Hello Garrett County Seniors!

By the time you receive this newsletter you may already know that Governor Hogan has given Maryland Senior Centers the go ahead to plan to open by the end of April. Our Aging and Nutrition team has been planning and working with our community partners at the Garrett County Health Department and County Government to make sure we have a comprehensive reopening plan ready for you.

Our goal is to keep all of our Senior Center Participants, staff and volunteers as healthy and comfortable as possible as we move back into in-person activities and meals. This means that the operating procedures we will be abiding by will look a little different than pre-covid times. We will explain in further detail as the re-opening plan is finalized and hopefully by the time this newsletter reaches you we will already have been together in person again.

Sincerely,
Shanna Humphrey

Important Dates
5th—Cinco de Mayo
6th—National Nurses Day
7th—Military Spouse Appreciation Day
9th—Mother’s Day
31st—Memorial Day

Mission Statement
The mission of the Area Agency on Aging is to plan, coordinate and advocate for the development of a comprehensive service delivery system at the local level to meet the short and long-term needs of the Garrett County senior population.
ARE YOU A CAREGIVER?

JOIN US
May 11th 2021
5:30PM-7:00PM

Family Caregiver Support Group
Join us the 2nd Tuesday of each month for new information and a little self-care. Meet other caregivers and discuss challenges and successes that come with being a caregiver. We will review and discuss a new topic each month. Confidential discussion will not be shared virtually. Community Action will team up with agencies throughout the county to provide information and resources available to you. In-person attendees will receive a complimentary one day pass to the CARC facilities.

Topic for May:
Caregiving during Covid-19
The Ups and Downs

* Due to Covid-19 restrictions and limited capacity please RSVP

Refreshments will be provided
Door Prize

Garrett County Community Action
104 E. Center Street
Oakland, MD 21550
Contact Katie Harding or Joni Diehl
301-334-9431 Ext:6168/6133
Kharding@garrettcac.org
Jdiehl@garrettcac.org

Attend In Person and/or Virtual
Location:
In Person - Garrett College CARC, McHenry, MD
Virtual- Garrett County Senior Services FB Page
HOMEMADE PEANUT BUTTER BIRD FEEDERS

1 Empty Toilet Paper Roll
Peanut Butter
Bird Seed
String

Smear Peanut Butter On Roll
Roll On Seeds, String and Hang.

HAPPY BIRDS!!!!!!!!!!!!!!!!!!!!!
May 2, 1885: The magazine “Good Housekeeping” was first published.

May 3, 1937: Margaret Mitchell won a Pulitzer Prize for “Gone with the Wind.”

May 5, 1865: The Thirteenth Amendment was ratified, abolishing slavery in the U.S.

May 6, 1941: Bob Hope gave his first USO show at California’s March Field.

May 8, 1958: U.S. President Eisenhower ordered the National Guard out of Little Rock as Ernest Green became the first black to graduate from an Arkansas public school.

May 9, 1958: Richard Burton made his network television debut in the presentation of “Wuthering Heights” on CBS-TV.

May 10, 1994: Nelson Mandela was sworn in as South Africa’s first black president.

May 11, 1910: Glacier National Park in Montana was established.

May 12, 1978: The National Oceanic and Atmospheric Administration announced that they would no longer exclusively name hurricanes after women.

May 14, 1878: The name Vaseline was registered by Robert A. Chesebrough.

May 16, 1929: The first Academy Awards were held in Hollywood.
May 18, 1953: Jacqueline Cochran, the first woman to fly faster than the speed of sound, piloted an F-86 Sabrejet over California at an average speed of 652.337 mph.

May 20, 1873: Levi Strauss began marketing blue jeans with copper rivets.

May 21, 1980: The movie “The Empire Strikes Back” was released.

May 22, 1967: “Mister Rogers’ Neighborhood” premiered on PBS.

May 23, 1934: Bonnie Parker and Clyde Barrow were ambushed and killed by Texas Rangers in Bienville Parish, Louisiana.

May 24, 1844: Samuel F.B. Morse formally opened America’s first telegraph line. The first message was sent from Washington, D.C., to Baltimore, Maryland with the message, “What hath God wrought?”

May 25, 1992: Jay Leno debuted as the new permanent host of NBC’s “The Tonight Show.”

May 26, 1896: The Dow Jones Industrial Average appeared for the first time in the “Wall Street Journal.”

May 29, 1945: Bing Crosby makes his first recording of Irving Berlin’s “White Christmas.”

May 30, 1431: Joan of Arc was burned at the stake in Rouen, France, at the age of 19.

May 31, 1927: Ford Motor Company produced the last Tin Lizzie in order to begin production of the Model A.

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Seniors and the Struggle with Suicide

Reaching retirement age is a happy, joyous period that allows seniors to spend time with family and friends. Many travel and participate in other activities that make their lives complete. These are the happy, golden years, right?

While some reach the point of fulfilling their hopes and dreams during the later decades of life, others find these years challenging and overwhelming. Reasons are diverse, but include the loneliness and isolation associated with loss of a spouse, pain from medical conditions, economic hardship, lack of youthful vigor, or a host of other factors.

Warning Signs

Research on suicide among the elderly is minimal, which means those closest to the seniors can be unaware of the warning signs.

- Sleeping too much or too little
- Eating problems
- Talking about killing themselves or not having a reason to live
- Behavioral issues such as increased use of alcohol or drugs
- Isolation and withdrawal
- Giving away prized possessions
- Mood changes such as depression or anxiety
- Feeling like a burden

How to help

As adults age, many become invisible and go through their days unnoticed by others. Some may feel superfluous and as if they have been discarded. Some ways to help aging adults feel important includes more human contact to decrease loneliness. Other ideas are:

- Visiting in person or on the phone
- Taking the individual to dinner or for a ride
- iPads or tablets to video chat with friends and family
- A pet or robotic dog or cat for company
- Encourage exercise, such as walking or other movement to boost endorphins and improve mood

It is important to be aware of the aging adults in your life. Experts predict elderly suicide will only be more of a public health concern in the coming years as baby boomers continue to age. The generation born after World War II has typically had higher suicide rates throughout their lifetime, and all members of the generation will be 65 and older by 2030.

If you or someone you know may be considering suicide, contact the National Suicide Prevention Lifeline at 1-800-273-8255. (En Español: 1-888-628-9454; deaf and hard of hearing: 1-800-799-4889.)
### Activities

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10:00: Exercise Room Open  
10:30: Tai Ji Quan  
12:00 Lunch | 7  
10:00-11:45 – Bingo  
10:30-Exercise  
12:00 – Lunch  
1:00 – 2:00 – Games  
1:00-2:00 Old time Jammers | 8  |
| **13** | 9:00: Morning Quilters  
10:00: Exercise Room Open  
10:30: Tai Ji Quan  
12:00 Lunch | 14  
10:00-11:45 – Bingo  
10:30-Exercise  
12:00 – Lunch  
1:00 – 2:00 – Games  
1:00-2:00 Old time Jammers | 15  |
| **20** | 9:00: Morning Quilters  
10:00: Exercise Room Open  
10:30: Tai Ji Quan  
12:00 Lunch | 21  
10:00-11:45 – Bingo  
10:30-Exercise  
12:00 – Lunch  
1:00 – 2:00 – Games  
1:00-2:00 Old time Jammers | 22  |
| **27** | 9:00: Morning Quilters  
10:00: Exercise Room Open  
10:30: Tai Ji Quan  
12:00 Lunch | 28  
10:00-11:45 – Bingo  
10:30-Exercise  
12:00 – Lunch  
1:00 – 2:00 – Games  
1:00-2:00 Old time Jammers | 29  |

**KEY:**  
Mary Browning Senior Center: Green  
Grantsville Senior Center: Blue
Black-Eyed Pea, Corn and Rice Salad
Servings: 6

2 cans (15-1/2 ounces each) no-salt-added or low-sodium black-eyed peas, rinsed and drained
1 can (15-1/4 ounces) low-sodium or no-salt-added whole-kernel corn
1 package (8-1/2 ounces) brown rice, microwaved according to package directions and broken into small pieces
2 medium ribs celery, chopped
1 medium bell pepper, seeded and chopped
1/4 cup chopped fresh parsley
1 tablespoon extra-virgin olive oil
1 tablespoon water
1/8 teaspoon black pepper

In large bowl, stir peas, corn, rice, celery, pepper, parsley, olive oil, water and black pepper until combined.

Recipe courtesy of the American Heart Association

(Courtesy of Family Features)

©LPi
Summer Picnics

Word List:

ANTS
BEES
BOTTLEDWATER
FAMILY
GRILLING
ICEPACKS
LAWNDICE
PICNICBASKET
RAINSHOWERS
SUNSCREEN

BADMINTON
BEVERAGES
BUGSPRAY
FLYSWATTER
HAMBURGERS
INSECTREPELLENT
LAWNGAMES
PICNICTABLE
SNACKS
SUNSHINE

BARBECUE
BLANKET
COOLER
FRIEDCHICKEN
HAMMOCK
JARTS
PAPERPLATES
PLAYGROUND
SPOON
SUNSHINE

BEER
BONFIRE
CROQUET
FRIENDS
HOTDOGS
LAWNCHAIRS
PICNIC
POTTOSALAD
SUMMER
WATERBALLOONS
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<td>Cucumbers, tomato,</td>
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<td>Green Beans</td>
<td>WW Bread</td>
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*Calendars and Menu’s may vary per center.

Memorial Day
Center Closed
Garrett County Senior Health Insurance Assistance Program

Making the Most of Medicare in Maryland

Counselors Can Discuss:
- Medicare Part A: Hospital
- Medicare Part B: Medical Insurance
- Medicare Part C: Advantage Plan
- Medicare Part D: Prescription Drug Plan
- Financial Assistance for Low-Income
- Billing Issues, Appeals, Denials
- Medicare Fraud, Errors and Abuse
- Community Presentation Request

Get Answers to Questions About:
- Coverage Changes
- Preventive Services
- Out of Pocket Expenses
- Eligibility Criteria
- Coverage Gap
- Who Pays First
- Financial Help with Copays
- Medicare Fraud

Contact Bevian Tucker
301-334-9431 ext. 6140
To set up an appointment

Information
Unbiased, confidential, trusted

Counseling
Trained counselors are located at Community Action Center Street Building

Assistance
Walking you through Medicare
May Mindfulness

Mind Full, or Mindful?

https://sites.wit.edu/witshappening/tag/mental-health/
THE GARRETT COUNTY VIRTUAL SENIOR CENTER

Virtual Senior Center
www.gcseniors.org

The Garrett County Virtual Senior Center (VSC) is a dedicated website for our seniors’ health, fitness and social needs. You can scroll through the easy to navigate pages to access the latest Aging and nutrition news, exercise videos, local musicians, virtual museum tours, entertainment, help and assistance, agency resources, the telephone assurance program, health education classes, and so much more. Visit us today to get started! User information training is available! If you have any questions regarding the Virtual Senior Center call us at 1-301-334-9431.