

The SCOOP

Charles County's Senior Center News

HAPPY
ST PATRICK'S
DAY!



MARCH 2021
www.CharlesCountyMD.gov

The Aging and Disability Resource Center: Who are we?

The Aging and Disabilities Resource Center – (ADRC) is a component within the Aging and Human Services Section of the Department of Community Services. Aging and Disability Resource Center (ADRC) serve as single points of entry for long-term services and support services for senior citizens, people with disabilities, caregivers, and families. The ADRC is not a physical building, but rather the streamlining of existing community resources for older persons and disabled persons. The Charles County ADRC consists of the following programs: Information Assistance/Referrals (I&A), Maryland Access Point (MAP), Money Follows the Person Options Counseling, State Health Insurance Program (SHIP), Senior Medicare Patrol (SMP), and Medicare Improvements for Patients and Providers Act (MIPPA). The ADRC is a “no wrong door” system. Charles County ADRC is a trusted source of information, assistance, and referral.

Information Assistance/Referrals (I&A) services is an in-depth process that provides persons with access, assistance, extensive follow-up, referrals, application assistance and advocacy when necessary and requested. These services are provided in a person-centered environment as it is the client that decides what they want to pursue based on the I&A services that are available. I&A provides short term services coordination that does not exceed ninety (90) days for any single interaction. In Charles County, we have I&A offices at the Richard R. Clark Senior Center and the Waldorf Senior and Recreation Center; while an outreach person provides the services for Indian Head Senior Center and Nanjemoy Senior Center. Charles County I&A staff assist clients with Homeowners/Renters Tax Credit Applications, Energy Assistance Applications, Appointments of the AARP Tax Program Collaboration, Christmas Connection, and Insurance information to highlight a few functions.

Maryland Access Point (MAP) is the gateway to long term services and the supports that may come with these services. Working with senior citizens, young disabled persons, caregivers, professionals, and families who have long-term care needs, the MAP staff can connect these entities with private and public resources for long-term care. The Charles County MAP staff is the gateway for the Level 1 Screen that is utilized to place persons on the Medicaid Waiver Waiting List as well as gain access to Long Term Care Services. The MAP also provides Options Counseling to aid consumers with planning and making informed decisions pertaining to long term care. With Options Counseling persons can develop a personalized action plan combined with the referral and resources received to make an educated decision about meeting their long-term care needs or that of another person.

Money Follows the Persons Program identifies Medicaid eligible nursing home residents that are interested in transitioning back into the community. The resident will receive education on the

program and if they are an eligible resident, they may be able to leave the nursing facility for home or assisted living on a community-based waiver. While this program will not provide twenty-four hour seven days a week service it will provide support services to the resident and family when and if they choose to transition back into the community.

Lastly, the ADRC houses the State Health Insurance Assistance Program (SHIP), Senior Medicare Patrol (SMP) and Medicare Improvements for Patients & Providers Act (MIPPA) programs. Each are Federally funded grant programs administered by the Maryland Department of Aging on behalf of the Administration for Community Living and the Centers for Medicare & Medicaid Services. All 50 States, District of Columbia, and US territories offer a SHIP, SMP & MIPPA programs. SHIP provides free individualized information, education and unbiased counseling to Medicare beneficiaries and their families regarding Medicare health insurance and related programs. SMP's educate and assist Medicare beneficiaries, their families, and caregivers, to prevent, detect, and report suspected healthcare fraud, errors, and abuse. MIPPA provides grant funds for SHIP's to help low-income Medicare beneficiaries apply for programs that make Medicare more affordable.

All members of our staff are highly trained professionals who continue to refresh and gain new knowledge in the field about the services that they are providing. The staff utilizes a person-centered approach to support individuals by matching their needs, preferences, and values with available community resources. Please understand that if you contact the incorrect office, we will do our best to connect you with the appropriate office and resources, as no one agency can supply the needs of everyone.

Get a Property/Renters Tax Break

Did you know that the state of Maryland provides a tax credit for homeowners and renter's rebate based on gross household income that is \$60,000 or less? Many seniors qualify for these tax credit programs, so don't miss the opportunity to apply.

Any person submitting the tax credit or rebate application may receive one of the following:

1. A direct credit on their July property tax bill if the application is completed and received before May 1, 2021 or a later credit for applications received on or before September 1, 2021.
2. A direct check that is paid to the qualified renter applicant.
3. A written letter of denial stating the reason for ineligibility.

Applications are accepted and processed from February through September. Individuals age 60 plus, disabled persons of any age, and families with minor children can obtain an application by contacting the Department of Community Services, Aging and Human Services Division at 301-609-5712 or 855-843-9725. Information, Assistance, and Referral offices remain closed to the public at this time.

Free Income Tax Preparation

For Seniors and Moderate to Low-Income Adults, Senior I&A staff are scheduling appointments for the Annual AARP Income Tax Preparation Program. This is a FREE service.

To schedule a tax preparation appointment:

Age 60 and older - call 301-609-5712

Tax preparers will provide "Limited Contact" service for scheduled clients. **Please be advised**, we are experiencing delays in appointment availability and methods of service delivery may change due to the COVID-19 pandemic. Please call Senior I&A office for most recent updates regarding this program.

Please prepare for your appointment by providing the following documents: Last year's (2019) tax return(s), or 2018 if you were unable to file 2019.

- Social Security cards for yourself and every individual on your return (required this year).
- Photo I.D. required for all taxpayers.
- Checkbook if you want to direct deposit any refund(s) into your bank account.
- W-2 from each employer and/or Unemployment compensation statements.
- SSA-1099 Form showing the total Social Security benefits paid to you for the year, or Form RRB-1099, Tier 1 Railroad Retirement benefits.
- 1099 Forms reporting interest (1099-INT), dividends (1099-DIV), proceeds from sales (1099-B), as well as documentation showing the original purchase price of your sold assets.
- 1099-R Form if you received a pension, annuity, or IRA distribution.
- 1099-MISC Forms.
- Information about other forms of income.
- State or local income tax refunds.
- **If itemizing:** 1098 Form Mortgage Interest, List of Medical/Dental expenses, Contributions to charity, property tax bill and proof of payment.

Without all the required paperwork, you will be turned away and appointment rescheduled.



Caregivers Corner

It takes more than the luck of the Irish to manage caregiver stress.

Feeling overwhelmed, experiencing anxiety, and frustration are common among caregivers. The COVID-19 pandemic has only exacerbated caregiver stress. Here are some tips for managing caregiver stress:

- Take slow, deep breaths
- Use aromatherapy- a diffuser, lotions, and sprays
- Enjoy a calming cup of tea
- Meditate or pray
- Exercise
- Talk with a trusted friend
- Practice gratitude
- Listen to music
- Get outside
- Do something creative- adult coloring, crafts, or sewing
- Take a long bath or shower

Information for this article provided by <https://dailycaring.com/15-quick-tips-for-managing-caregiver-stress/>

March Virtual Call-in Caregiver Support Group with Cindy Olmsted & Holly Conley

Wednesday, March 31, 2021 @ 2:00pm, Call 1-857-232-0159, when prompted enter conference code 358243



Medicare Enrollment Periods Don't delay! Deadlines approaching!

General Enrollment Period

Jan 1 to Mar 31st, 2021 – If you did not sign up for Medicare Parts A and/or B during your Initial Enrollment Period and do not qualify for a Special Enrollment Period, you may sign up during this time.

Medicare Advantage Open Enrollment Period

Jan 1st to Mar 31st, 2021 – If you are enrolled in a Medicare Part C Advantage Plan, you may switch Advantage plans or drop your Advantage plan and return to Original Medicare (Parts A & B).

If you have questions regarding the current enrollment periods, missed your enrollment period, or unsure if you qualify for a Special Enrollment Period...Contact the SHIP program at 301-609-5712 or 301-934-0118.

Green Chef: The Powers of Green Foods

March is National Nutrition Month! During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating. Each week, we encourage you to focus on a new aspect of healthy nutrition habits!

Week One: Eat a variety of nutritious foods every day!

- Include healthful foods from all food groups; Hydrate healthfully; Learn how to read Nutrition Facts Panels.

Week Two: Plan your meals each week!

- Use a grocery list to shop for healthful foods.
- Choose healthful recipes to make during the week.
- Plan healthful eating while traveling.

Week Three: Learn skills to create tasty meals!

- Keep healthful ingredients on hand; Practice proper home food safety; Reduce food waste; Try new flavors and foods.

Week Four: Consult a Registered Dietitian Nutritionist (RDN)

- Receive personalized nutrition advice to meet your goals.
- Thrive through the transformative power of food and nutrition.

The Power of Green Foods and Smoothie Making,

Wednesday, March 17 at 10 AM on MS Teams

Join Charity Haynes, County Nutritionist for the Department of Aging, as she dives into the power of green foods and how we can incorporate these divine foods into our diet. Also, join Cynthia Simmons as she shows you how to make a delicious and healthy St. Patrick's Day shake! To register call Cynthia Simmons at 301-743-2125. Please leave your name, phone # and an email address.

St Paddy's Day Shake

- ½ cup of Milk - I used unsweetened/unflavored almond milk
- ½ cup of water
- ¼ cup of mint leaves
- Blend well until smooth
- Add a half of a green apple (cored, but keep peel on)
- 1 frozen banana
- add agave syrup to taste
- Blend until creamy.

Makes 2 smoothies.



Upcoming Food Distributions

While our Senior Centers have remained closed, we continue to create opportunities to get food to our seniors. We offer distributions at each Charles County Senior Center each month. Distributions can include fresh lunches, shelf stable meals, produce and more! Look below for upcoming FREE food distributions. Please note any RSVP dates required to secure your FREE food.

Mark Your Calendars and RSVP for March 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 March 9

RSVP by Tuesday, 2/22 by calling Cynthia Simmons at 301-743-2125.

Richard R. Clark Senior Center: Distribution on March 16

RSVP by Monday, 3/1 by calling Janice Hamby at 301-934-5423.

Nanjemoy Senior Center: Distribution on March 18

RSVP by Wednesday, 3/3 by calling Donna Adebahr at 301-246-9612.

Waldorf Senior & Rec Center: Distribution on March 23

RSVP by Monday, 3/8 by calling Melanie Maggi at 240-448-2814.

Need access to food? COVID-19 has put an extreme strain on citizens, but there is help. For a comprehensive list of food pantries available, please visit End Hunger, Charles County Maryland at <https://endhungerincharles.org/food-pantries/>.

Mark Your Calendars and RSVP for April 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 April 13

RSVP by Monday, 3/29 by calling Cynthia Simmons at 301-743-2125.

Richard R. Clark Senior Center: Distribution on April 20

RSVP by Monday, 4/5, by calling Janice Hamby at 301-934-5423.

Nanjemoy Senior Center: Distribution on April 22

RSVP by Wednesday, 4/7 by calling Donna Adebahr at 301-246-9612.

Waldorf Senior & Rec Center: Distribution on April 27

RSVP by Monday, 4/12 by calling Melanie Maggi at 240-448-2814.



Women's History Month

Every year March is designated Women's History Month by Presidential proclamation. The month is set aside to honor women's contributions in American history. Read below how women contributed in significant ways to the history of lighthouses in Maryland.

Ladies of Light: Chesapeake Lighthouses and the women who kept them

At a time when water was the most efficient mode of transportation, the lighthouse stood alone, often in isolation in remote, far-off locations. Eighty-two once marked the Chesapeake Bay and its tributaries, 45 of them in Maryland. Their sole purpose was to guide boats, goods and people to safety.

Today, 24 lighthouses and one replica remain standing in the state. Many owe their longevity to historians and volunteers, who work tirelessly to preserve these cultural and historic beacons.

Carrying the torch

For hundreds of years, lighthouses were operated by keepers, hearty men and women who kept the light burning. Their livelihood depended on hard work, rigid routine, long hours and dedication to duty, which often included long periods of isolation.

What is surprising, however, is the number of years women minded the lighthouses in Maryland, particularly at [Point Lookout](#) and [Turkey Point](#).

Maryland's first female light keeper, Ann Davis, was the daughter of James Davis who died about two months after he was hired at Point Lookout. Ann took over the job in 1830 and held the position for 17 years until her own death. Other women who served there include Martha A. Edwards and her daughter Permelia, who kept the light for 14 years after her mother's death. These three women tended Point Lookout for all but six of its first 40 years of operation.

Furthermore, women keepers at Turkey Point were responsible for 86 of its 114 years in service. The last to serve there, Fanny May Salter, was the last civilian woman lighthouse keeper in the nation.

The first was Elizabeth Lusby, who took up the torch for 18 years after her husband died in 1844. Rebecca L. Crouch likewise replaced her deceased husband as keeper from 1873 to 1895.

At age 16, her daughter Georgiana moved to the property and continued her mother's work. She lived at the station for an amazing, and likely record, 54 years.

Life in the light

A few years later, then-keeper Clarence Salter passed in 1925. His widow, Fanny May, was first told she would not be hired to continue his service. Determined, she appealed to U.S. Senator O. E. Weller, who asked then-President Calvin Coolidge to personally intervene. He consented. She served for 22 years.

Mrs. Salter would fill and light one of two lamps at dusk, climb the 31 stairs of the tower and the iron ship's ladder that led to the lantern, place the lamp within the lens, check in on it an hour later and once again before going to bed. From her bedroom in the keeper's quarters, she could see the light and would awake immediately if it went out.

A daunting 137 wooden steps led down the bluffs to the Elk River, where next to the stairs there was a chute with a windlass, a device the keeper used to haul supplies up to the station. Then there was the laborious task of winding the heavy fog bell mechanism every three hours.

The fog bell saluted passing ships and was rung manually when needed in order to guarantee safe passage for ships heading into the Elk River under low visibility. Mrs. Salter once pulled the rope ringing the heavy fog bell every 15 seconds for nearly an hour until a steamer made safe passage into the Chesapeake and Delaware canal.

She summed it all up upon her retirement: "Oh, it was an easy-like chore, but my feet got tired, and climbing the tower has given me fallen arches."

Women's work

According to historian Virginia Neal Thomas, women light keepers received equal pay to men. "They filled these predominantly male positions because lighthouse work had much in common with stereotypical woman's work," she said. "They were most often related to the previous keeper, and they fit within cultural ideals of gender roles."

Along with not being allowed to leave without permission, the keeper was also charged with cleaning, painting and repair of all buildings, taking care of the grounds, maintaining mechanical equipment, hosting tours, hauling supplies to the station, taking soundings of river and inlet channels and moving channel markers as needed, maintaining the light station boat launch and keeping the boathouse clean and organized.

A change in the tide

Eleven wicks and reflectors illuminated the light at Elk Neck until 1855, when a fourth order Fresnel lens with a single lamp was installed. Electricity further simplified things. In 1943, a Within a few years, automation forced the closure of most stations, ending lighthouse keeping all together.

Article provided by the Maryland Department of Natural Resources (written by Linda Wiley).

A FEW FUN ACTIVITIES

Get your Latest *SCOOP* online!



National Nutrition Month®

eat right. Academy of Nutrition and Dietetics

Nutrition Sudoku Easy

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A through I to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Broccoli		Fig	Iceberg		Grits	Cheese	Apricot	Herring
			Broccoli	Fig	Cheese	Dill		Iceberg
Iceberg	Cheese	Edamame		Apricot	Dill		Grits	Fig
Herring	Iceberg		Dill			Apricot	Fig	
		Dill	Cheese	Iceberg	Apricot	Grits	Herring	Edamame
Edamame	Grits	Apricot		Herring			Dill	Cheese
Apricot		Broccoli	Grits	Cheese	Herring	Fig	Iceberg	
	Herring	Iceberg			Fig	Edamame		Grits
Dill	Fig	Grits	Edamame	Broccoli	Iceberg	Herring	Cheese	Apricot

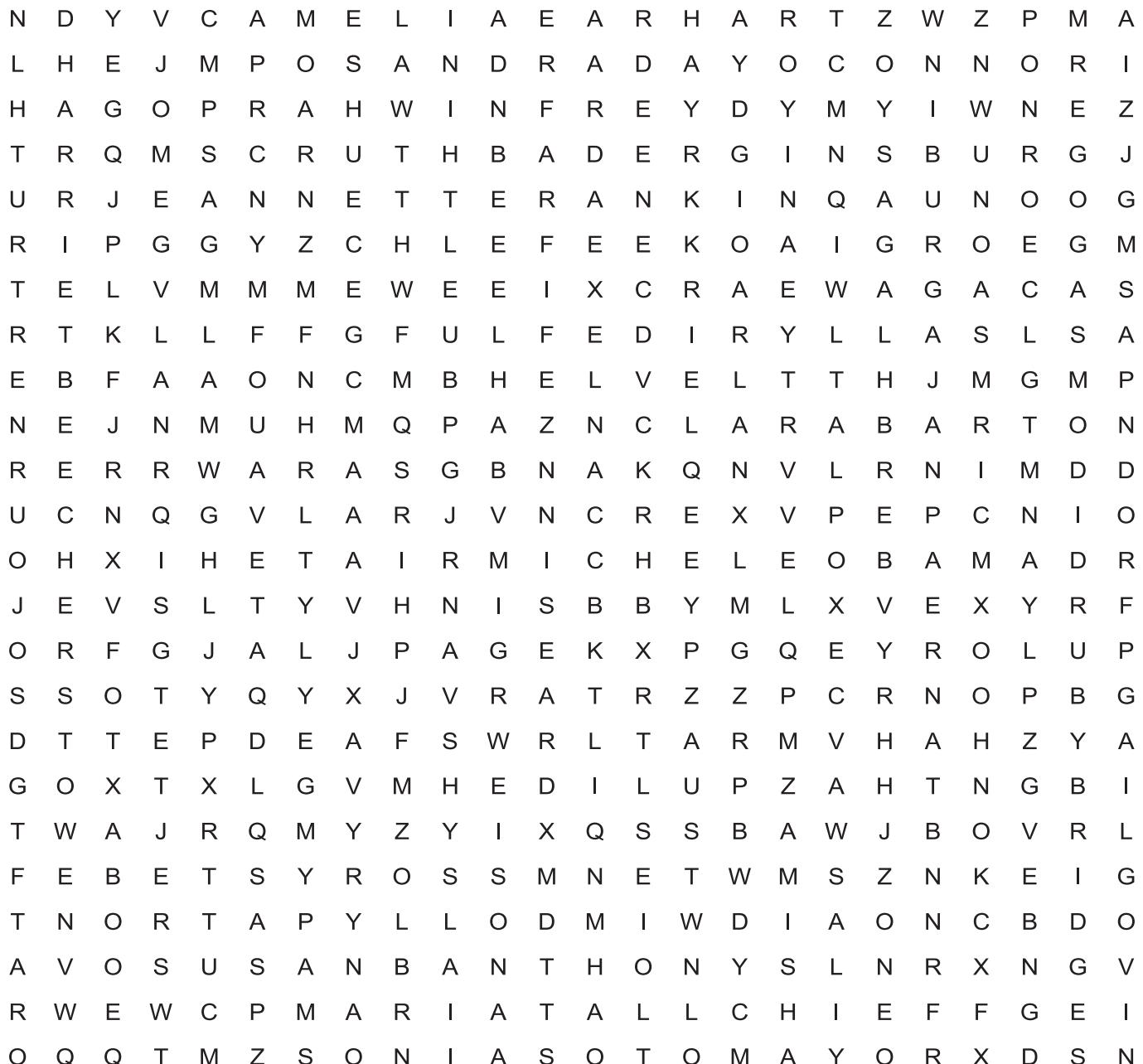


Don't Look Yet!
These Are the
Sudoku Answers:

D	F	G	E	B	I	H	C	A
C	H	I	A	D	F	E	B	G
A	E	B	G	C	H	F	I	D
E	G	A	F	H	B	I	D	C
F	B	D	C	I	A	G	H	E
H	I	C	D	G	E	A	F	B
I	C	E	H	A	D	B	G	F
G	A	H	B	F	C	D	E	I
B	D	F	I	E	G	C	A	H

- A Apricot
- B Broccoli
- C Cheese
- D Dill
- E Edamame
- F Fig
- G Grits
- H Herring
- I Iceberg (lettuce)

American Women's History Month



Amelia Earhart Betsy Ross Clara Barton Dolly Patron Georgia O'Keefe

Harriet Beecher Stowe Harriet Tubman Helen Keller Jeannette Rankin

Kamala Harris Laura Ingalls Wiler Maria Tallchief Maya Lin Michele Obama

Oprah Winfrey Rosa Parks Ruby Bridges Ruth Bader Ginsburg Sacagawea

Sally Ride Sandra Day O'connor Sojourner Truth Sonia Sotomayor

Susan B. Anthony

Call the Charles County COVID-19 Hotline

at 301-609-6710 for a pre-recorded message about our current vaccination phase and the process for signing up when your group can sign up to be vaccinated.

Maryland COVID-19 Vaccination Plan

There are three vaccines anticipated to be available at first: Pfizer/BioNTech; Moderna; and AstraZeneca.

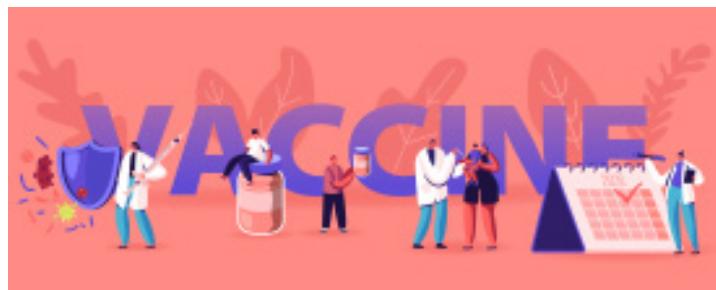
What You Need To Know About The Vaccines

- The vaccines are safe, and they will not give you COVID-19.
- The vaccines are effective at preventing you from getting seriously ill with COVID-19.
- Mild side effects are normal, including injection-site pain, fatigue, fever, muscle aches, headaches, and chills.

Keep In Mind

- COVID-19 vaccine safety is a top priority of the U.S. government and the Maryland state government.
- COVID-19 vaccines will not alter your body's chemistry or DNA, and they will not cause you to test positive on COVID-19 tests.
- It is possible that you can still transmit COVID-19 to other people after you have been vaccinated. We all need to continue wearing masks and social distancing.
- When you get vaccinated, you help to protect vulnerable people you care about. As greater numbers of people are vaccinated, we will achieve "herd immunity" that will greatly reduce cases of serious illness and death from COVID-19.

For more COVID-19 vaccination resources, including fact sheets and FAQs, visit covidLINK.maryland.gov. Information provided by the Maryland Department of Health.



MARYLAND COVID-19

VACCINE PRIORITY



Charles County Resources

If you would like to keep up to date about the COVID vaccination distribution in Charles County, there are several resources:

Visit the Department of Health at

<https://charlescountyhealth.org/Coronavirus-Disease-Covid19/>

Call the Charles County COVID-19 Hotline at 301-609-6710.

Sign up for "Breaking News" on our Citizen Notification System by visiting <https://www.charlescountymd.gov/services/alerts/citizen-notification-system>



Charles County Health Department Vaccine Appointment Info

The Charles County Department of Health began phase 1C on Monday, January 25, 2021 of COVID-19 vaccinations. This priority group includes all those age 65 and older, along with a few other specific groups listed in the Maryland COVID-19 vaccine priority groups. Seniors age 65 and over will be given priority over all other groups in Phase 1C.

Complete the pre-registration form to receive a link to schedule a COVID-19 vaccination appointment. If you qualify to get the vaccine now, you may still have to wait for an appointment due to the limited number of available vaccination appointments at our clinics. You will be in our system and you will receive an email to schedule your appointment when slots become available.

Registration Process

COVID-19 vaccinations are by **appointment only**. Our COVID-19 clinics are held on Wednesdays and alternating Fridays and Saturdays between the hours of 9:00 a.m. and 1:00 and 2:00 p.m.-6:00 p.m. at Regency Furniture Stadium 11765 St Linus Dr, Waldorf, MD 20602.

1. Complete the pre-registration form.

Complete and submit the pre-registration form found on our website charlescountyhealth.org and social media pages (a confirmation email will not be provided). If you do not have computer or internet access, call the Charles County Health Department hot line at 301-609-6900. Someone from the health department will review your form and determine your eligibility.

2. Receive link.

Once it has been determined that you qualify under one of the current vaccine phases, a link will be sent for you to schedule an appointment for a vaccination. If you do not have an email address, someone from the health department will contact you to assist you in scheduling an appointment.

3. Schedule your appointment.

Upon receiving the link, complete the online form and schedule an appointment. You will be provided with a confirmation by email.

4. Bring required ID to your appointment.

On the day of the appointment bring the confirmation and a government issued photo ID. If you are a healthcare worker, first responder, or childcare provider, please bring some form of documentation or ID that shows proof of employment (i.e., letter from employer on official letterhead, work ID, license).

5. Register for your second dose.

Approximately 3 weeks after your first dose, you will receive an email with a new link to register for your second dose of vaccine. Complete the online form and schedule an appointment. You will be provided with a confirmation by email.

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

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**.

COVID-19 Vaccine Myth Buster

Myth: Once I get the vaccine, I will no longer need to wear a mask.

Fact: We don't know which vaccines, if any, will keep you from spreading the disease to others because clinical testing was not set up to answer that question.

Also, a vaccine is only the first step in helping end the worldwide COVID-19 pandemic. Until vaccination is widespread and we can do more studies about how it spreads when many people are vaccinated, we must keep following **social distancing** and mask-wearing.

Myth: If you previously had COVID-19, you don't need to be vaccinated.

Fact: The Centers for Disease Control says that people who have had the coronavirus should still be able to get the vaccine because we don't know how long any protection from or immunity to the virus will last.

Those with a COVID-19 infection within 90 days may choose to delay vaccination so those who remain unprotected receive the vaccine first, but they should still be vaccinated.

COVID-19 Vaccine Frequently Asked Questions



Should I get the COVID-19 vaccine?

If you have any questions about whether to get the vaccine, check with your primary care doctor to address your questions and concerns. Your doctor is familiar with your health and medical needs related to taking the vaccine.

How will we know to sign up for a vaccine, where, and how?

You can always get the latest information at CharlesCountyHealth.org/Coronavirus-Disease-Covid19. Call the Charles County COVID-19 Hotline at 301-609-6710 for a pre-recorded message about our current vaccination availability, phase, and the process for signing up when your phase is available for vaccination. This message will be updated as new information is available, and the public can call 24 hours a day, seven days a week.

What is the process for pre-registering for a COVID-19 vaccination?

Complete and submit the pre-registration form found on the CharlesCountyHealthDepartmentwebsitecharlescountyhealth.org and social media pages (a confirmation email will not be provided). The pre-registration will collect your demographics. [A trusted individual can assistance when completing the pre-registration form.](#)

If you do not have computer or internet access, call the Charles County Health Department hot line at 301-609-6900. Someone from the health department will review your form and determine your eligibility.

Once it has been determined that you qualify under one of the current vaccine phases, a registration link will be sent for you to schedule an appointment for a vaccination. [If you do not have an email address, someone from the health department will contact you to assist you in scheduling an appointment.](#)

Upon receiving the registration link, complete the online form and schedule an appointment. You will be provided with a confirmation by email.

Where will I go to get a vaccination?

Initially all clinics are being held at:

Regency Furniture Stadium
11765 St Linus Dr, Waldorf, MD 20602

Wednesdays and alternating Fridays and Saturdays between the hours of 9:00 am - 1:00 pm and 2:00 pm - 6:00 pm

Arrange for transportation if needed, only persons with a confirmed appointment will receive the vaccine.

What can I expect on the day of my appointment?

Arrive on time, wear a mask, and bring the confirmation and a government issued photo ID. [Your appointment time is only for you, it cannot be given to another family member or friend.](#) At check-in you will remain in your car. A short questionnaire will be administered.

The COVID-19 vaccine will be given in your upper arm, wear clothing that provides easy access.

You will be asked to wait at least 15 minutes to ensure no adverse reaction occurs for the vaccine. You will be observed by health care staff during the waiting period.

A vaccination card will be given to you. It states the dose and date of the 1st vaccine and date when 2nd vaccine is due.

How will I be notified for my second appointment?

Approximately 3 weeks after your first dose, you will receive an email with a new link to register for your second dose of vaccine. Complete the online form and schedule an appointment. [If you do not have an email address, someone from the health department will contact you to assist you in scheduling an appointment.](#)

You will be provided with a confirmation by email.

Which vaccine is Charles County distributing?

Moderna—Two doses, administered four weeks apart.

What are the most common side effects to the vaccine?

In the arm where you got the shot: Pain; Swelling; Redness

Throughout the rest of the body: Chills; Tiredness; Headache

These side effects usually start within a day or two of getting the vaccine. They might feel like flu symptoms and might even affect your ability to do daily activities, but they should go away in a few days. [Please contact your Doctor is you are concerned about any effects from the vaccine.](#)

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>

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!

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

Thursday, Mar. 4, 2 PM

Thursday, Mar. 11, 2 PM

Friday, Mar. 19, 11 AM

Friday, Mar. 26, 11 AM



Nutrition Month

The Power of Green Foods and Smoothie Making

Join Charity Haynes, Nutritionist, and Cynthia Simmons in the virtual classroom! In honor of St. Patrick's Day, discussion will focus on GREEN foods with a live demonstration of how to make a delicious green smoothie!

Wednesday, Mar. 17, 10 AM

MS Teams

To register call Cynthia Simmons at 301-743-2125. Please leave your name, phone # and an email address.

Senior Fitness

Group Warm Up & Walk

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

At Laurel Springs, 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 Pavilion

Pilates with Debi – Virtual

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements.

Mondays, 1 PM, MS Teams

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

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 using 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.

Yoga with Debi – Virtual

Yoga is a great activity for you if you have diabetes, high blood pressure, high cholesterol, or heart disease. It gives you strength, flexibility, and mind-body awareness.

Wednesdays, 1:00 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.

Mondays, 11:30AM, MS Teams

Wednesdays, 11:30AM, MS Teams

Wednesdays, 7 PM, FB LIVE

Fridays, 9 AM, MS Teams

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

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:

"The Readers of Broken Wheel Recommend" by Katarina Bivald.

Thursday, Mar. 4, 1 PM

<https://ccplonline.libnet.info/event/4775828>

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.

March 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 March 9. RSVP by Monday, 2/22 by calling Cynthia Simmons at 301-743-2125.

Richard R. Clark Senior Center:

Distribution on March 16. RSVP by Monday, 3/1 by calling Janice Hamby at 301-934-5423.

Nanjemoy Senior Center:

Distribution March 18. RSVP by Wednesday, 3/3 by calling Donna Adebahr at 301-246-9612.

Waldorf Senior & Rec Center:

Distribution on March 23. RSVP by Monday, 3/8 by calling Melanie Maggi at 240-448-2814.

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

All food distributions start at 11:30 AM and you must RSVP by the date below to receive a boxed lunch. Please check page 4 for more information on April food distributions

MARCH RAFFLE!

For every Coffee & Conversation event you attend in the month of March, you will be entered for a chance to win a \$40 gift card to a local restaurant! To receive a link so you can attend a Coffee and Conversation, contact Liz Phipps at 240-448-2815 or click the link we post on Facebook.

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!

Friday, Mar. 19, 12:30 PM – 1:30 PM

Laurel Springs Park

Pre-Registration is encouraged! Call Melanie Maggi at 240-448-2814.

Spring Bingo

Bingo is back! Prizes include candy, spring decorations, puzzles and more. Free to play and win!

Wednesday, Mar. 31, 12:30 PM

Tilghman Lake Park

Pre-registration is encouraged. Call Melanie Maggi at 240-448-2814.

Coffee & Conversation – Virtual

Pour yourself a beverage and join senior center staff virtually for conversation and fellowship! Each week will bring topics for discussion as well as special guest speakers. Some March conversation starters will include favorite crock pot meals, St. Patrick's Day, and Spring things!

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

Tough Topic Thursday – Virtual

Join Cynthia Simmons on MS Teams for an hour discussion. Each month will be a different tough topic.

Thursday, Mar. 25 at 11 AM

Crafts & Baking

Peanut Butter Roll

In celebration of National Peanut Butter Lovers Day!

Ingredients:

1 Pound Powdered Sugar, plus a little extra for sprinkling

1 12-14 oz container of Whipped Vanilla Frosting (Must be the whipped type)

3 Tablespoons of Creamy Peanut Butter (Just enough to spread over candy)

Friday, March 5 at 2 PM

FB Live

Virtual Quilling Art

March is National Crafting Month! To celebrate, join us for a lesson in virtual quilling art.

Supplies needed are:

Quilling Tool

5mm Quilling Paper

Craft/Elmer's Glue

Small Canvas or Card Stock

Scissors

Tweezers

Friday, March 12 at 10 AM

MS Teams

Call 301-934-5423 to register by Wednesday, March 10th. Please leave your Name, Phone #, E-mail address, and the class you wish to attend.



Home Made Hard Candy

Ingredients:

2 Cups Granulated Sugar

2/3 Cup Light Corn Syrup

3/4 Cup Water

1 dram (1 tsp) LorAnn Gourmet Flavoring

1/4 tsp Liquid Food Coloring

*Please note: for this craft you will need a candy thermometer.

Friday, March 19 at 2 PM

FB Live

Mystery Art in the Park

Melanie and Janice will be at Laurel Springs Park leading this fun, spring craft! While we'll keep the exact project a mystery, we'll give you a hint: the birds will love it!

Friday, Mar. 26, 1 PM

Laurel Springs Park

To register call 301-934-5423. Please leave a detailed message, including name and phone number.

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

Tilghman Lake Park

10598 Box Elder Rd, La Plata, 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.

CHARLES COUNTY SENIOR CENTERS

Get your Latest *SCOOP* online!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Warm Up & Walk 10:30 AFEP 11:30 Pilates 1:00 Coffee and Conversation 2:00 Water Aerobics 3:00 Facebook Workout 7:00	2 Total Body Conditioning 9:30 Small Group Training 10:00 Tai Chi 1:00 Fitness Move of the Week FB LIVE 2:00 Water Aerobics 3:00	3 Coffee and Conversation 9:00 AFEP 11:30 Warm Up & Walk 12:30 Yoga 1:00 Water Aerobics 3:00 AFEP FB Live 7:00	4 Total Body Conditioning 9:30 Small Group Training 10:00 Virtual Book Club 1:00 Tai Chi 1:00 Intro to MS Teams 2:00 Water Aerobics 3:00	5 AFEP 9:00 Warm Up & Walk 10:30 Peanut Butter Roll FB Live 2:00
8 Guided Meditation 10:00 Warm Up & Walk 10:30 AFEP 11:30 Pilates 1:00 Coffee and Conversation 2:00 Water Aerobics 3:00 Facebook Workout 7:00	9 Total Body Conditioning 9:30 Small Group Training 10:00 Drive Thru Lunch Indian Head 11:30 Tai Chi 1:00 Fitness Move of the Week FB LIVE 2:00 Water Aerobics 3:00	10 Coffee and Conversation 9:00 AFEP 11:30 Warm Up & Walk 12:30 Yoga 1:00 Water Aerobics 3:00 AFEP FB Live 7:00	11 Total Body Conditioning 9:30 Small Group Training 10:00 Tai Chi 1:00 Intro to MS Teams 2:00 Water Aerobics 3:00	12 AFEP 9:00 Virtual Quilling Craft 10:00 Warm Up & Walk 10:30 Biking with Nate 1:00
15 Guided Meditation 10:00 Warm Up & Walk 10:30 AFEP 11:30 Pilates 1:00 Coffee and Conversation 2:00 Water Aerobics 3:00 Facebook Workout 7:00	16 Total Body Conditioning 9:30 Small Group Training 10:00 Drive Thru Lunch Clark 11:30 Tai Chi 1:00 Fitness Move of the Week FB LIVE 2:00 Water Aerobics 3:00	17 Coffee and Conversation 9:00 The Power of Green Foods & Smoothie Making 10:00 AFEP 11:30 Warm Up & Walk 12:30 Yoga 1:00 Water Aerobics 3:00 AFEP FB Live 7:00	18 Total Body Conditioning 9:30 Small Group Training 10:00 Drive Thru Lunch Nanjemoy 11:30 Tai Chi 1:00 Water Aerobics 3:00	19 AFEP 9:00 Warm Up & Walk 10:30 Intro to MS Teams 11:00 Hot Cocoa Bar 12:30 Biking with Nate 1:00 Home Made Hard Candy FB Live 2:00
22 Warm Up & Walk 10:30 AFEP 11:30 Pilates 1:00 Coffee and Conversation 2:00 Water Aerobics 3:00 Facebook Workout 7:00	23 Total Body Conditioning 9:30 Small Group Training 10:00 Drive Thru Lunch Waldorf 11:30 Tai Chi 1:00 Fitness Move of the Week FB LIVE 2:00 Water Aerobics 3:00	24 Coffee and Conversation 9:00 AFEP 11:30 Warm Up & Walk 12:30 Yoga 1:00 Water Aerobics 3:00 AFEP FB Live 7:00	25 Total Body Conditioning 9:30 Small Group Training 10:00 Tough Topic Thursday 11:00 Tai Chi 1:00 Water Aerobics 3:00	26 AFEP 9:00 Warm Up & Walk 10:30 Intro to MS Teams 11:00 Biking with Nate 1:00 Mystery Art in the Park 1:00
29 Guided Meditation 10:00 Warm Up & Walk 10:30 AFEP 11:30 Pilates 1:00 Coffee and Conversation 2:00 Water Aerobics 3:00 Facebook Workout 7:00	30 Total Body Conditioning 9:30 Small Group Training 10:00 Tai Chi 1:00 Fitness Move of the Week FB LIVE 2:00 Water Aerobics 3:00	31 Coffee and Conversation 9:00 AFEP 11:30 Warm Up & Walk 12:30 Spring Bingo 12:30 Yoga 1:00 Caregivers Support Group 2:00 Water Aerobics 3:00 AFEP FB Live 7:00		

*The month of
March*

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.

March into Fitness...

All classes will meet on MS Teams. Call 301-609-5711 to register for these classes. Instructions for teams will be provided upon registration. *Computer/smart phone needed.

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

Guided Meditation

Calm the body, mind and spirit as we focus on the breath & inner healing.

Mondays, March 8th 15th and 29th @ 10am

Pilates

Conditioning mat/floor exercises targeting abdominal region.

Mondays 1:00 PM

Tai Chi

Prevent the risk of falling with this class series. Learn basic forms in this interactive virtual class.

Tues/Thur 1:00



Arthritis Foundation's Exercise Program



This class will guide you through specific joint movement, range of motion and chair exercises.

Mon/Wed 11:30am MS Teams

Wednesdays 7:00 via Facebook Charles County Senior Center page

Friday 9:00 via MS Teams

Aquatic Fitness

New Session starts March 3rd. Mondays and Wednesdays OR Tuesdays and Thursday 3 PM

Fee: \$25 runs through March 31st.

Please call 301-609-5711 for more information.

Donald M Wade Aquatic Center
@ St Charles High School

Yoga

Gentle postures both seated and standing. Perfect for flexibility and body awareness.

Wednesdays 1:00 PM

Walk in the Park

Mondays & Fridays Laurel Springs Park 10:30

Wednesdays Indian Head Pavilion 12:30

Biking with Nate

Fridays @ 1:00

March 12th and 26th @ Indian Head Rail Trail (White Plains)

March 19th @ Indian Head Rail Trail (Indian Head)

Outdoor Fitness:

40 degrees or higher. We go by the "feels like" temperature. Check before you head out.



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 Await in 2021 & 2022

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

August 25, 2021: 2N1 Club excursion to Caesar's on the Atlantic City Boardwalk
Join us for the day and do some socializing (from a distance), gambling, eating, singing, dancing, walking the boardwalk. \$150 cost includes transportation, driver gratuity, snacks and water on the bus, plated meal at Caesar's, \$25 slot play, and Tribute to Motown show. For more information, please call Suzanne Carr at 301.645.5203.

September 29 – Oct. 4, 2021: Music City USA – Nashville, TN – We will explore the history and sounds of country music as we travel to the country music capital of Nashville. We will overnight in Bristol TN on our journey down and in Asheville, NC on our return. No trip to Nashville is complete without staying at Opryland, enjoying the Grand Ole Opry, the Johnny Cash museum, the General Jackson and so much more.

October 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.

November 28 – December 3, 2021: Spotlight on Santa Fe Holiday Collette Vacations.

Santa Fe is a delight to experience at Christmas, from the crisp Southwestern air to the soul warming cuisine. Highlights will be the historic Santa Fe Plaza, Georgia O'Keeffe Museum, Loretto Chapel, Santa Fe Cooking School, Turquoise Trail, Allan Houser Sculpture Garden, Bandelier National Monument and El Santuario de Chimayo. From \$2,349 per person double including air. Limited Space



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. **Call to see if the FREE airfare promotion has been extended.**

