



May 2020

# All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

## Greetings From the Senior Center Staff

We are thinking of you and really miss everyone! We hope that you are safe and staying well during these unprecedented times. As we enter the month of May, the Center has been closed since mid-March. We wanted to take this opportunity to touch base and let you know how Senior Services is currently functioning during this rapidly evolving environment.

Our reduced core staff is continuing to communicate with Bowie seniors by phone. We are partnering with the Bowie Food Pantry and the County Senior Nutrition Program to coordinate meal delivery in the community. Several of our bus drivers are making the deliveries each week. We are also working with the Neighbors Helping Neighbors program which is assisting seniors with grocery shopping and prescription pickups, as well as making sure that they have cloth face masks, if needed.

We are missing the conversations, friendships, classes, special events, and many other programs and services that benefit each of us. If you have questions or concerns, we are manning the phones and ready to listen. Give us a call at 301-809-2300, and we will see what we can do to help you through this difficult time.

The staff is developing a reconstitution plan for the Center and what it may look like as we anticipate the future. During this time, we are working on our technical skills to offer resources and set up virtual programs and opportunities for you. We would love to hear your input and ideas. Send us an email or give us a call using the contact information below.

Laurel Raymond, Senior Services Manager, [lraymond@cityofbowie.org](mailto:lraymond@cityofbowie.org), or 301-809-2326  
Colleen Cofod, Senior Services Assistant Manager, [ccofod@cityofbowie.org](mailto:ccofod@cityofbowie.org), or 301-809-2325

Please stay well. Stay in touch with your family, friends, and neighbors by phone and internet and stay connected at [www.cityofbowie.org](http://www.cityofbowie.org) and Alert Bowie for updates and information.



## ***Your Chance to Comment***

Our current Senior Center facility was opened in June 2000 with much fanfare and celebration by staff, members, and city officials. The Center is notably one of the best in the country and the only one nationally accredited for ten consecutive years in the state of Maryland.

Many of you, our beloved members, have benefitted from the various activities, programs, and services offered by the Center and have often said so to the staff and other members.

Now is your chance to let us know how your life has been enriched through your participation over the years. Your comments will help us understand what we are doing right and explore new options to enhance our programs.

Your comment could be a short description of a humorous or exciting event that made a lasting impression, or you could just describe how the Center has made your aging years better.

Please email your comments to Laurel Raymond at [lraymond@cityofbowie.org](mailto:lraymond@cityofbowie.org).

## ***How to Vote During the Pandemic***

The state of Maryland has changed its voting process for the upcoming presidential primary election.

The election originally scheduled for April 28 was moved to June 2. This election will be conducted primarily by mail. All registered and eligible voters will receive a ballot in the mail this month and are encouraged to use the mail-in option.

Completed ballots may also be dropped off at the Bowie Gymnasium on June 2.

## ***Complete Your 2020 Census***

Every 10 years, our nation takes roll call and calculates how many people are living in our country, our state, our county, and our city as of April 1.

It's an important expression of our democracy and representational government. Census figures determine political representation for the U.S. House of Representatives and the number of Electoral College votes that each state receives. There are 316 federal programs that rely on census-derived figures and, without accurate data, we can all miss out on millions of dollars in federal support—from low-income housing loans and hospital grants to funding for roads and schools and community development grants.

For the first time ever, residents are able to complete the census electronically. Invitations to complete the census online or by telephone were mailed out in early March. If you have not already done so, spend a few minutes answering the questions and, when you are finished, be proud that you have done something to ultimately help your hometown.

## ***Stay Informed with Alert Bowie***



The Alert Bowie system provides accurate, up-to-the-minute emergency notifications and informational messages from the City of Bowie wherever you may be and however you want to receive them, i.e., email, phone, text, etc. To read about the system and sign up, visit [www.cityofbowie.org](http://www.cityofbowie.org).

## ***CDC Guidelines on Proper Face Mask Use/Video to Make Your Own***

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>

<https://www.youtube.com/watch?v=tPx1yqvJgf4&feature=youtu.be>

## **Reduce Anxiety and Boost Immunity**

Mark Shields, Wellness Coordinator

Maintaining a balanced diet is a good idea to help your immune system. Here are some dietary suggestions from Harvard Health to help reduce anxiety and strengthen your immune system.

- Citrus fruit and red bell peppers (both are rich in vitamin C which, in some studies, has been shown to support the immune system)
- Spices, such as ginger, garlic, turmeric, and capsaicin (from chili peppers), can be easily added to soups, stews, stir-fry, or salad dressings
- Foods rich in zinc, such as oysters, clams, mussels, cashews, liver, beef, and egg yolks. You may recognize zinc as an ingredient in the cold remedy Zicam, as zinc has some virus-fighting effects.
- Magnesium-rich foods, such as legumes, nuts, seeds, leafy greens, and whole grains, may help you to feel calmer and help support immunity. Stress can also deplete magnesium levels.
- Fatty fish, such as wild Alaskan salmon, contain omega-3 fatty acids. A 2011 study on medical students was one of the first to show that omega-3s may help reduce anxiety.
- Eat probiotic-rich foods, such as pickles, sauerkraut, miso, and kefir.

This will not prevent you catching the virus, but a strong immune system will help your system fight off infections and viruses.

Source: <https://www.health.harvard.edu/blog/eating-during-covid-19-improve-your-mood-and-lower-stress-2020040719409>

## **Masks for Bowie Seniors**

On April 18, Governor Hogan ordered face masks or face coverings to be worn in Maryland whenever someone is in a retail or food establishment, laundromat, or on public transportation. Given this order, and the fact that the CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, we expect that Marylanders will be wearing masks for some time to come.

While seniors are being encouraged to stay home and avoid potential exposure to the coronavirus, we know that this is not always possible, and we want to make sure you have the protection you need if you must venture out. The City of Bowie is proud to partner with local organizations and individuals who are helping to make or provide masks to us for distribution to seniors.

If you are a senior living in the City of Bowie and have not been able to secure a mask, please contact the Bowie Senior Center at 301-809-2300 and we will arrange to have a free mask delivered to you. If you or your organization would like to volunteer to help with this effort, please contact Lori Cunningham at 240-544-5601 or email [lcunningham@cityofbowie.org](mailto:lcunningham@cityofbowie.org).



**Get your exercise but keep your distance.**



## Bowie Senior Center

14900 Health Center Dr., Bowie, Maryland 20716  
301-809-2300  
www.cityofbowie.org/seniorcenter

Accredited by   
National Institute of  
Senior Centers

### **Mission Statement**

The mission of the Bowie Senior Center is to serve, support, and enhance the lives of individuals 55 years and older by providing programs and services which promote active, independent, and healthy lifestyles.

***The Bowie Senior Center is currently closed.***

***Staff is answering phone calls Monday thru Friday from 8:30 a.m. – 4:30 p.m.***

***For assistance and referrals, please call 301-809-2300.***

### **Staff**

<b>Senior Services Manager</b> Laurel Raymond	301-809-2326	<b>Receptionists</b> Monica Leonard Belinda Press	301-809-2300
<b>Assistant Manager</b> Colleen Cofod	301-809-2325	<b>Maintenance</b> Ray Esguerra Ryan Graham	
<b>Wellness Coordinator</b> Mark Shields		<b>Transportation</b> Sue O'Toole	
<b>Information &amp; Referral Specialist</b> Gloria Gaddy		<b>Bus Drivers</b> Robert Caldwell, Gary Harash, Irving Harris, Darryl Jameson, Hank Lloyd, Carlton Oden, Stephen Pearson, John Scanlon, Darryl Stafford, Gerald Tucker, and John Watkins	
<b>Program Assistants</b> Michaeline Gandolph Judith Lorenz Trish McCants Sharon Wanzer			

### **Advisory Board**

The purpose of the board is to advise and assist management in promoting the Center and its services to Bowie seniors. We encourage you to get to know the board members—Herb Briscoe, Mary Brown, Sid Cousins, Lottie Graham, Lewis Pollack, Arthur Rogers, Eunice Romano, Paula Williams, and Samuel Williams.

### **Information for Bowie Seniors**

**Senior Nutrition Program** – You may be eligible to receive seven frozen meal packs delivered to your home weekly. Call Prince George's County Department of Aging 301-265-8475.

**Bowie Food Pantry** – The pantry provides food to needy residents of Bowie. Eligible new clients must show ID with proof of a current Prince George's County address. Please call 301-262-6765 or check the website at [www.bowiefoodpantry.org](http://www.bowiefoodpantry.org) for more information.

**Neighbors Helping Neighbors** – So that seniors can remain safely at home, volunteers provide assistance shopping for groceries and prescription pickups. For information, visit the city of Bowie website at [www.cityofbowie/nhn](http://www.cityofbowie/nhn) or call Lori Cunningham at 240-544-5601.

### **Prince George's County Aging and Disabilities Services**

Information and Assistance – 301-265-8450  
Home-delivered Meals – 301-265-8475