



THE CONNECTION

Calvert County Office on Aging Newsletter

July 2020



From the Division Chief

Who would have thought we would be closed this long? We certainly did not anticipate this! While we optimistically await seniors returning to our buildings, our staff has worked diligently preparing for reopening the last few months.

First, all buildings have been sanitized thoroughly and are continuously cleaned throughout the week. We are doing our best to keep all facilities as clean as possible. We are also in the process of making minor changes in offices and common areas to ensure the safety of the senior community and our staff.

When you return, you will notice minor bathroom remodeling that has occurred at the North Beach Senior Center, new glass has replaced some of the older "clouded" glass at Calvert Pines and the Southern Pines parking lot has been repaved. We appreciate the Calvert County Buildings and Ground staff and all their efforts. The Office on Aging staff and I appreciate the Meals on Wheels volunteers who have been working with the OOA staff to ensure home delivered meals continued to be served within the community during the pandemic.

Much of the work has occurred "behind the scenes" to continue to provide essential services to seniors in our community. I am so thankful for the efforts of our staff, who have continued to reach out to seniors in Calvert County, as we have done our best to serve you during these unique circumstances.

Finally, we are looking forward to launching online programs soon. You will hear more about this in the coming weeks, and please refer to the Office on Aging web page on the Calvert County Government website for updates.

While the future is uncertain, we are genuinely looking forward to the day when our doors are open to you again. Until then, please let us know if we can assist you in any way.

V/R,
Susan Justice
Division Chief

Summer Safety Tips

Ahhh....summertime! Usually, summers are filled with barbecues, family picnics, pools, the beach, nature hikes, senior centers and...the summer heat. Although summer activities looks different this year, the summer heat is still the same -- hot! As we age, it is so important to consult with our doctors about our health condition and medicines, particularly in the summer.



Here are a few additional safety tips:

1. **Stay hydrated.** Keep in mind, the more you sweat, the more you should drink. If your doctor has advised you to limit your liquids, ask them how you should handle hydration. Drink plenty of water. Needs vary, but the traditional recommendation is eight glasses of water each day.
2. **Stay informed.** Listen to the weather report. If the temperature and humidity is high or an air pollution alert is in effect, you should strongly consider staying inside.
3. **Stay cool.** Keep your home as cool as possible. In addition to using your air conditioning and fans, consider keeping your shades or blinds closed during the heat of the day.
4. **Stay protected.** Apply sunscreen at least 30 minutes before you go outside. The American Academy of Dermatology recommends a sunscreen with an SPF of 30 or higher. Reapply as necessary.
5. **Stay smart.** Listen to your body. If you are feeling dizzy, have a headache, or are feeling cold, find a shaded area or get indoors as soon as possible to cool down.

As always, consult your physician for what is best for you. Stay safe and enjoy your summer!

Best Fruits to Fight Arthritis

As we all know, fruits have important health benefits. What better time to enjoy local, delicious fruits than during the summer months? Some of the best fruits for people with arthritis are:



Tart cherries – Studies have found that these may relieve joint pain in people with osteoarthritis and lower the risk in those with gout. In addition, they may improve the quality of sleep we receive each night!

Strawberries – Vitamin C can lower the risk of gout and high blood pressure. Did you know strawberries have more Vitamin C per serving than an orange? Enjoy this summertime favorite!

Red Raspberries – Also high in Vitamin C, research shows that red raspberries can help prevent heart disease and stroke.

Watermelon – These are great for hydration and weight management, due to the high amount of water in this summer treat. Studies show that watermelon could reduce heart attack risk and the risk of rheumatoid arthritis.

Grapes – These little treats have been linked with lowering inflammation and can improve the function of blood vessels.

Information taken from the [Arthritis Foundation](#).

Boxed Food Pick-Up Day

We will hold a boxed food pick-up day for senior citizens **Wednesday, July 29, 9:30 - 11:30 a.m.** at each senior center. Each box contains shelf-stable foods such as pasta, canned goods and rice, along with other items.

Seniors must do the following:

- Call the center where you want to pick up the box of food to confirm that you plan on picking up a boxed meal. Please provide your name and phone number.
 - Provide photo identification on the day of the event.
 - Seniors will not be allowed into the facilities. It is a “**drive-up**” event to be held at the parking lot of the senior centers.
 - If the event is canceled due to inclement weather, each senior center will contact those who have pre-registered to arrange pick-up at a later date.
 - Masks must be worn to protect everyone involved.
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National Senior Citizen Day

We hope to see you!

In August 1988, President Ronald Reagan issued a proclamation declaring “National Senior Citizens Day.” With this in mind, we hope to see you for “National Senior Citizens Day” this year.

We invite all seniors to **drive through** our senior center parking lots on **Friday, Aug. 21, from 9:30 a.m. to noon** so our staff can say hello to you and provide you with a goodie bag of various items. What will be in each bag? You will have to show up to find out! No need to register, simply show up on the day of the event. We hope to have enough goodie bags for everyone, but they will be distributed on a first come, first served basis while supplies last. We can’t wait to see you!

On the day of the event, we ask a few things of you:

- Please do not park and congregate in the parking lot.
- Please wear a mask when our staff approaches your vehicle, as our staff will do the same.

If we have to cancel the event due to inclement weather, it will be rescheduled for Monday, Aug. 24, 9:30 a.m. to noon.

See you on Friday, Aug. 21 at one of our senior centers!

Keeping Family Together

During COVID-19: A Checklist

During the 2008 Financial Crisis, the housing market and economy collapsed. Finances were decimated and adult children moved back in with their parents. Cases of elder abuse involving physical, emotional and financial harm soared. As a result of COVID-19, we are seeing an increased risk of similar trends. Let’s learn from the past, so that we can prevent similar mistakes ahead.

Prevent Physical and Emotional Abuse

Even in the most genial of families, close quarters and changes in living situations may heighten emotions, potentially contributing to family discord. Efforts can be made to reduce tensions and promote a healthy and safe environment for all.

1. Discuss physical boundaries and household norms to respect one another's space.
2. Communicate calmly. It is natural to feel unsettled and on edge. Recognize and acknowledge these emotions.
3. Engage in individual hobbies or family activities that can help reduce anxiety and bring you joy.
4. Take time to exchange stories about your family and growing up. Share your funniest, happiest and most embarrassing memories.
5. Share household chores and ask "How would you like this done?"
6. Make sure to take time out for yourself; exercise or go for a walk.
7. Create an enjoyable and productive daily routine.

Prevent Financial Abuse

If loved ones are moving back in together, encourage open communication from the onset and form an agreement of plans prior to move in day. Hopefully this is a temporary situation, but should it continue, it is best to communicate from the very beginning, to eliminate the risk of misunderstandings due to unspoken expectations.

1. Establish a task list and schedule for errands, cleaning and other household chores.
2. Discuss if or how you plan to pool funds and allocate expenses.
3. Respect family members' privacy, including their confidential financial information and resources.
4. Consider if it is appropriate to enter into protective financial arrangements like powers of attorney.

Communication is key. Don't be afraid to establish boundaries and promote a healthy living environment for all.

A Checklist: Starting the Conversation

Keep your family from conflict by engaging in thoughtful conversations in the beginning to avoid awkward conversations later. Prior to moving, discuss expectations:

- Maintain courtesy, respect, gratitude, and openness while communicating.
- Forecast duration, formulate an exit plan, put it in writing and have everyone sign.
- Establish individual or shared living spaces and storage of excess belongings.
- Determine payments for rent and utilities.
- Discuss whether groceries will be purchased on an individual basis or shared.
- Make a chore list to determine who will do laundry, shopping, medication runs, transportation, cooking or cleaning activities.
- Consider the need to change existing financial arrangements such as personal banking, managing bills, and permitting access.
- Discuss shared transportation, driving responsibilities, and management of costs; considering shared arrangements, driving responsibilities, and insurance costs.
- Determine if there is a need for medication management.

It is natural to be stressed during these times. When it comes to family matters, envisioning a checklist and making carefully planned decisions can foster respect and a healthy living environment.

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volunteers who have continued to deliver frozen meals faithfully throughout the last few months. Your efforts are appreciated and do not go unnoticed.

Thank you!

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