



# Maryland Association of Senior Centers



## Newsletter



### MASC Officers for 2008-2009

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VP -Services  
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VP-  
Administration  
Leona Lavin

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Susan Brooks  
Laurel Raymond  
Jeanne Slater

January/February 2009

### GREETINGS FROM THE PRESIDENT...

As we begin a new year, I would like to take this opportunity to thank all the members of MASC for their involvement in our association. It has already been a fun and exciting 6 months for MASC. We launched a successful "Tip of the Week" program and from the appreciative e-mails I receive it seems to be a success. We were included as only one of seven states to participate in the CVS/NCOA/NISC "Prescription for Better Health" State Competition, which had great rewards for the Cumberland Senior Center as they received \$500 plus a registration at the 2009 NCOA Conference. We were able to be the lead sponsor for the Maryland Senior Idol competition which showcases the singing talents of our center members. And lastly, we won the "State Association of the Year" award from the National Institute of Senior Centers. This is a great honor for us and shows we are on the right path to continued success.

As the second half of our term continues, I and the Board are working at expanding our presence around the state. At the December M4A meeting, I lobbied for a **greater role for MASC in the annual Workshop conference**. Last year M4A ran the event without the partnership of state aging associations like MASC and MASNP that had been present in the past. I was very glad to hear that MASC's involvement is very much welcomed and we will be part of the Steering Committee for 2009. I am also pleased that MASC is invited to the M4A meetings to share news regarding our association's efforts. We are also a part of MSCAN and USM and will be present at the USM Rally in Annapolis on January 27, 2009.

I look forward to **two exciting training opportunities**: one on Friday, March 6, 2009 at Bowie City Hall and the other on Friday, June 19, 2009. The training committee is working hard on planning informative sessions for both days.

I am excited to read the submissions for the **annual Program Awards competition**. Each year I am amazed at how many unique, creative and rewarding programs are offered across our state. Our seniors are truly blessed to have such dedicated and energetic staff working on their behalf! Look for application information coming soon.

Remember to take advantage of the **services that are offered to you by MASC** - send a question over the listserv ([masc@listbox.com](mailto:masc@listbox.com)), send in a program idea for the "Tip of the Week", submit a Program Award, attend a training, contact a Board member for assistance with the Accreditation process, or let us know what we can do better! We are open to all suggestions!

Wishing everyone a prosperous new year,

*Jill*



Action In Maturity is hosting a Free Afternoon Tea with cakes and scones along with a presentation of "Smart and Safe Living" given by Tracey Carpenter on January 13th. For more information, please call 410-889-7915.

## Garrett County ~ Home of The Traveling Quilt Show

Nimble fingers, quick mind, loving heart – six simple words that describe a very special lady, Genevieve Serio.

Eighty years ago, at the tender age of 6, Genevieve's grandmother taught her to quilt. Over the past eight decades she's put heart and soul into many quilt projects.

Nine years ago, Genevieve began her final quilt. The project started as a wall-hanging, the design – a nostalgic look back at 'Ladies of the 1900s'. After hand-appliquing four squares, Genevieve decided to create a total of 12 squares, one lady representing each month of the year. Each 'Ladies' square is uniquely designed with distinctive clothing and hairstyles to match the month.



Genevieve Serio (L) donates the Ladies of the 1900s Quilt to Marguerite Hayhurst (R) who accepts on behalf of the Meals on Wheels program..

In time, Genevieve's health problems prevented her from completing the quilt. Sadly, she put the project away, occasionally revisiting the 'Ladies'. Recently she gave the quilt squares to the Friendsville Library Quilters and Friends and asked if they could piece together the squares into a finished queen-size quilt. She requested they raffle off the quilt with the proceeds from the tickets sales to benefit the Meals on Wheels program. The Friendsville Library Quilters worked quickly and hand-finished the quilt this week.

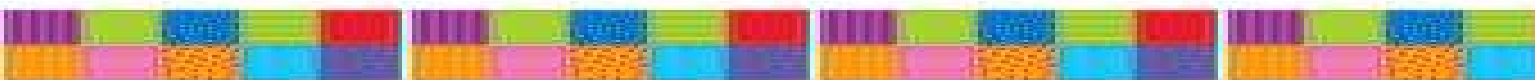
The Meals on Wheels program, administered by the Area Agency on Aging (AAA) at Garrett County Community Action cooks an average of 3,000+ hot meals per month to deliver to frail, elderly homebound residents despite decreases in funding and dramatic increases in the cost of food and gas. The program has struggled for years to maintain sufficient funding to provide this crucial service.

Active for years in senior centers, Genevieve was familiar with the program's budget woes and decided to take action, "I want to help; it's a very important program."

AAA Director, Adina Brode said "This is a prime example of how one person can make a big difference. Genevieve's act of kindness caught on, the quilters helped her to finish the quilt and 100% of the ticket sales will directly benefit the Meals on Wheels program. We are extremely grateful for her donation."

"They personally know people who receive Meals on Wheels, there is a need", Genevieve said of the Friendsville Library Quilters, which includes Helen Bowser, Mimi Demaree, Janet Fike, Mary Frazee, Ina Hicks, Louise Lawrence, Marilyn Moors, and friends Louise Bond and Mary Friend. The ladies have successfully raised over \$5,000 for library programs. The 'Ladies Quilt' is currently on display at the Ruth Enlow Library in Friendsville, but beginning January 2 the quilt will travel around the county on display in a variety of locations, its first stop: the Mary Browning Senior Center in Oakland where it will be on display for two weeks and then on to the next destination.

Raffle tickets will be sold around the county, \$1.00 for one ticket or \$5.00 for six tickets. The winning ticket will be drawn and announced April 14. Adina Brode said "Knowing the love of quilts of so many in this area, we anticipate this to be a very successful venture." For more information, call AAA at 301-334-9431.

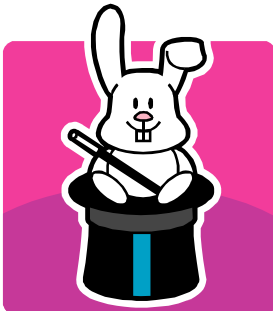




## St. Mary's County ~ Special Events

The Loffler Senior Activity Center (St. Mary's County Department of Aging) will host a special event on Thursday, January 22, 2009 beginning at 11 A.M..

Lunch Connection will be coupled with a Magic Show, for which you must purchase an advance ticket, which covers the cost of the entertainment and includes a donation for lunch. A limited number of tickets will be sold. Tickets are only available at Loffler Senior Activity Center for \$7.00 each. The menu is: Surprise Stuffed Pork Chops; Magic Mixed Roasted Veggies; Tantalizing Tossed Salad; Beaming Baked Apples and Pop Up Parfait.



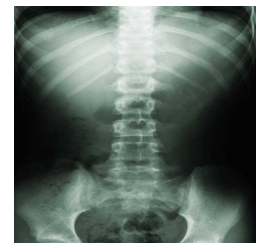
Arrive by 10:45 A.M.. The magic begins at 11:00 a.m. and lunch will be served immediately following the 40- minute magic show.

Following the show, Super Magic Man Reggie Rice will do walk-around magic table side while you eat. For more information, call 301-737-5670 ext 1658.

### *January Health Watch: Standing Strong: Preventing and Treating Osteoporosis*

Loffler Senior Activity Center, St Mary's County Department of Aging  
Thursday, January 8, 2009 at 11:00 a.m. to 12:00 p.m.

Call 301-737-5670 ext. 1655 to register or stop by the Receptionist's Desk  
Let us know if you wish to stay for lunch at least 24 hours in advance.



## Theatre and Fun in Montgomery County!



On Saturday, April 7, 2009, the Gaithersburg Upcounty Senior Center and the Rockville Senior Center will partner by presenting 'Murder on the Set' show and dinner theater. The reception is at 5:30 p.m. and the show/dinner will be at 6:00 p.m.

On May 4, 2009 these two centers, both located in Montgomery County but run by different municipalities, will co-sponsor a Senior Fun and Fit Day. The day is comprised of sports, interactive demonstrations, entertainment and health information/screenings provided by local healthcare providers and businesses. The time of the event is 9 a.m. to 4 p.m.

## Maryland Senior Idol



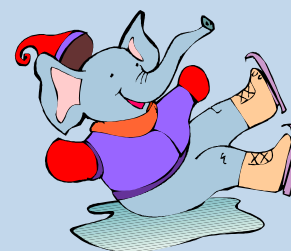
Seniors all over the state of Maryland are getting out their music, polishing up their tunes and auditioning for this year's Maryland Senior Idol Contest. The contest will be held on **Friday, January 23, 2009 at 1 PM at Howard County Community College's Smith Theatre**. The snow date for this event is Friday, January 30, 2009. The Maryland Association of Senior Centers (MASC) is the lead sponsor for this event. Ten counties, and Baltimore City, will send their top two contestants to this state contest. It's not too late for your county to participate! Call Barbara Scher @ 410-313-5926 or email [bscher@howardcountymd.gov](mailto:bscher@howardcountymd.gov) for more information. Plan a trip to Howard County and join us on January 23rd!

## CVS/NCOA/NISC "Prescription for Better Health" State Competition Winner Announced

Congratulations to the **Cumberland Senior Center in Allegany County!!** They are the winners of the 2008 NCOA/CVS Prescription for Better Health State Competition. Cumberland won for their SAPPHIRE (Stability Assessment Program Promoting Health by Integrating Resources and Education) Evidence Based Program aimed at Fall Prevention.

The Cumberland Senior Center wins \$500 and a registration at next year's NCOA/ASA Conference. Their program is automatically entered into the running for the National Award.

Kudos to Leona Lavin for submitting such a great program, and to judges Grace Whipple and Chris Klopfer for making the difficult decision.



## MASC wins NISC "State Association of the Year" Award



Congratulations to all the members of MASC! We have been selected as the **State Association of the Year** by the National Institute of Senior Centers. Five states associations vied for the honor. This award is a testament to the hard work and dedication of your Board of Directors and the participation and feedback of our members. Without everyone working together to provide exceptional services, we would never have achieved this great honor!

Jill Hall, MASC President, will receive the award and the \$1,000 cash prize on behalf of MASC at the NCOA/ASA Conference in Las Vegas in March 2009. This is the second time MASC has won the "State Association of the Year" award. MASC also accepted this honor in 2004. **Way to go MASC!**



## Margaret Schweinhaut Senior Center

1000 Forest Glen Road, Silver Spring, Maryland 20901

PHONE: 301-681-1255

Center Hours: Monday – Friday 8:30 a.m. – 4:00 p.m.

**Saturday, 9:30 a.m. – 3:00 p.m.**

[HTTP://montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)



### New and Exciting Classes are coming!!

**NEW! Woodcarving Class** on Tuesday afternoons from 1:30-3:00 pm

**Free Income Tax Assistance** Tuesdays, February 3 to April 14

**Eating Wisely for Better Health** Join this free 6 week class, 12-1 pm starting Feb. 18.

**Better Balance** starting March 9 on Mondays and Wednesdays

**Chronic Disease Prevention** Thursdays, April 2- May 10

### *Entertainment Awaits You*

Monday, January 5, 12:45 – **Music and Memories**

Friday, January 9, 1:00 – **Good Times Show Band**

*(Great Dancing Music !)*

Friday, January 16, 1:00 – **Déjà Vu**

Friday, January 23, 1:00 – **The Class Act**

Friday, January 30, 1:00 – **Home Again Cathleen**



### *Intellectual Explorations*

Thursday, January 8, 10:30 – **Riding Free for Seniors**

Thursday, January 8, 1:00 - **Cokie Roberts in person**

Tuesday, January 13, 10:30 – **A Healthy Weight for the New Year**

Thursday, January 15, 10:30 – **The History of Rockville Pike**

Wednesdays, January 21 & 28, 10:30 **The Stuart Century in England**

Thursday, January 29, 10:30 – **Good Calories Bad Calories: Fats**



### **NEXT MASC BOARD MEETING**

**Wednesday, January 28, 2009**

**9:00 a.m. ~ Location: Elkridge Senior Center**

