

May/June 2009



# Maryland Association of Senior Centers

## M4A Award Presented to MASC

At their monthly meeting in April, Maryland Area Agencies on Aging President Arnold J. Eppel presented MASC President Jill Hall with a plaque in recognition of MASC's recent State Association of the Year Award from the National Institute of Senior Centers.



Plaque reads:

*Presented to Maryland Association of Senior Centers*

*in recognition of winning the State Association of the Year Award from the National Institute of Senior Centers.*

*Thank you for all your hard work to improve the lives of Maryland's Older Adults.*

*2009 Maryland Association of Area Agencies on Aging.*

### *MASC Officers for 2008-2009*

**President  
Jill Hall**

**Secretary  
Suzanne Levin**

**Treasurer  
Jo Morris**

**1<sup>st</sup> Vice-President  
Nicole Sheehan**

**2<sup>nd</sup> Vice-President  
Leona Lavin**

**Members At  
Large**

**Julie Lynn  
Susan Brooks  
Laurel Raymond  
Jeanne Slater**



## MASC Annual Meeting Notice

**Friday, June 26  
Catonsville Senior Center  
8:30 a.m. - 2:30 p.m.**



Includes:

- Two wonderful professional development seminars (Recruiting Boomers to Your Center and Dealing with Difficult People)
- Entertainment by Maryland Senior Idol winner
- Raffle for a custom made piece of jewelry
- Program Awards ceremony
- Penny Drive winners announced
- Installation of officers
- Delicious continental breakfast and lunch.

All for the great price of \$20 MASC member and \$30 guest. Register by downloading the flyer off the MASC website.

## From the MASC President...



Happy spring! I cannot believe that we are getting ready for the 2009 Annual Meeting already. This past year has been a whirlwind of activity and MASC members should be proud of all that has been accomplished. The crowning achievement was being selected as the State Association of the Year by the National Institute of Senior Centers. Given that there are over 40 state associations in the nation, to be chosen as the best for the year was a great honor for us. It is the second time that MASC has received this recognition. The \$1,000 check that came with the award wasn't bad either!

Our partnership with NCOA and NISC has yielded significant benefits. Our sponsorship and administration of the Prescription for Better Health State Competition generated another \$1,000 for MASC and \$500 for Cumberland Senior Center, the Maryland Winner. NISC has also helped promote our association and we are frequently used as a "best practice" model for fledgling state associations. NCOA and NISC are doing exciting things this year - look for the new "Crossroads" online community and upcoming webinars.

The Board is continuing to look for ways to help promote senior centers and encourage innovative and creative programming. The 2009 Program Awards Book will be another wonderful addition to our collection. The weekly e-mail tips has also generated a lot of positive feedback as our members send their thanks in on a regular basis. I know that there are so many good ideas throughout the state, please feel free to send in yours so it can be included as an upcoming tip.

The workshops offered by MASC this year have been very successful. Although I heard that training has been cut back or canceled in many jurisdictions, we had 70 people register for the March event and we are expecting a large crowd for the June Annual Meeting. Please remember to send in your suggestions for topics since we will be hosting a third training event in October. This will be the only state-wide training offered to senior center staff in October since the traditional Workshop '09 has been canceled due to the economy.

In Annapolis, our lobbyist Teresa Birge keeps MASC front and center when bills related to senior center funding come up in the Senate and House. We are more well known than ever and are pleased to partner with fellow state-wide aging organizations, M4A, MASNP, MSCAN and USM, to increase awareness of seniors' needs and advocate on their behalf.

I am proud to say that our membership continues to grow, and as we embark on a new registration year we hope you will renew your membership for 2009-2010. I encourage you to spread the word in your counties about MASC - amazingly enough some centers are still not familiar with all the benefits they would receive from joining MASC!

If there was any disappointment at all from the past year it was that very few people stepped up to join the Board. Thank you to Grace Whipple from Gaithersburg Upcounty Senior Center and Ashaki Innis from Woodlawn Senior Center for joining the team. We look forward to your fresh ideas. Thank you also to the Board members who will continue to serve: Nicole Sheehan, Leona Lavin, Jo Morris, Sue Brooks, Julie Lynn, Laurel Raymond and Jeanne Slater. Your dedication to our organization is greatly appreciated.

It is not too late! If you can help by being a member at large please let me know before June 26. You do not have to attend every meeting, and MASC recently approved subsidizing mileage for any Board member whose agency would not reimburse their transportation costs.

I look forward to seeing everyone at the Annual Meeting, June 26, in Catonsville.

Best wishes to everyone,  
Jill



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## From St. Mary's County:

The St. Mary's County Department of Aging, Triad/S.A.L.T. (Seniors and Law Enforcement Together) Council, and the Board of Commissioners for St. Mary's County will be sponsoring the 9th Annual Law Enforcement Appreciation Day Ceremony on Tuesday, May 12, at 11:30 a.m. in Leonardtown. This event will take place during National Police Memorial Week and will pay tribute to law officers who have perished in the line of duty, as well as honor the "Officer of the Year" selected from each county law agency based on their outstanding service to the community. For further information, visit the Department of Aging website at [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging).

## JCA Connect-A-Ride

301-738-3252 – Montgomery County, MD ~ 703-323-6494 – Northern Virginia



Helping All Seniors Thrive™

Connect-A-Ride (CAR) is a free information and referral clearinghouse of transportation options for adults age 50+ in Northern Virginia and Montgomery County, MD. It links older adults and their caregivers with a wide range of public and private organizations and offers solutions to future transportation needs. Connect-A-Ride works with local and county governments and with the business community to enhance the available transportation resources and help communities become aware of gaps in service. Operated by the Jewish Council for the Aging of Greater Washington, the program's mission is to assist older adults of all faiths and from all walks of life to remain independent and mobile wherever they choose to live.

The unique aspect of Connect-A-Ride is the personal assistance staff provides each caller. It is not enough to compile a list of transportation resources in a community and distribute that list. Many older adults are unwilling to ask for help, unwilling to accept help when it is offered, become overwhelmed when faced with pages of names and phone numbers, or truly have no idea of which programs would best suit their individual needs. Connect-A-Ride Information Specialists work with each client to gain a clear picture of his or her individual situation. Staff takes time to establish a rapport with callers; discern their needs; offer solutions for transportation and related needs; assist with applications; and mail applications, related information, and follow-up surveys.

Hours of operation are Monday through Friday from 7:00 a.m. to 3:00 p.m. Call 703-323-6494 in Northern Virginia or 301-738-3252 in Montgomery County, MD. Leave a voice mail at other times and your call will be returned on the next business day. E-mail requests to [acole@accessjca.org](mailto:acole@accessjca.org) or [connectaride@accessjca.org](mailto:connectaride@accessjca.org). Connect-A-Ride, a program of the Jewish Council for the Aging (JCA), is funded by Montgomery County Department of Public Works and Transportation, the Jewish Federation of Greater Washington, and the JCA itself.

## MASC Awarded NISC “State Association of the Year” Award

The Maryland Association of Senior Centers was honored with the “State Association of the Year Award” by the National Institute of Senior Centers, an interest group of the National Council on Aging at its conference in Las Vegas in March. MASC was recognized for its “outstanding creative technical assistance in promoting the growth, development, and expansion of state associations of senior center organizations”.

Members of state associations across the nation were particularly impressed with the diversity of resources offered by MASC to professional working in senior centers. Noreen Best, NISC Delegate from New Jersey and chair of the State Association and Membership Committee, which unanimously selected Maryland for the award, said “Maryland provides so much for their members including a weekly e-mail programming tip, a wonderful website, great workshops, and program excellence awards that are the envy of other state associations.”



Pictured are Jill Hall, MASC President, receiving the award and the \$1,000 cash prize and Noreen Best, NJ Delegate and Chair of the State Association and Membership Committee, at the NCOA/ASA Conference in Las Vegas in March 2009.



# Mother's Day Tea



*Don your hats and gloves and bring your favorite tea cup!*

*Where: Saint Mary's Outreach Fellowship Hall  
3900 Roland Avenue*

*When: Tuesday, May 5<sup>th</sup> at 1:00 pm*

*Hosted by St. Mary's Outreach Center and Action In Maturity.*

*Enjoy a variety of teas, finger sandwiches, and petite desserts.*

*Reservation required. Call AIM office at 410-889-7915. Prizes will be given to the fanciest hats and tea cups. In lieu of admission, a contribution to the Hampden Food Pantry would be most appreciated—some canned goods, non-perishable food items, or monetary donations are most welcome!*

## **"A Night in Italy"** in **Garrett County**

The members of the Garrett County Association of Student Councils (GCASC) recently met to plan for the annual Garrett County Area Agency on Aging *Senior Citizen Prom* which will be held on Friday, May 15, 2009 from 6 to 9 p.m. at Will O' the Wisp Four Seasons Restaurant. "This is the third year that GCASC will be partnering with the Area Agency on Aging and we are very excited about this intergenerational event!" said Carrie Clow, Senior Center Operations Director for the agency. "We have received many positive comments and feedback at past prom events, and anticipate an increase in attendance due to the success we have built since partnering with the GCASC". The theme for 2009 is "A Night in Italy." The evening will also feature live music from the talented Johnny Moore. Dinner will be Italian buffet. The GCASC will be responsible for the decorations, soliciting door prizes, and providing souvenirs for every attendee. The students will also be attending the prom to socialize and dance with the senior citizens. Tickets are \$12.00 per person, and are available at the Mary Browning Senior Center in Oakland, Grantsville Senior Center, Friendsville Nutrition Site, and Flowery Vale Fitness Center in Accident. The event is open to anyone aged 55 and over, no tickets will be sold at the door. For more information please contact Clow at 301-334-9431 ext. 139.

### Grantsville Senior Center

#### Cake Decorating Classes

Tues., June 2, 9, 16, 23

1:00—3:00 p.m.

Students will learn The Wilton Method of cake decorating, progressing from learning basic techniques to stars, clowns, and roses.

Fee is \$20 and includes course book. Additional purchase of a student kit is also required and can purchase from the instructor after first night. Must be age 55 + to register for the course. Call 301-264-3966 to register by Friday May 22nd.





## *Woodlawn Senior Center - Baltimore County, MD* **HAPPENINGS**

**Law Day – Friday, May 1<sup>st</sup> from 10 a.m. to 1 p.m.**

Fred Peterson, Esq. will be at the senior center to assist members with advance directives and give them pertinent information regarding recent elder law changes. Free appointments are available, sign up today.

**Happy Anniversary! – Monday, May 11<sup>th</sup> from 3 to 5 p.m.**

The Woodlawn Senior Center will celebrate four years of continued growth and excellence with an anniversary dinner. Come out to celebrate this joyous occasion with us.

**Can Spirituality Extend Your Warranty? – Monday, May 11<sup>th</sup> at 11 a.m.**

Live every moment! Do the things now that you always wanted to do. Today's world offers many opportunities to improve your health and well being through medical advances and access to information through the Internet and other resources. As part of the Baltimore County Department of Aging's 2009 Initiative –Age Is Just A Number: How To Extend Your Warranty, this program offers another approach to alternative healing for many people.

**Travel with the Woodlawn Senior Center on Tuesday, June 2<sup>nd</sup> to the Brownstone in Patterson, NJ to see Justine "Baby" Washington and Comic, Marvin Bell for only \$85! Call the center for further details at 410/887-6887.**

**Diabetes Workshops – Tuesdays, May 19<sup>th</sup> and 26<sup>th</sup> and June 2<sup>nd</sup> and 9<sup>th</sup> from 1 p.m. to 3 p.m.**

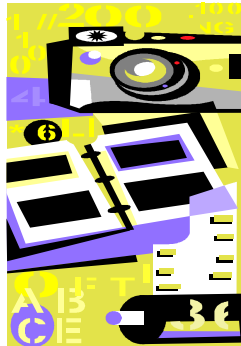
The number of older Americans diagnosed with diabetes grew by nearly a quarter in the last decade, a rate that experts say threatens not only the health of the elderly but the viability of the nation's health care system.. Attend these very important workshops on diabetes at the Woodlawn Senior Center so that you may have all of the information needed to live a healthy life.

**Get Your Picture Taken – Friday, June 5<sup>th</sup> at 1 p.m.**

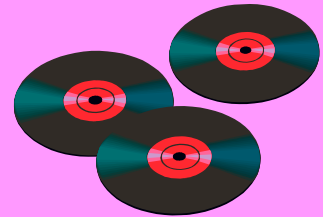
A Senior Day Pass is available for core services (Local Bus, Light Rail, Metro Subway and Neighborhood Shuttle Bus). This Day Pass allows seniors to ride all day for \$1.20. Express and premium charges apply. Reduced fare Monthly Passes are also available for \$16.50. The passes must be used with a valid MTA photo Senior ID card.

**Modified Self Defense Class for Older Adults Thursday, June 25<sup>th</sup> at 11:30 a.m.**

Since many older adults today live alone and travel alone, self-defense is more important than ever, therefore, it is important to learn about some basic defensive moves.



### *Catonsville Senior Center* *Catonsville, MD*



We are bringing back the fifties at the Catonsville Senior Center! Games, prizes and more in the morning. Don't miss the afternoon with Pat & Wayne as they "Jitterbug Across All Fifty States" from 12:45 -2:30 pm. In the ballroom. They will perform for the first fifteen minutes and then you can join them and jitterbug in the afternoon. You can join them after their demo dancing. You will be amazed! Can you keep up with their dance steps! For more information, please call Marie Dix at 410-887-0900

**Date: Thursday, May 28**

**Time: 10:00-11:30 am**

Queen Anne's County Department of Aging  
104 Powell Street, Centreville, MD 21617

# 7th Annual Senior Summit & Annual Senior Picnic

Tuesday, May 19, 2009  
Queen Anne's County 4-H Park  
9:00am - 2:00pm

**\*\*Transportation Available\*\***

**FREE**

Parking ~ Admission ~ Information ~ Entertainment ~ Hand  
Massages ~ Mini Golf course ~ Hearing Screening ~ Blood Pressure Check ~ Reiki demo /lesson  
~ Aerobics demo /lesson ~ Line Dance demo /lesson ~ Ball Room Dance demo /lesson



**PIT BEEF \$11.00**

Includes breakfast

Tickets available at your  
local senior center or at  
the 4H Park.

*K-9 dog show 12:30pm*  
*Bingo 1:00pm*

**Gold Sponsor: Shore Health Systems**

**Silver Sponsor: Chesapeake Hearing Center**

**Silver Sponsor: Somford Place**

*Call your local senior center for tickets and information*

Centreville Senior Center  
(410) 758-3900

Grasonville Senior Center  
(410) 827-6010

Kent Island Senior Center  
(410) 604-3801

Sudlersville Senior Center  
(410) 778-5444



**Plenty of  
Vendor Booths**

*Senior Center Booths  
Cake Wheel, Flower Wheel  
Games & Prizes*