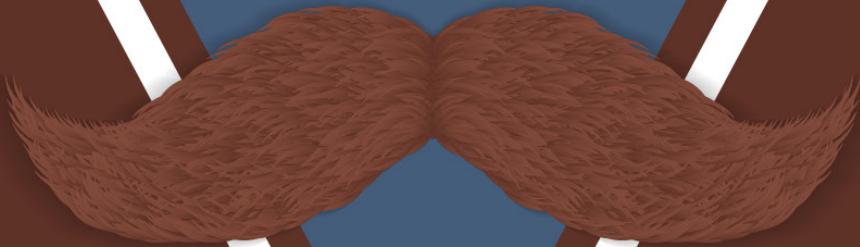


# The SCOOP

Charles County's Senior Center News

Happy  
Father's  
Day



**JUNE 2020**  
[www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)

## National Best Friend Day

June 8th celebrates National Best Friend Day, a day to honor that one special person you call your "best friend". This day is a time to show them how much you appreciate them, how special and important they are to you and how much you cherish them.

Everyone has that one friend, the one that you can count on to be there for you. The best friend to share secrets with, do fun things with and the one you just want to hang out with.

Celebrate your best friend! Give them a call, video chat, mail them a card, post about them on social media, or visit them from a far (please practice social distancing guidelines set forth by the CDC).



## 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.



## Give us a Call!

During such an unpredictable 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



## Waste Wizard

Did you know about the Waste Wizard on the Charles County Government Curbside Recycling website? In those areas that receive curbside recycling service, single stream recycling materials are collected year-round on an every-other-week basis and yard waste materials are collected weekly by a separate truck, April through December. All materials must be placed curbside by 7:00 a.m. to ensure pick-up.

What happens if you have an item that you are unsure about how to dispose of it? Use the Waste Wizard! Type the name of an item into the Waste Wizard app and we'll tell you how to recycle or dispose of it.



**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](http://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

Charles County's eNews Registration

Thank you for your interest in joining the Charles County Government eNews newsletter. Please enter the information below and click Register.

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_  
City: \_\_\_\_\_

Select a state/province: \_\_\_\_\_

Check List: \_\_\_\_\_  
Indian Head \_\_\_\_\_  
Nanjemoy \_\_\_\_\_  
Senior Center \_\_\_\_\_  
Treasor in Charge \_\_\_\_\_

Security Check: \_\_\_\_\_

I'm not a robot:

By submitting this form, you are agreeing to receive marketing emails from Charles County Government. You can unsubscribe at any time.

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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](http://www.CharlesCountyMD.gov)

## Follow us on Facebook!

Did you know that Charles County Senior Centers has 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](http://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.



## Medicare Improvement for Patient & Provider Act (MIPPA)

The Medicare Improvements for Patients and Providers Act (MIPPA) of 2008 is a multi-faceted piece of legislation related to Medicare. MIPPA allocates federal funding to State Health Insurance Assistance Programs (SHIP), Area Agencies on Aging (AAAs), and Aging and Disability Resource Centers (ADRCs) to help low-income Medicare beneficiaries apply for programs that make Medicare affordable. MIPPA helps low-income seniors and persons with disabilities pay for their Medicare cost through the following programs:

- The Medicare Part D Extra Help/Low-Income Subsidy (LIS/ Extra Help), which helps pay for the Part D premium and reduces the cost of prescriptions at the pharmacy.
- The Medicare Savings Programs (MSPs), which help pay for Medicare Part B, sometimes Part A and sometimes deductibles, coinsurance, and copayments.
- Qualified Medicare Beneficiary (QMB) Program. The QMB Program is a state program that helps pay Part A premiums, Part B premiums, deductibles, coinsurance, and copayments. Medicare providers are not allowed to bill you for services and items Medicare covers, including deductibles, coinsurance, and copayments, except outpatient prescription drugs. Pharmacists may charge you up to a limited amount for prescription drugs covered by Medicare Part D.
- Specified Low-Income Medicare Beneficiary (SLMB) Program. The SLMB program is a state program that helps pay Part B premiums, Part A premiums for people who have limited income and resources.
- Qualifying Individual (QI) Program. The QI Program is a state program that helps pay Part B premiums for people who have Part A with limited income and resources. You must apply every year for QI benefits. QI applications are granted on a first-come, first-served basis, with priority given to people who got QI benefits the previous year. (You can't get QI benefits if you qualify for Medicaid).
- Qualified Disabled and Working Individuals (QDWI) Program. You are a working disabled person under 65, you lost your premium-free Part A when you went back to work, you are not getting medical assistance from your state, you meet the income and resource limits required by your state. QDWI pays for the cost of part A Premiums only. Please call 301-609-5712 or 301-934-0118 for more information and application assistance.

**MEDICARE  
& YOU**

## 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.



[www.cdc.gov/handwashing](http://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, GAO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CS110027-A



## World Elder Abuse Awareness Day is June 15th

Each year, an estimated 5 million older adults are abused, neglected, or exploited. Older Americans lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could be used to pay for basic needs such as housing, food, and medical care. Unfortunately, it occurs in every demographic and can happen to anyone—a family member, a neighbor, even you. It is estimated that only one in five of these crimes are discovered.

World Elder Abuse Awareness Day (WEAAD) was launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

The National Center on Elder Abuse (NCEA) and the National Clearinghouse on Abuse in Later Life (NCALL) invite you to join us in **Lifting Up Voices** for World Elder Abuse Awareness Day (WEAAD) 2020. This theme serves as a platform for unifying Elder Justice and Violence Against Women by sharing the lived experiences of older people.

We need everyone to educate each other about the impact of elder abuse and the pervasiveness of ageism (biases against older people) in our culture. We all deserve to lead happy lives, free from abuse as we age. Through outreach and statewide engagement, we can raise this social issue to a worldwide priority that must be addressed and prevented. Take action today!

Information provided by <https://acl.gov/news-and-events/events-and-observances/world-elder-abuse-awareness-day>.



## Census 2020: Avoiding Frauds & Scams

### Avoiding Scams Online

Phishing is a criminal act in which someone tries to get your information by pretending to be an entity that you trust. Phishing emails often direct you to a website that looks real but is fake—and may be infected with malware.

A key way to identify scam websites is to look at the website address. All valid Census Bureau websites will always have ".gov" at the end. 2020census.gov provides key information about the 2020 Census and how to respond. [My2020census.gov](https://www.my2020census.gov) is the direct website address you can use to respond to the 2020 Census online. 2020census.gov will also direct you to [my2020census.gov](https://www.my2020census.gov) to respond.

It is important to know that the Census Bureau will not send unsolicited emails to request your participation in the 2020 Census. You won't receive Census Bureau emails unless you have signed up to receive them. Remember, the Census Bureau will never ask for your information via email. Further, during the 2020 Census, the Census Bureau will never ask for:

- Your Social Security number.
- Your bank account or credit card numbers.
- Anything on behalf of a political party.
- Money or donations.

In addition, the Census Bureau will not contact you on behalf of a political party.

### Staying Safe at Home

If someone visits your home to collect a response for the 2020 Census, you can do the following to verify their identity:

First, check to make sure that they have a valid ID badge, with their photograph, a U.S. Department of Commerce watermark, and an expiration date.

If you still have questions about their identity, you can call 844-330-2020 to speak with a Census Bureau representative.

### Reporting Suspected Fraud

If you suspect fraud, call 844-330-2020 to speak with a Census Bureau representative. If it is determined that the visitor who came to your door does not work for the Census Bureau, contact your local police department.

Article provided by 2020census.gov



## 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.

## The Wonderful World of Gardens

### Health Benefits of Gardening for Seniors

Gardening gives us fresh air and helps us connect with the environment. But, did you know there are also health benefits as we watch those flowers grow?

**Gardening relieves stress.** Alleviating stress is something we all look to do at any age. Researchers found that gardening can lower levels of cortisol which cause stress, high blood pressure and even affects glucose levels.

**Gardening increases serotonin levels.** Just as gardening lowers our cortisol levels, it also raises our serotonin levels. Serotonin is a chemical in the brain that helps to put you in a good mood and helps you feel calm.

**Gardening boosts the immune system.** Studies have shown that spending time in the garden can also boost the immune system. The so-called "friendly soil bacteria" (*Mycobacterium vaccae*) found in garden dirt has been found to alleviate problems like psoriasis and asthma.

**Gardening is good exercise.** While you may not be running a 5k, there's no doubt that gardening gets the blood pumping. Bending, squatting, and pulling weeds takes a lot of physical energy. Any type of exercise is good for the body and can help slow down the aging process.

**Gardening may lower the risk of dementia.** Gardening requires a lot of hand/eye coordination as well as sensory awareness which may be why researchers have found that it helps to lower the risk of dementia.

**Planting your own garden puts fresh, healthy veggies right in your back yard! There's nothing like a homegrown tomato, ripened by the sun and picked at the peak of the season. And having fresh produce available means it'll be even easier to include at least one serving at every meal and snack.**

You don't need a huge yard or tons of equipment to garden. The main thing you need is sunshine, about six hours a day, and easy access to water.

**New to gardening?** Try starting small with container gardening. It's a great way to experiment without getting overwhelmed. Get ready-to-plant seedlings (also called plant starts) from fellow gardeners or local garden stores to give yourself a strong start. Raised garden beds offer a clean slate of prepared soil, and store-bought kits make them easy to assemble. Some versions are designed for accessibility to gardeners using a wheelchair. To get started, fill with good soil that drains well, then get ready to plant.

**Decide what to plant.** Plan for a colorful crop of produce to get a good variety of vitamins, minerals and nutrients from your harvest. Consider planting with a theme, such as growing tomatoes, cilantro, peppers and onions to make your own salsa.

**Don't have much space?** Look for container-friendly varieties of your favorites. For example, try tomatoes or berries that grow more compactly than in-ground versions. Or think vertically: Use existing structures as support for climbing vines, hang planters along a fence or from hooks overhead or invest in a vertical tower garden. Potatoes, chard, lettuce, cherry tomatoes, peppers, eggplant and summer squash grow well in containers.

**Don't have enough sun?** Opt for herbs, lettuces or other greens, which can thrive in part-shade and pack nutrients into your meals. Or explore the possibilities of a windowsill or rooftop garden.

**No yard?** Plant small containers of herbs and keep them by a sunny window. You'll be able to snip just what you need to pack flavor into your healthy recipes without having to buy a whole package from the store. Another option is to join or start a community garden, where neighbors get together to grow food and share in the harvest. You can look for one in your area at [communitygarden.org](http://communitygarden.org).

**Get the grandkids involved.** Kids love getting their hands dirty. Gardening is a great opportunity to teach them about how food is grown. As a bonus, kids may be more likely to try foods they planted or harvested. Include quick-growing items like radishes and lettuces so they won't have to wait all summer to taste the fruits of their labor. Plants like cherry tomatoes or blackberries are easy to pick and just need a quick wash before snacking.

**Bonus: Homegrown fruits and veggies can serve as great inspiration for make-your-own salad night!**

Information provided by <https://www.seniorliving.org/life/activities/gardening/> and [www.heart.org](http://www.heart.org).



## Garden Omelet

### Ingredients:

1 small tomato, seeded and chopped  
1 small zucchini, chopped  
1 small yellow squash, chopped  
1/4 cup chopped onion  
1/4 cup chopped green bell pepper  
1/4 cup sliced fresh mushrooms  
Vegetable cooking spray  
1 cup of eggs  
1 teaspoon of hot sauce  
1 ounces of Cheddar Cheese  
1 tablespoon chopped fresh parsley

### How to Make It

#### Step 1:

Sauté first 6 ingredients in a 10-inch nonstick skillet coated with cooking spray over medium-high heat 9 minutes or until liquid evaporates; remove from skillet, and set aside. Wipe skillet clean.

#### Step 2:

Whisk together egg, hot sauce, and salt; pour into skillet coated with cooking spray. As mixture starts to cook, gently lift edges with a spatula, and tilt pan so uncooked portion flows underneath.

#### Step 3:

Spoon vegetables onto egg, and sprinkle with shredded cheese. Fold in half, and transfer to a serving plate; sprinkle with chopped parsley.

## Garden Fresh Salsa

6 medium tomatoes, finely chopped  
3/4 cup finely chopped green pepper  
1/2 cup finely chopped onion  
1/2 cup thinly sliced green onions  
6 garlic cloves, minced  
2 teaspoons cider vinegar  
2 teaspoons lemon juice  
2 teaspoons olive oil  
1 to 2 teaspoons minced jalapeno pepper  
1 to 2 teaspoons ground cumin  
1/2 teaspoon salt  
1/4 to 1/2 teaspoon cayenne pepper  
Tortilla chips

### Directions:

In a large bowl, combine the tomatoes, green pepper, onions, garlic, vinegar, lemon juice, oil, jalapeno and seasonings. Cover and refrigerate until serving. Serve with chips.



## June is Men's Health Month

This month is about heightening the awareness of preventable health problems and encouraging men of all ages to take care of their bodies. Regular exercise, eating healthy and annual wellness checks all encourage early detection and treatment of diseases including cancer, heart disease and depression in men.

So how can you recognize Men's Health Month? For starters, wear your blue! A blue ribbon is the official symbol for Men's Health Month. Another way to observe is by tweaking your diet. Take this opportunity to focus on healthy food intake; eating foods such as avocados and eggs. Lifestyle habits, particularly how you eat, can make a huge difference in how healthy you remain. You can also set goals. Take stock of your health and think about where you want it to be. Choose goals that are small and achievable. Work with your doctor to make them a reality! And lastly, get educated. An excellent place to start is [www.menshealthmonth.org](http://www.menshealthmonth.org). Knowledge is a key component to early detection and may even save your life.

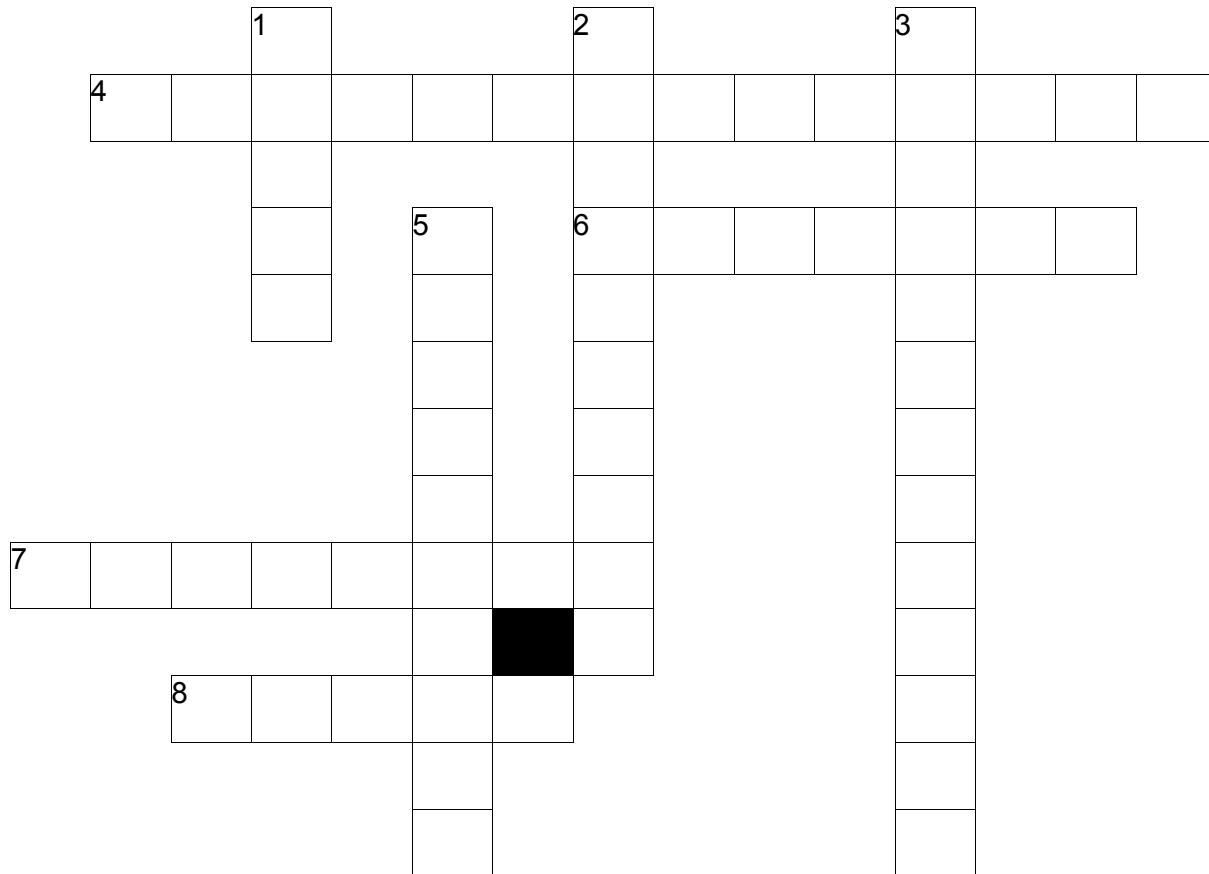


## Month of June

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Barbecue	Beach Walks	Bicycling	Birds	Butterflies	Campfire
Celebrations	Cut Grass	Fathers Day	Fireflies	Fishing	Flipflops
Fresh Fruit	Gardening	Grill	Happiness	Heatwave	Hot Dogs
Humidity	Ice Cream	June	Laughter	Lemonade	Picnics
Relaxation	Solstice	Summer	Summer Breeze	Sun Tan	Sunflower
Sunglasses	Sunscreen	Sunshine	Swimming	Thunderstorms	
	Vegetables	Warmth	Watermelon		

## Charles County, Maryland



### Across

4. What is another name for the home of Dr. Samuel A. Mudd?
6. On April 28, 2002, an F4-strength tornado cut a 24-mile path across Charles County and destroyed much of the downtown area of which city?
7. In its western wing, along the southernmost bend in Maryland Route 224, Charles County contains a rare instance where the traveler is due north, east, south, and west of what state?
8. How many other counties border Charles County?

### Down

1. How old do you need to be to be considered a senior in Charles County?
2. The "largest shipwreck fleet in the Western Hemisphere" is located where?
3. What Charles County resident was visited by presidential assassin John Wilkes Booth on April 15, 1865?
5. Which of the Charles County Senior Centers are located in an old Post Office?

## 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](mailto:MDAccessPoint@CharlesCountyMD.gov).

### Support Your Loved Ones

Check in with your loved ones often. Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

**Telephone • Email • Mailing letters or cards  
Text messages • Video chat • Social media**



### Additional Resources

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

**CDC:**

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

**Maryland Unites:**

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

**Charles County Health Department:**

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

**Charles County Sheriff's Office:**

<https://www.ccsd.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 411 on Face Masks

### 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.

#### How to Wear Cloth Face Masks

##### Cloth face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction

- Be able to be laundered and machine dried without damage or shape change

#### Help Fight COVID Through Mask Donations

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.

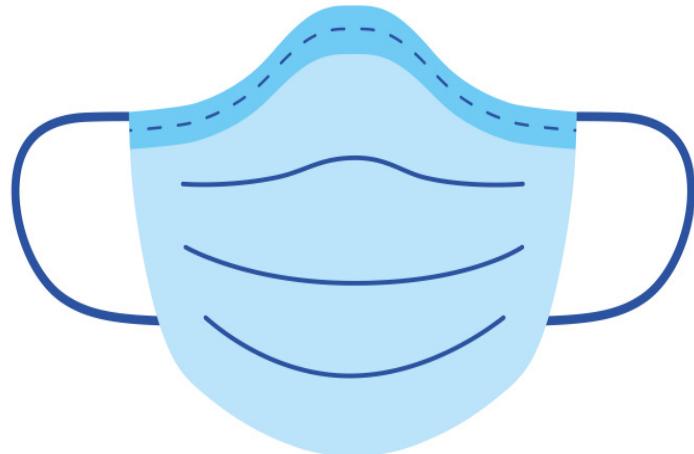
The Department of Emergency Services and the Charles County Volunteer Fire and Emergency Medical Services are seeking donations of cloth masks from the public to assist first responders, volunteers, and staff during the COVID-19 pandemic. We are turning to our community members to ask for your help.

While the Centers for Disease Control and Prevention does not suggest cloth material as the first line of defense against COVID-19, cloth masks and gowns work well for other low-risk, routine situations and can help conserve precious supplies of N-95 respirator masks and other equipment. Donations needed include handmade face masks, other types of masks, Tyvek coveralls, shoe covers, shower caps, and disinfectant sprays.

Play a major part in helping our community and first responders stay healthy and prevent the further spread of the virus. Residents and businesses that wish to donate may coordinate drop-off or pickup by calling 301-609-3435 or email [DESdonations@CharlesCountyMD.gov](mailto:DESdonations@CharlesCountyMD.gov).

To make a donation of masks for the University of Maryland Charles Regional Medical Center, 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](mailto:susan.vogel@umm.edu).

We thank you for all your donations made so far! We are fortunate to be a part of such a supportive and helpful community.



## Caring for a Loved One at Home with COVID-19

### Advice for Caregivers

If you are caring for someone with COVID-19 in non-healthcare settings, follow this advice to protect yourself and others. Learn what to do when someone has symptoms of COVID-19 or when someone has been diagnosed with the virus. This information also pertains to people who have tested positive but are not showing symptoms.

#### Provide support and help cover basic needs

Help the person who is sick follow their doctor's instructions for care and medicine. For most people, symptoms last a few days and people feel better after a week. See if over-the-counter medicines, such as acetaminophen, help the person feel better. Make sure the person who is sick drinks a lot of fluids and rests. Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible. Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.

Watch for warning signs. Have their doctor's phone number on hand. Use CDC's self-checker tool to help you make decisions about seeking appropriate medical care.

People who have **emergency warning signs** for COVID-19 should call **911 right away**. Emergency warning signs include\*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to wake up
- Bluish lips or face

\*This is not every emergency symptom or sign.

#### Protect Yourself with Caring for Someone who is Sick

**Limit Contact.** COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets, created when someone talks, coughs or sneezes. The caregiver, when possible, should not be someone who is at higher risk for severe illness from COVID-19. Use a separate bedroom and bathroom. If in a shared space, open a window or turn on a fan for better air circulation. Avoid having visitors.

**Eat in Separate Rooms or Areas.** Stay separated. Wash dishes and utensils using gloves and hot water. Clean hands after taking off gloves or handling used items.

**Avoid Sharing Personal Items.** Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics with the person who is sick.

**Wearing a Face Mask.** The person who is sick should wear a cloth face covering when they are around other people at home or out. A caregiver should wear a face covering when caring for the person who is sick.

**Clean Your Hands Often.** Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands.

**Clean and then Disinfect.** Clean and disinfect "high-touch" surfaces and items every day. Clean the area with soap and water and then use household disinfectant. Wash and dry laundry. Use lined trash cans. And most importantly, track your own health.

Information provided by [www.cdc.gov](http://www.cdc.gov).

## VanGO Alerts and Notices

### All routes are running as scheduled.

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.

In an effort to mitigate the spread of **COVID-19, PLEASE USE TRANSIT FOR ESSENTIAL TRAVEL ONLY**. This includes taking trips to: work; Hospitals and Health Care Providers; Pharmacies; Grocery Stores and Food Distribution Centers; Banks; To provide care for family members; Other similar destinations.

All buses are limited to a maximum of nine passengers. This is to comply with the Governor's Executive Order prohibiting any more than 10 people congregating.

Every time a bus returns to the maintenance facility it is disinfected with a hospital grade germicide cleaner. The bus shelters at the Waldorf Transfer Point are being cleaned and disinfected on a daily basis. Drivers are encouraged to stay home if they are uncomfortable working or have any cold or flu like symptoms and any driver reporting to work exhibiting these symptoms will be sent home.

By reducing unnecessary travel, transit becomes safer for those who depend on it, especially essential healthcare workers, and for those who operate it.



# Sitting for Long Periods of Time

by Nate Schultz, Fitness Specialist

Sitting leaves your muscles at rest and doing so for a prolonged period of time can affect them negatively. In a 2003-2004 study, on average in the United States children and adults spent about 50% of their waking time in sedentary behavior. Don't wait until you have pain before you get moving because by then it can be hard to get rid of. When you are sitting the muscles in the front of the body are shortened and tightened. Having tight muscles creates imbalances that are bad for your posture.

The hip flexors are muscles that are shortened when sitting. After a prolonged period of time without doing exercises to extend the hip flexor it can cause anterior pelvic tilt which is when the pelvis tilts or rotates forward. The bridge is an exercise that can help with tight hip flexors.

- Lie on the back with the knees bent and feet flat on the floor, hip-width apart.
- Squeeze the buttocks and tuck the pelvis toward the ceiling.
- Roll upward until the back is off the ground. The shoulders should now be supporting the body weight.
- Hold for 5 seconds while focusing on squeezing the buttocks.
- Roll back down slowly, concentrating on letting each vertebra touch the floor in turn until the back is flat on the floor again.
- Repeat 12-15 times. Build up to 3 sets.

The Pectoralis are chest muscles that can get tight from sitting to long. This is especially true if you lean forward or slouch when you sit. In order to stretch the pectoralis exercises that pull your shoulders back are best. The reverse fly is a good exercise for opening up your chest.

- Start standing with feet shoulder-width apart and dumbbells in hand.
- Hinge at the hips so that back is nearly parallel to floor and micro-bend knees.
- Let the dumbbells hang straight down, palms facing each other.
- Keeping back flat and torso still, engage back muscles to lift arms straight out to sides until they're in line with shoulders.
- Repeat 12-15 times. Build up to 3 sets.

The neck and shoulder can become painful or achy from sitting to long. Sitting upright so that your neck is not bent can help alleviate pain. Even with good posture it is a good idea to do exercises for your neck and shoulders. The neck flex is an exercise that can be done seated or standing.

- Look straight ahead. Now look down at the floor for a few seconds and then up at the ceiling for a few seconds.
- Now turn your head very slowly to the right as far as you can. Hold for 3 seconds. Return your head to the center and maintain this position for 3 seconds.
- Next, turn your head to the left and hold for 3 seconds. Finally, bring your head back to the center.
- Repeat four times

## Taking Care of all aspects of our Health

**Spiritual, Physical and Mental health all need our attention.**

**Spirit:** Join us in June as we do Meditation Monday's. Quieting the mind that sometimes goes a million miles a minute! You can also find great meditations on YouTube.

**Physical:** It's true that we are what we eat. Making sure we get the adequate vegetables and fruit in our diets can go a long way. Don't forget something as simple as spices pack a boat load of antioxidants that help boost our immune system.

**What else boosts our immune system? EXERCISE!** A 10 minute walk not only gets our blood flowing but also enhances our mood. Which in turn revs up our immune system. When our cells are happy that makes the whole body happy. Walking, dancing or swimming, just do something!

**Mental:** All of the above also have a direct effect on our mental health. Video chat a friend, have a dance party. Technology makes keeping connected so much easier. Find jokes to share.

**The key is to stay connected! Be well!!**

## Fitness move of the month: Leg and Arm Extension

This multi-functional exercise is an excellent way to strengthen the back. Also is great for balance when done standing. And great for shoulder flexibility.

Stand behind a chair or with a wall for support. Slowly, lift one leg straight back without bending the knee. When you bring the leg back, lift the opposite arm up in the air at the same time. Release, down and repeat. Do 10X's then move to the next leg and arm.

\*\*Alternate move: This can be lying face down on the floor. Lift leg and arm up together, then release.

\*\*Balance challenge: No chair or finger on chair for minimal support.

# JUNE ACTIVITY CALENDAR

Get your Latest *SCOOP* online!  
Visit [www.CharlesCountyMD.gov/CS](http://www.CharlesCountyMD.gov/CS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Do three acts of kindness to show your gratitude for essential workers. Even small acts can have a big impact.	<b>2</b> Take 20 minutes today to get outside and enjoy the fresh air. Take some time to literally stop and smell the roses if you see some!	<b>3</b> Take a small step towards completing an important goal.	<b>4</b> Have a dance party in your living room. Put on music that makes you happy and enjoy the moment!	<b>5</b> Play a game you enjoyed when you were younger! If you have no one at home to play with, consider inviting a friend to play virtually.
<b>8</b> Today is National Best Friend Day! Call up a friend you haven't talked to in a while. Remind them you love them and miss them.	<b>9</b> Write down 10 things you feel grateful for today.	<b>10</b> Spend the day doing something that YOU love to do.	<b>11</b> Stay active. Even when stuck indoors you can move & stretch! Check out the Charles County Senior Center Facebook page for free workouts!	<b>12</b> Leave a kind note for your mail man/woman. They've carried a lot of love in their bags these past months. But how much love have they received?
<b>15</b> Clean out that junk drawer you've been avoiding the past 3 months! Dispose of the things that are broken, missing parts or otherwise useless to you.	<b>16</b> Get crafty! Using items you have at home, make something fun and beautiful. Check out our Facebook page for crafts to do!	<b>17</b> Mail a card or letter to a good "dad" in your life. Remind them they're doing a great job. If you send it today, it'll arrive by Father's Day!	<b>18</b> Smile all day, no matter what life throws at you.	<b>19</b> Spend time in nature to welcome the new season! Try planting a new plant in your garden!
<b>22</b> Take five minutes to sit still and breathe. Repeat any time you are feeling down or stressed.	<b>23</b> Support a small business! Buy a meal for delivery or takeout, share a post on social media or simply write them a positive review.	<b>24</b> Be a photographer for the day. Take photos of the things and people you love.	<b>25</b> Find a fun way to do an extra 15 minutes of physical activity today!	<b>26</b> Take Time for self-care. Do something kind for yourself today.
<b>29</b> Spread kindness and positive thoughts on social media.	<b>30</b> Do an Arthritis Foundation Exercise program work-out.	<i>The month of June</i>		
				**Pre-recorded workouts can be found on the Charles County Senior Center Facebook Page.

# 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](http://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**

