

The SCOOP

Charles County's Senior Center News



NOVEMBER 2020

www.CharlesCountyMD.gov

Give us a Call!

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

Richard R. Clark: 301-934-5423

Nanjemoy: 301-246-9612

Indian Head: 301-743-2125

Waldorf: 240-448-2814



Follow us on Facebook!

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

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

How to Follow Us on Facebook

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

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

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

Medicare D Open Enrollment

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

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

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

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

Drug coverage

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

Costs

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



Holiday Schedule

Senior Centers will be closed the following days in November:

Tuesday, November 3: Election Day

Wednesday, November 11: Veteran's Day Holiday

Wednesday, November 25 through Friday, November 27: Thanksgiving Holiday

There will be no in-person programs on holidays.

Volunteer Tax Preparers Needed

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

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

Christmas Connection

Adopt-a-Senior Christmas Food Program Would you like to volunteer to help a Senior this year with holiday food?

As a volunteer, you will be assigned to a qualifying senior citizen, purchase food items for them and deliver the food items to their home (contact-less delivery). If you want to volunteer to make a Christmas brighter for someone who needs your help, contact Julie Hammonds at hammonju@charlescountymd.gov or call 301-934-6737 to sign-up and/or receive more information.

Cycle Your Way to Health

Calling all bike enthusiasts! Calling all biking first-timers! Calling all seniors with a bike! In November, join Nate Schultz for biking on the Indian Head Rail Trail! Staying active in old age is important and so many turn to low-impact exercises such as walking or light jogging. But what about cycling? Cycling is the ultimate low impact exercise. Circular movement during cycling ensures that energy and nutrients are transported evenly so they also find their way to cartilages, which prevents arthrosis. Cycling implies smooth and steady movement. Your muscles are engaged without too much stress brought on the knees and ankles. Added bonus: cycling is the best feel-good exercise and a great way to battle symptoms of depression, anxiety, or high stress. You'll enjoy the rush of a bike ride as it impacts the levels of serotonin, dopamine, and phenylethylamine – all responsible for making you feel happier, more content, and alert.

Registration is required to ensure group safety. Please call 301-609-5711 and leave a message with your name, phone number and biking event you plan to attend.

11/6 at 1 PM. Starting point: White Plains

11/13 at 1 PM. Starting point: Indian Head

(27 Mattingly Ave, Indian Head, MD 20640)

11/20 at 1 PM. Starting point: White Plains

What is SHIP?

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

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

SHIP:

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

Veteran's Day Drive-Thru Lunch

Calling all Senior Veterans! Come out and join us for a FREE Drive-Thru Lunch and LIVE entertainment provided by "Rearview Mirror". This event is FREE to our senior Veterans, but you must pre-register by November 2, 2020. To register: call 301-934-5423, leave your name, phone number and the event you wish to attend.

Tuesday, November 10, 2020 | 11:30 AM to 1 PM

Richard R. Clark Senior Center

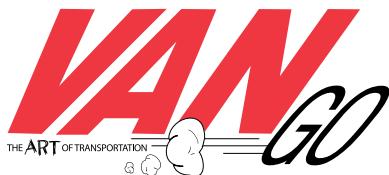
VanGO

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

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

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

DON'T FORGET TO VOTE!!! Election Day is November 3rd!! If you are worried how you are going to get to the polls on election day, even though Charles County Government will be closed, VanGO will be operating full service. Fixed route services, polling places, and ADA service is available all day to any certified residents.



Fresh Cranberry Relish

Had enough of cranberry sauce out of a can? This low-carb, homemade version of the traditional Thanksgiving side will quickly become a family favorite!

Preparation time: 15 minutes

Chilling Time: 24 hours

Yields: 11 servings

Serving Size: 1/2 cup

Ingredients:

2 oranges

2 Granny Smith apples, cored

1 (12 oz) package cranberries, washed

18 packets Splenda artificial sweetener (or 3/4 cup Splenda granular)



Instructions:

Peel oranges. Place peel from one orange in food processor (discard the other peel) and process until finely chopped. Remove any seeds from oranges and process oranges, apples, and cranberries, one at a time, in a food processor. Mix orange peel, oranges, apples, cranberries, and Splenda in a bowl until the sweetener is mixed throughout the fruit. Refrigerate for 24 hours before serving.

Recipe provided by www.diabetesselfmanagement.com.

Exercise Your Right to Vote

Mail-In Ballot Reminder

It is important to remember Maryland voters who have requested a mail-in ballot can expect to receive their ballot beginning at the end of September and that mail-in ballots must be postmarked on or by November 3, or placed in a designated drop box by 8 PM on November 3, 2020.

Vote in Person

Early Voting Centers

Charles County has two locations where you can vote before election day. The early voting centers are open from Monday, October 26th through Monday, November 2 from 7 AM to 8 PM. To vote early, go to one of these locations:

Sacred Heart Friendship Hall

201 St. Mary's Avenue, La Plata, MD 20646

St. Charles High School – Gymnasium

5305 Piney Church Road, Waldorf, MD 20602

Vote on Election Day

On election day, more than 300 vote centers will be open statewide. Voters can cast their vote at any vote center in their county of residence. Vote centers will be open from 7 AM to 8 PM on election day.

For a detailed list of voting centers open on Election Day, please visit: <https://www.charlescountymd.gov/government/other-agencies/board-of-elections>

For questions about voting in Charles County, please contact:

Phone: 301-934-8972

www.CharlesCounty.org/boe/

Email Address: elections@charlescountymd.gov

Don't forget to get out and vote on Tuesday, November 3, 2020!

Upcoming Events



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!

Caregivers Corner

Enjoying the holidays as a caregiver

The holidays can be wonderful but stressful time of the year. It is important to remember seniors with a diagnosis of dementia feel the stress of the holidays in a different way. They may not be concerned with the perfect holiday meal, buying great gifts, or decorating the house. They may be more worried about not remembering a dear niece/nephew, making mistakes that ruin plans, or messing up that traditional family recipe.

Ways to help a senior with dementia during the holidays:

- Prepare your loved one the week prior by talking about plans. For example, who may be visiting with a picture as a reminder if possible.
- Know the limits of your loved one, recognize stress.
- If crowded situations are difficult for your loved one, try to plan a quiet area away from the large crowd where a few people could visit them at a time.
- Bring familiar items that typically provide comfort, a favorite sweater, a photo album, a magazine, etc.
- Try to plan events around times that the senior is typically at their best.
- Stick to the routine as much as possible.
- Be prepared to end a visit early if needed.

Information for this article provided by The National Institute on Aging.

<https://www.nia.nih.gov/health/holiday-hints-alzheimers-caregivers>

Would you like the Charles County Senior Center SCOOP mailed to you?

The Charles County Department of Aging can now mail a SCOOP to your home! SCOOPs are available virtually, and free during in-person programs at parks, but the ease of getting your very own copy mailed to your home is now available! This program will begin in January 2021, for the cost of \$24 for a year worth of SCOOPs.

If you are interested in this new service, please contact Carolyn Savoy to register at 301-934-5423.

Please note: this service is completely optional. SCOOPs will remain free at in-person events while supplies last. This service is being offered on a trial basis.



It's time to re-register!

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

Please complete a registration form (see pages 7 & 8) and return it at any of the following events:

- 2021 Registration Drive-Thru Events
- Senior Center Farmers Markets
- Senior Chat and Chews
- Senior Walking Programs
- Or any other in person program

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

Department of Community Services

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

Special Drive-Thru Events:

Waldorf Senior & Recreational Center:

Call Melanie Maggi at 240-448-2814.

Tuesday, November 17, 11:30 AM-1PM. RSVP deadline: 11/2.

Nanjemoy Senior Center:

Call Donna Adebahr at 301-246-9612.

Friday, November 20, 11:30 AM – 1 PM. RSVP deadline: 11/5.

Shelf Stable Meal Distributions

All shelf stable meal distributions start at 11:30 AM, while supplies last.

Indian Head Pavilion:

December 8

Richard R. Clark Senior Center:

December 15

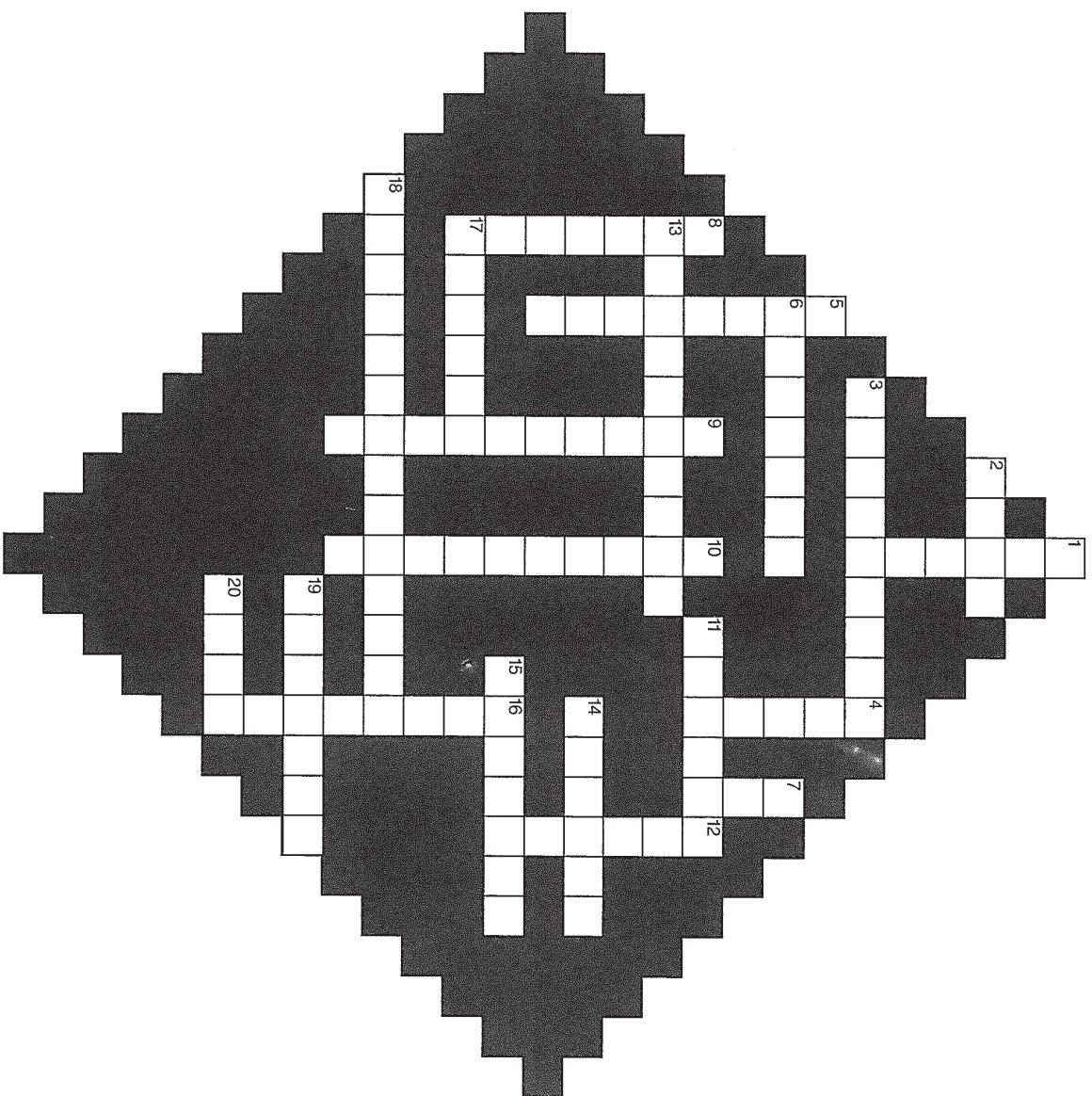
Nanjemoy Senior Center:

December 17

Waldorf Senior & Recreational Center:

December 22

DIABETES HEALTH PUZZLER



ACROSS

2. Create a plan for _____ days before you get a cold or the flu.
3. Over time, if diabetes is not controlled, it may lead to this.
6. _____ is needed for the body to use sugar properly.
11. Your diabetes care team can determine your _____ blood levels.
13. Opposite of skinny.
14. Sugar enters the blood stream and is used to create this.
15. 3 basic skills to control diabetes are: monitor blood sugar levels, exercise and make _____ food choices.
17. Eating _____ foods helps control diabetes.
18. You have diabetes when you have _____.
19. _____ your blood sugar levels.
20. _____ 2 diabetes is the most common.

DOWN

1. Keep a daily _____ of your blood levels and medications.
4. The food you eat is turned into _____ that enters the blood stream.
5. _____ can be hereditary.
7. Risk for diabetes increases with _____.
8. Diet, exercise and weight loss help to _____ one's diabetes.
9. Pills and Insulin
10. A valuable member of your diabetes management team can be your local _____.
12. Extreme _____ is a symptom of diabetes.
16. Walking, biking or golfing for example.

FY2021 CHARLES COUNTY DEPARTMENT OF COMMUNITY SERVICES FY2021 Aging and Senior Programs Division

Registration Period October 1, 2020 through September 30, 2021

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

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

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

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

Home Phone _____ **Cell Phone** _____ **Work Phone** _____

Please circle the best number to reach you at.

EMAIL Address: _____

HOME Address: _____

Street _____ Apt # _____ City _____ Zip _____

MAILING Address: _____

Street _____ Apt# _____ City _____ Zip _____

EMERGENCY CONTACT NAME _____ (RELATIONSHIP) _____

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

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

SOCIAL SECURITY #: _____

(For identification purposes only)

RACE

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

GENDER

- Female
- Male

NUMBER IN HOUSEHOLD _____

MILITARY SERVICE? Yes or No

LIVING ARRANGEMENT

- Alone
- With Others

CHECK ONE

- Hispanic
- Non-Hispanic

MARITAL STATUS

- Divorced
- Married
- Single
- Widowed

MONTHLY INCOME

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

CHARLES COUNTY DEPARTMENT OF COMMUNITY SERVICES AGING & SENIOR PROGRAMS DIVISION

FY2021 WAIVER AND RELEASE

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

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

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

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

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

INFORMED CONSENT

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

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

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

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

INFORMED CONSENT

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

PRINTED Name of Participant

Participant Signature

Today's Date

A FEW FUN ACTIVITIES

GET CONNECTED! [f](#) [t](#) [y](#) [flickr](#) [e](#)



COVID-19 Call Center

Charles County Department of Health Call Center:

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

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

Saturday and Sunday:

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

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

Maryland Access Point: Connecting Seniors to Resources Available

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

Roadmap to Recovery

For up-to-date information on Charles County's efforts to reopen, please visit:

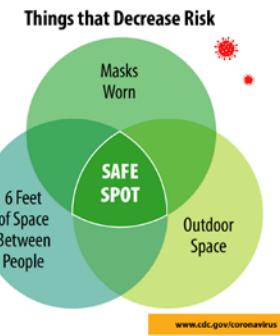
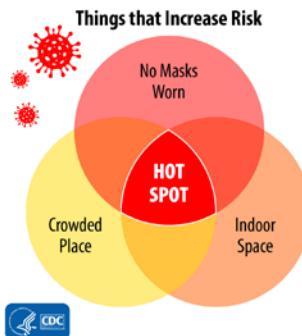
<https://www.charlescountymd.gov/services/health-and-human-services/covid-19>.

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/>

Tips for Reducing Risk of Getting COVID-19



Prioritize outdoor spaces where people are wearing masks and keeping 6 feet away from others.

What is social distancing?

The best way to slow the spread of COVID-19 is through "social distancing," which means staying at least six feet away from others. Social distancing can take many forms, depending on your lifestyle and your family or living situation. Social distancing can include the following habits and steps:

- Avoid handshaking, hugging and other intimate types of greeting
- Stay at least six feet away from others whenever possible, and wear a mask
- Avoid non-essential travel (your health care provider may have specific guidance for your situation)
- Avoid crowds, especially in poorly ventilated spaces
- Avoid unnecessary errands — consider ways to have essential items, like food and other household supplies, brought to you through delivery services or through family or social networks

While social distancing and self-quarantine are needed to limit and control the spread of the disease, social connectedness is important. Virtual resources can and should be used during this time. Talk to your friends and family on the phone or over video to stay connected. If joining people in person, leave at least 6 feet or more between you and others, and always have a mask.



Additional Resources

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

CDC:

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

Charles County Health Department:

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

Charles County Public Libraries:

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

Office of Governor Larry Hogan:

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

University of Maryland Charles Regional Medical Center:

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

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

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

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



Senior Fitness

Tai Chi with Cynthia Simmons

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

Mondays and Wednesday, 11:30 AM,
Indian Head Pavilion

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

Group Warm Up & Walk

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

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

Mondays and Fridays, 10:30 AM,
Laurel Springs Park

Fitness Time with Debi

Join Debi Shanks, Senior Fitness and Promotions Coordinator in Indian Head for a variety of workouts! Workouts will include AFEP, Dance, and more. Class will be on the Indian Head's Village Green at picnic tables. Classes will focus on muscle control, stability, balance, and flexibility. Bring your own water.

Mondays, 2 PM, Indian Head Green

Call 301-743-2125 to register for this class. If you get directed to voicemail, please leave your name and phone number.

Total Body Conditioning – Virtual

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

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

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

Meeting ID: 528 975 5657

Password: 123Fit

Tuesdays and Thursdays, 9:30 AM, via ZOOM

Fitness Move of the Week - Virtual

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

Tuesdays, 2 PM, FB LIVE

Yoga w/ Debi Shanks

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

Wednesdays, 10:30 AM, Laurel Springs Park

Tai Chi with Nate Schultz

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

Thursdays, 10:30 AM, Tilghman Lake Park

Arthritis Foundation Exercise Program (AFEP)

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

Mondays, 2 PM, Indian Head Green

Tuesdays, 1 PM, Laurel Springs Park

Wednesdays, 2 PM, Indian Head Green

Thursdays, 1 PM, Laurel Springs Park

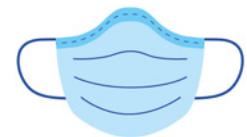
Fridays, 2 PM, FB LIVE

Facebook Workout – Virtual

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

Days/Time Vary, FB Live
see calendar on pg. #14

SOCIAL DISTANCING GUIDELINES ARE BEING FOLLOWED AT ALL CHARLES COUNTY SENIOR CENTER PROGRAMS. IN-PERSON EVENTS REQUIRE A MASK ANY TIME YOU ARE WITHIN 6 FT OF ANOTHER PARTICIPANT. WE ALSO ENCOURAGE YOU TO BRING WATER TO ENSURE YOU STAY HYDRATED AT THESE OUTDOOR VENUES



Services

2021 Re-Registration Drive Thru Lunch

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

Waldorf Senior & Recreational Center – Tuesday, November 17, 11:30 AM - 1 PM

RSVP deadline: 11/2, 240-448-2814.

Nanjemoy Senior Center – Friday, November 20, 11:30 AM – 1 PM

RSVP deadline: 11/5, 301-246-9612.

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

Informational

Chat & Chew

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

Mondays, 1 PM, Indian Head Lawn
Led by Cynthia Simmons

Wednesdays, 11:30 AM,
Laurel Springs Park Pavilion
Led by Janice Hamby

Thursdays, 11:30 AM,
Tilghman Lake Park Pavilion
Led by Melanie Maggi



CCPL Book Club - Virtual

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

Registration information is as follows:

The Good Neighbor by Maxwell King
Thursday, November 5, 1 PM
<https://ccplonline.libnet.info/event/4252654>

TBD

Wednesday, November 18, 1 PM
<https://ccplonline.libnet.info/event/4553446>

Widow to Widow

Women's group focusing on grief.

Friday, November 13, 11:30 AM,
Laurel Springs Park
Pre-Registration is encouraged!

Have you heard about the new programs?

Tell A Friend?

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

Arts/Crafts

Make Your Own Bath Salts – FB Live

Janice Hamby will lead you through the steps of creating divine smelling bath salts. Collect your supplies a head of time or watch through the instructional video to ensure this is the DIY project for you!

Supply list:

1 ½ Cups Epsom Salt
½ Cup Sea Salt
¼ Cup Baking Soda
Food Coloring
Scented Essential Oil



Monday, November 2, NOON
FB Live

Jewelry Club

Volunteers Martha Williams & Regina Larrabee will show you how to make beautiful, beaded jewelry pieces. Hosted by Charles County Staff.

Wednesday, November 4 & 18, 11:30 AM
Laurel Springs Park

Pre-Registration is required!

Art in the Park "Magazine Paper Craft"

Janice Hamby and Melanie Maggi will help you make unique desktop storage container using magazine pages and a soup can. All supplies provided.

Friday, November 6, 11:30 AM
Laurel Springs Park

Pre-Registration is required!

"Mystery" Art in the Park:

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

Friday, November 20, 11:30 AM
Laurel Springs Park
Pre-Registration is required!

Infinity Necklace – FB Live

This intermediate level craft will result in a beautiful necklace great for yourself or as a gift to someone else. Janice Hamby will lead instruction.



24 inch Piece of 20 gram Parawire
(or Zebra Wire as shown)

32" inch Piece of 18 gram Parawire
(or Zebra Wire as shown)

24 - 4 mm Swarovski Bicones

2 - 5 mm 18 gram plated jump rings

1 - toggle or plated lobster claw clasp

Tools Needed:

Flush Cutters, Round Nose Pliers
Chain Nose Pliers, Flat Nose Pliers, Ruler, Sharpie

Tuesday, November 24, Noon
FB Live

Program Locations

Indian Head Green

100 Walter Thomas Rd, Indian Head, MD

Laurel Springs Park

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

Nanjemoy Senior Center

4375 Port Tobacco Road, Nanjemoy, MD 20662

Pisgah Park

6645 Mason Springs Rd, Indian Head, MD

Richard R. Clark Senior Center

1210 Charles St, La Plata, MD

Tilghman Lake Park

10598 Box Elder Rd, La Plata, MD

Waldorf Senior & Recreational Center

90 Post Office Rd, Waldorf, MD

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

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Warm Up & Walk10:30 Tai Chi w/ Cynthia11:30 Make Your Own Bath Salts FB LIVE.....12:00 Indian Head Chat & Chew1:00 Debi Fitness Time2:00 Water Aerobics3:00	3 Election Day 	4 Yoga w/ Debi10:30 Yoga w/ Debi FB Live10:30 Clark Chat & Chew11:30 Jewelry Club11:30 Tai Chi w/ Cynthia11:30 AFEP with Nate2:00 Water Aerobics3:00	5 Total Body Conditioning9:30 Tai Chi w/ Nate10:30 Waldorf Chat & Chew11:30 Virtual Book Club1:00 AFEP w/ Nate1:00 Water Aerobics3:00	6 Warm Up & Walk10:30 Facebook Workout11:00 Art in the Park: Magazine Pencil Caddy .11:30 Biking1:00 AFEP FB Live.....2:00
9 Warm Up & Walk10:30 Tai Chi w/ Cynthia11:30 Indian Head Chat & Chew1:00 Facebook Workout1:30 Debi Fitness Time2:00 Water Aerobics3:00	10 Total Body Conditioning.....9:30 Diabetes Workshop10:00 Veteran's Day Drive Thru Lunch at Clark11:30 AFEP w/ Debi1:00 AFEP FB Live.....1:00 Fitness Move of the Week FB LIVE2:00 Water Aerobics3:00	11 Veterans Day 	12 Total Body Conditioning.....9:30 Stepping Up Your Nutrition10:00 Tai Chi w/ Nate10:30 Waldorf Chat & Chew11:30 AFEP w/ Nate.....1:00 Water Aerobics3:00	13 Warm Up & Walk10:30 Widow to Widow11:30 Biking1:00 AFEP FB Live.....2:00
16 Warm Up & Walk10:30 Tai Chi w/ Cynthia11:30 Indian Head Chat & Chew1:00 Debi Fitness Time2:00 Water Aerobics3:00	17 Total Body Conditioning.....9:30 Drive Thru Boxed Lunch WSRC.....11:30 AFEP w/ Debi1:00 Fitness Move of the Week FB LIVE2:00 Water Aerobics3:00	18 Yoga w/ Debi10:30 Yoga w/ Debi FB Live ...10:30 Clark Chat & Chew11:30 Jewelry Club11:30 Tai Chi w/ Cynthia11:30 Virtual Book Club1:00 AFEP with Nate2:00 Water Aerobics3:00	19 Total Body Conditioning.....9:30 Tai Chi w/ Nate10:30 Waldorf Chat & Chew11:30 AFEP w/ Nate.....1:00 Water Aerobics3:00	20 Warm Up & Walk10:30 Drive Thru Boxed Lunch Nanjemoy11:30 "Mystery" Art in the Park.....11:30 Biking1:00 AFEP FB Live.....2:00
23 Warm Up & Walk10:30 Tai Chi w/ Cynthia11:30 Indian Head Chat & Chew1:00 Debi Fitness Time2:00 Water Aerobics3:00	24 Total Body Conditioning.....9:30 Infinity Necklace FB LIVE Noon AFEP w/ Debi1:00 Fitness Move of the Week FB LIVE2:00 Water Aerobics3:00	25 Thanksgiving Holiday 	26 Thanksgiving Holiday 	27 Thanksgiving Holiday 
30 Warm Up & Walk10:30 Tai Chi w/ Cynthia11:30 Indian Head Chat & Chew1:00 Debi Fitness Time2:00 Water Aerobics3:00				

The month of November

Diabetes & You: Take Control of Your Diabetes

Diabetes develops when the body does not make enough insulin or is not able to use insulin effectively.

- Test your blood sugar. Your doctor can tell you how often and when you should test.
- Keep record. Use a log book to keep track of medications and blood tests.
- Take your medicine per doctor orders.
- Eat balanced meals and do not skip. Lean proteins and vegetables with each meal.
- GET MOVING! Start slowly if you have not been active. Walking after meals is a great start.
- Check your feet for cuts, blisters and swelling. Call your doctor for sores that won't heal.
- Quit smoking. Contact Charles County Health Dept for smoking cessation classes.
- Brush your teeth and gums after each meal and floss daily.

Diabetes Workshop

Learn ways to take control

This workshop will be through MS Teams online. Learn to make an action plan, nutrition ideas and ways to take control of your own health. Preregistration required to reserve your space.

Tuesday, November 10 • 10:00 a.m.

Presenter: Debi Shanks



Indoor Water Aerobics

Join us for fall water aerobics classes! Classes begin November 2 and will go through December 17! All classes are at the Donald M. Wade Aquatic Center (at St. Charles High School). Choose one set of classes:

Monday and Wednesday at 3 PM

Tuesday and Thursday at 3 PM

Class is \$35. No classes on holidays. Reserve your spot today! Call Debi Shanks at 301-609-5711 to reserve your spot. Class size will be limited for safety. Drive-thru registration for water aerobics will take place on 10/29 at Richard R. Clark Center from 9 AM to 10 AM and 2 PM to 4 PM.

Guess How Much!

Contest Alert! Guess how much this pile of weights weighs all together for your chance to win exercise items!

All answers must be called in to Debi Shanks at 301-609-5711. You must be a Charles County senior to win. Winner will be the senior who guesses the closest without going over. Winner will be announced on November 24, 2020. Good luck!



*New Session: Walk with Ease begins, Monday, November 23

Reduce the pain and discomfort of arthritis, increase balance, strength and walking pace. Build confidence in your ability to be physically active and improve overall health.

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

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

Commit to 6 weeks for maximum benefit.

Class will meet twice a week at Laurel Springs park and once a week through MS Teams. OR You can just do all the walks on your own.

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

Registration Deadline is Wednesday, Nov 18.

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

Topics covered include:

Health education information

Stretching and Strengthening Exercises

Motivational Tips and Tools

Diabetes Awareness Quiz

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

Richard R. Clark: 301-934-5423

Indian Head: 301-743-2125

Nanjemoy: 301-246-9612

Waldorf: 240-448-2814

Good Luck! Four winners will receive prizes!

1. True/False: Most people with diabetes can feel their blood sugar getting high.
2. True/False: Losing five (5) pounds could help with your diabetes.
3. How much aerobic activity should most people with diabetes get each week?
 - a. 60 minutes
 - b. 90 minutes
 - c. 150 minutes
 - d. 500 minutes
4. True/False: Stress can cause your blood sugar to rise.
5. True/False: People with diabetes can eat as many fruits as they want.
6. True/False: The number of people with diabetes has quadrupled since 1980.
7. True/False: Type 2 Diabetes can not be prevented.
8. True/False: Diabetes is 1 of the leading causes of death in the world.
9. True/False: Medical costs for people with diabetes are twice as high as for people who don't have diabetes.
10. True/False: More than 34 million people in the US have diabetes, and 1 in 5 of them don't know they have it.

Small Group Workouts

Coming in December...small group workouts right from home! We will be launching a holiday wellness initiative to keep you moving all winter long. Online via MS Teams. Look for it in the December SCOOP.



DIABETES

November is Diabetes Awareness Month

By: Nate Schultz

Diabetes is a common disease characterized by elevated blood glucose. According to the Center for Disease Control (CDC) diabetes effects 26.8 percent of adults aged 65 years or older. If you or someone you care about is diagnosed with diabetes it can be shocking and concerning. This is a good time to examine your exercise and nutrition habits, which are vital to preventing or managing diabetes.

Obesity is a risk factor for type 2 Diabetes so weight control through diet and exercise is important. Dietary Fiber is beneficial for people with diabetes. It cannot be digested completely, so it doesn't add extra calories. Fiber makes you feel full and helps move waste out of the body. Dietary fiber may reduce blood glucose and cholesterol. It is recommended to have 20 to 30 grams of fiber a day. Avoiding carbohydrates may seem like a good way to keep blood glucose levels in check, but your body needs fiber found in carbohydrate-based plant foods, and carbohydrates are the main source of fuel during exercise. The exact amount of carbohydrates you should have is based on your activity level, medications, and overall insulin action.

Three to seven days a week of moderate to vigorous exercise working large muscle groups for 30 to 45 minutes is recommended for type 1 and type 2 diabetes. Start with low intensity and build up to higher intensities from there. Consult with your doctor before starting high intensity workouts.

Exercise can affect blood glucose levels by moving glucose from the blood into the working muscles. Too low blood glucose, hypoglycemia, can happen if you are working out too intensely. Checking your blood glucose before and after exercise is a good habit.



Stepping Up Your Nutrition

In this workshop you will learn the relationship between the way we eat and preventing falls. Discuss ways to incorporate a healthy diet into your life and simple changes. Take control your health.

Thursday, November 12 10:00 am

This workshop will be held on MS Teams.

Please contact Debi Shanks to register and for more information.

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.

<http://www.charlescountymd.gov/government/departments/community-services>.



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.

Adventure is Worthwhile in 2021 & 2022

Trips sponsored by Action Travel Tours **2N1 Sponsored Trip

****April 14-22, 2021: Springtime Tulip River Cruise on the Rhine Collette Vacations.** 9 Day River Cruise Holiday on the MS Amadeus. Cruise the Netherlands and Belgium while in resplendent color with an overnight in Amsterdam. From \$3799pp double occupancy. **FREE airfare and hometown transfers if deposited by September 30, 2020, full payment is December 1, 2020.**

****May 19-26, 2021: Canyon Country Collette Vacations.** 8 Days – 10 Meals Stand in awe of the natural beauty of the wonders our great West: Scottsdale, Sedona, Oak Creek Canyon, Grand Canyon, Kalibab National Forest, Lake Powell, Bryce Canyon, Zion National Park and Las Vegas From \$3499pp double occupancy including **FREE airfare if booked by November 6, 2020.**

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 is a true Ireland expert, Ethel has made over 20+ trips to the Emerald Isle. From \$3849 pp double occupancy including airfare.



October 16, 2021: 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.

October 20-22, 2021: 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. You haven't had this much fun since you last went trick or treating as a kid

December 4, 2021: Holiday Celebration at Winterthur and Longwood Gardens. Join us as we travel to Brandywine Valley to enjoy history, antiques and the sights and sounds of Winterthur Estate for the Holidays. And then to Longwood Gardens decked out for the Christmas Season. The light show alone at Longwood Gardens makes it worth the trip.

December 7-9, 2021: Rockettes' Christmas Spectacular in New York City. Join us for 2 nights in NYC when it's decorated 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, theater and more.

Looking Towards 2022

July 9-19, 2022: Oberammergau Passion Play and Danube Explorer River Cruise Mayflower Tours. Due to COVID-19, the Oberammergau Passion Play that is offered every 10 years has been postponed to 2022. This is a once in a lifetime opportunity to see the Play and sail Emerald Cruises on the Danube. Mayflower Tours is offering the coveted Passion Play tickets along with a land stay and Danube River Cruise through Hungary, Slovakia, Austria and Germany from \$5249 per person double occupancy. **FREE airfare included if booked by 10/30, 2020!!**

