complaint.

By Lisa Weintraub Schifferle, Attorney, FTC, Division of Consumer & Business Education



Statement from Social Security Commissioner Andrew Saul about COVID-19 Economic Impact Payments for Beneficiaries

"I want to provide an update to people who receive benefits from the Social Security Administration.

The Department of the Treasury (Treasury) announced on April 1 that Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive an economic impact payment. The IRS will use the information on the Form SSA-1099 to generate \$1,200 economic impact payments to Social Security beneficiaries who did not file tax returns in 2018 or 2019.

Treasury, not Social Security, will make automatic payments to Social Security beneficiaries. Beneficiaries will receive these payments by direct deposit or by paper check, just as they would normally receive their Social Security benefits.

For updates from the IRS, visit www.irs.gov/coronavirus.

Note for Supplemental Security Income (SSI) Recipients:

We are working closely with Treasury to address outstanding questions about our SSI recipients in an attempt to make the issuance of economic impact payments as quick and efficient as possible. We realize people are concerned, and the IRS will provide additional information at www.irs.gov/coronavirus when available. Please note that we will not consider economic impact payments as income for SSI recipients, and the payments are excluded from resources for 12 months.

We will continue to update Social Security's COVID-19 web page at www.socialsecurity.gov/coronavirus/ as further details become available."



CORONAVIRUS (COVID-19)


SMECO Suspends Disconnects for Non-Payment during Coronavirus Outbreak

In response to the COVID-19 Coronavirus outbreak, Southern Maryland Electric Cooperative (SMECO) began suspending electric disconnects for non-payment on Friday, March 13, 2020.

"We care for our cooperative members and we understand that the actions being instituted to limit the spread of the virus may create an economic burden. Many businesses and their employees will be impacted, and during this period of economic stress, we will continue to work with our customers to ease that burden," said Sonja Cox, SMECO President and CEO.

"We have also instituted business-related travel restrictions and other precautions to keep SMECO employees safe as we continue to ensure reliable service to our members. And when outages occur, power restoration will continue to be managed quickly and safely," Cox said.

"We encourage our customer-members to limit public contact by using our online services," she added. "SMECO members can log in to Account Manager on our website and set up payment arrangements and budget plans to help manage their bills. For customer-members who need to call, SMECO customer care representatives are available 24 hours a day, seven days a week, at 1-888-440-3311."



SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include


FEVER

COUGH

SHORTNESS OF BREATH

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19-symptoms

Smart Shopping

No Maryland resident should leave their home unless it is for an essential job or for an essential reason, such as obtaining food or medicine, seeking urgent medical attention, or for other necessary purposes. If you must go out in public, please shop smart.

Stores with Senior Only Shopping Hours

To avoid crowds, try shopping at stores in the area who have senior only shopping times.



VEIP Testing Information

The Charles County Department of Health drive-through testing site will operate on Tuesday and Thursday from 10:00 a.m. to 2:00 p.m. The location of the testing site is at MDOT MVA Vehicle Emissions Inspection Program 28 Henry Ford Cir #2787, Waldorf, MD 20602.

To qualify for testing, individuals must:

- Meet criteria for testing as determined by a healthcare provider.
- Obtain an order for testing from a licensed healthcare provider.
- Register online and make an appointment online at a test site.

For additional questions about testing contact the call center at 301-609-6777 and 301-609-6717 Monday through Sunday from 8:00 a.m. to 10:00 p.m.

Use Your Head – Slow the Spread: Social Distancing

All Marylanders are advised to take precautions to slow the spread of COVID-19:

- Wash your hands often with soap and water
- Cover your mouth and nose while sneezing or coughing
- Avoid touching your eyes, nose, and mouth
- Avoid contact with sick people
- If you are sick, stay home and call your health care provider
- Practice social distancing – keep distance between yourself and others and avoid crowds

All Marylanders are also advised to practice social distancing. Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Social distancing can take many forms, depending on your lifestyle and your family and work situation, and can include the following habits and steps:

- Avoid handshaking, hugging, and other intimate types of greeting
- Avoid non-essential travel (your health care provider may have specific guidance of your situation)
- Avoid crowds, especially in poorly ventilated spaces
- Work from home if possible for your work situation
- Avoid unnecessary errands – consider ways to have essential items, like food and other household supplies, brought to your house through online delivery services or through family or social networks.

Information provided by coronavirus.maryland.gov.

INFOdemicRx

INFOdemic?
TOO MUCH INFO ABOUT CORONAVIRUS CONFUSING YOU?

The Rx? 3 Simple Steps for Staying Informed:

- 1) FOCUS ON FACTS**
 Do not rely on friends' opinions, online theories, gossip, conflicting news stories, social media or political speeches. Not all information is accurate. YOUR HEALTH and LIFE depend on facts from trusted science and medical experts.
- 2) USE TWO TRUSTED SOURCES THAT WILL HAVE UP-TO-DATE INFO**
 Centers for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 World Health Organization
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- 3) CHECK THREE TIMES DAILY**
 Situations change rapidly. Be aware of misinformation and disinformation. Check reliable sources 3x daily.

FACTS. TRUSTED SOURCES. 3 X DAILY.

INFOdemicRx is a public service of PRSA and PRSA Health Academy.
PRSA.org

Taking Care of Your Emotional Health

It is natural to feel stress, anxiety, grief, and worry during and after a disaster. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing.

People with preexisting mental health conditions should continue with their treatment plans during an emergency and monitor for any new symptoms.

Take the following steps to cope with a disaster:

Take care of your body – Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Learn more about wellness strategies for mental health.

Connect with others – Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.

Take breaks – Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.

Stay informed – When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.

Avoid too much exposure to news – Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.

Seek help when needed – If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at 1-800-985-5990.

Look out for these common signs of distress:

- Feelings of numbness, disbelief, anxiety or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Increased use of alcohol, tobacco, or other drugs.

If you experience these feelings or behaviors for several days in a row and are unable to carry out normal responsibilities because of them, seek professional help. Information provided by the Center for Disease Control.

Health Order Requires Masks in Public Areas of Charles County Effective April 15

The Board of County Commissioners, in partnership with the Charles County Health Department, announced that beginning Wednesday, April 15, the public will be required to wear face coverings in grocery stores, pharmacies, retail establishments, and public transportation. The order is aimed at protecting shoppers, employees, drivers, and passengers from the spread of COVID-19. A face covering can be a homemade cloth mask, scarf, bandana, or other means of snugly covering the mouth and nose.

Masks are not advised for children under two years of age, or for people who have difficulty breathing. Masks made for use in health care settings, such as N95 masks, should be reserved for health care workers. Although there is no civil or criminal penalty for shoppers, businesses have the right to turn away customers.

The health order also requires businesses to establish and enforce capacity limits by allowing a smaller number of customers in a store at any given time. Businesses are required to have enough space so customers waiting in line can practice physical distancing of at least six feet.

Businesses must provide face coverings for employees, whether the employees interact with customers or not. Employees should wear face coverings to protect themselves and customers. In addition, employees should be provided with access to clean and sanitary restrooms which are stocked with cleaning products such as soap, water, and hand sanitizer. Employees must be allowed to wash their hands every 30 minutes at a minimum.

Other safety measures aimed at protecting workers and shoppers include implementing physical distancing measures for workers, customers and visitors. Appropriate signage must be displayed. Businesses which use shared equipment, such as baskets or hand carts, are encouraged to provide sanitation equipment, such as disinfectant wipes or alcohol swabs, for individual use. Businesses are also encouraged to install clear, physical barriers between cashiers and customers, where possible.

Department of Emergency Services

The Department of Emergency Services and the Charles County Volunteer Fire and Emergency Medical Services are seeking donations of cloth masks from the public to assist first responders, volunteers, and staff during the COVID-19 pandemic. Residents and businesses that wish to donate may coordinate drop-off or pickup by calling 301-609-3435 or email DESdonations@CharlesCountyMD.gov.

How You Can Help University of Maryland Charles Regional Medical Center: Make Face Masks

The COVID-19 DIY Masks initiative is a way for our communities to assist during these unprecedented times. The Centers for Disease Control and Prevention (CDC) recently issued guidance approving the use of cloth masks in certain settings.

Follow the steps below to make and deliver masks.

The Facts

- These masks can be worn by **employees not providing care** and by patients and visitors.
- Unlike the N95 masks, these are not designed to prevent COVID-19 entirely; however, if constructed properly they will prevent some transmission.
- There are two variations of the mask – folded and fitted – and both are options when creating these masks.
- Sewing experience, not expertise, is required to fabricate these correctly.

Step By Step Instructions

- **JOANN Fabrics has great instructional videos and guides** for making masks at home.
- Once completed, you can put the masks in a sealed bin or bag and contact our Foundation at email susan.vogel@umm.edu or call **301-609-4132** to coordinate drop-off time and day.
- Infection Prevention teams will inspect the masks and determine which masks meet the appropriate standards for distribution. If a mask does not meet the appropriate standards, the mask will be removed from the supply.
- Infection Prevention works with on-site Supply Chain representatives to deploy masks locally as needed to non-patient facing employees and visitors.

Delivering the Masks

To deliver a mask donation, you can drop them off on our Thankful Thursdays from 10am-1pm at the Irene Davis Pavilion (6 Garrett Ave-behind the La Plata Library). To coordinate a pickup, or for direct inquiries, please call **301-609-4132** or email susan.vogel@umm.edu.

FEMA Rumor Control

The purpose of this FEMA page is to help the public distinguish between rumors and facts regarding the response to coronavirus (COVID-19) pandemic. Rumors can easily circulate within communities during a crisis.

Do your part to stop the spread of misinformation by doing three easy things:

1. Don't believe the rumors.
2. Don't pass them along.
3. Go to trusted sources of information to get the facts about the federal (COVID-19) response.

Always go to trusted sources of information like coronavirus.gov or your state and local government's official websites or social media accounts for instructions and information specific to your community.

For more information on the coronavirus, please **visit [coronavirus.gov](https://www.coronavirus.gov)**. You can also visit our **coronavirus (COVID-19) response** page for more updates on the federal response. Follow state and local officials as well for instructions and information specific to your community.

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 Frequently Asked Questions:

<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.us/>

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>

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.

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 our April, May and June trips 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 the fall. Stay well and may God bless you and your family.

May 24, 2020: Kennedy Center Memorial Day Choral Concert and Lunch.
Rescheduled for May 23, 2021

June 15–19, 2020: Action Travel Tours' 35th Annual Mystery Trip.
Rescheduled for June 14-18, 2021

September 3-12, 2020: British Landscapes featuring England, Scotland and Wales.

See the quintessential sights of London with a local guide, Behold the Crown Jewels of Scotland on a guided tour of Edinburgh Castles. Includes round trip air, ten-day touring, 12 meals (8 breakfasts, 4 dinners), Sight-seeing in London, Edinburgh, Chester and Stratford-Upon-Avon.

September 24-29, 2020: 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.

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's 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.

April 18-28, 2021: Tulip Time on the Jewel of the Rhine.

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

SPECIAL SAVINGS - FREE airfare if booked by May 29, 2020

