



2013

PROGRAMS OF
EXCELLENCE



Maryland Association of Senior Centers

"Your Statewide Center Connection"

Our Mission

The Maryland Association of Senior Centers (MASC) was founded in 1980. Selected as the State Association of the Year" in 2004 and 2009 by the National Council on Aging, the purpose of the Association is to represent and promote the senior centers in Maryland through the following goals:

- To foster the multi-purpose nature of senior centers.
- To promote community relations with aging affiliated state and national associations and impact on the visibility of senior centers state-wide.
- To encourage the development of new senior centers and expansion of existing centers throughout Maryland.
- To facilitate the exchange of information, ideas and programs between senior centers, through newsletters, workshops, and meetings.
- To encourage the passage and implementation of legislation at the local, state and federal levels thus improving services to seniors.
- To operate for non-profit charitable, scientific, education liaison, and advocacy purposes.
- To recognize excellence in senior center programming.

2013 ANNUAL PROGRAM AWARDS

In keeping with one of our stated goals, "to recognize excellence in senior center programming," of the Maryland Association of Senior Centers, this annual awards program has been designed to honor and promote outstanding programming efforts made by senior centers throughout Maryland.

Entries were accepted in the following categories:

- Fundraising
- Special Events
- Nutrition, Fitness, and Health Promotion
- Education
- Leadership, Civic Engagement, and Community Development
- Expressive and Creative Arts

Award winners were announced at the Annual Meeting on Tuesday, June 11, 2013. Plaques were awarded to the first place and honorable mention recipients in each category. In addition to the plaque, \$100 was awarded to the first place senior centers in each category.

MASC would like to thank Diane Lanaville, Director of the Verona Senior Center in Wisconsin and Malia Fox, Director of the Winona Friendship Center in Minnesota for judging the 2013 MASC Program Awards and selecting the first place and honorable mention winners.

FUNDRAISING



2013 Fundraising Award Recipient

"Belly Full of Cheer"

Essex Senior Center
600 Dorsey Avenue
Baltimore, Maryland 21221
410-887-0267
bhoffman@baltimorecountymd.gov
Nominator: Ben Hoffman, Assistant Center Director

Local restaurants donated gift cards to our Belly Full of Cheer. We had a total of eight gift cards. We sold raffle tickets for \$1 each or 3 tickets for \$2. Essex Senior Center raised \$255 in a two-week period.

Cost: No cost; the gift cards were donated and the center council purchased larger gift cards to enhance the promotion.

2013 Fundraising Honorable Mention

"Spaghetti Dinner/Gospel Concert"

Southern Pines Senior Center
20 Appeal Lane
Lusby, Maryland 20657
410-586-2748
ezerincm@co.cal.md.us
Nominator: Carolyn M. Ezerins

A local gospel group, "All Things New", offered to perform for our seniors at no cost. The Senior Council decided to use this opportunity to organize a fundraiser before the concert, in the form of a Spaghetti Dinner and 50-50 Raffle. The committee determined how many people could be seated in the dining room and printed that number of tickets. Each Council member agreed to sell a specific number of tickets and all seats in the dining room were sold! The subcommittee that was in charge of preparing the food decided on a menu of spaghetti with meatballs (they actually prepared two sauces, one with meatballs and one without), mixed green salad, garlic bread, miscellaneous desserts (donated by the seniors), coffee, tea and lemonade. The total net income was \$557.80.

Cost: \$155.

2013 Fundraising Submissions

“Miniature Model of Your Home Raffle”

Jacksonville Senior Center
3605A Sweet Air Road
Phoenix, Maryland 21131
410-887-8208
bfranke@baltimorecountymd.gov
Nominator: Barbara Franke, Center Director

The Jacksonville Senior Center train garden is an annual event which showcases, in miniature, landmarks and community structures in our area. Since the garden expands each year, the Train Committee decided that a fun way to raise money for their expansion was to have a raffle. The raffle winner would have a miniature of their home modeled by the committee to be placed in the train garden that year. When the train garden was taken down, that winner then keeps their miniature home. It was an extremely successful raffle. The model home was built to scale and was a special feature in this year's train garden. The raffle met all three purposes and this raffle will continue each year.

Cost: \$30 for model supplies.

“Taylor Marie Fashion Show and Sale”

Indian Head Senior Center
100 Cornwallis Square
Indian Head, Maryland 20640
301-743-2125
boggsj@charlescounty.org
Nominator: Joan M. Boggs, Center Coordinator

This fundraiser fashion show featured Taylor Marie Fashions, a mobile retail clothing store that offers stylish and affordable clothes, jewelry, and accessories. All of the models for the show were our very own seniors. Customers were able to peruse the shop and all of the racks without the nagging of a sales representative. They could leisurely stroll down the aisles and pick out what they would like to try on. With so many seniors unable to drive, this was truly a special opportunity for them. The morning kicked off with coffee, tea, and specialty pastries. Twelve seniors from the Senior Center volunteered to model the clothes and accessories. The staff of Taylor Marie's gathered the models and assisted them in deciding which two wardrobes they would be modeling. After the experts gave the seniors a few modeling and sashaying tips, they were ready for the catwalk. All of their friends applauded as they modeled their fashions. Photos were taken; all of the seniors were having the time of their lives, and just enjoying the opportunity to be the center of attention. Following the fashion show, lunch was served. Then it was time for everyone to shop the racks. Clothes were available for purchase from 18-20 racks. The Indian Head Senior Center Council earned 10% of the total proceeds.

Cost: \$35.

"Lady Luck Casino Night"

Cockeysville Senior Center
10535 York Road
Cockeysville, Maryland 21030
410-887-7694
snlevin@baltimorecountymd.gov
Nominator: Suzanne Levin, Regional Center Director

Las Vegas moves East. As the sunset fell over Cockeysville Senior Center, the multi-purpose room was transformed into an exciting casino that you could find anywhere on the famous strip. Black and white cloth draped each table along with silver and black slot machines representing decorative centerpieces. Adding to the atmosphere was a backdrop of the Las Vegas Strip that was attached to the wall. Two gambling wheels were put in place and the lights were lowered. An evening filled with excitement was ready to begin.

Eighty-one tickets were sold in advance for \$25; \$5 in play money was given to every participant that could be used for drinks and play. The wheels started to spin after a catered dinner that was provided by a local restaurant. Continuous cheers and laughter could be heard throughout the evening as the wheels turned. A DJ played a variety of music and many took a break from the tables to dance and sing.

At the evening's end, everyone left with a content smile on their face and the center's net profit was \$1,125.

Cost: \$800 for food, entertainment, wheel rental, decorations, and tickets. Tickets were sold for \$25 per ticket.

"Bazaar"

Edgemere Senior Center
6600 North Point Road
Edgemere, Maryland 21219
410-887-7530
mhager@baltimorecountymd.gov
Nominator: Mike Hager, Center Director

On November 10, from 9 a.m. to 1 p.m., the Edgemere Senior Center held a Bazaar for fundraising and to invite the community into the center. Vendors were able to purchase table space from the center for \$10. There were ten vendors total, and we could have sold more, if we had more space! The senior center set up four tables to sell items that had been donated through out the year and a multitude of crafts, sewing, and knitting projects. The center also sold food and drinks. Menu items included meatball subs, hotdogs, chicken noodle soup, and bags of chips. After all the sales were done and the money was counted, the center was able to raise \$967.41.

Cost: No cost; the sale of the tables more than paid for the food used for sales and all other items had been previously donated.

"Fashion Show with Taylor Marie"

Rockville Senior Center
1150 Carnation Drive
Rockville, Maryland 20850
240-314-8821
klumpkin@rockvillemd.gov
Nominator: Karen Lumpkin

In time for spring, this unique experience brought the concept of shopping to us, while helping those with limited transportation options. Your fashion, your style, your place was brought to the Center with over 225 garments in petites to plus sizes. Participants were able to try on the clothing and accessories, as well as purchase on site. Center buses transported members to the Fashion Show.

Staff partnered with a local agency who provided refreshments and centerpieces. Models were chosen from our membership and special "runway" appearances were made by Center staff. The filled to capacity audience thoroughly enjoyed this festive event.

One of the most unique experiences of the afternoon was the ease and enjoyment in raising funds. It is also important to note that it was seniors raising funds for each other. The event was so successful that \$400 was donated to the Rockville Senior Center Assistance Fund.

Cost: \$25 for paper goods; other costs were absorbed by the partner agency.

"Trips"

Gaithersburg Senior Center
80-A Bureau Drive
Gaithersburg, Maryland 20878
301-258-6380
csimpson@gaithersburgmd.gov
Nominator: Charlyn Simpson

The biggest revenue raiser for our Senior Center is our trip program. We offer about six trips a month to locations within an hour radius of our center. The trips vary from historical locations, local events, theatre, and museums. We price all trips to cover costs and then charge an additional fee of \$11. I always have a minimum number of seats I can sell. I set the minimum at my break even point. Last year my profit margin was 61%! Due to the success of the trip program, my budget has been increased for the last two years in a row.

Cost: Varies from trip to trip.

“Bay Harvestfest Craft Show”

North Beach Senior Center
9010 Chesapeake Avenue
PO Box 85
North Beach, Maryland 20714
410-257-2549
bakerrj@co.cal.md.us
Nominator: Ricca Baker

Often, the most challenging part of fundraising is coming up with a creative idea and the North Beach Senior Council did it! The Council wanted to participate in the town’s 2nd Annual Bay Harvestfest as a craft vendor. The Council President, with the help of the Program Specialist, organized a twice-a-week crafting group. The group of crafters met for six months crafting various items to be sold. The craft show was a great success and in more ways than money. The Council raised over \$1800, forged new friendships, and encouraged many seniors to be creative and uncover their hidden talents.

Cost: No cost; the craft supplies were donated.



“Liberty Launch”

Liberty Senior Center
3525 Resource Drive
Randallstown, Maryland 21133
410-887-0780
ainnis@baltimorecountymd.gov
Nominator: Ashaki Innis, Assistant Center Director

This fundraising event raised over \$2800 for the enhancement of the Center Council. The other underlying benefit of this money was to re-introduce members to the special events, programs, and travel opportunities offered. Mailings went out to the entire center membership and to local community associations. Over 100 members re-registered and over 40 individuals became new members to the senior center.

Cost: \$5 for 6 raffle tickets and the opportunity to win \$200.

“Senior Council Silent Auction”

Calvert Pines Senior Center
450 West Dares Beach Road
Prince Frederick, Maryland 20678
410-535-4606
marquesl@co.cal.md.us
Nominator: Sandra Marquess

Items are donated to the Senior Council to be auctioned off at any event where there will be a large gathering of people. The day of the Silent Auction, all of the items are placed in a row with a bid sheet in front of each item. People are allowed to bid on the items for two hours. At the end of the two hours, the bid sheets are gathered up by a member of the Senior Council. Later on during the party/event, the items are read off by a Senior Council member and the person who had the highest bid gets to pay for the item and claim it. Another member of the Senior Council is stationed at a table with the items to collect the money.

Cost: No cost.



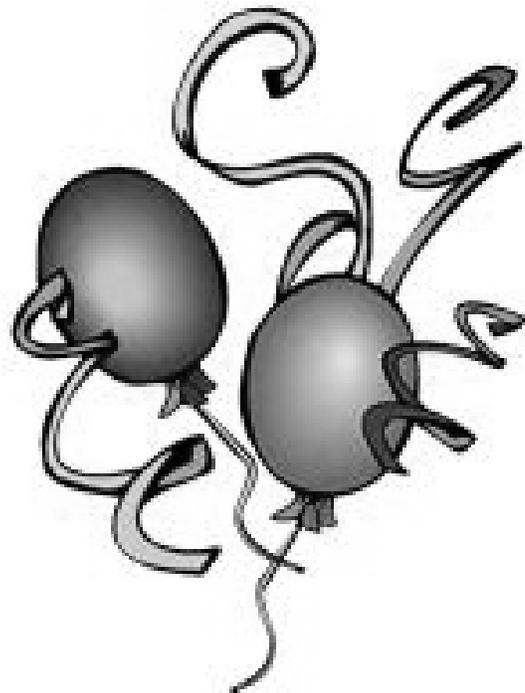
“Woodlawn’s Legacy Tree”

Woodlawn Senior Center
2120 Gwynn Oak Avenue
Baltimore, Maryland 21207
410-887-6887
mgray-bowie@baltimorecountymd.gov
Nominator: Maria Gray-Bowie, Center Director

The Legacy Tree will serve as a lasting monument that recognizes those members and friends whose contributions help to build and enhance the center to better serve the needs of its members. The tree will have 279 leaves with an option to expand to more than 400 leaves. The package will contain brass, silver, and gold leaves. The inscriptions provided with the original purchase are in memory, honor, and recognition. A payment plan will be developed for members who wish to purchase a leaf or leaves. The acquired funds will be used to purchase items such as an electronic outdoor marquee, an attractive information literature rack, and computers for the center. Woodlawn's Legacy Tree would provide a lasting acknowledgement of its members and supporters for generations to come to the Woodlawn Senior Center.

Cost: Determined by the number of purchasers.

SPECIAL EVENTS



2013 Special Events Award Recipient

"Wedding of the Century"

Nanjemoy Senior Center
4375 Port Tobacco Road
Nanjemoy, Maryland 20662
301-246-9612
romerom@charlescounty.org
Nominators: Anita Butler and Meg Romero

Community members were invited to the Wedding of the Century at Nanjemoy Senior Center. In preparation for the grand event, our main room was elegantly decorated. The wedding colors, silver and white, were reflected in the silk flowers, an archway, bells, ribbons, and aisle runner. The cost was minimal because most items were donated or borrowed. Everything from the flowers to dresses to the arch to the cake were obtained without cost. The Wedding of the Century had everything a true wedding would have: gowns, flowers, dancing, delicious food, a (non-alcoholic) toast, cutting the cake, throwing the bouquet, outside photo shoot, a reluctant groom, laughing, maybe a little crying, and more. The entire event was recorded by a participant's son, a professional videographer. The guest preacher added many laughs with her whimsical attire and antics. The volunteer bride and groom are still "together" and have not eaten the ring pops they presented to each other that day.

The Wedding of the Century provided our participants the opportunity to dress up, dance, laugh, enjoy each others company, and reminisce about their own weddings. Stay tuned for the first anniversary party!

Cost: \$50.



2013 Special Events Honorable Mention

“Thrift Store Fashion Show”

Ateaze Senior Center
7401 Holabird Avenue
Dundalk, Maryland 21222
410-887-7233
nschwartz@baltimorecountymd.gov
Nominator: Nancy Schwartz, Assistant Center Director

The Ateaze Senior Center held a “Thrift Store Fashion Show and Contest” in November 2012. Members were required to create and model outfits from thrift store, consignment shop, and yard sale purchases saving their receipts as proof of purchase. The fashion categories ranged from Casual, Business Attire, Sunday Best, Holiday Attire, and Formal/Semi-Formal. Two winners were selected from each category: Best Outfit and Best Outfit for Less. To make the event even more special, the center hosted a catered luncheon and had a guest Master of Ceremonies describe the outfits as the models walked the runway. A total of twenty models entered the competition and a panel of three judges comprised of a member, a past senior center director, and a community business leader, awarded the prizes of gift cards sponsored by a local business. The center was abuzz with electricity in the weeks leading up to the event as the entrants shopped for and created their ensembles. On the big day, the models’ initial nervousness gave way to an air of confidence and grace as they strutted down the runway greeted by warm applause and murmured appreciation. A true mark of the success of the event was afterwards when all involved wanted to know when the next fashion show would be held.

Cost: \$200 for the Master of Ceremonies.

2013 Special Events Submissions

“Childhood Games”

Overlea-Fullerton Senior Center
4314 Fullerton Avenue
Baltimore, Maryland 21236
410-887-5220
pmcdonnell@baltimorecountymd.gov
Nominator: Patti McDonnell, Center Director

Overlea Senior Center hosted the kindergarten class from Fullerton Elementary School for an afternoon of fun and games. The seniors engaged the children in games from their own childhood, before the time of X-Box, video, or computer games. The seniors and the children enjoyed playing musical chairs, hot potato, the farmer-in-the-dell, old maids, animal bingo, ball and jacks, and coloring pictures. Ice cream Dixie cups were served for a snack. Before going back to school, each child received a small sand pail filled with a shovel, bubbles, stickers, and a pinwheel. It was a great intergenerational event and everyone had fun. It just goes to show, "You're Never Too Old To Play."

Cost: \$1 for seniors; children were no charge.

“Celebrate Science with Lenox Laser”

Jacksonville Senior Center
3605A Sweet Air Road
Phoenix, Maryland 21131
410-887-8208
bfranke@baltimorecountymd.gov
Nominator: Barbara Franke, Center Director

The Jacksonville Senior Center partnered with Lenox Laser, a business in our community. Seniors and their families were invited to attend a lecture at the business to learn about how laser beams work and are important in our world. All visitors received a tour of their facility and were treated to a special lunch provided by Lenox Laser. It was very interesting for all ages.

Cost: No cost.



“Christmas Fun!”

The Elkton Center
200 Chesapeake Blvd, Suite 2550
Elkton, Maryland 21921
410-996-8437
ltull@ccgov.org
Nominator: Linda Tull

Christmas Fun Day is held each year during the week before Christmas when holiday stress levels are rising and there is much to do. Center members are given the opportunity to assemble a Christmas craft, bake cookies for everyone to enjoy, and/or play seasonal games. An inexpensive gift exchange is held, much to everyone's delight. The day is capped off with a Christmas Fashion Show. Center members wear their favorite Christmas attire: sweaters, sweatshirts, socks, necklaces, and a variety of seasonal headgear. One by one they take turns walking down the center aisle in the dining room, stopping several times to show off their outfits. A staff member introduces each participant, describing their holiday finery with upbeat music playing in the background. Everyone enjoys this fun finale, clapping and cheering for each member and everyone leaves that day with a big smile. This event could be adapted for any holiday throughout the year.

Cost: Baking ingredients.

“Celebrate Your Blessings with Ballet Mobile”

Waldorf Senior Center
3092 Crain Highway
Waldorf, Maryland 20601
301-638-4420
waltera@charlescounty.org
Nominator: Ann Walter, Center Coordinator

For the annual Thanksgiving celebration, we invited a mobile ballet company to the Center. Each Thanksgiving, the center’s theme is to recognize our “blessings” and give thanks for the good things in our lives. Having “Ballet Mobile” for Thanksgiving was a unique idea for the Center as many of our members had not been exposed to that type of dance and art. Their dance integrated beautiful ballet, visual imagery, wonderful music, and group movement. By the end of their program, the entire audience had learned the first five arm positions of ballet. This was all-inclusive since no matter what a person’s physical capability was, they could accomplish this either standing or from a chair. After the program, we shared a traditional Thanksgiving meal. It was a successful event because all the participants could relate to being thankful for something and could participate in the “entertainment.” Everyone left the center that day refreshed and uplifted and they made sure to let the Center staff members know that.

Cost: The cost of the entertainment was paid for by the Charles County Arts Alliance. The cost for party supplies and door prizes was covered by the ticket fee and senior council funding.

“Happiness Month”

Southern Pines Senior Center
20 Appeal Lane
Lusby, Maryland 20657
410-586-2748
ezerincm@co.cal.md.us
Nominator: Carolyn M. Ezerins

August is National Happiness Month. Everyone can use some happiness, so we had activities throughout the month to promote that theme. We started out the month by introducing the seniors to the idea of “Happiness Month.” Seniors were then encouraged to share moments of joy with each other. For example, seniors were asked to bring in something that stood for a happy memory: a picture, a letter, or perhaps a small keepsake and share it with the group. Then, throughout the month of August, we did small things, which were not advertised, to surprise people. These activities were done on different days, so even those who come once a week would have a surprise waiting for them. We handed out bracelets which were made by some of the seniors from donated supplies to remind each senior that someone cares about them. Another day, we gave everyone a silver candy kiss, to remind them that there is always a “silver lining.” We surprised a class with some lemonade. We ended the month by handing out surprise ice cream cones! Everyone enjoyed these unannounced little surprises! The cost was small, but the impact was big!

Cost: \$35.

"May Community Fair"

Lansdowne Baltimore Highlands Senior Center
424 Third Avenue
Halethorpe, Maryland 21227
410-887-1443
mshaffer@baltimorecountymd.gov
Nominator: Mollie Shaffer, Center Supervisor

The Southwest Leadership, Library, and our Center worked together for this Fair. They are having several games, raffles, face painting, and will be giving away a lot of information for the different county and community organizations. The "Fun & Fantasy Marionettes" will be performing at the Library and it is going to be a great fun day for the kids. Our Senior Center will be sponsoring a "Terry Harris-Roy Orbison Tribute" Artist and an animal show for the children. There will also be food and drinks for everyone. We have had the community fair for 11 years and everyone truly loves and benefits from it. It is a great way for our seniors, grandparents, and children to connect.

Cost: No cost.

"Sunday Afternoon"

Pikesville Senior Center
1301 Reisterstown Road
Pikesville, Maryland 21208
410-887-1245
jfinifter@baltimorecountymd.gov
Nominator: Judy Finifter, Regional Center Director

After hearing from many of our members that Sundays are a tough day for them, the Pikesville Senior Center Council and staff began planning four Super Sunday Fun Days a year. The first event was a "Wine and Cheese Event" which drew over 100 participants. After enjoying some delicious cheeses, wines and vegetables, the crowd enjoyed entertainment by a wonderful local doctor and musician. The second Sunday event, 3 B's Picnic, took place in August, but was held indoors where there are NO BUGS, NO BEES and NO BITES. The only insects that were allowed in were beautifully adorned ceramic creatures created by the center's sculpture classes. The participants chowed down on Kentucky Fried Chicken and all the picnic fixings. Lively entertainment followed dinner. The third event in the series was "A Day In Rome," where the participants enjoyed some Antipasto appetizers while socializing and listening to a strolling mandolin player. A cardboard cut-out of Frank Sinatra was set up for pictures with Frank. The guests were then ushered into the dining room, where they were treated to a delicious catered lasagna meal and great entertainment by a Frank Sinatra impersonator. Last but not least, was our "Cocktail Party." The over 80 participants were treated to an upscale afternoon party complete with delicious hors d'oeuvres served by professional waiters, excellent entertainment and of course, unbelievable desserts. Plans are underway to create more Sunday memories for our seniors.

Cost: We were able to keep the cost to the participants down for each event, ranging from \$8 to \$12 per event, which covered most of the costs. In all four events, the council contributed approximately \$300.

"A Taste of Italy"

Cockeysville Senior Center
10535 York Road
Cockeysville, Maryland 21030
410-887-7694
snlevin@baltimorecountymd.gov
Nominator: Suzanne Levin, Regional Center Director

The day started off in the morning with a picture tour of Italy. Photographer Denny Lynch showed slides of his trip to the ancient city of Rome, Venice, Pompeii and other sites. "Art from the Heart" class created gondolas as center pieces for the evening affair. Later that day, the men of the center put on their aprons and began cooking spaghetti and meatballs, lasagna, garlic bread, and made a Caesar salad for 65 people. They set the tables with red, white and green, tablecloths and placed the gondolas around the room. At 5 p.m., the room opened up to the guests and the festivities began. It started out with a wine connoisseur talking about different wines found in Italy and a taste testing for all to partake. The cooks became servers with white linen cloth hanging from their arms and humming Italian melodies. After the delicious dinner was eaten, the men brought out Italian cookies and Italian ice for dessert. Entertainment was provided by Ms. Kimberly Christie, a professional opera singer from Lyric Opera, who sang beautiful Italian operas and other classical tunes. "Taste of Italy," was a full day of educational activities, creating beautiful art work, and finishing up with a delicious meal and beautiful music.

Cost: \$500 for food and entertainment; \$17 per ticket.

"Trunk or Treat"

Bykota Senior Center
611 Central Avenue
Towson, Maryland 21204
410-887-3094
jlynn@baltimorecountymd.gov
Nominator: Julie Lynn, Regional Center Director

This is the most fun event we do all year. Bykota has teamed up with two neighborhood associations for a fun night for all ages. Bykota members bring their cars to the Senior Center Parking lot. They then open up their trunks and decorate them in all kinds of themes. The Ravens, pumpkins, witches, rats, and bones are among the offerings. Hundreds of kids and their parents parade through picking up candy or pretzels from the various trunks. We serve complimentary pizza and the neighborhood serves grilled bratwurst. After everyone is stuffed with candy and food, we all pile into the Bykota gym for a magic show. The energy in the gym is amazing. Hundreds of excited kids of all ages having a great time. The seniors love seeing the kids in their costumes and their shrieks of delight during the show. The kids and adults so appreciate the creative trunk decorations and the generosity of the senior center. At the end of the night there is such a good feeling all around and we start thinking about next year. Everyone loves the event. It has been a great builder of community relations.

Cost: \$700 for candy, pizza, and a magician.

“Treasure Your Time at the Center”

North Beach Senior Center
9010 Chesapeake Avenue
PO Box 85
North Beach, Maryland 20714
410-257-2549
bakerrj@co.cal.md.us
Nominator: Ricca Baker

In honor of Senior Center Month, the North Beach Senior Center hosted an Open House, pirate style! The theme, “Treasure Your Time at the Center,” was the focus of the Open House. The center, staff, and seniors were decked out in their finest pirate apparel and décor. We started the day with a wall display for seniors to post notes stating what they treasured most about the center, followed by an opportunity to discover the wonderful treasures that lay within the center’s walls. Each participant received their own treasure map leading them through a series of fun and tasty activities. They were able to visit the Salty Dog Tavern complete with wenches and brew, participate in various pirate style games conducted by our very own Captain Hook and his crew, and enjoy a hearty lunch followed with lively entertainment by the Sea Shanty pirate singing duo.

Cost: \$150 for supplies; entertainment was no cost.

“The Not-So-Newlywed Game”

Calvert Pines Senior Center
450 West Dares Beach Road
Prince Frederick, Maryland 20678
410-535-4606
marquesl@co.cal.md.us
Nominator: Sandra Marquess

Three senior couples from the center were recruited to play the Not-So-Newlywed Game. A staff person played Bob Eubanks, the host of the show. Another staff person wrote down the contestants’ answers to questions on cards. The producer/staff person came up with a set of questions similar to ones asked on the TV show. The day of the game show, the three couples were introduced to the audience. The game began with the wives going off stage while the men answered questions. The wives came back on to answer the questions the same way they thought their husband had answered. The men then went off while the wives answered, and so on. Questions ranged from “Finish this sentence: The very first time I laid eyes on my wife I couldn’t help but focus on her _____” to “When it comes to the bedroom, which animal is he most like, and which animal are you most like?” The couple with the most points at the end won a gift card. What transpired was one of the funniest afternoons for all involved.

Cost: \$25 for a gift card.

“Holocaust Remembrance Day”

Richard R. Clark Senior Center
1210 Charles Street
La Plata, Maryland 20646
301-609-5703
robeyf@charlescounty.org
Nominator: Florence Robey

Mr. Lee Weinberger from Congregation Sha’re Shalom moderated this touching event with readings and remembrances of martyrs and heroes. He reminded the audience that there are lessons we must never forget. We invited two Holocaust survivors as speakers, one who has since passed away. At the conclusion of the program, memorial candles were lit. The participants, many whom have not had any tangible contact with the holocaust, were visibly moved by this emotional program. We were reminded to be vigilant and never let anything like this happen again!

Cost: No cost; the synagogue provided the candles.

“Lucky 13 Casino and Spa Party”

Indian Head Senior Center
100 Cornwallis Square
Indian Head, Maryland 20640
301-743-2125
boggsj@charlescounty.org
Nominator: Joan M. Boggs, Center Coordinator

It’s opening day at the Lucky 13 Spa and Casino. A large casino and spa sign welcomes you with an agenda of the day. Bring your casino chips – gamble and win fabulous prizes at the Black Jack, 5-Card Stud, and crap tables! Your dealers today will be Joan, Cynthia, and Kelsea. The bar opens at 10 sharp with bartender Gregory, who will be serving Berry’O Blast and LemGin Fizzes, each with a paper umbrella. As you roll craps, enjoy the music of Wayne Newton, Celine Dion, Rod Stewart, and Josh Groban. Also, it’s no Seacret that 16 courtesy spa services have been reserved just for you from the Seacret Spa featuring products derived from minerals from the Dead Sea. Michael, Spa Manager, and Sandy, Master Esthetician, are available to assist you in determining your personal needs, along with two of her assistants.

Note: Casino chips were advertised and earned by senior participants two weeks prior to the event by volunteering at the senior center for 30-minutes or more, or by program participation. The chips enabled participants to play and win in the casino. Box lunches were served with souvenir boxes at each place-setting including a laminated postcard of the Center with Lucky 13 Spa and Casino printed in the upper left corner, a lovely pair of dice/ bead earrings for the ladies, and light-up key chains for the men along with candy. This program truly made the participants feel special and there was so much laughter in the room.

Cost: \$72.

"Let's Go O's Day"

Arbutus Senior Center
855 A Sulphur Spring Road
Arbutus, Maryland 21227
410-887-1410
spatry@baltimorecountymd.gov
Nominator: Susan Patry, Center Director

The morning started with a Memory On 33rd Street video that we checked out at the library. Afterwards we had an Opening Day Super Special Theme Meal supplied by Eating Together. Everyone who attended was encouraged to wear orange and black. Some members even brought in old Oriole Memorabilia and we had a "show and tell" time. Plastic Hat Centerpieces with the Oriole Logo were donated by a member. Another member purchased Oriole napkins and orange and black paper placemats. After lunch, we played Baseball Trivia and did the O R I O L E cheer. Free snacks such as Cracker Jacks, peanuts and soda were donated by a member and shared with everyone that stayed to watch the baseball game. The center stayed open late that day allowing those who are still working the opportunity to stop by the Senior Center.

Cost: Donation for lunch.



"Just Jazz Happy Hour"

Glenwood 50+ Center
2400 Route 97
Cooksville, Maryland 21723
410-313-5440
rjenkins@howardcountymd.gov
Nominator: Regina Jenkins

The main purpose of this special event was to create a sense of community within the center neighborhood. Being a community center, there are individuals who are of age but only utilize the center in the evening for fitness classes. This program was designed to reach the over 50 population who may not make it in to the center on a regular basis and to encourage current members to introduce new friends to the center. The Happy Hour held out in the courtyard featured a Jazz Quartet, appetizers and Mocktails from yesteryear. This program featured a different era. The event featured appetizers and drinks from the 30s and 40s. Taking the seniors back to simpler times, they are able to enjoy non alcoholic beverages, delightful decorations, jazz, and appetizers while they meet and greet with old friends and make new.

Cost: \$250.

“Wacky Wedding”

North Carroll Senior & Community Center
2328 Hanover Pike
Westminster, Maryland 21074
410-386-3900
rdeiaco@ccg.carr.org
Nominator: Renee Deiaco

All seniors were invited to be guests at our Wacky Wedding, an original wedding parody of the Hatfield and McCoy families. One volunteer served as our wedding coordinator who researched our theme, organized the wedding, and made everything come to life. Senior volunteers portrayed our bride, "Sadie Mae McCoy" and groom, "Bubba Hatfield," members of the wedding party, friends, and family members. Our celebration creatively followed a familiar theme: the wedding and reception. Guests were encouraged to dress for the occasion and were seated on either the Hatfield or McCoy side of the Dining Room before the wedding procession began. Guests were prompted to blow whistles and quackers at the high points of the wedding and reception. Our reception included bouquet and garter tosses, cutting the cake, music, and dancing. There were twists to the plot that kept the audience and wedding party improvising, involved, and laughing. Our entertainer played the parts of our preacher and Elvis Presley while providing the music.

Volunteers wrote the script for the wedding, made table decorations, built an outhouse and decorated our Dining Room. Many people brought in decorations for our theme that included taxidermy, hubcaps, and talking fish.

Our kitchen served a special meal of fried chicken, fixins, and punch. The dessert was a wedding cake made of Twinkies.

As a community project, guests were encouraged to bring gifts that were donated to the local non profit organization for family and children services.

Cost: Entertainment—\$350; favors, costume accessories, and decorations—\$100; food—\$42 (these were expenses not covered by the meal program, but were covered by the senior center’s Site Council).

“All About Owls”

Essex Senior Center
600 Dorsey Avenue
Baltimore, Maryland 21221
410-887-0267
bhoffman@baltimorecountymd.gov
Nominator: Ben Hoffman, Assistant Center Director

This intergenerational Owl Craft Project engaged grandchildren. They made different owl based crafts with their grandparents. In the afternoon, the Irvine Nature Center brought live owls and provided an educational program about the nocturnal predators.

Cost: \$125 for the speaker and \$40 for craft supplies.

"Martin Luther King Recognition Luncheon"

Woodlawn Senior Center
2120 Gwynn Oak Avenue
Baltimore, Maryland 21207
410-887-6887
mgray-bowie@baltimorecountymd.gov
Nominator: Maria Gray-Bowie, Center Director

The Martin Luther King Recognition Luncheon was held at Woodlawn Senior Center on Tuesday, January 15, 2013. The luncheon was scheduled at 12 noon along with a program provided to the members in attendance. Opera singer Jerris Cates performed for the members on that day as she acknowledged Dr. King in song. Ms. Cates graduated from Peabody Conservatory. She performed with the Baltimore Opera and traveled abroad with the Porgy and Bess production in many countries such as Europe, Asia, and Russia. She sang spirituals such as "Nobody Knows The Troubles I've Seen," and many others. She made her contribution to the life of Dr. King reflecting back to the many, many marches of Dr. King and his followers and some of the "marching spirituals" they sang. Many of the members contributed to the event by sharing their experiences during Dr. King's life, and how it impacted their lives, and how memorable in sharing those memories with others and their loved ones.

Cost: \$6 per person.

"Francine is Back!"

Catonsville Senior Center
501 N. Rolling Road
Baltimore, Maryland 21228
410-887-0900
nsheehan@baltimorecountymd.gov
Nominator: Nicole Sheehan, Regional Center Director

Francine was rescued at the center in March of 2012. The staff of the center was able to catch Francine, a parrot, who flew away from her home while her owners were moving furniture. Francine was transferred to animal rescue and news of Francine's rescue traveled to WBAL. WBAL even called the senior center the following day to do a news segment about the rescue. Because of the press coverage, her owners were notified and Francine was reunited with her parents. There was so much concern for Francine, the staff asked the owner to bring Francine back to the center and talk about parrots, their lifestyle, what their diet consisted of, etc. The owners gladly accepted as a thank you for rescuing her and even brought along Francine's roommate, Lewis. The lounge area was filled with eager members wanting an update and more history on Francine.

Cost: No cost.

"Karaoke Holiday Party"

Gaithersburg Senior Center
80-A Bureau Drive
Gaithersburg, Maryland 20878
301-258-6380
csimpson@gaitthersburgmd.gov
Nominator: Charlyn Simpson

Every year we have a big holiday party that includes lunch and entertainment. This year we chose to try Karaoke as our entertainment and it was a huge hit! The staff had to sing a couple of songs to get the members warmed up, but then the party really started! We had people not only singing, but performing! It was so much fun for everyone to show off their talents. The people who wanted to sing, but were nervous, sang in groups. The people who could not sing talked their way through songs. It was also fun to hear what songs people chose. The Karaoke was so much fun that I have promised to do a Karaoke party again this summer.

Cost: \$275 for Karaoke.



"35th Anniversary / Red and White Ball"

Liberty Senior Center
3525 Resource Drive
Randallstown, Maryland 21133
410-887-0780
ainnis@baltimorecountymd.gov
Nominator: Ashaki Innis, Assistant Center Director

The senior center celebrated 35 years of service and dedication to the older adults in the immediate and surrounding communities. Proclamations and honors from local politicians and from staples in the community were given to the center for exceptional programming and services rendered. Department of Aging management attended the event to show support to the members of the center. The event was held in the evening, after center hours, and boasted a catered meal, live entertainment, and a souvenir for all attendees.

Cost: \$25 for a catered sit-down meal, entertainment, and a souvenir.

"Pool Social"

Fleming Senior Center
941 Main Street
Baltimore, Maryland 21222
410-887-7225
lwinston@baltimorecountymd.gov
Nominator: Louis Winston, Center Supervisor

The Fleming Senior Center Pool players are the driving force behind the "Pool Social" between co-host Senior Centers: Ateaze, Rosedale, and Liberty. Once a month, pool players from these four centers get together for a day of friendly pool competition followed by lunch. It is a great opportunity for the seniors from each center to fellowship and meet other center members. Through this Pool Social, new friendships amongst the seniors have emerged and the pool players get to share a common interest with each other. The Pool Social rotates between the four centers quarterly and the Fleming Senior Center pool players are responsible for making the schedule. The pool players from each center look forward to this monthly special event that truly promotes the well-being of seniors through a shared recreation venue.

Cost: Approximately \$40 for lunch.

"Show Us Your Pet"

Rosedale Senior Center
1208 Neighbors Avenue
Rosedale, Maryland 21237
410-887-0233
lworkinger@baltimorecountymd.gov
Nominator: Linda Workinger, Center Director

In this program, a favorite of our members, we invite them to bring in their pets. We planned the program after school lets out for summer vacation so grandchildren can attend. The members can bring their pet in person or they can bring in a picture/video of their pet. The member enjoys introducing their pet and takes pride in showing them off. They talk about pet care and share funny or inspiring stories about the pet. Of course, we get to see how cute the pets are and we are treated to any special skills or tricks they perform. The non-pet owners in attendance get to socialize and interact with the pets and their owners. Members who had a pet that has passed on, or only had a pet as a child, bring in photos/videos of their treasured pet and share fond memories with the group. The members always enjoy meeting each other's grandchildren, and they enjoy it when the children introduce the pet and interact with the group. We have had a parade of cats, dogs, parrots, turtles, rabbits, and more delight and entertain us.

Cost: No cost.

NUTRITION, FITNESS AND HEALTH PROMOTION



2013 Nutrition, Fitness and Health Promotion Award Recipient

“Healthy Tastings”

North Laurel 50+ Center
9411 Whiskey Bottom Road
Laurel, Maryland 20723
410-313-0380
tolsen@howardcountymd.gov
Nominator: Trisha Olsen, Director

Health Tastings is a monthly nutrition education series that comes to the masses. The nutrition program manager, in consultation with a nutrition specialist, develops a menu of three to four items to fit that month's theme. A table with food samples and recipes, including nutrition components, is set up in the lobby of the center so anyone entering the building can see, hear, and taste the offerings. Past themes have been: Balanced Snacks: green apples and white cheddar cheese, dried fruits and nuts, Nutella and pretzels; Milk Alternatives: samples of almond, soy, rice, and coconut; Green Foods: included juicing kale, carrots, spinach, and green apples; Healthy Heart Foods: blueberries, almonds, oranges, soy milk, and dark chocolate; and Sweet & Healthy: fruit sorbet and blueberry buckwheat waffles. The benefits of these healthy choices are explained by staff during the demo and presented on recipe cards and fact sheets for members to take home.

The demonstration and interactive nature allows for outreach and promotion of the congregate meal program. Nutrition, exercise classes, and counseling services are also promoted at this time. This effort, versus traditional presentations, appeals to everyone using the building and/or as well as members of the Senior Center Plus program. Healthy Tastings not only provide a nutritious snack and education, but promotes social interaction, keeps staff in close dialogue with members, and helps promote the center to those passing through. Overall, this program serves our seniors and the community at large with nutritious snacking options that promote a healthy lifestyle.

Cost: Approximately \$50 a month for food and paper goods.



2013 Nutrition, Fitness and Health Promotion Honorable Mention

“Whole Living Fair”

Bykota Senior Center
611 Central Avenue
Towson, Maryland 21204
410-887-3094
jlynn@baltimorecountymd.gov
Nominator: Julie Lynn, Regional Center Director

While many conventional health providers are eager to have programs or health fairs in senior centers, Bykota wanted to create a different kind of health fair. We recruited programs that were more alternative with a few conventional programs helping to finance the project. We had Reiki, Balance Checks, Chair Yoga, Tai Chi, Massage Therapy, Sound Healing, Emotional Freedom Technique, Reflexology, and Acupressure. We purchased healthy food from a local restaurant specializing in "whole food." Members were appreciative of the chance to see alternative approaches to health. We followed up with a class in EFT which helps with all kinds of emotional and physical problems and can be easily learned.

Cost: \$200 for refreshments.

2013 Nutrition, Fitness and Health Promotions Submissions

“Eat Smart, Live Strong”

Pocomoke Senior Center
400B Walnut Street
Pocomoke, Maryland 21851
410-957-0391
nancyk@worcoa.org
Nominator: Nancy A. Kudla

The Pocomoke Senior Center is proud to be working with Karla Beardsley (MAC Nutrition Director), and Dhrudi Patel (Nutrition Coordinator from University of MD Extension Service, Family and Consumer Science Program).

This is an evidence-based program sponsored by the U.S. Department of Agriculture, which promotes healthy living through an ongoing presentation that encourages our seniors to eat from the food groups on a daily basis, to get plenty of exercise daily, to shop for healthy foods such as whole grains and fresh fruits and vegetables, and to grow their own gardens which enables them to eat fresh organic vegetables and gives them a sense of pride in what they have accomplished. The instructor concentrates on healthy shopping, label reading and cooking displays, along with follow up materials, plans, and trainings. This program is designed to target low income senior citizens and work with them to develop healthy low cost eating habits through classroom instruction and field work, (shopping at the local grocery store, walking, and gardening). The participants enjoy these activities and look forward to their meeting. This is truly a wonderful program which deserves to be recognized.

Cost: No cost.

“Hold the Butter”

Indian Head Senior Center
100 Cornwallis Square
Indian Head, Maryland 20640
301-743-2125
boggsj@charlescounty.org
Nominator: Joan M. Boggs, Center Coordinator

Losing weight takes more than desire. It takes commitment and a well-thought-out-plan. This four session program was tailored to improve eating habits by reflecting, replacing, and reinforcing healthy foods into your daily living. Learning how to eat more and weigh less by keeping a food diary and determining what foods satisfy your mind and body. It has been determined by nutritional experts these foods are different for each person. We looked at comparison foods, drinks, and sugars, providing information on the worst of the sugars and some techniques to remove them from your diet. We talked a lot about animal and dairy fats and healthier alternatives to butter and fats. Step One began with each participant making a commitment; Step Two was to review and take stock of where you are right now, Step Three outlined how to set realistic goals, Step Four provided and identified resources for information and support, and Step Five explained the importance of continual “check-in” with yourself to monitor your progress. This program included a review, demonstration, and participation in aerobic exercises to increase breathing and heart-beat to burn fat. We explained that it takes burning 500 calories more than you eat each day in order to lose one pound of body fat. In addition to providing nutritional and health information, we emphasized how important it is to balance all of these life choices, and to check with your doctor first before changing diet and exercise routines.

Cost: No cost.

“Summer Olympics”

Waldorf Senior Center
3092 Crain Highway
Waldorf, Maryland 20601
301-638-4420
waltera@charlescounty.org
Nominator: Ann Walter, Center Coordinator

On Wednesdays in August, we held our own version of the Summer Olympics. Everyone was entered into the competition. Instead of the usual Arthritis Foundation Exercises, the participants competed in a 4 X 100 relay race, badminton, javelin throw, football (soccer), and a pentathlon. We were inventive and used pool noodles constructed into javelins; set up an indoor badminton net, and kicked a soccer ball around the room. For the relay we used office chairs on wheels. It was a two person effort — one person sat on the chair and the second person spotted them as they went down the “track.” Then they tagged the pair at the end for the next leg. It was hilarious. For the pentathlon, we set up stations of target shooting (suction cup guns with a bulls-eye target), archery, and some carnival type games. Everyone was encouraged to participate in these events. Even if they did not normally join in the exercise programs, their competitive spirit came out and they made the effort. Winners won gold medals!

Cost: Approximately \$20 for toys and additional prizes.

“Clutter Busters”

East Columbia 50+ Center
6600 Cradlerock Way
Columbia, Maryland 21045
410-313-7680
mmccague@howardcountymd.gov
Nominator: Meridy McCague

Monthly meetings begin with the statement that "Clutter is a problem of privilege." We loosely base our meetings on Andrew Mellen's book, *Unstuff Your Life!*, and other authors. Monthly meetings are held and guidelines for new projects are agreed upon. Participants report back on their progress and challenges at the following month's meeting. The subject matter has expanded to include recycling issues and other many mental health issues. Field trips include trips to the Howard County landfill site where participants will bring one item to toss. We will visit the Howard County Recycle center to see how all our recycled items are handled. Future meetings will include Emotional Freedom Techniques (EFT'S), Feng Shui Principles, and other declutter techniques. The most important part of this program is an acceptance of each other's challenges and continued humor in dealing with them.

Cost: No cost.

“Healthy Guest Chef”

Elkridge Senior Center
6540 Washington Boulevard
Elkridge, Maryland 20175
410-313-5192
jslater@howardcountymd.gov
Nominator: Jeanne Slater

We brought in a guest chef who designed an easy, nutritious dish to prepare in front of the audience. Along side of him was our nutritionist who talked about each ingredient as he was preparing the dish and explained the nutritional value and caloric content. The nutritionist mentioned alternative cooking strategies to prepare food using less fat as well as possible replacement ingredients which would bring down the caloric content. The chef used only fresh ingredients with fresh herbs and explained the health benefits of cooking with "fresh."

After the demo was finished, everyone was served a plate of food to sample. Although it was just a "sample," everyone got plenty to eat and we added a salad and milk and made it the "lunch" for the day. While people were eating, there was a question and answer period for those that still had questions about the preparation or the nutritional component.

The price would be determined by the cost of the chef, and the cost of food. The chef I used, bought everything including all of the ingredients and charged me accordingly. You could certainly make it cheaper if you buy all the ingredients for him OR get donations for the ingredients. Most counties have a contracted nutritionist, so that cost should be minimal.

Cost: Varies,

“Healthy Aging Series”

Southern Pines Senior Center
20 Appeal Lane
Lusby, Maryland 20657
410-586-2748
ezerincm@co.cal.md.us
Nominator: Carolyn M. Ezerins

September is both Healthy Aging Month and Self Improvement Month. During September, we held a series of mini seminars devoted to these themes and related topics. Week One we did a seminar on “Understanding Your Disease” which included information about a “Symptom Cycle.” This seminar was designed to help seniors who suffer from chronic illness understand their illness better and be able to manage their symptoms. For Week Two we asked a nutritionist from our local hospital to come and speak on nutrition and the importance of a healthy diet. Week Three was devoted to the importance of good communication with others and positive self-talk. (Self-talk is that dialogue we all have with ourselves about what we can and cannot do; what is good and what is bad; what we like and do not like.) This “self-talk” can have a big influence on how we feel and interact with others. Much of the time we are not even aware of what we are telling ourselves! For the last seminar, a representative from the hospital’s Wellness Center spoke about stress, relaxation, and pain management. The importance of the relationship between stress and pain was discussed. We also learned some basic relaxation exercises. Each topic had a different speaker, each speaker was more than willing to donate their time, and each seminar was well attended and well received.

Cost: No cost.

“8 Week Weight Loss Challenge”

Calvert Pines Senior Center
450 West Dares Beach Road
Prince Frederick, Maryland 20678
410-535-4606
marquesl@co.cal.md.us
Nominator: Sandra Marquess

There was an eight week contest that begin the first week in January. All the seniors who wanted to participate got their weight taken that first day. They were handed out a weekly chart to keep track of things like how many glasses of water you drink, how many fruits and vegetables you ate, how many minutes of exercise you got per week, etc. Approximately 40 seniors participated in the challenge over the next 8 weeks. Every week they would come in and get weighed and hand in their charts. At the end of 8 weeks, the person who had lost the biggest percentage of weight would win a \$100 gift card. The person who had earned the most points by making the changes in their lifestyle to lose weight as the weekly charts showed would win a \$50 gift card. At the end of the eight weeks, the gift cards were given out to the winners, but everyone was a winner at this Weight Loss Challenge.

Cost: \$150 for prizes.

"The Salad Bowl"

The Elkton Center
200 Chesapeake Blvd., Suite 2550
Elkton, Maryland 21921
410-996-5295
ltull@ccgov.org
Nominator: Linda Tull

We purchased inexpensive large plastic bowls and a bag of potting soil. Our local Extension Service donated packets of mixed organic lettuce seeds. Each individual received a kit to assemble at home which consisted of a zip-locked bag of soil, two packages of seeds, and a bowl to be used as their planter. Individuals took their items home, placed the soil in the bowl, planted the lettuce seeds and created their own "salad bowl." A few weeks later they had a colorful blend of fresh lettuce for their salads. Keeping the lettuce trimmed and watered allowed them to harvest it several times throughout the growing season. An educational presentation was included as everyone assembled their kits, which also included several handouts about vegetables and nutrition.

Cost: \$1.25 per participant.

"Self Defense for Seniors"

Jacksonville Senior Center
3605A Sweet Air Road
Phoenix, Maryland 21131
410-887-8208
bfranke@baltimorecountymd.gov
Nominator: Barbara Franke, Center Director

A martial arts black belt and prison guard from Baltimore County came to our center quarterly to demonstrate self defense techniques to use if a senior is ever a victim. He also offered preventive tips to avoid being vulnerable to crime. He had members from our audience demonstrate so they were interactive with the discussion.

Cost: No cost.

"Cancer Series"

Catonsville Senior Center
501 N. Rolling Road
Baltimore, Maryland 21228
410-887-0900
nsheehan@baltimorecountymd.gov
Nominator: Nicole Sheehan, Regional Center Director

With over 40% of Americans being diagnosed with cancer in their lifetime, and everyone knowing of someone with cancer, the staff of the senior center and St. Agnes Hospital thought it was an important subject to present to our seniors. In partnership with St. Agnes Cancer Institute and their Senior Link Speaker Series, lectures were offered once a month for five months on topics such as: "What is Cancer?," "Preparing for treatment," "Caring for the Caregiver," Clinical Trials, and Nutrition.

Cost: No cost.

“Benefits of Tea, Tea Party”

Pikesville Senior Center
1301 Reisterstown Road
Pikesville, Maryland 21208
410-887-1245
jfinifter@baltimorecountymd.gov
Nominator: Judy Finifter, Regional Center Director

“Regarded for thousands of years in the East as a key to good health, happiness, and wisdom, tea has caught the attention of researchers in the West, who are discovering the many health benefits of different types of teas.” **WebMD

Pikesville Senior Center hosted a Benefits of Tea, Tea Party to share the basic benefits of various types of tea. We partnered with a retirement community in our area to offer information on the benefits along with a tea tasting. The participants were able to taste different teas, ranging from green tea to chamomile, and many in between. What’s tea without some small sandwiches to go with it? We added tuna, egg, mozzarella, basil and tomato, and lox and cream cheese sandwiches, along with some salads and delicious desserts. Volunteers made the sandwiches and each participant received a quarter sandwich of each type.

Everyone enjoyed being able to receive some new health related information to consider and discuss with their doctor while enjoying a delicious and different type of luncheon.

Cost: \$3 per person; a retirement community donated the tea.

“Cooking Club”

North Beach Senior Center
9010 Chesapeake Avenue, PO Box 85
North Beach, Maryland 20714
410-257-2549
bakerrj@co.cal.md.us
Nominator: Ricca Baker

Often, as a senior ages, the desire to cook decreases. While there are many reasons for this, some of the reasons include: they do not want to eat alone, do not know how to cook for one, or simply do not have the motivation to cook. This program was designed for seniors who love/loved to cook, but maybe were not doing it any longer. The cooking club encourages seniors to continue eating on a regular basis, promoting good health. It provides an opportunity for new friends to meet around food and engage in discussion and exploration of new recipes. The club meets once a month and is based on a pre-planned theme or ingredient that is determined the previous meeting. Each senior participant brings a food item that fits within that required theme or ingredient and a copy of their recipe. They each prepare their food item at home and bring in enough for each participant to sample. In some cases, they are exploring with new ingredients or foods they never tried! They each have an opportunity to talk about their recipe and give any helpful tips for recreating it at home. Each senior participant receives a copy of the recipes. All the recipes are currently being collected to create a Cooking Club cookbook at the end of the year.

Cost: No cost.

“Franklin Square Heart Smart”

Edgemere Senior Center
6600 North Point Road
Edgemere, Maryland 21219
410-887-7530
mhager@baltimorecountymd.gov
Nominator: Mike Hager, Center Director

The HEART SMART SENIORS program was the combined effort of the Baltimore County Department of Aging’s HealthScope program and MedStar Franklin Square Medical Center. The program provided a variety of free screenings like glucose and cholesterol, along with monthly health topic discussions. Topics covered included: exercise, smoking, nutrition, medication management, blood pressure and more. This program was evidence-based and aimed to meet the requirements to receive funding from The Older Americans Act Title IIID. The funding is to be used for disease prevention and health promotion services for seniors, so the program was of no cost directly to the center. The program was presented as a series and was tied in with screenings. Participants were encouraged to sign up for the series of lectures and given an incentive to attend all the class because of the free screenings. A presenter from MedStar Franklin Square Medical Center came into the center once a month to present on the particular topic for the month. Screenings were scheduled periodically the week after presentations. The program ran for a total of eight months.

Cost: No cost to the center. The Baltimore County Department of Aging used \$1,000 received from the OAA Title IIID funding to pay MedStar for the program.

“Chat and Chew”

Woodlawn Senior Center
2120 Gwynn Oak Avenue
Baltimore, Maryland 21207
410-887-6887
mgray-bowie@baltimorecountymd.gov
Nominator: Maria Gray-Bowie, Center Director

In 2010, Woodlawn Senior Center's Council President Delores Douglass noticed that many of the members came into the center around 11 a.m. and stayed until closing. Although snacks and coffee were available for a small donation, there was no substantive nutrition available. In addition, for the first hour members would sit around the tables and chat about any subject that arose. Ms. Douglass came up with the creative idea that enhanced her and the other volunteers by providing a nutritional home cooked lunch to accompany the conversations. Thus, Chat and Chew was introduced at a nominal cost. A number of excellent cooks in the center willingly volunteer their time and talents to prepare or assist in the meal preparation. Other members take responsibility for helping to serve members. Topics of discussion are rarely predetermined as members are at free will to introduce any topic, even nutrition. Nutritional meals are prepared and served on Tuesdays at 12 noon at Woodlawn. New members receive a complimentary meal with their new member packets. Since its inception, Chat and Chew has grown and the participation has increased significantly.

Cost: \$3 per person.

“Senior Dental Program”

Gaithersburg Senior Center
80-A Bureau Drive
Gaithersburg, Maryland 20878
301-258-6380
gwhipple@gaitersburgmd.gov
Nominator: Grace Whipple

In 2012, the Gaithersburg Upcounty Senior Center was awarded a \$20,000 Montgomery County Area Agency on Aging grant through the State of Maryland Department on Aging. Medicare, the largest senior provider of healthcare, does not cover dental services. Therefore, many older adults, especially with low incomes, often do not seek these services. The consequences are high and even life threatening. The inflammation associated with bad gums and infected teeth can contribute to cancer, diabetes, stroke, heart disease, and malnutrition. Moreover, many seniors suffer from depression, exacerbated by poor self-esteem due to dental issues. The City contracted Community Clinic, Inc., a 501C3 non-profit organization, which offers medical and dental services from its Gaithersburg clinic. Since its inception in May of 2012, the program has served approximately 80 individuals with comprehensive dental care, including x-rays, cleanings, fillings, and extractions. An additional \$7,100 grant was recently awarded, allowing the program to serve more individuals in need. The success of the program has been dependent on the collaborations of various city departments and local social workers/ counselors who have assisted in identifying potential recipients. The Montgomery County Department of Health and Human Services has been critical to the success of the program, shepherding the city through the layers of county contractual and procurement procedures. Most importantly, the feedback from the patients has been a high level of satisfaction with the services received from the staff and dentists at the clinic, and have expressed significant gratitude to all who have made this program possible.

Cost: \$27,100.

“For the Health of It”

Liberty Senior Center
3525 Resource Drive
Randallstown, Maryland 21133
410-887-0780
ainnis@baltimorecountymd.gov
Nominator: Ashaki Innis, Assistant Center Director

An experienced and well-known yogini in the state had agreed to do a self-care workshop for the members of the center to engage them further in a whole-body, holistic approach to health. In addition to teaching yoga classes at the center, the facilitator embarked on a quest to aid in the health disparities affecting our older adults by introducing a guide for seniors in adopting certain practices in self-care for better health and wellness. The workshop focused on daily practices in self-care, self-respect, and self-love; delving more into techniques for opening and managing painful joints, managing stress and taking care of the body, cleansing and maintaining a healthy respiratory system, and using breath to calm the mind and nervous system.

Cost: No cost.

EDUCATION



2013 Education Award Recipient

“The Negative Effects of Negativity”

Indian Head Senior Center
100 Cornwallis Square
Indian Head, Maryland 20640
301-743-2125
boggsj@charlescounty.org
Nominator: Joan M. Boggs, Center Coordinator

The program begins with a self-assessment questionnaire: Am I a Negative Person? Staff members act out a common scenario with one replying in a negative manner, while the other tries to reason with the negative co-worker. The scenario plays out with the negative person becoming more negative. It ends with each of the workers feeling very uncomfortable and divided. We asked the seniors how they felt. They responded: uncomfortable, angry, shocked, surprised, and sad. Staff explained the first step in changing negative thinking is to be aware of it. Many people do not even realize they are negative, and they can push those they love away through negativity. We discussed strategies on how to replace negative thoughts with positive ones. By taking a walk or doing something kind for someone or taking a few deep breaths, you can think about things that are pure, true, and things that are good. The program focused on how negative thoughts can adversely affect your health, mood, and overall well-being. The program ended with the story of Charles Darrow of Germantown, Pennsylvania, who in the 1930s was jobless with a pregnant wife. Their lives were filled with nothing but problems, so he invented a game from a piece of cloth and handcrafted cardboard pieces from his sweetest childhood memories in Atlantic City, New Jersey. He wanted to do something to cheer his wife and to help them both forget how hard life was. Charles Darrow retired a millionaire a year later – the game was Monopoly.

Cost: No cost.



2013 Education Honorable Mention

“Diversity Program”

Gaithersburg Senior Center
80-A Bureau Drive
Gaithersburg, Maryland 20878
301-258-6380
csimpson@gaitersburgmd.gov
Nominator: Charlyn Simpson

My Senior Center boasts members from all over the world. We created a diversity program so people can share their different cultural experiences with others. We have had a diversity tea in which members discussed how tea is drank in their culture (hot, cold, sweetened, with snacks, with lemon, etc.). We had a discussion on the role of African Americans and the creation of Rock & Roll. We have celebrated the Indian holiday of Diwali. We have discussed how different cultures celebrate the arrival of spring, we have had a dessert share, and we have discussed favorite toys. Members really get involved and it is interesting to learn how similar and different we all are.

I pick a different topic each month and try to provide some sort of treat to go along with the theme. We have had tea, spring candies, egg nog, lemonade and more. The cost is minimal, but the building of relationships and better understanding of each other is priceless.

Cost: \$0 to \$15 per month.

2013 Education Submissions

“History of Jacksonville, Maryland”

Jacksonville Senior Center
3605A Sweet Air Road
Phoenix, Maryland 21131
410-887-8208
bfranke@baltimorecountymd.gov
Nominator: Barbara Franke, Center Director

Since several of our members have lived in the Jacksonville, Maryland, community their entire lives, the idea to show how this area has changed in their lifetime was developed. Two members agreed to speak about what they remember as children living in the area and what the area looked like during that time. They spoke of a very different lifestyle than what exists today. Many members who grew up in this area attended so it was a great representation of history of the community. We videotaped their presentation and play it quarterly for those who are interested but could not attend the original presentation.

Cost: No cost.

“Favorite Book Exhibit”

North Beach Senior Center
9010 Chesapeake Avenue
PO Box 85
North Beach, Maryland 20714
410-257-2549
bakerrj@co.cal.md.us
Nominator: Ricca Baker

The Senior Center partnered with the local library to create this wonderful book lovers event. The participants were encouraged to take their favorite book and create a small display depicting the story line of the book. The day of the event each book exhibitor showcased their favorite book and was able to share tidbits about their book to all the event attendees. The exhibitors enjoyed talking about their book and attendees enjoyed the creative displays and learning about books they might enjoy reading. A prize was given to the Best of Show, judged by our local librarian.

Cost: No cost.

“Today’s Technology”

Arbutus Senior Center
855 A Sulphur Spring Road
Arbutus, Maryland 21227
410-887-1410
spatry@baltimorecountymd.gov
Nominator: Susan Patry, Center Director

The Editor of the Arbutus Patch, an online newspaper, offered a series of monthly talks and demonstrations on technology. The subjects included: Skype, iPhones, Ipads, You Tube, Blogging, Kindles, Flickr, Taking Pictures With Your Cell Phone, Facebook, Wi-Fi, and Twitter.

Cost: No cost.

“Panel of Experts”

Catonsville Senior Center
501 N. Rolling Road
Baltimore, Maryland 21228
410-887-0900
nsheehan@baltimorecountymd.gov
Nominator: Nicole Sheehan, Regional Center Director

In partnership with The National Aging in Place Council, Baltimore Region, a few representatives from area businesses were able to come to the center for an information session. Participants were able to hear a variety of topics and have their questions answered in one session. Panel topics included daily money management, simplifying the task of caregiving, and do-it-yourself home improvement projects.

Cost: No cost.

“Baltimore: A Ride through History”

Cockeysville Senior Center
10535 York Road
Cockeysville, Maryland 21030
410-887-7694
snlevin@baltimorecountymd.gov
Nominator: Suzanne Levin, Regional Center Director

During the past year, educator and photographer Wayne Schaumburg has held classes on the history of Baltimore. The programs were free to members. He showed many photos of Baltimore then and now. Mr. Schaumburg drew as many as 60 people at a time with his lectures. His first discussion was on the City of Immigrants. He traced the migration of the different nationalities that settled in Baltimore, why they settled in certain areas of the city, and how they brought their traditions and customs to create a city that was, and still is, very diverse. His next discussion was on the “War of 1812” and how Fort McHenry played a huge part in saving the city, the nation’s capital, and was the inspiration for Francis Scott Key’s poem of the battle. Next class he talked about the famous monuments around the city and why Baltimore was called the “City of Monuments.” He did a course on “Row Houses of Baltimore” and famous people living in them. As the year went on, he did classes on “Bygone Baltimore,” “The Baltimore Fire,” “Historic Neighborhoods,” “Green Mt. Cemetery,” and “Lost Baltimore Landmarks.” His lectures lead to many discussions with members remembering old neighborhoods and stories from their past. Mr. Schaumburg’s classes opened many of the students eyes on how important Baltimore was in the founding of this country from immigration, war, architecture, famous people, and other important matters.

Cost: \$75 for instructor.

“Computer Trouble Shooting”

Edgemere Senior Center
6600 North Point Road
Edgemere, Maryland 21219
410-887-7530
mhager@baltimorecountymd.gov
Nominator: Mike Hager, Center Director

Volunteer Alvin Miller comes to the center once a month for one hour, with his trusty laptop computer, to go over common computer problems you can run into. He shows members how to do things like: scanning for and fixing errors in the registry, restoring to last working configuration, system restores, and running simple tests to diagnose problems. Members bring in their laptop computers and Alvin tries to help them with any questions they may have. It is a great opportunity for people to ask their computer questions and get answers in a very friendly and down to earth manner, rather than talking on the phone with a technical support person.

Cost: No cost.

“Learn about Panama & Jamaica”

Waldorf Senior Center
3092 Crain Highway
Waldorf, Maryland 20601
301-638-4420
waltera@charlescounty.org
Nominator: Ann Walter, Center Coordinator

Charles County has always been a rural and “country” type of place to live. Until recently, it was uncommon for there to be new county residents who were over 60. This was a county with a small town atmosphere where everybody knew everybody and could possibly be related, too. Currently, the Waldorf Senior Center has members who have relocated to the area in order to live with their family. We have people who attend the center from Jamaica, Panama, Guatemala, Honduras, Nigeria, Guyana, Bahamas, Angola, The Philippines, and El Salvador. I am sure that I am missing some! It is so interesting for us as staff to learn about other cultures that we asked some of the folks to share their life growing up in different parts of the world. It is important to us that all people are understood and appreciated.

We are planning to offer first hand education from all the countries represented. We asked several people and they were thrilled to be asked. Jamaica was the first country to be presented then on another day we learned about Panama. Jamaica brought us Reggae music, curried chicken dishes, stories about childhood in Jamaica, just fascinating. Panama brought us many unique items from the country such as their money and flags, wall hangings, childhood stories, plus scrumptious arroz con pollo (chicken and rice).

Cost: No cost.

“Volunteer Orientation and Recruitment”

Essex Senior Center
600 Dorsey Avenue
Baltimore, Maryland 21221
410-887-0267
bhoffman@baltimorecountymd.gov
Nominator: Ben Hoffman, Assistant Center Director

Have you been sitting on the fence about volunteering? Are you looking for new ways to become more involved in your community? Come to the Volunteer Orientation Meeting at Essex Senior Center to learn more about different volunteer opportunities from members who actually volunteer in some of the various positions.

Results: Essex Senior Center has addressed volunteer needs by recruiting members to work as receptionists, fitness monitors, instructors who loan their skills and experience, and travel coordinators. By having seasoned volunteers talk about their role, and how it impacts the senior center operation with the support from staff, we have engaged members to become more involved. The personal element of the orientation and testimonials from the members has helped sell the idea of volunteerism at the senior center.

Cost: No Cost.

"Tech Day at Bain"

The Bain Center
5470 Ruth Keeton Way
Columbia, Maryland 21044
410-313-7213
twiggins@howarcounty.md.gov
Nominator: Tammy Wiggins, Assistant Director

TECH DAY at BAIN was advertised in our Newsletter with the sub heading, "Back to School: Let's Leave No Adult Behind" and was held on Tuesday, November 6 from 10 a.m. to 12 noon. As technology constantly evolves, it is important for adults to stay informed and up to date. If teaching methods can be better tailored to an older audience, society will have a more knowledgeable and engaging populace. We wanted our members to gain speed in the new tech age by learning to text messages on their own personal mobile phones. The program was in partnership with students from Howard County Public Schools which also made it a great intergenerational program. Participants were asked to register in advance; however, as with many of our programs several people that just showed up. We set up card tables in our lobby and had five students to work one-on-one with each participant. The maximum time allotted was set for half hour increments. The participants not only learned about texting from their phones, they also wanted to learn other things such as how to take pictures and add events to their calendars. The program was enjoyed by the seniors and the students so much, that they both were asking when could we do it again. We are planning another event during the last week in June.

Cost: No fee.

"The Convention of Freedom"

Bykota Senior Center
611 Central Avenue
Towson, Maryland 21204
410-887-3094
jlynn@baltimorecountymd.gov
Nominator: Julie Lynn, Regional Center Director

Celeste Adams, a center member gathered a dozen people to portray various important figures in the Civil Rights Movement. It was based on the 1831 Convention of Freedom held at Bethel AME Church in Philadelphia, PA. On hand were Eleanor Roosevelt, Harriett Tubman, Sojourner Truth, Mary Shadd Carey, Mary Fields, Mary McLeod Bethune, Rosa Parks, George Washington Carter, Dr. Martin Luther King Jr., and Thomas Garrett. Each person brought forth stories of the role they played. It was a heartfelt memorable performance. The storytelling format helped members to better remember the significance of each presentation. Members came away from the program with increased knowledge of the individuals portrayed. Though the format was theatrical, the purpose was education and awareness of Black History. Many members commented that they learned things they did not know; it changed their perspective and gave them greater appreciation of how much risk, passion, dedication, and perseverance were given in this fight for freedom. Refreshments were served after the program.

Cost: \$50 for refreshments.

“Peeking at the Presidents”

Rockville Senior Center
1150 Carnation Drive
Rockville, Maryland 20850
240-314-8821
klumpkin@rockvillemd.gov
Nominator: Karen Lumpkin

Peeking at the Presidents is a monthly series covering highlights, facts, historical firsts, and the precedents set during the featured administration. Each month’s discussion is devoted entirely to one president and his term or term(s) in office, starting with George Washington. Participants are engaged in a quality learning atmosphere while discussion is fostered by the instructor. The classes allow the unique opportunity to reflect on history and how it affected the times we live in today. The discussions allow members to share their thoughts and remembrances of a period of history. The stimulation of this program reaches our members from age 60 to 94, which is a benefit to programming for our wide age range of members. In addition this allows for the most efficient use of budget while meeting the educational needs of center participants.

Highlights of members’ careers often become part of the discussion. The program was further enhanced by some members sharing their experiences or that of family members who were federal employees working in and around the White House.

The program on each Commander-in-Chief is so popular that a new series on First Ladies of the United States has just begun.

Cost: \$100 per month. Participants pay \$4 and with the large number of participants registering, the fee is covered 95-100% plus.

“Shark Attack”

Calvert Pines Senior Center
450 West Dares Beach Road
Prince Frederick, Maryland 20678
410-535-4606
marquesl@co.cal.md.us
Nominator: Sandra Marquess

Not everyone who comes to the center grew up in Calvert County. For those who did, walking along the beaches and collecting shark teeth was something done as a hobby. This program, Shark Attack, part of our Beach Week activities, showcased the collections of shark teeth collected by two of our senior participant men who did just that. This program not only let the seniors touch and see the different sizes and types of teeth and fossil skeleton parts of the different sharks, but the men gave a little history of the county and the beaches from when they were young.

Cost: No cost.

“Documentary Photographer Presentation”

Southern Pines Senior Center
20 Appeal Lane
Lusby, Maryland 20657
410-586-2748
ezerincm@co.cal.md.us
Nominator: Carolyn M. Ezerins

Calvert County is rich in history which many of our seniors experienced. Therefore, they were very excited to have documentary photographer and author William A. Poe come to the center to share black and white portraits of his neighbors which had been made into the book, “Images of America, African Americans of Calvert County.” His photographs have been seen throughout the state at various museums and libraries. He also shared with the seniors some of the oral histories he received from people while writing his book. Many of the seniors could relate and began sharing their stories from the “good old Calvert County,” an agricultural way of life which is quickly disappearing. The seniors were so excited to have a young person interested in what they lived through and to be able to share their vivid life experiences. Mr. Poe was absorbed in all their stories. After the presentation, some of the seniors and Mr. Poe discussed meeting again to capture oral histories of WWII veterans and local watermen so that additional documented history of Calvert County can be shared with younger and older generations alike.

Cost: No cost.



“Brunch for Your Brain / Cranium Corner”

Liberty Senior Center
3525 Resource Drive
Randallstown, Maryland 21133
410-887-0780
ainnis@baltimorecountymd.gov
Nominator: Ashaki Innis, Assistant Center Director

The senior center was offered a grant to conduct a brain health program, Brunch for Your Brain, which was developed by Dr. Englemund of Madison, WI, and facilitated through the Two Rivers Senior Center also in Wisconsin. Twenty sessions were conducted introducing members to various topics and activities relevant to brain health. The program came complete with syllabus and quirky topics designed to encourage reading comprehension, problem solving, nutritional prowess, and creative thinking. After the grant was complete, the members were so impressed at what they had learned that the senior center offered a variation of the class, Cranium Corner, in which some of the same learned techniques were revisited along with new exercises to stimulate mental acuity.

Cost: No cost.

“Sugarplums, Speculaas, and Stollen: Classic Christmas Confections in America”

Parkville Senior Center
8601 Harford Road
Baltimore, Maryland 21234
410-887-5338

jslone@baltimorecountymd.gov

Nominators: James Slone, Regional Center Director
and Bonnie Riehl, Assistant Center Director

Center staff worked with Joyce White, a food historian, to develop a unique educational holiday program. Designed to bridge the traditions of the past with today, the starting point of designing this program being the sweets and confections referenced in traditional holiday songs and stories of old European roots.

The story and culinary experience of these treats of yesteryear were traced from their historical beginnings in various areas of Europe, to their trip from the Old World to the New World, and discussion of how many of these traditions merged together influencing the formation of our nation's early holiday traditions as people from different nations settled in America.

As part of the program, students had the opportunity to experience the appearance and flavor of several of these traditional treats such as Sugarplums, steamed Christmas Plum Pudding, and Wassail.

Cost: \$200.

“Walking for Wellness!”

Woodlawn Senior Center
2120 Gwynn Oak Avenue
Baltimore, Maryland 21207
410-887-6887

mgray-bowie@baltimorecountymd.gov

Nominator: Maria Gray-Bowie, Center Director

Each year, the Health Freedom: A Path to Wellness program, sponsored by Health Freedom, Inc., is exciting and unique. Woodlawn Senior Center participated in the six week Health Freedom 2012 Circle of Friends program. This program is a journey of courage to make a difference in your life and the lives of those you love. The participants at our center were motivated to get in the best shape of their life, and were given educational information to utilize as tools to support their efforts in weight loss and improve their overall health through walking. At the same time, members experienced the heartfelt history and phenomenal stories about the Underground Railroad in Baltimore County. At the end of the program, we were empowered to take charge of our health and were freed from the burden of sedentary behavior. Also as a result of this program, many of the members of the center desired to keep walking, and Walk to Good Health was offered to keep this journey of courage "alive" in the Woodlawn center. Walking is offered on Monday, Wednesday, and Friday.

Cost: \$10 per person.

LEADERSHIP, CIVIC ENGAGEMENT AND COMMUNITY DEVELOPMENT



**2013 Leadership, Civic Engagement and Community Development
Award Recipient**

“Book Lovers Expo”

Bowie Senior Center
14900 Health Center Drive
Bowie, Maryland 20716
301-809-2300
kwhite@cityofbowie.org
Nominator: Kathy White

The Senior Center partnered with published Authors from the local community to host a Book Lovers Expo. It was held at the Senior Center and provided an opportunity for authors to share their creativity, passions, wisdom, and life experiences through the written word. During the event, each author was scheduled to present a five minute reading from their own book. A table was provided for each author where they could display, sell, and sign their books for members of the community. Twenty-one local authors representing many different genres: mystery, suspense, science fiction, children's literature, poetry, health, personal finances, self-help, inspirational, and more, participated. Seven of them were Senior Center members. One of those seven had successfully completed a Writing and Illustration class at the Senior Center which resulted in her publishing her very first Children's Book! Several authors raffled off copies of their books to attendees. The Senior Center made attractive books marks that listed the author's names. These were given to the attendees and a pencil with "Senior Center Book Lovers Expo" engraved on it. The local newspaper was present to take pictures and write an article about the event. Due to its success, this has become an annual event at the Senior Center.

Cost: \$40 for engraved pencils.



**2013 Leadership, Civic Engagement and Community Development
Honorable Mention**

“100 Restful Nights to Benefit the Casey Cares Foundation”

Essex Senior Center
600 Dorsey Avenue
Baltimore, Maryland 21221
410-887-0267
bhoffman@baltimorecountymd.gov
Nominator: Ben Hoffman, Assistant Center Director

In conjunction with the Casey Cares Foundation, Essex Senior Center collected, by the end of May 2012 or in a span of 100 days, over 100 pairs of new pajamas for the Kami's Jammies Program. The Casey Cares Foundation realizes that children on extended stays at the hospital often need some extra support. The Kami's Jammies Program provides new sleepwear and themed pajama parties to pediatric patients at hospitals such as: Children's Hospital at University of Maryland, Children's Hospital at Sinai, Johns Hopkins Children's Hospital, Mt. Washington Pediatric Hospital, Howard County General, Carroll County General, Baltimore/Washington Medical Center, Holy Cross, Kennedy Krieger, NIH, Franklin Square, York Hospital, GBMC, and Georgetown University Hospital.

Imagine the impact we could make if every senior center across the state did a 100 Restful Nights Program?

Cost: No cost.

2013 Leadership, Civic Engagement and Community Development Submissions

“ECSC and CCBC OT Partnership”

Ellicott City Senior Center
9401 Frederick Road
Ellicott City, Maryland 21042
410-313-1400
vstahly@howardcountymd.gov
Nominator: Vicki Stahly

Our partnership with the CCBC OT Program has proven very beneficial to work with the OT interns and our seniors. The CCBC OT students held a three part Fall Prevention Program and study at the Ellicott City Senior Center. The five students worked very hard on all aspects of their Fall Prevention Program, from screening to the assessments, to the Q & A in the form of a game show, which was really fun and interactive for the senior participants. They were very professional as they worked together to screen 60 of our senior clients. Kat Middleton, COTA/L, an employee from our plus site, was an excellent mentor for the OT students and acted as the CCBC OT liaison with myself. This experience was informative and very positive for our seniors. We received many great comments and compliments regarding the importance of this program and the wonderful attitudes of the CCBC OT Team.

Cost: No cost.

“Fill A Cart for Hospice”

North Beach Senior Center
9010 Chesapeake Avenue, PO Box 85
North Beach, Maryland 20714
410-257-2549
bakerrj@co.cal.md.us
Nominator: Ricca Baker

Every year, the North Beach Senior Center joins forces with a local agency to provide needed resources and this year was no exception. Our focus this year was Hospice. We contacted the local Hospice organization to determine how our seniors could help. We found Hospice needed various items for their resource cart. Items included: lotions, shampoos, socks, books, CDs, and other items that would bring a smile to their patient's face. The seniors abundantly gave and we were able to provide enough items to fill a cart three times.

Cost: No cost.

“Active Aging Expo”

Gaithersburg Senior Center
80-A Bureau Drive
Gaithersburg, Maryland 20878
301-258-6380
csimpson@gaithersburgmd.gov
Nominator: Charlyn Simpson

The Active Aging Expo brought together over 90 businesses and organizations dedicated to meeting the needs of older adults. To host an event this large, we partnered with several local agencies and a retirement community to help plan the day and to get people to the Expo. As the excitement for the Expo grew, so did our dependence on the community for help with the event. Breakfast was donated by our local AARP Chapter. We had 4 demos throughout the day, such as Cane Fu. To provide pampering, we partnered with the local high school cosmetology department to provide manicures, massage therapists to provide massages, and the local hospital provided health screenings. We were able to provide a free lunch to over 600 attendees and vendors thanks to the generosity of several businesses. Water and power bars were donated and apples and pizza were purchased at a significant discount. The presentations included topics such as Laugh Yoga, the Human Genome Project, and Practicing Safe Stress. The whole event and all of the activities available were free to all attendees.

Not only did our partnerships help make a great day, we have continued the relationships and our outreach and presence in the community has expanded. We are now able to reach more older adults and take advantage of opportunities we ourselves are not able to offer to our members as well as offer unique opportunities to other programs that ultimately enrich the lives of all the older adults involved.

Cost: \$3,000 which was more than covered by \$5,000 in donations and fundraising. Advertising and lunch were our major expenses. Minor expenses included an entertainer (Elvis!), table cloths, and name tags.

"Sit, Stitch 'n Give"

North Laurel 50+ Center
9411 Whiskey Bottom Road
Laurel, Maryland 20723
410-313-0380
tolsen@howardcountymd.gov
Nominator: Trisha Olsen, Director

Sit, Stitch 'n Give is a social and community giving group that started at Savage Senior Center in 1997 and expanded its outreach when relocated to North Laurel in 2011. The pioneers of the group wanted to share their talents in crocheting and knitting with others, so they started gathering every Friday to share yarns - literally and in story form. They welcome other handicrafts, as well as new members, through their consistent presence, supportive attitude, and friendly instructional environment. Past projects include: ConKerr Cancer pillowcase project — cheerful pillow cases for children with cancer, toiletries and bags for the troops, and donations to the American Legion. Currently, the ladies were honored by the neonatal intensive care unit (NICU) of St. Agnes Hospital for making baby blankets and hats for their fetal loss and premature baby programs. To date over 200 have been donated to this program. In addition, over 100 lap blankets have been shared with nursing home residents at Arden Courts, Lorien Rehabilitation, Ashbury Methodist Village, and Patuxent Rehabilitation. One member, at 93 years of age, recently completed unique crocheted outfits, including hats and booties, for 2 dozen stuffed animals as a donation to needy children. These ladies funnel their talents into sharing smiles, hugs and cuddles in their handcrafted items. They even have a product label saying: "A Treasure Forever By Sit, Stitch 'n Give."

Cost: Donations of time and materials.

"The Sky Is The Limit With UMBC As Our Partner"

Arbutus Senior Center
855 A Sulphur Spring Road
Arbutus, Maryland 21227
410-887-1410
spatry@baltimorecountymd.gov
Nominator: Susan Patry, Center Director

Students from the UMBC Human Centered Computing Graphics Class and School of Erickson Aging, Management and Policy are designing sample letterheads, logos, a board of directors photo board, and a website for the Senior Center. Students were given a tour of the Senior Center and had a question and answer session with staff and volunteers. Samples of students work were critiqued by members of the Senior Center Council and staff. A reception will be held at the Senior Center once the students complete their projects. In the future, we hope to have students teaching the newest technology to seniors and serving as interns.

Cost: \$50.

"Baltimore CASH Campaign Workshops"

Liberty Senior Center
3525 Resource Drive
Randallstown, Maryland 21133
410-887-0780
ainnis@baltimorecountymd.gov
Nominator: Ashaki Innis, Assistant Center Director

The program aimed to help older adults expand their financial knowledge and was administered through three workshops facilitated by volunteers. These workshops, funded by AARP, The Charles Schwab Foundation, and the Baltimore CASH Campaign, assisted members in coming up with attainable financial goals, the development of realistic budgets, credit and debt management, fraud awareness and prevention, and savings development. They were given a financial workbook, which they are able to share with others in need of this vital information, along with the option of working with a money mentor once a month for up to three months.

Cost: No cost.

"Security Woodlawn Business Association"

Woodlawn Senior Center
2120 Gwynn Oak Avenue
Baltimore, Maryland 21207
410-887-6887
mgray-bowie@baltimorecountymd.gov
Nominator: Maria Gray-Bowie, Center Director

The Woodlawn Senior Center Council holds its membership link to the community through the Security Woodlawn Business Association (SWBA). Council president Leslie Hyman attends the monthly meetings along with Delores Douglass (executive board member) and director Maria Gray-Bowie. Information from the County Executive's office and local government officials is shared along with businesses around the Baltimore county area. Information such as redistricting and the plan for the opening of the Weis Supermarket was shared at the last business meeting. Woodlawn Senior center was contacted by Weis Supermarket prior to the grand opening at Security and informed that they would be recognized at the grand opening. Along with other Woodlawn businesses such as the library, police department, and elementary school, Woodlawn would receive a monetary donation at the grand opening of the market. Maria Gray-Bowie, Center Director, has made visits in the areas to meet other business associates and to promote the center along with programs and activities.

Cost: No cost.

“Five Wishes Workshop”

Indian Head Senior Center
100 Cornwallis Square
Indian Head, Maryland 20640
301-743-2125
boggsj@charlescounty.org
Nominator: Joan M. Boggs, Center Coordinator

The Five Wishes Workshop integrated end-of-life planning, specifically, the person you want to make care decisions when you no longer can; medical treatments you want or do not want; how comfortable you want to be; how you want people to treat you; and what you want your loved ones to know. Five Wishes was created by Mr. Jim Towey who worked closely with Mother Teresa, and for one year, he lived in a hospice she ran in Washington DC. Inspired by this first-hand experience, Mr. Towey sought a way for patients and families to plan ahead and cope with serious illness. When we discovered Five Wishes, we thought it was important to share. Everyone was provided with Five Wishes as their workbook. We discussed how to pick the right person to be your health care agent, and how important it is to choose someone who is nearby and able to stand up for you so all of your wishes are followed. We presented life-support treatments for emergency situations from coma to near-death scenarios. The workshop ended with what you want your loved ones to know. This wish included such things as what to say about me when I am gone, the music/song you would like played, organ donation, charity memorial contributions, and personal notes to be read during the service. Senior participants gained a sense of control with Wish 5. Many of the participants later told us that it was much easier for them to complete this at the Center versus at home.

Cost: \$23 for refreshments.

“Reading To Me”

Fleming Senior Center
941 Main Street
Baltimore, Maryland 21222
410-887-7225
lwinston@baltimorecountymd.gov
Nominator: Louis Winston, Center Supervisor

The Fleming Senior Center members and YMCA Head Start Program have formed a partnership for an innovative program called "Read to Me." Twice a month volunteer members of the Fleming Senior Center spend quality time with the three to five year old children in the Head Start Program by reading to the children during story time. The senior members spend one hour reading one of the kids favorite books and sharing in a short question and answer session afterwards. This intimate time is very important to both the children and the seniors as it allows the younger and older generations of the community an opportunity to fellowship. This program keeps the seniors engaged in community involvement and gives them a wonderful opportunity connect with younger generations at a very early age. It IS very important that our senior population continue to feel relevant in our communities and the Fleming Senior Center's "Read to Me" partnership program with the YMCA Head Start certainly promotes senior community involvement.

Cost: No cost.

“Officer’s Training”

Southern Pines Senior Center
20 Appeal Lane
Lusby, Maryland 20657
410-586-2748
ezerincm@co.cal.md.us
Nominator: Carolyn M. Ezerins

For boards to run effectively, they must possess knowledge and skills to do the job. They must know their roles, responsibilities, fundraising expectations, and how to work together. The purpose of the officer training was just that, to provide the Senior Council with tools to succeed. Every 2 years, the Senior Council at our center holds an election to determine who will fill the 12 slots on the board, including specific offices. Staff worked with both the outgoing and incoming presidents to come up with a plan. Council members were given an overview of their duties and a binder that contained: a copy of the Council’s Bylaws, written “Purpose” for the organization, a description of everyone’s responsibilities, a list of board members and their phone numbers, a copy of a program planning guide and a sample of a finished one (to help new fundraiser chairmen with the steps for planning a program), and a slot to place each month’s packet from the board meeting. This allowed each member to have an organized way to keep track of what business has been discussed, what motions were passed, program budgets, etc. Because of this training, Council meetings are more unified, improved, and run smoother. Members are more confident in their abilities and work toward a common goal to grow the senior center. We have had more fundraisers recently and as a result we have been able to offer additional classes and programs that we would not be able to offer without their support.

Cost: \$75 for binders.

“Gospel Songfest”

Calvert Pines Senior Center
450 West Dares Beach Road
Prince Frederick, Maryland 20678
410-535-4606
marquesl@co.cal.md.us
Nominator: Sandra Marquess

For many of our participants the senior center and their churches are the most important connections in their life. For one such participant, who belonged to his church choir, a chance to bring Gospel Music to the senior center was a chance to bring both connections together. This volunteer agreed to help recruit and even MC the event; normally he only participated in billiards. As a quiet gentleman, he practiced very hard for weeks so that his meek voice could carry throughout the auditorium. He also encouraged 12 local senior church choirs to volunteer to participate in the program. The fest included songs such as *Lean on Me* and *How Great Thou Art* and the seniors sang along with the hymns. That afternoon the auditorium was filled to capacity for the sounds of joyful noise. This event was such a successful partnership that in June, we are bringing the choirs back together for Gospel Songfest II.

Cost: No cost.

“Remembering Hearts”

Pikesville Senior Center
1301 Reisterstown Road
Pikesville, Maryland 21208
410-887-1245
jfinifter@baltimorecountymd.gov
Nominator: Judy Finifter, Regional Center Director

When Pikesville Senior Center Sculpture instructor Jae Lucas met Heidi Pullara, neither realized that each of their passions would collide together to create a wonderful partnership.

Heidi Pullara, MS, OTR/L, is also a Family Services Coordinator for the Living Legacy Foundation of Maryland and Jae has a love of making wonderful and meaningful clay creations as well as serving her community. Through different discussions, Heidi shared with Jae that the Living Legacy Foundation, a non-profit organization dedicated to helping save lives through organ, eye, and tissue donation, is looking for a way to make hearts to share with family members when an organ donation is made. The hearts, a larger one encircling a smaller heart come apart, so that one can be placed in the coffin with the donor and one can be given to the family.

Jae and her sculpture students embraced the idea of making these hearts and over the course of a semester, the artists created 85 “remembering hearts” to be used by the foundation. As an ongoing project, the class will continue to make hearts, with a goal of creating 200.

“What a great way to learn an art form and create something so meaningful” said Michele Tuerk, a student in the class. “It became a group effort, accomplished with much devotion and love,” added Jae.

When Heidi and her co-workers came to the center to collect the hearts, it was evident that all involved felt accomplished and proud.

Cost: \$7 for clay which makes about 100 hearts. Artists’ time: priceless.

“Jacksonville Golf Tournament”

Jacksonville Senior Center
3605A Sweet Air Road
Phoenix, Maryland 21131
410-887-8208
bfranke@baltimorecountymd.gov
Nominator: Barbara Franke, Center Director

Jacksonville Senior Center held a golf tournament at the Hillendale Country Club, a private country club in our neighborhood. Golfers played for a fun day. Businesses provided sponsor tee-boxes to advertise. The event was to promote our senior center, but to also connect with businesses to partner with in the future.

Cost: No cost.

EXPRESSIVE AND CREATIVE ARTS



2013 Expressive and Creative Arts Award Recipient

“Free Flying”

Liberty Senior Center
3525 Resource Drive
Randallstown, Maryland 21133
410-887-0780
ainnis@baltimorecountymd.gov
Nominator: Ashaki Innis, Assistant Center Director

In May of 2012, during Older Americans Month, the members of the senior center participated in a "Freeing of the Soul" event by flying kites in the "back-yard" after writing down what they wanted to be freed from. The statements ranged from health issues to friendships they wanted to rekindle to regrets from long ago. The 2012 Older Americans Month theme of "You're Never Too Old to Play" was a testament to the many facets of our members and allowing them the opportunity to free themselves of any strong-holds, giving them the forum to unleash their independence, was by far, one of the most treasured memories for one another as well as for staff.

Cost: No cost.

2013 Expressive and Creative Arts Honorable Mention

“Scribblers, A Creative Writing Group”

North Beach Senior Center
9010 Chesapeake Avenue, PO Box 85
North Beach, Maryland 20714
410-257-2549
bakerrj@co.cal.md.us
Nominators: Ricca Baker and Kathy Shannon

Their slogan, “A fellowship of aspiring writers providing a forum for creative seniors,” describes well the role of this group. The Scribblers creative writing group meets twice each month. Members come from a broad range of backgrounds but they have at least two things in common – they are seniors and they love to write.

Each quarter this group produces a publication titled “Scribblers on the Bay” containing a collection of prose and poetry authored by the members. In addition, a special holiday issue is prepared. “Scribblers on the Bay” is distributed to each of the senior centers in Calvert County. Having no restrictions on topics, the members have produced memoir pieces, children’s stories, poetry, and satire usually drawing from their life experiences. Over time, several members have explored new areas to try, like humor or fiction. Group members rely on each other to help fine tune their writings.

The Scribblers have contributed to other programs at the senior center and in the community. They have read stories to the center participants, held writing contests, and marketed their group at the senior center annual open house and as part of a “Leisure Expo” held at the local library. The truly creative and free-thinking group always has fun and often get together socially for other activities outside of the center.

Cost: No cost.

2013 Expressive and Creative Arts Submissions

“Screen Painting”

Overlea-Fullerton Senior Center
4314 Fullerton Avenue
Baltimore, Maryland 21236
410-887-5220
pmcdonnell@baltimorecountymd.gov
Nominator: Patti McDonnell, Center Director

Members often reminisce about the painted screens they saw in East Baltimore in the summertime when they were kids. Wonderful works of art showing beautiful scenes and displayed proudly in the windows of row homes in the city. I was fortunate enough to find a relative of one of the creators of these works of art, Anna Lipka, who graciously agreed to conduct a class in screen painting at the center. It was amazing to see empty screens being transformed into a beautiful lighthouse, marshy pond, and backyard flower garden. The screens were put on display for center members to see. The response to the screens was so overwhelming that the class is being offered again. Participants were very proud of their screens and having created a little bit of Baltimore history to display in their own home.

Cost: \$30 which includes all the supplies except for the screen. Participants must bring their own clean screen.

“Valentine’s Photo Shoot”

Waldorf Senior Center
3092 Crain Highway
Waldorf, Maryland 20601
301-638-4420
waltera@charlescounty.org
Nominator: Ann Walter, Center Coordinator

The Center provided fun hats, fuzzy boas, cuddly teddy bears, champagne flutes, and champagne bottles. We created an elaborate background and people were invited to pose with the props, make toasts with champagne, or they could bring their own props. They were asked to be creative with their dress and ideas, and they did not disappoint. This was an event where everyone was included. Everyone who participated wore outfits that complimented Valentine’s Day. They gathered their friends and partners then hammed it up for the camera. Some brought their own props and all the seniors could choose their own shots. The seniors were silly and flamboyant with their poses and expressions. It was a lot of fun for everyone. The photos were developed and displayed on a decorated bulletin board during the Valentine’s Day party. This was very exciting for them, as we heard from several people that they have pictures of their children and grandchildren, but not any of themselves. Many asked for copies to share with their families.

Cost: \$.39 per picture.

“The Musical Stories of Journeys”

Indian Head Senior Center
100 Cornwallis Square
Indian Head, Maryland 20640
301-743-2125
boggsj@charlescounty.org
Nominator: Joan M. Boggs, Center Coordinator

Listen to the ballads and songs that tell the stories of America and the journeys throughout our nation. Sailors and commercial fishermen travel the rivers and lakes singing shanties and ballads of longing for home. Political candidates go town to town, accompanied by bands and choruses performing their theme songs. Woody Guthrie sets the complaints of migrant workers to old, familiar tunes. The Civil War displaces soldiers into regions never seen, and of course the journeys of those who come from foreign lands to the US as the land of opportunity bring their native tunes with them, then learn to sing here of their new experiences. Cowboy, Indian, colonist, slave, traveling salesman, homesteader, dust bowl escapee, vaudeville performer, gold-digger, Vietnam refugee – there are songs for all of them. Dr. David Hildebrand shared his musical talents through voice and musical instruments to include the bongo drum, guitar, mandolin, flute, and recorder. He was truly amazing, as he took the seniors on a historical musical journey through time. Everyone sang along with him as if they were reliving their own life-journey. The program was educational, enlightening, and engaging.

Cost: \$20 for refreshments and the presenter was sponsored.

“Photography Then and Now/Photo Decoupage”

Southern Pines Senior Center
20 Appeal Lane
Lusby, Maryland 20657
410-586-2748
ezerincm@co.cal.md.us
Nominator: Carolyn M. Ezerins

For many, taking a picture is as easy as pointing a phone. However, seniors have a different relationship with photography, cameras, and pictures. It is interesting to look back! For this program, seniors shared photographs and historical photographs photocopied from the library. Discussions and reminiscing began. We used a simple timeline as an organizing device. We shared a variety of photographic images: an early tin-type photograph, civil war photographs, hand-colored portraits, Polaroid's, and candid's. Following this, a decoupage workshop inspired use of zexored photographs in interesting new ways. Seniors were asked to bring in boxes, trays or another item of their choice to decoupage. Photographs were enlarged or reduced to fit the project. With the addition of colored papers, paint, and sealants, each senior successfully created a unique and very personal item.

Minimal expense. Supplies were in-house or recycled.

Cost: No cost.

“Tap Dance”

Jacksonville Senior Center
3605A Sweet Air Road
Phoenix, Maryland 21131
410-887-8208
bfranke@baltimorecountymd.gov
Nominator: Barbara Franke, Center Director

Tap Dance started at our center because a few members requested it. By the time registration ended, we had lots and lots of dancers, proudly wearing their tap shoes. Some said they took tap dance as young girls and wanted to have a rebirth of tap fun.

Cost: No cost.

“Threads of Love”

The Eating Together in Baltimore City Program
1501 Sulgrave Avenue, Suite 200
Baltimore, Maryland 21209
443-573-0161
kbrench@mjminnovations.com
Nominator: Kay Brench

“Bertie,” a participant of the Eating Together Program at Fatima Jolly Club, showed off her unique Afghan, and a whole community project was born! She had crocheted an Afghan with little bear faces, and had designs for many different animals. My multi-site manager had just left the Joseph Ritchie Hospice, where she had learned that a new children’s hospice was going to be built called Dr. Bob’s Place. She thought it would be a great idea for the seniors to crotchet or knit blankets for the children! The animal faces would make them so appealing.

My Multi-Site Manager organized participants from several senior centers and sites and took “Bertie” round to show them how to create the animal faces. Our senior “Angels” started to knit and crochet blankets which they called “Threads of Love.” All colors of yarn were donated and blankets, bonnets, and booties were made with love and pride. Over 200 “Threads of Love” items were donated to Dr. Bob’s Place, which opened last spring.

The seniors did not want to stop this labor of love and so our “Angels” have continued creating, making lap blankets for the Joseph Ritchie Hospice, and for our injured veterans at the Walter Reed Hospital. They made blankets, booties, and bonnets for babies at the Greater Baltimore Center for Pregnancy Concerns which supports single mothers. This winter they turned their talents into scarves and hats for children at the city’s homeless shelters. An inspirational project that keeps on giving!

Cost: \$20 to purchase knitting needles and crotchet hooks for start-up; the yarn was donated.

“Open Art Studio”

Emmitsburg Senior Center
Unit 5, 300 South Seton Avenue
Emmitsburg, Maryland 21727
1-300-600-6350
lumbel@frederickcountymd.gov
Nominator: Linda Umbel

The Art group meets once a week and is open to all art mediums. The class meets for two hours and teacher Dorethia Barrick guides and mentors each artist. The group presented a showing of their work and is on display in the public library. They were just featured in the Senior Living Magazine.

Cost: \$50, divided by class participants.

“Upcycled Tier Platters”

Pikesville Senior Center
1301 Reisterstown Road
Pikesville, Maryland 21208
410-887-1245
jfinifter@baltimorecountymd.gov
Nominator: Judy Finifter, Regional Center Director

Upcycled Tier Platters are created from plates, cups, and vases that may be left over without a mate, or just one of a kind and put together to create a whole new piece for entertaining. It is a project where the participants transform the ordinary into the extraordinary.

Members brought ceramic or glass pieces to put together to create a tiered platter. The participants had fun searching for the right pieces, either in their own cabinets, Goodwill, Salvation Army, and Target, just to name a few. They then came together, with an instructor who helped them decide how to place each piece to create the finished product.

Some participants created beautiful and simple glass platters, others brought bright and colorful pieces to put together, one participant brought dried flowers to place in the cups, in between the platters, another brought beautiful colorful beads to add. Each person created their own masterpiece to give as a gift or to keep as their own. The instructor felt that the class was extremely successful, not only because the participants created such beautiful platters, but also because each one left inspired by the project and the ideas that were shared. It made them want to keep creating. It is something that everyone can create.

These types of platters have been seen at craft shows and sold for \$30 and more. None of these cost more than \$10 and can be made for even less.

Cost: Since each participant brought their own pieces, there was no charge to each participant. The center donated the glue which cost about \$5 for all projects.

"Felt Paintings"

Woodlawn Senior Center
2120 Gwynn Oak Avenue
Baltimore, Maryland 21207
410-887-6887
mgray-bowie@baltimorecountymd.gov
Nominator: Maria Gray-Bowie, Center Director

A member of Woodlawn Senior Center, Herb Parham, entered the Senior Expo Arts contest. His entries were felt material paintings. Between his two paintings, he chose to present his painting of Gabby Douglas who won the 2012 gymnastics in London. His picture portrayed Gabby in movement. He was the winner in first place at Woodlawn Senior Center. He stated that he is an expressive painter and finds great joy in what he does. He is entering the current art contest for the senior center in Baltimore county.

Cost: No cost.

"Seniors To Seniors"

Catonsville Senior Center
501 N. Rolling Road
Baltimore, Maryland 21228
410-887-0900
nsheehan@baltimorecountymd.gov
Nominator: Nicole Sheehan, Regional Center Director

A high school student approached the senior center staff with her pen pal idea. The program, titled Seniors to Seniors, was created from her desire to achieve The Girl Scout Gold Award. She encouraged students of Carver Center for Arts & Technology, located in Towson, MD, to join the Seniors to Seniors Club. The students met once a week to respond to the center senior's letters. Participants from our creative writing class exchanged hand written letters weekly for a semester with the high school students. Every week the participants looked forward to the letters answering the high schooler's questions about college choices, what their teenage years were like, what type of hobbies they engaged in and more. Some even had pictures and small gifts attached to their letters. All letters were handwritten (a few exceptions due to difficulty for the senior to handwrite). The coordinator thought the high school students should go back to handwriting as teenagers today were losing the art. The program ended with the pen pals meeting at the senior center. There was great suspense at meeting their pen pal throughout the semester. They did meet on the last day for a party at the senior center. After meeting their pen pal, lunch was provided, then a tour of the center and the day culminated with Jeopardy Across the Ages. The project was so successful, the school is looking to continue next fall.

Cost: No cost.

“Give My Regards To Broadway”

Calvert Pines Senior Center
450 West Dares Beach Road
Prince Frederick, Maryland 20678
410-535-4606
marquesl@co.cal.md.us
Nominator: Sandra Marquess

This show combined all kinds of creative and expressive arts. It was a medley of musical hits from Broadway shows using all volunteer senior participants and staff performers, including the Line Dancing Class and the Variety Players (a group of senior participants who sing together regularly). The props were put together by the art and craft classes. The costumes were sewn by the seamstresses. The show had five acts. The first act was the Line Dancing Class doing a dance performance to a song from *Grease*. The second act was the Variety Players, who sang and performed a skit from *The Sound of Music*. There was a song from *Hair* and the staff performed a rendition of *Give My Regards to Broadway*. The performance that brought down the house was the song *Tomorrow*, from the movie *Annie*, performed by three senior male participants in short red dresses and red wings. The show brought laughter and enjoyment to all. To this day, when the show is discussed, seniors just laugh.

Cost: \$250.

“Zumba Gold”

Damascus Senior Center
9701 Main Street
Damascus, Maryland 20872
240-777-6995
anthony.edghill@montgomerycountymd.gov
Nominator: Tony Edghill

We incorporated a dance workout that is a party rather than a workout for our seniors at Damascus. Zumba is meant to uplift and change the attitude of a workout to a dance party. It uses Latin rhythms such as Salsa, Merengue, Reggaeton, Samba, and Latin Hip Hop to encourage all participants to dance their hearts out. It also increases the heart rate and works all major muscle groups including core. This will help our seniors in preventing osteoporosis, muscle weakness, and later cardiovascular issues.

Cost: \$4 a class or \$30 for an eight week session.

“Express Yourself Through Music”

Parkville Senior Center
8601 Harford Road
Baltimore, Maryland 21234
410-887-5338

jslone@baltimorecountymd.gov

Nominators: James Slone, Regional Center Director
and Bonnie Riehl, Assistant Center Director

The Express Yourself Through Music program, or what the participants affectionately call "Jammin' with Holly," was designed to be a fun and engaging program that would have broad appeal to all member abilities and desires with a target of specifically promoting involvement from the more frail and less engaged members.

Center staff worked with Hollis Foster, a classically trained musician with a background in musical improvisation, to develop a tailored program to engage older adults of varying ability. The sessions mix musical selections ranging from classical pieces to popular tunes and significant participant led beats. Ms. Foster leads the participants in breaking down the elements of tone and rhythm in the music as well as the inherent tone the musical instruments used in the program make. Ms. Foster brings a wide variety of unique musical instruments, sharing over 20 pieces at times amongst the audience. What results is a choir of instruments playing together with a terrific energy in the room as participants express themselves and the emotions in the music as they play, dance, laugh and share their personal experience of the music.

Cost: \$100 per session.

