



THE CONNECTION

Calvert County Office on Aging Newsletter

August 2020



From the Division Chief

We are approaching the final days of summer, as September is just around the corner. The Office on Aging continues to work hard assisting the seniors in our community. Meal delivery continues to seniors on a weekly basis. The Office on Aging staff and Meals on Wheels volunteers have delivered nearly 20,000 meals to seniors since our doors were closed back in March. Our long-term care team and client services staff members continue to assist seniors on a daily basis. Our custodial staff have cleaned our facilities throughout our closure, and our fiscal staff ensure that vendors are paid and orders are placed for new items to help us serve you more effectively in the coming days.

Our Virtual Senior Center has launched! Our programming team has worked hard to bring you exercise classes, nutrition tips, recipe demonstrations, and even entertainment! Please go to the Office on Aging webpage and click on "Virtual Senior Center" to access the various videos our team has created. We want to thank not only our staff, but our volunteers who have assisted in our programming efforts. Click [here](#) for the link.

Please do not forget about completing the Census for 2020. This is important for our

community, and let me encourage you to file for the Census as soon as possible.

We hope to see you for National Grandparents Day which we will celebrate on Monday, September 14, at each of our centers. Please see inside this issue of The Connection for details.

Please reach out to us at 410-535-4606 if we can be of assistance to you. Stay healthy and stay safe!

V/R,
Susan Justice
Division Chief

Mama Linda's Summer Mac Salad

On our Virtual Senior Center, you can see “Mamma Linda” from the North Beach Senior Center show you how to make a delicious summer macaroni salad. See the demonstration [here!](#) The recipe can be viewed [here](#). Hope you enjoy it!



Virtual Senior Center

Our Virtual Senior Center has launched and is available for viewing! Currently, we have exercise classes, safety tips, nutrition education, and a recipe demonstration and some live entertainment available. Entertainment videos include staff member Brian Ward on guitar, and Kristy Alleva on the cello. Former Calvert County resident and Nashville entertainer Ashley Gaines sings a few songs for us. Ashley is the daughter of Office on Aging Staff member Melinda Gaines. Ashley is accompanied by her brother Brandon Gaines. You can read about Ashley here <https://www.ashleygainesmusic.com/>. Videos will continue to be added! Your positive feedback or constructive criticism is welcome.

Please email Ed Sullivan at edward.sullivan@calvertcountymd.gov with your comments.

We hope you will enjoy our “Virtual Senior Center,” but we also hope that we can be together again sooner rather than later.

You can access the Virtual Senior Center at www.CalvertCountyMd.gov/VirtualSeniorCenter.



Have you been counted? Did you respond to the 2020 Census? Will you be helping us bring your share of the estimated \$1,800 for each counted person, to Maryland from the Federal Government? We, at the Commission on Aging and the Calvert County's Complete Count Committee (CCC), are “Counting on YOU.” The CCC, chartered by our County



PLEASE HELP. We need your leadership and involvement to reach out to your family, friends, neighbors, and organizations, especially in our lowest response areas, like Chesapeake Beach, North Beach, Prince Frederick, Barstow, St. Leonard, Lusby, and Solomons. If you and others in the county are not counted, we will miss out on

Commissioners, was tasked to educate and encourage involvement of Calvert's organizations, institutions, and commissions, to plan and implement Census 2020 publicity and outreach efforts. Seniors, Veterans, and persons with disabilities are among the historically undercounted groups. Before COVID-19, our CCC members were working in every part of Calvert County, raising awareness and encouraging Census responses. We have been reaching out to Calvert County residents with flyers, newsletters, social media posts, public service videos, phone calls, and every virtual means, to show them the importance of participating.

thousands of dollars in federal funds, which could have been used for assistance to seniors. In 2010, Calvert County's responses rate was 80% of households. For the 2020 Census, the CCC set a goal to increase the response rate to at least 90%. Most of us are volunteers from business groups, citizens and civic associations, faith leaders, educators, non-profit organizations, and local, state and Federal agencies, including the U.S. Census Bureau. Please help us make sure every county resident is counted and bring our fair share of the \$1.5 trillion in Federal funding to our beloved Calvert County.

Featured from Left to Right: Bessie Hoskins, Dr. Sudha Haley, Kathryn Baron, Leonard Winkler, Yolanda Hipski



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 goody 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 goody 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; 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!

National Grandparents Day

In 1978, President Jimmy Carter signed a proclamation saluting the contributions that grandparents make to our families. In light of this, the Office on Aging wants to thank our grandparents by providing a free goody bag at each of our centers.

Monday, Sept. 14, 9:30 a.m. – 11:30 a.m.
Location: Any senior center in Calvert County

Please drive through the senior center parking lot of your choice to let our staff thank you for your contributions to our families and communities. We hope you will enjoy the small token of appreciation you will receive.

See the proclamation from President Carter here:

<https://www.presidency.ucsb.edu/documents/proclamation-4580-national-grandparents-day-1978>

Maryland Legal Aid

The Southern Maryland Office of Maryland Legal Aid is still providing services for seniors. Click on the link for more information: <https://www.mdlab.org/contact-us/#southern-maryland-office>.

CONTACT INFORMATION

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