

June/July 2007
Volume 1 Issue 3



"Excellence is Never an Accident"

Maryland Association of Senior Centers

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MASC Annual Meeting

The MASC Annual Meeting will be held Friday, June 15, 2007 at the Glenwood Community Center located in Western Howard County.

Below is the program:

8:30-9:30 a.m. Networking and Continental Breakfast

9:00-9:45 a.m. MASC Board Meeting

9:45-10:15 a.m. Presentation on the Bowie Center's Marketing Plan

10:15-10:30 a.m. Break

10:30-11:30 a.m. E-Marketing Presentation

11:30-12:15 p.m. *"Getting Out of Your Own Way"*

12:15-1:00 p.m. Lunch

1:00-1:30 p.m. *"Marketing, Motivation, and Mayhem!"*

1:30-2:30 p.m. MASC Program Awards

2:30 p.m. Closing Remarks



You'll want to check out the senior center with an indoor walking track, fireplace, fitness center, and espresso/smoothie bar.

MENU

Assorted Sandwiches and Wraps (Corned Beef, Peking Chicken, Vegetarian Powerhouse, Turkey, and Tuna)

Field Green Salad, Cole Slaw and Oriental Noodle Salad

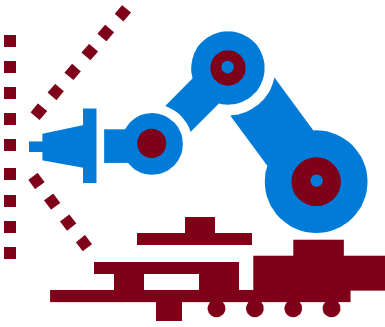
Cookies and Double Chocolate Brownies

Registration Fees: MASC Member \$30.00—Non-MASC Members/Guests \$40.00

For more information, please call Julie Lynn at 410-887-3094. Please send checks to Jo Morris, Assistant Director South County Senior Center ~ 27 Stepney's Lane, Edgewater, MD 21037. Checks should be made payable to **MASC**.



Lego League Adopted by the Catonsville Senior Center



Two Catonsville Senior Center members are generating enthusiasm about science and technology by mentoring youngsters who will compete in a Lego League Robotics Competition. Gene Shaver and John Mattern, volunteer mentors and retired engineers, have teamed up with Sheila Ruth, a Catonsville mother who is the coach for the local Lego Robotics Team. With computer assistance, the students, ages nine to thirteen, will be designing, assembling and testing a Lego robot capable of performing a specified task in competition with other teams. This year's theme is nanotechnology which is defined as "exploring existing sciences at the molecular level". As future visionaries and scientists, these young students will examine amazing new technologies that start in the world of nanotechnology and lead to things we do and use every day.

Gene Shaver stated, "These kids are teaching me what nanotechnology is all about, a subject that I never even heard of", and John Mattern said, "I'm learning more about robots than I ever knew". This is an enriching experience for both the kids and the seniors to explore our environment, provide a role model for the students and gratification for the volunteers.

FIRST (For Inspiration and Recognition of Science and Technology), a multinational non-profit organization that aspires to transform culture; making science, math, engineering and technology as cool for kids as sports are today, operates this competition. Dean Kamen, inventor of the Segway Human Transporter, founded the organization in 1989.

In addition to providing the volunteer mentors, the senior center is making space and storage available for the Lego League. They meet every Tuesday afternoon at the center. For more information call Helen Bronstein at 410-887-0900.

Health and Fitness Carnival Scheduled

The Garrett County Area Agency on Aging will be having a Health and Fitness Carnival on Wednesday, June 6th from 10:00 a.m.—2:00 p.m. at the Grantsville Senior Center ~ 125 Durst Court ~ Grantsville MD 21536.



Free screenings will be offered by various health agencies and will include vision, blood pressure, hearing, body mass index, bone density, and back and posture screenings. In addition, a prescription "brown bag" service will be offered and smoke and skin analyzers will be available for attendees wanting to know their lung and skin damage.

Carnival games will be played such as balloon darts, fishing, ping pong in the fish bowls, basket toss, kick-n-score, golf, and relays. Free bingo will be played in the afternoon. Carnival food will be served (i.e. corn dogs, popcorn, peanuts, etc).

For more information, contact the senior center at 301-895-5818.



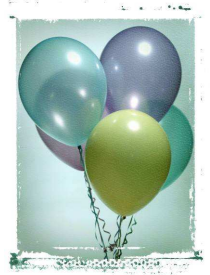
ALLEGANY COUNTY NEWS

The Cumberland Senior Center will be having a Center-Wide Bake Sale and a host of Activities on June 9, 2007 from 9:00—6:00 p.m. during the Heritage Days Festival.

Strength Training Classes with a Personal Trainer will be offered June-August at all of the senior centers in Allegany County. The fee is \$30.00.

The Maryland Association of Senior Centers (MASC) Executive Board for 2007/2008 is looking for someone to serve as a co-secretary and we are also looking for a second vice president. We also welcome new board members which is a great way to start if you do not want to be an officer right away. Serving on the board is a great way to learn what is happening in senior centers around the state and nationally as well. Most meetings are held in the central Maryland region. Consider joining us! Please let Julie Lynn know by June 8th if you are willing and able to serve.

Baltimore County Senior Expo/Baby Boomer Expo Celebrates 20th Anniversary!



Let your members know they can begin planning their visit to Timonium Fairgrounds for this year's **Senior Expo/Baby Boomer Expo** on October 10th and 11th.

Sponsored by the Baltimore County Department of Aging, the Expo will celebrate its 20th Anniversary with a \$2 admission. The admission fee includes a free "battery-less" flashlight, sponsored by the Greater Baltimore Medical Center. Seniors will have fun and get lots of valuable information at the Expo!

You can also benefit by attending this year's Expo. Wednesday, October 10th, from 7:30 – 9:00 a.m., the **Expo Professional Breakfast** will be held in the 4H Building at the Fairgrounds. In addition to being a great networking opportunity, you will also be able to learn more about The Erickson School at UMBC from its dean, Kevin Eckert, Ph.D. This Breakfast is co-sponsored by proaging.com and the *Guide to Retirement Living*.



For more information about the Expo, please call 410-887-2002.

Mothers and Fathers Retreat Planned

Date: June 8, 2007

Time: 10:00 a.m.—1:00 p.m.

Location: Northern Senior Center—Charlotte Hall, MD

Join us for a mutual celebration of Mothers and Father! Flavored coffee and tea with scones and mini-muffins will be served in the morning and ladies are encouraged to bring their own teacup. Please bring a small framed picture of your family to sit at the table as your nameplate. At noon, a brunch of eggs, frittatas, fresh fruit, roast beef, bagels, and more will be served. A trivia game will be played (with prizes) and storytelling circles will be assembled.



Plan to join us and get indulged in recognition of your many years of sacrifice and delights! Call 301-475-4002 to register no later than June 4th. There is no fee for this event, however, a donation for lunch for seniors 60 and older is encouraged. \$4.00 fee for individuals aged under 60.



Northern Senior Center

Breakfast and News Break

June 6th at 9:00 a.m.

\$1.00 Fee

Hearty Steak ~ Egg and Cheese Omelet ~ Juice

24 Hours Advance Registration Required—Please see Pat at the front desk.





Northern Senior Center - Charlotte Hall, MD *HAPPENINGS*

Cool Hula and Zesty Salsa—Ethnic dances are gaining popularity and have hit the mainstream. Hula is a Polynesian dance that uses gentle movements to convey a story and is quite rhythmic and lyrical. In contrasting style, salsa is beat-driven, energetic, and invigorating. We expect to hold classes in both styles this summer. If there is ample interest, the hula class will be led by a studio-trained instructor who teaches seniors on 4-6 week schedule for a fee. The salsa class will be lead by salsa volunteers and will be free of charge. Call Wrenn at 301-475-4002 ext. 1003 for more information.

Country Music Jam Session—On Sunday, June 3, 2007, from 6:00—9:00 p.m., the Northern Senior Center holds an ‘Old Time and Classic’ Jam session featuring country music played and sung by local musicians. Admission fee is \$2.50 and proceeds benefit the center.

Partnership w/ Library for Milestone—The Charlotte Hall Library celebrates its 25 years of serving the community. The senior center as well as other community services and facilities are partnering to hold a community-wide birthday from 10:00 a.m.—2:00 p.m. Walking tours



of the historic Charlotte Hall area will be given via Three Notch Trail, and guests will visit the Welcome Center, St. Anne’s Church, The Charlotte Hall Veterans Home and the Northern Senior Center. The Center will provide an outdoor and, refreshments, and giveaways for the children’s scavenger hunt.

Photo Contest Winners—The Northern Senior Center sponsored a first time photo contest that was well received with 65 entries in the categories of “Living”, “Loving”, and “Laughter”. Two professional photographers, Irving Harris and Ami Imes, judged the entrees. The entry judged best overall winner was “Sunset at Waikiki Beach, Oahu, Hawaii” by Connie Sue Stone. An enlarged framed copy of this picture will be permanently displayed at the Northern Senior Center. Additional winners in each category include:

Living—1st Place Peg Taylor, 2nd Place Whitey Coflin, and Honorable Mention Gloria Johnson.

Loving—1st Place Peg Taylor, 2nd Place Shaina Hardesty, and Honorable Mention Mildred Baldwin.

Laughter—1st Place Connie Stone, 2nd Place Peg Taylor, and Honorable Mention Connie Stone.

MASC Vision for the Future



The MASC Board has been working on a Strategic Plan for 2007-2012. To date, the Board has developed a **Vision for the Future** and conducted a SWOT analysis. The SWOT analysis identified the strengths/advantages which will allow us to achieve this Vision, the barriers/weaknesses which will make it difficult for us to achieve this Vision, the opportunities/positive influences which exist to help us achieve the Vision and the threats/negative influences which will hinder our ability to achieve our Vision. The next steps in the process, which will be undertaken at the June Annual Meeting, will be to identify action steps for each of the goals in the Vision.

If you are unable to attend the Annual Meeting, and/or would like to contribute your thoughts and ideas to the MASC Strategic Plan, please send your comments to Jill Hall at jhall@rockvillemd.gov or Rebecca Cranston at cranstrj@co.cal.md.us.

OUR VISION FOR THE FUTURE—In 2012, our Association will:

- ✓ Be more broadly defined and potentially have a new name to better reflect the diversity of members
- ✓ Have more members and represent not just senior center staff.
- ✓ Be more recognizable throughout the state, not only to professionals working in senior centers, but also to older adults, caregivers, state agencies, etc.
- ✓ Have more business members (on a local, state and national level).
- ✓ Be involved in more networking including established partnerships with NCOA/NISC, AARP, MEMA, etc.
- ✓ Have a more interactive and informative website with a members only section.
- ✓ Have more sophisticated marketing materials distributed to a wider market.
- ✓ Be a fully functioning non-profit organization, able to accept donations and apply for grants.
- ✓ Offer more sophisticated trainings and consulting services.
- ✓ Be legislative advocates with a professional lobbyist.
- ✓ Have a paid Executive Director.



A Blooming Senior Center—A Pledge to Plant

The Catonsville Senior Center Council, the Catonsville Garden Club, the Department of Recreation and Parks and St. Marks Boy Scout Troup have formed a partnership to beautify the grounds at the Catonsville Senior Center at 501 N. Rolling Road.

A few months ago, The Catonsville Times featured a color spread on the many gardens the Catonsville Garden Club maintains. Recognizing a potential collaboration, the Catonsville Senior Center Council approached the club proposing that the club share its expertise for a project to beautify the grounds of the senior center. The Council approached the local scout troupe to join in by providing the manpower to prepare and plant the gardens and beds. Each Eagle Scout will adopt the different area of the center's grounds as their personal project to secure their Eagle Scout badge.

The Catonsville Garden Club, a member of the Federated Garden Clubs, was founded in 1916. The President, Nancy Calk, said, "We couldn't be more thrilled to enter into this partnership." "We will design the gardens, specify the plantings and supervise the actual installation". The scouts will prepare the flowerbeds and work under the direction of the garden club and their scout leaders. As their part of the partnership, the Department of Recreation and Parks will provide the mulch and the tools needed for the project. The Catonsville Senior Center Council will purchase all of the shrubs and plantings as specified by the garden club.

Spence Coleman, President of the Catonsville Senior Center Council, exclaimed, "Our center is the hub of the community and this beautification project demonstrates everyone's willingness to showcase who we are and what we do."

Five areas on the grounds surrounding the center have been identified for beautification and include a formal garden and a butterfly garden. Designs are underway and its entire completion is anticipated over the next two to three years.

This event is a "must-see" if you want to:

Plan trips

Get Fresh Ideas

Make Contacts within the Area
Travel Industry

Get your Trips together for next Year

Learn about New Travel Venues

Comparison Shop for Group Travel
Deals

Mingle with other Area Travel
Groups

Have a Great Breakfast

TRAVEL EXPO

Friday, July 20, 2007

9:00 a.m.—12:00 p.m.

Essex Senior Center ~ 600 Dosey Avenue

Baltimore MD 21221



Enjoy a continental breakfast as you tour through our array of travel agencies, tour groups, and bus companies. Giveaways, information and contacts galore await you at our 2007 Travel Expo!

To reserve your place, you must register by July 6, 2007 and this can be done by calling Kathleen at 410-887-0267. All of your organizations' travel coordinators are invited to attend!

THIS IS A FREE EVENT!!!