



THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

November/December 2023

INSIDE

Office on Aging News....1, 2, 3, 6
 Menu4, 5
 Calvert Pines News
 North Beach News
 Southern Pines News.....Inserts
 Services7
 Staff Directory 8



Happy Holidays!

During this joyful season, we extend our heartfelt thanks for your support. It is a privilege to serve the older adults in our community. We are truly grateful for you entrusting us with the responsibility to serve you.

Wishing you joy, peace, and good health this holiday season and throughout the coming year.

Save the Date for a Festive Holiday Luncheon!

Get ready to usher in the holiday spirit with joy, laughter, and delicious treats at your local senior center's Holiday Luncheon! Mark your calendars for **Friday, December 15**, when each senior center will be transformed into a haven of holiday spirit starting at noon.

To ensure you don't miss out on this celebration, remember to secure your spot by **Tuesday, December 5**. Call the senior center of your choice today and reserve your seat for a delightful afternoon filled with festive cheer.

For our friends eager to join the holiday festivities at North Beach Senior Center, kindly reach out to Calvert Pines Senior Center to reserve your seat.

We can't wait to celebrate the season with you – see you there!



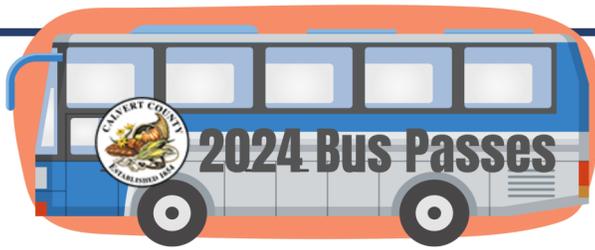
Board of County Commissioners

From Left: Commissioners Mike Hart, Catherine M. Grasso, Earl F. "Buddy" Hance, Mark Cox, and Todd Ireland.

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

www.calvertcountymd.gov ooamailbox@calvertcountymd.gov

Senior services are accessible to individuals with disabilities



We work closely with Calvert County Public Transportation to ensure eligible seniors receive free bus passes each year. Bus passes can be used for all local routes, including Charlotte Hall.

Age requirement: 60+

Income requirement for one person: \$1950

Income requirement for a couple: \$2650

Passes will be available at each sites by December 20. Call Tunya Taylor at 410-535-4606 for more information. If you received a pass in 2023, a pass will be made for you for 2024. New applicants must complete a form which is available at each Senior Center.

Medicare Part-D Open Enrollment (Oct. 16-Dec. 7)

If eligible, you have the opportunity to review and sign up for the right prescription plan for you in 2024. Limited appointments are available at Calvert & Southern Pines Senior Centers only due to the closure of North Beach Senior Center.

- Calvert Pines Senior Center: 410-535-4606
- Southern Pines Senior Center: 410-586-2748

Telephone appointments are available by speaking to Medicare staff at 1-800-633-4227.



Thank you, Veterans!

Quilt of Valor Presentation Thursday, November 9 | 11 a.m.

Witness the heartwarming Quilt of Valor Presentation at Southern Pines Senior Center. These quilts are a symbol of our nation's gratitude and serve as a tangible reminder of the appreciation we hold for our veterans. Join us in honoring their service and sacrifice to a few service men & women.

Call Southern Pines at 410-586-2748 to register for this event.

Team Excellence Award

On September 19, the Board of Calvert County Commissioners congratulated several members of the Office on Aging with a Team Excellence Award.

The recipients, including case managers Rochelle Butler, Terri Gunkel, Amanda Seymour, Jean Muggli, Kimberly Phillips, and Angalise Brinkley, work hard to ensure older adults receive necessary care. They visit seniors, assess needs, connect them with resources, and often manage complex cases with patience and compassion.

Congratulations to the entire team!



Become a Tax-Aide Volunteer

Our AARP Tax-Aide program is seeking volunteers to serve as tax counselors to prepare, review, and e-file 2023 tax returns in 2024. The program is also in need of a volunteer district coordinator.

All Tax-Aide volunteers will need to pass the IRS & Maryland certification tests. Training will be offered in January 2024 in St. Mary's or Anne Arundel Counties. Call Patti Ryon at 410-535-4606 ext. 8778 for more information.

Inclement Weather Policy

If the Calvert County Courthouse is open, the Office on Aging will operate as usual. Stay updated through:

- Calvert County Government Website
- Calvert County Office on Aging Facebook Page

Please note that some class instructors have their own snow policies. It's advisable to check with them directly regarding their specific procedures during inclement weather.

November: Honoring Family Caregivers

November is National Family Caregivers Month, a time to recognize the unwavering dedication of millions who support elderly and ill loved ones. This year's theme, "Caregiving Around the Clock," highlights their tireless efforts. It's crucial for caregivers to prioritize their well-being amidst their responsibilities. With over 65 million caregivers in the U.S., self-care is paramount.

Here are some tips for caregivers:

1. **Schedule Time for Yourself:** Set aside moments for personal activities, whether it's a movie night, coffee with a friend, workout, or even a short nap. Prioritize your health.
2. **Utilize Technology:** Embrace modern tools to ease your workload, from apps to devices, while ensuring a personal touch remains in caregiving.
3. **Accept and Seek Help:** Don't hesitate to accept assistance or ask for it. Specify your needs clearly, allowing caregiving to become a collaborative effort.
4. **Stay Organized:** Keep medical information and legal documents in one accessible place, providing peace of mind for everyone involved.

To those not directly caregiving, take this opportunity to express gratitude to a family caregiver in your life. For caregiving support, reach out to Lisa Caudle, Long Term Care Manager, at 410-535-4606, ext. 8755, or lisa.caudle@calvertcountymd.gov through the Office on Aging.



Dementia Live Program: An Experience for Caregivers

In collaboration with *Hospice of the Chesapeake*, we will provide a free, unique inside-out understanding of dementia and the aging process.

Through the use of specialized gear, participants will gain a heightened awareness of the challenges associated with living with dementia through this real-life simulation experience. You will leave with valuable tips and tools to improve communication and connection.

Date & Time: Monday, November 13, 9-11:30 a.m.

Location: Burnett Hospice House
4559 Sixes Rd., Prince Frederick

Register: Contact Lisa Caudle,
410-535-4606, ext. 8755
lisa.caudle@calvertcountymd.gov



SMECO's Heartfelt Support: A Beacon Against Senior Food Insecurity

SMECO recently donated \$2,500 to Calvert Meals on Wheels (CMOW), demonstrating their commitment to fighting senior food insecurity. This contribution, presented by SMECO's CEO Sonja Cox, exemplifies their dedication to the community. We, along with CMOW, express our gratitude for SMECO's ongoing support, giving us the opportunity to provide meals and companionship to homebound adults.

Looking to serve those in need? CMOW is looking for volunteer drivers, route coordinators and board members. Call 410-535-4606 if interested.



NOVEMBER 2023 MENU

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please consider your contribution carefully to help the Office on Aging meet increased costs.</p> <p>Fee:</p> <ul style="list-style-type: none"> • Aged 60+: \$3 suggested donation • Under 60: \$5 made at registration. <p><i>Reservations are required 24 hours in advance.</i></p>		<p>1</p> <p>Pork Loin Mashed Potatoes Gravy Seasoned Spinach Seasonal Fruit Dinner Roll Apple Juice</p>	<p>2</p> <p>Salmon Patty Rosemary Potatoes Pickled Beets Apple Crisp Orange Juice</p>	<p>3</p> <p>Savory Baked Chicken Scalloped Potatoes Baby Lima Beans Dilled Carrots Chilled Pears V8 Juice</p>
<p>6</p> <p>Chicken Parmesan Tomato Sauce Buttered Spaghetti Green Beans Chilled Peaches Dinner Roll</p>	<p>7</p> <p>Pork Chops Mushroom Sauce Mashed Sweet Potatoes Steamed Broccoli Seasonal Fruit Dinner Roll Orange Juice</p>	<p>8</p> <p>Meatloaf Patty Mashed Potatoes Gravy Creamed Spinach Baby Lima Beans Seasonal Fruit Dinner Roll</p>	<p>9</p> <p>BBQ Pulled Pork Sandwich Macaroni & Cheese Three-Bean Salad Garden Salad Italian Dressing Chilled Pineapple V8 Juice</p>	<p> 10</p> <p><i>CLOSED FOR OBSERVANCE OF VETERANS DAY</i></p>
<p>13</p> <p>Chicken Marsala Buttered Spaghetti Seasoned Broccoli Winter Squash Pears Dinner Roll</p>	<p>14</p> <p>Roasted Turkey Gravy Bread Dressing Sweet Potatoes Cranberry Relish Collards Grape Juice</p>	<p>15</p> <p>Meatloaf Mashed Potatoes Buttered Greens Garden Salad Italian Dressing Mandarin Oranges Dinner Roll</p>	<p>16</p> <p><i>Thanksgiving Parties!</i> Turkey & Gravy Bread Dressing Sweet Potatoes Cranberry Relish Collards Grape Juice Pumpkin Pie</p>	<p>17</p> <p>Salmon Patty Herbed Orzo Pasta Sautéed Zucchini Carrots Seasonal Fruit Dinner Roll</p>
<p>20</p> <p>Herbed Pork Loin Roasted Potatoes Parsley Cauliflower Vegetable Blend Tropical Fruit Dinner Roll</p>	<p>21</p> <p>Beef Tips Mushrooms Gravy Seasoned Noodles Glazed Carrots Lemon Asparagus Chilled Pineapple Dinner Roll</p>	<p>22</p> <p>Penne Pasta with Meat Sauce Balsamic Brussels Garden Salad Ranch Dressing Chilled Apricots Dinner Roll</p>	<p>23</p> <p></p> <p><i>CLOSED FOR OBSERVANCE OF THANKSGIVING</i></p>	<p>24</p>
<p>27</p> <p>Salisbury Steak Gravy Mashed Potatoes Green Beans Seasoned Spinach Chilled Pineapple Dinner Roll</p>	<p>28</p> <p>Garlic & Sage Chicken Thighs Au Gratin Potatoes Buttered Greens Parslied Carrots Applesauce Dinner Roll</p>	<p>29</p> <p>Baked Ziti Marinated Broccoli Garden Salad Italian Dressing Seasonal Fruit</p>	<p>30</p> <p>Liver & Onions Mashed Potatoes Peas & Mushrooms Seasoned Zucchini Mandarin Oranges Dinner Roll</p>	<p>All meals are subject to change.</p> <p>Foods may contain allergens such as eggs, wheat, and soy.</p>

DECEMBER 2023 MENU

Lunch is served Monday-Friday at 12 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please Note:</i></p> <p>If Calvert County schools are closed or if there are government delays, staff-prepared meals will be provided. In case of school delays, the planned menu will still be served.</p>				<p>1</p> <p>Spinach Baked Fish Navy Beans Cream Style Corn Roasted Cauliflower Tomato Juice Dinner Roll</p>
<p>4</p> <p>Baked Ham Au Gratin Potatoes Seasoned Cabbage Savory Carrots Applesauce Dinner Roll</p>	<p>5</p> <p>Roast Beef Black-Eyed Peas Maple Roasted Sweet Potatoes Brussels Sprouts Chilled Apricots</p>	<p>6</p> <p>Chicken Cordon Bleu Mashed Potatoes Gravy Winter Squash Seasoned Broccoli Tropical Fruit Dinner Roll</p>	<p>7</p> <p>Roasted Turkey Bread Dressing Gravy Spinach & Kale Tangerine Cranberry Juice Dinner Roll</p>	<p>8</p> <p>Cheese Ravioli Marinara Sauce Seasoned Spinach Chilled Pineapple Dinner Roll Grape Juice</p>
<p>11</p> <p>Chicken Parmesan Buttered Spaghetti Tomato Sauce Italian Green Beans Tuscan Vegetables Chilled Pineapple Dinner Roll</p>	<p>12</p> <p>Sweet & Sour Pork Brown Rice Glazed Carrots Seasoned Broccoli Applesauce Dinner Roll</p>	<p>13</p> <p>Beef Lasagna Brussels Sprouts Garden Salad Italian Dressing Tropical Fruit Dinner Roll</p>	<p>14</p> <p>BBQ Chicken Thighs Macaroni & Cheese Snap Peas Seasoned Kale Chilled Apricots Dinner Roll</p>	<p><i>Winter Parties!</i> 15</p> <p>Roast Beef Mashed Potatoes Gravy Savory Carrots Green Beans Apple Crisp Grape Juice Dinner Roll</p>
<p>18</p> <p>Jambalaya Buttered Greens Maque Choux Applesauce Dinner Roll</p>	<p>19</p> <p>Apricot Glazed Pork Mashed Potatoes Gravy Collard Greens Seasoned Okra Pineapple Slices Dinner Roll</p>	<p>20</p> <p>Swedish Meatballs Egg Noodles Cauliflower & Red Peppers Seasoned Carrots Seasonal Fruit Dinner Roll</p>	<p>21</p> <p>Rosemary Chicken Wild Rice Pilaf Steamed Broccoli Winter Squash Blushing Pears Dinner Roll</p>	<p>22</p> <p>Tuna Patty Sandwich Tartar Sauce Baked Beans Seasoned Beets Italian Green Beans Tangerine</p>
<p>25</p> <p><i>CLOSED FOR OBSERVANCE OF CHRISTMAS</i></p>	<p>26</p> <p>Braised Pork Chop Navy Beans Red Cabbage Brussels Sprouts Banana Dinner Roll</p>	<p>27</p> <p>Meatloaf Mashed Potatoes Buttered Greens Garden Salad Italian Dressing Mandarin Oranges Dinner Roll</p>	<p>28</p> <p>Chicken Quarter Glazed Sweet Potatoes Collard Greens Chilled Apricots Pineapple Juice Dinner Roll</p>	<p>29</p> <p>Salmon Patty Herbed Orzo Pasta Sautéed Zucchini Carrots Seasonal Fruit Dinner Roll</p>

Nutrition News with Sheila

November is National Diabetes Month! Has the doctor said “your sugar is a little high?” What exactly is a “high” sugar? What makes your sugar “go up?” Here are some tips to keep your blood sugar in the target range.

- Skip the sugar: There is no need to add sugar to foods, eliminate soda, juice, and sweet tea, and limit foods high in sugar, such as cake & cookies.
- Drink lots of water: Water is an essential nutrient; we need about 8 – 10 glasses daily. Try adding fruit or mint for extra flavor.
- Move more: Increasing activity can be as simple as turning on the radio and dancing, walking outdoors, or joining a stretching class. Check the calendar inserts for days and times.
- Don't stress: It's been proven that worrying raises your blood glucose. Focus on the positive!
- Know your ABC's: The American Diabetes Association recommends that you get in control by knowing your **A**1c (three-month blood glucose), **b**lood pressure, and **c**holesterol. Talk to your doctor about what those numbers should be.

Keen to discover ways to manage your Type -2 Diabetes or Prediabetes? Join our free, evidence-based program, Living Well with Diabetes. Dial 410-535-5400 ext. 355 to inquire about the 2024 workshops scheduled at your nearby senior center.

Shop & Support!

Discover something special at our senior centers' unique gift shops, each curated and managed by the Senior Council from that center. It's not just about fantastic finds; your purchases directly support programs and entertainment at your local senior center.

Please consider these gift shops for your holiday shopping and join us in supporting our vibrant senior centers.

Happy shopping and supporting!



Senior Center Closures

Calvert County Senior Centers will be closed:

- Veterans Day: November 10
- Thanksgiving: November 23-24
- Christmas: December 25

North Beach Senior Center closure:

On Monday, October 16, the North Beach Senior Center closed for preventive maintenance repairs. The closure is expected to continue through mid-to-late November. A reopening date will be released when available.

Seniors receiving home-delivered meals will continue to receive their meals. For those wishing to participate in programs or have lunch, we encourage you to visit the Calvert Pines and Southern Pines Senior Centers.

Public transportation between North Beach and Calvert Pines Senior Center is available; for transportation details, call 410-535-1600 ext. 2360.

Seniors residing in northern Calvert County seeking information and assistance can contact Calvert Pines Senior Center at 410-535-4606.

We appreciate your understanding and cooperation during this period. Thank you.

Grief & Loss Support Groups

Senior centers, in collaboration with Hospice of the Chesapeake, offer a compassionate environment for older adults coping with grief and loss, especially during challenging times like the holidays. Led by experienced professionals, these support groups provide understanding and valuable resources. Please refer below for specific dates and times at each senior center.

Calvert Pines Senior Center:

November 21, 1 p.m.

December 19, 1 p.m.

Southern Pines Senior Center:

November 14, 2 p.m.

December 12, 2 p.m.

North Beach Senior Center:

December 6, 1 p.m.



SERVICES

Call 410-535-4606 for more information.

Behavioral Health Counselor- In collaboration with Calvert County Health Department, a counselor is available Tuesday at Southern Pines Senior Center, Wednesday at North Beach Senior Center, Thursday and Friday at Calvert Pines Senior Center.

Caregiver Services - Information, a quarterly newsletter, and limited respite funds are available. Contact Lisa Caudle for more information.

Community First Choice - Assists adults aged 18-plus to remain in the community or return to the community from long-term care placement. Contact Lisa Caudle for more information.

Guardianship - Information is provided on private and/or public guardianship. Contact Amanda Seymour or Lisa Caudle.

Legal Aid Bureau - Attorney services are available by appointment for those aged 60-plus regarding SSI, benefit denials, disability payments, Social Security and SSI overpayments, debtor and consumer problems, advance directives, and tenant issues. **An attorney will be available at Calvert Pines Senior Center, November 9 and December 7, 10 a.m. –12 p.m. Call for an appointment.**

Long Term Care Ombudsman - An advocate is available for residents of long-term care facilities. For more information contact Amy Boucher.

Maryland Access Point - Provides options for counseling and information/assistance for senior services, benefits, and resources.

Calvert Pines: Jenna Cisse, Jessica Long, Kristy Matchett, Laura Hardesty

Southern Pines: Laura Hardesty -Thursdays & Fridays

North Beach: Kristy Matchett - Thursdays & Fridays

Meals On Wheels (MOW) - Midday meals are provided for persons who are homebound and unable to prepare a meal for themselves. For more information, contact Sheila Gallagher or Harry Markward.

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, contact Lisa Caudle.

SHIP (State Health Insurance Program) -Staff are available to provide information and assistance with health insurance issues. For more information, contact Jessica Long, Jenna Cisse, or Kristy Matchett.

Senior Medicare Patrol (SMP) - Education and prevention against suspected Medicare abuse and fraud. For more information, contact Jessica Long.

Meals on Wheels Board Members

Fred Baumgartner, Lora Culver,
Donna Deale, Steven Dorman,
Bruce Hance, Michael Hawkins,
Randy Holt, Traci King, Karen
Lawrence, Charlie Pritchard,
Linda Rhodes, Corey Robertson,
Hope Sayles, John Stone

Commission on Aging Members

Deanna Carlson, Noelle Flaherty,
Elizabeth Foster, Sudha Haley,
Charles Harrell, Christy Jones,
Terry Long, Deb Mikell, Margaret
Phipps, Andrea Thomas, Sarah
Strauss, Anne Weems, Christine
Wilson, Harriet Yaffe

Friends of Calvert County Seniors Members

Beverly Butler, Vickey Balderson,
Noelle Flaherty,
Shelby Oller, Connie Watts



CALVERT COUNTY OFFICE ON AGING (OOA) STAFF DIRECTORY

450 West Dares Beach Road, Prince Frederick MD 20678

OOA Administration 410-535-4606

Director of Comm. Resources	Jennifer Moreland
Division Chief	Ed Sullivan
Client Services Manager	Tunya Taylor
Fiscal Manager	Patti Ryon
Long Term Care Manager	Lisa Caudle
Program Manager	Kristy Owen
Long Term Care Coord.	Amy Boucher
Long Term Care Advocate	Larry Harvey
Account Tech II	Suzy Meador
Office Specialist II	Liz Youngblood
Food Service Worker	Harry Markward
Aging Svcs. Case Manager	Amanda Seymour
Aging Svcs. Case Manager	Kimberly Phillips
Aging Svcs. Case Manager	Rochelle Butler
Aging Svcs. Case Manager	Terri Gunkel
CFC Supports Planner	Angalise Brinkley
CFC Supports Planner	Jean Muggli
Registered Dietician	Sheila Gallagher

Calvert Pines Senior Center 410-535-4606

Program Specialist	Grace Oller
Program Assistant	Aimee Badeaux-Hamm
Food Service Coord.	Tracey Endrusick
Office Assistant II	Andrew Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Jenna Cisse
Social Services MAP Coord.	Jessica Long
Social Services MAP Coord.	Kristy Matchett
Social Services MAP Coord.	Laura Hardesty
Developmental Disabilities Specialist	Angela Nenno
Developmental Disabilities Aide	Crystal Jones
Building & Grounds Worker	Phillip Long, Sr.
Custodian	Brenda Jacks
Senior Rides Program	Savannah Manning
Senior Employment Program	Julia Forte

North Beach Senior Center 410-257-2549

Program Specialist II	Linda Roberts
Program Assistant	Tammie Messer
Food Service Coord.	Karla Shauver
Office Assistant II	Susan Gorman
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Kristy Matchett
Building & Grounds Worker	Kelly Jones

Southern Pines Senior Center 410-586-2748

Program Specialist	Melinda Gaines
Program Assistant	Anne Sledge
Food Service Coordinator	Sean Riordan
Office Assistant II	Marina Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Laura Hardesty
Senior Employment Program	Vacant

Substitute Staff

Joan Carroll, Donna Edington, Amber Holson,
Barbara Knowles, Karen Moore, Rick Narvell, Vince Somosky

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

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