



The Connection



January/February 2010

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Happy New Year!



CINEMAGIC

Dinner Theater is Coming to You!

Celebrate the silver screen and Hollywood's colorful musical history with this exciting revue! Enjoy the classic movie songs you remember from the Hollywood glamour days such as *Over the Rainbow*, *Moon River*, *You Made Me Love You* and *The Last Time I Saw Paris*. You will enjoy all the memories, the romance and the adventure of the cinema as this fantastic revue comes alive for the audience. So, have a delicious catered meal, take your seat and say..."Thanks for the memory."

Calvert Pines Senior Center
Saturday March 13
12 Noon

Fee: \$23 per person includes show, lunch, beverages, & dessert

Make checks payable to Calvert Pines Senior Council
Menu provided by DuPaul's Catering

If you need transportation, let us know.

RSVP required to your local center by February 26.

Seating is limited.

From the Division Chief....

Happy New Year!

The Office on Aging staff and I hope everyone had a wonderful holiday season. We want to thank everyone for being a part of the Office on Aging community and for the support you gave us in 2009. Also, the Board of County Commissioners extends their best wishes for a Happy New Year to all of you. The Office on Aging staff has been working hard to develop and plan many special events, programs and services for 2010. We look forward to seeing our old friends and meeting many new ones this year, so please plan on joining us at one of the three senior centers.

. Susan A. Justice

Senior Center Hours: Monday-Friday, 8:30 - 4:30
 Website: www.co.cal.md.us
 Agency E-mail: ooa@co.cal.md.us
Senior services are accessible to individuals with disabilities.

Living Well has New Dates!

The Office on Aging is offering two, six-session Living Well Workshops this winter. The workshops teach tools to self-manage chronic disease. It helps you develop plans to manage symptoms; communicate effectively with your doctors; lessen frustration; and fight fatigue, pain and limitations. There is no charge for this program. The book is available for a \$25 refundable fee.

Class Schedule

North Beach Senior Center

Fridays, January 15 - February 19
1 to 3:30 p.m.

Prince Frederick Library,

Fridays, February 19 - March 26
12 to 2:30 p.m.

To host a session, for more information, and to register for either class, contact Keri Lipperini, 410-535-4606 or 301-855-1170.

AARP Tax-Aide Program

AARP Tax-Aide Counselors will be available, Monday, February 8, 2010 through Thursday, April 15, 2010 to prepare tax returns for low-to-moderate income senior citizens aged 50+. Call to make your appointment at any of the three senior centers starting Monday, January 25, 2010. Before making your appointment, please make sure you have all of the documentation necessary to complete your return. This would include last year's tax return (2008 Federal and State), any year-end Social Security statements, other pension statements, IRA distribution statements, W2's, 1099's, brokerage statements and all other income information. Also, please bring any applicable receipts/information for all medical, insurance, interest, sales/property taxes, charitable deductions, education and/or child care credits. Bring a cancelled/voided check (for proof of direct deposit account) for any refunds. For homeowners, the Maryland Homestead credit form can also be prepared.

The Long Term Care Ombudsman Program

Long term care residents and people with loved ones in nursing and assisted living homes need to know that an Ombudsman is a person who receives, investigates and attempts to resolve complaints on behalf of long term care residents.

The Ombudsman is a resource outside the long term care facility that serves as an advocate for residents and works to resolve problems or complaints concerning care or services. The Ombudsman helps nursing home and assisted living residents maintain their legal rights and control over their lives. The Ombudsman works with nursing home and assisted living staff to improve the quality of life for long term care residents.

Residents, potential residents, family members, friends, long term care facility staff, and community members should contact the Ombudsman with questions or concerns regarding resident rights and long term care facilities, programs and policies. Contact Christine Lewis or Sandra Hall at the Calvert County Office on Aging, 410-535-4606 or 301-855-1170, for further information or assistance. There is no charge for the Long Term Care Ombudsman Program services and all information is kept confidential.



Office on Aging Snow Policy

If the Calvert County Courthouse is open, the Office on Aging (OOA) will be open. You will need to listen to the local radio stations, 98 Star FM and The Bay AM 1690 WFMD, to hear whether County services such as Public Transportation will be available. Some class instructors have their own snow policy, so please check with them to find out about their snow policy. The Office on Aging will make every effort to have a limited number of staff prepared meals available for the Eating Together program at CPSC.

For more information, call 410-535-4606 or 301-855-1170.

2010 Senior Arts Competition

Do you have the winning masterpiece? The arts competition categories have expanded to cover many of the arts and crafts done in the senior centers. Stop by the office for a complete list of categories and the 2010 rules.

Competition Deadline is April 1.

Long Distance Caregiving

Long distance caregiving is a dilemma experienced by many people who live far from their aging parents. Approximately seven million adults are long-distance caregivers, mostly caring for aging parents who live an hour or more away. Caregiving can take many forms: helping manage money; arranging for in-home care; providing respite care for a primary caregiver; or helping a parent move to a new facility. What may start out as an occasional social phone call to share family news can eventually turn into regular phone calls about managing health insurance claims, getting medical information, and arranging for respite services. No doubt, this can be very stressful, especially when you are managing your own life with day-to-day work schedules, household chores, and your children's school activities. Join Ann Newton, **Thursday, February 18, 1-3 p.m., Calvert Pines Senior Center**, to learn tools to help you provide the best possible long distance caregiving. For more information, contact the Office on Aging, 410-535-4606 or 301-855-1170.

Scribbler's Writing Contest Winners

The *Scribblers* creative writing group of North Beach Senior Center is pleased to announce the winners of their creative writing contest:

	<u>Poetry Category</u>
1 st place	Lillian Caplins
2 nd place (tie)	Helen Colevas Mary Johns
	<u>Prose Category</u>
1 st place	Lillian Caplins
2 nd place	Alice LeRoux
3 rd place	Ron Marlow

Free Gift at Your Local Senior Center!

If you participate in the Eating Together program or other senior center activities, we need to have your correct address, phone number and emergency contact information on record. Complete a new intake form and receive a free gift. Look for the new forms at your favorite center in January.

We also need your assistance in filling out the nutrition survey (Page 2 of the Participant Form) if you eat lunch at the centers. This survey helps determine your nutritional health and is required by the Maryland Department of Aging.

Thank you for helping us begin 2010 on the right track!

Rally Reminder!

**2010 United Seniors of Maryland
Legislative Rally**

January 19, 8:30 a.m. - 3 p.m.

St. John's College, Annapolis

For those that have already registered, the bus will leave Calvert Pines Senior Center at 7:15 a.m.

Snow Date: January 21




C.C.P.T Bus Passes Expire January 31, 2010

You may be eligible to receive a bus pass from the Office on Aging that will allow you to ride with Calvert County Public Transportation free of charge. Eligibility is based on monthly income. If you already have a L.I.F.T. pass, you must renew it before Jan. 31, 2010. Identification, proof of income, and proof of residency must be provided to receive or renew your bus pass.



JANUARY EATING TOGETHER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please consider your contribution carefully to help the OOA meet increased costs. Diabetic desserts are served by prior request. All meals are subject to change. Lunches served Monday-Friday Cost: Aged 60+ - Donation Under 60 - \$4.50 Reservations are required 24 hours in advance.</p>			 HAPPY NEW YEAR! ALL CENTERS CLOSED	
4 Hot Dog Carrots Cole Slaw Chocolate Pudding	5 Vegetable Lasagna Tossed Salad Black Beans Garlic Bread Pineapple	6 Braised Liver w/ Onions Whipped Potatoes Kale Pumpernickel Bread Fruit Cocktail	7 Cold Roast Beef Sandwich Navy Bean Soup Pears	8 Turkey Breast Mashed Potatoes Stuffing Green Beans Cranberry Sauce Pumpkin Pie
11 Hot Roast Beef Sandwich Mashed Potatoes Lima Beans Apricots	12 Chicken a la King Rice Salad Corn Dinner Roll Fresh Fruit	13 Spaghetti w/ Meat Sauce Tossed Salad Broccoli Italian Bread Fresh Fruit	14 Swedish Meatballs Au-gratin Potatoes Baked Beans Spinach Pineapple	15 Tuna Salad Rye Bread Bowtie Pasta Salad Pickled Beets Chocolate Chip Cookies Peaches
18 All Centers Closed For Martin Luther King Jr. Holiday	19 Chicken Marsala Tossed Salad Oven Roasted Potatoes Kale Banana	20 Meatball Subs Tossed Salad Cauliflower/Broccoli Medley German Potato Salad Éclairs	21 Baked Chicken w/Gravy Mashed Potatoes Navy Beans Spinach Biscuit Cranberry Sauce	22 Ziti w/Meat Sauce Tossed Salad Green Beans Italian Bread Ice Cream Sandwich
25 Chili Tossed Salad Cornbread Nacho Chips Oranges	26 Ham Steak Boiled Potatoes Lima Beans Cabbage Lime Sherbet	27 Chicken Salad Mixed Bean Salad Hard Cooked Egg Lentils, Pickle Kaiser Roll Pear Halves	28 Meatloaf w/Gravy Tomato/Cucumber Salad Rice, Broccoli Banana	29 Fried Chicken Mashed Potatoes Spinach Biscuit Cranberry Sauce Peaches



FEBRUARY EATING TOGETHER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salad w/Chicken Strips Pickles Breadsticks Oatmeal Raisin Cookies	2 Pork BBQ Baked Beans Carrots Cole Slaw Brownies	3 Chicken Rotisserie Vegetable Rice Medley Black-Eyed Peas Collard Greens Fresh Fruit	4 Corn Chowder Cold Cut Sub Pears w/Cottage Cheese Sherbet	5 Chili Tossed Salad Cornbread Fresh Fruit
8 Yankee Pot Roast w/Roasted Carrots, Peas & Onions Whipped Potatoes Biscuits Cake	9 Pork Chop w/Gravy w/Spiced Apple Ring Mashed Sweet Potato Brussels Sprouts Whole Wheat Bread Fresh Fruit	10 Tossed Salad Sloppy Joes Baked Beans Potato Salad Fresh Fruit Ice Cream Cup	11 BBQ Chicken Tossed Salad Escalloped Potatoes Kale Wheat Roll Banana Pudding	12 Spaghetti w/Meat Sauce Tossed Salad Broccoli Italian Bread Fresh Fruit
15 All Centers Closed For Presidents' Day Holiday	16 Vegetable Lasagna Tossed Salad Black Beans Garlic Bread Pineapple	17 Braised Liver w/ Onions Whipped Potatoes Kale Pumpnickel Bread Fruit Cocktail	18 Cold Roast Beef Sandwich Navy Bean Soup Pears	19 Turkey Breast Mashed Potatoes Stuffing Green Beans Cranberry Sauce Pumpkin Pie
22 Hot Roast Beef Sandwich Mashed Potatoes Lima Beans Apricots	23 Chicken a la King Rice Salad Corn Dinner Roll Fresh Fruit	24 Spaghetti w/Meat Sauce Tossed Salad Broccoli Italian Bread Fresh Fruit	25 Swedish Meatballs Au-gratin Potatoes Baked Beans Spinach Pineapple	26 Tuna Salad Rye Bread Bowtie Pasta Salad Pickled Beets Chocolate Chip Cookies Peaches
27 Barbecue Pork Loin Vegetable Rice Medley Carrots Baked Beans Mandarin Oranges	28 Chicken Marsala Tossed Salad Oven Roasted Potatoes Kale Banana			

Trips

Don't Delay - Make Your Reservation Today!

Early Registration is encouraged. Trips may be cancelled due to lack of registration.

Payment (cash or check only) is due at time of registration.

Make checks payable to the Calvert County Treasurer.

Trip fees are non-refundable unless a replacement can be found.



= little to no walking



= moderate walking



= strenuous walking

Bus Pick-Up Change - Beginning January 1, 2010

NBSC will be the pick-up point for the North End of the County.

There will no longer be a stop in Dunkirk.

Washington National Cathedral Tour & High Tea



Date: Tuesday, March 23, 2010

Fee: \$49 (includes transportation, tour and tea)

Bus Departs: SPSC 11:15 a.m. Returns: Approximately 5:45 p.m.

CPSC 11:45 a.m.

NBSC 12:15 p.m.

Enjoy an in-depth Cathedral tour beginning at 1:30 p.m. followed by High Tea at 3 p.m. in the Pilgrim Observation Gallery with a scenic view of Washington, D.C. This afternoon English Tea includes finger sandwiches, cookies and scones.

Agatha Christie's Murder on the Nile



Date: Thursday, April 22, 2010

Fee: \$ 83

Bus Departs: SPSC 7:00 a.m.

Returns: Approximately 7:30 p.m.

CPSC 7:30 a.m.

NBSC 8:00 a.m.

An elegant honeymoon cruise on the Nile turns strange and dangerous. A murder is committed, but not to worry, Hercule Poirot is on board. Enjoy this delightful interactive theater production at Allenbury Playhouse in Pennsylvania along with a bountiful buffet dinner including hand-carved ham and turkey, Cajun catfish, steamed shrimp, seasonal vegetables, salads and desserts. You will not go away hungry!

Mark Your Calendars! Upcoming Trips for 2010

May - American Music Theater - *Nashville City Limits*

June - Wolf Trap Theater - *Riverdance*

July - Cruise and Crabs

August - Kennedy Center Theater - *Mary Poppins*

September - Riverside Theater - *Cabaret*

October - Fall Foliage Train Ride

November - Sight and Sound Theater - *Miracle of Christmas*

December - White House Tour

Services

Call 410-535-4606 or 301-855-1170 for more information.

Caregivers Services - Information and limited respite funds are available. Contact **Liz Leclair**.

Guardianship - Information is provided on private and/or public guardianship. Contact **Christine Lewis**.

Information & Assistance - Information/assistance is available on senior services, benefits, and resources.

Calvert Pines: Ann Newton or Tonya Jackson

North Beach: Liz Leclair (Mondays, Tuesdays and Thursdays)

Southern Pines: Liz Leclair (Wednesdays and Fridays)

Legal Aid - Attorney services are available by appointment regarding SSI, benefit denials, disability payments, Social Security and SSI overpayments, debtor and consumer problems, advance directives, and tenant issues. A Legal Aid attorney rotates on a schedule between the three senior centers. **Call the specific center for an appointment. Appointments are taken between 1 and 3 p.m., January 14(CPSC) & February 11(CPSC).**

Living Well Workshops - Participants meet 2.5 hours, once a week for six weeks to learn skills to better manage their symptoms and get the most out of their life. Contact **Keri Lipperini** for more information.

Meals On Wheels (MOW) - Midday meals are provided for persons unable to prepare a meal for themselves. For more information, call **Harry Markward** or **Tunya Taylor**.

Medicaid Waiver - Assists adults aged 50-plus to remain in the community even though advanced age or disability might warrant placement in a nursing facility. **Contact Susan Hance** for more information.

Nurse Counselor - Free counseling services for older adults are available at each senior site. Call **Marcia Monnett**, RN, MS, CS-P, at the Health Department, 410-535-5400, ext. 454 or 301-855-1353, for an appointment.

Nursing Home Ombudsman - An advocate is available for residents of long term care facilities. For more information, ask for **Christine Lewis**.

Project Lifesaver - This electronic tracking system helps to quickly locate and return lost/wandering persons suffering from Alzheimer's Disease or other related disorders. Contact **Tunya Taylor** for more information.

Senior Care - Limited funding is available for low-income and frail elderly for case management and assistance with some services. To find out whether you may be eligible, call **Christine Lewis**.

SHIP - Senior Health Insurance Program - Staff are available to provide information and assistance with health insurance issues. For more information, ask for **Ann Newton**.

Senior Medicare Patrol (S.M.P.) - Education and prevention against suspected Medicare abuse and fraud. For more information, ask for **Tonya Jackson**.

Support Groups

- **People Who Care (PWC)** - This support group for caregivers meets on the **first Wednesday of each month at Calvert Pines Senior Center, 10:30 a.m. to noon**. For more information, call **Tonya Jackson**.
- **Widowed Persons Service** - This group offers helpful conversations and friendships for those suffering from a loss. The group meets for lunch at **noon on the fourth Thursday of each month** at *Gateway Restaurant*, Broomes Island Road and breakfast at **8:30 a.m. on the second Saturday of each month** at the *Bob Evans Restaurant* in Prince Frederick. Contact **Sandy Marquess** for more information.

Office on Aging (OOA) Staff Directory

OOA Administration

410-535-4606 or 301-855-1170

Division Chief	Susan Justice
Program Manager	Keri Lipperini
Fiscal Manager	Patti Ryon
Client Services Manager	Tunya Taylor
Long Term Care Coordinator	Christine Lewis
Long Term Care Advocate	Sandra Hall
Account Tech I	Suzy Meador
Office Specialist II	Gail Mixon
Office Assistant II	Colleen Cofod
Food Service Worker	Harry Markward

North Beach Senior Center

410-257-2549

Program Specialist II	Ricca Baker
Program Assistant	Kathy Shannon
Ceramics Instructor	Anita Dugan
Office Assistant II	Leslie Humphreys
Social Services Coordinator	Elizabeth Leclair
Food Service Coordinator	Mary Johns
Custodian	vacant
Senior Employment Program	Vicky Benson

Calvert Pines Senior Center

410-535-4606 or 301-855-1170

Program Specialist	Sandy Marquess
Program Assistant	Sally Schofield
Ceramics Instructor	Anita Dugan
Office Assistant II	Liz Youngblood
Social Services Coordinator	Tonya Jackson
Social Services Coordinator	Ann Newton
Developmental Disabilities Specialist	Ruthie Birch
Medicaid Waiver Coordinator	Susan Hance
Food Service Coordinator	Linda Hofmann
Building & Grounds Worker	John Holman
Custodian	Brenda Jacks
Senior Employment Program	Barbara Knott

Southern Pines Senior Center

410-586-2748

Program Specialist	Elizabeth Latham
Program Assistant	Carolyn Ezerins
Ceramics Instructor	Anita Dugan
Social Services Coordinator	Elizabeth Leclair
Food Service Coordinator	Cathy Richards
Senior Employment Program	Margaret Whitman



Calvert County Office On Aging
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Prince Frederick, MD 20678