

The SCOOP

Charles County's Senior Center News



JULY 2020

www.CharlesCountyMD.gov

Give us a Call!

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

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



Veterans Assistance

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



Want to know about upcoming events at the Senior Centers? Sign up for eNews and have the SCOOP delivered directly to your inbox!

Step 1:

Visit <https://www.charlescountymd.gov/>

Step 2:

Scroll to the bottom of the page, and click the large yellow "ENEW SIGN-UP" button.

Step 3:

Complete the simple Charles County eNews Registration form and you are done!

Follow us on Facebook!

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

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

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

How to Follow Us on Facebook

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

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

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

Happy Birthday, Welcome to Medicare

It is a milestone to celebrate as you turn 65! This means you may be eligible for Medicare Part A, Part B, Part D, Part C and Supplemental Insurance. You may also qualify for Medicare Savings Programs to help with Medicare costs. Are you confused with the telephone calls and excessive mailings? Do not worry if you need help through this process or need more accurate information. Please contact the State Health Insurance Program Office (SHIP) at 301-609-5712 or 301-934-0118 for FREE HELP. This is one of the many benefits available to you as you turn 65.

Senior Medicare Patrol

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

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

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

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

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

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

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

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



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.

Energy Assistance

Do you need help paying your electric & heating bills?

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

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

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

It's Crab Season!

By: Janice Hamby, Senior Center Coordinator

As a resident of Southern Maryland, you probably already know it is "Crab Season". Here are a few facts you may not know!

- The peak season for Maryland Blue Crabs is from April to the end of November. The biggest, heaviest crabs are typically harvested during the fall months.
- Blue Crabs are one of the most recognizable varieties of shellfish.
- The Blue Crab's scientific name is *Callinectes sapidus*, which translates to "savory beautiful swimmer."
- Mature male blue crabs are only about nine inches wide.
- Their lifespan is rather short, just 3 years on average.
- A mature crab's Pinching forces ranged from 29.4 to 1765.2 newtons among the collected crabs. (For reference, the human bite is about 340 newtons at most.)
- Blue Crabs are also one of the most popular sources of food for many coastal communities.

Did You Know?

Males and Females Look Different.

While both sexes have sapphire-tinted claws, females have an additional display of color: red highlights on the tips of their pincers. Likewise, flip a blue crab over, and you can spot the sex by taking a look at the crab's "apron." The apron is the folded surface of the belly, which comes in three distinct shapes: T-shaped on male abdomens, triangular on young females, and rounded and circular on older females.

Females Mate Just Once.

Blue crab mating season stretches from May to October. Once females reach sexual maturity, they mate with a male only once. (Males will mate with multiple females during their lifespan.) Once the crabs mate, an egg mass develops beneath the female's apron. This mass, or sponge, can contain as many as 2 million eggs. In about two weeks, the eggs are released into the waters, and they're carried in currents out into the ocean. There, the blue crab larvae, or zoea, molt over 25 times and grow before the maturing crabs make their way back to the estuaries and salt marshes to start their own reproductive process.

Blue Crabs Will Eat Almost Anything.

When it comes to their diet, blue crabs are not particularly picky. They eat clams, mussels, snails, dead fish, plants, and more. If they can't find other food sources, blue crabs will even eat smaller, less mature blue crabs.

What Is The Best Time Of Year To Eat Crab?

While June through August are the most favored and tradition-laden times for eating crabs, September and October are the best time to get the largest and fattest hard crabs at the best prices.

Crab Cake Recipe

Ingredients:

1/3 c. mayonnaise
1 large egg, beaten
2 tbsp. Dijon mustard
2 tsp. Worcestershire sauce
1/2 tsp. hot sauce
Kosher salt
Freshly ground black pepper
1 lb. jumbo lump crabmeat, picked over for shells
3/4 c. panko breadcrumbs (or saltines)
2 tbsp. fresh chopped parsley
Canola oil, for frying
Lemon wedges, for serving
Tartar sauce, for serving



DIRECTIONS

In a small bowl, whisk together mayo, egg, Dijon mustard, Worcestershire, and hot sauce, and season with salt and pepper. In a medium bowl, stir together crabmeat, panko, and parsley. Fold in mayo mixture, then form into 8 patties. In a large skillet over medium-high heat, coat pan with oil and heat until shimmering. Add crab cakes and cook, in batches, until golden and crispy, 3 to 5 minutes per side. Serve with lemon and tartar sauce.

Maryland Jumbo Lump Crab Imperial

Ingredients:

1 lb jumbo lump crabmeat
1/2 cup mayonnaise
1 tsp sugar
1 tsp old bay
1 tsp finely chopped Italian parsley
1 large egg lightly beaten
Squeeze of lemon juice

INSTRUCTIONS

Mix mayonnaise, egg, sugar, old bay, lemon juice and parsley together and blend well, this is your imperial sauce. Gently fold crabmeat into imperial sauce, being careful not to break up crab meat. Place portions in the baking dish of your choice, using ramekins or small casserole dishes.

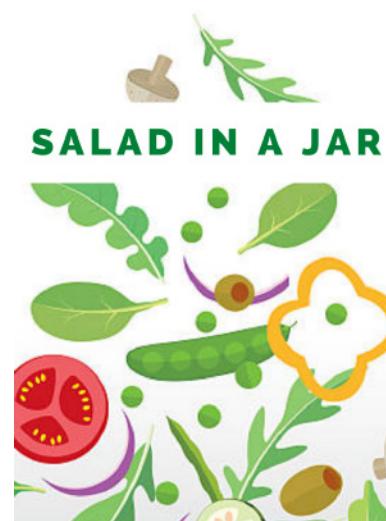
Bake in 350-degree oven for 20-25 minutes (top will turn golden brown) or until a thermometer gets an internal reading of 165 degrees. Allow to cool just a few minutes before serving. It will set and be more flavorful as it cools slightly.

Cooking: In a Jar!

Mason jars are an iconic staple in the American kitchen, and they have been making a come back in recent years. There are plenty of reasons why mason jars make the perfect meal container—here are some of the top reasons:

- They're easy to clean. Glass does not stain or retain flavors or odors, and it's dishwasher safe!
- They're safe. People who are worried about storing food in plastic can rest easy with mason jars. Glass is an inert substance, so it will not leach chemicals into food, even when heated.
- They're environmentally friendly. Unless it breaks, a glass jar can be used for ages without deteriorating. And when you're finished with it, it can be recycled easily. In fact, glass can be recycled an infinite number of times without losing its quality.
- They're practical. Glass mason jars can be refrigerated, frozen, or microwaved, although they can crack if subjected to sudden changes in temperature.
- They're portable. A pint-sized jar, is only about 5 inches tall and 3-1/2 inches wide. It's easy enough to pack into a purse or a backpack. If you're worried about it breaking, wrap it in a tea towel, which can double as a place mat at your desk.
- They're versatile. Mason jars are perfect for containing any sort of food, from cook-in-the-jar oatmeal to salad to dessert. And extra jars can be used for many more purposes than packing lunch. You can also use mason jars as drinking glasses, toothbrush holders, mini planters, pencil holders, and more.
- They're great for storage. Glass jars are good for storing foods in the refrigerator or pantry, particularly since they're airtight and watertight.

Want to try your next meal in a mason jar? Here are a few ideas for you from Cynthia Simmons, our Senior Center Coordinator at the Indian Head Senior Center! Article information provided by www.motherearthnews.com.



Layer the salad to prevent lettuce from wilting:

- 1- Start with dressing of choice (bottom layer).
- 2 - Add vegetables; radishes, onions, carrots, whatever you prefer that will hold up submerged in the dressing.
- 3 - Next fill the jar with leafy greens without stuffing it.
- 4 - Add nuts, croutons, seeds or dried fruit.



Senior Farmers' Market Nutrition Program

Once again, this year we are excited to be able to offer Senior Farmers' market coupons. This program provides free coupons to be used at any approved Farmer's Markets for fresh fruits and vegetables. To be eligible to receive coupons you must be enrolled in one of the following Federal Programs:

- Qualified Medicare Beneficiary Program (QMB)
- Special Low-Income Medicare Beneficiary Program (SLMB)
- Maryland Energy Assistance Program (MEAP)
- Senior Prescription Drug Assistance Program (SPDAP)
- EXTRA HELP with Medicare D Prescription Drug Program
- Medicaid
- SSI
- Food Stamps
- Senior Employment Program

If you are not enrolled in any of these programs, you may still be eligible based on your monthly income. Verification of eligibility must be presented at time of pick-up (i.e. pay stubs, statements etc.). Participation in the program in past years, does not automatically qualify you for this year.

Distribution of coupons will be first come, first served. During this year's Senior Farmers Market, shopping will only be allowed for those seniors who qualify for the coupons.

Detailed information about how this year's Senior Farmer's Market Nutrition Program will run is being mailed to all seniors who have qualified for the above Federal Programs. If you have additional questions about the event, please contact the Maryland Access Point phone number at Maryland Access Point Charles County at 1-855-843-9725 or email MDAccessPoint@CharlesCountyMD.gov.



Rock Art

Do you have any rocks around the outside of your house? If so, you should try rock art! It is a fantastic and creative hobby. You do not have to take lessons or be an artist to enjoy painting rocks. The only thing you must do to start is find a rock, paint it, and then complete it.

1. Find a rock. You can choose any rock that appeals to you, but rocks that are smooth are ideal for painting.
2. Clean your rock. Make sure that no dirt is stuck to it, and it is not flaking off in any place. To clean the rock, put it in warm, soapy water and scrub it with a toothbrush. Then rinse it and pat it dry with a towel.
3. Set up your crafting station. Gather paints and paint brushes.
4. Think about the design you want to paint on your rock before you begin. Choose any design that you desire. You can make the entire rock resemble something, like an animal, or paint a (very) small scene on the rock.
5. When you are ready to start painting, start with the large areas first. Allow them to dry. Then start painting the details on.
6. When the design is complete, seal the rock. When the rock has had at least a day to dry, spray it with a clear urethane finish. This will prevent the paint from cracking and peeling. Do this outdoors or in a well-ventilated area so you do not breathe the vapor.

Your rock paintings could be used as decoration for your house, or could be placed as a decoration in your gardens and parks. The painted rock will give an unique and creative accent to your garden design.



Date	Location	Start Time
Thursday, 7/9	Nanjemoy Senior Center	9:30 a.m.
Wednesday, 7/15	Clark Senior Center	9:30 a.m.
Thursday, 7/23	Indian Head Pavilion	9:30 a.m.
Thursday, 7/30	Waldorf Senior & Recreational Center	9:30 a.m.

Please review this year's procedures before arriving at the market to help us ensure social distancing practices can be followed.

Backyard Birds in Maryland

By: Janice Hamby, Senior Center Coordinator

Read below to learn about some of the many birds you may see in your back yard in the summer months.

Warblers, chickadees, robins, goldfinches, sparrows, bluebirds, starlings, doves, mockingbirds, and cardinals will all remain for the summer. Songbirds spend summer hiding in shade and seeking out baths to cool themselves in. Hummingbirds and woodpeckers stick around for the summer too.

Here's some interesting facts on a few of the birds you can look for in your back yard.

Yellow Warbler:



Yellow Warblers are small, brightly colored songbirds with thin, pointed bills. Their overall appearance is a bright yellow (hence, the name!). Males also tend to have chestnut streaks on their chests. Yellow Warblers use their thin bills to catch

a variety of insect and spider species. However, in the fall and winter, they will also consume seeds and berries. Yellow Warblers, overwinter in places like Mexico, Central and South America before returning to points north in the early spring.

This species of warbler can be found in open woodlands throughout Maryland and nesting in shrubs during late spring and summer. They can also be found in riparian woodlands and understory, swamp edges, parks, and gardens. Yellow Warblers diet consists of mainly insects but will also eat fruit in fall and winter.

Like many songbird species, nests of Yellow Warblers are often parasitized by Brown-headed Cowbirds. Brown-headed Cowbirds are brood parasites which lay their eggs in nests made by other bird species. Once the cowbird chicks hatch, Yellow Warblers or other parasitized bird species will feed and take care of the cowbird chicks at the expense of their own young. However, Yellow Warblers have a tendency to build a new nest right on top of the parasitized one! Sometimes these nests will consist of two to six tiers. After the female builds the nest, she will incubate the 4-5 eggs for approximately 11 days. Both parents feed the young. Once the chicks have hatched they leave the nest in 9-12 days.

Yellow Warblers have a variable, high pitched call. The mnemonic for Yellow warbler song is "Sweet, sweet, sweet, I'm-so-sweet."

Did you Know?

To attract Yellow Warblers and other warbler species to your yard, plant native shrubs and offer suet in early spring and the

fall. Yellow Warblers prefer dense shrubs like alders and willows which are typically found in slightly wet environments. Suet is a great high-energy substitute for insects, and it can be smeared on a tree or placed in a suet cage. Warblers also prefer to have a running water source, such as a fountain. However, if you do not have a fountain, then a simple bird bath will do.

Chickdee:



Chickadees are a hearty bird that loves the winter months. Many of our feathered friends are also fair-weather friends, which makes the chickadee all the more endearing. The small little chickadee braves our

arctic temperatures and occasional snowmageddon to keep faithful company this time of year at backyard bird feeders and local parks and forests.

Maryland has two species of these birds: black-capped chickadees, which are found in Maryland's northwestern panhandle, while Carolina chickadees, are found throughout the rest of the state. This is convenient for bird watchers as the two species are remarkably similar.

Chickdee's are the easiest bird in the world to identify as they shout their name from every limb — "chick a dee, dee, dee."

They are also "cute." Their oversized head, seemingly attached directly to a round body, combined with their curiosity about humans make them a feeder favorite.

Chickadees make their "chick a dee-dee-dee" call using increasing numbers of "dee" notes when they are alarmed by an approaching predator. Later, a call with the normal number of "dee" notes will signal an all clear.

Hunger and cold are the chickadees constant companion in the winter months. In summer, they eat insects, but in winter the chickadees rely on seeds and berries much of it hidden in various caches of knotholes, leaf piles or between bark. They also flock together in winter calling out to their mates when food is found, a social antidote to starvation. And bird feeders are a boon to these birds, which seem most tolerant and appreciative of human neighbors.

To survive, the cold chickadees have a unique torpor adaptation which allows them to reduce their body temperature. During the day, an average chickadee temperature is 107 degrees but at night it can drop to 86 degrees to conserve energy. This can be critical because the chickadees very small size can cause quick heat loss and adequate food and energy are a matter of life or death daily in winter. So, these brave little birds are indeed our local winter warriors. We will have more fun facts about local birds in the August SCOOP!

How to Make a Difference in Your Community

Everyone seems a little more relaxed during the summer months, and for most people, it's the season to work a little less and have a little more fun. But while everyone is vacationing and relaxing at the local pool, let us give you a little something to think about.

What if you took just a few hours of those summer vacation hours to volunteer in your community? What if a few hours of your time could really make a difference in your life and those around you? Think about it.

There are dozens of reasons why getting involved in your community is important but we'll sum it up to this: it's good for you and it's really good for those around you. And since most people agree but have no idea where to start, here's a jump start.

1. Tutor A Kid. Even though school is officially out, lots of kids will be suffering through summer school or homework assist programs. Do them (and yourself) a favor and help them out. It's amazing what an impact you can make in just a few hours! Call your local school to find out when and how you can get involved. Tutoring can be done virtually!
2. Serve at a Food Bank. Chances are, there is a local food bank within 20 minutes of where you live, and chances are even higher that they could use your help. Local food banks are some of the most important charities around town and usually most dependent upon volunteers and donations. Volunteering could come in many forms. You could help cook, serve the food, wash dishes or maybe just visit with some of the patrons. Contact a local food bank and see what the best way to volunteer right now is.
3. Embrace local businesses. Local businesses are a key part of our communities. Different industries are facing unique challenges to stay in business and survive. This includes restaurants but restaurants aren't the only industry affected by this crisis. Take the arts sector, for example: Consider making a donation.
4. Join a community garden. Not only do community gardens beautify the community, they often provide produce and other goods to local neighborhoods. You won't just be growing fruit and vegetables, but friendships and community along the way!

No matter how you choose to make a difference in your community, Charles County will be a better place because of it!

Fill out your 2020 Census today.
Respond online at 2020CENSUS.GOV



Shape
your future
START HERE >

United States
Census
2020

Census 2020: Charles County Update

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

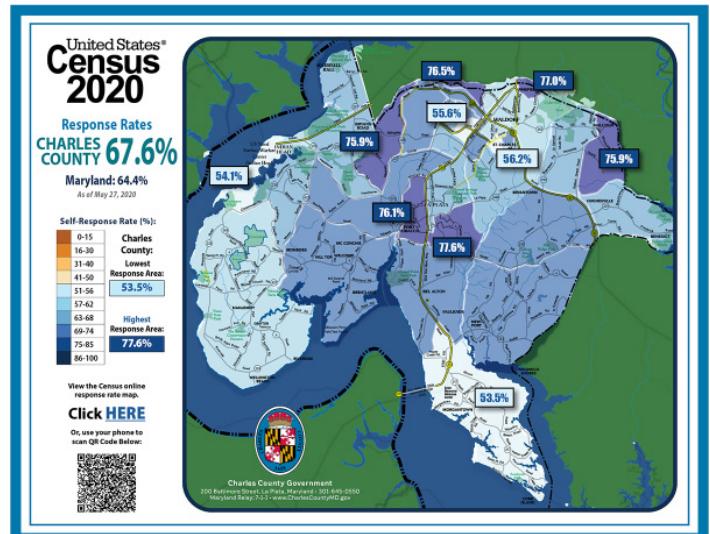
The 2020 Census asks a few simple questions about you and everyone who was living with you on April 1, 2020. Please complete your form online, by phone, or by mail when your invitation to respond arrives. Visit my2020census.gov to begin. Please note that if you are responding online, you must complete the census in one sitting, as you don't have the ability to save your progress. You can see the questions the census asked.

Even if you did not receive an invitation to respond from the Census Bureau, you may respond online or visit our Contact Us page to call our phone line.

The Census Bureau began mailing paper questionnaires in mid-April to homes that had not yet responded. If you have not already responded, please complete and mail back your form as soon as you receive it. And if you prefer, you still have the option of responding online or by phone instead.

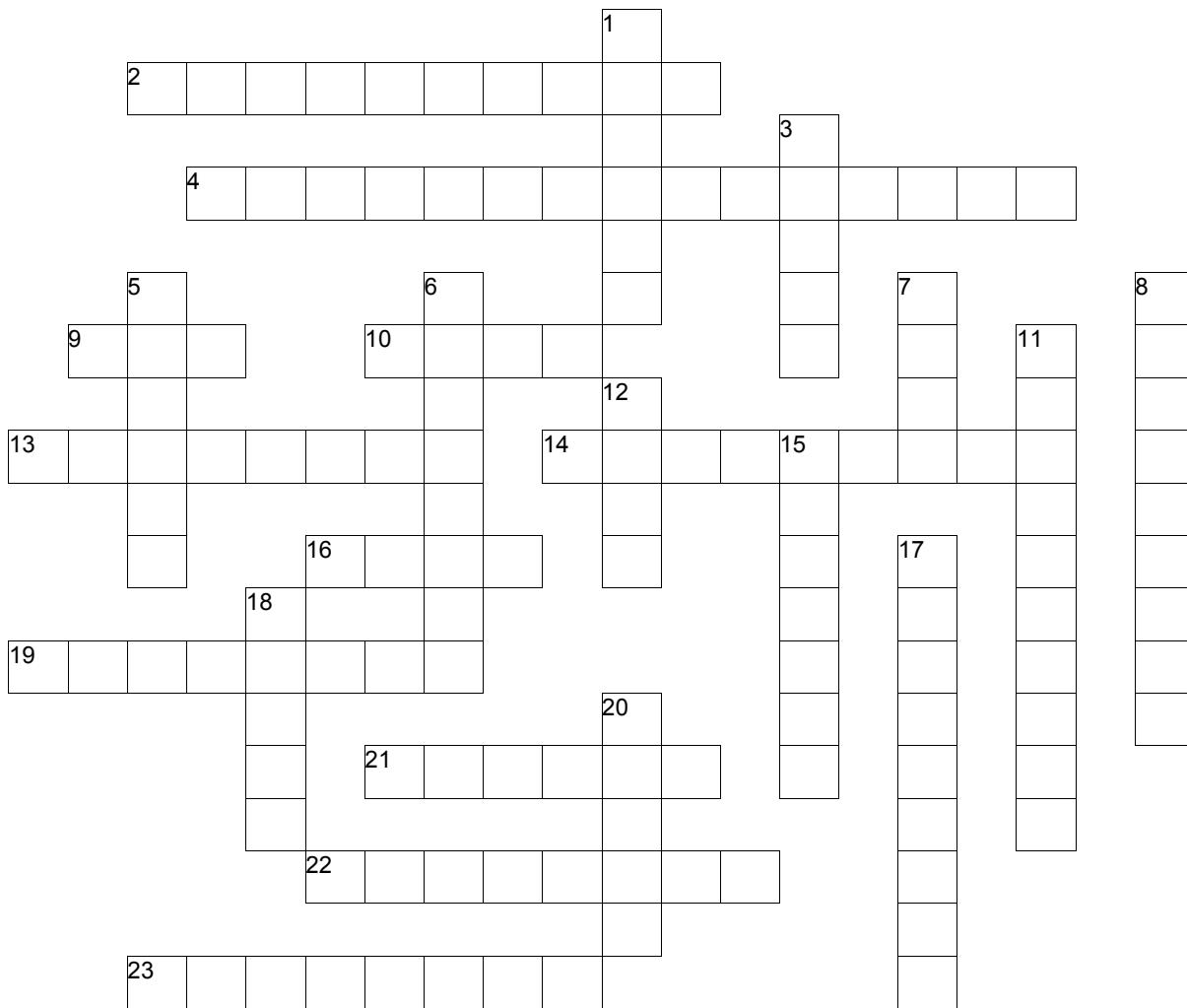
It's Census Time in Charles County! Help boost our response rate! Charles County has reached 67.6%.

Remind your neighbors, friends and family to complete their Census.



Article provided by 2020census.gov

Summer Crossword



Across

2. Summer fruit that is often eaten in triangular slices
4. Holiday in July
9. What is the star at the center of the solar system?
10. An open body of water you can go swim at
13. We sit around it usually at night and it produces a lot of heat
14. To prevent a sunburn you want to put on
16. A closed body of water you can swim at
19. If you don't put on sunscreen you will get.....
21. A yummy sweet treat that you roast over a fire
22. To cook outdoors on a grill
23. A sweet drink that is a mixture of lemon juice, water, and sugar

Down

1. Common meat product to grill that goes in between a bun
3. The largest open body of water you can swim in
5. The season you do not go to school
6. If you walk around without shoes on its called
7. First month of summer
8. Type of flower that blooms year after year without replanting
11. A large house-like structure built out of sand
12. Second month of summer
15. An outdoor activity that usually involves a tent
17. Common meat product to grill that goes in between 2 buns
18. You can.....a sandcastle at the beach
20. The shore of the sea, or lake, which is washed by the waves

Charles County Parks, Playgrounds and Trails

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

Bensville Charlie Wright Cobb Island Friendship Farm Gilbert Run

Hatton Creek Indian Head Rail Trail Laurel Springs Mallows Bay

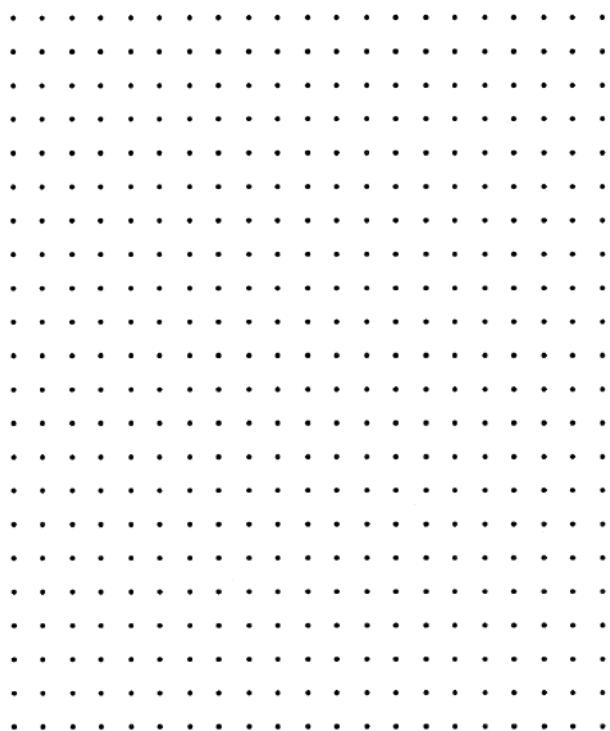
Maxwell Hall Oak Ridge Pisgah Port Tobacco River

Robert D Stetham Memorial Ruth B Swann Southern

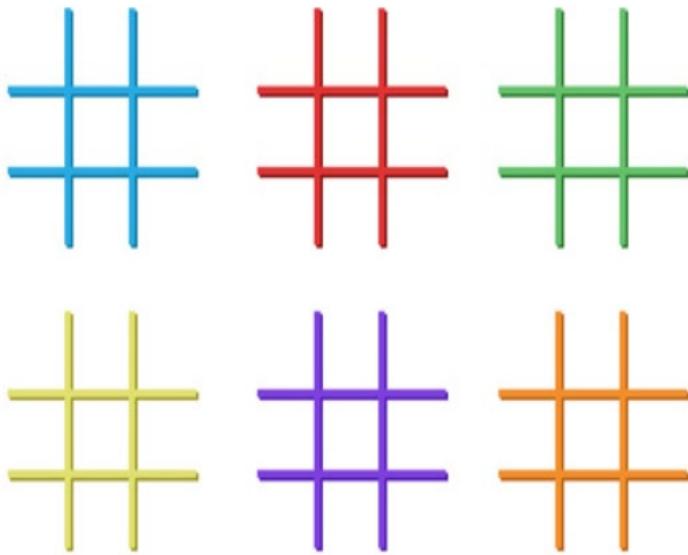
Tom Roland Natural Area Turkey Hill White Plains Regional

Connect the Dots

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



TIC TAC TOE



MAD LIBS

Every year on the (number) _____th of the (month) _____, we celebrate (fictitious holiday) _____. This holiday commemorates the birth of our (adjective) _____ (noun) _____. Many (adjective) _____ citizens observe this holiday by hanging their (noun) _____ from a window or by running it up a/an (adjective) _____. Most (plural noun) _____ spend this holiday at home with their family and (plural noun) _____ or visit national (plural noun) _____ or (adjective) _____ beaches. Foods such as (food) _____, (food) _____ and (food) _____ are part of the traditional feast. And in the evening, there are displays of (plural noun) _____, such as shooting (plural noun) _____ and (adjective) _____ rockets that (adverb) _____ (verb) _____ the sky. (Same fictitious holiday) _____ is my (adjective) _____ holiday!



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.**

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

Roadmap to Recovery

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

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

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

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

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

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

Additional Resources

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

CDC:

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

Maryland Unites:

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

Charles County Health Department:

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

Charles County Sheriff's Office:

<https://www.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>



COVID 19 CORONAVIRUS DISEASE

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19

CS14H15-A

Hydration & Health

Good hydration habits may play an important role in addressing obesity.

Drink up! If you thought water was basic and boring, it's time to look at it in a new light. Drinking water improves mood and cognition, reduces the risk of high blood pressure and high blood glucose and possibly helps reduce body weight and overeating. There is even compelling evidence that regular consumption decreases the burden of heart and kidney disease and, in fact, makes cells better at their jobs. Keep drinking! This may be one of the easiest and most inexpensive ways to keep healthy! Source: American Fitness Magazine Spring 2019.

Fitness Move of the month

Side bends

Stand or sit in a chair with your back off of the back of the chair. Stand or sit tall. Reach arm up to sky and bend to side. Keeping abdominals tight and drawn in. Repeat to the other side.

**Regression: If you have difficulty lifting arm then just slide arm down leg as you bend with no lifting.

**Progression: Add weight to the arm not lifting.

This simple exercise is great for stretching and strengthening the whole core! Back included! Try a set of 10 then progress as you see fit.

Kayak Adventure

Being outside on the water and exercising...what could be better?

As parks are reopening, check with these parks to see their opening status to launch on your own kayak trip!

Mattawoman Creek

Location: Atlantic Kayak Company, 108-A Mattingly Ave., Indian Head (301) 292-6455

Lake at Gilbert Run Park

Location: Gilbert Run Park, 13140 Charles St., Charlotte Hall (301) 932-1083



Walk in the Park

Meet us at Laurel Springs park each Monday and Friday at 9 a.m. for a group walk (social distancing measures will be enforced)! Don't forget water! All walks include a warm up and cool down.

All About Nutrition

by Nate Schultz, Fitness Specialist

Regardless of your age it is important to maintain a healthy eating pattern. There are three core recommendations on nutrition according to the American College of Sports Medicine. They are to control calorie intake to match your daily activities and exercise to stay at a healthy body weight. Choose a variety of nutrient-dense foods, including a variety of fruits and vegetables, whole grains, low-fat milk and proteins. Lastly, decrease consumption of foods and beverages that are high in trans fats, saturated fats, salt, and refined sugar.

As you get older your body may have changes in metabolism, bone mass and muscle mass along with reduced activity level and exposure to sunlight. This may require dietary modifications in the amount of Calcium and Vitamin D, Vitamin B12, Fiber, salt and certain fats you intake.

Calcium and Vitamin D work together to build bone. Vitamin D also helps the nervous and immune systems. Most adults do not get enough vitamin D. Dairy products such as milk, cheese, and yogurt, leafy green foods and saltwater fish are good sources of Vitamin D. Good food sources for calcium are low-fat and non-fat milk, cheeses and yogurts. You should be getting 800-1000 IU per day of vitamin D and 1000-1200 milligrams of calcium per day.

Vitamin B12 is important for metabolism, red blood cell formation, and nerve function. Meat, eggs, milk, shellfish, and cereals fortified with vitamin B12 are good sources of B12. Certain medications can affect the bodies ability to absorb B12 in which case you may need to use supplements.

Fiber is important for stomach and digestion help and can lower bad cholesterol and blood sugar in your blood. It has also been linked with reducing the risk of colon cancer. Plant foods like fruits, vegetables, whole grains, beans and nuts are a good source of fiber.

Excess salt, trans and saturated fats, and simple refined sugar increase your risk for high blood pressure, heart disease, and diabetes. 2/3 of a teaspoon should be the amount of salt you get per day. Saturated fats and trans fats are added to products like microwave popcorn, cookies, margarine, and crackers. It is important to limit the amount of sugar you have as it can lead to type 2 diabetes.

Consult with a Registered Dietitian to make an individualized eating plan and consult with your health care provider about taking supplements.



JULY ACTIVITY CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>The month of July</i>	1 Hand out cold bottles of water to outdoor workers.	2 Try a new recipe! Visit pages 4 & 5 for inspiration.	3 To take care of others, you must first take care of yourself. Do something for YOU today.
6 Stay active! Join us on the Charles County Senior Center Facebook page for a new workout at 10 a.m.	7 Buy local. Interested in participating in this years Senior Farmers Market Nutrition Program? See pg. 6 for the July Farmer's Market Schedule with details.	8 Go outside and listen to the crickets chirping, birds singing and wind blowing. Use this time to relax and reflect. Keep an eye out for Chickdee & Yellow Warbler birds! (pg. 7)	9 Start a phone chain. If everyone calls one friend, imagine how much love we can spread in a day!	10 Become an expert. Choose a topic that fascinates you and read one article per day about that very thing.
13 Stop in at a local park for a quick walk to burn some calories, clear your thoughts, catch some rays. Join Debi Shanks at 9 a.m. at Laurel Springs park for a group walk!	14 Get those creative juices flowing! Gather your supplies and complete the craft on page 6.	15 Take a moment to relax and think about past memories that brought you great joy. Bring out old photos to enjoy the memories! Share those memories with a friend/family member!	16 Do an Arthritis Foundation Exercise program work-out.	17 Support a small business! Buy a meal for delivery or takeout, share a post on social media or simply write them a positive review.
20 Make a difference. Find ways to fill your time by making the world a better place. See page 8 for ideas.	21 Get 15 minutes of exercise in today! Join us at 10 a.m. for a new cardio workout on the Charles County Senior Centers Facebook page.	22 What do you want to be remembered for? Answer that question and challenge yourself to make it happen.	23 Spend some time outdoors today. Remember sunscreen and water if going out for an extended period of time!	24 Visit someone who lives alone.
27 Brush up on your nutrition knowledge and read the nutrition article on page 13.	28 Dig out those photo albums and take a look through them. Isn't it fun to see how people have grown over the years?	29 Exercising your brain is just as important as exercising your body. See pages 9-11 to get your mind moving.	30 Belt out your favorite song for an instant mood booster!	31 Do this months fitness move of the month. See page 13 for details.

**Pre-recorded workouts can be found on the Charles County Senior Centers 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



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

About Charles County Government

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

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

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

Publication Changes & Cancellations

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

Senior Center Inclement Weather Policy

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

So Many Places to see, Let's Travel

Trips sponsored by the 2N1 Club

November 17-18, 2020: Tropicana Casino Resort & Resorts Casino Atlantic City, NJ.

One-night stay, \$30 slot play voucher at the Tropicana Casino, \$ 20 slot play voucher at the Resorts Casino, meal vouchers, matinee of The Motown Years Show.

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

Trips sponsored by Action Travel Tours

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

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

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

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

Looking Towards 2021

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

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

July 23 – Aug 1, 2021: Highlights of the Canadian Rockies Mayflower Tours – Calgary, Edmonton, Jasper, Banff. Amazing sights of Maligne Lake, Columbia Icefields, Chateau Lake Louise, Sulphur Mountain, Calgary Tower, Royal Tyrrell Museum and West Edmonton Mall. From \$3874 pp double occupancy

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

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

