



# THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

January/February 2023

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### Board of County Commissioners

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

### Make Your Health a Priority in 2023

In partnership with CalvertHealth's Community Wellness Department, each Senior Center hosts free programs geared toward your health. These programs include:



**Mobile Health Center:** Receive blood pressure and cholesterol screenings to stay "in the know" about your numbers. You may also speak with their team about your health and wellness needs.

**Ask the Nurse:** Meet with a Nurse to ask questions and receive a blood pressure screening. Additionally, in February the nurse will present at each center to share ways to keep your heart healthy.

**Ask the Pharmacist:** Meet with a Pharmacist to learn more about your medications and ensure everything works as intended.

**Fitness Friday:** Not sure what to use in our Fitness Rooms or what machine benefits what muscle group? Meet with a Personal Trainer and together create a personalized exercise routine.

To see when these programs will be at each senior center, refer to each center's calendar inserts.

### Do We Have Your Updated Contact Information?



Next time you visit one of the senior centers for lunch or other activities, please complete a new participant form to ensure we have the correct contact information on file.

We also need your cooperation in filling out the Nutrition Survey on page 2 of the form. This survey helps define your nutritional health and is required by the Maryland Department of Aging.

*Thank you for your assistance with completing this form!*

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

[www.calvertcountymd.gov](http://www.calvertcountymd.gov) [ooamailbox@calvertcountymd.gov](mailto:ooamailbox@calvertcountymd.gov)

Senior services are accessible to individuals with disabilities

## AARP Tax-Aide Program

Certified AARP Tax-Aide Counselors will be available February 6 through April 14 to prepare individual federal and state tax returns at no cost for low-to-moderate income citizens ages 50-plus. You do not have to be an AARP member. All individuals on the return must be present and provide identification (SSN card and photo ID). Each of our senior centers will accept calls beginning January 30 to schedule in-person appointments.

Have all documentation necessary to complete your return. This includes last year's complete federal and state tax returns plus any IRS letters or amendments and all wage, pension, bank or other income statements, broker statements and medical, mortgage, real estate, taxes paid and charitable deductible(s) receipts.

**Attention:** If you had any Earned Income Credit, Child Tax Credits or Child Dependent Care credits or 2022 adjustments, you must bring 2020 and 2021 returns and any adjustment documentation. Bring a cancelled/voided check (for proof of direct deposit account) for any electronic refunds/payments.

**Call any Senior Center for an appointment.**

## Have you visited the Bookmobile?

Calvert Library has its own Bookmobile that visits each senior center monthly.

Visit the Bookmobile to:

- Sign-up for a Library Card
- Browse a current collection of books, movies, and games for all ages-*great for when the grandkids visit!*
- Pick-up library holds
- Use their computers and printer
- Return library materials
- Speak with a librarian for recommendations and reference services.

During January and February, in addition to the Bookmobile visit, Calvert Library staff will present more items the Bookmobile offers and can assist you with downloading their App onto your smartphones. The presentation times will be:

**NBSC: January 3, 12:30 p.m.**

**SPSC: January 17, 12:30 p.m.**

**CPSC: February 6, 12:30 p.m.**



## 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 in December. You must be income-eligible to apply. Appointments are being scheduled at each center. Be prepared to provide the following for every person in the home: proof of all monthly income, social security cards, and photo identification cards. You also need a current heating bill, electric bill, and lease (if renting).

**For more information, call 410-535-4606**

## Inclement Weather Policy

If the Calvert County Courthouse is open, the Office on Aging will be open. You may also check the Calvert County Government website and the OOA Facebook page. Class instructors may have their own snow policy; check with them about their snow policy.

Please visit page 4 for the Congregate Meal Program weather policy.

## Long-Term Care Ombudsman Program

What are Ombudsmen? Ombudsmen support and act on behalf of residents in long-term care, including assisted living and nursing homes.

- Ombudsmen have a regular presence in facilities and observes the quality of care of residents.
- Ombudsmen respond to specific complaints made by residents, family members, and staff.
- Ombudsmen are advocates, working to protect the rights and promote the well-being of long-term care individuals.
- Ombudsmen can provide information on whether choosing a long-term care facility is needed for you or a family member.

Calvert County is fortunate to have one full-time and one part-time ombudsman.

For more information or to connect with ombudsman services, contact Amy Boucher at 410-535-4606.

# Senior Center Fun!

## Elvis Day

Friday, January 6

North Beach Senior Center

Celebrate all things Elvis. Dress as Elvis, watch Elvis movies, and, of course, listen to Elvis music all day!



## Line Dancing

Mondays, 11 a.m.

Calvert Pines Senior Center

Dance, exercise, and have fun with others while line dancing each Monday at Calvert Pines.

## Oil Painting Workshop: Cardinals

Friday, January 20, 1 p.m.

Southern Pines Senior Center

Learn the basic techniques of oil painting while you paint a cardinal. Beginners welcome!  
Call 410-586-2748 to register.

## 24U Band Valentine's Day Party

Tuesday, February 14, 10:30 a.m.

North Beach Senior Center

Don't forget your dancin' shoes for this Valentine's Day party! Local band 24U will play all the best dancing songs then stay for a Roast Beef lunch!  
Call 410-257-2549 to register for lunch.

## Valentine's Day Luncheon

Tuesday, February 14, 11 a.m.

Calvert Pines Senior Center

Enjoy a live music performance by Jimi Simon, then stay for a special Valentine's Day luncheon.  
Call 410-586-4606 to register for lunch.



## Staff Vs. Senior Wii Bowling

Friday, February 24, 1 p.m.

Southern Pines Senior Center

Who will take home bragging rights, Staff or Seniors? Call 410-586-2748 to sign up to play!

## From the Division Chief



Happy New Year! 2023 is upon us. I remember sitting in Rosecroft Park Elementary School, while my kindergarten teacher would have us verbally state in unison, "Today is (insert month and day), 1976." I can remember stating the year "1976" daily -- and now it's 2023. May we "number our days" and give serious consideration to what we are doing with our time and resources.

If we can help you in 2023, please call upon us. Our staff is here to serve you, and we know it's a privilege to be employed and to serve our community. We appreciate the many encouraging words you have provided in recent months about our staff. And yes, even the constructive criticisms are welcome. We thank you for all feedback, and I'm thankful that it's mostly positive!

As you may know, we are looking to become more "age friendly" in 2023 and 2024. More details about this process is forthcoming throughout the new year. Also, I would encourage you to complete a survey about the possibility of adding the "Community for Life" program. Scan the QR code to access the survey.



2023 is going to be an exciting year for our agency. And while there will be setbacks and great challenges as there always are, I know that all is well, and that all will be well. I hope your soul is anchored so when the storms come, you will say, "it is well with my soul!" That would be a wonderful "place to be" in 2023.

Please let us know if we can be of assistance. Our staff is here to be a help.

And again, have a happy new year!

## Welcome to the Team!



We would like to introduce a new member of the OOA Team.

Marina Jackson  
Office Assistant II  
Southern Pines Senior Center

## Senior Center Closures

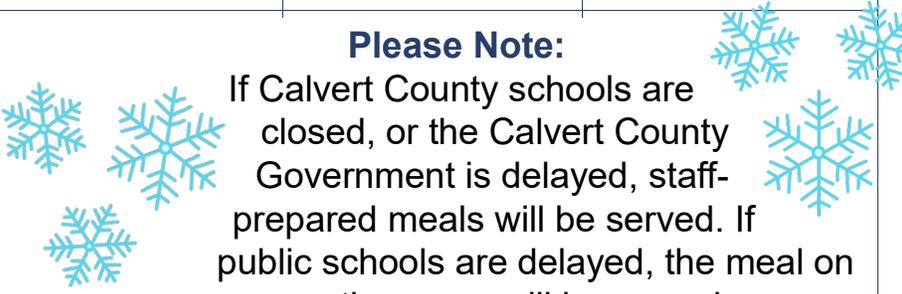
Calvert County Senior Centers will be closed:

- Monday, Jan. 2, New Year's Day
- Monday, Jan. 16, Martin Luther King Jr. Day
- Monday, Feb. 20, Presidents' Day



Check out our Facebook page!  
[Facebook.com/  
CalvertCountyOfficeonAging](https://www.facebook.com/CalvertCountyOfficeonAging)

# JANUARY 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>CENTERS CLOSED IN OBSERVANCE OF NEW YEAR'S DAY</b></p>	<p>3</p> <p>Five Spice Chicken Rice Pilaf Green Beans Chilled Pineapple Dinner Roll Orange Juice</p>	<p>4</p> <p>Salmon Patty Whole Grain Bun Chickpea Salad Seasoned Beets Melon &amp; Fruit Salad V8 Juice</p>	<p>5</p> <p>Spaghetti Meat Sauce Green Beans Italian Bread Chilled Oranges Grape Juice</p>	<p>6</p> <p>Pork Chops Mashed Potatoes Poultry Gravy Broccoli Cinnamon Pears Dinner Roll Apple Juice</p>
<p>9</p> <p>Roast Beef Mashed Potatoes Brown Gravy Peas &amp; Onions Mandarin Oranges Cranberry Juice</p>	<p>10</p> <p>Grilled Ham Steak Baby Lima Beans Pork Gravy Broccoli Florets Hot Spiced Apples V8 Juice</p>	<p>11</p> <p>Beef Lasagna Seasoned Kale French Bread Tossed Salad Chilled Peaches</p>	<p>12</p> <p>Lemon Glazed Chicken Brown Rice Parslied Carrots Orange Sections Dinner Roll</p>	<p>13</p> <p>Stuffed Shells Broccoli Cauliflower Chilled Pears Dinner Roll</p>
<p>16</p> <p><b>CENTERS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY</b></p>	<p>17</p> <p>Chicken California Roasted Red Potatoes Green Beans Chilled Peaches Dinner Roll Orange Juice</p>	<p>18</p> <p>Lemon Pepper Fish Rice Pilaf Seasoned Spinach Mandarin Oranges Dinner Roll Apple Juice</p>	<p>19</p> <p>Baked Chicken Mac-&amp;-Cheese Steamed Broccoli Chilled Fruit Cocktail Dinner Roll Grape Juice</p>	<p>20</p> <p>Beef Lasagna Italian Vegetables Seasoned Kale French Bread Chilled Peaches</p>
<p>23</p> <p>Pork Loin Roast Sweet Potatoes Brown Gravy Sautéed Cabbage Baby Lima Beans Applesauce Pineapple Juice</p>	<p>24</p> <p>Chicken Dijon Herbed Rice Green Beans Cinnamon Pears Dinner Roll Orange Juice</p>	<p>25</p> <p>BBQ Chicken Potato Wedges Sliced Dilled Carrots Melon &amp; Fruit Salad Dinner Roll Apple Juice</p>	<p>26</p> <p>Roast Beef Mashed Potatoes Brown Gravy Seasoned Spinach Chilled Oranges Dinner Roll Grape Juice</p>	<p>27</p> <p>Swedish Meatballs Seasoned Egg Noodles Peas &amp; Onions Chilled Pineapples Dinner Roll V8 Juice</p>
<p>30</p> <p>Turkey a la King Brown Rice Seasoned Broccoli Chilled Peaches Pineapple Juice</p>	<p>31</p> <p>Italian Chicken Breast Red Potatoes Succotash Chilled Oranges Dinner Roll Fruit Punch</p>	<p><b>Please Note:</b></p> <p>If Calvert County schools are closed, or the Calvert County Government is delayed, staff-prepared meals will be served. If public schools are delayed, the meal on the menu will be served.</p> 		

# FEBRUARY 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are subject to change.</p> <p><b>Please note:</b> Foods may contain allergens such as eggs wheat, and soy.</p>		<p><b>1</b></p> <p>Salisbury Steak Mashed Potatoes Brown Gravy Seasoned Spinach Fresh Fruit Dinner Roll Apple Juice</p>	<p><b>2</b></p> <p>Salmon Patty Whole Grain Bun Oven-Browned Potatoes Pickled Beets Chilled Applesauce Orange Juice</p>	<p><b>3</b></p> <p>Baked Chicken Scalloped Potatoes Mixed Vegetables Fresh Cantaloupe Dinner Roll V8 Juice</p>
<p><b>6</b></p> <p>Chicken Parmesan Spaghetti Garlic Asparagus Chilled Pineapple Dinner Roll</p>	<p><b>7</b></p> <p>Herbed Pork Loin Sweet Potatoes Brown Gravy Mixed Vegetables Chilled Peaches Apple Juice</p>	<p><b>8</b></p> <p>Beef-A-Roni Green Beans Baby Lima Beans Applesauce Dinner Roll Orange Juice</p>	<p><b>9</b></p> <p>BBQ Pork on a Bun Mac-&amp;-Cheese Three Bean Salad Collard Greens Pineapple V8 Juice</p>	<p><b>10</b></p> <p>Rosemary Chicken Red Potatoes Seasoned Broccoli Chilled Diced Pears Dinner Roll Pineapple Juice</p>
<p><b>13</b></p> <p>Stuffed Manicotti Tomato Sauce Succotash Italian Green Beans Fresh Honeydew Breadstick</p>	 <p><b>14</b></p> <p>Roast Beef Mashed Potatoes Brown Gravy Holiday Peas Dinner Roll Cranberry &amp; Pineapple Gelatin Cranberry Juice</p>	<p><b>15</b></p> <p>Oven-Fried Chicken Baked Sweet Potatoes Seasoned Spinach Mandarin Oranges Dinner Roll Apple Juice</p>	<p><b>16</b></p> <p>Beef Stuffed Pepper Mashed Potatoes Vegetable Blend Chilled Diced Pears Dinner Roll</p>	<p><b>17</b></p> <p>BBQ Chicken Quarter Potato Wedges Brussels Sprouts Banana Biscuit Pineapple Juice</p>
<p><b>20</b></p> <p><b>CENTERS CLOSED IN OBSERVANCE OF PRESIDENTS' DAY</b></p>	<p><b>21</b></p> <p>Jambalaya Brown Rice Peppers &amp; Onions Sliced Kiwi Fresh Grapes King Cake V8 Juice</p> 	<p><b>22</b></p> <p>Tilapia Vera Cruz Brown Rice Sautéed Greens Chilled Applesauce Dinner Roll Orange Juice</p>	<p><b>23</b></p> <p>Chicken Patty Whole Grain Bun Baked Beans Sliced Dilled Carrots Tropical Fruit Pickled Beets Grape Juice</p>	<p><b>24</b></p> <p>Smothered Pork Chop Mashed Potatoes Peas &amp; Onions Mandarin Oranges Apple Juice</p>
<p><b>27</b></p> <p>Five Spice Chicken Rice Pilaf Green Beans Chilled Pineapple Orange Juice</p>	<p><b>28</b></p> <p>Salmon Patty Whole Grain Bun Chickpea Salad Seasoned Beets Melon &amp; Fruit Salad V8 Juice</p>	<p><b>Please consider your contribution carefully to help the Office on Aging meet increased costs. Lunches are served Monday-Friday at 12 noon. Fee: Aged 60+ - \$3 - Suggested donation Under 60 - \$5 (Payment made at time of registration). Reservations are required 24 hours in advance.</b></p>		

## Take Charge of Your Diabetes Living Well with Diabetes Classes

Join this *free* 6-week interactive workshop for those with Type-2 Diabetes or Prediabetes. Learn to make a step-by-step plan to better your health.

- Get support from others.
- Find tips to manage symptoms.
- Learn ways to talk to your doctor and family about your health.

### North Beach Senior Center

Fridays, February 10 – March 17, 9-11:30 a.m.

Call 410-535-5400 X355 to register.



## Are you 60 years or older and still living in your own home?

*If so, we want to hear from you.*

This survey will provide useful insight to the Southern Maryland Tri-County Planning Group as we consider initiating a Community for Life program in St Mary's, Charles, and Calvert Counties. Maryland Community for Life<sup>SM</sup> is an innovative program developed by the Maryland Department of Aging to support older adults as they age at home. If enacted, all members must be 60 years or older and be residents of the tri-county area. There are no health or income qualifications for the program.

The survey is very brief. Scan the QR Code to complete the survey. We appreciate your feedback.



## Upcoming Trips

### “Grease” at Toby’s Dinner Theatre, Columbia, MD

**Date:** Wednesday, March 29, 2023

**Registration begins:** Monday, January 9, 2023

**Fee:** \$120 (Transportation, Lunch, and Show)

**Registration ends:** Thursday, February 16, 2023

**Bus Departs:** SPSC: 7:00 a.m.      *Approximate* Returns: NBSC: 5:00 p.m.

CPSC: 8:00 a.m.      CPSC: 5:45 p.m.

NBSC: 9:00 a.m.      SPSC: 6:30 p.m.

Enjoy one of the world’s favorite musicals, GREASE, on stage in a high-octane production featuring all the hit songs you love, including: “Summer Nights,” “Greased Lightning,” “You’re the One That I Want,” and “Hopelessly Devoted To You.” Danny, Sandy and the coolest gang of students from Rydell High take you back to the 1950’s when drive-in movies, sock-hops and tough talkin’ Pink Ladies defined a generation. Toby’s Dinner Theatre provides a generous buffet served before the matinee performance.

### Your Choice of two Smithsonian Museums, National Mall, D.C.

**Date:** Wednesday, April 19, 2023

**Registration begins:** Monday, February 6, 2023

**Fee:** \$40 (Transportation only)

**Registration ends:** Thursday, March 16, 2023

**Bus Departs:** SPSC: 8:00 a.m.      *Approximate* Returns: NBSC: 3:30 p.m.

CPSC: 8:30 a.m.      CPSC: 4:00 p.m.

NBSC: 9:00 a.m.      SPSC: 4:30 p.m.

The luxury bus will take us to two outstanding free museums on the National Mall in Washington D.C., the *National Gallery of Art* and the *National Museum of African American History and Culture*. When registering, you will be asked what museum you would like to go to, and you must pick one. Weather and traffic permitting, we will end the day with some sightseeing from the comfort of the bus.

*Please note: You will be responsible for paying for your own lunch. Pack light to avoid security delays when entering the museums.*

## REFUND POLICY

Refunds will only be given if a replacement has been approved by OOA staff. We will make every effort to find a replacement for cancellations. However, if no replacement is found, a refund will not be given.

Credits will not be carried to future trips. Thank you for understanding.



# SERVICES

*Call 410-535-4606 for more information.*

**Behavioral Health Counselor** –In collaboration with Calvert County Health Department, a counselor is available Thurs. and Friday at Calvert Pines Senior Center and Wednesday at North Beach 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 Thursday, January 5, 10 a.m. –12 p.m. and February 9, 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. See page 2 for more information or 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

Southern Pines: Jessica Long -Thursdays

North Beach: Kristy Matchett - 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 Harry Markward or Patti Ryon.

**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, Jane Gordon,  
Bruce Hance, Shirl Hendley,  
Randy Holt, Traci King, Karen  
Lawrence, Charlie Pritchard,  
Linda Rhodes, Corey Robertson,  
Hope Sayles, John Stone

## Commission on Aging Members

Kathy Baron, Beverly Butler,  
Noelle Flaherty, Elizabeth Foster,  
Sudha Haley, Charles Harrell,  
Yolanda Hipski, Terry Long,  
Margaret Phipps, Linda Poudrier,  
Sarah Strauss, Anne Weems,  
Harriet Yaffe

## Friends of Calvert County Seniors Members

Beverly Butler, Noelle Flaherty,  
Jan Gibson, Shelby Oller,  
Connie Watts, Linda Wooge



# 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 Alleva
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 Edwards
Aging Svcs. Case Manager	Terri Gunkel
CFC Supports Planner	Angalise Brinkley
CFC Supports Planner	Jean Muggli

## 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
Developmental Disabilities Specialist	Angela Nanno
Developmental Disabilities Aide	Crystal Jones
Building & Grounds Worker	Phillip Long, Sr.
Custodian	Brenda Jacks
Senior Rides Program	Chessa Reid
Senior Employment Program	Vacant

## North Beach Senior Center 410-257-2549

Program Specialist II	Linda Roberts
Program Assistant	Tammie Messer
Food Service Coord.	Karla Shauver
Office Assistant II	Kelsey Holland
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.	Jessica Long
Senior Employment Program	Vacant

### Substitute Staff

Joan Carroll, Donna Edington, Amber Holson, Jeanne Holtery,  
Barbara Knowles, Karen Moore, Rick Narvell, Vince Somosky, Cathy Tewell

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

[www.calvertcountymd.gov](http://www.calvertcountymd.gov) [ooamailbox@calvertcountymd.gov](mailto:ooamailbox@calvertcountymd.gov)

Senior services are accessible to individuals with disabilities