

The SCOOP

Charles County's Senior Center News



HAPPY
MOTHER'S
DAY



MAY 2021

www.CharlesCountyMD.gov

Caregivers Corner

Talking with children and teens about Alzheimer's disease

When a loved one is diagnosed with Alzheimer's disease, your first reaction is how to support that person and the caregiver. However, everyone in the family is affected in some way, including children and teens. Younger children may need help understanding the disease itself. Thankfully, now there are many books available to help younger children understand what is happening with their family member. Such books include *The Remember Balloons* by Jessie Oliveros and *Sometimes Even Elephants Forget* by Kathleen Welch. These books are great resources for families when paired with open communication. Teens may be more aware of socially appropriate behaviors and have embarrassment when their loved one acts inappropriately. Teens may choose to spend more time away from the home, avoid having friends over, or feel a greater level of responsibility to help the family. Open and honest communication with your teenager is the best way to approach these feelings; validate their feelings and assure them it is normal in this difficult situation. The Alzheimer's Association provides a great resource for helping families cope with a diagnosis of Alzheimer's disease including a Kids & Teen page that can be found at alz.org/kids.

Information for this article provided by the Alzheimer's Association.

May Caregiver Support Group is being offered in-person at Tilghman Lake on Wednesday, May 26, 2021 at 2pm.

Living Well with a Chronic Condition – Zero Presentation

Sick and tired of being sick and tired? Help is out there. Join Cynthia Simmons as she shares how Living Well workshops work for people with chronic conditions or people who are supporters for someone with a chronic condition. This 45-minute presentation will explain what a chronic condition is and explain what will happen during the workshops. Living Well workshops are offered throughout the year by the Charles County Dept. of Aging along with the Charles County Health Dept. This presentation will be offered in-person on the Village Green at 11:30 a.m. and again virtually at 2 p.m. during Coffee and Conversation on Monday, May 17. There will be time for Q&A after the presentation.

Monday, May 17, 11:30 a.m. and 2 p.m.

Get a Homeowners/Renters Tax Break

Did you know that the state of Maryland provides a tax credit rebate for homeowners and renter's 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 October 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 October. 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 but are working in the office and remotely to meet the needs of the public.

Maryland Access Point:

Maryland Access Point (MAP) is the gateway to long term services and the supports. MAP works with senior citizens, young disabled persons, caregivers, professionals, and families who have long-term care needs. MAP staff can connect these entities with private and public resources for long-term care. The Charles County MAP staff is point of entry for the Level 1 Screen. The Level 1 Screen is used to place persons on the Medicaid Waiver Waiting List as well as gain access to Long Term Care Services. 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.

Maryland Access Point Charles County at 1-855-843-9725 or email MDAccessPoint@CharlesCountyMD.gov.

Brood X Cicadas On the Way

Brood X of the 17 year cicada will rise from the ground in parts of Northern Virginia and West Virginia, and much of Maryland around the second week of May. While their amazing 17-year life cycle is of keen interest to all, this is a notable learning event to share with children. The cicada poses no danger to humans and little to plants.



What is SHIP?

The State Health Insurance Assistance Program (SHIP) provides free individualized information, education and unbiased counseling to Medicare beneficiaries and their families regarding Medicare health insurance and related programs. SHIP is located within Charles County Government, Department of Community Services, Aging and Human Services Division. We strive to educate our residents in making informed health care decisions and to get the most value for their health insurance dollars.

SHIP is a federally funded grant program administered by the Maryland Department of Aging on behalf of the Administration for Community Living and the Centers for Medicare & Medicaid Services. Each State and US territory offers a SHIP program. Staff and volunteers are trained and certified, to provide you with the most up-to-date information regarding Medicare benefits and other health insurance options. We can be reached at 301-609-5712 and 301-934-0118.

SHIP can help:

- Provide educational materials, brochures, etc.
- Teach beneficiaries to assess their needs and navigate the enrollment process
- Review and evaluate plan options and pricing
- Provide speakers and presentations for community groups
- Screen for financial assistance available through State and local resources
- Understand Medicare, your rights, filing claims and appeals for services

Diabetes Self-Management Program

Managing diabetes symptoms during the pandemic may have been very difficult. Join your peers and get back on track with this 6-week group workshop. The 2 ½ hour workshop will help you develop action plans, meal plans and exercise plans to better manage your diabetes on a daily basis. This workshop will be held at the Laurel Springs Park pavilion. All supplies will be provided. Space is limited, please register by calling Cynthia Simmons at 301-743-2125 with name, phone number and email address. This program is FREE!

Tuesdays, June 1 – July 6, 10 a.m., Laurel Springs Park

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 monthly. 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. Capacity limits are set for each distribution and we are often full to capacity. Please do not delay in RSVPing for food distributions.

Mark Your Calendars and RSVP for May and June Food Distributions!

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

Indian Head Pavilion: Cynthia Simmons at 301-743-2125.

Produce Bag: Distribution on May 11. RSVP by 4/26.

Boxed Lunch: Distribution on June 8. RSVP by 5/24.

Richard R. Clark Senior Center: Janice Hamby at 301-934-5423.

Produce Bag: Distribution on May 18. RSVP by 5/3.

Boxed Lunch: Distribution on June 15. RSVP by 5/31.

Nanjemoy Senior Center: Donna Adebahr at 301-246-9612.

Produce Bag: Distribution on May 20. RSVP by 5/5.

Boxed Lunch: Distribution on June 17. RSVP by 6/2.

Waldorf Senior & Rec Center: Melanie Maggi at 240-448-2814.

Produce Bag: Distribution on May 25. RSVP by 5/10.

Boxed Lunch: Distribution on June 22. RSVP by 6/7.

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/>.



May-day, May-day! Your health needs attention!

Calling anyone who is interested in enhancing their health.

Join the May Movement Challenge!

No excuse to not get up and move more and eat healthier.

Register to win fitness DVD's, fitness bands and MORE! It is all based on the activities you choose to engage in.

To join, all you do is join us in any fitness/health related activity in May and you will automatically be entered to win some fun prizes! The more you do, the better your chances! Winner picked each week. For more information call 301-609-5711.

Water Aerobics

Mon/Wed at 3 PM at St. Charles High School

Tu/Th at 3 PM at St. Charles High School

\$25 per set of classes. To register call Debi Shanks at 301-605-5711.

Make Your MARK!



Communities of Strength: May 2021

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month (OAM). The theme for 2021 is "Communities of Strength." The Senior Centers will be providing opportunities for you to engage in activities to help you grow mentally, physically, spiritually, and socially. Throughout our lives we have built resilience and strength through successes, failures, joys, and difficulties, especially this last year. Our stories and contributions help to support and inspire each other. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

Don't forget to share your #OlderAmericansMonth plans and stories on social media.

Bike to Work Day/Senior Wellness Day

Join Fitness Specialist, Nate Schutz, the Town of Indian Head, Tri-County Council and more for a day of fitness and wellness. Expect door prizes and engagement with other seniors while following COVID-19 regulations.

FIRST: register at <http://www.biketoworkmetrodc.org> - the pit stop for Charles County is Bike Doctor.

SECOND: leave your name and t-shirt size by calling 301 609-5711.

THIRD: show up on Friday, May 21 at 9 a.m. on the Village Green for a morning of fitness and wellness.

Bike to Work Day Fitness Schedule:

9 AM – Yoga

10 AM – Drums Alive

11 AM – AFEP

12 PM – Lunch

12:30 PM – Living Will Zero Presentation

1 PM – Group Bike ride on the Indian Head Rail Trail



Drive-Thru Ice Cream Sandwich Social

Enjoy a tasty, cold ice cream sandwich from the comfort of your car! Drive-thru the Nanjemoy Senior Center on Tuesday, May 4 at 1 PM. RSVP required by calling Donna Adebahr at 301-246-9612 by April 29th.

Tuesday, May 4, 1 PM

Ice Cream & a Dance Party

Enjoy a tasty treat from the comfort of your vehicle while listening to music provided by Rearview Mirror. Want to dance? Join us in a designated area in the parking lot for a socially distant dance party! Registration required by Monday, May 3 by calling Janice Hamby at 301-934-5423. This event is a drive-thru event and will be held at the Richard R. Clark Senior Center. Ice Cream and a Dance Party is free and sponsored by the Charles County Arts Alliance.

Thursday, May 6, 1 PM • Free



Ready for it to be Over Dance Party with the Rise Band & Show

The Rise Band & Show is comprised with the local Bennett boys playing old school music, country, gospel and Rhythm and Blues. Music plays a vital role in our health and well-being and this event will allow us to connect with each other. This outside event will be held on the Village Green at picnic tables, but feel free to bring your own chair and water. All social distancing guidelines will be followed. The first 50 people who register will be provided a lunch of chicken salad and sides. This event is sponsored in part by the Charles County Arts Alliance, the Indian Head Senior Center Council, and the Town of Indian Head. Expect a 50/50 and raffle baskets. Donations will be accepted. Space is limited. Call Cynthia Simmons 301-743-2125 to register.

Thursday, May 13, 11:30 AM – 1:30 PM

Fee: Generous Donation

Bingo and Pizza at Friendship Farm Park



Join Donna Adebahr and friends for bingo and pizza at Friendship Farm Park! RSVP required by calling Donna at 301-246-9612 by Friday, May 14.

Friday, May 21, 11 AM to 2 PM

Help Us Build a Mosaic

Throughout the month of May, at Older American Month events and food distributions, we will be gathering post-it notes from all our seniors. On a post-it, we ask that each of you write down the connections and engagements that kept you going over the past year. Connections to others, staying engaged with our neighbors, loved ones, and friends, and building strength in our communities has been vital to the success of getting through this past year. Let's celebrate all of the good that has come out of such a challenging time. We can't wait to see the connections come together into the resilient community of Charles County Seniors we have today!



O J B E Y T E Q W L O N W A I M N W O V V S G I
S X P J X B S J V Z M R H O S Q S E Z O N V Y B
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OLDER AMERICAN'S MONTH

AMERICANS

OLDER

INSPIRATION

WISDOM

CONNECTED

INVOLVEMENT

COMMUNITY

SUPPORT

JOYS

SUCCESES

SERVICE

GENERATIONS

STRENGTH

EXPERIENCE

LEGACY

SHARING

CREATIVE

ACTIVE



Battleship

Put the ships on your defensive grid by placing the appropriate letters horizontally, vertically or diagonally.

1 Airship Carrier

A	A	A	A	A
---	---	---	---	---

1 Battleship

B	B	B	B
---	---	---	---

1 Cruiser

C	C	C
---	---	---

2 Destroyers Carrier

D	D		D	D
---	---	--	---	---

Defending Capt. Name:



Offending Capt. Name:

Defensive Grid

A									
B									
C									
D									
E									
F									
G									
H									
I									
J									

1 2 3 4 5 6 7 8 9 10

Offensive Grid

A									
B									
C									
D									
E									
F									
G									
H									
I									
J									

1 2 3 4 5 6 7 8 9 10

Battleship instructions

Instructions (2 Players Required):

Both players place their ships on the defensive grid according to the chart above. Whoever goes first calls out a position (i.e. G6). The other placer says either "Hit" or "Miss," depending upon whether one of his ships is in the position called out. The person calling out should mark a hit or a miss on the "offensive grid" to keep track of the shots. The other person should also mark the shot on the "defensive grid." If the shot is a "Hit" the player goes again – otherwise it's the other player's turn. Once the opposing player has scored a hit on all of the spaces for a particular ship, you must call out "Hit, you sunk my ship." Once a player has sunk all the opponents ships, she is declared the winner.

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.

RESOURCES

Charles County Resources

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

1. Visit the Department of Health at <https://charlescountycovid.org/>
2. Call the Charles County COVID-19 Hotline at **301-609-6710**.
3. 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 will begin accepting preregistrations for individuals who live and work in Charles County in **Phase 2B**, which include all residents ages 16 and older with underlying medical conditions and residents aged 16 and older with disabilities who are receiving SSI or SSDI benefits, Maryland Medicaid EID individuals, Maryland Medicaid REM recipients, and Marylanders receiving TDAP benefits. Currently, the department primarily provides the Moderna vaccine for those ages 18 and older. The department is working closely with our partners to refer those age 16-17 to a provider that offers the Pfizer vaccine.

We urge all Charles County residents in Phases 1A, 1B, 1C, and 2A to continue to pre-register for a vaccine appointment or call 301-609-6717 to be added to the registration list. These individuals will continue to be prioritized for vaccinations.

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.



covidLINK

For more COVID-19 vaccination resources, including fact sheets, mass vaccination site information, eligibility, and FAQs, visit <https://covidlink.maryland.gov/content/vaccine/>. Information provided by the Maryland Department of Health.



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.

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

Complete and submit the pre-registration form found on the Charles County Health Department website charlescountyhealth.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.

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.

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.

How will I be notified for my second appointment?

If you received your first dose before January 27, 2021, 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.

If you receive your first dose after January 27, 2021, second dose appointments will be scheduled onsite at the clinic after receiving the first dose. The second dose appointment will be scheduled for approximately 3 weeks after the first dose at the same time. You will receive a reminder email closer to the date of your scheduled appointment.

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 if you are concerned about any effects from the vaccine.**

Do I need my second dose by the date marked on my vaccination card?

No, that number represents the minimum time frame for when you are eligible to receive your second dose. According to the CDC, the second dose of the COVID-19 vaccines should not be scheduled prior to 28 days and may be scheduled for administration up to 6 weeks (42 days) after the first dose. Appointments are required for the second dose.

I pre-registered for the vaccine. Why haven't I heard back?

The vaccination supply is limited and the Department of Health is processing thousands of pre-registrations each week. As soon as you are eligible and vaccine becomes available, you will be notified to schedule an appointment.

When I pre-register, I do not receive a confirmation. Do I need to register again?

Please only register one time. The confirmation for pre-registration generates after you submit the form. You will see the following message:

We have received your pre-registration form. Once it has been determined that you qualify under one of the current vaccine phases, a link will be emailed to you to schedule an appointment for a vaccination. Please do not share the link. Even 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. If you do not have an email address, someone from the health department will contact you to assist you in scheduling an appointment. No further action needed at this time. Thank you.

If you have any questions about vaccine registration or need assistance in scheduling, please call the Charles County Department of Health COVID-19 hotline at 301-609-6717.

I registered a while ago. Am I still on the registration list?

Yes, please do not register more than once. If you pre-registered, you are still on the list and we will contact you when an appointment becomes available for you.

REGISTER HERE

COVID-19 Funeral Assistance

The COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA will provide financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020.

We are working with stakeholder groups to get their input on ways we can best provide this assistance, and to enlist their help with outreach to families and communities. FEMA will begin to implement COVID-19 funeral assistance in April.

Additional guidance is being finalized and will be released to potential applicants and community partners as soon as possible. In the meantime, people who have COVID-19 funeral expenses are encouraged to keep and gather documentation.

COVID-19 Funeral Assistance Line Number

Applications begin on **April 12, 2021**

844-684-6333 | TTY: 800-462-7585

Hours of Operation:

Monday – Friday 8 a.m. to 8 p.m. Central Time

Have you Been Fully Vaccinated?

People are considered fully vaccinated

- 2 weeks after their second dose in a 2-dose series, such as a Pfizer or Moderna vaccine, or
- 2 weeks after a single-dose vaccine, such as the Johnson & Johnson vaccine.

If it has been less than 2 weeks since your 1-dose shot, or if you still need to get your second dose of a 2-dose vaccine, you are NOT fully protected. Keep taking all prevention steps until you are fully vaccinated. *Information provided by the CDC.*



What Hasn't Changed?

For now, if you've been fully vaccinated:

- You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
 - In public
 - Gathering with unvaccinated people from more than one other household
 - Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.
- You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC requirements and recommendations.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.

Information provided by the CDC.

When You've Been Fully Vaccinated

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

We're still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more.

What's Changed?

If you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
 - However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

What We Know and What We Are Still Learning

- **We know** that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
- **We're still learning** how effective the vaccines are against variants of the virus that causes COVID-19. Early data show the vaccines may work against some variants but could be less effective against others.
- **We know** that other prevention steps help stop the spread of COVID-19, and that these steps are still important, even as vaccines are being distributed.
 - **We're still learning** how well COVID-19 vaccines keep people from spreading the disease.
 - Early data show that the vaccines may help keep people from spreading COVID-19, but we are learning more as more people get vaccinated.
- We're still learning **how long** COVID-19 vaccines can protect people.
- As we know more, CDC will continue to update our recommendations for both vaccinated and unvaccinated people.

Information provided by the CDC.

Join us for 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!

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

Intro to MS Teams

Tuesday, May 4 at 11 AM

Tuesday, May 18 at 11 AM



Community

CCPL Book Club

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 Giver of Stars" by JoJo Moyes

Thursday, May 6, 1 PM

<https://ccplonline.libnet.info/event/4805069>

Coffee & Conversation

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 topics this month will include Older Americans Month, Favorite Backyard BBQ recipes, and more!

Mondays, 2 PM, MS Teams

No Coffee & Conversation on May 31

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

Tough Topic Thursdays

This past year we have had a lot of struggles. Join your peers as we share how we turned our struggles into joys. Share how we can communicate that transition from heartache to joy with others. Call 301-743-2125 to register.

Thursday, May 27, 11 AM, MS Teams

Senior Fitness

***To register for virtual fitness classes, please call 301-609-5711 or email shanksd@charlescountymd.gov.**

Total Body Conditioning

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

 get motivated

FITNESS

Small Group Workouts

See pg. 15 for details.

Tuesdays and Thursdays, 10 AM-Noon, MS Teams

Fitness Move of the Week

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

Arthritis Foundation Exercise Program (AFEP)

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

Wednesdays, 7 PM, Facebook LIVE

Fridays, 9 AM, MS Teams

Facebook Workout

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!

Drums Alive

This powerful FUN workout will be brought to you in your own living room! Call 301-609-5711 to register.

Mondays, May 3, 10, and 17, 1 PM

MS Teams

Lunch with the Doc

To be a strong community, we need to be strong healthy individuals, starting with communicating with our Health Care Professionals. During the Stay-at-Home mandate virtual doctor appointments have become a norm. How can you determine, when you should go into the office or meet your Health care profession on a virtual platform? Join Doctor Cook, President of the Charles County Medical Society, as he shares how to make the most out of your visit whether it's virtual or in person. Please submit questions in advance and register with name, phone number and email address by calling Cynthia Simmons 301-743-2125.

Friday, May 21, 11:30 AM, MS Teams

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.

VIRTUAL PROGRAMS

Get your Latest *SCOOP* online!

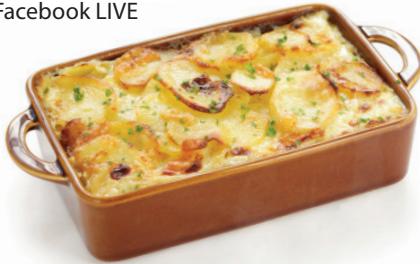
Crafts & Baking

Mother's Day Casserole

Waldorf Senior Center Coordinator, Melanie Maggi, will be joined by her mom for this fun FB video on how to cook a simple casserole – perfect to serve on Mother's Day or any day!

Thursday, May 6, 10 AM

Facebook LIVE



Chocolate Italian Love Cake

This cake is magic! Join Janice Hamby as she walks you through the steps for this decadent, delicious and magical cake!

Ingredients:

1 package chocolate cake mix and the ingredients needed to make the cake according to the package

2 lbs ricotta cheese

4 large eggs

¾ cup sugar

1 tsp. pure vanilla extract

Whipped Topping:

5.1 oz instant chocolate pudding mix (1 – 5.1

oz. package)

1 cup cold milk

8 oz. Cool Whip

Friday, May 14, 2 PM, FB Live

DIY Bath Mat

Supplies:

1 Hand Towel or a Piece of heavy fabric (size of your choice)

1 piece of cardboard the 1" x Width of your towel or fabric

1 Large skein of Yarn

Hot Glue Gun and Glue Sticks

Scissors

Friday, May 28, 2 PM, FB LIVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Drums Alive 1:00 Coffee and Conversation2:00 Facebook Workout7:00	4 Total Body Conditioning.....9:30 Small Group Training10:00 Intro to MS Teams.....11:00 Fitness Move of the Week2:00	5 AFEP FB Live.....7:00	6 Total Body Conditioning.....9:30 Small Group Training10:00 Mother's Day Casserole FB Live.....10:00 Virtual Book Club 1:00	7 AFEP9:00
10 Drums Alive 1:00 Coffee and Conversation2:00 Facebook Workout7:00	11 Total Body Conditioning.....9:30 Small Group Training10:00 Fitness Move of the Week2:00	12 AFEP FB Live.....7:00	13 Total Body Conditioning.....9:30 Small Group Training10:00	14 AFEP9:00 Chocolate Italian Love Cake FB LIVE 2:00
17 Drums Alive 1:00 Coffee and Conversation2:00 Facebook Workout7:00	18 Total Body Conditioning.....9:30 Small Group Training10:00 Intro to MS Teams.....11:00 Fitness Move of the Week2:00	19 AFEP FB Live.....7:00	20 Total Body Conditioning.....9:30 Small Group Training10:00	21 AFEP9:00 Lunch with the Doc.....11:30
24 Coffee and Conversation2:00 Facebook Workout7:00	25 Total Body Conditioning.....9:30 Small Group Training10:00 Fitness Move of the Week2:00	26 AFEP FB Live.....7:00	27 Total Body Conditioning.....9:30 Small Group Training10:00 Tough Topic Thursdays.....11:00	28 AFEP9:00 Bath Mat Craft FB Live 2:00
31 Memorial Day 				

The month of May

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

If you feel comfortable joining us in person, great! We can't wait to see you. If you're not ready to make that step, that's okay too! Take a look at our virtual programs and join us from the comfort of your home!

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



Program Locations

Indian Head Pavilion

100 Walter Thomas Rd, Indian Head, MD

Laurel Springs Park

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

Nanjemoy Senior Center

4375 Port Tobacco Rd, Nanjemoy, MD

Richard R. Clark Senior Center

1210 Charles St, La Plata, MD

Tilghman Lake Park

10598 Box Elder Rd, La Plata, MD

Waldorf Senior & Recreational Center

90 Post Office Rd, Waldorf, MD

***Outdoor programs will be canceled in cases of inclement weather or weather colder than 40 degrees.**

Community

Coffee & Conversation

Join senior center staff for a hot beverage, conversation and fellowship! Each week will bring topics for discussion as well as special guest speakers. Some topics this month will include Birds Unlimited, Mother's Day and more! To register, please call Janice Hamby, Senior Center Coordinator, at 301-934-5423.

Wednesdays, 10 AM, Laurel Springs Park

May Produce Drive-Thru Distributions

All food distributions start at 11:30 AM and you must RSVP by the date below to receive a bag of produce. Do not delay in RSVPing.

Indian Head Pavilion:

Distribution on May 11. RSVP by Monday, 4/26 by calling Cynthia Simmons at 301-743-2125.

Richard R. Clark Senior Center:

Distribution on May 18. RSVP by Monday, 5/3 by calling Janice Hamby at 301-934-5423.

Nanjemoy Senior Center:

Distribution on May 20. RSVP by Wednesday, 5/5 by calling Donna Adebahr at 301-246-9612.

Waldorf Senior & Rec Center:

Distribution on May 25. RSVP by Monday, 5/10 by calling Melanie Maggi at 240-448-2814.

June Drive-Thru Lunch Distributions

For more information on June boxed lunch distributions, please see page 3.

Jewelry Club

Wednesday, May 5 & 19, 10 AM,
Laurel Springs Park

Bingo

Prizes include candy, home decorations, puzzles and more. Free to play and win! Pre-register by calling Melanie Maggi at 240-448-2814.

Thursday, May 20, 10:30 PM

Tilghman Lake Park

Caregiver Support Group

Join the Caregiver Support Group with Cindy Olmsted and Holly Conley at Tilghman Lake Park for our monthly meeting.

Wednesday, May 26, 2 PM

Tilghman Lake Park

Older America Month Celebration

Drive-Thru Ice Cream Sandwich Social

See page 4 for more details.

Tuesday, May 4, 1 PM
Nanjemoy Senior Center

Ice Cream & a Dance Party

Enjoy a tasty treat from the comfort of your vehicle while listening to music provided by Rearview Mirror. Want to dance? Join us in a designated area in the parking lot for a socially distant dance party! Registration required by Monday, May 3 by calling Janice Hamby at 301-934-5423.

Thursday, May 6, 1 PM
Clark Senior Center

Ready for it to be Over Dance Party with the Rise Band & Show

Come party with us on the Village Green with entertainment from the Rise Band and Show! Donations will be accepted. Space is limited. call Cynthia Simmons 301-743-2125 to register. For more details on this event, see page 4.

Thursday, May 13, 11:30 AM
Generous Donations Accepted

Bingo & Pizza at Friendship Farm Park

See page 4 for more details.

Friday, May 21, 11 AM
Friendship Farm Park

Senior Fitness

***To register for virtual fitness classes, please call 301-609-5711 or email shanksd@charlescountymd.gov.**

Tai Chi with Cynthia Simmons

Indian Head Senior Center Coordinator, Cynthia Simmons will lead this hour-long class around Indian Head's Village Green fountain. Tai Chi is an evidence-based class that focuses on muscle control, stability, balance and flexibility. Bring your own water. To register call 301-743-2125.

Mondays and Wednesdays, 10:30 AM,
Indian Head Village Green

Group Warm Up & Walk

This program consists of a 10-minute warm up followed by 30-minute walk, at your own pace. Bring your own water.

For 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 Green

Have you heard about the new programs?

Tell A Friend!

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

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.

IN-PERSON PROGRAMS

Get your Latest *SCOOP* online!

Arthritis Foundation Exercise Program

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

Mondays, 11:30 AM, Laurel Springs

Wednesdays, 11:30 AM,
Indian Head Village Green

Yoga

Wednesdays, 1 PM, Laurel Springs Park

Biking with Nate

Join Nate Schultz on the Indian Head Rail Trail for a group bike ride! See page # for more details.

Fridays, 1 PM

Tai Ji Quan

Tuesday & Thursdays, 1 PM,
Laurel Springs Park

Dance Parties

Dance with us as spring arrives! See page 15 for more details.

Crafts

Art in the Park

Projects will vary weekly. Pre-registration is required by calling 301-934-5423. Sponsored by Charles County Arts Alliance.

Fridays, 10 AM, Laurel Springs

No Art in the Park MAY 28.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tai Chi with Cynthia10:30 Warm Up and Walk.....10:30 AFEP11:30 Water Aerobics3:00	4 Drive-Thru Ice Cream Sandwich Social1:00 Tai Ji Quan1:00 Water Aerobics3:00	5 Coffee & Conversation10:00 Jewelry Club10:00 Tai Chi with Cynthia10:30 AFEP11:30 Warm Up and Walk.....12:30 Yoga1:00 Water Aerobics3:00	6 Ice Cream & a Dance Party1:00 Tai Ji Quan1:00 Water Aerobics3:00	7 Art in the Park.....10:00 Warm Up and Walk.....10:30 Biking1:00
10 Tai Chi with Cynthia10:30 Warm Up and Walk.....10:30 AFEP11:30 Water Aerobics3:00	11 Produce Distribution Indian Head.....11:30 Tai Ji Quan1:00 Water Aerobics3:00	12 Coffee & Conversation10:00 Tai Chi with Cynthia10:30 AFEP11:30 Warm Up and Walk.....12:30 Yoga1:00 Water Aerobics3:00	13 Ready for it to be Over Dance Party with the Rise Band & Show.....11:30 Tai Ji Quan1:00 Water Aerobics3:00	14 Art in the Park.....10:00 Warm Up and Walk.....10:30 Biking1:00
17 Tai Chi with Cynthia10:30 Warm Up and Walk.....10:30 AFEP11:30 Water Aerobics3:00	18 Produce Distribution Clark11:30 Tai Ji Quan1:00 Water Aerobics3:00	19 Coffee & Conversation10:00 Jewelry Club10:00 Kayaking10:00 Tai Chi with Cynthia10:30 Kayaking11:00 AFEP11:30 Warm Up and Walk.....12:30 Yoga1:00 Water Aerobics3:00	20 Bingo10:30 Produce Distribution Nanjemoy11:30 Tai Ji Quan1:00 Water Aerobics3:00	21 Bike to Work Day.....9:00 Art in the Park.....10:00 Warm Up and Walk.....10:30 Biking1:00 Bingo & Pizza11:00
24 Tai Chi with Cynthia10:30 Warm Up and Walk.....10:30 AFEP11:30 Drums Alive1:00 Water Aerobics3:00	25 Produce Distribution Waldorf11:30 Tai Ji Quan1:00 Water Aerobics3:00	26 Coffee & Conversation10:00 Tai Chi with Cynthia10:30 AFEP11:30 Warm Up and Walk.....12:30 Yoga1:00 Caregivers Support Group2:00 Water Aerobics3:00	27 Tai Ji Quan1:00 Water Aerobics3:00	28 Warm Up and Walk.....10:30 Biking1:00
31 Memorial Day 				

The month of May

Health, Fitness & YOU!

Spring is the season of growth. As we learn more and more how important it is to be more active, we can engage in healthy habits that will benefit us for many years to come. Join us online or at the park.

Small Group Fitness Classes

Perfect classes if you are looking to get moving and build strength. Online through MS TEAMS. Call 301-609-5711 to register.

Join Debi & Nate as they will bring your workout to you right in the comfort of your own home! All you need is space to exercise and a smart phone or computer.

Level 1/2: 10:00 AM Chair workouts only

Level 2/3: 11:00 AM Standing and some floor exercises

Classes will be ½ hour each and held on Tuesdays & Thursdays.

Arthritis Foundation's Exercise Program



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

Mondays 11:30 AM at Laurel Springs

Wednesdays 11:30 AM at Indian Head Village Green

Wednesdays 7:00 PM via Charles County Senior Center

Facebook page

Fridays 9:00 AM via MS Teams

Yoga

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

Wednesdays at 1:00 PM at Laurel Springs Park

Drums Alive

This powerful FUN workout will be brought to you in your own living room! Call 301-609-5711 to register.

Mondays May 3, 10, 17 at 1:00 PM • MS TEAMS

May 24th at 1:00 PM • Laurel Springs Parks

Spring Dance Parties!

Celebrate older Month with DANCING!

Thursday, May 6th at 1:00 PM

Clark Senior Center Parking Lot

Thursday, May 13th at 12:00 PM

Indian Head Village Green

Walk With Ease & Park Walks

Walk With Ease is a 6 week guided walking program for anyone interested in increasing movement and decreasing joint pain. Contact 301-609-5711 to join FREE!!

Mondays & Fridays at 10:30 AM at Laurel Springs Park

Wednesdays at 12:30 PM at the Indian Head Village Green



Tai Chi

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

Mon/Wed at 10:30 AM at the Indian Head Village Green

Tues/Thur at 1:00 PM at Laurel Springs Park

No Tobacco Day is May 31st!

Ready to quit for good? New classes forming now.

Classes are free! For information or to register call 301-609-6932.

Kayaking

Wednesday, May 19, 10 AM and 11 AM.

\$5. Register with Debi at 301-609-5711.

Gilbert Run Park

Biking with Nate

Group bike rides on the Indian Head Rail Trail.

Starting in White Plains on May 7, 14, and 28 at 1 PM

Starting in Indian Head on May 21 at 1 PM

(Check page 4 for a full schedule for Bike to Work Day!)

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.

Travel Adventures 2021 & 2022

Trips sponsored by Action Travel Tours 301-645-1770

A Message from Travel Leaders/Action Travel Tours: Spring has sprung and thankfully many of you have received your vaccine shots. I am so encouraged by your calls and travel inquiries. As we move through 2021, we are closer than ever to returning to travel with enhanced safety protocols.

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

September 4-13, 2021 Shades of Ireland Collette Vacations. Experience Ireland in all its vibrant shades as you travel from the lively city of Dublin to the untamed natural beauty of Central & Southern Ireland. From \$3849 pp double occupancy with airfare. Limited Space

September 13-22, 2021 Discover Scotland Collette Vacations. Experience the essence of Scotland: Glasgow, Isle of Sky, Highlands, Orkney Islands, St. Andrews and Edinburgh. Enjoy a bagpipe lesson, watch a sheepdog demonstration, tour a whiskey distillery, and Armdale and Edinburgh castles. From \$4,099 per person double occupancy with airfare. Limited Space

September 29 – Oct. 4, 2021: Music City USA – Nashville, TN – Explore the history and sounds of country music while traveling to the country music capital of Nashville. Overnight in Bristol TN on our way to Asheville, NC on our return. Stay at Opryland, enjoy the Grand Ole Opry, Johnny Cash museum, General Jackson and so much more.

October 16, 2021: A Fall Day in Hunt Country, VA. View the fall foliage of the Blue Ridge as we visit the Bluemont Vineyard for a tour and tasting, free time in Leesburg for shopping, lunch and a tour of Morven Park Mansion and Carriage Museum.

October 20-22, 2021: Sleepy Hollow and the Hudson River Valley. 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. Welcome to New Mexico, the land of enchantment. Santa Fe is a delight to experience at Christmas. Highlights are historic Santa Fe Plaza, Georgia O'Keeffe Museum, Loretto Chapel, Turquoise Trail, Bandelier National Monument. From \$2,349 per person double including air. Limited Space

December 2, 2021: Holiday Celebration at Winterthur and Longwood Gardens. DATE CHANGE. 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.

December 7-9, 2021: Rockettes' Christmas Spectacular in New York City. Two-night stay in the heart of Times Square at The Edison Hotel, with its holiday glamor. Center mezzanine 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. The Oberammergau Passion Play that is offered every 10 years has been postponed to 2022. A once in a lifetime opportunity to see the Play and sail on the Danube through 4 countries. From \$5249 per person double occupancy. **FREE airfare promotion has been extended through June based on availability.**

