

July/Aug 2009

MASC

MARYLAND
ASSOCIATION
OF SENIOR
CENTERS



From the MASC President...

*MASC Officers
for
2009 ~ 2010*

**President
Jill Hall**

**1st Vice-President
Nicole Sheehan**

**2nd Vice-President
Leona Lavin**

**Secretary
Laurel Raymond**

**Treasurer:
Jo Morris**

Members At Large

**Susan Brooks
Ashaki Innis
Julie Lynn
Suzie Nichols
Jeanne Slater
Grace Whipple**



As we start our 30th year as the Maryland Association of Senior Centers, I am so proud to be President of MASC (for the 4th time!). I am very appreciative of the wonderful individuals who have stepped up to serve on the Board for their first time (Ashaki Innis, Suzie Nichols and Grace Whipple) as I know they will bring new enthusiasm and creativity to our meetings. I am comforted by the fact that our seasoned Board members (Sue Brooks, Leona Lavin, Julie Lynn, Jo Morris, Laurel Raymond, Jeanne Slater, and Nicole Sheehan) will still be there to ensure we follow the goals we have set for our Association.

As I write this, I am reflecting on many fond memories from the Annual Meeting held last week in Catonsville. I was extremely proud that the Secretary of the Maryland Department of Aging, Gloria Lawlah, was able to join us and provide the welcoming remarks. Secretary Lawlah has been a great supporter of MASC and I was so glad we were able to thank her for her efforts to secure funding for senior centers in this troubled economy. We were also fortunate to have Joanne Williams, Director of the Baltimore County Department of Aging, install the Board. Without Baltimore County's support over the past three decades, MASC would not be what it is today.

I am thinking of the words of wisdom imparted by Kim Burton as she spoke about dealing with difficult people. I have personally been dealing with "difficult" relatives recently, but after listening to Kim I am much more aware of the causes for their behavior and I resolve to be more patient! Sherry Parrish, our second speaker talked about how senior center staff are the "life energy" that attracts people to our centers, and if the energy is not present then we will not be able to sustain our membership. I agree with this wholeheartedly as it follows along with "The FISH Philosophy!" tenet that you must "Be Present" for people. She encouraged us to look in the mirror to find out what baby boomers want to do since so many of us working in senior centers are in that age group.

What I enjoyed most about the day, however, was visiting with the Past Presidents of MASC who joined us to kick off the 30th anniversary celebrations. It was invigorating to hear what MASC has meant to them and why they felt such a bond with our association and its members. Their heartfelt speeches inspire me to make 2009-2010 the best ever!

As we complete our very successful 29th year (second time as State Association of the Year!), I am proud of what we have accomplished, but I am eager to start on our 30th. I encourage you to get involved in whatever way you can - no matter what size your contribution it will make an impact.

Here's to the best year yet! Jill

NEW MASC Board of Directors Inducted

Joanne Williams, Interim Director of the Baltimore County Department of Aging, installed the MASC Board for 2009-2010.

Board members welcome your suggestions at any time. Their contact information can be found at www.marylandseniorcenters.com

Board meetings are held on the 4th Wednesday of every month and are open to all MASC members.



Pictured left to right: President and NISC Delegate Jill Hall, Baltimore County Dept of Aging; Vice-President of Administration Nicole Sheehan, Catonsville Senior Center; Vice-President of Services, Leona Lavin, Allegany County HRDC; Secretary Laurel Raymond, Bowie Senior Center; Members at Large Susan Brooks, Baltimore County Dept of Aging; Ashaki Innis, Woodlawn Senior Center; Julie Lynn, Bykota Senior Center; Jeanne Slater, Elkridge Senior Center; Grace Whipple, Gaithersburg Senior Center; and Suzie Nichols, Arnold Senior Center. Not Pictured: Treasurer Jo Morris, South County Senior Center.

Past MASC Presidents Help Kick Off 30th Anniversary Year

Ten of the MASC Presidents who have led the association over the past 30 years attended the annual meeting at the Catonsville Senior Center to offer their congratulations and reminisce about what MASC was like during their tenure.

Shelley Garten, MASC President from 1982-1983 who now works as the Deputy Administrator for the Howard County Office on Aging, said MASC was established because senior centers were relatively new in Maryland and staff needed a networking venue. Tina Dubas, MASC President from 1992-1993, drove almost 200 miles from New Jersey to share in the event. Newly retired, Tina re-joined MASC as a retiree so she can keep abreast of what is happening in Maryland's senior centers. Julie Lynn (2005-2007) and Kathy White (2004) both spoke about how personally gratifying it was to be involved with MASC and shared stories of navigating through the legislature in Annapolis to raise awareness of MASC.

In total, twenty individuals have served as MASC President from 1980 through 2010. A 30th Anniversary Committee will be formed to plan celebratory events for the year. If you are interested in serving on this committee, please e-mail Jill Hall at jphall@baltimorecountymd.gov.



Pictured Back Row: Upton Thomas, Bob Callahan, Ed Casey. Front Row: Tina Dubas, Julie Lynn, Shelley Garten, Nancy Allred, Ann Wagner, Kathy White and Jill Hall.

9th Annual Senior Dance Expo



Thursday, July 16th 2009 ~ 8:30 AM – 3:00 PM

Tickets \$7.00

Includes breakfast & lunch

Transportation Available

(Limited seating ~ last date to sign up July 8, 2009)

Queen Anne's County High School ~ 125 Ruthsburg Road, Centreville, MD

Come enjoy a day of entertainment and dance! Participants include Senior Centers, Dance Groups, and Dance Partners from Maryland and Delaware. For more information, call Betty Robinson (410) 758-0848. Sponsored by Queen Anne's County Department of Aging.

Langley Park Senior Activity Center

1500 Merrimac Drive, Hyattsville, MD 20783 ~ Phone: 301-408-4343

Submitted by: Brenda Harris, Facility Director

Washington by Water Tour, Alexandria, VA - Thursday, July 9, 2009 ~ 9:30am-4:00pm

This cruise includes views of the Washington Monument, Capital Dome, John F. Kennedy Center for the Performing Arts, Watergate, Lincoln Memorial, Jefferson Memorial and the Custis Lee Mansion. Lunch is on your own. Trip will depart Langley Park Senior Activity Center at 9:30am and return at 4:00pm. **Fee: \$36.00-Resident / \$43.00-Non Resident**

Suicide Bridge Seafood Restaurant Lunch Cruise, Hurlock, Maryland- Friday, July 17, 2009 ~ 8:00am-5:00pm

Savor the scenery along the Choptank River and enjoy a delicious lunch prepared by the best seafood chef's in the world dine in the area's freshest seafood restaurant along the waterfront. The seafood-rich menu includes crab cake and Fried Chicken Combo, Red-skin Potatoes, Garden Vegetables, Assorted Desserts, & Beverages. You will also see watermen returning from their daily catch of fish, crabs, and oysters aboard their workboats. Enjoy the waterfront atmosphere, relax in the lounge, and read about the [Legend of Suicide Bridge](#). Shop for souvenirs and take a piece of Suicide Bridge home with you. Trip will depart the Langley Park Senior Activity Center at 8:00am and return at 5:00pm. **Fee: \$58.00-Resident / \$70.00-Non Resident**

United States Capitol Visitor Center, Washington, DC - Thursday, July 23, 2009 ~ 9:30am-2:00pm

The United States Capitol in Washington, D.C. is a symbol of the American people and their government, the meeting place of the nation's legislature. The U.S. Capitol Visitor Center is the newest addition to this historic complex. At nearly 580,000 square feet, the visitor center is the largest project in the Capitol's more than two-century history and is approximately three quarters the size of the Capitol itself. The entire facility is located underground on the east side to the Capitol. Lunch is on your own. Trip will depart the Langley Park Senior Activity Center at 9:30am and return at 2:00pm. **Fee: \$15.00-Resident / \$18.00-Non Resident**

ICE CREAM SOCIAL

When: JULY 29, 2009
Time: 1:30 PM
Where: St. Mary's Outreach
Admission: Canned goods donations welcome

SPACE IS LIMITED ~ CALL AIM 410-889-7915

Catonsville Senior Center ~ 501 N. Rolling Road, 21228

Submitted by: Marie Dix, Assistant Director

TODD BUTLER JAZZ BAND

Friday, July 24th

6:00 P.M.-8:00 P.M.

Call 410-887-0900 for more information!

Parkville Senior Center ~ 8601 Harford Road, Parkville MD 21234

Submitted by: Hanna Sacks

Marvelous Mondays begin July 6 at Parkville Senior Center! Grandchildren are invited.

July 6: 1:00 p.m. Reptiles and Amphibians

July 13: 11:00 a.m. It's Raining Cats and Dogs

July 20: 11:00 a.m. Species in Danger; A Suitcase for Survival

July 27: 1:00 p.m. Popcorn Palace (an afternoon at the movies)

Additional Events at Parkville Senior Center are:

July 1: 11:00 a.m. The Benefits of Reflexology

July 7: 11:00 a.m. Extend Your Warranty with Joint Replacement

July 14: 11:00 a.m. Arthritis, Don't Let It Cramp Your Style

July 21: 1:00 p.m. Cold Spring Jazz

WHAT'S HAPPENING...

Overlea/Fullerton Senior Center ~ 4314 Fullerton Avenue, Baltimore, MD 21236

Submitted by Patti McDonnell, Center Director

Summer Flea Market on Saturday, July 18th from 8:00 a.m. - 1:00 p.m. Cost for a space is \$10.00. There will also be a book sale, Grandma's Attic, toy table, silent auction and good food available. For information call 410 887-5220.

Edgemere Senior Center ~ 410-887-7530

Submitted by Amanda Pirillo, Center Director

Edgemere Senior Center is hosting their 6th annual Fishing Derby at North Point State Park on Saturday, July 18 from 8:30-11:30. Registration is \$2 for children ranging in ages 5-15. They may call the center 410-887-7530 for more info.

Edgemere is also having an intergenerational program with performers who will be performing scenes from the "Wizard of Oz" and the program will be followed by a pizza party. The event takes place at our center on Tuesday, August 4 from 3:30-6:30pm. Tickets are \$3.00 per person.

Baltimore County Senior Centers "JAZZ IN JULY" Concert Series

| <i>Center</i> | <i>Concert</i> | <i>Date</i> | <i>Time</i> |
|----------------------|---|--------------------|--------------------|
| ATEAZE | Lynn "Roxy" Green: Tour Around the World | 7/14/09 | 12:30 pm |
| BYKOTA | Smooth Teaze/Jazzy Ice Cream Party | 7/31/09 | 1:00 pm |
| CATONSVILLE | Todd Butler Trio | 7/24/09 | 6:00 pm |
| COCKEYSVILLE | Caribbean Party Music by Orlando Phillips | 7/15/09 | 6:00 pm |
| EDGEMERE | Caribbean Party Music by Orlando Phillips | 7/28/09 | 4:00 pm |
| ESSEX | Todd Butler Trio | 7/07/09 | 12:30 pm |
| FLEMING | B'more Jazz | 7/16/09 | 1:00 pm |
| JACKSONVILLE | Cold Spring Jazz Quartet | 7/06/09 | 10:30 am |
| LANSDOWNE | Todd Butler Trio | 7/08/09 | 6:00 pm |
| LIBERTY | Caribbean Party Music by Orlando Phillips | 7/08/09 | 12:45 pm |
| MT. CARMEL | Charles Lee | 7/28/09 | 12:30 pm |
| OVERLEA | Harbor City Music Company | 7/28/09 | 12:30 pm |
| PARKVILLE | Cold Spring Jazz Quartet | 7/21/09 | 1:00 pm |
| PIKESVILLE | Baltimore Jazz Trio | 7/31/09 | 1:00 pm |
| REISTERSTOWN | Caribbean Party Music by Orlando Phillips | 7/27/09 | 6:00 pm |
| ROSEDALE | Caribbean Party Music by Orlando Phillips | 7/27/09 | 1:00 pm |
| SEVEN OAKS | Caribbean Party Music by Orlando Phillips | 7/17/09 | 4:00 pm |
| VICTORY VILLA | Middle River Concert Band | 7/13/09 | 7:30 pm |
| WOODLAWN | Contemporary Arts Jazz Ensemble | 7/31/09 | 4:00 pm |



National Institute of Senior Centers Executive Committee

Annual Planning Meeting

Submitted by Dave Williams

The National Institute of Senior Centers (NISC) held its summer Executive Committee Meetings at the Maritime Institute of Technology and Graduate Studies Conference Center in Linthicum, MD on June 18th and 19th 2009. Their goal was to finalize the 2010-2012 Strategic Plan and insure its alignment with both the goals of the National Council on Aging (the parent organization) and our own Mission Statement.

Our work included the streamlining of our committee structure, discussion of potential senior center programs for the 2010 Aging in America Conference and begin discussions with the National Council on Aging on our next Strategic Partnership Agreement.

In our effort to streamline our committee structure all committees were redefined and several were eliminated or combined. The new committees are:

- Best Practices: responsible for training, research and evidence based programs and programs and services.
- Marketing and Product Development: responsible to market NISC, and in harmony with NCOA to develop products to assist senior centers.
- Public Policy: to work with NCOA in promoting advocacy among senior centers to support both federal and state legislative issues
- Standards and Accreditation Oversight: responsible for further development of national senior center standards, the accreditation of senior centers, and to insure the National Standards and Accreditation process are aligned.
- State Association and Membership: to continue the development of new State Senior Center Associations (like MASC), assist and strengthen existing state associations, and encourage senior center professionals to join NCOA and NISC.
- Leadership Recruitment: responsible for recruiting and vetting NISC delegates, election of NISC Officers, delegate succession planning and delegate training.

In March 2009, the NISC Delegate Council approved Goals, Objectives, and Action Steps for the NISC 2010-2012 Strategic Plan. We then spent time discussing where these Goals, Objectives, and Action Steps would best align with the new committee structure.

NCOA's Executive Director, Jim Firman, and his staff updated us on the work going on at NCOA. It was reported that John Erickson of Erickson Retirement Communities had been appointed to staff to seek their support of Federal Legislation like the Older Americans Act, will be held on Tuesday, September 15, 2009. Look for updated information on the MASC website and at Crossroads, a new communications tool recently launched by NCOA (www.ncoa.crossroads.org). For more information about NISC, contact MD NISC Delegate Jill Hall at jphall@baltimorecountymd.gov or NISC Vice-Chair Dave Williams at dhwms@aol.com.



MAKE A CONNECTION

National Senior Center Month

MAKE A CONNECTION this September during National Senior Center Month. Senior Centers are evolving to reflect a more empowered vision of aging. We're working to connect older adults with meaningful career and volunteer opportunities, increase their access to benefits and resources, and offer them tools to manage their health and finances.

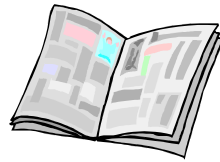
Make a Connection – our 2009 theme – highlights how senior centers make a connection through art, movement, technology, generations and friends. Celebrate the connections that are made at your senior center this September.

To help you plan **Senior Center Month activities** for **September**, NCOA/NISC has assembled a **special kit** with these helpful resources: National Senior Center Week **activity suggestions**, **sample press releases**, calendar announcements, media advisories, letter to the editor, PSAs, letter to your elected representative, and more. **One poster** guaranteed to get attention--you can also buy extras and give as gifts to donors, city officials, and center friends. **Printable cards**, to use as a thank you for speakers or volunteers.

To help with your planning, each NISC member will receive

- The **communication guide** by e-mail in **June**.
- One free **poster** by mail in **July**.

For more information, visit the website at www.ncoa.org.



Pennies Yield Big Results for Two Centers



The Penny Drive Contest winners were announced at the annual meeting on June 26th. In total 63,987 pennies were collected for this fundraising event, generating \$255.95 for MASC. The Bykota Senior Center in Baltimore County collected the most pennies of centers with 500 or more members and received a check for \$224 for their efforts. Woodlawn Senior Center, also in Baltimore County, won for centers with fewer than 500 members. They received a check for \$160. Thank you to everyone who participated.

Congratulations to 2009 Program Award Winners

Every year MASC members submit fabulously creative and innovative programs to the "Programs of Excellence" Awards and this year was no exception. Judges Barbara McClintok from Des Moines, IA and Jane Eck from Mesa, AZ had a difficult time selecting the winner and honorable mention in each of six categories. Congratulations to the following winners:

2009 Fundraising Award Recipient

“Get Gold Cash Road Show” Seven Oaks Senior Center

2009 Special Events Award Recipient

“Signature Programs” Summer Event Bowie Senior Center

2009 Education Award Recipient

“Live History” Southern Pines Senior Center

2009 Nutrition, Fitness and Health Promotion Award Recipient

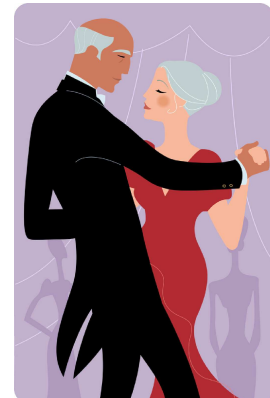
“Flower Box Project” Seven Oaks Senior Center

2009 Leadership, Civic Engagement and Community Development Award Recipient

“Workforce Series” Calvert Pines Senior Center

2009 Expressive and Creative Arts Award Recipient

“Dancing 101” Calvert Pines Senior Center





MARTIN O'MALLEY
GOVERNOR

STATE HOUSE
100 STATE CHURCH
ANNEAPOLIS, MARYLAND 21401-1902
410-326-5901
TOLL FREE: 1-800-471-4336
TTY/USERS CALL VA MD RELAY

April 17, 2009

Ms. Jill Hall, President
Maryland Association of Senior Centers
P. O. Box 1149
Glen Burnie, Maryland 21069-1149

Dear Ms. Hall:

I would like to take a moment to congratulate the Maryland Association of Senior Centers (MASC) on receiving the National Institute of Senior Centers' 2009 State Association Award. Your outstanding leadership and the commitment of MASC members to represent and promote senior centers in Maryland is greatly appreciated.

Lieutenant Governor Brown and I have made improving the quality of life of Maryland's seniors a top priority. MASC's efforts to support senior centers in local communities and develop innovative programming, not only support this priority, but place our senior centers among the best in the country.

Thank you for your dedicated and tireless efforts on behalf of Maryland's older population. Your invaluable work is making our "One Maryland" a better and stronger state for Maryland seniors. Once again, I congratulate you on your award and wish you the best of luck in your future endeavors.

Sincerely,

Governor

Martin O'Malley
Governor

Anthony G. Brown
Lt. Governor



Gloria Lawlah
Secretary

April 20, 2009

Congratulations
from Governor
O'Malley and
Secretary Lawlah
for winning NISC
"State Association
of the Year"
Award.

Ms. Jill Hall
President
Maryland Association of Senior Centers
P.O. Box 1149
Glen Burnie, MD 21060-11

Dear Ms. Hall:

Bravo to the Maryland Association of Senior Centers for again receiving the "State Association of the Year Award" by the National Institute of Senior Centers of the National Council on Aging (NCoA).

It comes as no surprise that MASC was recognized for its "outstanding creative technical assistance in promoting the growth, development and expansion of state associations of senior center organizations," to quote NCoA. For many years, MASC has shown itself to be an organization that is at the forefront of innovative resources for professionals working in senior centers. Maryland is fortunate to have such a resource, and our seniors have benefited from MASC's initiatives.

Please accept my congratulations and best wishes for the continued success of your organization.

Sincerely,

Gloria Lawlah
Secretary