

The SCOOP

Charles County's Senior Center News



JANUARY 2021

www.CharlesCountyMD.gov

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

If you answered yes, you are in luck! The Charles County Department of Aging can now mail a SCOOP to your home! As Centers are still closed, we have adapted the way we can get the SCOOP to our seniors. SCOOPs are available virtually, and free in-person at our outdoor programming, but the ease of getting your very own copy mailed to your home is now available!

You will be required to pay for postage. This program will begin in January 2021, for the cost of \$24 for a year worth of SCOOPs.

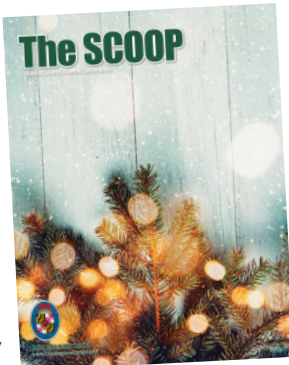
If you are interested in this new service, please contact Carolyn Savoy for a registration form at 301-934-5423. Postage fees must be paid by check made payable to Charles County Commissioners. **Completed forms can also be mailed or left in the secure drop box located at the Department of Community Services headquarters.**

Department of Community Services

Attn: Senior Centers

8190 Port Tobacco Rd Port Tobacco, MD 20677

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.



Outdoor Winter Programming

We have been wildly successful at hosting a variety of outdoor senior programs during the summer and fall months. As weather turns colder, the outdoor programming we can offer will continue to adapt to the changing seasons. If a program is scheduled during the winter months, and the temperature is below 40 degrees, the outdoor program will be canceled. We are sorry for any inconvenience this may cause, and we thank you for your understanding.

Holiday Schedule

There will be no senior programming on the following dates in January:

Monday, January 18: Martin Luther King Jr. Day

Connect with Us!

During such an unsettling time, we want you to know that we are in this together with you! We are available if you have questions. Connect with us one of the ways advertised here!

Call us!

Leave a detailed message if we do not answer and we'll give you a call back!

Richard R. Clark: 301-934-5423

Indian Head: 301-743-2125

Nanjemoy: 301-246-9612

Waldorf: 240-448-2814

Facebook!

Did you know that Charles County Senior Centers have a Facebook page? Follow our page, Charles County Seniors Centers! To find our page, type Charles County Senior Centers in the search bar on Facebook. Click on our page and press the follow button.

SCOOP!

Virtual: SCOOPs are posted monthly & can be viewed electronically at <https://www.charlescountymd.gov/services/aging-and-senior-services/scoop>.

In-Person: grab a SCOOP at our in-person programs!

Mailed: The SCOOP can now be mailed to your home! To register for this program, please contact Carolyn Savoy at 301-934-5423.

eNews!

Want to know about upcoming events at the Senior Centers? Sign up for our eNews letter!

Step 1: Visit <https://www.charlescountymd.gov/>

Step 2: Scroll to the bottom of the page and click the large yellow "ENEWS SIGN-UP" button.

Step 3: Complete the Charles County eNews Registration form and you are done!

Happy Birthday, Welcome to Medicare

It is a milestone to celebrate as you turn **65!** This means you may be eligible for Medicare Parts A, B, C, D and/or Supplemental Insurance (Medigap). You may also qualify for Medicare Savings Programs to help with Medicare costs. Are you confused with the telephone calls, television ads 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 (SHIP) office at 301-609-5712 for **FREE** and unbiased Medicare education and counselling. This is one of many benefits available to you as you turn 65.



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.

Please complete a registration form and return it at any of the following events:

- 2021 Registration Drive-Thru Events
- Senior Walking Programs
- Tai Chi, Yoga, AFEP
- Crafting
- 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

Mark Your Calendars and RSVP for January Boxed-Lunch Distributions!

All food distributions start at 11:30 AM and you must RSVP by the date below to receive a boxed lunch.

Indian Head Pavilion: Distribution on January 12

RSVP by Tuesday, 12/29 by calling Cynthia Simmons at 301-743-2125.

Richard R. Clark Senior Center: Distribution on January 19

RSVP by Monday, 1/4 by calling Janice Hamby at 301-934-5423.

Nanjemoy Senior Center: Distribution on January 21

RSVP by Wednesday, 1/6 by calling Donna Adebahr at 301-246-9612.

Waldorf Senior & Rec Center: Distribution on January 26

RSVP by Monday, 1/11 by calling Melanie Maggi at 240-448-2814.

Looking forward: mark your calendars for February shelf stable meal distributions!

Indian Head Pavilion: Distribution on February 9

Richard R. Clark Senior Center: Distribution on February 16

Nanjemoy Senior Center: Distribution on February 18

Waldorf Senior & Rec Center: Distribution on February 23

REGISTER HERE

Senior Medicare Patrol (SMP)

The Senior Medicare Patrol, or SMP empower and assist Medicare beneficiaries, their families, and caregivers, to prevent, detect, and report suspected healthcare fraud, errors, and abuse.

STOP FRAUD before it starts!

Prevent: Guard your card - Do not give out your Medicare number to anyone who calls or comes to your door. Do not give your Medicare number for a "free" service.

Detect: Track your services - keep a calendar or journal of doctor's visits, tests, hospitalizations, etc. Read all Medicare Summary Notices (MSNs) or insurance statements and use the calendar or journal to check for the accuracy of claims. Keep files secure and shred them when they are no longer needed. Log in to www.MyMedicare.gov for electronic notices and tracking.

Report: Contact the SMP or 1-800 Medicare - If a discrepancy is found, contact the provider (errors can be made; most providers are honest and will correct mistakes). If you can't get the problem solved, contact the SMP for help at 301-934-0118.

Volunteer opportunities! SMPs are grant-funded projects that seek the assistance of volunteers who are willing to provide outreach and educational presentations to older adults, on how to protect their health, finances, and medical identity. In addition, our volunteers receive beneficiary complaints brought to the SMP, review cases for fraud, error or abuse and make referrals to 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.

National Blood Donor Month

Blood donations typically drop off during and immediately after the winter holidays, which makes National Blood Donor Month in January a critical time for the blood donations. Celebrate National Blood Donor month by signing up for a local blood drive! The University of Maryland Charles Regional Medical Center will be holding blood drives every other month in 2021. The first 6 months (through June) will be at the American Legion Post 82 in La Plata. The location of the remaining drives is TBD. The 2021 dates are as follows:

**February 22 • April 26 • June 28 • August 23
October 25 • December 27**

Registration is required. To register, please visit this link:
<https://www.redcrossblood.org/give.html/drive-results?order=DATE&range=10&zipSponsor=20646>



I Opened a Book

I opened a book and in I strode.
Now nobody can find me.

I've left by chair, my house, my road,
My town and my World behind me.

I'm wearing the cloak; I've slipped on the ring.
I've swallowed the magic potion.
I've fought with a dragon, dined with a king
And dived in a bottomless ocean.

I opened a book and made some friends.
I shared their tears and laughter.
And followed their road with it's bumps and bends,
To the happily ever after.

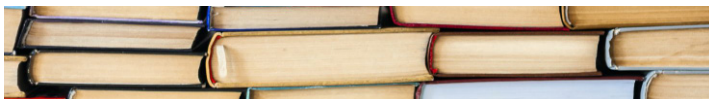
I finished my book and out I came.
The cloak can no longer hide me.
My chair and my house are just the same,
But I have a book inside me.

-Julia Donaldson

Join Charles County Public Library for two book club opportunities in January!

Virtual Senior Center Book Club. January 7 at 1 PM. In January, the group will be discussing "Olive Again" by Elizabeth Strout. Register here: <https://ccplonline.libnet.info/event/4647783>.

Saturday Book Discussion. January 23 at 10 AM. It's cold outside, so join us for a book discussion! In January we will be discussing "Becoming" by Michelle Obama. Register here: <https://ccplonline.libnet.info/event/4670031>.



Charles County Health Needs Assessment

The University of Maryland Charles Regional Medical Center is conducting a community health needs assessment to better understand the health issues in Charles County. Community input is a significant and important part of this process. We are asking your assistance in completing a survey regarding your current health status, your risk and protective factors for disease, and your perceptions of the state of health in Charles County. The results of this survey will help us to develop new programs and enhance current programs to address the biggest health needs in the county. All questions on this survey are voluntary and anonymous. We truly appreciate your time and participation in this survey to help us continuously improve the health of Charles County. To fill out the Charles County Health Needs Assessment, please visit: <https://www.surveymonkey.com/r/2020CharlesCoNeedsAssessmentSurvey>

Buffalo Chicken Soup

By: Cynthia Simmons, IHSC Coordinator

January is National Soup month but let us change things up a bit and add a new twist to Chicken soup! With this recipe you will enjoy the warmth from the liquid, but also the warmth from the spices. Your taste buds will thank you.

Ingredient List:

- 3 Tablespoons of Butter
- 3 Stalks of Celery
- ¼ cup of chopped onion
- ¾ teaspoon of salt (I used less)
- ½ teaspoon of pepper
- 2 Tablespoons of tomato paste
- 4 cups of chicken broth (okay to use more if you like a thinner soup, I used Chicken bone broth which has less sodium)
- ¼ cup of Buffalo style wing sauce (I used mild—cayenne pepper is the first ingredient)
- 4 ounces of cream cheese
- 1 cup of Heavy whipping cream (you can use a lighter version or use less)
- 3 cups of cooked chicken – chopped



Sauté celery and onion in the butter, once softened add salt and pepper. Whisk in tomato paste and bring to a boil. Add broth and buffalo sauce and bring to a second boil. Reduce to simmer after second boil. In a blender, combine cream cheese and 1 cup of hot mixture. Blend until smooth, add to the soup mixture. Stir in heavy whipping cream and chicken. Cook on medium, so chicken absorbs the seasoning. Enjoy – Always better the next day.

Rent Relief Funds Available for Charles County Residents

The Board of County Commissioners has provided the Southern Maryland Tri-County Community Action Committee with relief funds of \$500,000 to support residents facing evictions due to the ongoing COVID-19 pandemic. Families facing financial difficulties related to employment loss or a significant reduction in work hours may be eligible to apply for assistance with paying rent and utilities.

Eligibility Guidelines:

- Applicants must be Charles County residents.
- Recipients must demonstrate job loss or reduction in work hours due to COVID-19.
- There may be additional local eligibility requirements.

To apply for financial assistance, call 301-274-4474. Customers may seek help by telephone or by scheduling an appointment virtually.

Caregivers Corner

New Year, New Goals

The new year is a perfect opportunity to assess the status of current goals and brainstorm on new ones. For caregivers of loved ones, making goals for yourself may seem silly when you barely have time to take care of your basic needs. These goals do not have to be big or health related; goals can be simple. It is important to address goals and make a plan to achieve them, no matter how small.

Here are some small suggestions for caregiver goals:

- Call a friend once a week.
- Make a hair/nail/massage appointment every other month and arrange respite care so you can attend.
- Attend desired religious services, COVID-19 has brought along some excellent online options.
- Give yourself permission to have a favorite take-out meal once a month- no dishes involved!
- Schedule that doctor appointment for yourself that you have been putting off.
- Take advantage of grocery delivery/pick-up services.
- Put important documents in a single place for easy access and less stress when you need to find them quick.
- Say YES to offers of help!

A friendly reminder, you are doing a great job under incredibly stressful circumstances. Happy New Year!

FREE Quit Smoking Program



Cigarettes – Cigars – Pipes – Smokeless -- Vaping

Whatever way you get your nicotine . . .

We Can Help with:

- Make a Quit Plan
- Free Quitting Aids
- Weekly Support
- Stress Management
- Tobacco Education
- . . .and more!



Benefits of Quitting Tobacco & Nicotine:

- Breathe easier
- Reduce chance of heart attack by 75%
- Save \$3,000 a year
- No more nagging addiction
- Lower life insurance premiums

Or the Maryland Quit Line can help also:



A project of the Cigarette Restitution Fund Program of the Maryland Department of Health

**Call to Pre-Register for Upcoming Class
(301) 609-6932**

Free Income Tax Preparation

For Seniors and Moderate to Low-Income Adults. Beginning January 11, 2021, Senior I&A staff will begin scheduling appointments for the Annual Income Tax Preparation Program. This is a FREE service for those who meet eligibility guidelines.

To schedule a tax preparation appointment:

Age 60 and older - call 301-609-5712 or
Age 18-59 - call 301-609-5704



Starting February 1, 2021, tax preparers will provide "Contact free" service for scheduled clients. **Please be advised**, methods of service delivery may change and will be based on the current local spread of the COVID-19 virus. Please call the Senior I&A office for updates regarding this program.

We are still accepting Volunteer Tax Preparers!!! Virtual training and certification are required for all volunteers. Learn more: please contact Barbara Joy, Senior Information & Assistance Program Assistant at 301-609-5712 or JoyB@charlescountymd.gov

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.

National Tea Month

Tea has been being drunk for thousands of years, originating from deep within the country of China. From there it grew in prominence until it was one of the most important beverages in the world, rivaling coffee as the drink of choice for mornings, and for those who needed a pick-me-up.



Celebrating Hot Tea Month is as simple as brewing up a cup of your favorite tea and sitting back and relaxing as you sip it down. There is a whole world of teas out there, literally thousands of varieties. To celebrate National Tea Month, some of the staff at the Department of Aging share their favorites teas with us! We hope you get to try some of our favorites!

Melanie: My favorite tea is Bigelow Raspberry Royale. Growing up (and to this day) it is my mother's favorite tea. I learned exactly how she likes it; a little half and half, two sweet-n-lows and the tea steeped for 5 minutes. The nostalgia of Raspberry Royale makes it my favorite and any time I have a cup it feels like "home."

Janice: My favorite tea is Spiced Chi Tea. I love the fragrance and the spicy taste, not to mention the positive health benefits. It helps boost heart health, reduce blood sugar levels, aids in digestion to help with weight loss.

Beth: Earl Grey - it has a bold citrusy aroma and reminds me of time spent with my British / Irish friends while traveling in Europe. It's like a vacation in a cup.

Charity: Lemon Ginger Tea = favorite.

Ruth: I would like to share 2 teas and all my teas are caffeine-free. The first tea is Teeccino Vanilla Nut – This tea gives me the rich earthy taste and flavor of a morning cup of coffee without the coffee. The taste is amazingly balanced with vanilla, roasted almonds, dates and figs. The Republic of Tea Peppermint Chocolate – This tea lets me feel as if I am having a luxurious cup of hot cocoa before slipping into my pajamas on a cold winter night but without the caffeine that will cause me heart palpitations. Ok, thanks for letting me share my tea journey.

Susan: Vanilla Chai – tastes amazing!

Carolyn: I love Ginger Peach Tea---because it is so soothing and comforting!

Cynthia: Holy Basil by Tulsi -- calms me at the end of the day and Constant Comment by Bigelow warms me on a cold raining morning. I add a little honey and a cinnamon stick, while I wrap up to get warm and listen to music.

Lisa: Iced Sweet tea is my favorite or if hot then regular black tea.

Crafting on MS Teams

We had such a great time hosting Art in the Park during the summer and falls months. All the artistic beauty was great to see! Keep the artistry going and join us for staff-led crafting during January. Below are details on the two MS Teams crafting opportunities we will be hosting.

Mesh Wreath Class

Friday, January 15 at 10 AM on MS Teams

Participant must provide the following supplies:

- 1 – 12-inch Wire Wreath Frame
- 1 – 21-inch Roll of Mesh (an example of the roll of mesh needed for the craft can be found here: <https://www.michaels.com/mesh-ribbon-21in/M10308329.html>)
- 35 Chenille Pipe Cleaners (an example of the pipe cleaners needed for the craft can be found here: <https://www.michaels.com/chenille-pipe-cleaners-100ct-by-creatology/10525089.html>)
- Ribbon & Decorations to put on the wreath (your choice!)
- Scissors
- Hot Glue Gun & Glue Sticks or Floral Wire (to attach decorations)

Styrofoam Ball Snowman with Hat

Friday, January 29 at 10 AM on MS Teams

Senior Center will provide the following:

- Styrofoam Ball
- Yarn for hat
- Paper ring to make hat

Above craft supplies, provided by the Senior Center can be picked up at:

Clark Senior Center

Tuesday, 1/19 from 11:30 AM to 1 PM

Waldorf Senior Center

Tuesday, 1/26 from 11:30 AM to 1 PM

Participant will need to provide:

- Glue
- Paint or sharpie to make the face

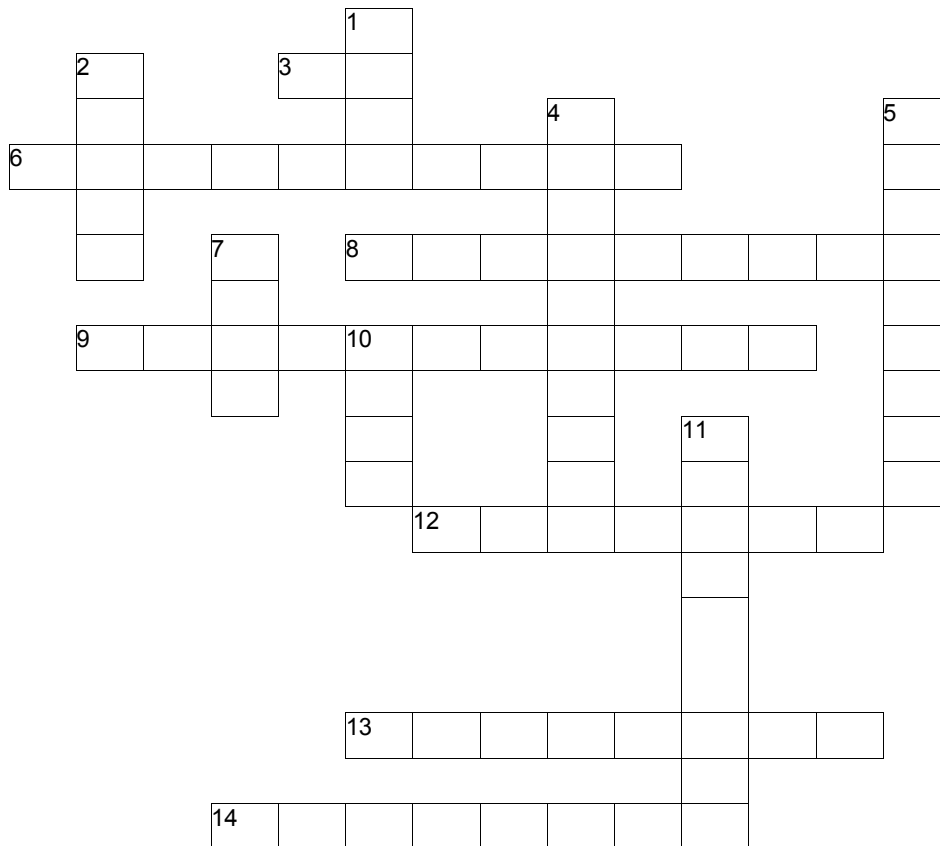
How to Register:

You must register by calling 301-934-5423, leave your name, phone #, e-mail address and class you'd like to participate in. We will e-mail an invitation to you to join us on MS Teams.





MENTAL HEALTH



Across

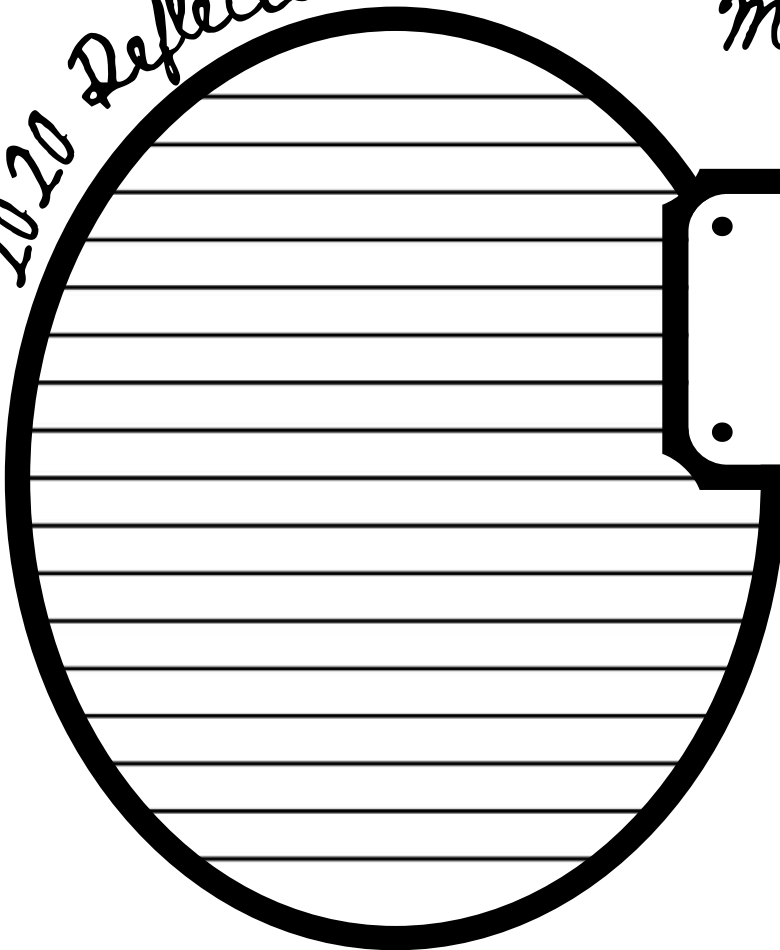
- 3.** It's important to learn to say ____ to people and things sometimes. When you are already overwhelmed with tasks, you can support your mental health by turning down more than you can handle.
- 6.** _____ is a fantastic way to center your mind. Just five minutes of closing your eyes and focusing on your breath can improve mental clarity and calmness.
- 8.** Sometimes it's important to get help with your mental health. Talking to a professional _____ can be a great way to work through your emotions.
- 9.** When you're feeling panicked, sometimes it can help to take a few _____ to slow down your heart rate.
- 12.** Personal _____ can be hard for those with mental illness. Take a step towards better mental health by accomplishing ONE activity (like combing your hair, taking a shower, or brushing your teeth).
- 13.** Getting just 15 minutes of _____ each day can help improve your mood. Just walk outside and soak in the warmth.
- 14.** It's important to practice _____ as much as you can. Things like exercise, meditation, and healthy eating all are ways to take care of yourself.

Down

- 1.** Our virtual wellness programming offers chair _____ for our community members to do at home. It's a great way to gently stretch your muscles.
- 2.** Getting at least eight hours of _____ can drastically improve your mental health. However, it's better to stick to a consistent schedule even on the weekends.
- 4.** Many therapists suggest _____ for their patients so they can write down all their thoughts and feelings.
- 5.** Making a daily or weekly _____ list has been proven to help mental health in the long run; it helps you focus on things that you are grateful for, not the things you lack.
- 7.** A healthy _____ makes a difference in your mental health. By eating fresh fruits and veggies, foods full of probiotics, and fiber-rich whole grains, you are helping fuel your mind and body.
- 10.** If you can, take a nice warm _____ to relax your muscles and your mind. Light a candle, throw in a cup of Epsom salt, and use this time to focus on being in your body.
- 11.** _____ is a great way to get your blood pumping and release feel-good chemicals to your brain.

Happy New Year!

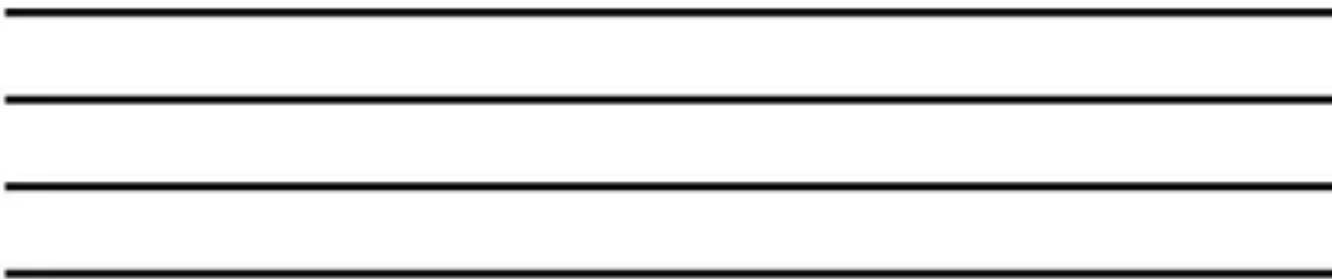
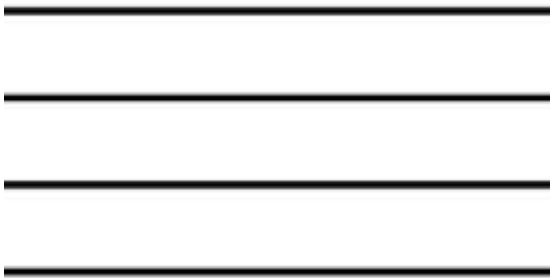
2020 Reflection



My Word for the New Year is:



Goals for 2021:



Take Care of Your Mental Health

You may experience increased stress and loneliness during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

Get immediate help in a crisis.
Call 911

Disaster Distress Help Line: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish,

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

The Eldercare Locator: 1-800-677-1116

Veteran's Crisis Line: 1-800-273-TALK (8255) or text: 8388255

Mental health is an important part of overall health and wellbeing. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency.

People with pre-existing mental health conditions or substance use disorders may be particularly vulnerable in an emergency. Mental health conditions affect a person's thinking, feeling, mood or behavior in a way that influences their ability to relate to others and function each day. These conditions may be situational (short-term) or long-lasting (chronic). People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. If you think you have new or worse symptoms, call your healthcare provider.

Feeling lonely or isolated? Your doctor can assess your risk for loneliness and social isolation and get you connected to community resources for help, if needed. Also connect to the Charles County Department of Aging by calling Maryland Access Point at 1-855-843-9725. Information provided by the CDC.



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 301-609-6717.

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 Counties efforts to reopen, please visit: <https://www.charlescountymd.gov/services/health-and-human-services/covid-19>.

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 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>

Join us virtually this winter!

As our Senior Centers remain closed, and temperatures drop as winter rolls in, we will begin offering more virtual programming. We understand that technology can be a friend and a foe, but do not let that deter you! We are here to help you get connected to us virtually so you can stay connected to our programming over winter!

This winter, we will be offering virtual programs on MS Teams. MS Teams is a virtual meeting platform that will allow us to chat, video conference, share information, collaborate and connect with you! Join us for one of our Intro to MS Teams events! During this time, you will learn how to connect to an MS Teams meeting, how to use MS Teams features, and be able to get comfortable with the virtual programming platform so you are geared up and ready to participate in our wonderful winter programming! To register, please call Liz Phipps, Senior Center Supervisor, at 240-448-2815. Please leave a detailed message.

Intro to MS Teams

Friday, Jan. 8, 11 AM

Tuesday, Jan. 12, 2:30 PM

Friday, Jan. 22, 11 AM

Tuesday, Jan 26, 2:30 PM



Senior Fitness

Flash Mob Fitness Classes

During the winter months, if weather is forecasted to be spring-like, we plan to offer Flash Mob Fitness classes! Flash Mob Fitness classes will be pop-up classes offered in our local parks outside of our currently scheduled programs. To find out about Flash Mob Fitness classes, please follow our Facebook page at Charles County Senior Centers. Since classes will be planned in a flash, when you see a class is being offered in the parks, please help us spread the word and tell all your friends to join us!

Group Warm Up & Walk

These walks are led by Senior Fitness and Promotions Coordinator, Debi Shanks on Mondays, and Senior Fitness Specialist, Nate Schultz on Wednesdays and 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

Wednesdays, 12:30 PM, Indian Head Green

Small Group Workouts – Virtual

See pg. 15 for details.

Tuesdays and Thursdays, 10 AM-Noon,

MS Teams

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

Tai Chi with Nate Schultz – Virtual

Senior Fitness Specialist, Nate Schultz, will lead this hour-long class on MS Teams. Tai Chi is an evidence-based class that focuses on muscle control, stability, balance, and flexibility.

Tuesdays and Thursdays, 1 PM, MS Teams

To register, please call 301-609-5711 or email shanksd@charlescountymd.gov.

Fit WithIN - Virtual

See pg. 15 for details.

Thursdays, 2 PM, MS Teams

To register, please call 301-609-5711 or email shanksd@charlescountymd.gov.

Arthritis Foundation Exercise Program (AFEP) - Virtual

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

Wednesdays, 2 PM, FB LIVE

Fridays, 9 AM, MS Teams

Facebook Workout – Virtual

Check out the Senior Workouts/Exercises Playlist located under the Videos tab on our Facebook page to complete pre-recorded workouts at your convenience. Workout formats vary but include Yoga, Flex & Stretch, Full Body Strength, Drums Alive and more!

Community

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:

"Olive, Again" by Elizabeth Strout

Thursday, Jan. 7, 1 PM

<https://ccplonline.libnet.info/event/4647783>

Living Well with a Chronic Conditions - Virtual

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

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

Topics Include:

- How to manage your fatigue and pain
- How to communicate better with your doctors
- How to decrease your frustration
- Methods to improve healthy eating

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.

- Regaining control of your life
- Putting changes into action

Thursdays, Jan. 21 – Feb. 25, 10 AM, MS Teams

To register please call 301 743-2125 or 301 609-6931. Someone will contact you to instruct you how to participate in the workshop. All material will be provided.

Registration deadline: January 7, 2021



Drive-Thru Lunches

All food distributions start at 11:30 AM and you must RSVP by the date below to receive a boxed lunch.

Indian Head Pavilion:

Distribution on January 12. RSVP by Tuesday, 12/29 by calling Cynthia Simmons at 301-743-2125.

Richard R. Clark Senior Center:

Distribution on January 19. RSVP by Monday, 1/4 by calling Janice Hamby at 301-934-5423.

Nanjemoy Senior Center:

Distribution on January 21. RSVP by Wednesday, 1/6 by calling Donna Adebahr at 301-246-9612.

Waldorf Senior & Rec Center:

Distribution on January 26. RSVP by Monday, 1/11 by calling Melanie Maggi at 240-448-2814.

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



Hot Cocoa Bar

Warm your heart and soul by joining us for a Hot Cocoa Bar! We'll have a variety of hot beverages including coffee, hot chocolate and tea. Toppings too! This gathering will also serve as a Christmas Connection toy drop-off location.

Thursday, Jan. 14, 11 AM-Noon or 12:30 PM-1:30 PM

Laurel Springs Park

Pre-Registration is required! Call Melanie Maggi at 240-448-2814. Please indicate which time period you wish to join.

Coffee & Conversation – Virtual

Pour yourself a beverage and join senior center staff virtually for conversation and fellowship! Each week will bring new topics for discussion as well as special guest speakers.

Mondays, 2 PM, MS Teams

Wednesdays, 9 AM, MS Teams

To register, please call Liz Phipps, Senior Center Supervisor, at 240-448-2815. Please leave a detailed message

Arts/Crafts

Toilet Paper Bird Feeder – Virtual

Supplies Needed for each feeder:

- 1 Empty Toilet Paper Roll
- Crisco or Peanut Butter
- Butter knife or popsicle Stick
- Bird Seed
- String (optional)
- Small Sticks (optional)

Wednesday, Jan. 6, 10 AM, FB LIVE

<https://www.facebook.com/CharlesCountySeniorCenters>

Wreath Making – Virtual

See pg. 6 for details.

Friday, Jan. 15, 10 AM, MS Teams

To register to call 301-934-5423. Please be sure to leave your name, phone # and the craft you'll be participating in.



Cookie In A Jar – Virtual

Supplies Needed:

Chocolate Chip Cookie Mix In a Jar With Recipe Tag

- Pint size glass jar
- ¾ Cup All Purpose Flour
- ⅓ Cup Granulated Sugar
- ¼ Cup Brown Sugar
- ½ Cup Chocolate Chips
- ¼ Teaspoon Baking Soda
- ¼ Teaspoon Salt
- Ribbon, String or Twine
- Decorative Paper or Fabric
- Recipe Tags



Wednesday, Jan. 20, 1 PM, FB Live

<https://www.facebook.com/CharlesCountySeniorCenters>

Styrofoam Snowman – Virtual

See pg. 6 for details.

Friday, Jan. 29, 10 AM, MS Teams

To register to call 301-934-5423. Please be sure to leave your name, phone # and the craft you'll be participating in.



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)

Richard R. Clark Senior Center

1210 Charles St, La Plata, MD

Waldorf Senior & Recreational Center

90 Post Office Rd, Waldorf, MD

Nanjemoy Community Center

4375 Port Tobacco Rd, Nanjemoy, MD

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

*Outdoor programs will be canceled in cases of inclement weather and when temperatures are below 40 degrees.

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
<p><i>The month of January</i></p>				<p>1</p> <p>New Year's Day Holiday</p> 
<p>4</p> <p>Warm Up & Walk10:30 Coffee and Conversation2:00 Water Aerobics3:00</p>	<p>5</p> <p>Total Body Conditioning9:30 Small Group Training10:00 Tai Chi w/Nate1:00 Fitness Move of the Week FB LIVE2:00 Water Aerobics3:00</p>	<p>6</p> <p>Coffee and Conversation9:00 Toilet Paper Bird Feeder Craft FB Live.....10:00 Warm Up & Walk12:30 AFEP FB Live2:00 Water Aerobics3:00</p>	<p>7</p> <p>Total Body Conditioning9:30 Small Group Training10:00 Tai Chi w/ Nate1:00 Virtual Book Club1:00 Fit WithIN2:00 Water Aerobics3:00</p>	<p>8</p> <p>AFEP9:00 Warm Up & Walk10:30 Intro to MS Teams.....11:00</p>
<p>11</p> <p>Warm Up & Walk10:30 Coffee and Conversation2:00 Water Aerobics3:00</p>	<p>12</p> <p>Total Body Conditioning9:30 Small Group Training10:00 Drive Thru Lunch Indian Head.....11:30 Tai Chi w/Nate1:00 Fitness Move of the Week FB LIVE2:00 Intro to MS Teams.....2:30 Water Aerobics3:00</p>	<p>13</p> <p>Coffee and Conversation9:00 Warm Up & Walk12:30 AFEP FB Live2:00 Water Aerobics3:00</p>	<p>14</p> <p>Total Body Conditioning9:30 Small Group Training10:00 Hot Cocoa Bar Pt. 1.....11:00 Hot Cocoa Bar Pt. 2.....12:30 Tai Chi w/ Nate1:00 Fit WithIN2:00 Water Aerobics3:00</p>	<p>15</p> <p>AFEP9:00 Wreath Craft10:00 Warm Up & Walk10:30</p>
<p>18</p> <p>Martin Luther King Jr. Day</p> 	<p>19</p> <p>Total Body Conditioning9:30 Small Group Training10:00 Drive Thru Lunch Clark..11:30 Tai Chi w/Nate1:00 Fitness Move of the Week FB LIVE2:00 Water Aerobics3:00</p>	<p>20</p> <p>Coffee and Conversation9:00 Warm Up & Walk12:30 Cookie in a Jar FB Live ...1:00 AFEP FB Live2:00 Water Aerobics3:00</p>	<p>21</p> <p>Total Body Conditioning9:30 Small Group Training10:00 Chronic Disease Self-Management.....10:00 Drive Thru Lunch Nanjemoy11:30 Tai Chi w/ Nate1:00 Fit WithIN2:00 Water Aerobics3:00</p>	<p>22</p> <p>AFEP9:00 Warm Up & Walk10:30 Intro to MS Teams.....11:00</p>
<p>25</p> <p>Warm Up & Walk10:30 Coffee and Conversation2:00 Water Aerobics3:00</p>	<p>26</p> <p>Total Body Conditioning9:30 Small Group Training10:00 Drive Thru Lunch Waldorf11:30 Tai Chi w/Nate1:00 Fitness Move of the Week FB LIVE2:00 Intro to MS Teams2:30 Water Aerobics3:00</p>	<p>27</p> <p>Coffee and Conversation9:00 Warm Up & Walk12:30 AFEP FB Live2:00 Water Aerobics3:00</p>	<p>28</p> <p>Total Body Conditioning9:30 Small Group Training10:00 Chronic Disease Self-Management.....10:00 Tai Chi w/ Nate1:00 Fit WithIN2:00 Water Aerobics3:00</p>	<p>29</p> <p>AFEP9:00 Snowman Craft.....10:00 Warm Up & Walk10:30</p>

Happy New Year!

HELLO SENIORS!!



It's the time of year where we focus on the type of changes we are willing to make for the next 365 days. Many of us will be just trying to "get through" let alone make any health changes but focusing on our health is important no matter what is going on in the world around us.

Are you stuck? Do you help with diet or exercise? Do you need a boost to cheer you up? **YOU ARE IN LUCK!**

As always, WE are here to help. Contact us @ 301-609-5711 and we can set up a MS Team Meeting or a call to discuss your health and wellness concerns. Let us make the most of 2021 and make it an impactful, meaningful year.

Wishing you the best in health in 2021!

Debi & Nate

Small Group Fitness Classes

Chilly weather got you out of your fitness routine? We have the answer!

Join Debi & Nate as they bring your workouts to you at home! All you need is space to exercise and a smart phone or computer. All classes will run ½ hour. Pre-registration required along with fitness level.

Level 1: Chair workouts only

Level 2: Chair workouts with some standing exercises

Level 3: Standing and floor exercises

All classes will be taught through MS Teams. An MS Teams training session will be held prior to the start of class ensuring everyone can log in and attend class easily.

Classes will be held on Tuesday's & Thursdays.

Times will vary based on levels and amount of people signing up. Approximate time frame is between 10:00am-12:00pm.

To register or for more information call 301-609-5711

Fit WithIN

Learn ways to connect the body, mind and spirit for optimum health.

Nothing should stand in your way for better health. We can all strive to be better. Learn ways to either motivate or jump start your wellness plan. Fit withIN looks deeper than just exercises. It encompasses the body and spirit working as one.

These workshops will meet virtually on MS Teams. Call 301-609-5711 to register for sessions. An MS Teams training session will be held prior to the start of class ensuring everyone can log in and attend class easily. *Computer or a phone with a camera and microphone needed.

Thursdays, January 7-28th 1:00 pm via MS Teams

Instructor: Debi Shanks

Not just a Walk in the Park

Connect, laugh, exercise and meet friends

Monday & Friday 10:30 AM @ Laurel Springs Park

Wednesday 12:30 PM @ Indian Head Pavilion

NEW ONLINE CLASS

Tai Chi Moving for Better Balance

This 12 week class will take you through 8 forms of Tai Chi to help with mobility and balance.

We will meet through MS TEAMS. Pre-registration is required. Computer with camera and microphone or smart phone required.

Tuesdays and Thursdays • 1 PM • MS Teams

Instructor: Nate Schultz



Water Aerobics

Mondays and Wednesdays, 3 PM

St. Charles High School

Tuesdays and Thursdays, 3 PM

St. Charles High School

\$25 for one session. Register with Debi Shanks at 301-609-5711.



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.

Looking for an Adventure

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

Tentative 2021 Trip List -- Dates subject to change based on vendor confirmation

April 9, 2021: Cherry Blossom Luncheon Cruise and MGM Casino or Outlets. Take in the sights and sounds that DC has to offer as you sail the Potomac River dressed in beautiful pink cherry blooms. They try your luck in the fabulous MGM casino or find a deal at the Tangier Outlets.

****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. **Call to see if the FREE airfare promotion has been extended, full payment is 12/1.**



****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 11/6.

May 23, 2021: Kennedy Center Memorial Day Choral Concert and Lunch. Music Celebrations Int'l, American Veterans Center and the US Air Force Band present a Memorial Day Choral Festival honoring veterans past and present who have sacrificed so much. Celebrate the true meaning of Memorial Day honoring those who have served with rousing patriotic music. Prior to the 3pm concert we will enjoy a delicious lunch at the Alexandria Fish Market.

June 14-18, 2021: Action Travel Tours' 35th Annual Mystery Trip, Take II. Add a little adventure to your life, sign up for the **Original Southern Maryland Mystery Trip** and travel with Action Travel Tours to a destination unknown. Help us celebrate 35 years of Mystery Itineraries, Friendships and Memories!! First Clue: We won't be going to 2019's Mystery Destination of Salem, Rockport and Gloucester, MA.

****June 27-July 6, 2021: Collette Tours British Landscapes.** England, Scotland and Wales 10 Days - 12 Meals Included: round trip air from Washington Dulles, hotels, tours, airport transfers, taxes and fees/surcharges; Single: \$4,649.00 Double: \$3,949.00 pp Triple: \$3,919.00 pp Cancellation Waiver additional at \$329 pp. Call for full color brochure and reservation packet for daily itinerary.

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

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!!**

