



Senior Programs Newsletter

A Message from the Senior Programs Staff

We are happy to be able to provide you with information about the latest happenings with the senior program by way of this new **Senior Programs Newsletter**. We have been pretty busy since March with the Senior Nutrition Program. Currently, we distribute nutritious meals and fresh produce to approximately 700 seniors each week.

There are programs available listed in the Recreation Department's Virtual Rec Room. You will find activities such as arts and crafts, dance, music, exercise, health and wellness, virtual tours, and much more. All of these programs will help you stay active and experience a wide range of topics right from the comfort of your living room. Visit mocrecreation.com for details.

We miss each and everyone of you and can't wait to get back together as soon as we can do so safely. In the meantime, stay safe and stay well.

A few Rec team members (including T-Rex) in action with meal distribution



Senior Nutrition Program

The Senior Nutrition Program (SNP) is operated by the Montgomery County Department of Health and Human Services, Aging and Disability Services, and the Department of Recreation. The Home Delivery program we are currently offering has been monumental in providing nutritious meals and fresh produce weekly while decreasing isolation, and providing safety checks. The program is for Montgomery County residents 60 and over who are having difficulty accessing food during the COVID-19 pandemic. Meal packs are delivered once per week and contain at least seven nutritionally balanced meals designed with seniors in mind. For more information on eligibility and to register call our partners at the JCA Senior Helpline at 240-290-3311 or email Senior.Helpline@accessJCA.org.

Senior Connection

The Senior Connection has a team of dedicated volunteers, and even during this pandemic they are able to assist with the following:

- Transportation to essential medical appointments (*this will evolve as the county opens up*)
- Grocery shopping from a provided list and form of payment
- Prescription delivery
- Providing check-in-chat phone calls
- Manna box delivery (must be registered with Manna)

If you need assistance, please call the office (301-962-0820) with the details of your request. They will reach out to you as soon as possible.

What is Rec Room?



Montgomery County's Recreation Rec Room is a virtual recreation hub for residents to enjoy from home.

We realize it can be challenging to stay fit and creative during this time, so we have created some exciting ways to do all things Rec while you are home. You will find DIY arts & crafts, fitness videos, virtual classes, virtual trips and tours, and fun recreational ideas for any age. Visit mocrecom.com, Rec Room is easily accessible from our home page. Under Quick Links, click on Virtual Rec Room. You then have two options: Virtual Classes and Free Activities.

Stay Fit. Stay Healthy. Stay Creative.

A sample of programs in REC Room include:

- ♦ *Learn How to Use Zoom*
- ♦ *Learn a Line Dance*
- ♦ *Learn Mindfulness*
- ♦ *Learn Yoga*
- ♦ *Learn How to Knit*
- ♦ *Visit Holland*
- ♦ *Visit a Botanical Garden*
- ♦ *and many more*

Enjoy!

Exercise Matters

Exercise is more than keeping physically fit or dropping a few pounds. A person can reap the following benefits when they exercise:

- ◆ Improves Flexibility
- ◆ Increases Range of Motion
- ◆ Decreases depression by increasing Endorphins (your happy hormone)
- ◆ Improves Circulation
- ◆ Boosts your Immune System
- ◆ Improves your balance which can reduce your fall risk
- ◆ Decreases joint pain due to arthritis

Although exercise programs today are different than the exercise programs prior to Covid-19 it is still important to participate in some form of exercise for 30 minutes, five days a week.

There are plenty of health and fitness programs and videos in Rec Room, from Aerobics to Zumba. Go try out a new class!

Remember to consult with your physician prior to beginning an exercise program. After you receive the approval from your physician to begin an exercise program be sure to drink water to stay hydrated.

Exercise Routine

Below is a quick stretching routine to start your day.

- ⇒ Grasp right wrist with left hand, slowly rotate your right hand around clockwise five times - then counter clockwise five times.
- ⇒ Change hands, grasp left wrist with right hand, slowly rotate hand around clockwise for five times then counter clockwise for five times.
- ⇒ TAKE A FEW DEEP BREATHS
- ⇒ Rub your right arm from your shoulder down to your fingers with your left hand 10 times.
- ⇒ Rub your left arm from your shoulder down to your fingers with your right hand 10 times.
- ⇒ TAKE A FEW DEEP BREATHS
- ⇒ Rub your hands together 20 times.
- ⇒ Close your fists tightly, then open and close them 20 times.
- ⇒ Now wriggle your fingers 10 times.
- ⇒ TAKE A FEW DEEP BREATHS
- ⇒ REPEAT AS NEEDED!

Did you know that the State of Maryland has an Official Exercise? Well, it does...WALKING! When Maryland designated walking as the State Exercise on October 1, 2008, it became the first state in the nation to name a state exercise. The health benefits of walking or hiking include improved cardiovascular fitness, reduced risk of developing high blood pressure, and prevention of heart attacks, colon and breast cancer, and osteoporosis. Physical activity also elevates mood and reduces anxiety. The U.S. Surgeon General recommends that all Americans walk at least 30 minutes per day, five days a week.

Black Eyed Susan

How many words with three or more letters can you make out of "Black-Eyed Susan". Good Luck!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
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- 13.
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- 18.
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- 20.
- 21.
- 22.
- 23.
- 24.
- 25.

Growing Season

Growing Season - Thoughts and Suggestions from Plant Room Volunteers, Holiday Park Senior Center.

What a beautiful spring we had this year. The combination of cool weather and rain has allowed garden plants to thrive. We miss seeing you in the Plant Room, but hope you are still able to enjoy working with plant materials in your apartments, balconies, or yards.

Remember to examine your houseplants. They may need repotting if the roots are coming out of the bottom of their pots or if they are wound around the inside of the pot. Even if you don't have a lot of potting soil available at this time, try to add a bit of new soil to the pot. Your plants may also need some fertilizer to give them a boost during the growing season. If they appear leggy, try taking cuttings to start a new plant. House plants can be put outside during the summer months. It is generally not a good idea to put them in very bright sun; consider putting them under trees or on a shady side of the house. Do not forget to water them during dry or hot spells.

Before removing foliage from bulbs, let the leaves die back until they turn a yellowish brown. Pinch fall-blooming plants (such as mums, asters, Russian sage, buddleia, and ornamental salvia) to make them bushier and to promote greater flowering. There is no need to bag grass clippings; set your lawn mowers at three inches and leave the clippings on the lawn—this returns nitrogen to the soil and when the clippings decompose, they act like a mulch.

We wish we could see you in the Plant Room to help with your gardening and plant questions in person. However, for now, if you have questions, refer to the University of Maryland Extension center for help: extension.umd.edu/hgic/information.

All of the volunteers in the Plant Room send our very best wishes to you. Stay well, stay strong and enjoy your plants!

Maryland designated the black-eyed Susan as the official state flower in 1918. The black-eyed Susan is a daisy-like wildflower with yellow petals and a dark brown center and common in Maryland fields and roadsides. A member of the sunflower family and native to the United States east of the Rocky Mountains the plants reach 2 to 3 feet in height, blooming between May and August. The flower heads measure 2 to 3 inches in diameter. The flower's scientific name is *Rudbeckia hirta*; "hirta" is Latin for "rough hairy" (like the flower center).



SENIOR PLANET

STAY CONNECTED EVEN AT HOME!

Aging with Attitude

Senior Planet Montgomery is a free program designed for Montgomery County residents 60 years and older to harness the power of technology. Classes are now being offered online using Zoom video conferencing and focus on how to thrive at home. Topics introduce online programs and resources that enable learning, shopping, entertainment, connecting to loved ones, and staying active. A home internet connection and a device is all that is required to participate.

WON'T YOU JOIN US?

Check out classes; sign-up for our e-newsletter!
www.seniorplanet.org/Montgomery.

Contact our team to learn more.
mocoinfo@seniorplanet.org ▪ 240-753-0676

Tech Question? Give us a call.
Senior Planet National Tech Hotline: 920-666-1959

LOOKING FOR LOW-COST INTERNET OPTIONS

Check out low-cost options below. If you are denied enrollment or need assistance obtaining a device, contact Senior Planet and Montgomery County will try to assist you.

COMCAST INTERNET ESSENTIALS

1-855-846-8376/1-855-765-6995 for Spanish/video chat in ASL on their website
www.internetessentials.com.

RCN INTERNET FIRST

800-746-4726 ▪ www.rcn.com/internet-first
Limited service area: Silver Spring, Chevy Chase, Gaithersburg.

VERIZON

1-800-837-4966 ▪ verizon.com/info/low-income-internet/



Phone/E-Mail Pen Pals

If you are like most of us, you are missing speaking with others outside of your household. Would you enjoy a telephone or e-mail conversation with someone new? You could share your interests and hobbies with someone and make a new friend. If you would like to participate, contact Sheila Hall at Sheila.hall@montgomerycountymd.gov or 202-450-8057 by Monday, August 3, 2020. With your permission, Sheila will share your name and contact information with one other person and provide you with a name and contact information for one other person with similar interests so you can reach out to another resident in your community.

Calling All Cooks and Food Lovers

With Stay At Home orders in place, people have been cooking more. Some people have been experimenting with new recipes, while others have been preparing the family favorites. With that being said, we would like you to email one or two of your most popular recipes, along with why it is you and your family's favorite recipe to Sheila at Sheila.hall@montgomerycountymd.gov. Your recipe could be shared in a future newsletter!



Montgomery County Recreation Senior Programs Team

Contact Us

Damascus

Anthony "Tony" Edghill
Anthony.Edghill@montgomerycountymd.gov
240-535-0732

Holiday Park

Dolors Ustrell-Roig
Dolors.Ustrell@montgomerycountymd.gov
240-460-2236

Gayathri Aluvihare

Gayathri.Aluvihare@montgomerycountymd.gov
240-805-3713

Long Branch

Mary Pelz
Mary.Pelz@montgomerycountymd.gov
301-332-4451

North Potomac

Sheila Hall
Sheila.Hall@montgomerycountymd.gov
202-450-8057

Schweinhaut

Karen Maxin
Karen.Maxin@montgomerycountymd.gov
240-805-3712

Wheaton

Alejandro "Alex" Alcon
Alejandro.Alcon@montgomerycountymd.gov
202-760-1003

White Oak

TeAnna Abraham
TeAnna.Abraham@montgomerycountymd.gov
240-678-5696

Active Adult Programs

Cathy Richards
Cathy.Richards@montgomerycountymd.gov
240-753-9280

