

The CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

January / February 2012

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We Need Your Help!

It's a new year and that means it's time to update your participant information. We ask that all senior center participants complete a participant form so that your correct address, phone number and emergency contact information is on file. We also need your assistance in filling out the Nutrition Survey on page 2 of the intake form. This survey helps determine your nutritional health and is required by the Maryland Department of Aging.

The next time you visit one of the senior centers for lunch or other activities, please remember to ask the staff about the new form. Thank you!

Living Well Has New Dates!

Are you living with an ongoing health condition like asthma, obesity, diabetes, Lyme disease, depression or ADHD? Living Well Workshops can help **put life back into your life!**

Workshop Schedule

Edward T. Hall Aquatic Center
Wednesdays, January 18 - February 22
11 a.m.

Huntingtown United Methodist Church
Thursdays, February 23 - March 29
6 p.m.

Prince Frederick Library
Wednesdays, March 7 - April 11
11 a.m.

Calvert Pines Senior Center
Tuesdays, May 1 - June 5
2 p.m.

Prince Frederick Library
Thursdays, July 12 - August 16
6 p.m.

Edward T. Hall Aquatic Center
Wednesdays, September 12 - October 17
10 a.m.

Calvert Pines Senior Center
Wednesdays, October 17 - November 21
1 p.m.

With so many workshop options, there is no reason to miss Living Well! Limited space is available. Call Keri Lipperini at 410-535-4606 or 301-855-1170. Sometimes these classes are cancelled because too many people wait until the last minute to register. Don't wait! Avoid disappointment. Register early!

Senior Center Hours: Monday-Friday, 8:30 a.m. - 4:30 p.m.

Website: www.co.cal.md.us

Agency E-mail: ooa@co.cal.md.us

Senior services are accessible to individuals with disabilities.

2012 United Seniors of Maryland Legislative Forum

Tuesday, January 24, 8:15 a.m. - 3 p.m.
St. John's College, Annapolis

Speak up and help public policymakers understand the importance of the services provided in the Aging Services network. It is up to you to educate your elected officials and keep them informed.

More information can be found at:
<http://www.unitedseniors.net>

The \$15 fee includes continental breakfast and box lunch. Call the Office on Aging for more information at 410-535-4606 or 301-855-1170.

We Challenge You to a New Year, New You!

Calvert County Office on Aging, in conjunction with Calvert Memorial Hospital, United Way, and other local agencies have partnered in the Calvert Can initiative which kicks off in January. Now is the time to Eat Right, Move More and earn chances to win a Wii Fitness Bundle. There will be various classes and programs designated by the Calvert Can logo for residents of all ages to learn ways to eat better and become more active. The Living Well program is one of these classes. By signing up for Living Well you will not only learn valuable tools to manage your health problems, you will also earn one chance each week for six weeks to win the Wii Fit Bundle, receive free give-aways and become eligible for a reduced month-by-month fee for World Gym.



2012 Senior Arts Competition

Time is ticking!!
Stop by your local senior center for a complete list of categories and the 2012 rules.

Competition Deadline is April 2.



AARP Tax-Aide Program

AARP Tax-Aide Counselors will be available Monday, February 13 through Friday, April 13, 2012 to prepare tax returns for low-to-moderate-income senior citizens aged 50-plus. The senior centers will start taking calls on February 6 to schedule appointments to begin on February 13, 2012. 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 (2010 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/payments.

Calvert Pines Senior Center
410-535-4606 or 301-855-1170
North Beach Senior Center
410-257-2549
Southern Pines Senior Center
410-586-2748

Fed Up With Fees?

The start of a new year is also a great time to take a fresh look at where your money is going. If new or questionable fees appear on your bank statement, credit card, telephone bill or other monthly statements, be sure to call that institution and question the reason for the fee or ask if there are alternative plans to avoid the fees.

Calvert County Senior Idol Auditions

Do you think you can sing? Will you be the next Senior Idol Winner? Calling all seniors, aged 60-plus, who would like to audition for Senior Idol. Tryouts will be January 27 at Calvert Pines Senior Center. You must sign up by Friday, January 20. Winners of this event will represent Calvert County at the Maryland Senior Idol Competition at the Bowie Performing Arts Theater in Bowie, Maryland. For more information contact Sandy Marquess at 410-535-4606 or 301-855-1170.

Emergency Preparedness

It is time to think about how to prepare yourself in case of an emergency. Are you ready to be home-bound or without electricity for at least 72 hours? Consider what you would need and make sure it is readily available. Develop a support system of at least three people who can check on you and each other. Think about possible sources of transportation in case you have to evacuate. Make sure you have certain items available at home: a battery-powered radio, battery-powered lanterns or flashlights, extra batteries, water for three days, a landline phone, a cell phone and charger, family and emergency contact information, a multi-purpose tool, a sufficient supply of medicines, and food that is nonperishable and easy to prepare.

Before an emergency occurs, register for the CodeRed System with County Emergency Management at www.co.cal.md.us or 410-535-1600, ext. 2638. CodeRed allows you to be notified by your local emergency response team in the event of emergency situations or critical community alerts.

Should an emergency arise, listen to your local radio stations (FM 97.7, FM 98.3, AM 1560 or AM 1690) and/or Channel 6 TV.

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 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. If schools are delayed or closed, the Office on Aging will make every effort to have meals available for the Eating Together program at all three senior centers. For more information, call 410-535-4606 or 301-855-1170.



Meals on Wheels (MOW)

Calvert MOW is an all-volunteer, non-profit organization dedicated to providing delivered meals up to five weekdays each week to homebound individuals. Due to the growing number of recipients, MOW is looking for volunteers to deliver meals, particularly from Prince Frederick south. MOW is also seeking someone willing to coordinate the drivers' schedule for the Central A route in the Prince Frederick area. If you would like to volunteer or need additional information, call the Office on Aging at 410-535-4606 or 301-855-1170.

Project Lifesaver

Over five million people in the United States have Alzheimer's disease or a related dementia disorder. These individuals may wander and become lost, but not call out for help or respond to persons looking for them. The Project Lifesaver program helps to quickly locate and return lost and wandering persons. People who are part of the program wear a personalized bracelet that emits an electronic tracking signal. When notified, a local Sheriff's Office search and rescue team responds to the wanderer's area and searches with the mobile locator tracking system. Search times have been reduced from hours and days to minutes. The Calvert County Sheriff's Office and the Calvert County Office on Aging operate this internationally recognized program locally. Call the Office on Aging, 410-535-4606 or 301-855-1170, for additional information.

Did You Know...

Each senior site has the support of a Senior Council that actively promotes programming and activities. These activities include the gift shops at Calvert Pines and Southern Pines senior centers, flea markets, cookie sales, dinners and holiday craft fairs. Monies raised in these endeavors are used for special activities and equipment. Contact your local senior center for information on how to get involved, meeting dates and times.



JANUARY EATING TOGETHER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTERS CLOSED FOR NEW YEAR'S HOLIDAY	3 Fried Chicken Tossed Salad Mashed Potatoes Gravy French Green Beans Banana	4 Meatball Sub Tossed Salad Broccoli/Cauliflower Medley Potato Salad Éclairs	5 Baked Chicken Au Gratin Potatoes Navy Beans Spinach Biscuit Peaches	6 Ham and Cabbage Boiled Potatoes Fresh Fruit
9 Hamburger Baked Beans Carrots Fruit	10 Manicotti Bread Sticks Tossed Salad Italian Green Beans Fresh Fruit	11 Chicken Salad Sandwich Peas Pears Juice	12 Meatloaf w/Gravy Tomato/Cucumber Salad Rice Broccoli Pineapple Tidbits	13 BBQ Chicken Potato Salad Green Beans
16 CENTERS CLOSED FOR MARTIN LUTHER KING, JR. DAY	17 Sloppy Joes Tossed Salad Potato Salad Ice Cream Cup	18 Salad w/Chicken Strips Tomatoes/Cucumbers/ Onions/Egg Beets Oatmeal Raisin Cookies	19 Cold Cut Sub Corn Chowder Macaroni Salad Fresh Fruit	20 Pulled Chicken Tossed Salad Potato Salad BBQ Baked Beans Fresh Fruit
23 Sweet and Sour Chicken Egg Rolls Asian Vegetable Blend Rice Mandarin Oranges	24 Pork BBQ Baked Beans Cole Slaw Fresh Fruit Cranberry Juice Brownies	25 Pork Chop w/Gravy Spiced Apple Ring Mashed Sweet Potatoes Lima Beans Fresh Fruit	26 Tuna Salad Bowtie Pasta Salad Beets Fresh Fruit	27 Spaghetti w/ Meat Sauce Tossed Salad Italian Green Beans Italian Bread Fresh Fruit
30 Cold Roast Beef Sandwich Navy Bean Soup Pears w/Cottage Cheese Fresh Fruit	31 Chicken Rotisserie Rice Asian Vegetable Blend Lima Beans Cranberry Juice Fresh Fruit	<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 Fee: Aged 60+ - Donation Under 60 - \$4.50 Reservations are required 24 hours in advance.</p>		



FEBRUARY EATING TOGETHER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tune in to the local radio and television stations for weather related announcements. If Calvert County Schools are closed because of bad weather, the centers will not serve the regularly scheduled meals. Each center, depending on weather conditions, may serve a limited lunch.</p> <p>Please check with the Food Service Coordinator for more information.</p>  		<p>1 Liver and Onions Mashed Potatoes Kale Fruit</p>	<p>2 Sausage and Egg Casserole Fried Potatoes Biscuits Tropical Fruit</p>	<p>3 Chili Rice Tossed Salad Fruit</p>
<p>6 Pineapple Juice Pot Roast Oven Roasted Potatoes Lima Beans Fresh Fruit</p>	<p>7 Ham and Cheese Sandwich Vegetable Soup Pasta Salad Fresh Fruit</p>	<p>8 Catfish Filet Cole Slaw Cornbread Pinto Beans Pineapple Assorted Juice</p>	<p>9 Chicken Cacciatore w/Pasta Broccoli/Cauliflower Medley Tossed Salad Italian Bread Fresh Fruit</p>	<p>10 Chicken Caesar Salad Vegetable Soup Fresh Fruit</p>
<p>13 Pork Loin Gravy Oven Roasted Potatoes Succotash Pinto Beans Mandarin Oranges</p>	<p>14 Fried Chicken Mashed Potatoes Gravy Tossed Salad Green Beans Banana</p>	<p>15 Meatball Sub Tossed Salad Broccoli/Cauliflower Medley Potato Salad Éclairs</p>	<p>16 Baked Chicken w/Gravy Au Gratin Potatoes Navy Beans Spinach Peaches</p>	<p>17 Ham and Cabbage Boiled Potatoes Fresh Fruit</p>
<p>20 CENTERS CLOSED FOR PRESIDENTS' DAY</p>	<p>21 Manicotti Bread Sticks Green Beans Fresh Fruit</p>	<p>22 Chicken Salad Sandwich Peas Dinner Roll Cranberry Juice Pear</p>	<p>23 Meatloaf w/Gravy Tomato/Cucumber Salad Rice Broccoli Pineapple Tidbits</p>	<p>24 BBQ Chicken Potato Salad Green Beans Assorted Juices Peaches</p>
<p>27 Hot Dog Pinto Beans Cole Slaw Fresh Fruit</p>	<p>28 Sloppy Joes Tossed Salad Potato Salad Ice Cream Cup</p>	<p>29 Salad w/Chicken Strips Oatmeal Raisin Cookies Assorted Juices</p> 		

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

Jonah!

Sight & Sound Theatre, Lancaster County, PA



Date: Wednesday, March 28, 2012

Registration begins: January 1

Fee: \$108, includes transportation, show and dinner

Bus Departs: SPSC 7:30 a.m.
CPSC 8:00 a.m.
NBSC 8:30 a.m.

Returns: Approximately 9 p.m.

Prepare yourself for a fun-filled day in Lancaster County, PA. First, immerse yourself in one of Sight and Sound Theatre's most extreme, fun-filled productions yet - ***Jonah!*** Experience incredible sets, elaborate costumes, realistic scenes and special effects, as Jonah and the whale come to life right in front of you! Then, enjoy a wonderful dinner at one of Lancaster County's Amish-style restaurants.

Martin Luther King Memorial and Cherry Blossoms



Washington, D.C.

Date: Wednesday, April 11, 2012

Registration begins: January 1

Fee: \$46, includes transportation and lunch

Bus Departs: SPSC 9:00 a.m.
CPSC 9:30 a.m.
NBSC 10:00 a.m.

Returns: Approximately 3 p.m.

Visit the newest memorial on the National Mall in the spring when the cherry trees are in bloom. The Martin Luther King Memorial is a quiet and receptive space, yet powerful and emotionally evocative, reflecting the spirit of the message Dr. King delivered and the role he played in society. Its location, at the northeast corner of the Tidal Basin, makes an ideal setting for enjoying the pink and white beauty of Washington's famous cherry blossoms. Afterward, off to Union Station for lunch at *Thunder Grill* and shopping.

Looking Ahead...

Here are highlights of some of the future 2012 trips:

May - Hillwood Estate, Museum and Gardens in Washington, D.C.

June - Chesapeake Bay Lighthouse Cruise and Lunch, leaving from Annapolis, MD

July - Ford's Theatre Museum Tour in Washington, D.C.

Please Note: The senior center hours are Monday - Friday, 8:30 a.m. - 4:30 p.m.

If trips leave before or return after these hours, the center will be closed.

For your safety, if you rely on someone to transport you to and from the center, you may want to ask him/her to stay with you until the bus arrives and return for pick-up 15 minutes ahead of the scheduled bus return.

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 12 (CPSC) and February 9 (CPSC).**

Living Well Workshops - Participants with chronic conditions meet 2.5 hours, once a week for six weeks to learn skills to better manage 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 the Office on Aging 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 is a support group for caregivers of persons with ongoing health conditions, including Alzheimer's and other forms of dementia. PWC 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	Donna Bethge
Food Service Worker	Harry Markward

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	Vacant
Food Service Coordinator	Linda Hofmann
Building & Grounds Worker	John Holman
Custodian	Brenda Jacks

North Beach Senior Center

410-257-2549

Program Specialist II	Ricca Baker
Program Assistant	Kathy Shannon
Ceramics Instructor	Anita Dugan
Office Assistant II	Colleen Cofod
Social Services Coordinator	Elizabeth Leclair
Food Service Coordinator	Mary Johns
Custodian	Phillip Long

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	Joan Carroll



Calvert County Office On Aging
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Prince Frederick, MD 20678