



The Connection



July/August 2010

Inside

Office on Aging News...	1
Menu...	4
Trips...	6
Calvert Pines News	Inserts
North Beach News	
Southern Pines News	
Services...	7
Staff Directory...	8



Senior Arts Competition News

Congratulations to all of the winners in this year's competition! We would like to thank our 2010 judges Jay Batterden, Trisha Hall (Darrow), Rhonda LaFleur, Dave Wardrup and Gerry Wood. We would also like to thank the Arts Council of Calvert County; and the Calvert Pines, North Beach, and Southern Pines Councils for their support. If you have any suggestions for next year's competition, please contact Keri Lipperini by e-mail at lipperka@co.cal.md.us, or by phone at the Office on Aging, 410-535-4606 or 301-855-1170. All comments are welcome!

Congratulations to Elaine Mackall, winner of the Senior Arts Competition People's Choice Award her for beautiful beaded necklace.



From the Division Chief

I hope everyone is enjoying their summer! If you need a cool place to go on those hot and muggy days, please join us at one of the three senior centers. The staff has planned a lot of wonderful activities and programs for July and August, and you can join us for lunch. The senior centers are great places to gather with your friends or meet some new friends.

The Office on Aging Social Service staff will be conducting presentations and providing outreach materials on the new Health Care Reform throughout July and August. The dates and times will be announced at your senior center. Informational materials on the new Health Care Reform law will be available for you. Articles on this topic will also appear in the senior news section of your local newspaper. Please join us for the presentations to learn how the new Health Care Reform law will impact you, a family member or a friend.

Happy Fourth of July!

. 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.

PREVENT SKIN CANCER!

Before you hit the pool, beach or even the backyard this summer, don't forget to protect your skin from the sun. The Calvert County Health Department and Prevent Cancer Foundation want to remind you to practice sun safety while enjoying your favorite outdoor activities.

Did you know that skin cancer is the most common form of cancer, affecting over one million Americans each year?

A recent study by the American Academy of Dermatology found that 76 percent of people do not worry about skin cancer because they think it can be treated easily. However, when melanoma is not detected early, it can be deadly. Skin cancer affects those with all hair, skin and eye colors, even those that never sunburn.

The Foundation recommends these five tips to help reduce your risk:

- **Limit:** Try to avoid sun exposure between 10 a.m. and 4 p.m.
- **Every day:** Always wear sunscreen with UVB and UVA exposure protective formula and with SPF 15 or higher, even on cloudy days.
- **Sunscreen:** Apply at least one ounce, about a shot glass full, of sunscreen at least 20 minutes before going out in the sun and reapply frequently - at least every two hours if in continuous sunlight.
- **Other sun protectors:** Wear sunglasses treated to absorb ultraviolet (UV) radiation, use a lip balm with an SPF of at least 15, and wear tight-weave clothing with long sleeves and a wide-brimmed hat.
- **Tanning beds:** Avoid tanning beds and sun lamps, which provide an additional source of ultraviolet radiation.

For more information on how to prevent skin cancer, go to the Prevent Cancer Foundation's web site at www.preventcancer.org.

Be Smart - Be Safe!

Heat Warning

Summer is here, and with it, rising temperatures and humidity levels. It's time to be aware of your health. Be careful not to get dehydrated, as it can cause serious health problems. Some helpful summer tips to follow: Wear lightweight, light-colored clothing and a hat. Avoid doing errands on hot, humid days. If you must go out, plan to go in the early morning when it is cooler. Drink plenty of fluids; carry water with you. Eat small meals, and eat more often. Avoid foods that are high in protein, and wear sunscreen if you will be in direct sunlight. Contact your health professional if you have any questions about sun exposure while taking certain medications and what symptoms to look for when getting overheated or dehydrated.

In the event there are three consecutive days of a 105° heat index (combination of temperature and humidity), the County Heat Emergency Plan will go into effect. On the third day of that high heat index, effective until the temperature drops, certain County facilities are open to the general public until 7 p.m. To find your nearest county cooling center, please call the Calvert County Courthouse, 410-535-1600 or 301-855-1243. Your senior centers are a great place to beat the heat on a regular basis.

Maryland Energy Assistance Program (MEAP)

MEAP assists eligible individuals and families with a one-time-per-year grant to help pay heating and electric bills. Grants are usually applied to accounts beginning in December. You must be income-eligible to apply. Appointments will be scheduled at each of the senior centers beginning in August. If eligible, please be prepared to provide the following for every person in the home: proof of all monthly income, a social security card, and a photo identification card. You will also need a current heating bill, electric bill, and lease (if renting). For more information, call CPSC 410-535-4606 or 301-855-1170 and ask for Ann Newton, or Tonya Jackson; ask for Liz Leclair at NBSC, 410-257-2549 or SPSC, 410-586-2748.

Lyme Disease Warnings

Ticks transmit Lyme Disease.

Who? Campers, hikers, outdoor workers, and gardeners are at the greatest risk of exposure.

When? During spring and summer months, when ticks are feeding and people are spending more time outdoors, is when the risk is greatest.

It often starts with a large red rash at the site of the bite, followed by flu-like symptoms and fatigue.

Early symptoms include:

- fatigue
- muscle & joint aches
- swollen lymph nodes
- skin rash
- headaches
- chills & fever

Late symptoms (weeks, months, or even years after a tick bite) **include:**

- arthritis
- pain
- irregularities of the heart rhythm
- numbness
- facial paralysis

Minimize your risk :

- Limit your skin exposure by wearing long sleeves, pants that are tucked into socks or boots, and a hat.
- Wear light-colored clothing to more easily spot ticks.
- Shower after all outdoor activities and immediately wash clothing in hot water
- Conduct frequent clothing and body checks for ticks.
- Walk in the center of trails to avoid picking up ticks from overhanging grass and brush.
- Spray your clothing and yard with insecticide tick repellent.

If you have any of the symptoms, contact your doctor. Generally, Lyme Disease can be effectively treated. The sooner treatment begins following infection, the quicker and more complete the recovery.

Calvert County Fair King and Queen



Cast your vote for the King and Queen of the 2010 Calvert County Fair. Ballot boxes will be placed at each senior center throughout the month of August. Stop by and cast your vote to nominate a King and/or Queen to represent each center. One couple will be chosen from each center to compete in September. To qualify, individuals must be aged 55-plus and reside in Calvert County. When making your selections, nominate persons who have served or are currently serving the community through their volunteer efforts or their work. The six nominees will compete for the crown at the Calvert County Fair in September. Winners will receive wonderful prizes!

This event is sponsored by the Calvert County Fair Board. All selections, recognition, and prizes are decided and issued by the Fair Board.

CodeRED

Calvert County has licensed the CodeRED Community Notification System to help disseminate important or critical information to Calvert County residents and businesses in the event of an emergency situation.


All residents should register by going to the Calvert County website at www.co.cal.md.us, clicking on the CodeRED logo located on the left rail of the homepage and entering and/or updating their contact information, including additional phone numbers and text and email addresses, to ensure all of the data in the system is accurate and current.

Anyone who does not have Internet access, can call the Calvert County Division of Emergency Management directly at 410-535-1600, ext. 2638 for assistance.



JULY 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 Fee: Aged 60+ - Donation Under 60 - \$4.50 Reservations are required 24 hours in advance.</p>			1 Ham & Cheese Sandwich Vegetable Soup Three Bean Salad Pickle Pears	2 Hot Dogs Potato Salad Cole Slaw Potato Chips Brownies
5 All Centers Closed For Independence Day 	6 Tossed Salad Marsala Chicken Oven Roasted Potatoes Gravy Kale Banana	7 Meatball Sub Tossed Salad Cauliflower/Broccoli Medley Potato Salad Fresh Fruit	8 Baked Chicken w/Gravy Mashed Potatoes Navy Beans Spinach Biscuit Cranberry Sauce Peaches	9 Ziti w/Meat Sauce Green Beans Italian Bread Ice Cream Sandwich
12 Ham Steak Boiled Potatoes Lima Beans Cabbage Lime Sherbet	13 Taco Salad Cornbread Nacho Chips Oranges	14 Chicken Salad Hard Cooked Egg Lentils Pickle	15 Meatloaf Tomato/Cucumber Salad Rice Broccoli Pineapple Tidbits	16 Fried Chicken Mashed Potatoes Spinach Biscuit Cranberry Sauce Peaches
19 Hot Dog on Bun Carrots Cole Slaw Chocolate Pudding	20 Sloppy Joes Tossed Salad Baked Beans Potato Salad Ice Cream Cup	21 Chicken Tenders Salad Pickles Breadsticks Oatmeal Raisin Cookies	22 Spaghetti w/Meat Sauce Salad Parmesan Cheese Limas Beans Fresh Fruit	23 Pulled Chicken Sandwich Tossed Salad Mixed Vegetables Fresh Fruit
26 Yankee Pot Roast w/ Roasted Carrots, Peas & Onions Whipped Potatoes Biscuits Banana Cake	27 Pork Chop w/Gravy Spiced Apple Ring Mashed Sweet Potatoes Brussels Sprouts Fresh Fruit	28 Pork BBQ Baked Beans Carrots Cole Slaw Brownies	29 Salmon Cakes Rice Black Beans Spinach Peaches	30 Spaghetti w/ Meat Sauce Tossed Salad Italian Green Beans Italian Bread Fresh Fruit



AUGUST EATING TOGETHER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">2</p> Chicken Rotisserie Vegetable Rice Medley Lima Beans Fresh Fruit	<p style="text-align: center;">3</p> Cold Roast Beef Sandwich Corn Chowder Pears	<p style="text-align: center;">4</p> Braised Liver w/Onions Whipped Potatoes w/Garlic Kale Pumpernickel Bread Fruit Cocktail	<p style="text-align: center;">5</p> Vegetable Lasagna Tossed Salad Black Beans Garlic Bread Pineapple	<p style="text-align: center;">6</p> Turkey Breast Mashed Potatoes Green Beans Cranberry Sauce Stuffing Pumpkin Pie
<p style="text-align: center;">9</p> Hot Roast Beef Sandwich Gravy Mashed Potatoes Lima Beans Apricots	<p style="text-align: center;">10</p> Ham & Cheese Sandwich Mixed Vegetables Three Bean Salad Lemon Meringue Pie Pickle	<p style="text-align: center;">11</p> Catfish Fingers Cole Slaw Hush Puppies or Cornbread Pinto Beans Pineapple	<p style="text-align: center;">12</p> Turkey a la King Rice Salad Corn Biscuit Assorted Cookies Fresh Fruit	<p style="text-align: center;">13</p> Tuna Salad Sandwich Bowtie Pasta Salad Pickled Beets Chocolate Chip Cookies Peaches
<p style="text-align: center;">16</p> Barbecue Pork Loin Brown Rice Medley Carrots Baked Beans Mandarin Oranges	<p style="text-align: center;">17</p> Marsala Chicken Oven Roasted Potatoes Kale Banana	<p style="text-align: center;">18</p> Meatball Sub Tossed Salad Cauliflower/Broccoli Medley Potato Salad Fresh Fruit	<p style="text-align: center;">19</p> Baked Chicken w/Gravy Mashed Potatoes Navy Beans Spinach Biscuit Cranberry Sauce Peaches	<p style="text-align: center;">20</p> Ziti w/Meat Sauce Green Beans Italian Bread Ice Cream Sandwich
<p style="text-align: center;">23</p> Ham Steak Boiled Potatoes Lima Beans Cabbage Lime Sherbet	<p style="text-align: center;">24</p> Taco Salad Cornbread Nacho Chips Oranges	<p style="text-align: center;">25</p> Chicken Salad Hard Cooked Egg Lentils Pickle Pear	<p style="text-align: center;">26</p> Meatloaf w/Gravy Tomato/Cucumber Salad Rice Broccoli Pineapple Tidbits	<p style="text-align: center;">27</p> Fried Chicken w/Gravy Mashed Potatoes Spinach Biscuit Cranberry Sauce Peaches
<p style="text-align: center;">30</p> Hot Dog Carrots Cole Slaw Chocolate Pudding	<p style="text-align: center;">31</p> Sloppy Joes Tossed Salad Baked Beans Potato Salad Ice Cream Cup			

Trips



= little to no walking



= moderate walking



= strenuous walking

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.

Riverside Center - *Chicago*

Date: Wednesday, September 29



Fee: \$72 (includes bus, show and dinner)

Bus Departs: NBSC - 9:00 a.m.; CPSC - 9:30 a.m.; SCC - 10:00 a.m.

Bus Returns: Approximately 6:00 p.m.

Register now for the bus trip to Fredericksburg, VA to see the widely acclaimed musical "Chicago" at the Riverside Center Dinner Theater. This show, depicting the shady side of life in the Windy City during the 1920s, has become an icon of the American Musical scene since its debut over 30 years ago. Told through a series of vaudeville routines, the story sets the tone with the electric song, *All That Jazz*. It continues with Roxie Hart shooting her lover and the ensuing jury trial that takes multiple twists and turns, including Roxie's feigned claim of impending motherhood and her shyster attorney manipulating the media and winning her acquittal. Fresh from its highly successful ongoing national tour, and specially released to Riverside Center, this show will alternately amuse, shock, and charm you into its ever-widening circle of ardent admirers! The menu will include entrees of Barbeque Citrus Pork Chop, Baked Tandoori Chicken Breast, and Broiled Parmesan-Encrusted Tilapia, all served with a vegetable medley and "baby bakers"; or Oven Baked Spaghetti with marinara sauce and parmesan-mozzarella cheese crust. Dessert will be a choice of Orange Creamsicle Cheesecake or Strawberry Amaretto Cake. All meals include a fresh house salad and hot cornbread.

Fall Foliage Train Ride

Date: Friday, October 22



Fee: \$92 (includes bus, train ride and lunch)

Bus Departs: SPSC- 6:00 a.m.; CPSC- 6:30 a.m.; NBSC- 7:00 a.m.

Bus Returns: TBD

The 1916 steam locomotive "Mountain Thunder" takes passengers on a fall foliage scenic tour between Cumberland and Frostburg in beautiful Western Maryland. The train journeys to Frostburg where you will have the opportunity to stretch your legs, visit local shops, and see the train turn around. First class seating includes lunch and gratuities. Menu selection must be made when you register for the trip.

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., July 15(SPSC) and August 12(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**.

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**.

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**.

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	Phillip Long
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
450 West Dares Beach Road
Prince Frederick, MD 20678